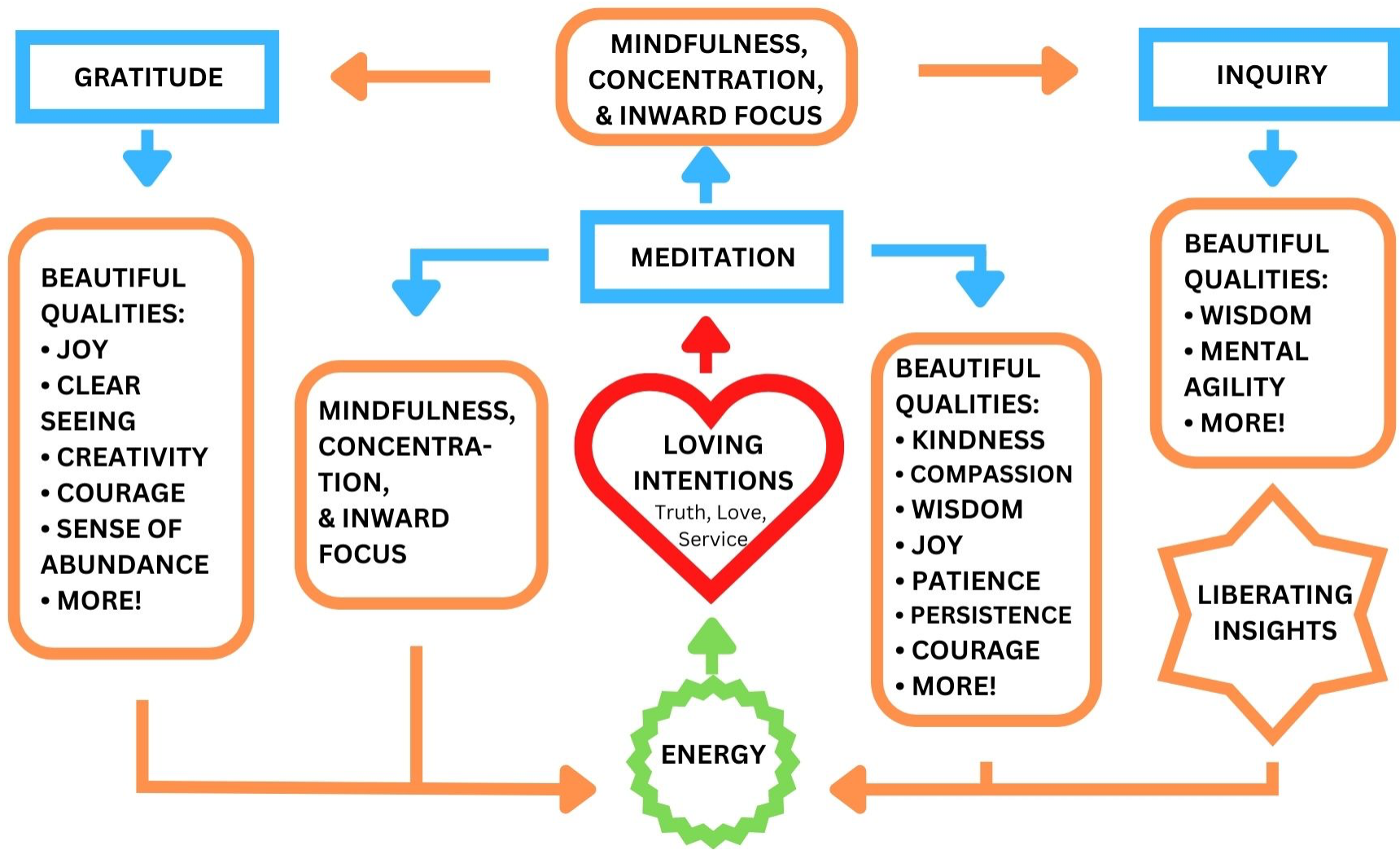


# The Road Map to Love and Wisdom





## Example of a Falsehood

**Would it make sense to draw a scary picture and then be frightened of it?**

No, and yet we do this all the time.

We create stories and images in our heads about the future, and then we react to them emotionally as if they were real. We call this the falsehood of futuring.

**Futuring:** Believing a story about the future is more real than the present moment.

**Liberating Insight:** The now is all there is.

# What is Love?





# Three Falsehood Alarms



Areas of Focus	All's Fine	Falsehood Alarms	Example
<b>Thoughts</b>	No delusional thoughts present. Not believing any delusional thoughts.	Mindfully seeing that you (unconsciously) believe a falsehood.	"I'm late for work. The boss is going to fire me." Futuring.
<b>Emotions/Moods</b>	States of Being (The four kinds of love): peace, compassion, kindness, and joy.	Mindfully noticing an emotion or mood present such as: fear, anger, depression, craving, etc.	Fear. Anger towards anyone and anything that delays them getting to work
<b>Behaviors</b>	Behaving skillfully in a way that benefits yourself and others.	Mindfully noticing unskillful behavior or impulses that harm, or would harm, yourself or others.	Driving recklessly. Road rage. Wanting to drive your car into another car.



# The BALADI Technique

**Breathe:** Take a mindful pause.

**Appreciate:** Thank you for mindfulness.

**Label:** Label the thoughts, emotions, and behavior impulses arising.

**Allow:** This belongs.

**Disidentify:** I am the knower, not the known.

**Investigate:** What can this teach me?