

A Force For Good The Dalai Lama's Vision for Our World

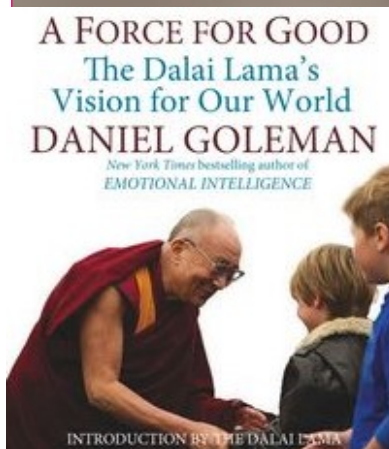
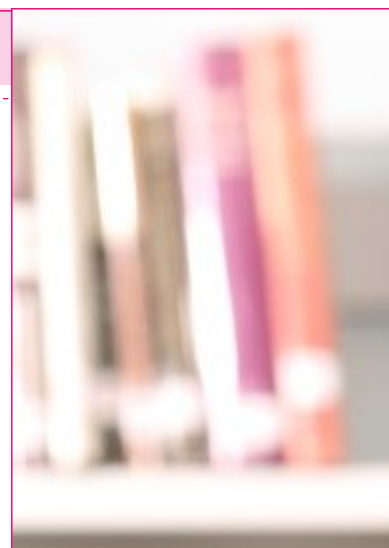
AUTHOR DANIEL GOLEMAN

In this important work, psychologist, science journalist and author Daniel Goleman shares the compelling vision of the Dalai Lama for the future of our world. Through his close friendship with the Dalai Lama over the years, he has written several accounts of the meetings he has moderated between the Dalai Lama and scientists and social activists.

REVOLUTIONARY WISDOM OF A TRANSFORMATIVE GLOBAL LEADER

This inspirational account suggests an alternative way of thinking, relating and acting in order to transform our world into a kinder, more gentle, peaceful place.

“The pathway to action is through making a commitment to other people.” The Dalai Lama, (in Goleman 2015, p. 217)



INSIDE THIS ISSUE

Purpose	2
Perspectives	2
Key Messages	3
Content.....	3
Reflections	4
The Kindness Revolution.....	4
References and Links.....	4

ABOUT DANIEL GOLEMAN

- Daniel Goleman is the author of over 12 books
- His most notable work is **Emotional Intelligence**
- He is a founding member of the board of the Mind and Life Institute
- He is the co-founder of the Collaborative for Academic, Social and Emotional Learning



WISDOM FOR OUR WORLD

Goleman articulates the Dalai Lama’s message of the oneness of humanity throughout the book. He posits that the Dalai Lama’s approach is universally, not just to followers of religions. “Every

one of us can be a force for good.” (Goleman, 2015 p 22) The Dalai Lama considers himself to be a citizen of the world and urges us to think similarly. The messages of genuine compassion, caring and altruism are central in his vision for a better world.

“Our own successful or happy future is very much related to that of others. Therefore, helping others or having consideration for their rights and needs is actually not just a matter of responsibility, but involves our own happiness.” The Dalai Lama p 98

ABOUT THE DALAI LAMA

The fourteenth Dalai Lama, Tenzin Gyatso grew up in a palace in Tibet groomed to be Tibet’s religious and political leader. When communist China invaded Tibet, he fled to India. He is now in his eighties and has not returned to his homeland since he fled at sixteen.

The Dalai lama practices five hours of meditation daily and advocates a healthy balance between body, inner mind and spirit.

He travels extensively throughout the world to meet with and speak to others about his perspectives and share his unique vision for a better world. He offers guidance and a message of leadership to everyone.

For more biographical information, check out:

