

What if...?

... **happiness** was nothing more than a few simple disciplines practised every day,


... and **misery** was simply a few errors of judgement or bad habits repeated every day?

1

Outcomes of the Course


The Ultimate Recipe

- What is happiness?
- What's a habit?
- What can we do instead?




2

Recommended Books



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In your workbooks

1. Your definition of happiness
2. List some things that make you happy

Then think about your

- Purpose for oneself...
- Motivation for others...


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Lesser Happiness of Clinging

What we **GET** from the world

1. Happiness of Sensual Pleasure

- Hedonism, pinnacle of life for a materialist
- What what brings us happiness also causes the most misery



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Lesser Happiness of Clinging

What we **GET** from the world

2. Mental Happiness

- Mental stimulation
- Earning an honest living
- Depends on the conditions
- No matter how hard we strive, things are out of our control



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Higher Sources of Happiness

What we **BRING** to the world

1. Renunciation:

- Dropping mundane concerns
- Something greater than ourselves
- Eudemonic happiness
- Sharing makes us feel happy
- Deeper than a mood or sensation

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Higher Sources of Happiness

What we **BRING** to the world

2. Letting Go:

- Avoid rumination
- Following negativity is not worth it
- Focus on what really matters
- Stop worrying what others think

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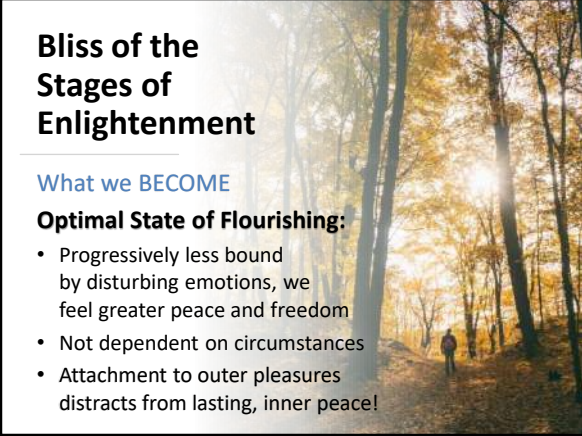
Higher Sources of Happiness

What we **BRING** to the world

3. Deep Concentration:

- Painters, runners, mathematicians
- No sorrow – timeless, transcendent
- Pinnacle of a non-religious path
- But.. we must emerge at some stage

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Bliss of the Stages of Enlightenment


What we **BECOME**

Optimal State of Flourishing:


- Progressively less bound by disturbing emotions, we feel greater peace and freedom
- Not dependent on circumstances
- Attachment to outer pleasures distracts from lasting, inner peace!

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SUMMARY




- Three types of happiness identified by Buddha
- Lesser forms of happiness distract us
- Lasting happiness comes from within



GET




BRING



BECOME

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Homework – Gratitude Journal

- Each morning list 5 things you are grateful for
- Include all three types of happiness
- Different things each day

Next week

- Neurology of a habit pattern
- Buddhist strategies to deconstruct bad habits

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Breaking Destructive Habits

- Why are bad habits so hard to break, and positive ones so difficult to develop?



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- What are you doing that you *want to stop*?
- What are you NOT doing at present that you *would like to be doing*?



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The Mind is Naturally Pure

- Polluted with clouds of toxic emotions
- We must stop pumping in any more !**
- The Buddha found a way to do this and became enlightened
- The nature of our mind is the same as the Buddha's
- Therefore we also have this potential!



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We Conflate People With Behaviour

Physical

- He's an alcoholic
- He's my brother who suffers from alcoholism

Verbal

- She's a nag
- She's my friend who can't control her speech


Mental

- He's an angry neighbour
- He's old and filled with rage

- If a person does a *bad thing*, we think they are a *bad person*
- Remember that they are overwhelmed by afflictive emotions



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What is a Habit?

- A habit is an acquired behaviour, done repeatedly, that becomes involuntary
- A **negative** habit takes us from something beneficial
- What are we practicing right now?*

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WATCH YOUR THOUGHTS, FOR THEY BECOME WORDS.
WATCH YOUR WORDS, FOR THEY BECOME ACTIONS.
WATCH YOUR ACTIONS, FOR THEY BECOME HABITS.
WATCH YOUR HABITS, FOR THEY BECOME CHARACTER.
WATCH YOUR CHARACTER, FOR IT BECOMES YOUR DESTINY.

