



The Foundation for Developing
Compassion & Wisdom



COMPASSIONATE WISDOM | JULY 2023

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

Welcome to the newest edition of **Compassionate Wisdom**, where we continue our exploration of the 16 Guidelines for Life, unearthing the insights nestled within each one.

This month, we delve into the theme of **GENEROSITY**, the 7th of the 16 guidelines. Generosity - a concept as enriching as it is transformative - fosters a sense of fulfillment and interconnectedness.

"Generosity consists not of the sum given, but the manner in which it is bestowed."

–Mahatma Gandhi

Join us as we delve into the beauty of generosity, its far-reaching effects, and the ways in which it contributes to our personal growth and a more compassionate world.

INSPIRE

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

"In some ways generosity seems a crazy, counter-cultural way to behave. Instead of keeping our time, energy or possessions for ourselves, we give them

away. There is something very powerful about choosing to do this. It is a fundamental shift away from the limited world of 'me' and 'mine.'

Generosity is defined by the wish to benefit someone else. It is rarely the size of the gift or the gesture that matters most, but the message that comes with it. The heart knows this, immediately and unmistakably. We taste the uneasiness when a gift has an ulterior motive, and save our real admiration for the person who can give without seeking a return."

pg 90, [The 16 Guidelines for Life: The Basics](#), by Alison Murdoch & Dekyi-Lee Oldershaw



Another YOU, Just Like ME Meditation with Kirsten DeLeo

This UE short is a guided meditation with Kirsten DeLeo, part of her talk "[Accompanying the Dying](#)", featured in the [Compassion and Wisdom in Action conference 2021](#).

Discover a reflective practice aimed at cultivating compassion and understanding. Kirsten DeLeo guides us through a mindfulness exercise, encouraging us to think of someone in our life who is currently facing a challenging time, such as a serious illness or the end of life.

We are prompted to look beyond the usual roles and functions these people play in their lives, allowing us to see the person as another human being with their own hopes, dreams, fears, and anxieties. This process underscores the shared humanity between us and the person we are thinking about, encouraging empathy and understanding.

Watch now

SHARE

Generosity lies at the heart of compassion and empathy. It empowers us to move beyond our self-interest, cultivating a sense of interconnectedness and community. Generosity is not just about giving material possessions or money - it's about sharing our time, knowledge, and even our presence with others.

The act of giving freely and without expecting anything in return triggers a sense of deep satisfaction and joy. It allows us to experience the beauty of abundance rather than scarcity, promoting a mindset of gratitude and contentment. By practicing generosity, we not only enrich our own lives but also inspire others to do the same, creating a ripple effect of kindness and goodwill.

Moreover, generosity fosters strong relationships and builds trust. It encourages a culture of reciprocity and mutual respect. By practicing generosity, we learn to appreciate the value of giving and understand the interconnectedness of all beings, fostering a world that is more compassionate, altruistic, and harmonious.



Generosity, Kindness, Gratitude & Oxytocin by Simon Sinek

In this short video Simon Sinek explains how a simple act of generosity triggers oxytocin in people which is at the heart of forming meaningful human connections.

[Watch the full video](#)

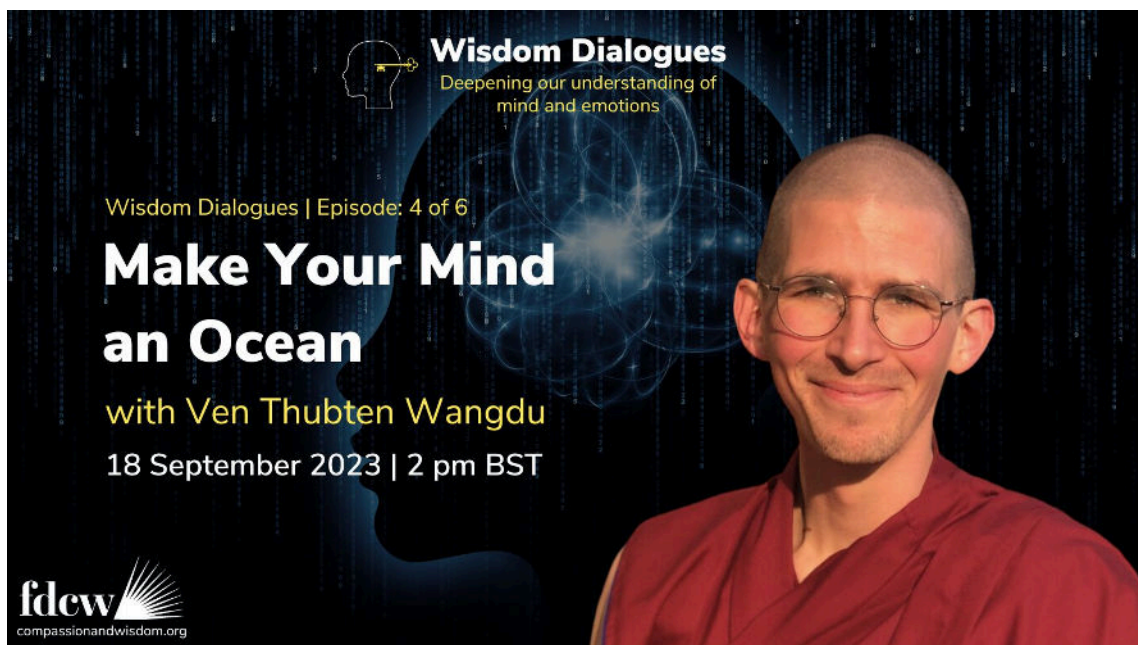


Why Generosity Is Important: Discovering The Power Of Giving

Unlock the transformative power of giving in our latest blog post! Explore why generosity is essential and how it enriches not just others' lives, but yours too.

[Read the blog](#)

UPCOMING EVENT



*"Look into your mind; when your mind is narrow, small things easily agitate you.
Therefore, make your mind an ocean."*

—Lama Yeshe

Delve into the heart of meditation with **"Make Your Mind an Ocean"**, the fourth episode in our Wisdom Dialogues series on **Monday 18th September at 2 pm BST**.

Experienced meditator and teacher, Ven Thubten Wangdu shares meditation techniques for deepening our understanding of mind, transforming negative emotions and feeling a closer connection with others. Discover how these practices can help cultivate genuine happiness and lasting inner contentment, enabling a profound sense of well-being.

By investigating our minds' interpretation of reality, we learn that dissatisfaction and frustration are not spawned by external circumstances but are, in fact, rooted deep within our psyche. Understanding this vital perspective is a stepping stone to fostering true satisfaction in our lives.

So, if you're ready to swim in the expansive ocean of your mind and unlock a deeper understanding of reality, click on the link below and join us for this enlightening event!

[Learn more](#)

UNTIL NEXT TIME

Last month we explored the theme of **HONESTY**, 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 **GENEROSITY** and we look forward to exploring **RIGHT SPEECH** 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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