

Outcomes of the Course

- Science of the mind, Buddhist psychology
- Map of how disturbing emotions arise (and how to find the treasure)
- Overcoming the big bullies (craving, anger, self-loathing, confusion)
- How to listen to what anxiety and depression are telling us



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Don't Shoot the Messenger!

- Back pain is not the disease itself, but an indication that something is wrong
- Conscience is the pain system of your ethics
- Depression and anxiety are the pain system of the mind
- If we can listen to our anxiety and depression, we can remove their causes (rather than just mask the symptoms) and achieve the inner peace we are seeking



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Mind is Naturally Pure

- Encompasses: thoughts, emotions, sense perceptions, instincts, memory
- Nature of our mind is clean and clear
- Polluted with clouds of toxic emotions
- They are not one with the sky – they can be removed
- First, we must stop pumping in more!



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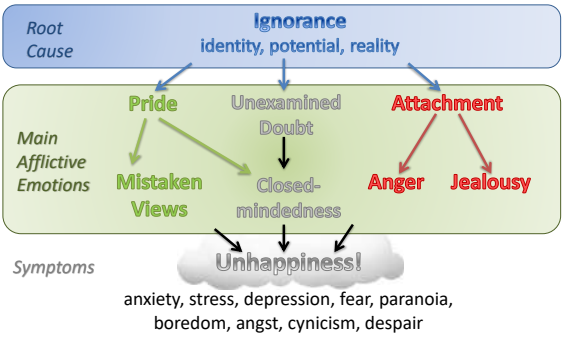
Airport of the Mind

- Thoughts and feelings arriving, speech and actions leaving
- Disturbing emotions like inner terrorists, some obvious, others disguised
- If we were an airport security guard, could we recognise them?



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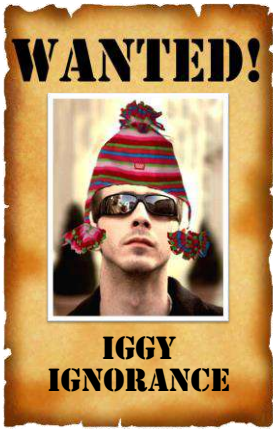
How the Afflictive Emotions Arise



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Ignorance

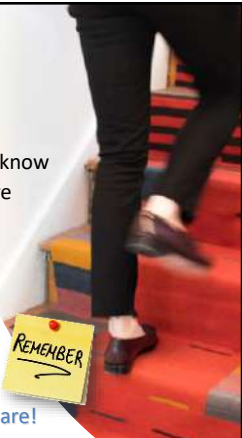
- Confusion re internal cause and effect
- Misidentifying the causes of suffering
- Unaware of our potential for enlightenment
- Holding our present identity to be true and inviolable



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Steps to Overcome Ignorance

- Enjoy learning what you don't know
- Focus on other people's welfare
- Encourage your curiosity
- Disagree with the idea, not with the person
- Reflect on how the teachings apply to *you*, not to others!
- Strengthen your ethics (what to practice and what to avoid)
- *How we feel is not how things are!*



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Unexamined Doubt

- Arises from fear, guilt, laziness, bad habits

“Those who doubt powerfully have the power to realise the truth, provided they investigate their doubts.”

– Arya Nagarjuna



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Wrong Views

- Intellectually acquired distorted views and beliefs
- Out of step with reality, mistaken
- Justifications for prejudice, bigotry, misogyny, racism



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Miss Innate Human Intelligence

- As a human being we have all the tools and resources we need to liberate ourselves
- We cannot stop the rain of misfortune, but we can protect our own mind from harm



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SUMMARY




Our mind is naturally pure

- All disturbing emotions have ignorance at their root
- They can be overcome because they are not our true nature

Don't shoot the messenger!

- Depression and anxiety are the pain system of the mind
- They show us exactly where to look to heal ourselves


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Self-reflection sheets

Worksheet on ignorance and wrong views


Meditation on Mind Like the Sky



TV homework

You Can't Ask That!

