

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*

Destructive Emotions How Can We Overcome Them

Daniel Goleman



Destructive Emotions How Can We Overcome Them:

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, 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 th

Destructive Emotions and how We Can Overcome Them Daniel Goleman, 2004 Can the worlds of science and philosophy work together to recognise our destructive emotions such as hatred craving and delusion Bringing together ancient Buddhist wisdom and breakthroughs in a variety of fields from neuroscience to child development this book offers insights into how we can recognise and transform our destructive emotions

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

Zen-Brain Reflections James H. Austin, 2010-09-24 A sequel to the popular Zen and the Brain further explores pivotal points of intersection in Zen Buddhism neuroscience and consciousness arriving at a new synthesis of information from both neuroscience research and Zen studies This sequel to the widely read Zen and the Brain continues James Austin's explorations into the key interrelationships between Zen Buddhism and brain research In Zen Brain Reflections Austin a clinical neurologist researcher and Zen practitioner examines the evolving psychological processes and brain changes associated with the path of long range meditative training Austin draws not only on the latest neuroscience research and new neuroimaging studies but also on Zen literature and his personal experience with alternate states of consciousness Zen Brain Reflections takes up where the earlier book left off It addresses such questions as how do placebos and acupuncture change the brain Can neuroimaging studies localize the sites where our notions of self arise How can the latest brain imaging methods monitor meditators more effectively How do long years of meditative training plus brief enlightened states produce pivotal transformations in the physiology of the brain In many chapters testable hypotheses suggest ways to correlate normal brain functions and meditative training with the phenomena of extraordinary states of consciousness After briefly introducing the topic of Zen and describing recent research into meditation Austin reviews the latest studies on the amygdala frontotemporal interactions and paralimbic extensions of the limbic system He then explores different states of consciousness both the early superficial absorptions and the later major peak experiences This discussion begins with the states called kensho and satori and includes a fresh analysis of their several different expressions of oneness He points beyond the still more advanced states toward that rare ongoing stage of enlightenment that is manifest as sage wisdom Finally with reference to a delayed moonlight phase of kensho Austin envisions novel links between migraines and metaphors moonlight and mysticism The Zen perspective on the self and consciousness is an ancient one Readers will discover how relevant Zen is to the neurosciences and how each field can illuminate the other

The Womanist Idea Layli

Maparyan,2012-03-22 Following on the heels of The Womanist Reader The Womanist Idea offers a comprehensive systematic analysis of womanism including a detailed discussion of the womanist worldview cosmology ontology epistemology logic axiology and methodology and its implications for activism From a womanist perspective social and ecological change is necessarily undergirded by spirituality as distinct from religion per se which invokes a metaphysically informed approach to activism Socrates in Love Christopher Phillips,2007 Completing a trilogy of Socratic exploration Phillips goes to the heart of Socratic discourse to discover the kind of love that makes life worthwhile Throughout he enriches his dialogues with commentary from the great philosophers of love from Rumi to Ayn Rand and Anais Nin **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 Alcoholism and Addiction Cure Chris Prentiss,Pax Prentiss,2010-04-20 The Alcoholism and Addiction Cure contains the powerful three step program to total recovery that is the basis of the miraculous success of the Passages Addiction Cure Center in Malibu California You ll learn the three steps to permanent sobriety the four causes of dependency how your thoughts emotions and beliefs are key factors in your recovery and how to create your own personalized treatment program with the help of health professionals where you live one that gets to the real underlying causes of dependency Freedom from dependency starts with understanding that alcohol drugs and addictive behaviors are not the real problems say Pax and Chris Prentiss cofounders of Passages Alcohol street drugs nicotine prescription medications food bingeing gambling and the like are merely the substances or behaviors you or your loved ones are using to cope with the real problems anything from deep emotional pain ill health or depression to hypoglycemia a sluggish thyroid or brain wave pattern imbalances Once the underlying problems are discovered and cured the need for drugs alcohol or addictive behavior will disappear along with the craving Chris Prentiss should know His son Pax was addicted to heroin cocaine and alcohol for ten years They sought help everywhere but Pax relapsed again and again In desperation they finally created their own holistic hand tailored program that was a complete break from all other programs and that combined several effective therapies It saved Pax s life Together father and son founded Passages to help others find their own freedom For decades we ve been hearing that alcoholism and addiction are incurable diseases but The Alcoholism and Addiction Cure proves that this is a dangerous myth and that the label of alcoholic or addict destroys the promise of full recovery Visionaries and innovators Pax and Chris Prentiss bring new hope to

