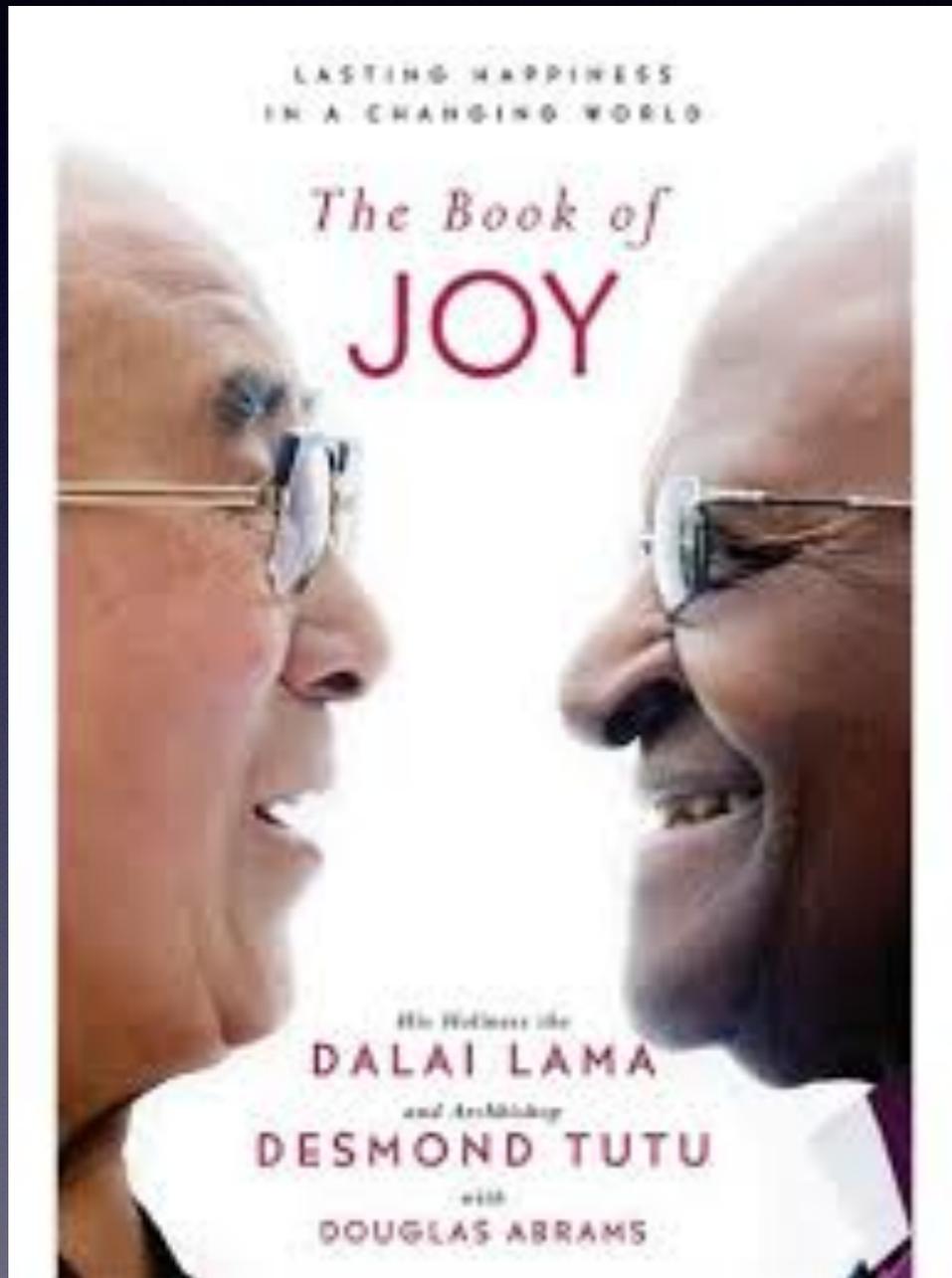


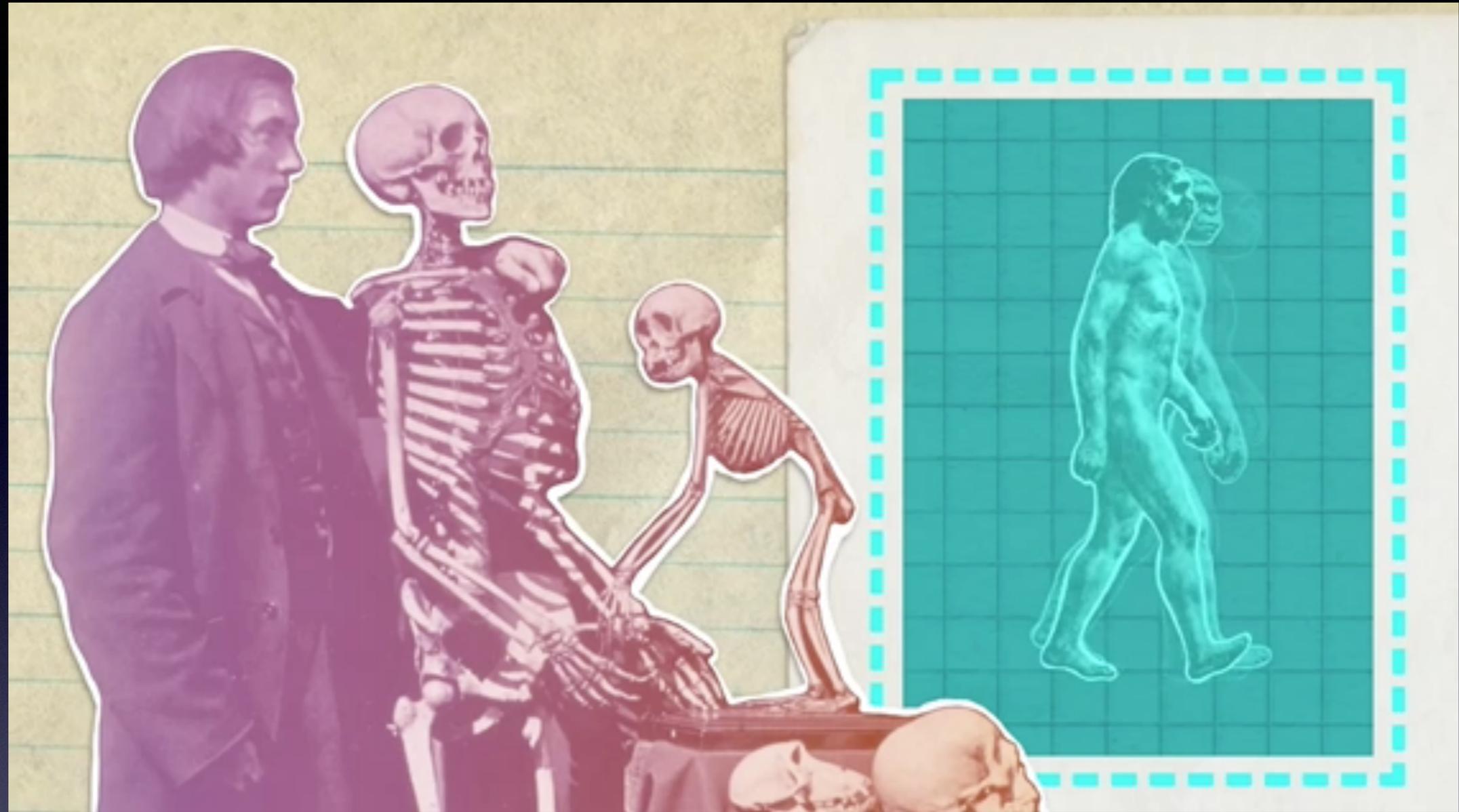
# The Book of Joy



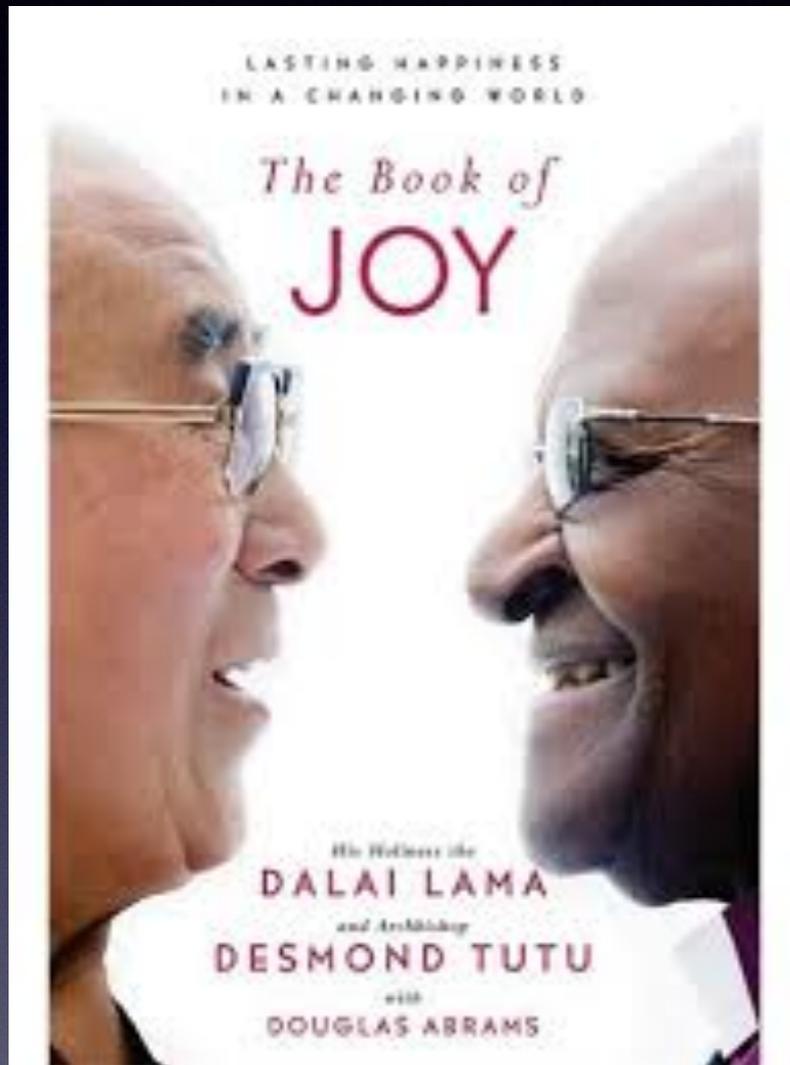
Holy Manners Bookstudy 41

ACTS  
Fall 2018

St David's United Church  
Calgary



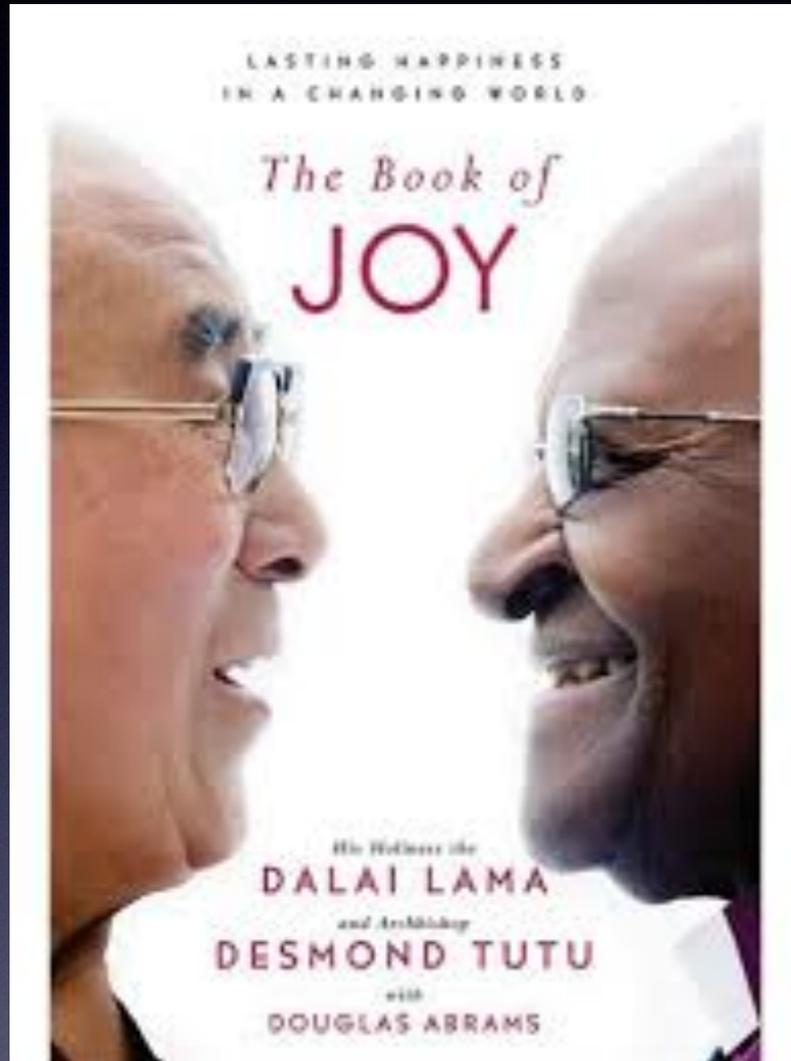
Opening - Margie Oakander - Empathy  
Video - We Are Built To Be Kind - 4m36s  
Dacher Keltner - University of California  
<https://www.youtube.com/watch?v=SsWs6bf7tvI>



# Book of Joy SESSION #5

# Welcomes & Housekeeping

## Themes for the Evening



**A. Part 2 - Exploring Mind, Brain, Soul and Spirit from a Judeo-Christian perspective.**

**B. Book Section Review:**

- a. Despair
- b. Loneliness
- c. Envy

**C. Videos**

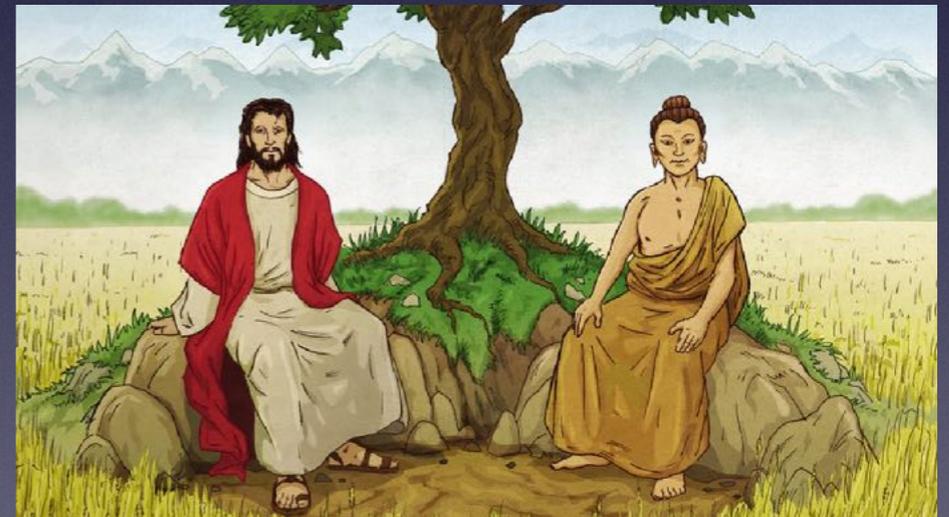
**D. Meditations**

# Exploring Mind, Brain, Soul and Spirit from a Judeo-Christian perspective.

This week, we'll consider these spiritual fundamentals from an Interfaith Christian-Buddhist perspective.

"A Neurologist Looks  
at Mind and Brain"

"Be Ye Transformed"  
What is Mind Renewal?"





# Why question Mind vs Brain

...Aileen



- ▶ Page 21 – Dalai Lama spends 5 hours/day meditating, Archbishop Tutu spends 3 – 4 hours in prayer
  - ▶ Are they developing their minds daily?
  
- ▶ Page 49 – “Our ability to reframe our situation more positively, our ability to experience gratitude and our choice to be kind and generous.”
