An Extraordinary Collaboration Between Buddhist Scholars and Western Psychologists, Neuroscientists, and Philosophers

# Destructive EMOTIONS

How Can We Overcome Them?

A Scientific Dialogue with the

# Dalai Lama

Narrated by

# Daniel Goleman

New York Times Bestselling Author of Emotional Intelligence

**Daniel Goleman** 

<u>Destructive Emotions</u> Daniel Goleman, 2004-03-30 Why do seemingly rational intelligent people commit acts of cruelty and violence What are the root causes of destructive behavior How can we control the emotions that drive these impulses Can we learn to live at peace with ourselves and others Imagine sitting with the Dalai Lama in his private meeting room with a small group of world class scientists and philosophers. The talk is lively and fascinating as these leading minds grapple with age old guestions of compelling contemporary urgency Daniel Goleman the internationally bestselling author of Emotional Intelligence provides the illuminating commentary and reports on the breakthrough research this historic gathering inspired Destructive Emotions Buddhist philosophy tells us that all personal unhappiness and interpersonal conflict lie in the three poisons craving anger and delusion It also provides antidotes of astonishing psychological sophistication which are now being confirmed by modern neuroscience With new high tech devices scientists can peer inside the brain centers that calm the inner storms of rage and fear They also can demonstrate that awareness training strategies such as meditation strengthen emotional stability and greatly enhance our positive moods The distinguished panel members report these recent findings and debate an exhilarating range of other topics What role do destructive emotions play in human evolution Are they hardwired in our bodies Are they universal or does culture determine how we feel How can we nurture the compassion that is also our birthright We learn how practices that reduce negativity have also been shown to bolster the immune system Here too is an enlightened proposal for a school based program of social and emotional learning that can help our children increase self awareness manage their anger and become more empathetic Throughout these provocative ideas are brought to life by the play of personalities by the Dalai Lama's probing questions and by his surprising sense of humor Although there are no easy answers the dialogues which are part of a series sponsored by the Mind and Life Institute chart an ultimately hopeful course They are sure to spark discussion among educators religious and political leaders parents and all people who seek peace for themselves and the world The Mind and Life Institute sponsors cross cultural dialogues that bring together the Dalai Lama and other Buddhist scholars with Western scientists and philosophers Mind and Life VIII on which this book is based took place in Dharamsala India in March 2000 **Destructive Emotions** Daniel Goleman, 2008-11-19 Why do seemingly rational intelligent people commit acts of cruelty and violence What are the root causes of destructive behavior How can we control the emotions that drive these impulses Can we learn to live at peace with ourselves and others Imagine sitting with the Dalai Lama in his private meeting room with a small group of world class scientists and philosophers The talk is lively and fascinating as these leading minds grapple with age old questions of compelling contemporary urgency Daniel Goleman the internationally bestselling author of Emotional Intelligence provides the illuminating commentary and reports on the breakthrough research this historic gathering inspired Destructive Emotions Buddhist philosophy tells us that all personal unhappiness and interpersonal conflict lie in the three poisons craving anger and delusion It also provides antidotes

