



The Foundation for Developing
Compassion & Wisdom



COMPASSIONATE WISDOM | FEBRUARY 2023

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

Welcome to the second edition of **Compassionate Wisdom**, a monthly newsletter where we explore the 16 Guidelines for Life, one at a time.

Our goal is to provide you with insights and resources that inspire you to develop a deeper understanding of secular ethics and universal education, and how these principles can be applied to your daily life.

This month, we're excited to explore the theme of **PATIENCE**, the second of the 16 guidelines for life. (In case you missed it, you can find last month's edition on **HUMILITY** [here.](#))

Patience is a powerful tool that can help us overcome obstacles, communicate better with others, and cultivate inner peace. In this issue, we'll share some practical tips for developing patience and highlight some upcoming events that can help you deepen your practice. We hope this edition of Compassionate Wisdom inspires you on your journey towards a more patient, compassionate, and fulfilling life.

INSPIRE

We're excited to share a thought-provoking quote with you today that beautifully captures the essence of patience, taken from [16 Guidelines for Life: The Basics](#).

“To practise patience is to taste the power of the mind. Life is full of uncomfortable experiences, from minor niggles and irritations to major confrontations and setbacks. When they happen, we have a choice about how to respond. We can either become agitated and upset, or we can stay calm and relaxed. Patience is the ability to control our reactions and retain our peace of mind”

– pg 29, [The 16 Guidelines for Life: The Basics](#), by Alison Murdoch & Dekyi-Lee Oldershaw



To develop self compassion we need patience | Dr. Joey Weber

This UE short is part of the webinar "Live with compassion" featuring Ven Tenzin Chogyi and Dr Joey Weber from our Compassion Webinar Series 2022.

In this UE Short, Dr. Joey Weber discusses the importance of cultivating patience on our journey towards self-compassion. He explains that our brains naturally form pathways based on our experiences, and that changing these neural connections takes time. Therefore, practicing patience is a crucial element in developing self-compassion.

[Watch Now](#)

SHARE

Patience is a necessary ingredient for personal growth and transformation. It allows us to let go of our need for instant gratification and accept that change takes time. When we practice patience, we can acknowledge our struggles and limitations with kindness and compassion, rather than judgment or frustration. By cultivating patience, we create space for self-reflection and inner growth, which ultimately leads to a deeper understanding of ourselves and others. So, let's embrace patience as a valuable tool for our personal development and well-being.



Patience & Human Connection

In this short interview by the [Dalai Lama Centre for Peace and Education](#), HH the Dalai Lama, FDCW's patron and Sage Broomfield explore the importance of patience and human connection.

[Watch the Video](#)



7 tips for better patience: Yes, you'll need to practice!

Patience is a virtue, they say, but it's not always easy to put into practice. In this month's blog we explore 7 tips for better patience. We hope you enjoy the read!

[View Blog Post](#)

UPCOMING EVENT

Wisdom Dialogues

Join us for the first episode in our new series of live events on Wisdom: the [Wisdom Dialogues](#). Renowned teacher and author, [Ven Robina Courtin](#), known for her fiery energy and strong compassion will present how our mind works, where harmful emotions come from and offer clear strategies on what to do when we become upset/anxious/angry.

The Wisdom Dialogues is a 6-part exploration of the mind and emotions. Learn how to cultivate wisdom and become your own therapist. This series, which builds upon last year's [Compassion in Action](#), offers an opportunity to explore the depths of wisdom with some of the worlds most renowned thinkers on the topic. Don't miss this chance to deepen your understanding of the mind and emotions and explore techniques for calming the mind, for greater clarity, resulting in stronger compassion and more purpose in life.



Becoming Your Own Therapist Ven. Robina Courtin

Join us Monday, **27 February 2023**
at
5:00 pm GMT for the first episode of
the Wisdom Dialogues!

[Register Now](#)

UNTIL NEXT TIME

Once again, thank you for reading and supporting the **Compassionate Wisdom** newsletter. We hope you have enjoyed learning about patience and we look forward to exploring **CONTENTMENT** 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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