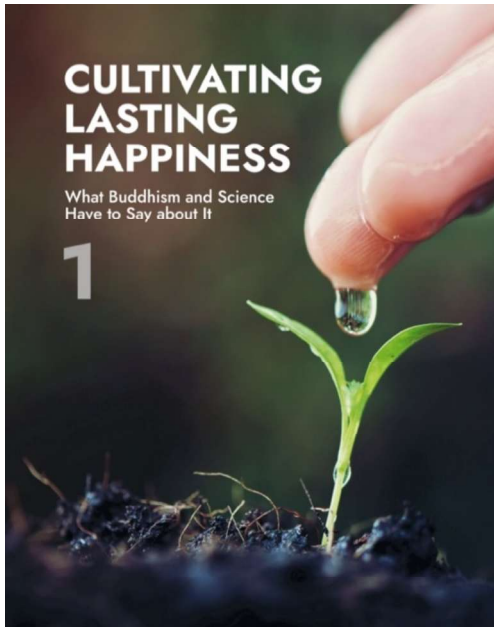




Cultivating Lasting Happiness: What Buddhism and Science Have to Say about It

What is it that we are all pursuing? Do we succeed in it? Should we explore more carefully and wisely how to fulfill our deep yearnings for happiness and to be free from suffering? How could we contribute to others' happiness as well?

Description

The course “Cultivating lasting happiness: What Buddhism and science have to say about it” focuses on an exploration of what leads to dissatisfaction and suffering, and what contributes to happiness for oneself and others. The fundamentals of meditation and mind training are introduced, especially in the areas of establishing a meaningful direction in life, balancing the mind with equanimity and a caring attitude, and nurturing warmheartedness and wisdom drawn from the Buddhist tradition. It is complemented by references to current scientific understanding on our nervous system, values, subjective well-being, neuroplasticity and altruism.

The Journey

“Cultivating Lasting Happiness” gradually unfolds as a journey along different topics:

1. **A universal need** explores the common ground that we all want to find happiness and overcome suffering, and presents initial techniques to balance body and mind.
2. **Are we pursuing happiness in the best way?** is an initial exploration of the Buddhist Four Truths and a suggestion to probe into common ways to pursue happiness—are we succeeding?
3. **Following the scent of lasting happiness** encourages us to establish meaningful directions and to find ways to cultivate lasting happiness and activate our potential.
4. **Meditation and mind training** presents tools for doing so.
5. **Wisdom and warmheartedness as a source of lasting happiness** presents tools to cultivate the fundamental qualities of warmheartedness and wisdom and invites us to explore their contribution to our own and others' happiness.
6. **Enhancing wisdom and warmheartedness** further explores these fundamental qualities.