Everyone's a Critic



Topics

Identity, pride

How to develop self-worth and respect

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Today's Topics

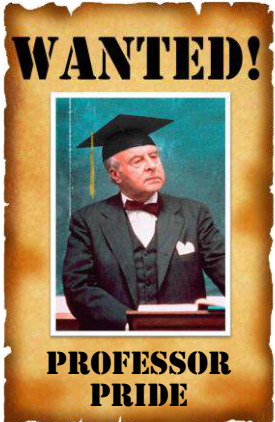
- Identity, pride and self-worth
- Why is pride dangerous?
- The seven negative prides
- Four positive prides to cultivate
- How to develop a realistic and genuine sense of self-esteem, confidence, and worth



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What is Pride?

- Self-importance, an inflated self opinion
- Distinction between self and others
- A distorted view of self, from ignorance
- Compares, looks for external sources of validation




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Three Social Prides



Superior to INFERIORS (vanity)



Superior to EQUALS (self-importance)



Superior to SUPERIORS (arrogance)

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How Pride Imprisons Us


- We don't know we have it!
- Others cannot support us
- Barrier to learning and growth
- Needs constant maintenance
- Causes loneliness and alienation
- We disrespect others

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Other Distortions of Identity




Wrong Pride



Pretentiousness



False Humility



Ego-centricity

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Who am I, really?

- Egocentric pride
- If we take away...
 - Gender
 - Race
 - Age
 - Education
 - What we own
 - Family status
 - Our job or career.....



.... what are we left with?

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Positive Prides

- 1. Pride in our innate human intelligence
- 2. Recognising our fundamental purity
- 3. Appreciating our positive actions
- 4. Confidence we can overcome delusion

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SUMMARY





Pride stunts us, we miss out


- We disrespect or harm others
- Comparing ourselves to others, but it's never enough



Self-esteem is a natural result of developing our inner qualities

- Dispels fear and loneliness
- Draws us closer and unities us


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Self-reflection sheets

Worksheet on Pride and Self-esteem


Meditation on Loving Oneself and Others



TV homework

The Office (USA version)

Supernanny




Topics

Difference between love and attachment

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Today's Topics

- **Difference between desirous attachment and love**
- How attachment arises
- How attachment cheats us...
- **Antidotes to attachment, so we can *really* enjoy life!**



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Desirous Attachment

- 1. **Exaggerates** the good characteristics
- 2. **Projects** attributes that are not there
- 3. **Biased** to see only the good qualities

The degree of suffering we experience is directly proportionate to the degree of attachment



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Following Attachment

Desire is not happiness!

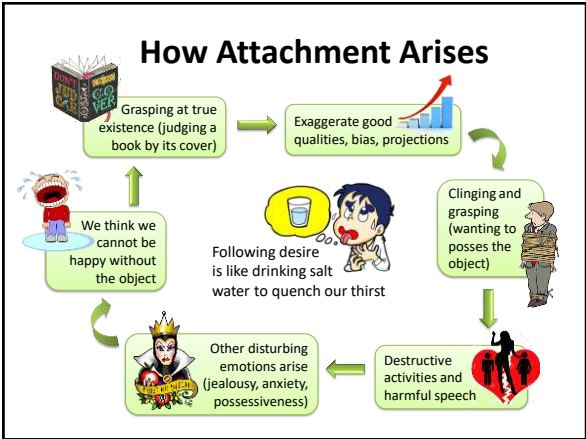
- Attachment travels with us like a constant thirst
- The more we follow craving the more dissatisfied we are

What's the difference?

- Attachment feels pleasant at first, only later revealing its true nature
- Love turns to hate when attachment doesn't get what it wants



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How Attachment Cheats Us

- Desires may not be fulfilled
- Object is illusory
- Other negative minds arise
- Even if satisfied, it doesn't last
- Leads to unskilful actions
- Cheats us of enjoying ordinary pleasures
- Keeps us endlessly up and down
- Distracts us from making life worthwhile

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What Attachment is NOT

- It's not the object that's the problem, but our **craving** for it!
- Confuse 'love' and genuine affection
- Not all desires bring suffering
- With realism, the result is happiness

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Remedies for Attachment

- Remember **death and impermanence**. Things change, our lifespan is limited.
- Recognise the **impurities of the body**. A sack of guts in nice packaging, that naturally deteriorates.
- View **others as family**, with affection, forgiveness and respect.
- **Meditate on emptiness**. The object does not exist in the way it appears.
- **Conviction in reality**. Seek happiness where it can actually be found!
- **Cultivate love for others**. Love is wanting the other person to be happy. Being 'in love' is wanting the other person!

