



8 Fold Path

VTSCLEMM

# VTSCLEMM

- Video from Oakland Buddhist Temple of Rev. Harry Bridge.





○ 8-Fold Path

○ VTSCLEMM

**V**TSCLEMM

**○ Views**

VTSCLEMM

○ Thoughts

VT**S**CLEMM

○ Speech

VTSCLEMM

○ Conduct



VTSCLEMM

○Livelihood

VTSCLEMM

○ Effort

VTSCLEMM

○ Mindfulness

VTSCLEMM

○ Meditation



○ VTSCLEMM

○ 8-Fold Path







# BICYCLES & LAVA LAMPS





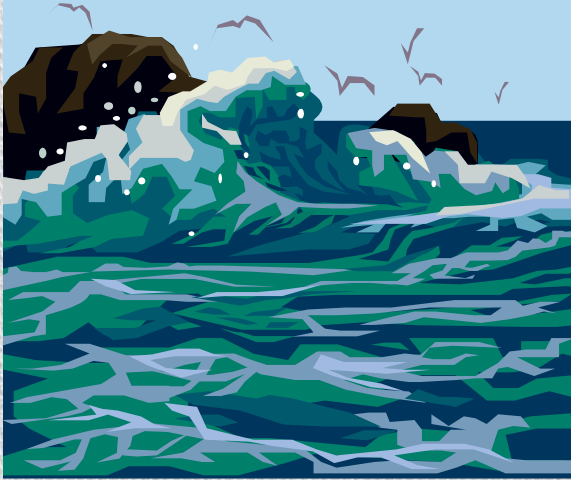
Life is like riding a bicycle. To keep  
your balance you must keep moving.

~Albert Einstein



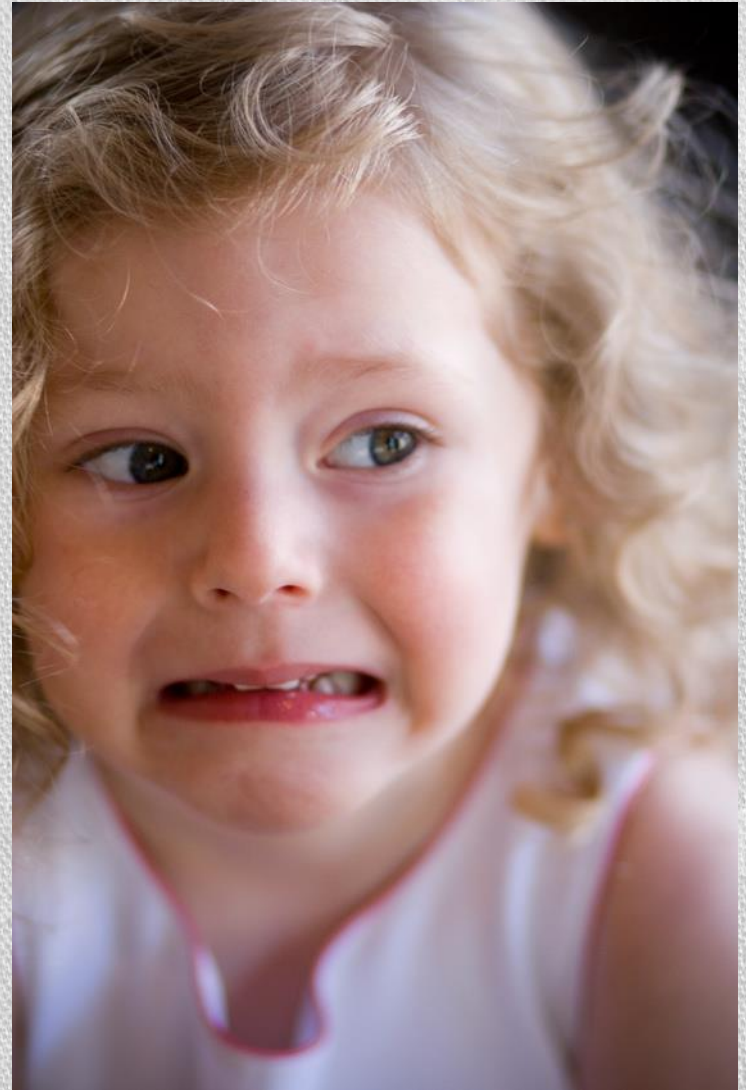
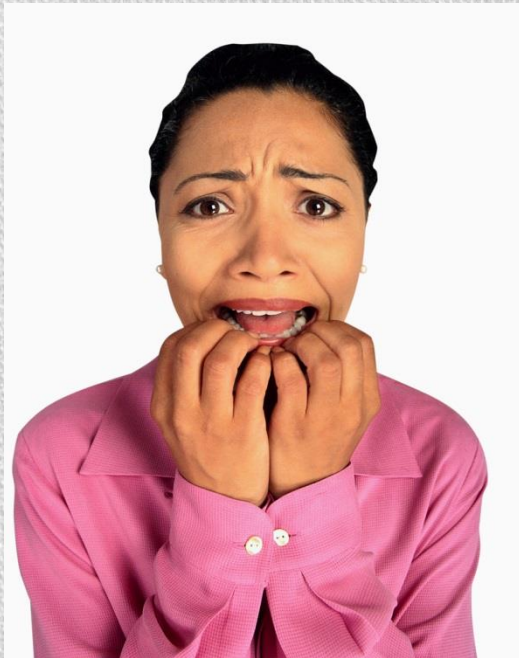


