

“The Book of Joy”

A conversation between the Dalai Lama and Abp Desmond Tutu

SESSION 1: INTRODUCTION

How we will structure our discussion, in person and via Zoom.

“Day 1: The True Nature of Joy”

SESSION 2: OBSTACLES TO JOY

“Day 2 & 3: The Obstacles to Joy”: Pain, Suffering, Grief, Loneliness, Envy

SESSION 3: THE FOUR PILLARS OF MIND

“Day 4: Perspective, Humility, Humor, Acceptance”

SESSION 4: THE FOUR PILLARS OF HEART

“Day 5: Forgiveness, Gratitude, Compassion, Generosity”

SESSION 5: JOYFUL PRACTICES

Activities to increase Joy in your life: From Meditation to Action

Facilitated By: DG Davidson-Methot PhD