people everywhere who are dependent on drugs alcohol or addictive behaviors This groundbreaking approach will show you how to end relapse end addictive behavior and end your suffering The Buddha and the Baby Maria Pozzi Monzo,2018-03-08 These dialogues with child adolescent and adult psychotherapists and child psychiatrists focus on their personal as well as professional experiences All the contributors have a long standing practice of Buddhism or other forms of meditation The relevance of this to their clinical work with infants children adolescents families and adults is described Buddhist principles such as suffering impermanence non attachment no self and the Four Noble Truths influence the contributors practice of psychotherapy with children and with the child in the adult Similarities and differences between the two traditions of Buddhism and psychotherapy are highlighted in these dialogues which are embedded in deep personal and transforming experiences that are shared by the authors **Good Karma How To Find It And Keep It** Joan Oliver (Duncan.),2006 *The Problem of the Nervous Child* Elida Evans,1920 The Hastings Law Journal ,2013 *Psychology* ,1929 The Handbook of Life Terry Walter,1922 *Medical Visitor and Directory of Homoeopathic Physicians* ,1904 List of homoeopathic physicians by states **Selected New Books** New Jersey State Library,2003 *Understanding Motivation and Emotion* Johnmarshall Reeve,2005 This work focuses on human needs and illustrates how to apply motivational principles A strong humanistic orientation with balanced coverage of behavioral cognitive and physiological approaches is presented in the text **Taking Control of Destructive Emotions** Diego Mesa,2021-05-02 Water is one of the most destructive forces on earth It has the power to erode dissolve shove and shatter the hardest objects known to man Unfortunately it s not until you witness or experience its destructiveness that you recognize its potential If I were to ask you to close your eyes and think about water the first thought that may enter your mind is a glass containing the substance You may think of the last rainfall or your last view of the ocean as you sat on the beach watching the waves In most instances these experiences with water are seemingly harmless however there are instances when they can prove to be destructive Too many of any of them can be life altering Like water emotions are seemingly harmless Many may see them as day to day responses that liven the human condition While that may be true when we feel happy hopeful amused loved respected and valued emotions can be damaging when we feel lonely deprived frustrated neglected terrified and enraged Unfortunately the damaging effects not only impact the ones filled with the negative emotions but they often spill over onto caring loved ones as well as innocent bystanders In this book eight destructive emotions are discussed including depression sorrow stress strife trouble negativity offense and anger You ll discover what often triggers these emotions what the Bible reveals about them and solutions to overcome them At the end of each chapter you will find a series of questions meant to offer you an opportunity to reflect on the knowledge gained These questions can also guide you along the path toward freedom Water is essential for human existence and the lack of water can be detrimental to a person s health but as mentioned too much can produce adverse effects The Bible tells us in Hosea 4 6 My people are destroyed for lack of knowledge Not knowing what s

harmful to you and allowing it to overwhelm you can prove destructive A balanced emotional state is what we all should seek and it starts by taking control of destructive emotions *Success Through Thought* Benjamin Johnson, 1917

Unveiling the Energy of Verbal Artistry: An Mental Sojourn through **Destructive Emotions How Can We Overcome Them**

In a world inundated with displays and the cacophony of fast conversation, the profound power and mental resonance of verbal beauty often disappear into obscurity, eclipsed by the constant barrage of sound and distractions. Yet, located within the musical pages of **Destructive Emotions How Can We Overcome Them**, a captivating perform of literary splendor that impulses with fresh feelings, lies an wonderful journey waiting to be embarked upon. Composed with a virtuoso wordsmith, that mesmerizing opus manuals viewers on a psychological odyssey, softly revealing the latent potential and profound influence stuck within the delicate internet of language. Within the heart-wrenching expanse of the evocative analysis, we will embark upon an introspective exploration of the book is key themes, dissect their charming publishing design, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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web closing statement the closing statement should summarize your strong endorsement of the person and reiterate your support for their advancement in the army it s also a good idea to offer to provide additional information or to be available for

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