

In a conversation between the Dalai Lama and Archbishop Desmond Tutu on the "Central Pillars of Joy," the two Nobel Laureates identified three factors that have the greatest influence on increasing our happiness:

Our ability to reframe our situation more positively.
Our ability to experience gratitude.
Our choice to be kind and generous.

With these factors serving as foundational components of harbor happiness, we can authentically, and humbly, offer our community opportunities to connect, heal, and release through the work being done in the Garden.

We can set the table for self-discovery and transformation with the Enneagram.

We can infuse joy, music, art, and laughter.

We can heal one another.

harbor happiness project