  - ▶ Is this similar to “renewing our mind”?



- ▶ Page 53 – Dalai Lama, “We can experience happiness at the deeper level through our mind, such as through love, compassion and generosity. A believer develops this deeper level of joy through faith in God, which brings inner strength, inner peace. For a nonbeliever or a nontheist like me, we must develop this deeper level of joy through training the mind.”
  - ▶ How does one train the mind?



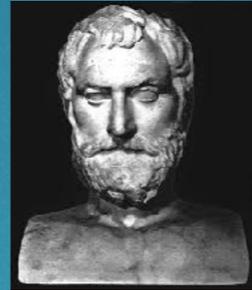
Mind and Brain  
from a  
Contemporary  
Scientific  
Perspective  
"A Neurologist  
Looks at Mind  
and Brain"



# A Brief History of the Mind

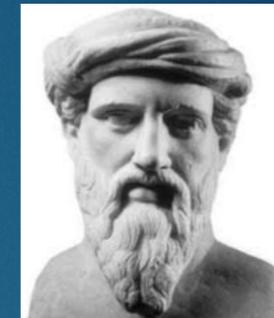
- ▶ 610 BC - Anaximander

- ▶ The “mind gives body a life force”



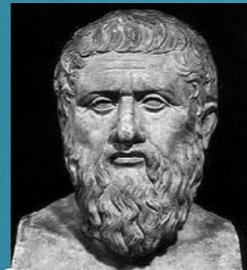
- ▶ 600 BC – Pythagoras

- ▶ The “brain is an organ of the mind and the temple of the soul”



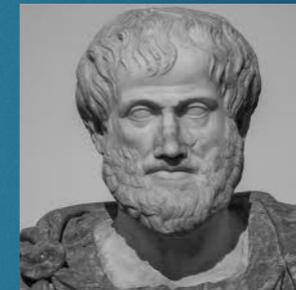
- ▶ ~500 BC – Plato

- ▶ The soul is immortal



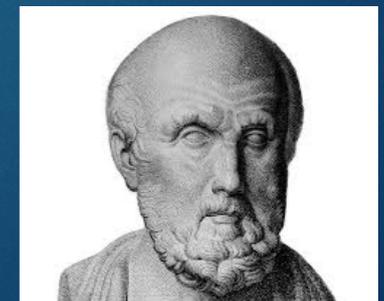
- ▶ ~ 450 BC – Aristotle

- ▶ The heart is the source of intelligence, emotion and the body’s nerve center



- ▶ 430 BC – Hippocrates

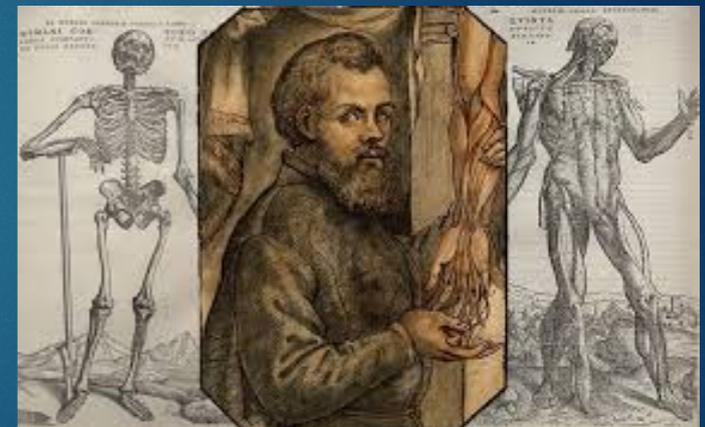
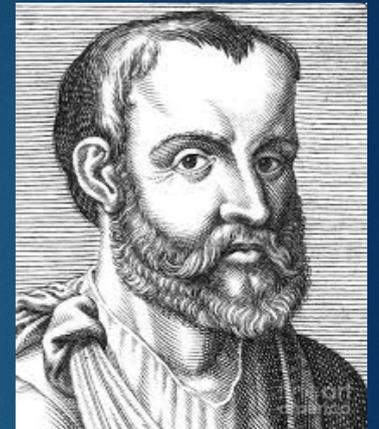
- ▶ Associated brain with emotion, and pain and thought



