

Chapter 1 : Can Compassion Change the World? | GGM

Rather, he extracts from the past illuminating examples of how Berkeley's culture, politics, and predilections evolved, and also had a genuine impact on the region, nation, and world.

Bookmark Can love be a positive force for change in the public sphere as well as in our private lives? Is there any scientific basis for believing that love can stretch beyond the boundaries of our intimate relationships? What do the latest developments in human biology and psychology have to say? Barbara Fredrickson is better qualified than most other people to answer these questions. A professor at the University of North Carolina at Chapel Hill and a leading figure in the burgeoning positive psychology movement, her new book is titled *Love 2.0*. In it, Fredrickson tries to show that love for others—“all others”—can be consciously cultivated and applied in every sphere of life. Positive psychology has been criticized for ignoring the structural factors that underpin discrimination and inequality, and for over-emphasizing the power of individuals to shape their own horizons. Advertisement X A three-course professional certificate series that teaches you the what, why, and how of increasing happiness at work. You debunk the common understanding of love as romantic attachment, and explain it instead in terms of positive emotions that our bodies can understand, experience, and develop beyond our friends and families. But are positive emotions really the same thing as love? Love is both positive emotions and larger than the self. From an emotions perspective, I like to tell people that no emotion is meant to last forever, not even the ones that feel good. Negative emotions are essential for flourishing and creativity and resilience. How Our Supreme Emotion Affects Everything We Feel, Think, Do, and Become One of the important empirical lessons that psychology has uncovered is that creativity is not just supported by increased positive emotions—a little bit of negativity is useful too. The key is to keep them in balance. Part of the way to stay resilient is to be able to self-generate positive emotions that can sit side by side with the negative ones, not eclipsing them but helping to make us whole. Exercises like loving-kindness meditation help to pull us out of our self-absorption. Being able to see and appreciate others in their full humanity is something that we get lulled out of by self-absorption or by our increasing reliance on technology. You say that love cannot be unconditional. One is that people feel safe, and the other is that they feel a real-time sensory connection with another person. We know that people who are depressed or chronically lonely experience encounters with another person almost always as a threat, whereas people who are enjoying better mental health see opportunity and connection. The other precondition is a real-time sensory connection, because so much of a shared positive emotional state requires a shared sensory experience—making eye contact, or through touch or shared voice, because so much emotional information is carried in the vocal tract. The nice thing about knowing these things is that once you understand the importance of these preconditions you can actually build them up. The title of your book states that love affects everything we do, so how does it affect the way we behave in politics, economics, and social activism? More on Loving Humanity.

Chapter 2 : UC Berkeley Events Calendar: Quantum Computing Expert John Martinis at the Berkeley Forum

"It Came from Berkeley: How Berkeley Changed the World" is an amusing, touching, anecdote-filled, and colorfully illustrated social history of Berkeley that shows how so.

History[edit] View from Memorial Glade of Sather Tower The Campanile , the center of Berkeleyâ€™the ring of its bells and clock can be heard from all over campus Main article: History of the University of California, Berkeley In , the private College of California purchased the land comprising the current Berkeley campus. Because it lacked sufficient funds to operate, it eventually merged with the state-run Agricultural, Mining, and Mechanical Arts College to form the University of California, the first full-curriculum public university in the state. Billings was a trustee of the College of California and suggested that the college be named in honor of the Anglo-Irish philosopher George Berkeley. With the completion of North and South Halls in , the university relocated to its Berkeley location with male and 22 female students [45] and held its first classes. In , the University Farm was established near Sacramento , ultimately becoming the University of California, Davis. Army to develop the atomic bomb. UC Berkeley physics professor J. Robert Oppenheimer was named scientific head of the Manhattan Project in During the McCarthy era in , the Board of Regents adopted an anti- communist loyalty oath. A number of faculty members objected and were dismissed; [53] ten years passed before they were reinstated with back pay. Each campus was given relative autonomy and its own Chancellor. Then governor of California Ronald Reagan called the Berkeley campus " Singer â€™"and with the support of the National Science Foundation. The institute is now widely regarded as a leading center for collaborative mathematical research, drawing thousands of visiting researchers from around the world each year. Today, the term "University of California" refers to the statewide school system of which UC Berkeley is a part. Controversies[edit] Originally, military training was compulsory for male undergraduates and Berkeley housed an armory for that purpose. In , future fleet admiral Chester W. During World War II, the military increased its presence on campus to recruit more officers, and by , more than 1, Berkeley students were enrolled in the V Navy College Training Program and naval training school for diesel engineering. Various human and animal rights groups have conflicted with Berkeley. Native Americans conflicted with the school over repatriation of remains from the Phoebe A. Hearst Museum of Anthropology.

Chapter 3 : Incoming 1L Wins "One Lawyer Can Change the World"™ Scholarship | Berkeley Law

Dave has written two books, [Signature Architects of the San Francisco Bay Area](#), and the text for a photo book [Berkeley Rocks](#). He writes for the magazine [CA Modern](#), and for four years has been writing a popular series of architect profiles for the [San Francisco Chronicle](#).

