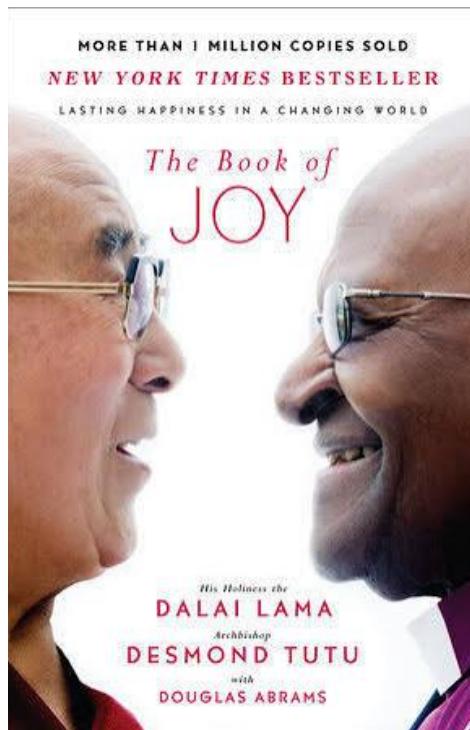




VAIL LEADERSHIP ALLIANCE

Leading Perspectives™



Selected Reading: *The Book of Joy*

OVERVIEW

The *Book of Joy* contains the musings of two friends from different worlds. His Holiness the Dalai Lama and Archbishop Tutu, share what they have learned and witnessed over their long lives.

This book is a quest to understand joy through eight pillars – four pillars of the mind and four pillars of the heart. Its authors advocate for a focus on these inner values first. They contend that major problems in our world stem from an education and values system that remains focused on the external and materialistic.

DEFINITIONS

- **Joy:** Joy a form of happiness, vitality or contentment that is not dependent on external circumstances; it is the grateful response to the opportunity that life offers you in the moment
- **Courage:** The ability to act despite fear, rather than the absence of fear
- **Genuine Friendship:** Companionship based on trust
- **Hope:** An active inner strength that pushes for a better future rather than waiting for circumstances to change; distinct from optimism which is typically superficial and circumstantial; liable to become pessimism when circumstances change
- **Perspective:** The ability to reframe life based on your worldview

KEY PRINCIPLES

- Humility is essential to any possibility of joy
- The ultimate source of happiness is from within. As you discover more joy you can face difficult circumstances and suffering without embitterment
- Pain is inevitable and helps build compassion
- A compassionate concern for others is a source of happiness, taking care of others is a path to discover your own joy
- At the core of joy is love

LEADING PRACTICES AND APPLICATIONS

- Reframe how you look at things from a positive perspective and a broader, richer, and nuanced worldview
- Develop the ability to laugh at yourself
- Offer a helping hand

DIALOGUE QUESTIONS

Use any of the following questions to stimulate a respectful conversation with friends or colleagues:

1. How can a humble perspective cultivate joy in your life?

CONCLUSION

The ultimate source of happiness is a healthy body and a warm heart. Much of what causes heartache is wanting circumstances to be different than they are. When you can accept what is happening right now, you can learn to be curious about what is next.

The key message of *The Book of Joy* is that spreading love, kindness, and affection results in joy. Ultimately joy is not something to learn, it is something to live. The greatest joy is found in deep, loving, and generous relationships with others.

ABOUT THE AUTHORS

His Holiness the 14th Dalai Lama describes himself as a simple Buddhist monk. He is the spiritual leader of the Tibetan people. He was awarded the Nobel Peace Prize in 1989.

Desmond Tutu was the Archbishop Emeritus of South Africa. He was awarded the Nobel Peace Prize in 1984 and the Presidential Medal of Freedom in 2009.

For other selected readings and resources on key principles in the **Inside First®** framework, check-out the Alliance's web site at www.vailleadershipalliance.org