



The Foundation for Developing
Compassion & Wisdom



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

Welcome to September's edition of **Compassionate Wisdom**. As we continue our journey through the 16 Guidelines, we delve deeper into the lessons they impart, gaining a renewed sense of understanding.

This month, we turn our attention to **RESPECT**, the 9th of the 16 guidelines. Respect goes beyond mere acknowledgement; it is the act of genuinely valuing, understanding and honouring the intrinsic worth of every individual, every being, and every aspect of our shared existence.

"Mutual respect is the foundation of genuine harmony."

–HH. The Dalai Lama

Together, let's embrace the profound essence of respect, recognising its capacity to sow seeds of unity, trust, and mutual appreciation in our interactions and daily lives.

INSPIRE

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

"Everyone wants and needs respect. It is a pre-requisite for human beings to relate to each other in a positive and constructive way. Respect acknowledges

that we have the same basic needs, whether physical, psychological or spiritual, and that other people's experience and wisdom can be helpful to us.

Yet there is another dimension to respect, with even more power to transform. From our earliest years, we learn and grow through admiring and copying other people. In traditional societies this was and is a well-ordered process. Wisdom and life experience are seen as a form of wealth to be passed down the generations. 'Elder' does not just mean 'old.' Why is there now often a tendency to be disrespectful towards people who are older and have more life experience than ourselves?

All around us there are people we can respect and learn from, if we choose to do so, and if we have the necessary humility. Respect is something that we have to give rather than to demand. How do we choose the people we respect? What effect will this have on our lives? How can respect contribute to a happy life?"

pg 116, [The 16 Guidelines for Life: The Basics](#), by Alison Murdoch & Dekyi-Lee Oldershaw



Self-care is a Strategy for Success with Martin Ström

This UE short is an excerpt from "[The Nature of Mind](#)", our second episode of the [Wisdom Dialogues](#).

In the video, Martin Ström highlights the contrasting mentalities between Western and traditional Eastern societies, noting a pervasive sense of self-criticism and perfectionism in the West. This pressure pushes many to strive constantly for more, often being their harshest critics.

Drawing a parallel with dog training, Martin suggests that positive reinforcement is more effective than force or punishment. Just as a dog responds better to love

and care, the human mind thrives under kindness and understanding. Resorting to self-loathing and constant criticism, in contrast, is counterproductive.

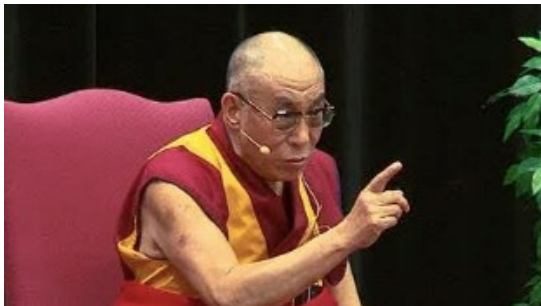
[Watch now](#)

SHARE

Respect holds the power to transcend barriers. In its embrace, differences don't create divides; they paint a vibrant tapestry of shared human experience. It invites us to see through the eyes of others, fostering empathy, understanding, and deep-rooted trust.

In today's interconnected world, where cultures meet and ideologies merge, the guideline of Respect is a compass guiding us toward harmony and mutual appreciation. It's not merely an action but an ethos, urging us to acknowledge the sacredness of life and the diversity that enriches our global narrative.

By cherishing respect in our hearts, we build bridges instead of walls. We open avenues for meaningful dialogues, understanding, and growth. Holding respect as a beacon, we cultivate an environment where every voice is honoured, every perspective valued, and where mutual admiration becomes the foundation for a united, compassionate world.



The Dalai Lama Talks About Compassion, Respect

This short video is an extract from a Stanford University talk. It emphasises the need for dialogue in resolving conflict, and the need for compassion that extends beyond creeds and beliefs.

[Watch the full video](#)



Respect: The Key to Success, Happiness, and Strong Relationships

Discover the profound impact of respect in daily life. Explore ways to nurture respect, foster success, and build meaningful connections.