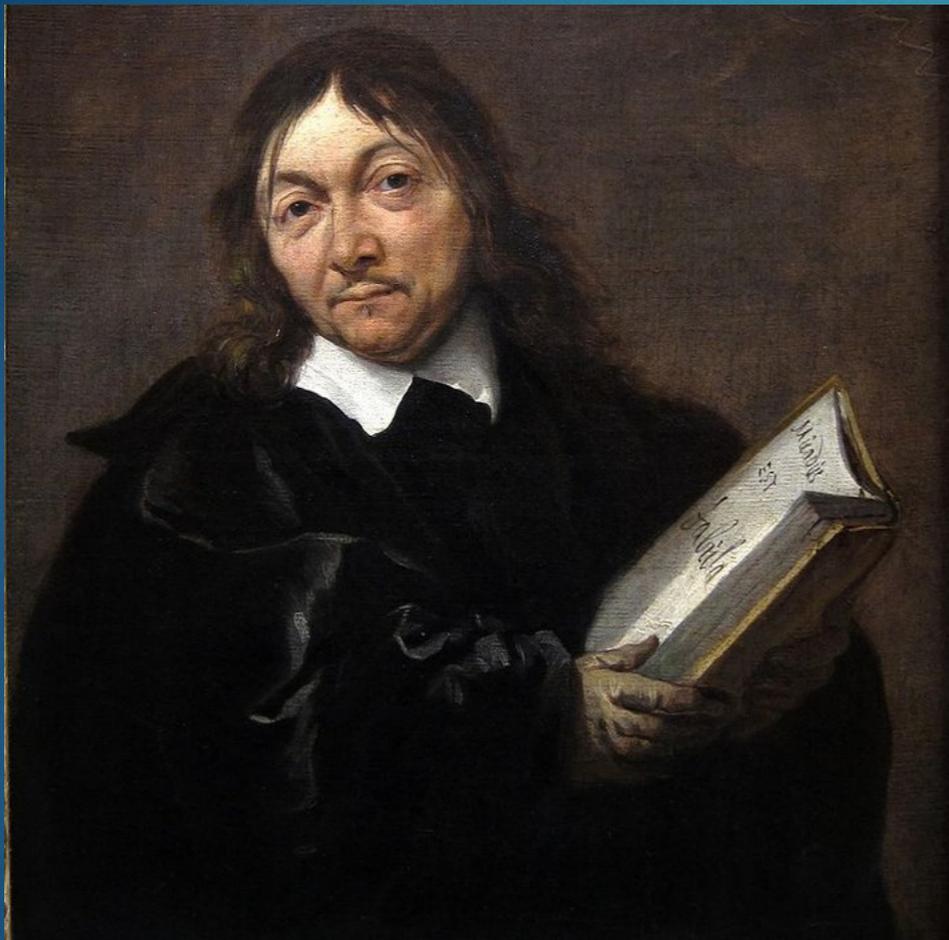
# A Brief History of the Mind



- ▶ 2<sup>nd</sup> century AD – Claudius Galen (Roman Physician)
  - ▶ “vital spirits” were pumped from the heart to the brain where memory, imagination, cognition and language were redistributed throughout the nervous system
  - ▶ View held for 1500 years
- ▶ 1543 AD – Andreas Vesalius (Flemish anatomist)
  - ▶ Structure of the brain different from Galen’s drawings
  - ▶ Labelled a heretic!



# A Brief History of the Mind



Rene Descartes (1596 – 1650)

- ▶ “cogito ergo sum”
- ▶ (I think therefore I am)
- ▶ Consciousness!

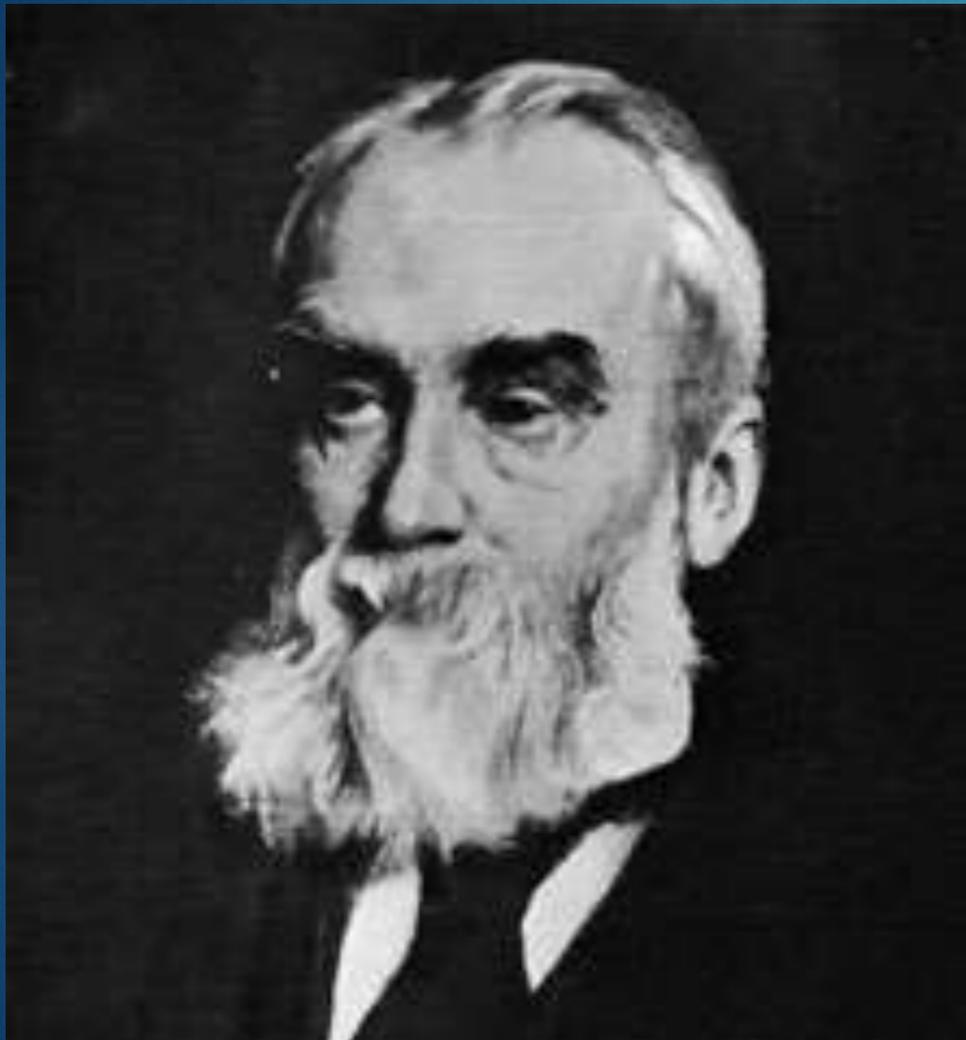
# A Brief History of the Mind



Immanuel Kant (1724 – 1804)

- ▶ Queried whether the mind evolved with the brain or existed apart from it.

# A Brief History of the Mind



John Hughlings Jackson (1870s)

- ▶ Neurologist in London
- ▶ The brain is the organ of the mind
- ▶ Postulated 3 evolutionary levels of the brain
  - ▶ Primitive – maintains vital functions
  - ▶ Middle – consciousness
  - ▶ Highest – mental function

