



The Foundation for Developing
Compassion & Wisdom

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Compassionate Wisdom | March 2025 | Shadow Side of Contentment



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

This month, we're exploring the shadow side of contentment—when what appears as ease or acceptance may, on closer reflection, be something else entirely.

While true contentment helps us appreciate what we have, its shadow can mislead us into striving for what we don't need, or settling out of fear rather than peace. Recognising this helps us stay honest about what's driving our choices.

*"The tragedy of life is not that it ends so soon,
but that we wait so long to begin it."*

—W. M. Lewis

We're also excited to announce the date for our next 16G practice circle, share an inspiring 16 Guidelines journey from Somerset, offer a guided meditation on contentment, highlight our latest article, and celebrate the success of a recent teacher training in Nepal.

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

In this month's edition of Compassionate Wisdom:

1. Introducing the Shadow side of Contentment
2. 16G Practice Circles
3. Exploring Contentment
4. Happy news: 16G Teacher Training in Nepal

The Shadow Side of Contentment

Contentment is the ability to enjoy who we are and what we have. It's a state of ease and appreciation that isn't fuelled by constant craving or comparison. Yet this quality has a shadow side. Discontent, striving, despair, or the sense that nothing is ever quite enough can quietly take hold, especially when we find ourselves measuring our lives against others.

Sometimes what looks like contentment is actually a semblance of it, a surface-level satisfaction that hides fear of failure or a quiet sense of resignation. We might stop making an effort, not because we feel at peace, but because we're afraid to try. Bitterness may even creep into our speech. Comments like, "It's great she has a mansion—but she's unhappy, you know", can reveal more about our inner state than we realise.

True contentment doesn't mean pretending we don't want anything or settling for less than what matters. It invites us to step out of the cycle of craving and into appreciation. By recognising when we're being pulled by the shadow we open the door to a steadier, more genuine sense of well-being.

16G Practice Circles with Claudia van Zuiden

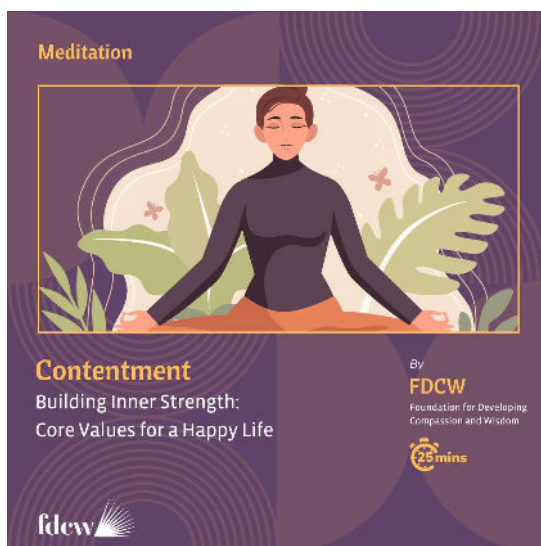


Discover a new opportunity to reconnect with the 16 Guidelines community through bi-monthly online Practice Circles with Claudia van Zuiden. These gatherings are free and designed for anyone who has attended the 16 Guidelines for Life programs, offering a space to reflect, share, and deepen your connection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

The second Practice Circle will take place on **Thursday, 10th April 2025**, from **6:00 to 7:30pm BST** (7.00 to 8:30pm CET).

[Learn More](#)

Exploring **Contentment**



Guided Meditation

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

[Listen Now](#)



Are You Truly Content or Just Numb? 5 Subtle Signs of Stagnation



16 Guidelines in Somerset: Discussing, Creating and Intuition for Wellbeing

Real contentment brings fulfilment, while numbness keeps us stuck in routine and disengagement.

Learn the subtle signs of stagnation and simple ways to reconnect with a meaningful life.

[Read Now](#)

In Somerset, England, Nick Durnand led a 16 Guidelines-inspired course at the Saraswati Study Group, using discussion, mindful art, and meditation to nurture personal growth and community connection.

[Read Now](#)

Happy News!



16G Teacher Training in Nepal

We were so happy to hear that facilitators Ceci Buzon and Marian O'Dwyer provided five days of 16 Guidelines training to 21 teachers last month at the Tsoknyi Gechak Ling school in Nepal. They plan to return for a follow-up training and shared some heartwarming feedback from the teachers:

"Best training I ever got. Thank you so much. It has changed me as an individual. I am feeling more positive and light now because of this five-day training."

"Thank you for letting us know that we first need to stay positive and calm so that we can make others happy and comfortable."

"I really enjoyed every topic and activity we did. I will use these activities and some techniques in my class for sure."

[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 Contentment.

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

Until next time...

Big love,
Victoria, Angela & Matt
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