# Changes in Life





# Fears





# Labels

Business Owner

Teacher

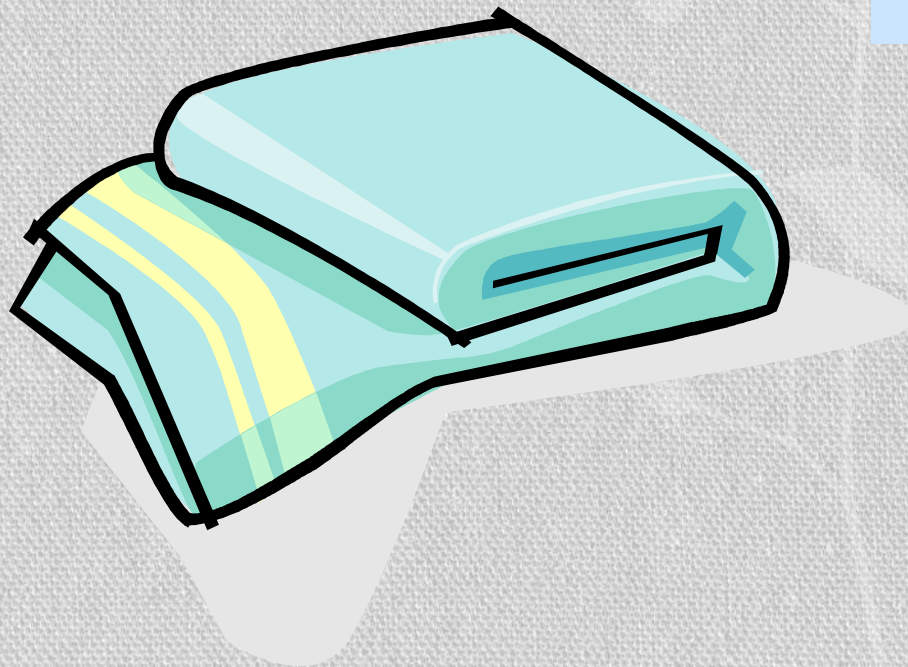
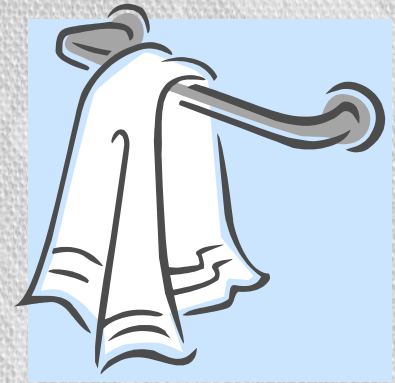
Office Worker