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Happiness is Also a Habit!

- Lasting happiness does not come from outside
- Inner happiness is an **activity**. Practice it until it comes naturally!
- With training it will become easier to develop virtue than negativity
- Baseline of a natural yet realistic optimism

- Gratitude journal
- Pay it forward
- Give compliments

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Neurology of a Habit Cycle

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Deconstructing the Habit Cycle

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Handy Hints!

- A habit does not go away **by itself**.
- It's not what you think or feel that matters, but **what you do**.
- Pain is unpleasant, but **it's important!**
- Emotions are *emotional signals*, so **pay attention**, they can help us!
- Don't give up **what you want most**, for what you want **now**.

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SUMMARY

- Our mind is by nature clear like the sky, so we can clean out the toxic emotions
- Don't conflate the person with the behaviour!
- We can stop feeding the monster, step-by-step

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Homework - Going Dotty!

- Coloured dots (or prayer flags) around home
- Each time you see a specific colour, think of:
 1. Yellow – a happy memory
 2. Red – a person who loves you
 3. Green – looking forward to
 4. Blue – an internal quality



Next week

- Fixing our mistakes
- 10-point checklist (how to act, what to avoid)

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Breaking Bad Habits


- There is nothing we have done that is so bad that it cannot be purified!



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1. What do you habitually *feel guilty about*?

2. What character traits *would you like to develop*?



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The Four Opponent Powers (4R's)

- Regret, reliance, remedy, restraint
- Stops seeds of negative actions ripening into suffering experiences
- Universal, any religion, secular
- We do some naturally already...

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How to Purify Negativities

2. Reliance

3. Remedy (antidotes)

4. Restraint

1. Regret

3. Remedy (activities)

Confusion







Disturbing Emotions

Body

Speech

Mind

Results



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Four Opponent Powers

REGRET

- First recognise we made a mistake
- Natural feeling of remorse
- Different from guilt!
- Primarily for one's own future suffering, what you know is coming
- Recall a specific instance
- Use it as a springboard to purify all other instances



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Four Opponent Powers

RELIANCE


Reconnect with your refuge

- We make mistakes because we are alienated from our refuge
- Confidence that we can overcome negativity by applying the teachings




Regret hurting others

- Rely on the very things we harm
- We need others to develop our compassion




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Four Opponent Powers

REMEDY

- Make amends, apologise
- **Positive actions** to counter 10 non-virtues
- Enjoyable and with long-term benefit
- **Antidotes** to the afflictive emotions
- Use **visualisation** to experience a feeling of transformation





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Four Opponent Powers

RESTRAINT

- Commit to a **specific amount of time**
- Be realistic! Difficult habits 1 hour or 1 day, easier habits for a month or a year
- Your self-confidence will naturally grow with small successes
- Just like AA, one day at a time!



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For Example... Binge Drinking

- **Regret** the hangover, fighting with a friend, compromised health
- **Reliance** on something bigger to live for, higher power, a pet to care for
- **Remedy** jiggling the ice, positive role models, AA meetings, a hobby, keep a diary, meditation
- **Restraint** take it one day at a time





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Take-home Points About Purification

- The mind, unlike the body, can heal perfectly, because its nature is pure
- **There is no negative action so bad that it cannot be purified!**
- You can mend a broken leg, but it's better to not break it in the first place
- Strong negative actions take a longer time to heal than less serious ones
- How do we know it's worked? We feel a weight lift, a sign in a dream

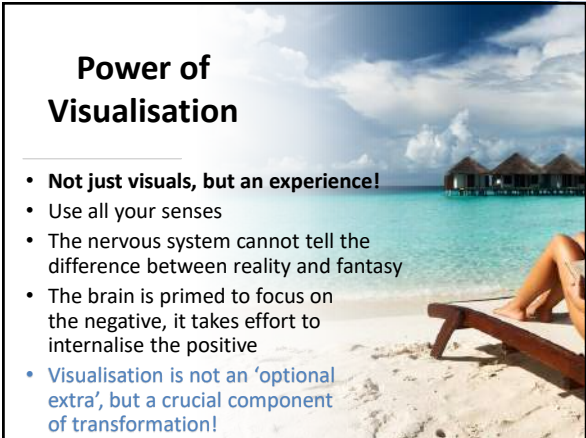




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Power of Visualisation

- **Not just visuals, but an experience!**
- Use all your senses
- The nervous system cannot tell the difference between reality and fantasy
- The brain is primed to focus on the negative, it takes effort to internalise the positive
- **Visualisation is not an 'optional extra', but a crucial component of transformation!**



