

# Stop Being Bullied by Your Thoughts & Be Your Best Friend

*SLIDES FOR MF3.3*



**Boundless Love Project**

*Creating a global Beloved Community where all life thrives*

Our body is a compass that leads us home to truth, love, and joyful service.



# Three Falsehood Alarms

Area of Focus	All's Fine	Falsehood Alarms	Example
<b>Thoughts</b>	No false thoughts present or not believing any false thoughts.	Mindfully seeing you believe a false thought.	"I'm a loser." Self-judgment.
<b>Emotions &amp; Moods</b>	States of Being (The four kinds of love): Kindness, Compassion, Joy, & Peace.	Mindfully noticing an afflictive emotion or mood such as: fear, anger, sadness, etc.	We feel shame, sadness, hopelessness, self-hatred, etc.
<b>Behaviors &amp; Behavior Impulses</b>	Behaving skillfully in a way that benefits yourself and others.	Mindfully noticing unskillful behavior or behavior impulses that harm or would harm yourself or others.	Wanting to hit or cut yourself. Wanting to get drunk, eat fatty and sugary foods, or veg out in front of TV.



# Breathe



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# The Math of Suffering

**Falsehoods x  
(Aversion + Identification)  
= Suffering**



# My-thoughts-are-true-bias

The tendency of the mind in ordinary consciousness to assume its thoughts are true, important, and/or personal.





# Our Road Map to Love and Wisdom