Mother

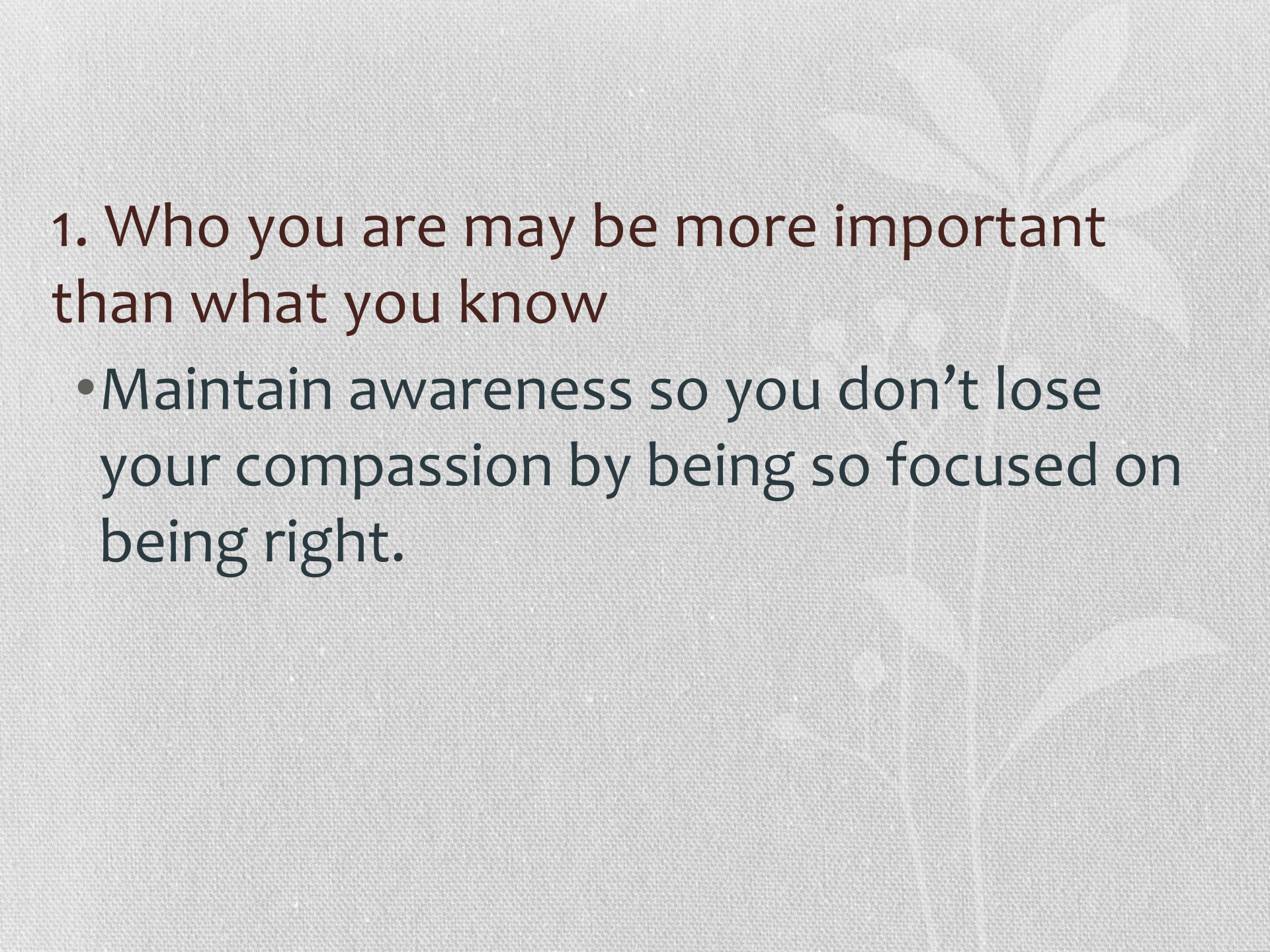
Father



# How Do You Fold Your Towels?







1. Who you are may be more important than what you know

- Maintain awareness so you don't lose your compassion by being so focused on being right.