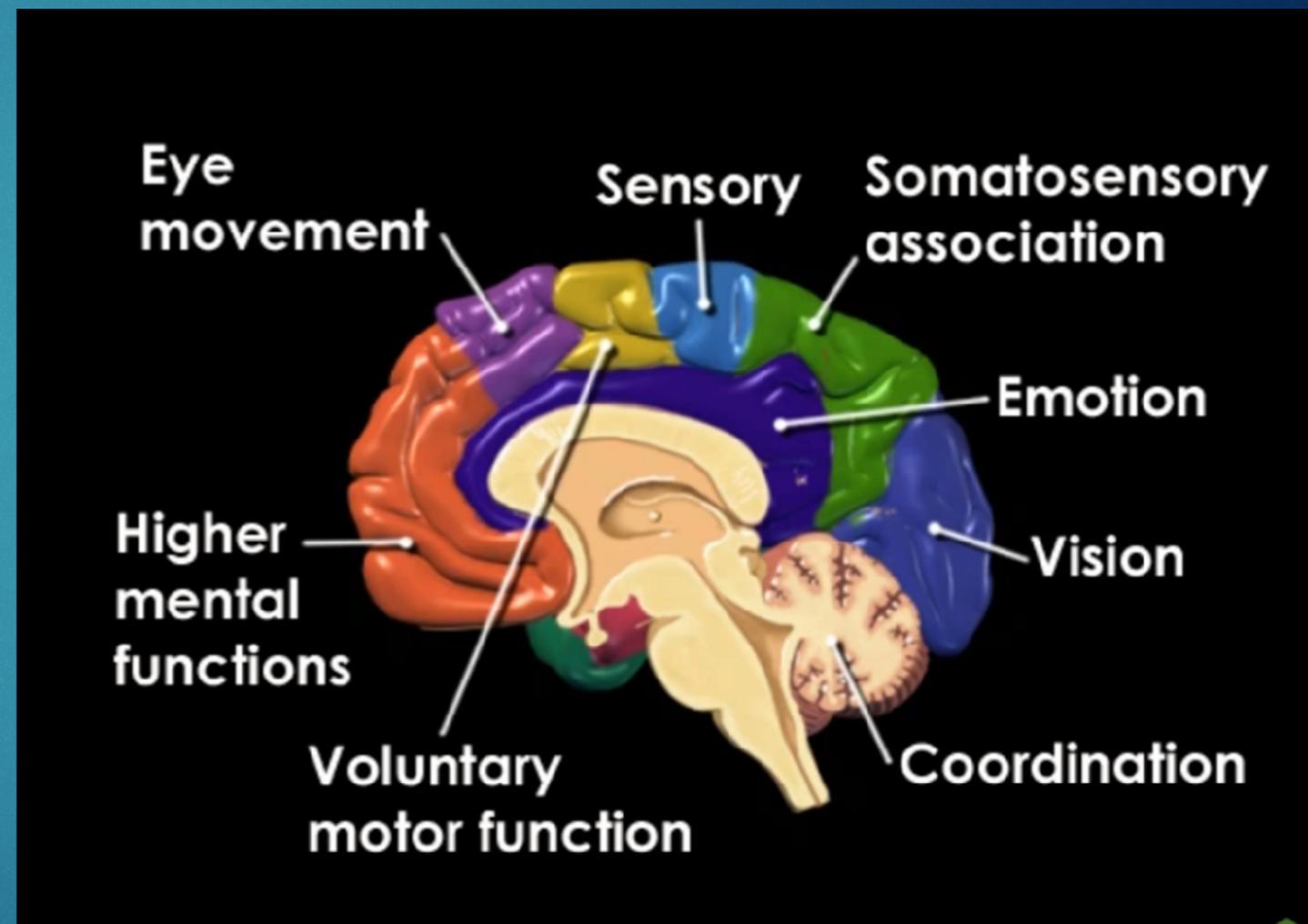
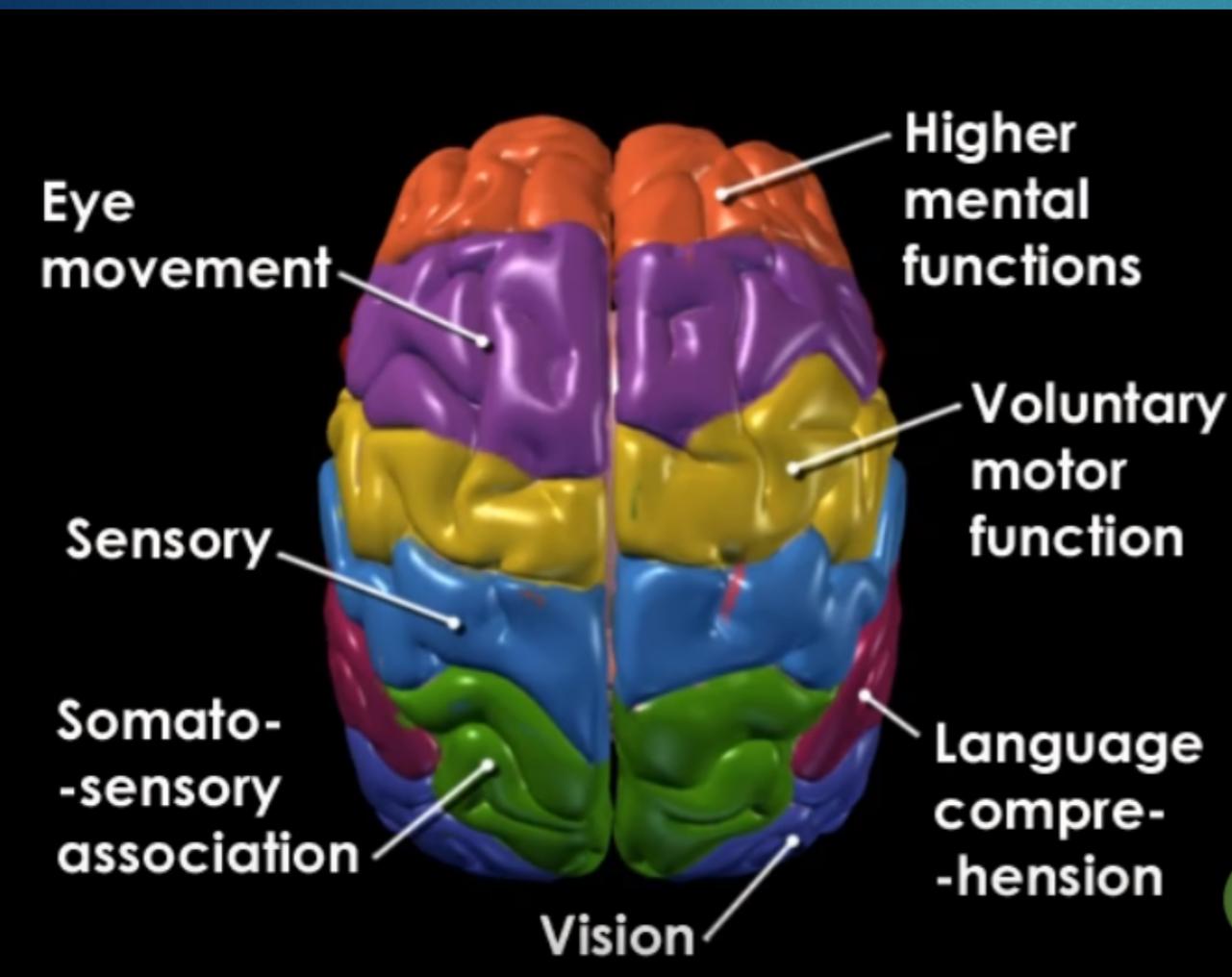
# Mind and Brain



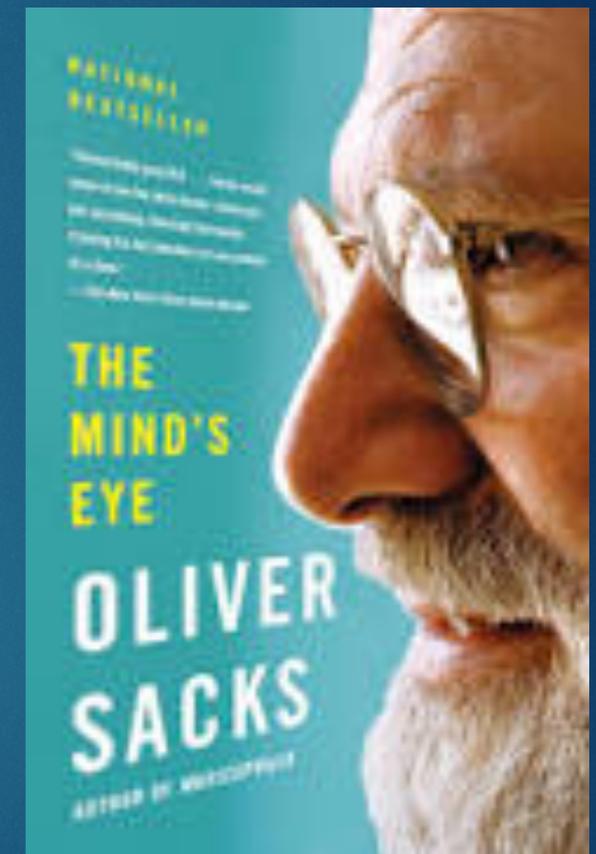
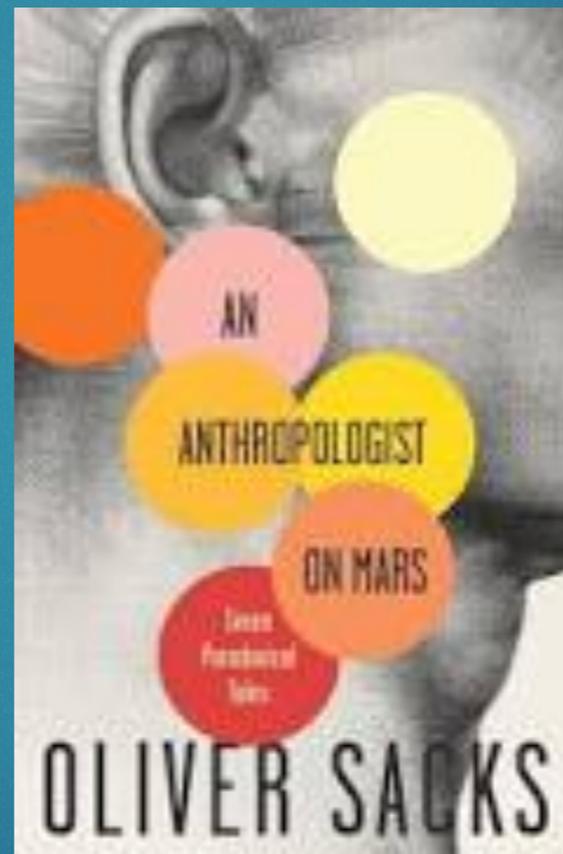
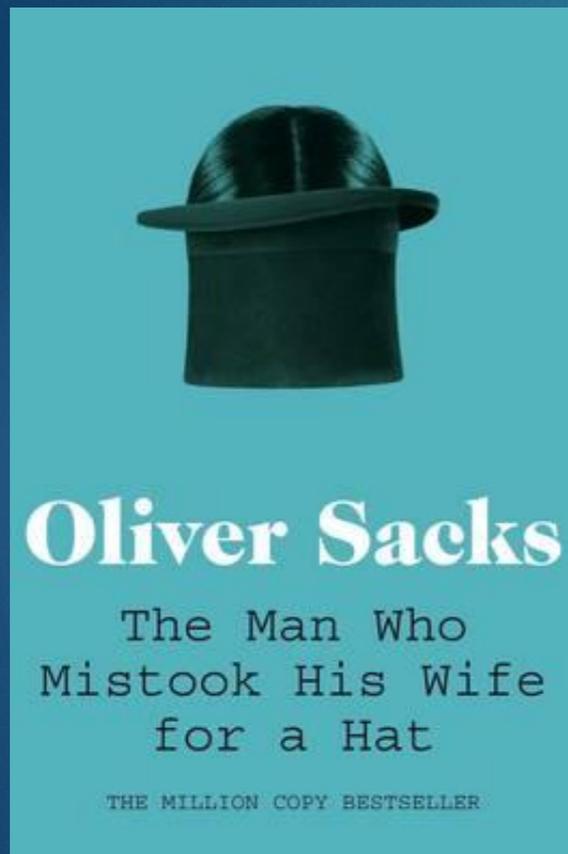
The human brain comprises a hundred billion neurons linked in networks that give rise to intelligence, emotion, consciousness, memory and creativity.

