



The Foundation for Developing
Compassion & Wisdom



COMPASSIONATE WISDOM APRIL 2024

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

Welcome to the April 2024 edition of Compassionate Wisdom. This month, we explore COURAGE - the strength and resilience required to stretch beyond our comfort zones for growth and change.

"If you understand and you are disturbed, then you are moved to action. that's exactly what happened to me."

—Wangari Maathai, Kenya

In this month's edition, we delve into the essence of courage, highlighting its role not just in facing challenges but in initiating significant, positive shifts within ourselves and in the world around us. Join us as we discover the various forms of courage, from the quiet determination to tackle daily hardships to the bold moves that redefine our lives and societies.

INSPIRE

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

"Courage is about stretch. It's about seeing, feeling or realizing that something more or different can be done, developing the determination to do it, and then carrying it through despite all obstacles. We know in our bodies when we've been courageous. There is a glow of satisfaction and relief. Something has shifted, and we have grown in size."

Courage is not defined by what we do, but what we overcome within ourselves. It comes in many forms. It is found in a steady approach to everyday difficulties as well as in the single spontaneous gesture. It is happening quietly all around us as well as in the news. "

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



Courage and Action Facing the Eye of the Storm with Paul Wielgus

This UE short is an excerpt from Paul Wielgus and Ros Boughtflower's talk "[Wisdom and Compassion in the Eye of the Storm](#)" at the Sharing the Love 2020 conference.

The video delves into the existential crisis of facing extinction. Paul Wielgus introduces the concept of taking refuge in the "three G's": grounding ourselves in the present, cultivating gratitude, and embracing community. He highlights the importance of kindness towards others and self-care in navigating these challenging times. Emphasising that hope is insufficient, Paul echoes Greta Thunberg and Lama Zopa Rinpoche's sentiments that the need of the hour is courage and actionable steps, urging viewers to consider these principles in confronting global challenges.

Watch now

SHARE



Something to think about: We need courage — Robina Courtin

Ven. Robina Courtin underscores the importance of courage in facing daily challenges, suggesting that tackling small obstacles prepares us to handle bigger adversities with strength and resilience.

[Watch the full video](#)



The Power of Resilience: Overcoming Fear with Courage

Discover the power of resilience and courage through the inspiring story of Wangari Maathai. Understand how developing a resilient mindset can help you face life's challenges with strength and optimism.

[Read the article](#)

END OF THE 16 GUIDELINES THEME

Celebrating Our Journey Through the 16 Guidelines

As we bring our series to a close, we reflect on the profound journey we've taken together, exploring each of the 16 Guidelines that inspire and shape our lives. Each month, we've delved into a different guideline, uncovering how these principles can guide us toward a more meaningful and fulfilling existence. Here's a quick recap of the guidelines we've covered:

[Humility](#) - [Patience](#) - [Contentment](#) - [Delight](#) - [Kindness](#) - [Honesty](#) - [Generosity](#) - [Right Speech](#) - [Respect](#) - [Forgiveness](#) - [Gratitude](#) - [Loyalty](#) - [Aspiration](#) - [Principles](#) - [Service](#) - [Courage](#)

These guidelines have not only enhanced our monthly themes but have also offered us ways to enrich our interactions and personal growth. If our discussions have inspired you and you wish to deepen your understanding or share this wisdom with others, we invite you to visit our web page to purchase the 16 Guidelines for Life eBook.

[Get the eBook](#)

UNTIL NEXT TIME

Last month we explored the theme of SERVICE, 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 COURAGE the last of the 16 Guidelines For Life.

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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