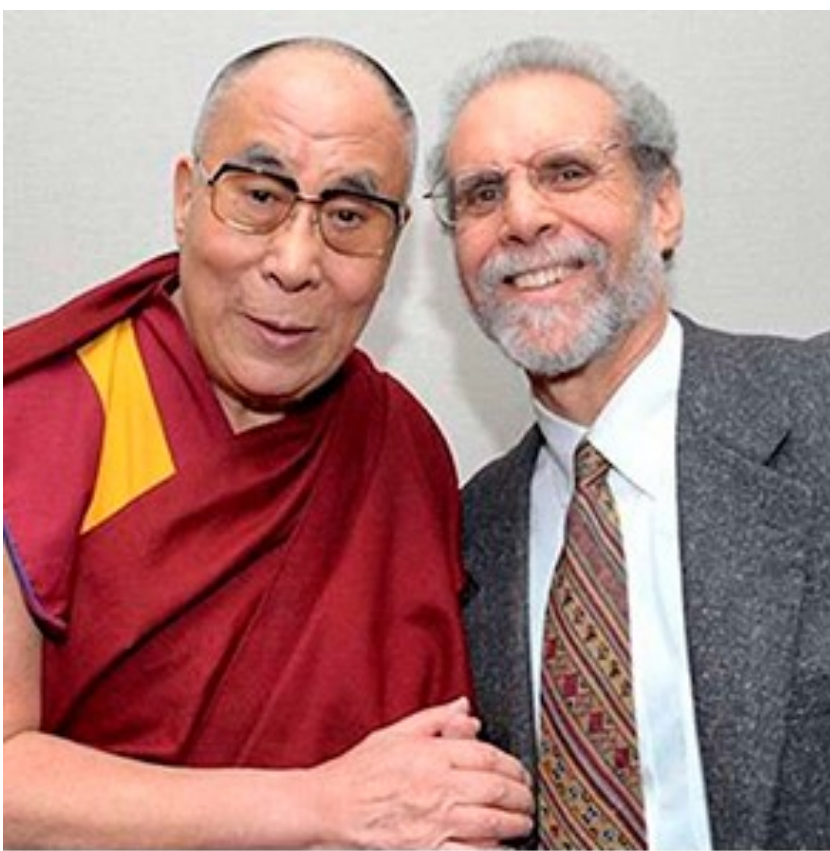
www.dalailama.com

BOOK SUMMARY

The book begins appropriately with an introduction from the Dalai Lama. His message of individual transformational change in the world begins with individuals becoming a “force for good” is clear. He states, “The goal of happier human beings living together and supporting each other more fully in a more peaceful world is, I believe, something we can achieve.” (The Dalai Lama in Goleman, 2015, p. x) The book is divided into several sections that are elements in the Dalai Lama’s vision for reinventing the future. This optimistic vision of the future is seen to be possible if humanity embraces certain principles such as compassion.

One of the first sections is emotional hygiene; concerning managing our minds and emotions to be more positive. Next is a section called muscular compassion where personal, economic, political and scientific systems take action through fairness and accountability. Businesses are urged to “do good “ while prospering at the same time. Another key section discusses the need for all of us to care for others in need, helping them to care for themselves while preserving their dignity. Healing the planet through collective human activities to undo our damage is the next enduring understanding.

The second last section deals calls for a major reform of our education system of creating a curriculum for compassion; social and emotional learning. The last section offers a message of hope. The Dalai Lama suggests that despite negative and sensationalist media stories, our world is actually becoming a better place. This outlook of hope is offered with the advice to act now. “Then share with friends, anyone we can. Change spreads that way. Ultimately each individual has responsibility. That’s the only way to bring about this change.” (The Dalai Lama in Goleman, 2015, p 205)



“ALL OF US TOGETHER CAN MAKE A SHIFT.” (GOLEMAN, 2015 P. 204)

The Dalai Lama places an emphasis on what he calls “emotional hygiene”. Remaining in control of your emotions, he reasons will result in a shift in attitude that helps you cope more effectively with life situations. Having an awareness of destructive emotions is seen as a key element in maintaining control over them. This mindfulness or emotional balance, will cultivate tamer, more constructive emotions.

Positive emotions are critical to our mental and physical health (The Dalai Lama in Goleman, 2016 p 40). The Dalai Lama has had many years of practicing mastery of his emotions and admits to having had a quick temper when he was younger. “After sixty years of practice, I find significant change at the emotional level. Today, compared with twenty or thirty years ago, my mental stability is much better. Of course, irritation will arise sometimes, but it disappears quickly. When the worst news comes, I feel uncomfortable for a few minutes, but afterward I don’t feel much disturbance.” (The Dalai Lama in Goleman, 2016) He states with training, we can all learn to improve our emotional hygiene.

**“Our existing modern education system is oriented toward materialist values. We need an education about inner values to lead to a healthy life.”
The Dalai Lama,
(2015, p. 190)**

ETHICAL EDUCATION

The Dalai Lama proclaims a need for reform in education; a new thinking that focuses on the healthy mind and healthy body. He wants to see values brought into the curriculum beyond traditional academics. He sees this as being applicable universally. He views education as having the potential for bringing out the positive side of people’s nature. The author points out that this belief is grounded by new science that demonstrates the relationship between a peaceful mind and healthy and concern for others. (Goleman, 2016)

IN THE FACE OF DIFFICULTIES, WE ARE ENCOURAGED TO CULTIVATE COMPASSION AND NON-VIOLENCE

“Your own stand must be truthful, honest, and genuine, an altruistic attitude. But with that, with the strength of altruism, there’s no reason to feel discouraged. But if we are hypocritical or saying one thing and doing another, our inner being weakens and we may not have the strength to face challenges.” The Dalai Lama, p. 89

According to the Dalai Lama, in our public and personal lives, practicing honesty and transparency are important for trust building.