of astonishing psychological sophistication which are now being confirmed by modern neuroscience With new high tech devices scientists can peer inside the brain centers that calm the inner storms of rage and fear They also can demonstrate that awareness training strategies such as meditation strengthen emotional stability and greatly enhance our positive moods The distinguished panel members report these recent findings and debate an exhilarating range of other topics What role do destructive emotions play in human evolution Are they hardwired in our bodies Are they universal or does culture determine how we feel How can we nurture the compassion that is also our birthright We learn how practices that reduce negativity have also been shown to bolster the immune system. Here too is an enlightened proposal for a school based program of social and emotional learning that can help our children increase self awareness manage their anger and become more empathetic Throughout these provocative ideas are brought to life by the play of personalities by the Dalai Lama s probing questions and by his surprising sense of humor Although there are no easy answers the dialogues which are part of a series sponsored by the Mind and Life Institute chart an ultimately hopeful course They are sure to spark discussion among educators religious and political leaders parents and all people who seek peace for themselves and the world The Mind and Life Institute sponsors cross cultural dialogues that bring together the Dalai Lama and other Buddhist scholars with Western scientists and philosophers Mind and Life VIII on which this book is based took place in Dharamsala India in March 2000 *Emotions* Daniel Goleman, 2004 This work brings together ancient Buddhist wisdom and contemporary breakthroughs in a wide variety of fields from neuroscience to child development to offer insights into how we can recognize and transform the destructive emotions that pose grave dangers to our individual and collective fate **Destructive Emotions** Daniel Goleman, 2014 Destructive Emotions, 2004 A dialogue between the Dalai Lama and a group of scientists and philosophers unites research in education psychology and neuroscience with Buddhist practice to discuss how to cope with transform and eliminate negative emotions Emotional Intelligence Daniel Goleman, 2009-07-20 A 25th anniversary edition of the number one multi million copy international bestseller that taught us how emotional intelligence is more important than IQ a revolutionary paradigm shattering idea Harvard Business Review Featuring a new introduction from the author Does IQ define our destiny In his groundbreaking bestseller Daniel Goleman argues that our view of human intelligence is far too narrow It is not our IQ but our emotional intelligence that plays a major role in thought decision making and individual success Self awareness impulse control persistence motivation empathy and social deftness all are qualities that mark people who excel whose relationships flourish who can navigate difficult conversations who become stars in the workplace With new insights into the brain architecture underlying emotion and rationality Goleman shows precisely how emotional intelligence can be nurtured and strengthened in all of us Life Advice from Below Eric C. Hendriks, 2017-07-03 In Life Advice from Below Eric C Hendriks offers the first systematic comparative study of the globalization of American style self help culture and the cultural conflicts this creates in different national contexts The self help guru is an archetypical American figure

associated with individualism materialism and the American Dream Nonetheless the self help industry is spreading globally thriving in China and other seemingly unlikely places Controversy follows in its wake as the self help industry operating outside of formal education and state institutions outflanks philosophical religious and political elites who have their own visions of the Good Life Through a comparison of Germany and China Hendriks analyzes how the competition between self help gurus and institutional authorities unfolds under radically different politico cultural regimes This witty book charms its way through a very serious sociology of the seriously quirky field of self help books Read it for its fascinating pop culture insights and you ll come away with a deep understanding of contemporary sociological theory Highly recommended Salvatore Babones University of Sydney Hendriks finding that Germany rather than China is more resistant to self help gurus offers a powerful corrective to the assumption in much of the globalization literature that the greatest cultural divide is between the Anglo Western European sphere and the rest of the globe Rodney Benson New York University Inner Peace - Global Impact Kathryn Goldman Schuyler, 2012-11-01 INNER PEACE GLOBAL IMPACT describes underlying principles of Tibetan wisdom traditions relevant for successful leadership in the 21st century as well as Tibetan teachers whose entrepreneurial actions were critical to the development of Tibetan Buddhism in the West With first person narratives personal stories scholarly research and commentaries by noted social scientists this book is written for everyone who wants ideas to revitalize leadership It is rich with vivid pictures of deep personal experience Long time Western Tibetan Buddhist practitioners describe how their practice has influenced them in fields as diverse as scientific research social work art dance and university teaching The Dalai Lama is seen through the eyes of his long time friend eminent author Huston Smith as well as through the experiences of Thupten Jinpa his 25 year English translator Sogyal Rinpoche shares his vision for transforming traditional ways of studying while Lama Tharchin Rinpoche a 10th generation Tibetan yogi reflects on the challenges of teaching in a Western culture where perspectives differ so vastly from those of Tibet With insights from Tibetan lamas and Western thought leaders including Peter Senge Bill George and Margaret Wheatley this book creates new visions for leadership and the workplace Zen Ritual Steven Heine, Dale S. Wright, 2008 When books about Zen Buddhism began appearing in Western languages just over a half century ago there was no interest whatsoever in the role of ritual in Zen Indeed what attracted Western readers interest was the Zen rejection of ritual The famous Beat Zen writers were delighted by the Zen emphasis on spontaneity as opposed to planned repetitious action and wrote inspirationally about the demythologized anti ritualized spirit of Zen Quotes from the great Zen masters supported this understanding of Zen and led to the fervor that fueled the opening of Zen centers throughout the West Once Western practitioners in these centers began to practice Zen seriously however they discovered that zazen Zen meditation is a ritualized practice supported by centuries old ritual practices of East Asia Although initially in tension with the popular anti-ritual image of ancient Zen masters interest in Zen ritual has increased along with awareness of its fundamental role in the spirit of Zen Eventually Zen practitioners

