



The Foundation for Developing
Compassion & Wisdom

[Home](#) [Free resources](#) [Blog](#) [Shop](#)

Compassionate Wisdom | February 2025 | Shadow Side of Patience



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

This month, we continue our exploration of the 16 Guidelines by looking at the shadow side of **Patience**—when does patience become passivity, and how can we recognise when waiting is no longer wise?

“There comes a time when silence is betrayal.”

—Martin Luther King Jr

We're also pleased to share community updates: a potential 16 Guidelines gathering in Scotland in 2026, the 16G framework making a difference in schools and Universities in Italy, and, for the first time, the 16G being shared in French on Réunion Island.

We hope you enjoy this month's insights and updates!

At a Glance

In this month's edition of Compassionate Wisdom:

1. Potential UE Gathering 2026
2. Introducing the Shadow side of Patience

3. Exploring Patience
4. Happy news: 16G in Réunion Island!

UE Gathering 2026 - Collecting Interest



A group of passionate 16G enthusiasts are exploring the idea of hosting a small in-person gathering in Scotland in 2026-2027, and we'd love to hear from you!

By filling out this short form, you'll help us understand interest in the event and identify potential volunteers who'd like to get involved

Your voice matters, and we're excited to collaborate on this! Thank you for sharing your insights.

Share your Thoughts

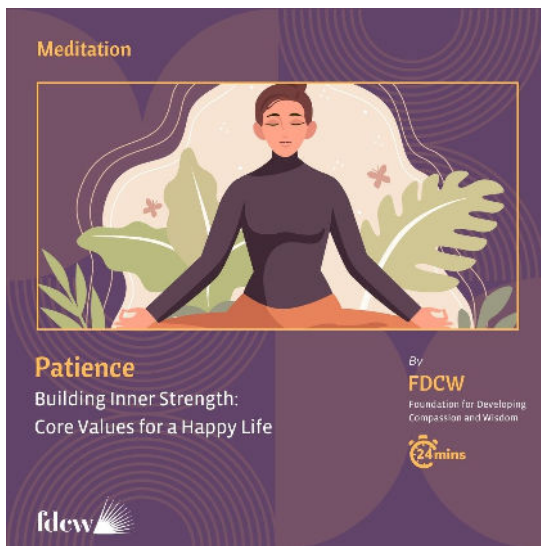
The Shadow Side of Patience

Patience is a quiet strength. It gives us the space to respond with wisdom, to let emotions settle before taking action, and to meet challenges with resilience. When rooted in awareness, patience nurtures understanding and deepens connections.

Yet patience can also have a shadow side. It may mask fear of confrontation, keeping us silent when we need to speak up. It can become passivity, allowing harmful behaviour to continue unchecked. At times, what we call patience is really suppressed anger or sadness, quietly building into resentment. Endurance without reflection can even be a way to control a situation—believing that by tolerating something long enough, it might change on its own.

True patience is not about simply waiting or enduring; it is about choosing wisely when to hold steady and when to take action. This month, as we explore where patience supports us and where it might be holding us back, let's cultivate a patience that is both strong and discerning, a patience that creates space for compassionate and courageous choices.

Exploring **Patience**



Guided Meditation

We're delighted to share a special guided meditation on patience 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 patience.

[Listen Now](#)



Patience vs Passivity: **Are You Tolerating Too Much?**

Patience vs passivity, knowing the difference is key to personal growth. Learn how to cultivate patience without falling into inaction, resentment, or self-sacrifice.

[Read Now](#)



Creating an Emotional Laboratory **16G** for Adults, Children & Teens in Italy

In Verona, Italy, Maria Luisa Costantino is bringing the 16 Guidelines into education, equipping students with practical tools for emotional and mental wellbeing through initiatives like the Emotional Laboratory.

[Read Now](#)

Happy **News!**

A group of seven people of various ages and ethnicities are standing outdoors in front of palm trees. They are holding up handmade signs that say "Be GRATEFUL to our AGING GENTLES". The signs are made of cardboard and some have drawings of flowers. The people are smiling and looking at the camera. The background shows a tropical setting with palm trees and a building with a green roof.

Learn more about our Impact



This email was sent to {{contact.EMAIL}}
You've received it because you've subscribed to our newsletter.

[Unsubscribe](#)

Legal Notice

Foundation for Developing Compassion & Wisdom (FDCW)
93 Tabernacle Street, London, EC2A 4BA, United Kingdom
info@compassionandwisdom.org | https://compassionandwisdom.org
Copyright © 2024 Foundation for Developing Compassion and Wisdom
Company Registration Number 05335841.
Registered Charity No. 1110500.

[Our Policies](#)