



The Foundation for Developing
Compassion & Wisdom



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

Welcome to the January 2024 edition of Compassionate Wisdom. This month, we explore **ASPIRATION** - the deep, sometimes hidden longing in our hearts for fulfillment, joy, and purpose.

"We are the generation we have been waiting for."
—Craig Kielburger, Canada

As we delve into this theme, we will examine how aspirations for personal happiness and the well-being of others can transform lives and create a more compassionate world.

INSPIRE

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

"Aspiration is the profound longing for purpose and fulfilment, joy and happiness, which lies deep – and sometimes buried – in our hearts, and in the heart of every living being. It is the voice inside that urges us to use our life well and to make the best of whatever gifts and passions we possess. The way we choose to respond to that voice will determine all the other choices we make in our lives."

Simply to pick up this book is to aspire. Aspiration is the fuel of change. It feeds

on our hope that life could be better or more meaningful, and our willingness to do something differently to make this happen. It is a call to action."

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



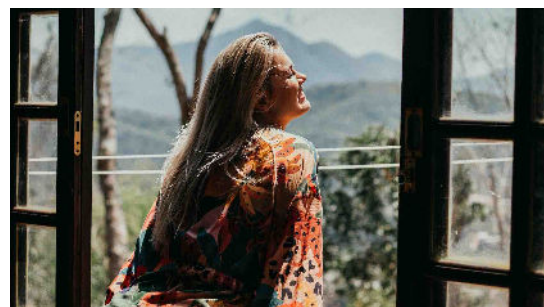
Genuine Happiness Arises From the Mind with Ven. Thubten Wangdu

This UE short is an excerpt from "[Make Your Mind an Ocean](#)", the fourth episode of the [Wisdom Dialogues](#) Series.

In this insightful talk, Ven. Thubten Wangdu, drawing from a Buddhist perspective, explores the concept of happiness and well-being as intrinsic qualities arising from within our minds, rather than from external circumstances. He emphasises that while external factors like relationships and material comforts can contribute to pleasant experiences, they are not the true sources of contentment. The key to lasting happiness, as the speaker notes, lies in understanding and working with our own minds.

Watch now

SHARE



Craig Kielburger – Children's rights

Craig Kielburger became an activist against child labour in 1995 at 12 years old. He grew up in Ontario, Canada, and co-founded the Free the Children charity with his brother Mark Kielburger.

[Watch the full video](#)

Elevate Your Life with Aspiration: The Compassion and Wisdom Connection

Explore the crucial link between aspiration and a meaningful life. Dive into how aspirations shape our journey towards compassion and wisdom, illustrated by inspiring real-life stories.

[Read the blog](#)

UPCOMING EVENT

fdew

Online Course: 6 week Interactive

Pathways to Inner Contentment: Navigating Life's Journey with Embodied Mindfulness

Begins on March 13th


Marian O'Dwyer
FDCW Facilitator

25% OFF

ENGLISH

Pathways to Inner Contentment

-  March 13th
-  Online
-  Marian O'Dwyer

This engaging online course is designed to guide you through the essential techniques and practices for achieving deep and lasting inner contentment. It provides practical strategies and mindfulness methods aimed at fostering a sense of peace and fulfilment in everyday life. Participants will gain valuable insights into how to nurture their inner selves and enhance overall well-being.

Don't miss out on our **Early Bird discount of 25%**, a great opportunity to join this enriching experience at a reduced cost. This course is an ideal choice for anyone looking to deepen their understanding of personal contentment and to develop practical skills for a more balanced and fulfilling life.

[Learn more](#)

UNTIL NEXT TIME

Last month we explored the theme of LOYALTY, 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 ASPIRATION and we look forward to exploring PRINCIPLES with you next month.

Until next time...

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

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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.

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

His Holiness The Dalai Lama
FDCW Patron



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