



The Foundation for Developing
Compassion & Wisdom

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Compassionate Wisdom | January 2025 | **Shadow Side of Humility**



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

Wishing you a happy and meaningful start to 2025.

We're beginning the year with a new series exploring the **shadow side of the 16 Guidelines**, starting with humility. This month, we'll look at how humility, when unbalanced, can lead to resentment or false modesty—and how courage can transform it into a strength. We're also excited to introduce bi-monthly online **Practice Circles** with Claudia van Zuiden, offering a chance to reconnect with the 16 Guidelines community.

*"Until you make the unconscious conscious, it will direct your life,
and you will call it fate."*

—Carl Jung

At a **Glance**

In this month's edition of Compassionate Wisdom:

1. 16G Practice Circles
2. Introducing the 16G shadow side
3. Exploring the shadow side humility

16G Practice Circles with **Claudia Van Zuiden**



Discover a new opportunity to reconnect with the 16 Guidelines community through bi-monthly online Practice Circles with Claudia van Zuiden. These gatherings are free and designed for anyone who has attended the 16 Guidelines for Life programs, offering a space to reflect, share, and deepen your connection with these timeless teachings. Together, explore how the Guidelines can help to inspire and empower compassionate, ethical living in today's world.

The first Practice Circle will take place on **Thursday, 6th February 2025**, from **6:00 to 7:30pm GMT**, followed by a second gathering on **Thursday, 10th April 2025** (time TBC).

[Register Now](#)

The Shadow Side of **The 16 Guidelines**

What Are Shadow Sides?

The shadow sides of the 16 Guidelines represent the challenges and obstacles that arise when we try to live by these values. Shadows are the unconscious tendencies or reactions that contrast with the guidelines' intentions. By addressing these shadow aspects, we bring more awareness, authenticity, and balance to our personal development.

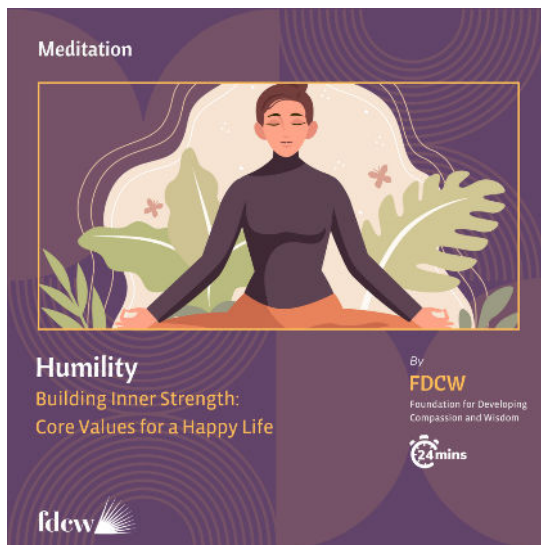
Three Ways to View Shadows

The 16 Guidelines program proposes the following ways to view the shadow sides: as opposites of the guidelines (e.g., arrogance is the opposite of humility), as behaviours arising when wisdom and compassion are obscured, and as unconscious influences highlighted in Jungian psychology. When shadows are acknowledged with care and clarity, they lose their hold, allowing us to make choices aligned with our deeper intentions.

The Shadow of Humility

Humility encourages us to learn from others, but its shadow can manifest as arrogance, conceit, or pride, where we inflate our own importance. At the other extreme, humility's semblances—such as low self-esteem, subservience, or self-effacement—can lead to undervaluing ourselves or avoiding responsibility. Resentment may also arise if we compare ourselves negatively to others. True humility strikes a balance, acknowledging both our strengths and limitations while remaining open to growth.

Exploring Humility



Guided Meditation

We're delighted to share a special guided meditation from our online course: *Building Inner Strength: Core Values for a Happy Life*. Discover the quiet strength within you to embrace life's experiences with humility.

[Listen Now](#)

How to Deal with Resentment: Exploring the Shadow Side of Humility

This month, we're exploring the Shadow Side of Humility, looking at how it can lead to resentment in relationships when pride or hidden frustrations creep in.

[Read Now](#)

Transforming Lives with Compassion: Using the 16G to Support Social Reintegration

Discover how a group of teachers integrated 16 Guideline principles into a program to support the social reintegration of marginalised communities.

[Read Now](#)

Happy **News!**



Ready, Set, Happy in Italian

The 16 Guidelines continue to flourish in Italy!

Maria Luisa Costantino and Sabrina De Chirico played a key role in the book launch of *Pronti per Essere Felici*, the Italian translation of "*Ready, Set, Happy*". The event in collaboration with *Il Ponte Cooperativa Sociale* was a great success, bringing together over 120 participants.

[Learn more about our Impact](#)

Until **Next Time...**

Once again, thank you for reading and supporting the Compassionate Wisdom newsletter. We hope you have enjoyed exploring the Shadow Side of Humility, the first in our new series.

In February, we will be exploring the shadow side of Patience. In case you missed our last edition on Courage, you can [view it here](#).

Until next time...

Big love,
Victoria, Angela & Matt
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