

PEELING OFF YOUR ADDICTIONS

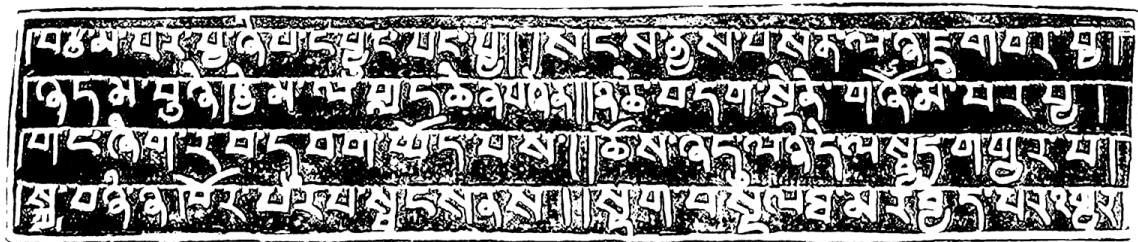
WITH THE WHEEL OF LIFE



a talk in three evenings by
Geshe Michael Roach

Peeling Off Your Addictions

Where We Want to Go



What is Addiction?

Addiction: A Definition in Four Parts

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- 2)
- 3)
- 4)



The Wheel of Life:
Addiction as a Self-Perpetuating Cycle

The Objects of Addiction

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Spotting Addictions

Meditation: What is My Worst Addiction?

Recognizing that We Do Have an Addiction



Compulsion versus Passion: The Pigeon

When Compulsion is Thwarted: The Snake

The Roots of Compulsion: The Pig

Meditation:

My Greatest Happinesses, and Where They Came From

The Mechanism of Addiction

The Equipment of Experience



How We Enter an Addiction

Where an Addictive Environment Comes From

*The Five Realms —
What Addiction Does to You*

Do We Have to Hit Bottom First?

Life before Addiction: The Human Realm

The Enjoyment Stage of Addiction: The God Realm

The Beginning of Compulsion: The Realm of Hungry Spirits

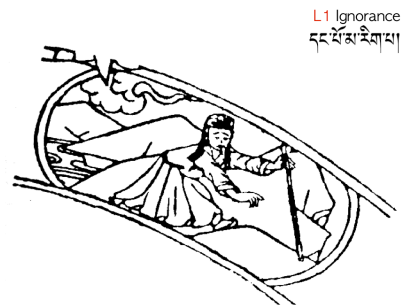
The Degeneration of Compulsion: The Animal Realm

The Final Stages of Addiction: The Hell Realms

Peeling Off Our Addictions

Ways that Work vs. Ways that Don't

The Mother of All Addictions



The Four Starbucks Steps in Overcoming Addiction

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2)

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Meditation: My Plan for This Week

Clearing Away Bad Seeds so New Ones Can Fly

Why Relapses Happen, and What to Do

True is Joy is Powerful is Easy: Coffee Meditation



Good Friends

1)

2)

3)