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SUMMARY

- 10 virtuous actions are road signs to help us navigate safely through life
- Stop bad habits with Four Opponent Powers
- Change your experience with visualisation







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Next Week

Homework – Purifying meditation

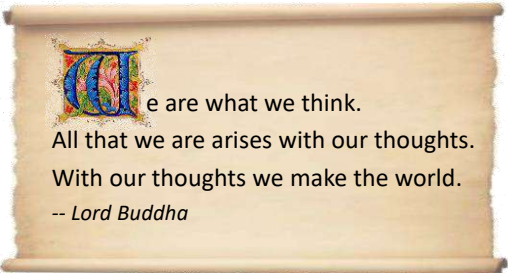
- Fill in the specifics
- Do the meditation each night

Next week:

- In-depth checklist for the **MIND**
 - Recognise destructive attitudes
 - Replace with a positive, enjoyable approach

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Mind Creates All



e are what we think.
All that we are arises with our thoughts.
With our thoughts we make the world.
-- Lord Buddha

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1. What **mental attitudes** do you want to stop?

2. What **inner qualities** would like to develop?

WHY ARE WE HERE?




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Keep Yourself Nice!

- Ethics are universal values
- Based on recognising our interdependence
- Three doors of activity (body, speech, mind)
- *First abandon negativity, then practice the opposite!*



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Mental Non-virtuous Actions

- Body and speech are servants of the mind
- By just changing physical habits, but not our mind, any progress will not last
- Mental actions are when we dwell on something, strengthen it, and act on it
- *Covetousness, ill-will and mistaken views*

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Some Mental Habits...

destructive ❌

- Nervousness, worry, anxiety, restlessness
- Depression, avoiding important aspects of your life, self-defeatism
- Rages, revenge, violent fantasies, prejudice, bigotry
- Over-thinking, panicked distraction, obsessive
- Confused as to right and wrong, shifting morality based on self-interest
- Dissatisfaction, wanting more, glass half empty

positive ✅

- Walk a mile in their shoes
- There for the grace of god go I
- Look for the silver lining, the opportunity in any situation
- When things go wrong respond “how fascinating!”
- When things break saying “of course!”
- In an argument give them the victory, rather than win at expense of the relationship
- Pay it forward
- Celebrate milestones

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Avoid Covetousness

Rejoice at other's fortune
Practice being content
Use mindfulness
Recognise the object is not the source of happiness
Remember deeper states of happiness

Practice

Symptom

You are dominated by desire
You have no contentment
What you have degenerates

Abandon

See faults of desire
Abandon attachment
Stop thinking about your own or other people's wealth

Result

you will easily accomplish whatever you wish for

"What I have is good enough"

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Avoid Ill-will

Cultivate love and compassion for others
Search for what you have in common
Recognise their fear and vulnerability
Hate the behaviour not the person

Practice

Symptom

Dominated by revenge
Find yourself without help
Live with conflict and fear
Predominance of hostility

Abandon

Thoughts of harming
Recognise hatred harms me, not just them

Result

You will be fearless and have great confidence

"Just like me, they too want to be happy"

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Avoid Mistaken Views

Enquire after others
Freely question
Become curious
Respect civic rules
Embrace other cultures
Learn new skills

Practice

Symptom

Dominated by confusion
Fundamentalist views
Cynical or bored
Find no protection

Abandon

Feelings of indifference
Prejudice or partiality

Result

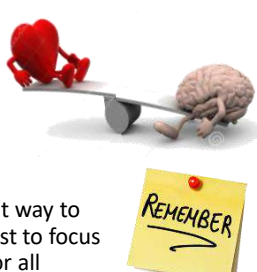
Whatever you study will expand your heart and mind

"How things appear is not how they are!"