## 2. Avoid “psychosclerosis”

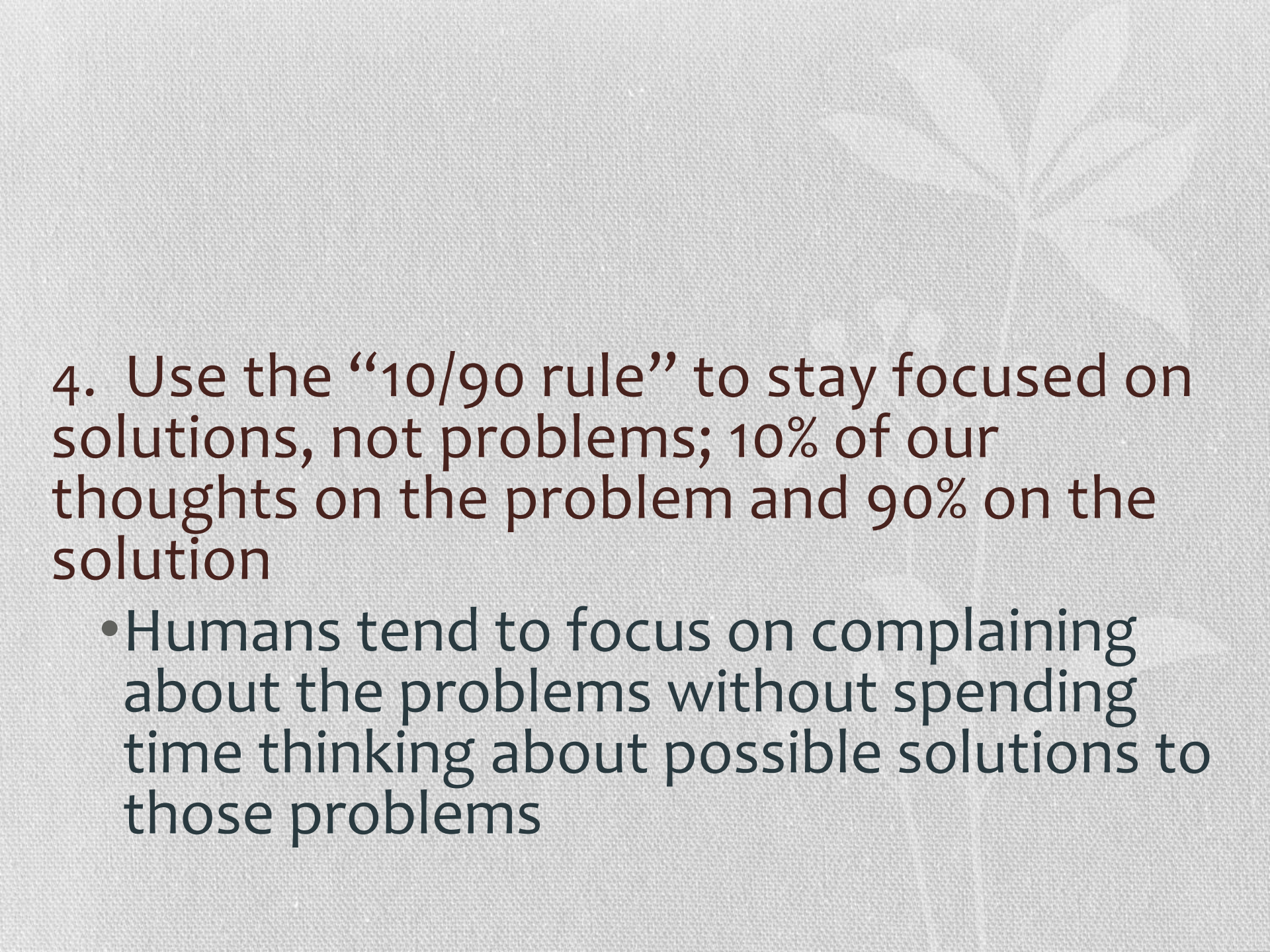
- Defined as hardening of the attitude, which includes the phrase “we’ve never done it that way before.”



### 3. What you focus on expands

- Remember to think pure and beautiful thoughts; what do you want to expand for yourself . . . the positive or the negative?





4. Use the “10/90 rule” to stay focused on solutions, not problems; 10% of our thoughts on the problem and 90% on the solution

- Humans tend to focus on complaining about the problems without spending time thinking about possible solutions to those problems



## 5. Keep your balance

- This sounds like the middle way . . . let go of the stress and laugh more often.



6. Be a lava lamp



# Be a Lava Lamp













# Keep Moving!







- Do we build our future or only worry about the past?

- Rahm Emanuel, Mayor of Chicago (heard on a recent episode of the television program “Chicago Land”)