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SUMMARY

- **Desirous attachment** focuses inwards and is tunnel-vision
- **Genuine affection** expands our heart to others
- Satisfaction does not come from following craving, but from **cultivating contentment**
- Without attachment, we are free to really **enjoy our life**


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Self-reflection sheets	TV homework	Topics
Worksheet on Attachment	<i>Botched</i>	How anxiety reveals our deepest values
Meditation on Offering Your Body as the Four Elements	<i>Body Bizarre</i>	Listening to the wisdom in anxiety
	<i>Bridezillas</i>	
	<i>Banged Up Abroad</i>	
	<i>Wifeswap USA</i>	

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Today's Topics

- How to listen to the wisdom in your anxiety!
- Difference between anxiety and fear
- Common misconceptions about the causes
- How to *break the habit of worry*




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Causes of Depression and Anxiety




Organic changes in brain chemistry, environment, diet, injury



Response to events violence, helplessness, death of a loved one



Destructive habits learned behaviour, how we felt as a child




Afflictive emotions distorted attitudes and beliefs

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Difference Between Anxiety and Fear


- **FEAR** can accurately reflect a situation, so keep us safe
- **ANXIETY** is an out of proportion response to a situation we see as negative



- Fighting it makes it stronger
- Fueled by force of habit
- From grasping to a fictional identity
- Results in feeling alone, threatened, powerless

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Misconceptions About the Nature of Things



- **Things, people and relationships don't change.** The object breaks, wears out. Every relationship will end
- **Things bring us lasting happiness.** No matter how much we acquire we are still dissatisfied. We get bored, try to get a new one, collect more

- **Things are pure/perfect.** Relationships are by nature unstable. Objects are fallible, they have inherent complications
- **Things have a real, findable essence.** We are a collection of reaction to circumstance, a product of our era, education, gender, politics, religion

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Stress can be a good thing!

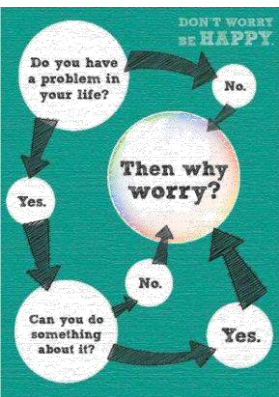
- Stress is not pleasant, but it is essential!
- Humans need stress to grow and develop
- Beware cognitive fusion – “it feels bad, therefore it is bad”
- Feelings are not facts (valid, but not true)
- Resilience is the ability to voluntarily bear suffering by keeping the mind calm


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The Great Saint Shantideva says...

“If you can do something about the situation, what is the point of worrying?

If you cannot do anything about it, then there is no point in worrying!”







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Breaking the Habit of Worry

- Mindfulness, notice and name
- Breathing, out breath longer
- Change of environment
- Physical exercise, walking
- Cut out dietary extremes
- Mimic a posture of well-being
- Do it for others, your people
- Reframe anxiety as anticipation!
- Write a list, with an action item for each
- Stop seeking satisfaction from external conditions



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Finding Wisdom in Anxiety

- Don't try to get rid of the anxiety
- Sit with the fear, and ask questions
- Anxiety shows we have regrets, we are not ready to die!
- Fearlessness comes from acknowledging fragility, not grasping at permanence

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Anxiety is a habit


- Worry is gains momentum with practice!
- It comes from our afflictive emotions



What can anxiety reveal to us?


- We are not living a life true to ourselves
- We are out of step with reality
- Our wisdom is trying to burst through

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Self-reflection sheets

Worksheet on Anxiety
Meditation on Impermanence
Analytical Meditation



TV homework

24 Hours in Emergency
Air Traffic Investigations
I Shouldn't Be Alive!




Topics

Antidotes to anger
Staying calm in difficult situations


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Today's Topics

- What anger is and how it arises
- Drawbacks of anger, how it harms us
- How to stay calm in difficult situations:
- **Three Types of Patience**



Why you no keep a calm mind?!