It is the most fascinating neurological phenomenon of all –  
**THE MIND**

# What we know now



# Strange but true stories:



# Mind and Brain from a Contemporary Scientific Perspective - Summary

---



- ▶ The “mind – brain” question is very old
- ▶ Philosophers, mathematicians, anatomists, phrenologists, neurologists, psychiatrists, theologians still seek to define this
- ▶ The mind is a complex function, an algebraic sum of many functions of the brain needing cognition and consciousness to function
- ▶ The quality of the mind depends on the quality of the brain



A Theological  
Perspective  
on Mind:

“Be Ye  
Transformed”

What is Mind  
Renewal?

# A Christian History of the Mind



Augustine (354 – 430  
AD)

- ▶ Memory extends beyond the grasp of the conscious mind

# A Christian History of the Mind



Aquinas (1225 - 1274 AD)

- ▶ Faith meets philosophy
- ▶ Mind – processes in the soul of which we are not aware
  - ▶ Unconscious mind

# Heart – Mind – Soul



Proverbs 23:7 – “As a man thinks in his **heart** , so he is.”

*(nephesh - soul or breath)*

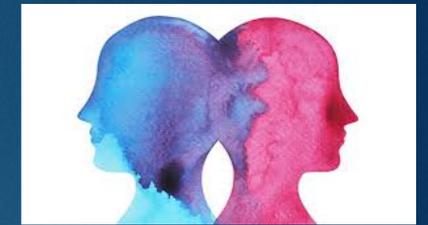
Matthew 22:37 – “love the Lord, thy God, with all thy heart, and with all thy soul and with all thy **mind**.”

*(dianonia – willpower, volition, meditation )*

Romans 12:2 – “Be not conformed to this world, but be ye transformed by the **renewing of you mind**, that ye may prove what is good, and acceptable, and perfect, will of God”

*(nous) – rational part of conscience or organ of spiritual perception or the intellect, the mind in thought*

# An Evangelical Perspective



## Three types of “mind”:

- ▶ 1 Cor 2:14 – “The natural man cannot understand the things of God”
- ▶ Genesis 39:21 – “God was with Joseph” (single-mindedness)
- ▶ Titus 1:16 – “They profess they know God, but in works they deny him” (double-mindedness)

Christians are called to continually “renew their minds” to become more Christ like in word and deed. (single-mindedness)

# Mind - No Precision in the Terms Used (OT)

- ▶ Sometimes *nephesh* or "soul" is rendered by "mind" ([Deuteronomy 18:6](#) "desire of his soul" or "mind")
- ▶ Sometimes *ruah* or "spirit" ([Genesis 26:35](#), "grief of mind")
- ▶ Sometimes *lebh* is used, as in [Isaiah 46:8](#), "bring it to mind" (literally, "heart"), or in [Psalms 31:12](#), "I am forgotten as a dead man out of mind" (literally, "heart"), or "memory").

# Mind – Need for Transformation



- ▶ Mind frequently occurs in an ethical sense--sometimes in connection with (sinful) flesh as in [Colossians 2:18](#), "puffed up by his fleshly mind,"
- ▶ In [Titus 1:15](#) it is brought into parallelism with conscience ("Their mind and their conscience are defiled"). Phrases like "a reprobate mind," "corrupted in mind" occur elsewhere ([Romans 1:28](#); [1 Timothy 6:5](#)). From this state of "reprobation" and "corruption" man must be saved.
- ▶ **Hence, the necessity of complete transformation and renewal of the inner man ([Romans 12:2](#)), "transformed by the renewing of your mind (nous).**

# A Theological Perspective on Mind: “Be Ye Transformed” What is Mind Renewal? Summary

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- ▶ The goal is to have the “mind of Christ”
- ▶ One must think the thoughts of Christ so our natural mind can be transformed and renewed to a single-minded purpose of what is good, and acceptable and the perfect will of God



We are each made for goodness,  
love and compassion. Our lives are  
transformed as much as the world  
is when we live with these truths.

