



Destructive Emotions: A Scientific Dialogue with the Dalai Lama

Daniel Goleman, the Dalai Lama

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Destructive Emotions: A Scientific Dialogue with the Dalai Lama Daniel Goleman, the Dalai Lama 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, these 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.

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