would form the idea of no mind or the open and awakened state of mind in which ingrained habits of thinking give way to more receptive direct forms of experience This notion provides a perspective from which ritual could gain enormous respect as a vehicle to spiritual awakening and thus this volume seeks to emphasize the significance of ritual in Zen practice Containing 9 articles by prominent scholars about a variety of topics including Zen rituals kinhin and zazen this volume covers rituals from the early Chan period to modern Japan Each chapter covers key developments that occurred in the Linji Rinzai and Caodon Soto schools of China and Japan describing how Zen rituals mold the lives and characters of its practitioners shaping them in accordance with the ideal of Zen awakening This volume is a significant step towards placing these practices in a larger historical and analytical perspective A Force for Good Daniel Goleman, 2015-06-23 The Dalai Lama and the New York Times bestselling author of Emotional Intelligence present a revelatory and inspiring work that provides a singular vision for transforming the world in practical and positive ways An optimistic and thoughtful primer with practical applications Booklist For more than half a century the Dalai Lama has guided us along the path to compassion and taught us how to improve our inner lives A Force for Good combines his central concepts empirical evidence that supports them and true stories of people who are putting his ideas into action showing how harnessing positive energies and directing them outward has lasting and meaningful effects Daniel Goleman details the science of compassion and how this singular guiding motivation has the power to break such destructive social forces as corruption collusion and bias heal the planet reverse the tendency toward systemic inequity replace violence with dialogue counter us and them thinking create new economic systems that work for everyone design schooling that teaches empathy self mastery and ethics Poignant motivating and highly persuasive A Force for Good shows how every compassion driven human act no matter how small is integral for a more peaceful harmonious world Mindfulness and Meditation at University Andreas de Bruin, 2021-04-16 Why should mindfulness and meditation be taught at universities What impact could the establishment of such programs have on students and on the education system itself Andreas de Bruin showcases the remarkable results of the first ten years of the Munich Model Mindfulness and Meditation in a University Context a program started in the year 2010 in which 2000 students have already participated Through meditation journal entries featured in the book students describe the effects of mindfulness and meditation on their studies and in their daily lives In addition to an overview of cutting edge research into mindfulness and meditation along with in depth analyses and explanations of key terms the book also contains numerous practical exercises with instructions American Journal of Play ,2008 Healing Emotions Daniel Goleman, 2003 Can the mind heal the body The Buddhist tradition says yes and now that many Western scientists are beginning to agree these discussions between His Holiness the Fourteenth Dalai Lama and a group of prominent physicians psychologists and meditation teachers could not be more timely This book is a record of the Mind and Life Conference III a meeting that gathered together a unique assortment of Buddhist teachers and Western scholars in an attempt to shed new light on the

body mind connection The Best Buddhist Writing 2004 Melvin McLeod, 2004 Along with the editors of The Shambhala Sun McCleod collects writings from The Dalai Lama on how to find job satisfaction Barbara Gates on love home and spirit Phillip Moffitt on the difference between goals and intentions and other significant writings from 2004 The Hastings Law Journal ,2013 Towards a Comparative Study of the Concept of Mind/consciousness in Western Science, Eastern Mysticism and American Indian Thought Mico T. Slattery, 2008 An integral study by Jeffrey Schwartz M D further erodes the materialist position by successfully relieving Obsessive Compulsive Disorder patients of their symptoms through volitional Buddhist mindfulness techniques causing neuronal rewiring by mental force acting upon the brain Cardozo Journal of Conflict Resolution ,2006 something long believed impossible Too Stressed to Think? Annie Fox, Ruth Kirschner, 2005 Defines stress discusses its effects and outlines ways to reduce it Library Journal ,2002 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately Tricycle, 2003

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