



The Foundation for Developing
Compassion & Wisdom



COMPASSIONATE WISDOM | APRIL 2023

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

Welcome to this month's issue of **Compassionate Wisdom**, our monthly newsletter that delves into the 16 Guidelines for Life, exploring each guideline one at a time.

Our goal is to provide you with valuable insights and resources rooted in secular ethics and universal education, enabling you to lead a more meaningful and fulfilling life. In this newsletter you will discover practical tips and guidance to help you lead a happier, more meaningful life.

This month, we're excited to explore the theme of **DELIGHT**, the 4th of the 16 guidelines for life.

Delight is a powerful emotion that can bring joy, positivity, and energy into our lives. It allows us to appreciate the beauty and wonder of the world around us, and can enhance our sense of gratitude and connection with others.

We hope that this issue of **Compassionate Wisdom** will inspire you to explore the joys of delight and find ways to incorporate it into your life, bringing greater happiness and fulfillment.

INSPIRE

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

“Delight is the delicious taste we get when something good happens. Worries fade away, frustration evaporates, and anger disappears when a baby is safely born or a friend passes their exams, when a problem is solved or a conflict resolved. Delight opens the heart.

Delight can change our minds and change our lives. It is a tonic that relieves the pain of envy and shifts the blight of depression. It brings us closer to the people we love and eases the difficulties we have with those people who are further away from us.”

– pg 52, [The 16 Guidelines for Life: The Basics](#), by Alison Murdoch & Dekyi-Lee Oldershaw



We Are Born with Innate Joy | Paula Chichester

This UE short is an excerpt from the "Enjoy with Compassion" webinar featuring Paula Chichester from our Compassion Webinar Series 2022.

In this video Paula Chichester discusses how children are born with a natural sense of joy and happiness, but how their development can be impacted by their environment and caregivers. Paula explains that children need to feel safe and connected to their caregivers while also developing their authenticity and sense of self. In some cases, children sacrifice their sense of self to gain attachment and security, which can lead to the development of certain behaviors and personality traits. She also emphasizes the mind-body connection and the importance of taking time to be with oneself to cultivate joy and happiness.

Watch Now

SHARE

Delight can also lead to increased creativity and productivity. When we experience delight in our work, hobbies, or relationships, we may find ourselves more motivated and engaged, leading to a greater sense of fulfillment and

achievement. Moreover, delight can inspire us to explore new possibilities, try new things, and take risks, leading to personal growth and development. By cultivating delight in our lives, we can experience more joy, fulfillment, and meaning, creating a positive ripple effect in all areas of our lives.



16 Guidelines: A reflection on Delight

Enjoy this 4 minute breathing practice reflecting on your own qualities and how you have used those to help others.

[Watch the Video](#)



Embracing Change and Discovering Delight:

We live in a world of constant change. Some days it feels like the ground beneath us is shifting faster than we can imagine.

[View Blog Post](#)

UPCOMING EVENT



The Equanimity Based Compassionate Action [EBCA] programme is the first course to focus solely on the latest scientific construct of equanimity. The course consists of 6 X 2 hour sessions to help people cope better with their emotional regulation and extend the parameters of compassion. Through guided meditations, group dialogue, individually tailored instruction, you will learn the essential principles of equanimity extending beyond mindfulness to build your own personal toolkit to access wide ranging benefits such as emotional balance, conflict resolution, deepening empathy, compassion and overall wellbeing.

The 6 sessions take place on 6 Sundays starting on Sunday, 7th May 2023, from 6pm to 8pm UK time.

“I just want to give a shout out here for Equanimity. I just did a six-week class with Dr Joey that was so amazing on the quality of equanimity. I really recommend it!”

—Tenzin Chogyi, Big Love Summit 2022

Register Now

UNTIL NEXT TIME

Last month we explored the theme of **CONTENTMENT**, 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 learning about **DELIGHT** and we look forward to exploring **KINDNESS** with you next month.

Until next time...

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

SUPPORT OUR MISSION

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.

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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