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How Anger Harms Us

- **Hostility + indifference is the most destructive force in the world**
- We look ugly or terrifying
- It is us who suffers
- Cannot learn from mistakes
- Destroy our property
- Fall into disrepute
- Lose our friends and family harm or kill them
- Prevents future happiness



Holding onto anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.

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Definition of Anger

A **deluded** mental factor that observes a **contaminated object**, **exaggerates** its negative characteristics, considers it to be **undesirable**, then wishes to **harm** it.

WANTED!

ANGRY ANDY

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Where Does Anger Come From?

- Anger comes from an **unhappy mind**
- Anger is what happens **when attachment does not get what it wants**
- Dissatisfaction, irritation, annoyance, frustration are **all one step away** from full-blown anger
- Anger arises because of the **reifying view**

Conditions & Triggers

- Having our wants and desires thwarted
- Feeling under attack
- Dwelling on their faults
- Setting ourselves apart
- Taking things personally
- Assuming things should work or go as planned
- Assume others are in control

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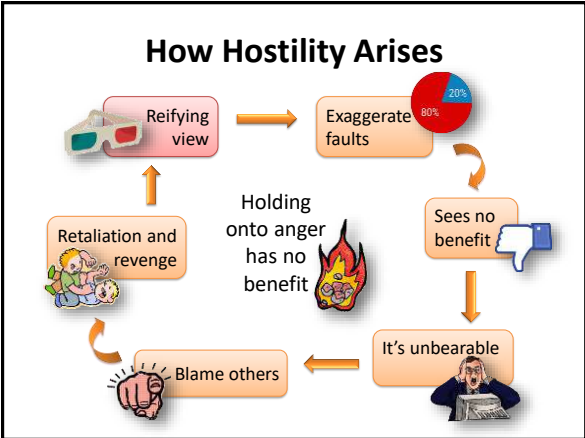
Tyranny of the Reifying View

- Grasping at what appears, as being true
- “Bad from its own side”**
- Thinking our happiness or suffering **comes from the thing out there**
- Source of all afflictive emotions and suffering
- Blinds us to any **possibility of change**

WANTED!

REIFYING VIEW

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Strategies to Overcome Hostility

- Prevention.** Head the warning signs of an unhappy mind! Don't dwell on their faults, dwell faults of anger!
- Run away.** Leave before you retaliate. Minimum is to refrain from harm. Retreat and think of a better way to deal with the situation

- Patience.** When anger is stopped by patience, the result is happiness. Feeling at ease, accompanied by compassion
- Loving-kindness.** Resist the urge to blame, focus on their good qualities. What do we have in common? We have to make the first move!

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Three Types of Patience

Remain at ease towards someone harmful
They have no freedom
I suffer because of the seeds in my own mind
Both of us have faults, both seek happiness
There can be a benefit

Voluntarily accept suffering
In a situation we can do nothing about, baring it with a happy mind

Certainty in the Dharma
We cannot control the world, but we can protect our own mind, so no that no matter what happens, we stay calm

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Common Misconceptions

- Anger gives us energy
- If I don't get angry people will push me around
- Venting anger makes it less
- We have a right to be angry!
- What about self-defence?
- Some hatred is justified, like war against terrorists, killing criminals
- *Are we being aggressive or are we being assertive?*

Misconceptions

- Doormat
- Venting
- Righteous
- Self-defence

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SUMMARY

Remember, anger is an intention to harm

- Annoyance is just a step away from anger
- Hostility coupled with indifference is the most destructive force in the world
- Greatest harm of anger is to ourselves

Patience is a remedy for ALL difficulties!