© 2013 Diamond Taba

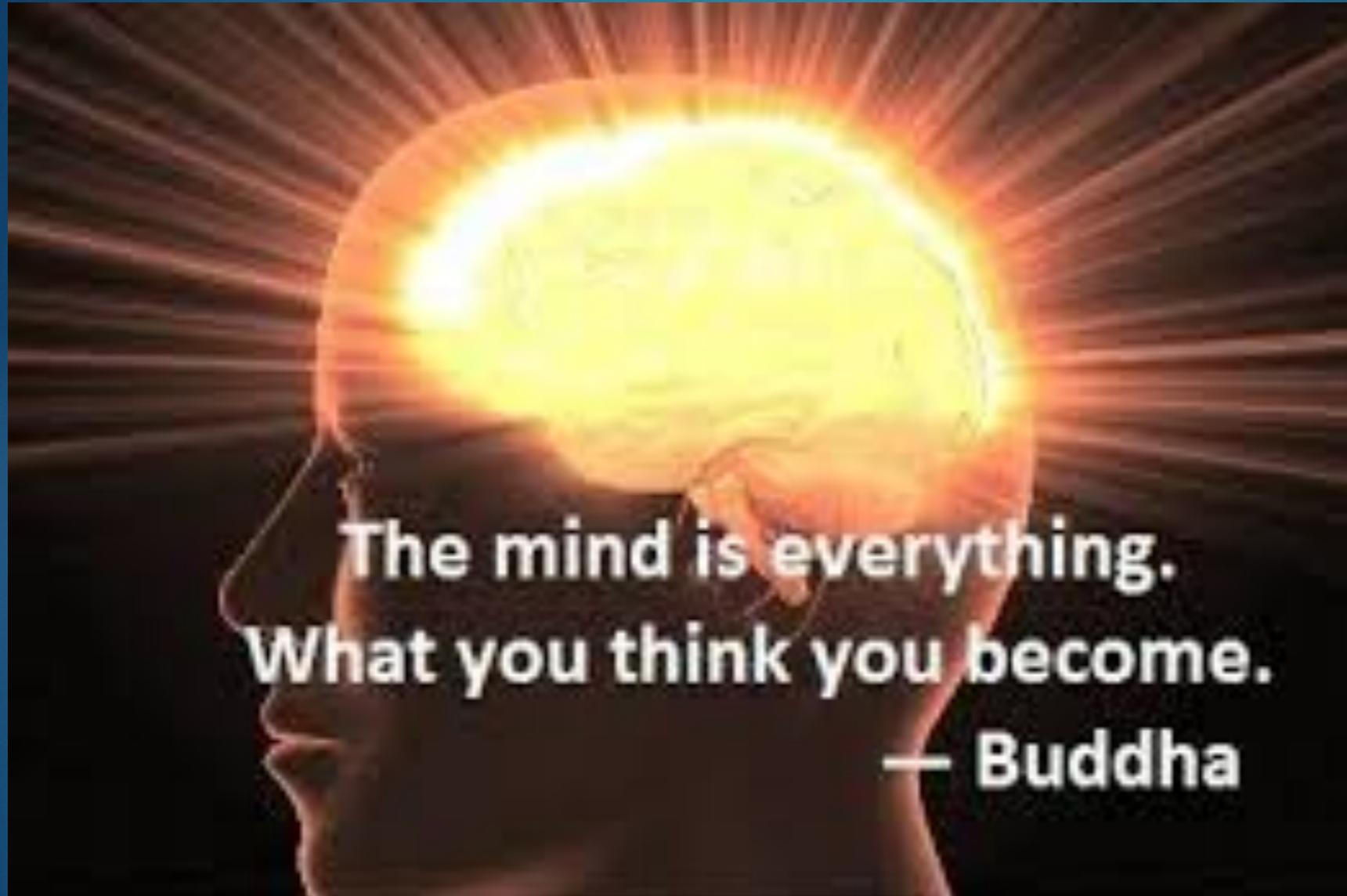
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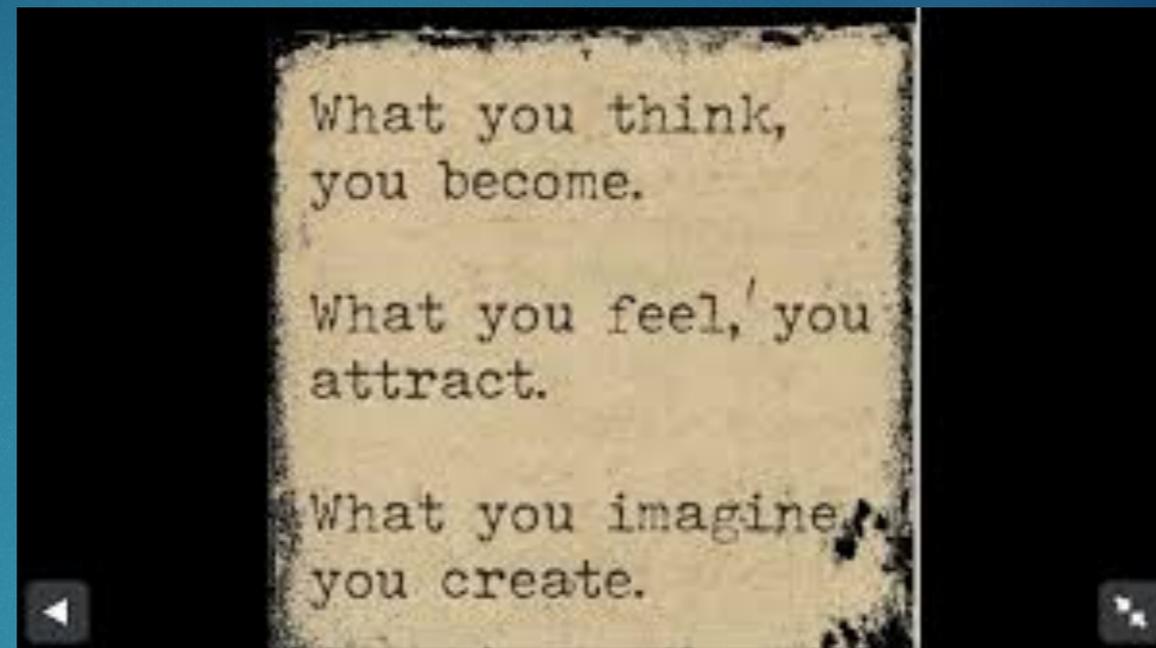
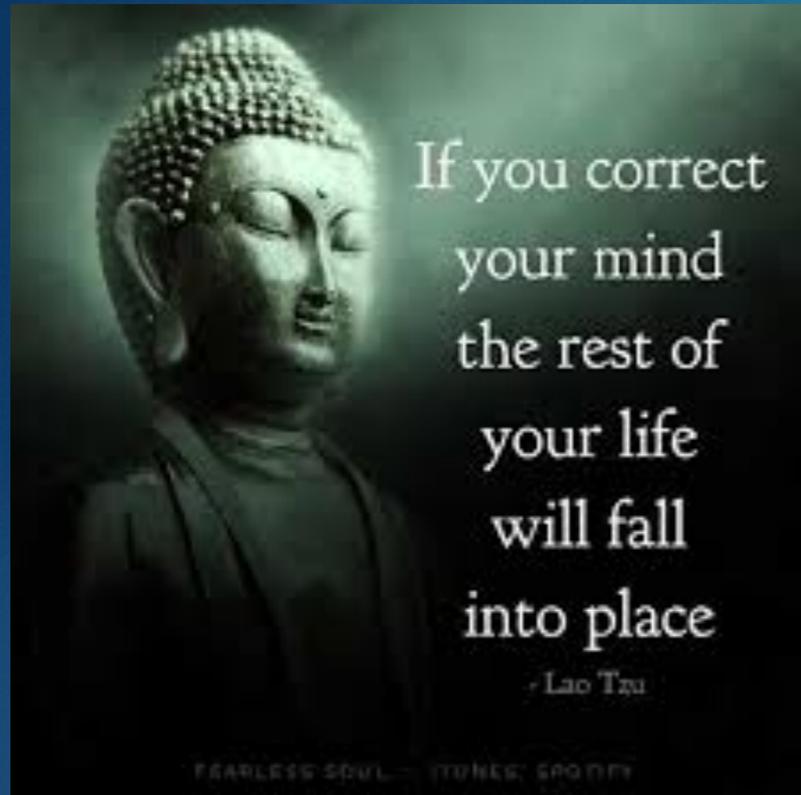


Real power has to do with one's  
ability to influence the hearts and  
minds of others.

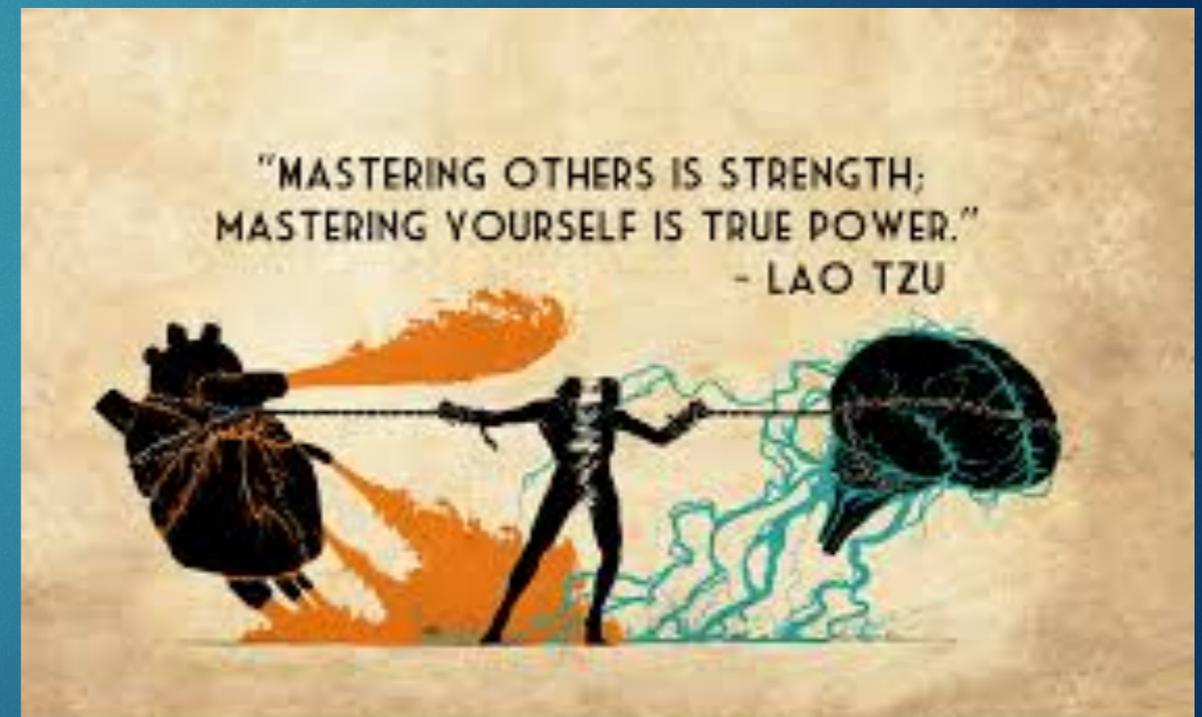
— *Dalai Lama* —

AZ QUOTES

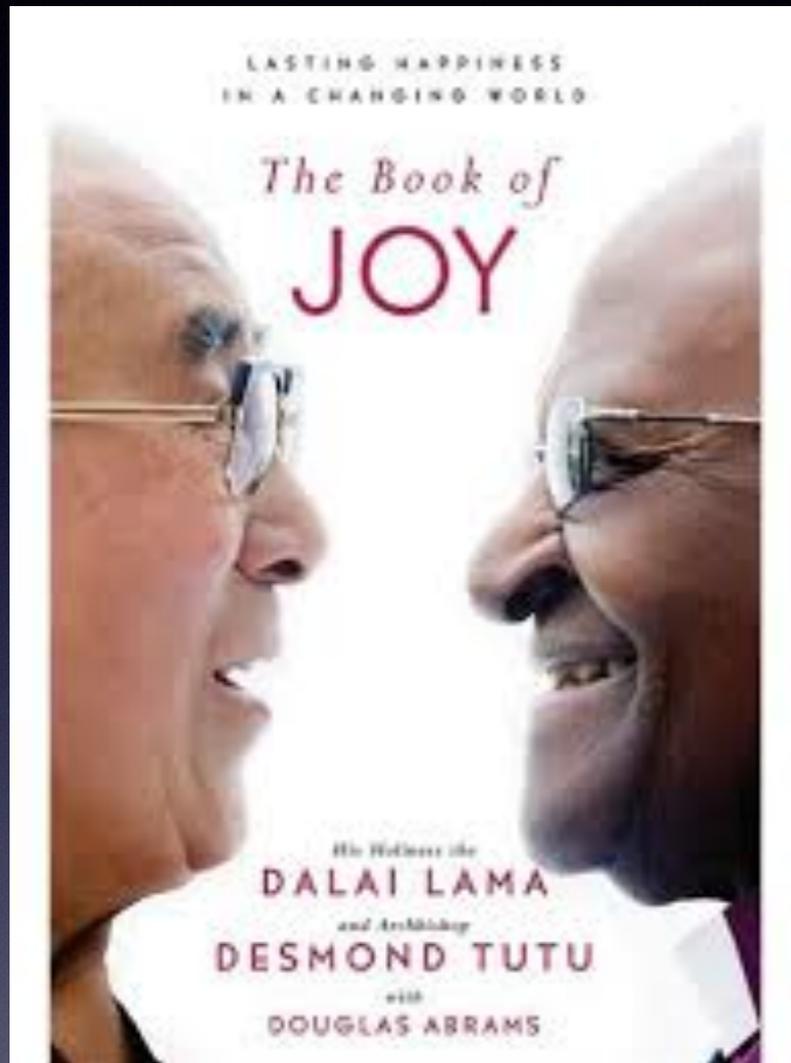




Thank you



## Christian and Buddhist Approaches Compared In "The Book of Joy"



**Archbishop Tutu and the Dalai Lama demonstrate an intriguing, workable form of interfaith dialogue.**

- **They begin with a theme common to both faiths - Joy.**
- **They work to find key areas of agreement.**
- **Differences of understanding or approach are noted.**
- **They engage in discussion to narrow these differences.**

