



The Foundation for Developing
Compassion & Wisdom



COMPASSIONATE WISDOM MAY 2024

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

We are excited to share some wonderful news and initiatives with you this month. Firstly, we are introducing the **7 Foundations For Happiness and Peace** as our new theme for the next seven months. This theme is inspired by and commemorates the one-year anniversary of the passing of FDCW's beloved Honorary President. Rinpoche explains that cultivating these 7 qualities keep your mind happy and brings happiness to those around you. We will be examining each quality in depth in the coming Newsletters.

"The purpose of these rules or guidelines is to ensure that everyone's life becomes more sane and meaningful, and a source of peace and happiness for others. "

—Lama Zopa Rinpoche

On Monday, we launched our **NEW website** with improved navigation and a fresh look. Explore new features and resources, and check out our new online course, **Building Inner Strength – Core Values for a Happy Life**.

INTRODUCING THE 7 FOUNDATIONS



"I want to emphasise my main point once again: if you choose to have children, you must have a plan as to how to make being a parent beneficial for the world and for sentient beings. Even if you cannot teach your children all Seven Foundations for Happiness and Peace, you must educate them in as many of them as possible. Also, as a parent, you need to practice these qualities yourself in order to set a good example for your children. In this way, your children will learn from you and will be much more likely to develop these qualities themselves. In short, your job as a parent is to educate your children to be good human beings who don't do any harm and who only bring benefit and happiness to themselves, to others and to the world."

—Lama Zopa Rinpoche

Explore the 7 Foundations with us!

Lama Zopa Rinpoche emphasised that practicing these 7 Foundations—Kindness, Delight, Patience, Contentment, Forgiveness, Apologizing, and Courage—brings profound benefits.

In this 15 min video, Lama Zopa Rinpoche explains the 7 foundations to us and why they are so important to help us live a meaningful life.

[Watch Lama Zopa Explain the 7 Foundations](#)

Next month, we begin with the Foundation of Kindness, encouraging compassion and **goodwill** toward all beings.

The Foundation of Kindness

The first of the Seven Foundations for Happiness and Peace is Kindness. Encouraging kindness in daily life is essential, not just towards fellow humans, but also towards animals and insects. By focusing on others' happiness and practicing kindness consistently, one can bring peace to everyone and cultivate a peaceful heart, even in difficult situations.

Practicing kindness has immediate benefits. When children see their positive actions making others happy, it brings them joy in return. These acts of kindness not only enhance their life but also create lasting positive effects for their future.

Each kind action contributes to a cycle of peace and happiness that extends far beyond the present moment.



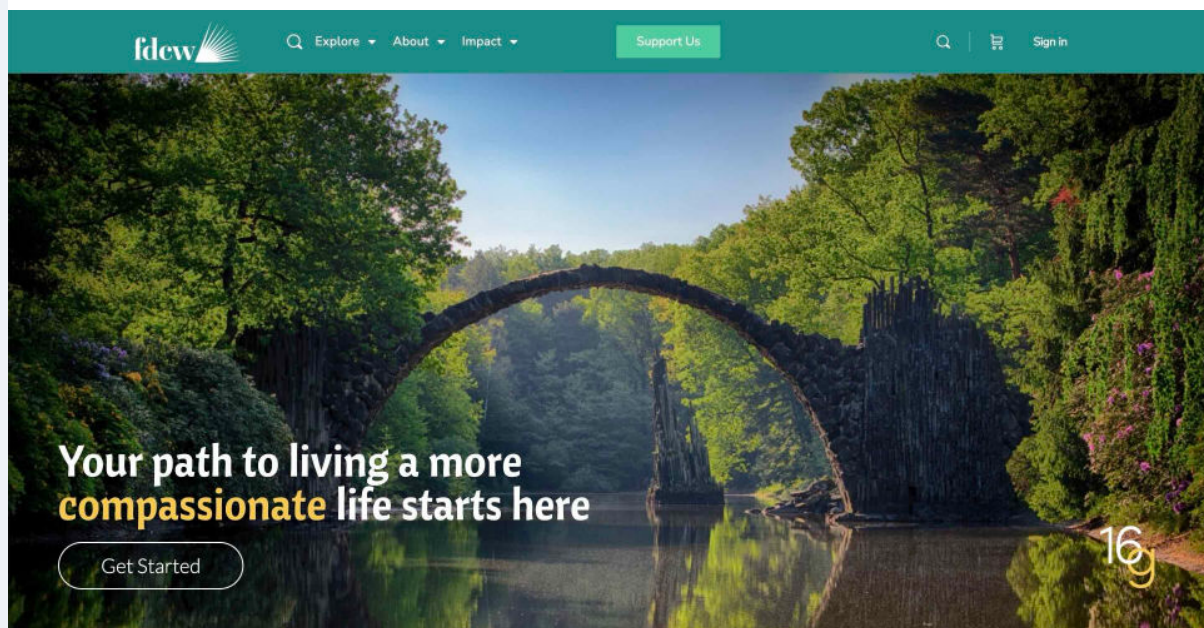
Kindness in Action: A Success Story

Raquel Mason, founder of ASOCIACION AKSHY, shared at our conference how FDCW's 16 Guidelines have positively impacted Akshay School in India. The children even made a video about the 5th Guideline - Kindness.

Oi Loon Lee, Chair of FDCW's Board of Trustees, visited the school to see the impact firsthand. Learn more about this inspiring story by clicking the button below.

[Read their Story](#)

DISCOVER OUR NEW WEBSITE



After many months in the making... We are thrilled to announce the launch of our NEW website and a NEW look for FDCW.

Our goal with this website is to make it easy for you to navigate around all of our content. And... to showcase the impact our community is having across the globe! You can read more in our [Articles](#), watch our [Videos](#) or learn more about our [Impact](#).

We invite you to take a look around and please share any feedback with us by replying to this email.

Explore our New Website



NEW Building Inner Strength Self-Paced Course

With the launch of the website, we are proud to introduce a new, revamped version of our beloved 16 Guidelines Study Kit: **Building Inner Strength – Core Values for a Happy Life**.

"I have just completed the self-paced course and have found it excellent. It is incredibly accessible, clear and practical in terms of honing how we think, act, relate and find meaning to experience and spread more happiness."

—Heather Falloon, Australia

Dive into guided audio meditations, reflections, and journaling prompts designed to enrich your life with more meaning and connection. And... it comes with a free copy of [16 Guidelines for Life book!](#)

Are you looking to deepen your practice and explore the 16 Guidelines?

Discover Building Inner Strength

UNTIL NEXT TIME

Once again, thank you for reading and supporting the Compassionate Wisdom newsletter. We hope you have enjoyed exploring **Kindness**, the first of the **7 Foundations for Happiness and Peace**.

In July, we will delve into the theme of **Delight**. In case you missed the 16 Guidelines newsletter series, you can find it [here on our new website](#).

Until next time...

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

PS. We're going to be announcing a new look to our social media and newsletter these coming weeks too... watch this space!

SUPPORT OUR MISSION

As a non-profit organisation, 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



"**COMPASSION** IS HAVING
A FEELING OF CONCERN
FOR THE **WELLBEING**
OF **OTHERS**"

His Holiness The Dalai Lama
FDCW Patron



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