



The Foundation for Developing
Compassion & Wisdom



COMPASSIONATE WISDOM FEBRUARY 2024

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

Welcome to the February 2024 edition of Compassionate Wisdom. This month, we explore PRINCIPLES - the deep, sometimes hidden longing in our hearts for fulfilment, joy, and purpose.

"We cannot abdicate our conscience to an organisation nor to a government."
— **Albert Schweitzer**

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

INSPIRE

Principles are described in [16 Guidelines for Life: The Basics](#) as:

"If we were each given a blank sheet of paper, how many of us would be able to list the principles that guide our lives? Day-to-day living makes so many demands that sometimes it feels more than enough just to react as best we can to whatever happens, hoping it will all turn out OK."

Yet most of us have plenty of principles, even if we are not aware of them. What is it that angers us or gets the fire churning in our gut? Getting upset is often the sign that a principle we hold strongly has been breached. It touches on

something that says 'No!' We may be surprised by the passion and strength that is alive in us."

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



Skilful Ways of Navigating Life's Difficulties with Kabir Saxena

This UE short is an excerpt from "[Weaving Our Own View of the World](#)", the third episode of the [Wisdom Dialogues](#) Series.

In this insightful video, we hear a personal story that likens life to intricate weaving, revealing the struggles and realisations faced in the pursuit of self-awareness. Kabir Saxena delves into the profound impact of habitual patterns and mental health challenges, all while drawing on Buddhist teachings about karma and interdependence. This narrative invites us to reflect on the complex, ever-changing tapestry of our own lives.

Watch now

SHARE



Princeton University– The good Samaritan Experiment



Principles for Life

The Good Samaritan Experiment was conducted in 1973 by John Darley and Daniel Batson at Princeton University's Theological Seminary with participants who were studying to become religious leaders. The researchers hoped to discover whether helping is more motivated by personal characteristics or by the environment.

[Watch the full video](#)

By adhering to life's principles, we navigate challenges with wisdom and compassion. This blog post explores the essential role of principles in personal fulfilment and societal change, emphasising the importance of self-reflection and the impact of our values on the broader world.

[Read the blog post](#)

UPCOMING EVENT



Touching Our Inner Beauty

 3rd April 2024 at 6 pm GMT

 Online

 Ven. René Feusi

In this Wisdom Dialogue, Ven. René will share his experience of how to investigate our mind to understand how we exist and how that can lead us to opening our hearts to others and becoming gentle with ourselves. He will lead a short meditation to conclude the session.

[Learn more](#)

UNTIL NEXT TIME

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

Until next time...

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

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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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