



The Foundation for Developing
Compassion & Wisdom



Hello {{ contact.FIRSTNAME | default : "Friend" }},

Welcome to October's edition of Compassionate Wisdom. As we navigate the intricate pathways laid out by the 16 Guidelines, each month brings a new focus, and a new opportunity for personal and collective growth.

This month, we shine a spotlight on **FORGIVENESS**, a powerful practice that can profoundly impact our emotional well-being and relationships. Forgiveness is more than a compassionate gesture towards another; it is a radical act of self-liberation.

"To forgive is not just to be altruistic. It is the best form of self-interest."

—**Desmond Tutu**

In this email, we will explore the multifaceted nature of forgiveness. From its role in freeing us from cycles of resentment to its power to initiate fresh beginnings, we invite you to delve into this shift of mind. Together, let's unravel the layers of forgiveness, understanding its potential to bring peace, not just to ourselves, but also to those around us.

INSPIRE

Forgiveness is described in [16 Guidelines for Life: The Basics](#) as:

« Forgiveness is the capacity to reclaim our peace of mind when something has happened to disturb us. As we go through life it is inevitable that we are going to

hurt one another. In fact, as our world becomes more complex and interconnected, the opportunities for conflict increase. We have the choice whether to respond to these hurts and conflicts with anger and bitterness, or with forgiveness.

Forgiving is not the same as forgetting. It does not mean that we gloss over the harm that has taken place, or pretend that it never happened. What it does is to allow us to let go of the destructive attitudes towards the past that imprison us and the person who harmed us in a cycle of recrimination and guilt. When our desire for reconciliation and peace is stronger than our anger, disappointment or pain, then forgiveness offers the opportunity to make a new start.

Forgiveness can seem insurmountable, and has vast consequences, but in essence it is nothing more than a shift of mind. The motivation to forgive has to come from a genuine wish deep inside to relieve the pain and discomfort of ourselves and of others. It cannot be forced. Does everyone have the capacity to forgive? Can everything be forgiven? Is forgiveness something we can learn? »

[The 16 Guidelines for Life: The Basics](#), by Alison Murdoch & Dekyi-Lee Oldershaw



The Workshop is in the Mind
with Ven. Robina Courtin

This UE short is an excerpt from "[Becoming Your Own Therapist](#)", the first episode of the [Wisdom Dialogues](#) Series 2023.

The video delves into the complexities of human consciousness, dividing it into sensory and mental facets. It specifically highlights the "mental workshop," where thoughts, feelings, and various states of mind reside.

Ven. Robina categorises these states of mind into three: neurotic states like anger and jealousy, virtuous states like love and compassion, and mechanical

states like concentration and attention. The neurotic states are marked as the root cause of personal suffering and a distorted perception of reality, while virtuous states are noted as the source of happiness and well-being.

[Watch now](#)

SHARE

Forgiveness is not just a word; it's a process, an internal journey of freeing ourselves from the clutches of resentment, anger, and grudges. It's about creating a space within us where understanding and love can flourish, not just for others but also for ourselves.

By forgiving, we are not saying that the act that hurt us is okay; we are saying that we are ready to move on, to release the emotional burden that hampers our progress. We open the door to healing and spiritual growth, making room for genuine happiness and peace in our lives.

So, as we move forward, let us ponder on how we can embody this beautiful virtue. How can forgiveness manifest in our daily interactions? How can it rebuild relationships, or make our emotional life less complicated? Take a moment to consider one person or situation where you can apply forgiveness this month. The act may be small, but its impact can be life-changing.



Forgiveness: "What do you do to forgive someone?" - Archbishop Desmond Tutu

In this interview, Archbishop Desmond Tutu discusses how a person must transform in order to forgive.

[Watch the full video](#)



Rediscover Happiness: The Powerful Benefits of Forgiveness

Dive into our latest article to explore the complexities of forgiveness, its far-reaching physical and mental benefits, and why it's a transformative journey towards peace.

[Read the blog](#)

UPCOMING EVENT



Cultivating a Relaxed and Spacious Mind

 30th October at 5pm GMT

 Online

 Paula Chichester

About the Talk

What stops us from feeling truly relaxed, spacious, and loving? How do we reconcile feelings of shame, guilt, and low self-worth that often hold us back? Paula Chichester, with her decades of experience in retreats, teaching, and study, addresses these crucial questions, guiding us toward understanding and acceptance.

Paula teaches us how to navigate our inner emotional landscape, looking inward to uncover the true nature of limitless love. By focusing our attention and understanding our emotional triggers, we can cultivate a deeper acceptance of ourselves, which naturally extends to greater love for ourselves and others. Join us for a meaningful dialogue on self-acceptance and limitless love.

[Learn more](#)

UNTIL NEXT TIME

Last month we explored the theme of RESPECT, in case you missed it, you can find last month's edition [here](#).

Once again, thank you for reading and supporting the **Compassionate Wisdom** newsletter. We hope you have enjoyed exploring **FORGIVENESS** and we look

forward to exploring **GRATITUDE** with you next month.

Until next time...

Big love,
Victoria, Angela & Matt
Compassionate Wisdom by FDCW

SUPPORT OUR MISSION

As a non-profit organization, we rely on donations like yours to continue producing valuable resources and hosting events. You can support us by sharing our newsletter, following us on social media, and making a donation. Every contribution, big or small, helps us in our efforts and we truly appreciate it.

[Make a donation](#)



The Foundation for Developing
Compassion & Wisdom



"COMPASSION IS HAVING
A FEELING OF CONCERN
FOR THE **WELLBEING**
OF **OTHERS "**

His Holiness The Dalai Lama
FDCW Patron



The Foundation for Developing Compassion & Wisdom
93 Tabernacle Street, EC2A 4BA, London

This email was sent to {{contact.EMAIL}}
You've received it because you've subscribed to our newsletter.

[Unsubscribe](#)

