

THE BOOK OF JOY- WORDS AND THOUGHTS of Dalai Lama and Desmond Tutu

8 Pillars of Joy: perspective, humility, humor, acceptance are qualities of the mind. Forgiveness, gratitude, compassion, generosity are qualities of the heart.

Buddha says, "With our minds we create our own world." The Buddhist practice of mind training called lojong or lessening one's self-absorption. Page 48

3 factors that have the greatest influence on increasing our happiness are our ability to REFRAME our situation more POSITIVELY, or ability to experience GRATITUDE and our choice to be KIND AND GENEROUS.

UBUNTU none of us came into the world alone, we need 2 people to bring us into the world. We are meant for a profound complementarity. Our greatest joy is when we seek to do good for others. We are wired to be compassionate. Page 71 Education and wider contacts are the only solution for religion to make a difference. In many cases our stress is caused by our expectations and our ambition.

Sadness and death are serious but should translate into more determination to fulfill the wishes of the one lost and realize they see you and be determined to do and fill their hope and be happy. Sadness and grief are natural but if you focus on the loved one lost and not self- less likely to lead to despair. Story of the Gathering Mustard Seed. Suffering is not unique but found in every home. Hope sends us into the arms of others.

Page 181 Marriages even the best are an ongoing process of spoken and unspoken forgiveness. Need to remove the barriers between who we see as US and who we see as Others.

Bumper Sticker seen by the Archbishop's wife, "Any woman who wants to be equal to a man has no ambition.

Page 228 When we accept the present, we can forgive and release the desire for a different past.

Page 242 GRATITUDE is the recognition of all that holds us in the web of life and all that has made it possible to have the life that we have and the moment that we are experiencing. THANKSGIVING is a natural response to life. Page 264 Generosity is so important. The Dead Sea is dead as it takes fresh water but does not give. In the end, generosity is the best way of becoming more, more and more joyful.

Page 297 Religion has been very important in human history and yet we must promote basic human value, the inner values that lie at the heart of who we all are as humans. Education is the best teacher for the source of happiness and satisfaction and to show it is within themselves.