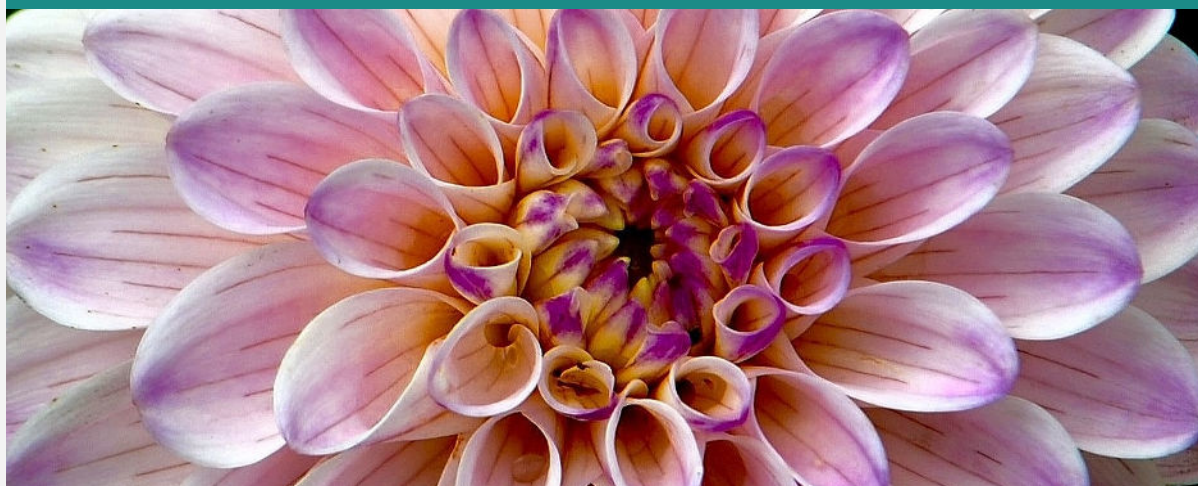




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Compassionate Wisdom | October 2024 | **Apologising**



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

Welcome to this month's edition of our newsletter, focusing on the powerful theme of Apologising, the fifth of the Seven Foundations for Happiness and Peace. This principle encourages us to mend and strengthen our relationships through understanding and compassion, fostering growth in both ourselves and others.

"Apologising is when we don't feel good about something we've done and want to make amends. So, this is really essential, I think, to be happy, because when we don't apologize, things weigh heavily on our own heart."

—Thubten Chödrön

Apologising is essential for personal harmony and happiness. It requires acknowledging our own mistakes and making sincere efforts to mend the impact of our actions. This process not only heals relationships but also frees us from the weight of unresolved regrets, allowing us to live more authentically in line with our values.

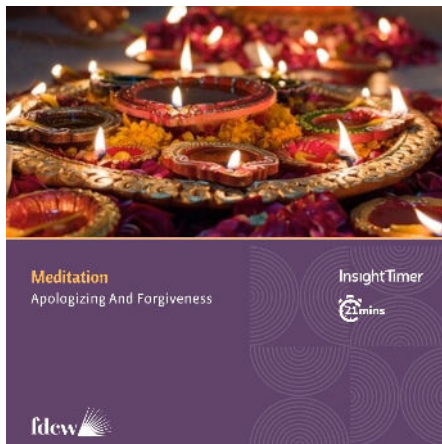
The Foundation of **Apologising**

Apologising is more than uttering "I'm sorry"; it requires acknowledging the hurt caused, expressing sincere remorse, and making a commitment to change behaviour. This helps mend relationships and supports the apologisee's personal integrity and ethical growth. True apologies lead to mutual respect and understanding, reinforcing the social bonds necessary for collaborative and personal success.

In our article, "[The Art of Apologising: Building Stronger Relationships through Compassionate Communication](#)", we examine how effective apologies can strengthen relationships. The key to a heartfelt apology is five crucial steps: acknowledging the mistake, expressing remorse, taking full responsibility, demonstrating empathy, and committing to change. These steps help mend relationships and show genuine respect and care for others.

The article offers practical tips on the right timing and approach to apologising, emphasising the importance of empathy in understanding the impact of our actions. Read the full article [here](#).

Guided Meditation - **InsightTimer**



Apologizing And Forgiveness

This guided exploration is to help you understand why apologising is important and recognise what might be an obstacle for you when you want to apologise but you find yourself unable to. Apologising might not be easy but it can greatly help you to restore your inner peace and move on in life. Be gentle with yourself when doing this practice and enjoy!

[Listen Now](#)



On Apology: **Aaron Lazare**

Aaron Lazare, author of "On Apology" and a respected psychiatrist, delves into the profound impact of apologies on both personal and national levels, citing historical examples like Abraham Lincoln's apology



Highlights from a 16 Guidelines Level 1 Course at **Atisha Centre**

Read the success story of the 16 Guidelines Level 1 Course at Atisha Centre. Find out how the course impacted participants and

for slavery. His work reveals how sincere apologies can transform relationships and mark new beginnings.

[Watch Now](#)

created meaningful conversations.

[Read Now](#)

Until **Next Time**...

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

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

Until next time...

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

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