[Read the blog](#)

UPCOMING EVENT



Growing Compassionate Hearts

 10th - 11th October

 Online

 Ven. Connie Miller, Mabel Odessey, Pam Cayton, Kabir Saxena, Wendy Ridley, Ven. Tseten, Ven. Tenzin Lekdron and many more...

[Learn more](#)

About the Conference

Join us for the Growing Compassionate Hearts Conference on the **10th and 11th of October 2023**. This enriching event is centred on fostering a brighter future by equipping our young ones with the tools to craft a compassionate society. The conference features an impressive lineup of speakers who will share their successful methods and experiences.

Inspired by His Holiness the Dalai Lama's vision of educating the heart not just the intellect, FDCW is committed to promoting values such as forgiveness, kindness, and compassion. Over these two days, immerse yourself in insightful talks, dynamic discussions, and hands-on experiences, all geared toward guiding our youth with empathy and resilience. Dive into this transformative experience and be a beacon in nurturing compassionate hearts for tomorrow.

Sessions

1. Planting Seeds of Compassion (Oct 10th, 9 - 11 am)

A deep dive into how Universal Education is impacting educational landscapes around the world by bringing values and compassion into curriculums. **Raquel Mason** shares how the introduction of the [16 Guidelines](#) program into the Akshay School for unprivileged children in India has impacted the lives of children, teachers and parents. Ten years since the program was introduced, she reflects on the transformative changes that have taken place. **Ven Tseten** in

Australia presents on teaching children the value of meditation and understanding the mind by becoming mindful superheroes in their own right. **Kabir Saxena** draws on his years of experience teaching children and working with the 16 Guidelines at the Maitreya School in India. He shares how we can best equip our children to face the challenges of this modern world.

2. Survival of Humanity Depends on the Hearts of Children (Oct 10th, 5 - 7 pm)

Are educational systems falling short in teaching core values and compassion? Our three speakers present a 360-degree educational approach. By educating the whole person including the traditionally neglected areas of social, emotional and ethical development, we can recognise these areas as key skills and abilities for our future world. **Pam Cayton**, founder of Tara Redwood School in California presents a new kind of curriculum for educating the heart and mind called Creating Compassionate Cultures. **Andy Wistreich** examines the colonisation of our minds by "values" like individualism, materialism, and consumerism and how we can teach our children better values to live their lives by. **Ven Connie Miller** presents her work and experience of adapting the global Social Ethical and Emotional Learning program approved by His Holiness the Dalai Lama for integration into schools in Italy.

3. Building Resilience & Positive Mindset (Oct 11th, 9 - 11 am)

During this session, we focus on the importance of families - the good soil from which a child grows and thrives.

Susie Adams presents various ways to support families to develop resilience especially where there is neurodiversity in the family. She shares some laughter yoga techniques which can help the learning process. **Gillian Watt** presents mindfulness, the 16 Guidelines and Emotional Freedom Technique (EFT) as powerful tools for creating a positive mindset and developing one's own resilience toolkit. **Venerable Lekdron**, **Tanya Wiggins**, and **Andrea Furness** will share how they have worked successfully to introduce Nonviolent Communication methods into the school curriculum in Australia.

4. Universal Education in Schools (Oct 11th, 5 - 7 pm)

A sensitive exploration of how compassion and understanding can build a stronger foundation for children to learn, grow and flourish in schools.

Maria Luisa Constantino shares how she introduced 16 Guidelines and mindfulness into schools in Italy and how parents and teachers have embraced these practices. **Adriana Stern** shares her experience of implementing the "7 Steps for developing knowledge, strength, and compassion" from the Creating Compassionate Cultures program at a Montessori school in Mexico. **Lizzy Lewis** reflects on how the 16 Guidelines have influenced her pedagogical approach and practice offering some practical examples of how she brings the principles of Universal Education to life while working with teenagers in England.

[Learn more](#)

UNTIL NEXT TIME

Last month we explored the theme of **RIGHT SPEECH**, 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 **RESPECT** and we look forward to exploring **FORGIVENESS** 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.

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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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