**As you read and discuss their dialogue,  
keep these insights in mind**

Concept	Christian	Buddhist
Time	Linear	Cyclical
Truth	Exclusive	Inclusive
Faith & Science	Natural Adversaries	Natural Allies

## Book Study Section

### Three Themes

#### **Despair:**

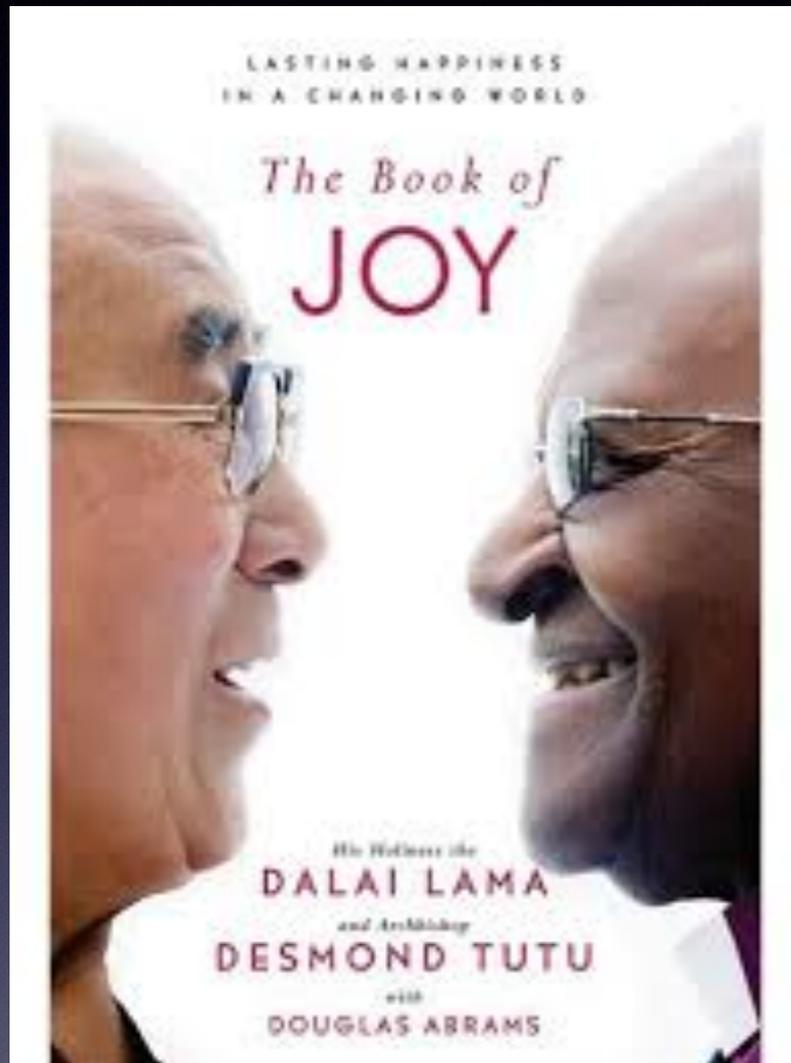
The world is in such turmoil

#### **Loneliness:**

No need for Introduction

#### **Envy:**

That Guy Goes Past Again in His  
Mercedes Benz



## General Comments on these chapters

### **Despair, Loneliness, Envy**

- What is your world-view?
- How do you live in the world?
- Do you engage the world negatively or positively?
- Do you live a "yes" or a "no"? - with suspicion or trust?

**Discuss**



**Despair:**  
The world is in such turmoil

## **Despair: The World is in Such Turmoil**

- Archbishop Tutu and the Dalai Lama again see these problems as opportunities, and not ultimately as negative visitors in our lives.
- Both have great confidence in humanity at its best
- Yet they consider humanity from differing perspectives (honouring what is natural - honouring what is cognitive)

**Discuss**

## Some Key Points of this Chapter

### Tutu

- "The arc of the moral universe is long, but it tends toward justice"
- Martin Luther King Jr/Theodore Parker

### Dalai Lama

- "Tonglen - Giving and Taking"
- Recognising people's fear, anger and suspicion and replacing it with love and forgiveness

### Discuss

# Optimism vs. Hope

Tutu

- Optimism is based on feelings
- Hope is based on conviction (faith)

**Discuss**



Hope - the last thing in Pandora's Box

## Other Issues:

- Anger with God
- Lament - A classic Hebrew way of "righteous confrontation" with God
- The Psalms, Lamentations, the Prophets

## Or consider arguing with God

"Fiddler on the Roof" (the musical)  
Discuss the storyline of -

- Tevye, his wife, daughters and their families
- living in and leaving the Jewish shtetl in Russia
- when living by "traditional values" is no longer the way to live

**Discuss**



**Loneliness:**  
No need for Introduction

# Loneliness: No Need for Introduction

- Discuss the modern urban reality of being "physically close but emotionally distant".
- This happens in our churches too.
- Wayne's experience when coming first to St. David's 30 years ago.

**Discuss**

- We are social animals, and cooperation is necessary for our survival, but cooperation is entirely based on trust (p. 129)
- When one is thinking about others with kindness and compassion, one is never lonely.

## **Summary -**

Openheartedness - Warmheartedness  
- the antidote to loneliness.

## **Discuss**



**Envy:**  
That Guy Goes Past Again in His Mercedes Benz

- "Envy: That Guy Goes Past Yet Again in His Mercedes Benz"
- Envy, or "upward comparison" leaves little room for joy. (p. 137)
- Three powerful antidotes to envy:
  - Gratitude (p. 138)
  - Motivation (p. 138)
  - Reframing (p. 138)

**Discuss**

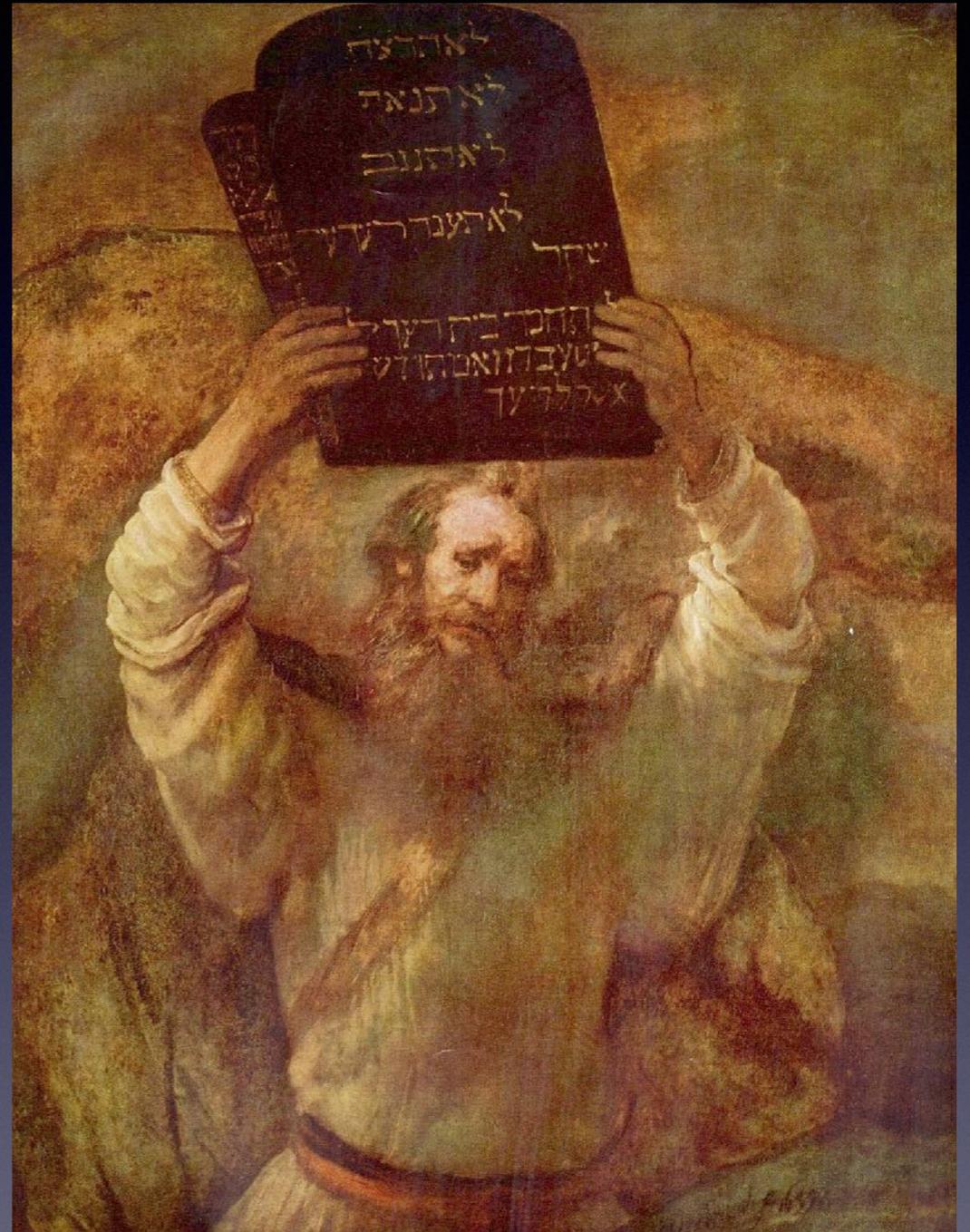
- Compare:
  - "schadenfreude- taking joy in another's pain"
- Versus:
  - "taking joy in another's happiness"
  - "authentic rejoicing in another's good fortune" (p. 144)

**Discuss**

## Summary of learnings from these chapters -

Despair, loneliness and  
envy can be countered by  
looking with an outward  
rather than an inward  
focus.

