



The Foundation for Developing
Compassion & Wisdom



It is with great sadness that we share that Arunas Antanaitis passed away peacefully on 5th May in Canada. Many of you will know Arunas as one of our 16 Guidelines facilitators and an active member of our faculty. He taught at the University of Toronto for many years sharing the Guidelines and mindfulness programs. We remember him as a warm, gentle and humble person who was always willing to share and never gave up working towards a more harmonious and compassionate world. He served as the Director of Lama Yeshe Ling the FPMT Centre in Burlington for many years. Our thoughts are with his wife Sharon and their family. You can find a celebration of Arunas' life [here](#).

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

Welcome to the latest edition of Compassionate Wisdom, our monthly newsletter that explores the 16 Guidelines for Life, one guideline at a time.

In this newsletter our aim is to provide you with valuable insights and resources based on secular ethics and universal education, empowering you to live a more meaningful and fulfilling life. In this newsletter, you will find practical tips and guidance to help you cultivate greater happiness and meaning in your daily life.

This month, we're excited to explore the theme of KINDNESS, the 5th of the 16 guidelines for life. Kindness is a simple yet profound act that has the power to transform our lives and the lives of those around us. It can create a ripple effect

of positivity, cultivating deeper connections, and bringing greater happiness and fulfillment into our daily lives.

Join us as we embark on a journey towards greater kindness, discovering the joy and beauty that lies in extending compassion and generosity to ourselves and others.

INSPIRE

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

“Kindness says: ‘I want you to be happy.’ To be kind means to be friendly, caring, generous, benevolent, considerate, respectful, fair and affectionate. We all know in our hearts when we have received or offered kindness because of the warm feeling it brings. Is there anyone who does not want to experience kindness from another person?”

Kindness knows with exquisite wisdom when it is appropriate to say or do something. It is found in the small details. A gentle touch on the cheek or a soft support of the elbow guiding someone across the road. Sustaining eye contact for just that moment longer. Making a telephone call. Remembering the little things that please someone.

If we act in a kind way, it may seem that we are putting someone else’s happiness ahead of ours, but in practice it doesn’t work that way. Being kind invariably feels good, lifts our own spirits, and nourishes us in ways that we don’t always acknowledge. Everyone benefits.”

pg 66, [The 16 Guidelines for Life: The Basics](#), by Alison Murdoch & Dekyi-Lee Oldershaw



The Power of a Smile | Ven. Carla Pearse

This UE short is an excerpt from the "[Kindness no Matter What](#)" webinar featuring Ven. Carla Pearce from the [Compassion & Wisdom in Action conference 2021](#).

This video shares a powerful story about the impact of a simple act of kindness. Ven. Carla Pearce recounts a personal experience of a friend's friend who was contemplating suicide. Before carrying out her plan, she decided to take one final walk along the beach. During this walk, she made a conscious decision to look people in the eye and make eye contact with them. Most people passed by without much acknowledgment, but one man stood out. He smiled at her, and in that moment, she decided not to go through with her plan. Ven. Carla emphasizes how this stranger's smile had a profound effect, turning the woman's mindset and saving her life.

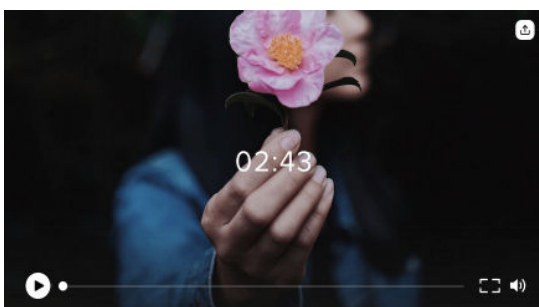
Watch Now

SHARE

Kindness can help us develop greater self-awareness, empathy, and emotional intelligence. By cultivating kindness towards ourselves and others, we become more attuned to our own thoughts and feelings, as well as the needs and experiences of those around us. This heightened sense of awareness and empathy can improve our communication skills, enhance our relationships, and lead to greater personal growth and fulfillment.

Moreover, Kindness can have a profound impact on our personal and professional lives, leading to increased productivity, motivation, and engagement. When we extend kindness to others, we create a positive and supportive environment that fosters collaboration, teamwork, and innovation. Kindness also allows us to build deeper, more meaningful relationships with others, enhancing our sense of connection and community.

In short, kindness is a powerful force that can transform our lives in countless ways, bringing greater happiness, fulfillment, and purpose. So remember to keep on spreading kindness. Together, let's continue to cultivate a world abundant with acts of kindness, one gesture at a time!



Kindness: Guided Meditation

A short reflection on Kindness based on "Finding Your Happy, the 16 Guidelines for life" program. Every little thing we do sets in motion a chain of events.

[View guided meditation](#)

Unlocking the Secrets Behind the Importance of Kindness for a Happier Life

Developing the habit of kindness is an essential step in unlocking the secrets behind the importance of kindness for a happier life.

[Read the blog](#)

UPCOMING EVENT

A promotional graphic for the Empathy Summit. The background is a grid of many diverse people's faces. Overlaid text includes: 'TALKS | EMPATHY CIRCLE | DIALOGUES' at the top; 'Empathy Summit' in large white font; '4 HOURS' and 'ONLINE' on either side; 'How might mutual listening, dialogue and empathy improve your life?' in the center; 'with' and 'and' in blue boxes; two circular portraits of speakers Mabel Odessey and Niv Agam with their names below; a date box 'Saturday July 1 2023 4-8pm BST'; a list of speakers 'Jeremy Solomons, Kathy Kidd, Courtney Breese, Linda Bass, Brenda BJ Guiden'; 'Cohosted by:'; and logos for 'fdcw' (Foundation for Developing Compassion & Wisdom) and 'Empathy Center' at the bottom.

The Empathy Summit is a transformative gathering dedicated to exploring the power of communication, listening, and dialogue in fostering mutual understanding and building a more harmonious world.

Join us as we delve into the depths of empathy, connecting hearts and minds to create a community rooted in compassion and connection. Through engaging presentations, expert panels, and interactive Empathy Circles, we will discover the profound impact of empathy on personal growth, relationships, and society as a whole.

The Empathy Summit is an opportunity to learn from renowned thinkers, develop essential empathic skills, and connect with like-minded individuals who share a vision for a more empathic and understanding world.

The Empathy Summit will take place on **Saturday, July 1st 2023 from 4:00 pm to 8:00 pm BST**. FDCW will be hosting the 5:00 pm to 6:00 pm slot.

[Learn more](#)

UNTIL NEXT TIME

Last month we explored the theme of **DELIGHT**, 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 about **KINDNESS** and we look forward to exploring **HONESTY** 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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