- A mind at ease in the face of adversity
- Put all three types into practice

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Self-reflection sheets

Worksheet on Anger

Feeling Tone

Meditation and Kindness of Others

TV homework

Airport USA

Hotel Impossible

Ramsey's Kitchen

Nightmares

Topics

Finding the wisdom on depression

Buddha's Radical remedies

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Today's Topics

- Sadness or depression?
- Misconceptions about the cause of suffering
- Breaking the toxic depression cycle
- Buddha's *radical* methods for depression

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Don't Shoot the Messenger!

- Beware the tyranny of cognitive fusion: "Depression feels bad, therefore it is bad."
- Aches and pains of flu are evidence the body is fighting infection
- The fever of your depression can be your path to compassion

"The problem is, that the *problem* is not the problem!"

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Neurologically there is no difference between sadness and depression

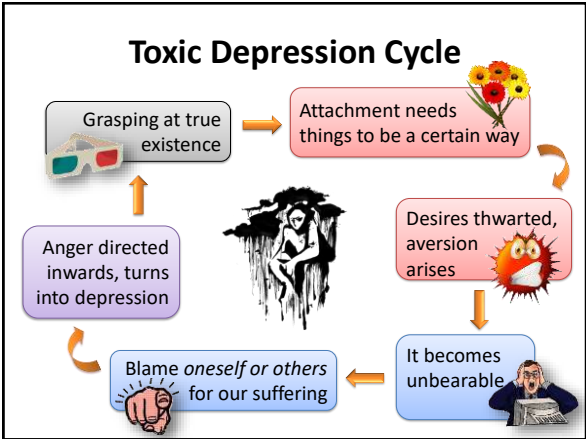
Grief or Sadness

- We develop empathy
- We become a better person
- We are more connected
- More able to help others
- It can be useful

Depression

- Self-focussed neurotic state
- Emotional stagnation
- Alienates us from others
- Distresses those around us
- No apparent benefit

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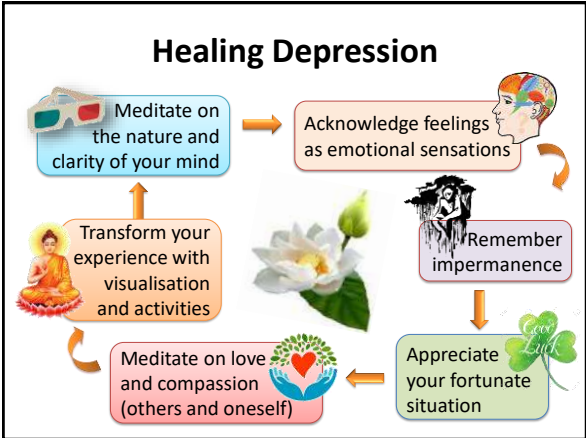


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Misconceptions About the Cause of Suffering

- **Causeless.** We assume because we cannot identify a reason, that there is no cause for our suffering, that it's arbitrary and random.
- **One cause.** We think our problems come from only one specific thing. But there are many factors, we can't blame just one.
- **Permanent.** We feel our suffering will never end, that there is "nothing we can do". But suffering is impermanent, changing, and momentary.
- **Wrong cause.** We think our problems or suffering are created by another (another person, society, circumstances, or god).

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The Buddha's Radical Cures

 Remember death and impermanence This too will pass. Come near to death, and depression vanishes!	 Experience it for others. Think "this is not my depression". Focus on others, just like you.	 Give it to your ego Put the blame in the right place. Don't blame your goodness or vulnerability.
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Miss Innate Human Intelligence

- We have everything we need to become free
- We cannot stop the rain of misfortune, but we can protect our mind
- Change the channel
- Reframe our world



MISS INNATE HUMAN INTELLIGENCE

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SUMMARY



Buddha's wisdom is radical


- When we are dominated by attachment, depression will naturally arise
- Don't just try alleviate the pain, but remove the causes so it no longer arises

Enjoy your depression!


- Experience it on behalf of others. Use it to destroy the prison of your ego
- Depression shows how to heal ourselves




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Self-reflection sheets
Worksheet on Depression
9-round Breathing and Seed of Light Meditation



TV homework
Little Miss Sunshine
Departures
Making Australia Happy



Topics
Keep your notes to compare with next time
Continue with the Emotional Balance Series

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Recommended Reading



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