Developing Moral Intelligence

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BEE HIVISH
BEYOND RELIGION

Ethics for a Whole World

HIS HOLINESS THE
DALAI LAMA
Compassion is the radicalism of our time.

- The Dalai Lama
The true hero is one who conquers his own anger and hatred.

DALAI LAMA

FEARLESS SOUL | ITUNES, SPOTIFY, GOOGLEPLAY
MIND THE GAP
Chain of Reaction

• stimulus (perception of a door slamming)

• interpretation (an insult was intended by that slam; trigger)

• emotion (anger arises)

• behavior (a yell bursts out)
The ultimate source of happiness is our mental attitude.

14th Dalai Lama
Most people assume that meditation is all about stopping thoughts, getting rid of emotions, somehow controlling the mind. But actually it's... about stepping back, seeing the thought clearly, witnessing it coming and going.

— Andy Puddicombe
“Our mind is like a blue sky. Clouds come & go. We tend to get caught up in the clouds & forget about the blue sky”

ANDY PUDDICOMBE (HEADSPACE)