

The Five Forces

- 1. **Intention** (force of impetus)
- 2. **White Seed** (force of virtue)
- 3. **Familiarity** (force of repetition)
- 4. **Repudiation** (force of elimination)
- 5. **Aspiration** (force of prayer)



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9-Round Breathing

- 1. **Breath out** through the left all negativities as black smoke, breath in through the right all qualities as golden light (3x)
- 2. **Reverse** the nostrils, out through the right, in through the left (3x)
- 3. Breath out **through both** nostrils the black smoke, in through both the blissful light (3x)
- 4. Then spend a few minutes breathing clear light; clarity within and clarity without.



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What gets you out of bed each day?

- **Sub-conscious drives**
 - **Social or cultural pressures**
 - **Non-religious:** Look after family, contribute to our society, invent something, world's best practice
 - **Buddhist:** Altruistic intention (greatest good), for long term benefit (liberation).
- What mood do you usually wake up in?
 - What are you looking forward to?



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How we set our motivation at LTC committee meetings

- Short term**
 - Acknowledge immediate concerns
 - Details, KPIs, deadlines
- Medium term**
 - Why does this matter?
 - Who benefits?
 - Big picture thinking, your passion
- Long term**
 - What values does this embody?
 - When I'm gone, what continues?



Ask yourself
"WHY?"
three times

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1. The Force of Intention



Causal Motivation
(starts your day)



Momentary Motivation
(spur of the moment)



How to adjust your motivation each morning (to last the whole day)

- "Today I am going to try to benefit whenever I can, and at the very least will not harm"
- "I will stay aware of every action of my body speech and mind, and not allow anything to upset me"
- "Whenever possible, I will show kindness. It is always possible"

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Boxing




- **Causal:** overcome fear, racial pride, role model for the young
- **Momentary:** overcome all odds, vanquish the opponent, endure pain



- **Causal:** status, riches, revenge, fame, prove your parents wrong
- **Momentary:** annihilate the opponent, win at all costs




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Sexuality

- Causal:** share emotion, create connection, raw honesty
- Momentary:** desire or lust!

- Causal:** status, narcissism, boredom, hedonistic pleasure, power over others, neediness
- Momentary:** romantic, superficially attentive, hormonal urges



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How washing the dishes can bring you to enlightenment!

- What is a **daily activity** you resent?
- What are the **steps** that make up that activity?
- Hitch-hike a **meaning** onto each step
- Put **as much energy** into removing difficult emotions as you do removing dirt from the dishes!
- Doing the dishes is a sublimated urge to **reveal your innate purity!**



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By doing this [.....], may all beings have [.....], and may I be the one to do it.



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How to get dressed




- Patience for problems
- Timeless state
- Three types of generosity
- Beautified by morality
- 3 higher trainings
- In the footsteps of your heroes






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SUMMARY




- Five Forces** are superpowers to structure our life
- Causal and momentary **motivation**
- Metaphor** can transform the ordinary into the path to enlightenment



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3. The Force of Familiarity




Formal meditation

- Morning and evening
- Personalise your daily meditation, just like a fitness program
- There is nothing that doesn't get easier with practice!
- Use the power of habit to help instead of harm!

During the day

- Cultivate your positive mental factors
- Everything becomes part of the practice



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Formal Meditation Practice

Prepare

- Settle the posture
- Breathing

Motivate

- Ask “why?” 3x
- For oneself *and* others
- Use prayers, poetry

Meditate

- Four immeasurable attitudes
- Visualisation, chanting
- Journaling, analysis, study

Dedicate

- Mirrors your motivation
- Reinvest the energy



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Motivation from Lama Yeshe

hat is the purpose of being alive today?
It must be something more important
than drinking coffee!

Today I will develop bodhicitta, leading to the peaceful path of liberation and full awakening for the benefit of all beings.

From this moment on, until I go to sleep, I shall stay aware of every action of my body, speech and mind. Wherever possible I shall try to help, and at the very least I will not harm.

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The Four Immeasurables

Loving Kindness

Wishing everyone had happiness and its causes

Compassion

The wish for everyone to be free from suffering and all its causes

Joy

The wish for happiness to continue, rejoicing in the goodness of others

Equanimity

Free of bias or favouritism, not holding some close and others distant

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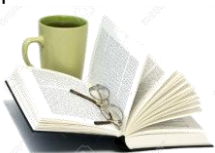
Dedication

ue to all the merits of the three times accumulated by me and by others,
Merely by seeing, hearing, remembering, touching or talking to me,
May any being be freed in that very second from all their sufferings, diseases, spirit harms, negative karmas, and obscurations,
And abide in the peerless happiness of full enlightenment forever.

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During the Day

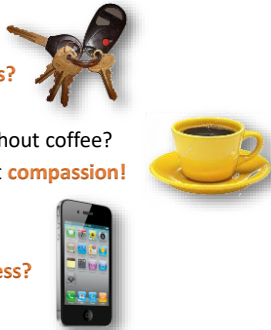
- *What do we do with the other 23 ½ hours?*
- Use your **metaphors** to transform daily chores into character building causes for happiness!
- Use **everything that happens to you** as fuel and focus for your personal practice
- Eventually, we become so habituated that our practice of virtue becomes second nature



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Speed Metaphors

- Have I got my keys?
- Have I got my **kindness**?
- Can't start the day without coffee?
- Can't start the without **compassion**!
- Where's my mobile?
- Where's my **mindfulness**?



