



The Foundation for Developing
Compassion & Wisdom



Compassionate Wisdom
November 2023

COMPASSIONATE WISDOM NOVEMBER 2023

The central graphic is a collage of three images. The left image shows a group of people from behind, with their arms raised in a gesture of praise or joy. The middle image is a colorful, abstract painting of hands reaching out towards the center. The right image shows a group of people walking away from the viewer on a path that leads towards a bright, hazy horizon under a blue sky with soft clouds. A semi-transparent dark blue rectangle is overlaid in the center, containing the event title and date. The entire collage is framed by a dark blue border at the bottom, which contains the event title in white capital letters.

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

We regret any confusion caused by an error in our previous email. To clarify, the Wisdom Dialogues event featuring Paula Chichester is scheduled for 6pm today, less than an hour away, [join us here](#).

Below, please find the revised version of our newsletter.

Welcome to November's edition of Compassionate Wisdom. As we continue our journey through the 16 Guidelines, each new month offers us a fresh lens through which to examine our lives and the opportunities for both personal and collective growth.

This month, we turn our attention to **GRATITUDE**, a transformative practice that not only enriches our emotional landscape but also fortifies our relationships. Gratitude isn't merely an emotional response; it's a conscious choice that can heal, inspire, and empower.

"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

—Melody Beattie

In this email, we will delve into the many dimensions of gratitude. From its capacity to dissolve tensions and foster mutual support, to its power to bring about peace and harmony, we invite you to join us in this exploration. Together, let's unearth the depths of gratitude, appreciating its potential not just to bring us individual happiness but also to strengthen the fabric of our communities.

INSPIRE

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

" Gratitude celebrates our connections with other beings and our capacity to offer mutual support. It is a form of openness and generosity that strengthens relationships and heals tension, resentment and anger. Gratitude calls us to strip away unnecessary complexities, and to be simple and natural with each other. It brings peace and harmony.

To receive gratitude from others is to strengthen our confidence that we have a positive role to play in the world. It makes us feel recognised, encouraged and inspired. When we are able to offer gratitude sincerely to someone else, notice how it brings a pleasant taste in the mouth, a warm feeling in the heart and a surge of energy. Appreciation feels good.

Gratitude is grounded in the wisdom which accepts that we are neither independent nor self-sufficient, but part of an extraordinary continuum of events and beings on this planet. It encourages us to welcome reality, rather than to fight it – both what seems good, and what seems bad. Learning to appreciate every single thing that happens as a potential source of insight and growth is one of the key ingredients for a happy life. "

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



We Need to Befriend the Totality of Ourselves with paula Chichester

This UE short is an excerpt from the ["Enjoy with Compassion"](#) webinar featuring Paula Chichester from the [Compassion Webinar Series 2022](#).

The video delves into our inner voices, originally formed in childhood as protective mechanisms, which can become problematic in adulthood. It explores how these emotions, while initially helpful, may lead to unhealthy coping methods like addiction.

The video emphasizes the importance of differentiating between fleeting pleasures and true, lasting joy. It advocates for embracing, rather than avoiding, these psychological aspects to achieve genuine happiness and peace, contrasting this with the modern inclination towards external satisfaction influenced by consumerism and advertising.

Watch now

SHARE

When we express gratitude through simple acts like saying 'thank you' or giving a smile, something transformational happens. Barriers melt away and a sense of interconnectedness takes over, reminding us that we're not alone in this world. Offering gratitude not only enriches our own lives but also empowers those around us, reinforcing their ability to contribute positively to others.

Perhaps the most impactful space for gratitude is within our families, and notably with our parents. Although these relationships are often the most complex, they offer the most significant opportunities for emotional healing and connection. Acknowledging the profound impact our parents have had on our lives, from teaching us basic life skills to offering emotional support, requires courage but offers incredible emotional rewards.

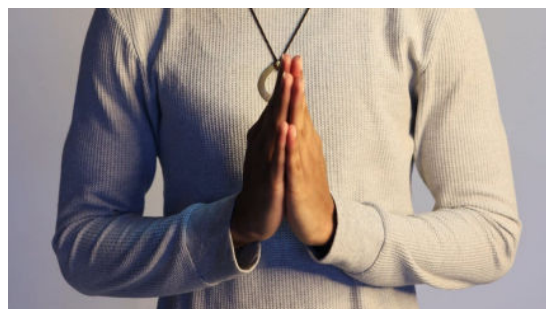
In an era where expressions of gratitude can often feel insincere or automated, taking the time to genuinely thank those who've impacted our lives is of utmost importance. Failing to do so can result in lasting emotional scars and missed opportunities for deeper connection. The act of expressing and receiving authentic gratitude is not just a social courtesy, but a fundamental human need that, when met, has the power to transform our lives and relationships.



The Science of Gratitude

Research shows that an “attitude of gratitude” can measurably improve your overall well-being. Finding little ways to express your appreciation and be more thankful can... well, watch the video to find out

[Watch the full video](#)



The Transformative Power of a Grateful Heart

Gratitude isn't just a feeling, it's a pathway to deeper connections and inner peace. Dive into the 16 Guidelines for Life to understand how gratitude can revolutionize your daily experiences.

[Read the blog](#)

UPCOMING EVENT



Cultivating a Relaxed and Spacious Mind

 30th November at 6pm 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](#)

**HELP US CONTINUE GROWING COMPASSIONATE
HEARTS**



Fundraising for Compassionate Education

As 2023 winds down, we at FDCW remain committed to our mission of nurturing compassion and wisdom in young hearts and minds. This month, we're excited to share our end-of-year fundraising initiative, aimed at expanding and deepening our impact.

Inspiration from His Holiness the Dalai Lama

Emphasising the need for an education system that nurtures the whole being, our patron, His Holiness the Dalai Lama, reminds us that "educating the hearts of children" is vital for humanity's survival and happiness.

Our Goal

We aim to raise £5,000 to support and grow our initiatives, including developing new course materials, sponsoring scholarships, organising conferences, and sharing our successful outcomes.

Your Impact

Your generous contributions will directly support these endeavours, helping to spread compassion and wisdom among children and young people worldwide.

As we approach the end of this year, join us in making a meaningful difference in the lives of the younger generation. Your support is not just a donation; it's a beacon of hope for a more compassionate and wise future.

Together, let's grow compassionate hearts.

[Donate](#)

UNTIL NEXT TIME

Last month we explored the theme of **FORGIVENESS**, 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 GRATITUDE and we look forward to exploring LOYALTY with you next month.

Until next time...

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



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

His Holiness The Dalai Lama
FDCW Patron



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