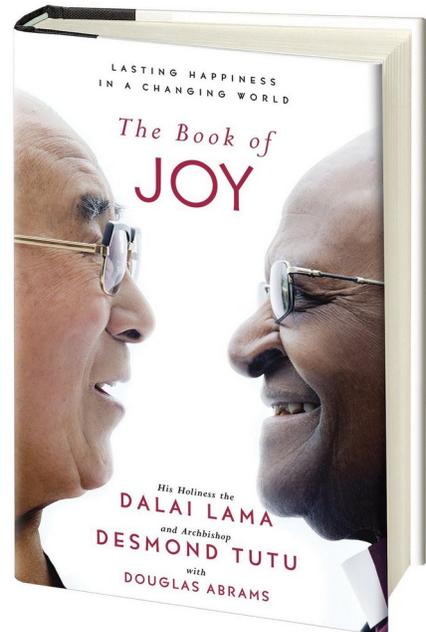


1.  
Invitation to Joy  
Introduction  
Arrival: We are Fragile Creatures



Meeting in Dharamsala, India  
at the Dalai Lama's residence in exile  
April, 2015

8 pillars of joy will be outlined - 4 of the heart, 4 of the mind

p.3  
Speak from a concern for humanity as a whole

Joy - a state of mind, and heart, not dependent on external circumstances (like happiness)

p.4  
Three layers to this book:  
-teachings on joy  
-the latest science on joy  
-stories of the week in Dharamsala

p.7  
[Dalai Lama and Desmond Tutu] offer us the reflection of real lives filled with pain and turmoil in the midst of which they have been able to discover a level of peace, of courage, of joy that we can aspire to in our own lives.

p.12  
Yet as we discover more joy, we can face suffering in a way that enables rather than embitters. We have hardship without becoming hard. We have heartbreak without being broken.

p.14

From the moment of birth, every human being wants to discover happiness and avoid suffering. No differences in our culture or our education or our religion affect this. From the very core of our being, we simply desire joy and contentment.

p.19

To tease someone is a sign of intimacy and friendship, to know that there is a reservoir of affection from which we all drink as funny and flawed humans.

p.21

What is it, I wondered, about spiritual leaders that they are always getting up early to pray and meditate? It clearly makes a great difference in how they approach their day. ... (Not exactly practical for a householder who has children to feed and get to bed, I thought, but perhaps getting to bed an hour earlier and up an hour earlier was possible. Would it lead to more spiritual growth? Would it lead to more joy?)

p.22

'Why is China scared of you?' And that is what surprises me – maybe they are right – a spiritual leader is something that should be taken very seriously. We hope that God's world will become a better place, more hospitable to goodness, more hospitable to compassion, more hospitable to generosity, more hospitable to living together so we don't have what is happening now between Russia and the Ukraine, or what is happening with ISIS, or what is happening in Kenya or Syria. They make God weep.

p.23

It is hard for non-Tibetans to understand how much the Dalai Lama means to the Tibetan people, and this exile community [in India] in particular. He is both the symbol of their national and political identity and also the embodiment of their spiritual aspirations. To be the embodiment of the Bodhisattva of Compassion means in many ways to be a Christlike figure. I can only imagine how challenging it must be for the Dalai Lama to carry this responsibility while also trying to emphasize his being "nothing special," just one of the seven billion people.

Questions for reflection:

1. Can you think of times in your life when you have experienced pain, turmoil, or suffering, and times when you have experienced joy?
2. How might your pursuit of happiness lead to hope, and contribute to a world more hospitable to compassion?