**Discuss**

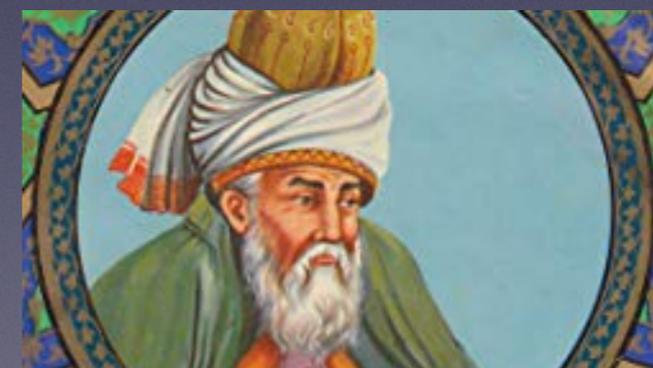
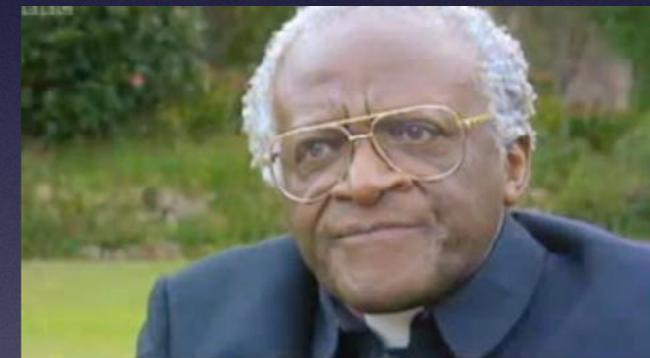


BREAK

# Videos

## Overcoming Despair Loneliness & Envy

- Karen Armstrong. UK. Author. Churchless Christian. ex-Nun. TED prize winner. Founder of Charter of Compassion. 4m
- Desmond Tutu. SA. Retired Bishop. Bringer of Ubuntu. Director of South African Truth and Reconciliation Commission 10m
- Rumi. 13th Century Sufi Mystic. Poet. Enea B - web publisher. 2m





Karen Armstrong  
Suffering and the Power of Compassion  
4m

<https://www.youtube.com/watch?v=fDPoPe-C6Wc>



Arch Bishop Desmond Tutu  
Chair of Truth and Reconciliation Commission  
Overcoming Despair, Loneliness, Envy.

10 m

<https://www.youtube.com/watch?v=oUhN5pU46l8>



open the window of your heart

Rumi by Enea B  
Open The Window of Your Heart  
2m

<https://www.youtube.com/watch?v=NJXcrM3B4zI>



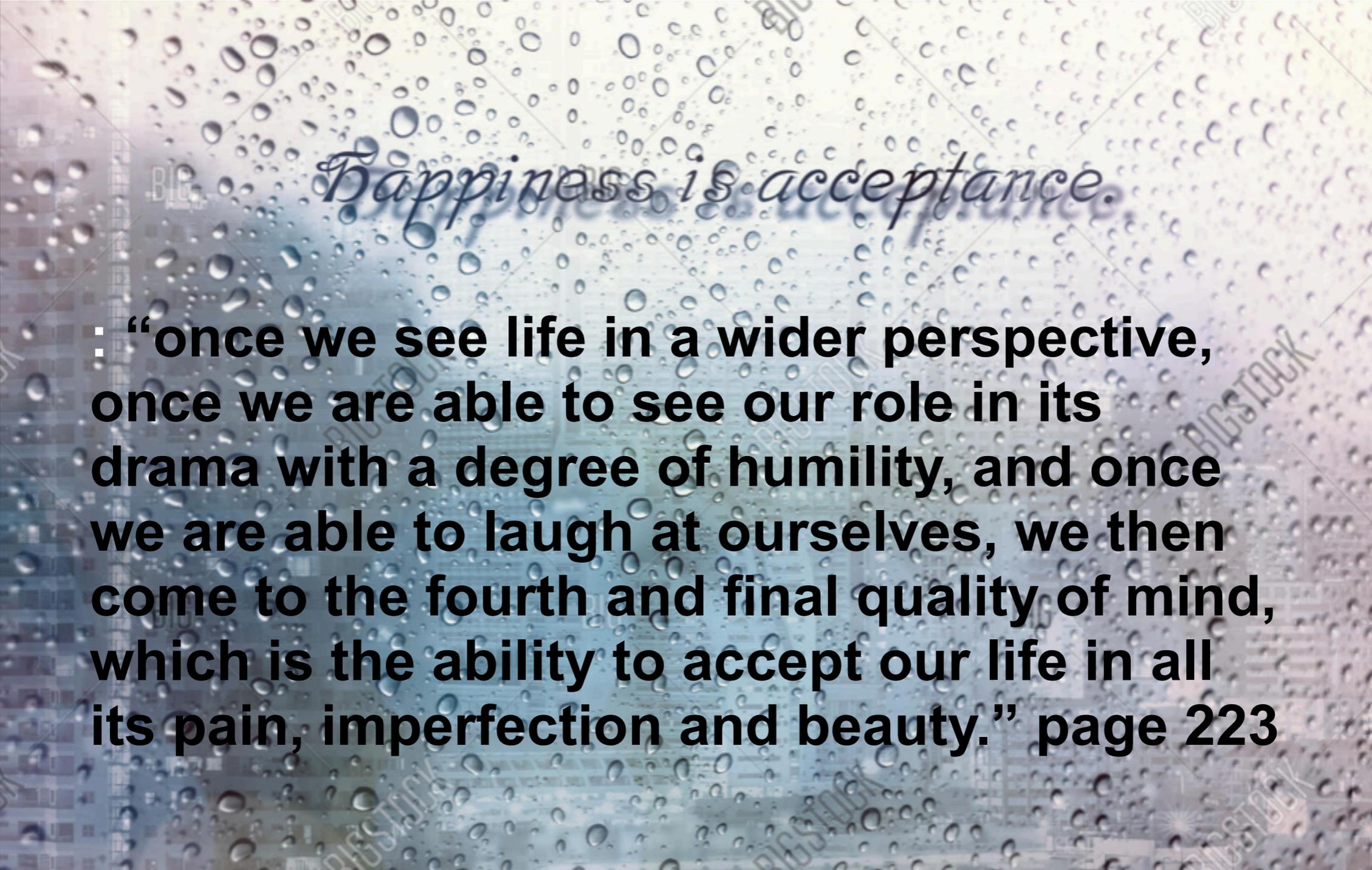
# Closing Meditation Brenda

# FOURTH PILLAR OF JOY OF THE MIND: ACCEPTANCE

“Why be unhappy about something if it can be remedied?”

And what is the use of being unhappy if it cannot be remedied?”

... Dalai Lama



*Happiness is acceptance.*

**: “once we see life in a wider perspective, once we are able to see our role in its drama with a degree of humility, and once we are able to laugh at ourselves, we then come to the fourth and final quality of mind, which is the ability to accept our life in all its pain, imperfection and beauty.” page 223**

Pillars of Joy of the Mind

**HAPPINESS CAN  
EXIST ONLY IN  
ACCEPTANCE.**

George Orwell

PICTUREQUOTES.COM

**ACCEPTANCE**  
allows us...

- TO MOVE INTO THE FULLNESS OF JOY.
- TO RELAX,
- TO SEE CLEARLY AND
- TO RESPOND APPROPRIATELY.



“The ability to be present in each moment is nothing more and nothing less than the ability to accept the vulnerability,



discomfort  
and anxiety  
of  
everyday  
life.” page 225

# ACCEPTANCE



Any possibility of joy requires an acceptance of reality:

[https://www.youtube.com/watch?v=bG\\_G6YOCYxA](https://www.youtube.com/watch?v=bG_G6YOCYxA)

God,  
give us the grace to accept with serenity  
the things that cannot be changed,  
courage to change the things  
which should be changed  
and the wisdom to distinguish  
the one from the other.

— Reinhold Niebuhr, The Serenity Prayer

# **Readings for Session #6**

**Suffering and Adversity: page 145**

**Illness and the Fear of Death: page 159**

**Meditation: page 171**

**Opening: Fran B.**

**Closing: Betty S.**