Why is compassion so important? This research is very encouraging, because scientists are not only using brain imagery to identify the specific brain circuitry that controls compassion, but also showing that the circuitry becomes strengthened, and people become more altruistic and willing to help out other people, if they learn to cultivate compassion—for example, by doing traditional meditation practices of loving kindness. What do you mean by that? These are moral issues that require compassion. Compassion can be cultivated through mindful meditation. But, I think a lot of people start meditating for personal reasons—to decrease stress and to learn to be more accepting of what is. How does that lead to social activism? Join a Force for Good A new website, [www. Buy the new book, \[A Force for Good: That view of mindfulness leaves out the traditional coupling of mindfulness with a concern for other people—loving kindness practice, compassion practice. That he sees as true compassion in action. Is there any research that supports the idea that mindfulness and social activism are linked? In one study, where people were given the chance to help someone in need—offering a seat to someone on crutches—mindfulness increased the number of people who did that. And, if you extrapolate from there to helping the needy whenever they cross your radar in any way you can, it suggests that mindfulness would help. Putting the two together is powerful. When emotions become destructive, you need to manage them and not let them run you. Bantam, , pages. Many people get hijacked by their emotions and have no idea, because they are oblivious, because they lack self-awareness. And what meditation and mindfulness practice can do is to boost your self-awareness so you can make these distinctions more accurately, with more clarity. Does he suggest we extend compassion even to those who commit atrocities, like murder or genocide? He holds out an ideal of universal compassion, without exception. But he also gives us a very useful instruction: He says, make a distinction between the actor and the act. Oppose the evil act—no question—but hold out the possibility that people can change. But we can move toward it by expanding our circle of caring. It goes against natural mechanisms that make us favor our own group—our family, our company, our ethnic group, etc. So, the first step is to overcome that tendency and to become more accepting of and caring toward a wider circle of people. But we can all take a step closer. Everyone has something they can do. Whatever means you have to make the world a better place, you need to do it. Greater Good wants to know: Do you think this article will influence your opinions or behavior?\]\(#\)](#)

Chapter 4 : Can Love Change the World? | Greater Good

In How Berkeley Became Berkeley, Dave Weinstein goes about showing us just that. He tells the story of this unique city from the beginning-the s-to present day by focusing on the events and people that made Berkeley into the famous-and infamous-place that it continues to be.

Published by Gibb Smith. There are 57 short chapters, telling stories that stand-alone and intermingle. Berkeley has indeed had an impact, sometimes even extending beyond the imagination of its proudest citizens. The Jacuzzi and the atomic bomb alike had their birth here. No matter how strange and bizarre and out of the mainstream Berkeley seems, a lot has started here that has later resonated, and improved life, elsewhere. And Berkeleyans through the generations, Weinstein argues, have struggled for the same things most people, whatever their political persuasion, cherish: Weinstein works expertly on both sides of that divide, as does historian Charles Wollenberg in his *Berkeley: A City in History*, also published this year. A recurrent theme among the essays is that much of what happens in Berkeley now has precedents and parallels in early Berkeley history. Cal alumnus and theatrical impresario Samuel Hume and others established a well regarded community theater and art museum here in the s, although they eventually expired in the Depression. Do locals pride themselves on how Berkeley became a leader in equal rights in the s and later? However, Weinstein is also careful to document the demographic and political changes that have indeed changed the town and distinguish recent eras from the more distant past. From a self-satisfied, and fairly successful, semi-suburban, largely Republican, community, leavened with freethinkers, Berkeley had morphed, by the s, into what everyone understands today as Berkeley. They were a self-selected bunch. Weinstein, a professional journalist and skilled writer, has also established himself as a solid local historian. He drew his material from numerous archives and sources, and includes a dozen pages of detailed footnotes. Much of what he includes has been written about before, but he presents the material in a fresh and illuminating way. He also respectfully credits other writers and local historians in the text, a welcome difference from those who tend to rewrite history as if they completely discovered it themselves. Weinstein has a wry turn of phrase. Although I had an opportunity to see an early version of the text, I was surprised and delighted with many of the photographs in the final product, and how they support the written narrative. Even familiar sights are illustrated with little-used images. Weinstein has also extracted from older writings, and otherwise garnered, a whole sheaf of great quotes about Berkeley that could almost make up a stand-alone narrative on their own. Just letting the guys know how it feels. This would be a good book to have not only in your home library but in your lavatory. I mean that seriously, not slightly. Long-time locals and their houseguests alike would benefit from regularly reading in the restroom something edifying, intelligent, and light-hearted. Weinstein also has a website, www.stevenfinacom.com. Steven Finacom writes periodically for the Planet on local history and feature topics.

Chapter 5 : It Came from Berkeley

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Chapter 6 : It came from Berkeley : how Berkeley changed the world | Berkeley Public Library

BOOKS: It Came From Berkeley: How Berkeley Changed the World by Dave Weinstein (talks in Oct. and Nov.) September 8, by aaronwilcher 1 Comment Dave Weinstein, a local journalist for the Contra Costa Times and the Chron has a new book out on Berkeley.

Chapter 7 : How the Beatles Changed the World | Netflix

Find helpful customer reviews and review ratings for It Came from Berkeley - How Berkeley Changed the World at theinnatdunvilla.com Read honest and unbiased product reviews from our users.

Chapter 8 : Crazy enough to change the world – The Berkeley Blog

The make-up of Earth's atmosphere, once the domain of Earth science textbooks, has become an increasingly "hot" news topic in recent decades. As the evidence pointing to human-produced greenhouse gases as the cause of ongoing and future global climate change has mounted, so too has public attention.

Chapter 9 : Clay Shirky: How Cognitive Surplus Will Change the World - Blog

Can Love Change the World? Is there any scientific basis for believing that love can be a force for change in politics and economics? A Q&A with Barbara Fredrickson, author of Love