

## News From The Dalai Lama Foundation —

### October 2008

#### Red Carpet to Happiness



[Project Happiness](#) is pleased to present a preview film event of [Red Carpet to Happiness](#) November 15, 2008 in San Francisco, CA

The Red Carpet to Happiness event will include a beautiful dinner followed by a preview of our feature length documentary in the stunning Letterman Theater. The film features Richard Gere, George Lucas and the Dalai Lama with students from three continents exploring the true nature of happiness. For additional information, or to make your reservation, [call or email Leslie](#) at (650) 833-3881.

#### The DLF 2008 Mailing

Once a year we send a postal mail (to most) and an email reminder (to all) of our friends around the world, asking all to join with us in our effort to improve the world. You can see descriptions of our key projects by visiting the Foundation's web site. Please take the time to read our letter and respond either with a gift to support the work of the Foundation or **with an email** describing what you are doing in your own world to promote ethics and peace.

The Dalai Lama Foundation exists only through the kindness and generosity of our circle of friends. We send a big *thank you!* from all of us to our many friends who have contributed their gifts of professional expertise and financial support throughout the year.

We welcome and deeply appreciate your financial support for our ongoing activities to promote ethics and peace. We are set up to receive **secure online donations, or you can donate by check**. If your contact information email or mailing address has changed in the past year please take a minute to **update us** with your current information.



# HAPPINESS & its causes SAN FRANCISCO

AN EXPLORATION OF  
HUMAN HAPPINESS  
24-25 NOVEMBER 2008



**Tools and techniques  
for a happier life—**  
for ourselves and others—  
from 40 of the best minds  
in psychology, philosophy,  
science, education, business,  
politics, the arts, medicine  
and sports.

[www.HappinessAndItsCausesSF.com](http://www.HappinessAndItsCausesSF.com)

After hugely successful annual conferences internationally since 2006, we are honored to launch the first North American [Happiness & Its Causes conference](#), in San Francisco this year.

What is happiness? Is it possible? What holds us back from it? How to find happiness in the midst of suffering and sadness? How to forgive? How to bring happiness to others?

Over four days—the two-day conference and two days of pre- and post-conference workshops—40 of the best minds in psychology, philosophy, science, education, business, the arts, medicine, and politics will provide answers to these fundamental questions and explore techniques for achieving happiness and well-being, for ourselves and others.

The Dalai Lama Foundation is pleased to be one of the co-sponsors of this event [click here to download the brochure](#), and register online

## Track Project Happiness in the Project Happiness blog



Between now and the end of the year, students participating in the Project Happiness pilot test will be sharing their experiences of the program on the [Project Happiness blog](#).

This blog also contains a [series of articles on the US and Nigerian students' visit to India](#) (in 2007) - when they met with the Dalai Lama and interviewed him about happiness. This journey is a central theme of the [Project Happiness documentary film](#).

This year, new classes in California, Canada, and two locations in India are testing the Project Happiness Handbook (which was completed in October), and will communicate through email and video. Teachers who would like to help test these materials now, or beginning in January, can contact [Maria Lineger](#) about participating in this program.

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You can The Foundation by email at [info@dalailamafoundation.org](mailto:info@dalailamafoundation.org)

Contact the Editor at [neditor@dlfound.org](mailto:neditor@dlfound.org)

The Dalai Lama Foundation is on the web at [www.dalailamafoundation.org](http://www.dalailamafoundation.org)

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