The Foundation for Developing Compassion & Wisdom



Compassionate Wisdom | January 2023

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

Welcome to the first edition of "**Compassionate Wisdom**" (formerly FDCW Community News), where we will be exploring the 16 Guidelines for Life, one at a time.

Each month we will be providing you with ideas that inspire, resources to share and events that you don't want to miss. Our goal is to empower you to develop a deeper understanding of secular ethics and universal education and how it can be applied to your daily life.

This month, we are starting our journey with the theme of **HUMILITY**. We believe that humility is the foundation for personal growth and understanding, so important in fact, that it's the first of the 16 Guidelines for Life. We are excited to delve deeper into this powerful principle and learn how it can be applied in our daily lives.

INSPIRE

Today, we wanted to share a thought-provoking quote with you that perfectly encapsulates the essence of humility, taken from 16 Guidelines for Life: The Basics.

“Humility is the attitude of experiencing the world and what it contains with wonder and awe. It is about seeing ourselves as a small part of a vast cosmos, inhabited by people and creatures from whom we can learn. Humility is quiet strength. It is about understanding our limitations and acknowledging that we are all dependent on other people. Humility shifts our perspective from 'me' to 'others' and allows us to see beyond our own viewpoint and interests.”

– pg 18, The 16 Guidelines for Life: The Basics, by Alison Murdoch & Dekyi-Lee Oldershaw



The Power of Resiliency | Ceci Buzon

Being humble means acknowledging our mistakes and shortcomings. Opening ourselves to learning from others and really listening deeply can sometimes make us feel vulnerable. This is where we can learn self-acceptance and resilience. Ceci Buzon shares ways to become more resilient and flexible in our thinking. And more forgiving of our shortcomings. We can transform our attitude to ourselves.

By exploring what it means to be humble and developing our resilience we can set our intentions for the new year. Envisioning a world with more compassion, more connection and more wisdom. And where we can play our part.

Watch Ceci's Tips Now

SHARE

Humility is the starting point for personal and community growth. How can we grow and develop if we think we have nothing to learn? Humility arises when our defenses are stripped away and allows us to admit that we are fearful and vulnerable, that we don’t always get it right, and don’t always

know what to do. This can often create the conditions for self-acceptance and for inner calm.



The Joy of Being Wrong

A short video by the Templeton Foundation on intellectual humility. Well worth a watch!

Watch the Video



Why Humility is a Virtue

In this blog, we explore the benefits of humility and how it can help us become more compassionate, understanding and grounded in our daily lives.

View Blog Post

UPCOMING EVENTS



Enjoy with Compassion with Paula Chichester

Join us **Tuesday, 31 January 2023 at 10:00 am** for the final session in our popular webinar series on Compassion!

Register Now

UNTIL NEXT TIME

Once again, thank you for reading and supporting the "Compassionate Wisdom" newsletter. We hope you have enjoyed learning about humility and we look forward to exploring **Patience** with you next month.

Until next time…

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

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As a non-profit organization, 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.

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The Foundation for Developing Compassion & Wisdom
93 Tabernacle Street, EC2A 4BA, London

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