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Take-home Points About Mind

- "All that we are is a result of all that we have thought" -- Lord Buddha
- Don't believe everything you think; you are not your brain
- Don't believe everything you feel; feelings are not facts
- There is no absolute right way to look at a situation, so best to focus on the most beneficial for all



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SUMMARY

- To change our behaviour, start with the mind!
- Avoid covetousness, ill-will, distorted views
- Notice emotional sensations (don't believe them)



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Next Week

Homework - Purifying meditation

- Fill in the MIND purification sheet
- Do the meditation each night

Next week

- In-depth checklist for SPEECH
- Subtle internal dialogue

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Non-virtuous Verbal Actions

- The worst are lying, divisive talk, harsh words and gossip
- Includes speech, gesture and omission
- How we communicate with others as well as inner self-talk

T = Is it True?

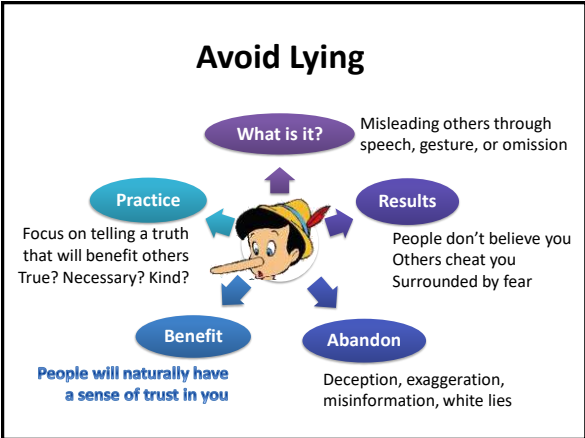
H = Is it Helpful?

I = Is it Inspiring?

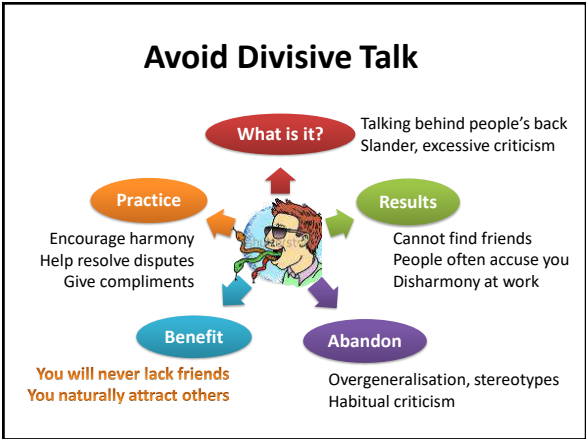
N = Is it Necessary?

K = Is it Kind?

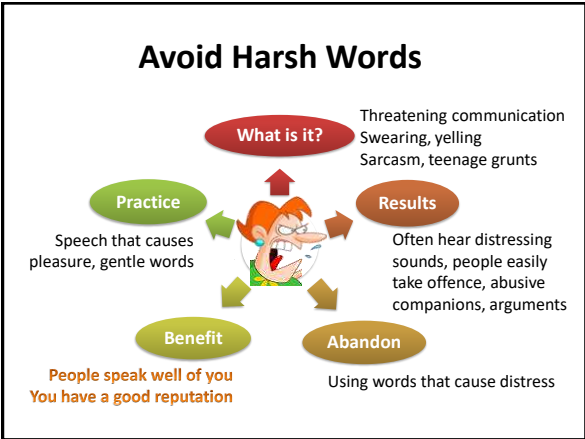
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Avoid Gossip

What is it? Idle chatter, meaningless talk, nagging, telling tales

Practice
Know your purpose
Courage to speak about meaningful topics

Results
No one listens to you
You lack respect
Cannot express yourself

Benefit
People listen to you
People value what you say

Abandon
Compulsively filling in silence
Nagging, having the last word
Speaking to dominate

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Unhelpful Speech Patterns

- Over-generalisation
- Filtering
- All or nothing thinking
- Personalising
- Catastrophising
- Mind reading
- Emotional reasoning
- Fortune telling
- Magnify or minimise

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Inner Self Talk

✗ destructive

- Internal commentary
 - Critical and judgmental
 - Harsh or compulsive
 - Dwelling on the negative
- The more we use negative self-talk, the more we perpetrate unhappiness
- Pay attention to the words, but don't believe them!

