



# West University Seniors

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**Stanley Merrill**  
**Aug 24th, 2022**



# Today's Agenda

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- Quotes Jokes Poems
- Qi Gong
- What is a good person – Based on Anam Thubten Email
- Discussion
  - Jokes
  - Questions



# From John Gillette

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- Biologists have recently produced immortal frogs by removing their vocal cords. They can't croak.
- The best way to communicate with a fish is to drop them a line.
- One horse said to another, "Your pace is familiar, but I don't remember the mane."
- My dog's not misbehaving on his walk; he's just renegotiating the terms of his leash.



# Quotes

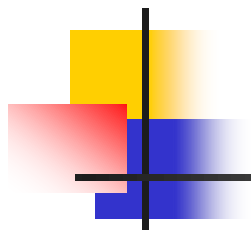
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- The real voyage of discovery consists not in seeing new sights, but in looking with new eyes. ... Marcel Proust
- Tall, Dark, Handsome Buddhist looking for himself
- It is easier to want what you get than to get what you want. ...Cheri Huber
- Forgiveness does not change the past, but it does enlarge the future. ...Paul Boese

# Qi Gong



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# Anam Thubten Dharmata Foundation



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# Sojong

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What does it mean  
to be a good  
person?

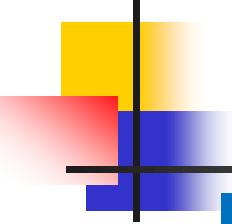




# What does it mean to be a good person

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- Why ask the question?
  - Look deeply
  - What are we doing and why?
  - Improve the quality of our relationships
  - Decrease our own suffering
- Initially we think a good person is
  - Generous
  - Trustworthy
  - Kind
  - Selfless



What is your  
motivation for being a  
good person?



# Why are we good?

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Some of us may want

- Praise
- To be special
- Respected
- Others to reciprocate

**Driven by Ego**

- We can be doing good things for the wrong reason.



# The Good Heart Altruism



# Altruist

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## Non-Judgmental Compassion

- Friends or Enemies
- Boss or Employee
- People who agree or disagree with us.
- **No desire for personal gain**



# What is Compassion

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- Compassion is
  - Wishing that they do not suffer
  - Human instincts are sometimes for revenge.
  - Difficult people are often deeply wounded people who deserve compassion.
  - It is easier to have for the poor and disadvantaged than the rich or powerful or difficult people in the world, but that is when we need it the most for our own well being.
- Compassion is not
  - Agreeing with the other.
  - Condoning bad actions.
  - Allowing others to take advantage of you.



# A Practice

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How to Cultivate  
A good heart



# Relating to others

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- The trigger
  - Every time you see or think about anyone
- Notice
  - Positive or negative
- Work to increase:
  - Good wishes and unconditional compassion
- Work to decrease:
  - Negative thoughts
- Everyone
  - Family, Friend, stranger,





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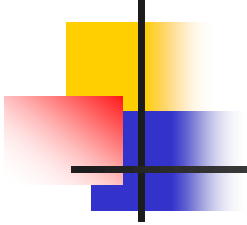
# Why it is Important



# You Benefit

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- You are the one who benefits
- Anger and hatred are like poison, they hurt us and not the people that trigger you.
- Native American Proverb - You don't know another until you have walked 1,000 miles in her moccasins
- Warning to lifeguards don't allow the drowning person to grab hold of you. They are desperate.



# Many Traditions



# Relating to others

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- The Victim, Rescuer, Perpetrator.
  - Rescuer sees injustice and is angry at the perpetrator.
  - The rescuer seeks revenge
  - The perpetrator is victimized by the rescuer
  - The perpetrator seeks revenge
  - The cycle of violence continues and escalates.
- Shantideva – someone hits you with stick. Who do you hate
  - The stick
  - The arm
  - The person
  - The father that beat the person
  - The society that destroyed the father.
  - WE ARE ALL RESULTS OF CAUSES AND CONDITONS
- Christianity
  - Forgive them father for they know not what they do.
- Stephen Covey
  - Seek first to understand
- Buddha
  - Skillful and compassionate action



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# Non Verbal Communication



# Why it is important

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- Much of communication is nonverbal.
- Your negativity is experienced by others even without words.
- Changes the way that we relate to others. We will be:
  - More enthusiastic to those we truly like
  - More compassionate to those we are neutral and negative toward.
- Cultivates mutual respect and good relationships.
- Everyone's wellbeing is benefited by living in harmony with others.



## Why Cover this topic

Decrease Suffering  
&  
Increase your  
Sense of Well-being

# Meditation

## A body scan



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# Instructions

## Felt Sense of Breathing

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- Check in
- Relaxation Response.
  - Counting – Increase Count – Breath Deeply – Felt Sense
- Instructions
  - Go throughout your whole body part by part.
  - My list of parts.
  - Breathe long slow and deep and get a felt sense of that part
  - Do at least 2 breaths
  - If you don't get a felts sense stay on that part for at least 5 breaths.
- Gratitude practice
- Loving Kindness – Next Page



# Loving Kindness

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- May you be well, happy and peaceful.
- May no harm come to you.
- May you always meet with spiritual success.
- May you also have the patience courage and determination to meet and overcome the inevitable challenges, difficulties and failures in life.
- May you rise above them with morality, integrity, forgiveness, compassion, mindfulness and wisdom



# From John Gillette

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- Two silkworms had a race. They ended up in a tie.
- The chicken crossed the playground to get to the other slide.
- Giraffes are terrible comedians - their jokes always go over our heads.
- With pizza jokes, it's all in the delivery.



# Questions? Comments?

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# The End