

An Extraordinary Collaboration
Between Buddhist Scholars and Western Psychologists,
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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*

Destructive Emotions How Can We Overcome Them A Scientific Dialogue With The Dalai Lama

Roman Wölfel



Destructive Emotions How Can We Overcome Them A Scientific Dialogue With The Dalai Lama:

Destructive Emotions 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 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

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.

Destructive Emotions Daniel Goleman, 2014 Destructive Emotions Daniel Goleman, 2003. In March 2000 a group of world class scientists and philosophers sat down with the Dalai Lama to discuss the question of destructive emotions and how and where they originate from. In this illuminating commentary on the ensuing exchange, Daniel Goleman, author of the international bestseller *Emotional Intelligence*, reports on the breakthrough research. This historic gathering inspired and the *Buddhist Thought and Applied Psychological Research*. D.K. Nauriyal, Michael Drummond, Y.B. Lal, 2006-08-21. Written by leading scholars and including a foreword by the Dalai Lama, this book explores the interface between Buddhist studies and the uses of Buddhist principles and practices in psychotherapy and consciousness studies. The contributors present a compelling collection of articles that illustrate the potential of Buddhist informed social sciences in contemporary society, including new insights into the nature of human consciousness. The book examines the origins and expressions of Buddhist thought and how it is now being utilized by psychologists and social scientists and also discusses the basic tenets of Buddhism and contemporary Buddhist based empirical research in the psychological sciences. Further emphasis is placed on current trends in the areas of clinical and cognitive psychology and on the Mahayana Buddhist understanding of consciousness with reference to certain developments in consciousness studies and physics. A welcome addition to the current literature, the works in this remarkable volume ably demonstrate how Buddhist principles can be used to develop a deeper understanding of the human condition and behaviours that lead to a balanced and fulfilling life.

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

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

The Next Ten Minutes Andrew Peterson, 2010-10-26 The Next Ten Minutes provides practical and entertaining ways to rethink the everyday and experience the transformative power of the present moment turning mundane activities into meditative opportunities for self awareness and personal growth The desire to discover meaning in our lives is a powerful motivator for many people Some turn to psychotherapy and counseling for help some turn to spiritual teachings and many turn to both The Next Ten Minutes is the guide to help us discover the seeds of transformation and meaning in even the most ordinary routines The Next Ten Minutes consists of a collection of exercises originally created for use in Dr Peterson s successful counseling practice Rather than taking readers out of the everyday Dr Peterson invites them to move more deeply into the familiar tasks of ordinary life such as turning simple breathing eating physical love or throwing out the trash into meditative exercises that can transform your day Based on both Buddhist philosophy and proven psychology techniques these succinct and accessible meditations also offer simple and effective methods for therapeutic counseling and personal growth The power to seize the day is but a few simple steps away *The Hastings Law Journal* ,2013 *Cardozo Journal of Conflict Resolution* ,2006 **The Journal of Transpersonal Psychology** ,2003 **Measuring Emotional Intelligence** Glenn Geher, 2004 Since being popularised by Goleman s 1995 best seller by the same name Emotional Intelligence EI as a

construct has permeated circles in both lay and academic psychological communities This construct has been broadly applied to address health education and business concerns An in depth examination of EI research however suggests some concerns regarding this construct In particular a great deal of variety exists regarding how EI is best conceptualised and measured The current volume is designed to address measurement issues regarding EI in a multi faceted manner The work presented here provides the interested reader with broad in depth and critical perspectives on a how EI is best measured and by extension b what EI really is

Encyclopedia of Buddhism Robert E. Buswell, 2004 Online version of the 2 volume Encyclopedia of Buddhism published by Macmillan

Penn State Outreach, 2001 *Handbook of Indian Psychology* K. Ramakrishna Rao, A. C. Paranjpe, Ajit K. Dalal, 2008 Indian psychology is a distinct psychological tradition rooted in the native Indian ethos It manifests in the multitude of practices prevailing in the Indian subcontinent for centuries Unlike the mainstream psychology Indian psychology is not overwhelmingly materialist reductionist in character It goes beyond the conventional third person forms of observation to include the study of first person phenomena such as subjective experience in its various manifestations and associated cognitive phenomena It does not exclude the investigation of extraordinary states of consciousness and exceptional human abilities The quintessence of Indian nature is its synthetic stance that results in a magical bridging of dichotomies such as natural and supernatural secular and sacred and transactional and transcendental The result is a psychology that is practical positive holistic and inclusive The Handbook of Indian Psychology is an attempt to explore the concepts methods and models of psychology systematically from the above perspective The Handbook is the result of the collective efforts of more than thirty leading international scholars with interdisciplinary backgrounds In thirty one chapters the authors depict the nuances of classical Indian thought discuss their relevance to contemporary concerns and draw out the implications and applications for teaching research and practice of psychology

Anti-Colonialism and Education George Jerry Sefa Dei, Arlo Kempf, 2006 There is a rich intellectual history to the development of anti colonial thought and practice In discussing the politics of knowledge production this collection borrows from and builds upon this intellectual tradition to offer understandings of the macro political processes and structures of education delivery e g social organization of knowledge culture pedagogy and resistant politics The contributors raise key issues regarding the contestation of knowledge as well as the role of cultural and social values in understanding the way power shapes everyday relations of politics and subjectivity In reframing anti colonial thought and practice this book reclaims the power of critical oppositional discourse and theory for educational transformation Anti Colonialism and Education The Politics of Resistance includes some the most current theorizing around anti colonial practice written specifically for this collection Each of the essays extends the terrain of the discussion of what constitutes anti colonialism Among the many discursive highlights is the interrogation of the politics of embodied knowing the theoretical distinctions and connections between anti colonial thought and post colonial theory and the identification of the particular lessons of anti colonial theory for critical educational practice

Essays explore such key issues as the challenge of articulating anti colonial thought as an epistemology of the colonized anchored in the indigenous sense of collective and common colonial consciousness the conceptualization of power configurations embedded in ideas cultures and histories of marginalized communities the understanding of indigeneity as pedagogical practice and the pursuit of agency resistance and subjective politics through anti colonial learning The book is relevant for students teachers community social workers and field practitioners interested in pursuit of education for social transformation It is a must read for students of sociology sociology of education anthropology political science and history This book provides new ways to think about education as an anti colonial project The essays offer powerful insights into the politics of colonialism anti colonialism as they are contested in education and society LINDA SMITH University of Auckland New Zealand Every student parent and educator today has been marinated in Eurocentric colonial thought and ideologies that continue to create multiple forms of domination and oppression The challenge of comprehending and remedying colonialism and racism and their destructive practices is the penetrating analysis of leading antiracist educator George Dei his co editor Arlo Kempf and other contributors to this excellent collection These authors offer in *Anti Colonialism and Education The Politics of Resistance* a brilliant contribution for resisting the ever present overarching force and practice in everyone's daily life and for inspiring multiple sites of anti colonial practice to create a more enriched society MARIE BATTISTE Mi kmaw educator and Director Aboriginal Education Research Centre University of Saskatchewan Canada

The Best Buddhist Writing 2004 Melvin McCleod, 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 International Journal of Aging & Human Development](#) ,2005 **Alternative Dispute Resolution Handbook** ,2003 [Positive Psychology at the Movies](#) Ryan M. Niemiec, Danny Wedding, 2008 Movies are a powerful and enjoyable medium for learning This book shows how to use film to learn about the concepts and the real life benefits of positive psychology both for self improvement and in classes or seminars

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