✓ positive

- Use more open, fluid and kind language:
 - I could...
 - He possibly...
 - It might...
 - They sometimes...
- What would the Dalai Lama say?
- How would your best friend describe this situation?

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From General to Specific

- Change statements from general to particular
- Use specific place, time, person, activity
- Leave room for a positive outcome

“No one understands me”
→ “Bill didn't understand me this morning.”

“Everything is terrible today”
→ “I woke up feeling bad this morning.”

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Reframing Our World


- Avoid the passive voice
“It is recommended that you take your shoes off when entering.”
→ “Please leave your shoes in the racks”
- Reframe to reflect a wider reality
“I am soooooo depressed”
→ “I am a budding Buddha undergoing depression.”

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SUMMARY

- Lying, harsh words, divisive talk and gossip
- THINK before you speak!
- Inner self-talk frames our world

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Homework - Purifying meditation

- Fill in the SPEECH purification sheet
- Do the meditation each night

Next week

- In-depth checklist for BODY
- Physical activities and expression
- Addictions and compulsions

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Yo! – Represent!

- Taming our **mind** is a challenge...
- Disciplining our **speech** takes effort...
- **But we can very easily clean up our life by restraining our physical activities!**



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1. What destructive **physical behaviours** do you have that harm yourself or others?

2. What do they stop you doing **that you would like to be doing?**



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Non-virtuous Physical Actions

- Physical actions that bring long-term harm or suffering
- Aggression towards others, or self-harm
- **Worst are killing, stealing, and sexual misconduct**
- You probably avoid these already!
- Easy to avoid because our culture supports us
- In many parts of the world there is little choice



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Avoid Killing



Practice

Save lives, protect the vulnerable, donate to charities, enhance physical well-being

Abandon

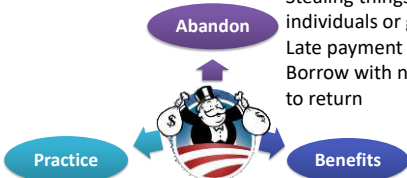
Murder, abortion, torture, intimidation, violence
Motivation to cause harm

Benefits

Long life without illness
Intuitive sense of kindness

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Avoid Stealing



Practice

Give according to your means
Give to causes that inspire you
Offer time, comfort, goods
Help to educate others

Abandon

Stealing things owned by individuals or groups
Late payment of bills
Borrow with no intention to return

Benefits

Material wealth is easy
You have enough resources

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Avoid Sexual Misconduct

Practice

Treat others with respect
Support relationships
Protect the vulnerable
Try to change unfair laws

Abandon

Cheating on your partner
Cheating with another
Abuse, coercion, exploitation

Benefits

Harmonious relationships
Long-term relationships
Many friends around you

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Our Behaviour Defines Us

✖ destructive

- Online gaming, surfing the net, social media
- Overeating, over-sleeping, compulsive sexual activity
- Substance abuse or dependency
- Compulsive shopping, gambling, hoarding
- Compulsive email checking, hand washing
- Violent or aggressive outbursts, destroy stuff

✔ positive

- Take a bath, go for a walk, swimming, dancing
- Hobbies like gardening, crochet, woodwork, cooking
- Thought transformation on daily chores like cleaning or cooking. Do it for others
- Learn a musical instrument, join a choir, volunteer,
- Meditation, read, paint
- Get a cat or dog, fish or bird
- Keep a journal

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Yo! – Represent!

- We not *just* our body
- We are *much more* than our body

Our body represents us

- We are only 8% us!
- Consciousness + collaboration
- Body dysmorphia

We represent others

- Entire sections of society
- We have power - use it or lose it!

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SUMMARY

- Worst are killing, stealing and sexual misconduct
- Easier to avoid because our culture supports us
- Become a positive force in the world.... *represent!*

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Happiness and Habit

Happiness of sensual pleasures comes mostly from *physical activities*

GET

Happiness of overcoming disturbing emotions is associated with *speech and inner self-talk* that frames our world

BRING

Deepest happiness of the stages toward awakening does not rely on circumstances, but comes from *within the mind*

BECOME

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Feedback sheets!

Homework - Purifying meditation

- Fill in the BODY purification sheet
- Keep doing the meditation!

For the future...

- Keep your worksheets, to compare next time
- Persevere! (it takes a month to establish a habit)

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