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Crochet to save the world!

- As I persevere and encourage myself in crochet, may I do the same in mediation
- Just as I make a rug out of a strand of wool, may I make something out of the thread of my life
- Just as I make the squares, may I create order and harmony around me
- Hooking the thread - drawing forth all my qualities
- May my concentration never waver or tangle
- As I cut the ends, may I cut the root of delusion
- As I tie them up, may I fasten my bodhicitta resolve

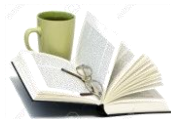


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SUMMARY



- **Force of Familiarity**
- Formal meditation practice
- During the rest of the day....
- Speed metaphors (train in words or slogans)



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2. Force of the White Seed



- Our investment in ourselves as a human being
- If our activities are positive we will experience happiness in the future



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10-Point Checklist

- **Natural misdeeds** are universally recognised actions that cause harm or suffering
- **Proscribed misdeeds** are not inherently bad, but can lead to more destructive behaviour
- **Buddhist:** 10 virtuous actions, 6 Perfections
- **Non-religious:** Abide by the law, keep your vows, professional code of conduct, volunteer, donate



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Avoid Destructive Physical Actions



VIOLENCE

Avoid killing, violence or aggression. *Harm minimisation. Save or extend lives, protect the vulnerable.*



STEALING

Avoid taking what's not freely given. *Share food and resources, give your time, material aid, pay bills on time*



SEXUAL MISCONDUCT

Don't cheat on your own or someone else's partner. *Cultivate trust, respect others, even if they mistreat you*

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Avoid Destructive Verbal Actions



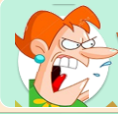
LYING

Misleading through speech, gesture or omission. Ask yourself "Is it true? Is it useful? Is it kind?"



DIVISIVE TALK

Slander, excessive criticism. *Support friends, resolve disputes, give compliments*



HARSH SPEECH

Yelling, threatening, swearing, sarcasm. *Use kind words that bring happiness*




GOSSIP

Telling tales, nagging, meaningless talk. *Meaningful topics, plan ahead, be aware of your purpose*


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Avoid Destructive Mental Actions




COVETOUSNESS

Abandon dwelling on what you don't have. Rejoice at other's qualities and good fortune. *"What I have is good enough"*



ILL WILL


Abandon thoughts of malice, harm, revenge. Cultivate kindness. Find out what you have in common. *"Just like me, they want to be happy"*



MISTAKEN VIEW

Bigotry, sexism, racism. Cultural education, change unfair laws. *"How things appear is not how they exist!"*

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The Six Perfections

Perfection of...




1. **Generosity** (open-heartedness)
2. **Patience** (kindness)
3. **Morality** (ethics)
4. **Enthusiastic Perseverance** (joyous effort)
5. **Concentration** (meditation)
6. **Wisdom**

...not *ordinary* activities, because they are all informed by Bodhicitta!

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SUMMARY

- **Force of the White Seed**
- Investing in yourself as a human being
- What we do has far-reaching consequences
- 10-point checklist of the best ways to act



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4. Force of Repudiation



- The force that counters our negativities
- **Four Opponent Powers** method (the 4Rs)
- We do some naturally, but if we miss one, we repeat the behaviour
- Like diffusing a bomb, so we don't have to experience the disastrous effects in the future

1. **Regret**
2. **Reliance**
3. **Remedy**
4. **Restraint**



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Looking Back on the Day

Columns or pebbles

- Congratulate yourself on the positive
- Decide one thing you could do better



• *Did you remember to motivate this morning?*

Rating your day

- Pleasant, a challenge, overwhelming?
- How would you rate your kindness to others?
- How successful were you in non-retaliation?



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Four Opponent Powers



1. **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
- Be specific in what you regret and use it as a springboard to include all other instances



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Four Opponent Powers

2. RELIANCE

Reconnect without your refuge

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

Regret for the hurt caused to others

- Rely on the very things we harm in order to purify the harm
- Without others, we cannot develop our kindness or compassion



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Four Opponent Powers

3. REMEDY

- Make amends, apologise

Positive actions as a counter-balance

- 10 non-virtuous actions checklist
- Enjoyable *and* long-term benefit

- **Antidotes** to the afflictive emotions
- **Visualisation** so we experience a feeling of transformation



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Four Opponent Powers

4. RESTRAINT

- Commitment to refrain from that action

For 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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5. The Force of **Aspiration**



- **Mirrors** the morning motivation
- **Looking forward** to the positive results your activities will bring
- **Prayer** is the bridge between cause and result
- Have the courage for a **vast vision**, and you can achieve everything in between



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Internalising Positive Experiences

Turn positive facts into positive experiences

- Recognise when good things happen
- Spend time on this!
- Rejoicing doubles your merit



Savour the experience

- Imagine it as a pleasant physical sensation
- Stay with the rewards of the emotional experience



Imagine the experience absorbing into you

- As a rainfall of light
- Jewels filling your heart
- Music harmonising body and mind

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- **Force of Repudiation**
- Purify negative actions and mistakes with the Four Opponent Powers
- **Force of Aspiration**
- Prayer is the bridge between cause and result



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