



The Foundation for Developing
Compassion & Wisdom



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

Welcome to our August edition! This month, we shift our focus to **"Patience,"** the third of the Seven Foundations For Happiness and Peace. We continue to explore the impactful teachings of our late Honorary President, Lama Zopa Rinpoche, and how these foundational qualities enhance our lives and the lives of those around us.

"By teaching your children to practice patience and avoid harming others, and on top of that, to benefit them, people will enjoy being around them and their relationships will be harmonious and lasting."

—Lama Zopa Rinpoche

In the spirit of patience, consider investing time in yourself this month with a special 40% discount on our "[Building Inner Strength – Core Values for a Happy Life](#)" course.

Additionally, we are excited to share our [2023 Annual Review](#), which highlights how our diverse programs have positively impacted communities worldwide. We hope you enjoy reading through this newsletter and exploring the enriching content we've prepared for you. Let's jump in...

SUMMER SALE



Building Inner Strength: Core Values for a Happy Life

30 days
self-paced
study course



40%
OFF

Build Inner Strength this Summer

Build resilience and inner strength this summer with a special **40% discount** on our "Building Inner Strength: Core Values for a Happy Life" **self-paced course**. This program offers a thoughtful blend of guided meditations, reflective journaling, and practical wisdom through the **16 Guidelines for Life**, designed to enhance your daily living. **Enrol today for only £29.40.**

Discount Code:

INNERPEACE24

Sale ends 31/08/24

Take the step towards a more fulfilling summer and join us for a journey of tranquillity and understanding. This is only a **limited-time discount**, don't miss your chance to build inner strength this summer!

Enrol Today

THE FOUNDATION OF PATIENCE

Patience is described by H.H The Dalai Lama as:

"The practice of patience guards us against losing our presence of mind. It enables us to remain undisturbed, even when the situation is really difficult. It gives us a certain amount of inner peace, which allows us some self-control, so that we can choose to respond to situations in an appropriate and compassionate manner, rather than being driven by our disturbing emotions."

Patience is not seen as mere passive waiting but as a powerful means for overcoming adversarial conditions without resorting to violence. An important aspect of patience is that it can greatly mitigate suffering. It helps us endure

misfortune and maintain a calm state of mind, which allows us to experience peace even in the presence of difficulties. Patience in this context is not just endurance of hardship; it is the ability to view challenges as opportunities for growth.



Can Anger be Useful? - Martin Ström

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

Martin Ström discusses the dual nature of anger, differentiating between destructive anger driven by malice and constructive anger that arises from witnessing injustice. He emphasises the importance of discerning wisdom in recognising right from wrong and advises against suppressing anger. Instead, he advocates for awareness and mindful expression of anger, using its energy to stand up assertively when necessary. Martin suggests cultivating love, compassion, and kindness to transform and harness anger positively.

Watch Now

SHARE



**16 Guidelines in Dharamsala:
A Healing Balm in Troubled**



**How to Let Go of Anger and
Find Inner Peace**

Times

Discover how Venerable Drolma's 16 Guidelines workshops at Tushita Meditation Centre in Dharamsala inspire participants. Learn about the impact of these teachings on fostering peace and community.

[Read Now](#)

Discover how to let go of anger and impatience with our practical tips and strategies. Learn the benefits of patience for a more peaceful and fulfilling life.

[Read Now](#)

ANNUAL REVIEW 2023



We are excited to announce the release of our 2023 Annual Review, showcasing the impactful ways our programs have enriched lives worldwide. This past year, we've broadened our reach through initiatives like the Wisdom Dialogues Series and the Growing Compassionate Hearts Conference, enhancing emotional understanding and teaching compassion to the next generation. Our efforts have not only spread across global communities but have also deepened the connections within them.

We invite you to read our review to see how these programs have fostered wellbeing and positive change. Join us in celebrating a year of meaningful achievements and look forward to more in the future.

[Read Now](#)

UNTIL NEXT TIME

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

In September, we will delve into the theme of Forgiveness. In case you missed our last edition on Delight, you can [view it here](#).

Until next time...

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

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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