



The Foundation for Developing
Compassion & Wisdom



COMPASSIONATE WISDOM MARCH 2024

Due to a glitch, some sign-up requests from our Online Store and 16G App were missed, we've now fixed this and added the affected subscribers. If this is your first email from us, it's because you're now correctly on our list. We're glad to have you with us and apologise for the oversight. Thank you for joining!

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

Welcome to the March 2024 edition of Compassionate Wisdom. This month, we delve into SERVICE - the joy and fulfilment found in serving others.

"Life's persistent and most urgent question is: What are you doing for others?"
—Martin Luther King Jr

Guided by Martin Luther King Jr.'s profound question, we explore how service to others not only addresses their needs but also fills a deep longing within ourselves for connection and purpose. Join us as we uncover the transformative power of service, and how it enriches both giver and receiver, fostering a world of greater compassion and understanding.

INSPIRE

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

"Service is the outer expression of a wish to benefit others – to increase their happiness. At its best, it is an expression of caring, sharing, and delighting in each other. When it arises effortlessly and spontaneously, it is beautiful to watch. Yet service can also be experienced as a duty. Instead of being light and joyful, it feels heavy and burdensome. For most of us, learning how to serve – and to be served – is a lifetime's task.

In every moment there is an opportunity to make someone else's life a little bit easier or nicer. Every thought, word and action that flows from us in a loving way has the potential to create happiness. Are we willing to find within ourselves the sensitivity and intelligence, the clarity and conviction that this will take?"

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



Developing Compassion with Tenzin Chogyi

This UE short is an excerpt from Tenzin Chogyi's talk "[Deepening our Aspirations Through Core Values](#)" at the Compassion and Wisdom in Action conference 2021.

In this insightful video, we explore the gradual expansion of compassion using the metaphor of concentric circles, starting with loved ones and extending to oneself, acquaintances, and challenging individuals. It underscores the importance of self-compassion and the realistic approach needed for compassion practice, acknowledging personal boundaries while aspiring to naturally grow our compassion scope through continuous practice.

Watch now

SHARE



Helping Others: How a Small Act Can Lead to Greater Joy

Sometimes the best way to find joy is by giving it away. Kate Barlow a ninth-grade student shares her insight in how one can find happiness with the simple act of helpfulness.

[Watch the full video](#)



Inspire Change: The Importance of Serving Others for a Fulfilling Life

Explore the importance of serving others to find joy and fulfilment. Learn how acts of kindness transform lives and communities.

[Read the blog post](#)

UPCOMING EVENT

Wisdom Dialogues
Deepening our understanding of mind and emotions

Wisdom Dialogues | Episode: 6 of 6

Touching Our Inner Beauty

with Ven René Feusi

3 April 2024 | 6 pm BST

fdcw
compassionandwisdom.org

Touching Our Inner Beauty

3rd April 2024 at 6 pm GMT

Online

Ven. René Feusi

Don't miss the last episode of our Wisdom Dialogue's with Ven Rene 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. This is a rare opportunity to attend a talk with a revered meditation master!

[Learn more & Register](#)

UNTIL NEXT TIME

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

Until next time...

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

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As a non-profit organisation, 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](#)



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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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