The Dalai Lama believes we are all born altruistic, predisposed to kindness and compassion.



The Kindness Revolution: Connections to Leadership Theories

According to Northouse (2016), The Dalai Lama would be considered to be an authentic transformational leader.

“...transformational leadership is the process whereby a person engages with others and creates a connection that raises the level of motivation and morality on both the leader and the follower.” (Northouse, 2016 p 162). The Dalai Lama offers sage advice that is morally uplifting and is deeply

concerned with ethics. He is an exemplary role model for the traits and actions in others he advocates for such as non-violence. His teachings have a strong moral component to them and he offers a positive vision for the future. Additionally, The Dalai Lama uses emotional appeal to guide followers through the transformation process.



Caption

“HE ENVISIONS A MUCH-NEEDED ANTIDOTE: A FORCE FOR GOOD.” GOLEMAN, 2015 P. 4

Books by The Dalai Lama:

Art of happiness in a Troubled World by H.H. the Dalai Lama and Howard C. Cutler

Emotional Awareness by H.H. the Dalai Lama and Paul Ekman

Destructive Emotions by H.H. the Dalai Lama and Daniel Goleman

QUESTIONS TO CONSIDER FOR DISCUSSION

1. Should social emotional learning and ethics become part of our school curriculum?
2. How can parents, educators and caregivers help to instill the value of altruism in children?
3. How can we as a society better recognize and celebrate those who engage in self-less acts of compassion?
4. Does the person who performs compassionate acts of kindness get something in return?
5. Is the Dalai Lama’s vision for a more humane world really possible?
6. How can you personally help to create a more caring world?

A PROCLAMATION FOR THE WELL-BEING OF HUMANITY: KEY UNDERSTANDINGS

Emotional Hygiene: pause and think before acting./ reacting, overcome destructive emotions, emotional balance, calm minds and generous hearts

Social/ emotional learning continues throughout life

Embrace and Practice Compassion and Kindness: concern and care for others

Stand up to Injustices: help others who need it , advocate against social injustice, take action

Heal the Planet: show care and concern for the environment, be ecologically responsible

Heart Education: ethics based education, teaching the values of compassion, regulation of emotions



“Compassionate acts are contagious.” Goleman (2015, p. 217)

CRITICAL EVALUATION OF THE BOOK

The author urges us all to act now for a better world. The key messages of this book resonated strongly with me as reader; I did not feel I was being preached at. I appreciated the universal applicability of the suggestions offered on how to instigate positive change in our lives and in our world. The suggestions are simple , realistic and attainable for anyone.

Goleman offers an inside glimpse of an important figure from the perspective of a dear friend. The philosophical teachings are inspirational and motivating. The well chosen stories and anecdotes throughout the book clearly illustrate the values being promoted. The themes of compassion, kindness, understanding, non-violence, peacefulness and selflessness are resounding and compelling. However, there are not detailed instructions on how to achieve the suggested ideals such as inner peace.

Including visuals and diagrams in the book would have reinforced key messages. As I was reading, I wanted to see the acts and events described. Diagrams would help readers to better understand the connections between concepts.

The notes presented at the end of the text are extensive and time consuming to read through although the background information was useful in understanding the topics and concepts.

This book has been well received world wide. The website that accompanies the book helps keep readers connected to the messages and gives the opportunity to contribute personal stories of compassionate action. Having the web resource greatly enhances and reinforces key concepts.

I was inspired by this book to further investigate the teachings of the Dalai Lama. As I learned more about him, I was better able to appreciate his philosophies and wisdom.

As an educator, I found the section on educating the heart particularly compelling. The idea of promoting emotional literacy within a school culture is something I would like to investigate further.

Overall, this is an excellent book that I highly recommend to anyone interested in an inspiring, insightful read.



Check out the Force for Good website:

A web companion to the book with additional resources.

<http://www.joinaforce4good.org/>

Learn more about the philosophy behind the Dalai Lama's vision for our world, read inspiring stories of others who engage in acts of exceptional compassion and are motivated by empathic and genuine concern for the well-being of others.

RESOURCES

Goleman, Daniel. A Force for Good The Dalai Lama's Vision for Our World. (2015). New York, Bantam Books.

<http://www.joinaforce4good.org/understand/educate-the-heart>

Northouse. P.G. (2016). Leadership: Theory and practice (7th Ed.) Thousand Oaks, CA: SAGE Publications Inc.

A Force For Good