The Foundation for Developing Compassion & Wisdom



COMPASSIONATE WISDOM DECEMBER 2023

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

Welcome to December's edition of Compassionate Wisdom. This month, we focus on the virtue of **LOYALTY**, eloquently described by Aung San Suu Kyi as the courage to bear responsibility for the needs of others. Loyalty stands as a cornerstone in building **strong, resilient relationships**, acting as a stabilizing force amidst constant change and offering safety, support, and a sense of belonging.

"To live the full life, one must have the courage to bear responsibility for the needs of others."
—Aung San Suu Kyi

In this edition, we explore how loyalty serves as a crucial bond within families and friendships and its potential to extend beyond our closest circles. We invite you to join us in **understanding loyalty** not just as an emotional reaction, but as a profound commitment to the well-being of those around us, reaching from our immediate connections to the wider **global community**.

INSPIRE

Loyalty is described in 16 Guidelines for Life: The Basics as follows:

" When life is going well, it's easy to forget that change happens in an instant. It is the nature of the universe. **In an uncertain world**, a sense of loyalty and mutual responsibility is often the glue that holds families and friendships

together. It can be the lifeline that helps us to feel **safe and supported** and enables us to function well.

We all want to be **accepted for who we are**. Not for what we can buy, what we look like or who we know. When we cannot rely on the loyalty of each other, there is anxiety and insecurity, loneliness and heartbreak.

It is logical to feel loyalty towards the people we feel close to, especially if we want them to be loyal to us. But can this **feeling of closeness** go further? Is it possible to extend the same warmth and support to people outside our inner circle? What can be done to develop an attitude of loyalty and solidarity towards the wider community and, ultimately, towards **the entire planet**? Some great people, such as the role models in this book, seem able to do this. What would the world be like if we could each extend our sense of loyalty in this way? "

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



Serving the World
with Andy Wistreich

This UE short is an excerpt from "Serving the World" webinar at the Compassion and Wisdom in Action 2021 conference.

In this video, Andy Wistreich reflects on the world's current challenges and the crucial need for **collective human effort** to address them. Having lived through numerous global crises, including the fear of nuclear war in 1982, he views today's challenges as an opportunity for action rather than despair. Andy advocates for a transformation in **collective human consciousness** as a key solution, emphasizing the role of universal education in shaping a positive future. He encourages active participation from everyone in fostering a more hopeful, positive world.

Watch now

SHARE

Loyalty is a cornerstone of **meaningful relationships**, providing a steadfast bond that goes beyond the superficial ties of our daily interactions. It's a commitment that stands the test of time and change, offering **a sense of security** and trust that is invaluable in today's fast-paced world. More than just fidelity or allegiance, loyalty is about the deep, emotional connections we forge with others, marked by mutual respect, understanding, and a genuine concern for each other's well-being.

However, the true test of loyalty often comes **during challenging times** - it's easy to be loyal when things are going smoothly, but it's during periods of difficulty and uncertainty that loyalty truly shows its strength.



Human Rights Are Human Needs — Aung San Suu Kyi

During her address at Asia Society in New York on September 2016, Myanmar leader and Nobel Peace laureate Aung San Suu Kyi speaks at length about the importance of human rights and human dignity

Watch the video



The Benefits of Loyalty: Transforming Lives with Compassion

In the intricate tapestry of human virtues, loyalty stands as a beacon of trust and connection. It's the unwavering commitment to those we hold dear and extends beyond personal bonds, encompassing our responsibility to humanity at large.

Read the blog

UPCOMING EVENT



Touching Our Inner Beauty

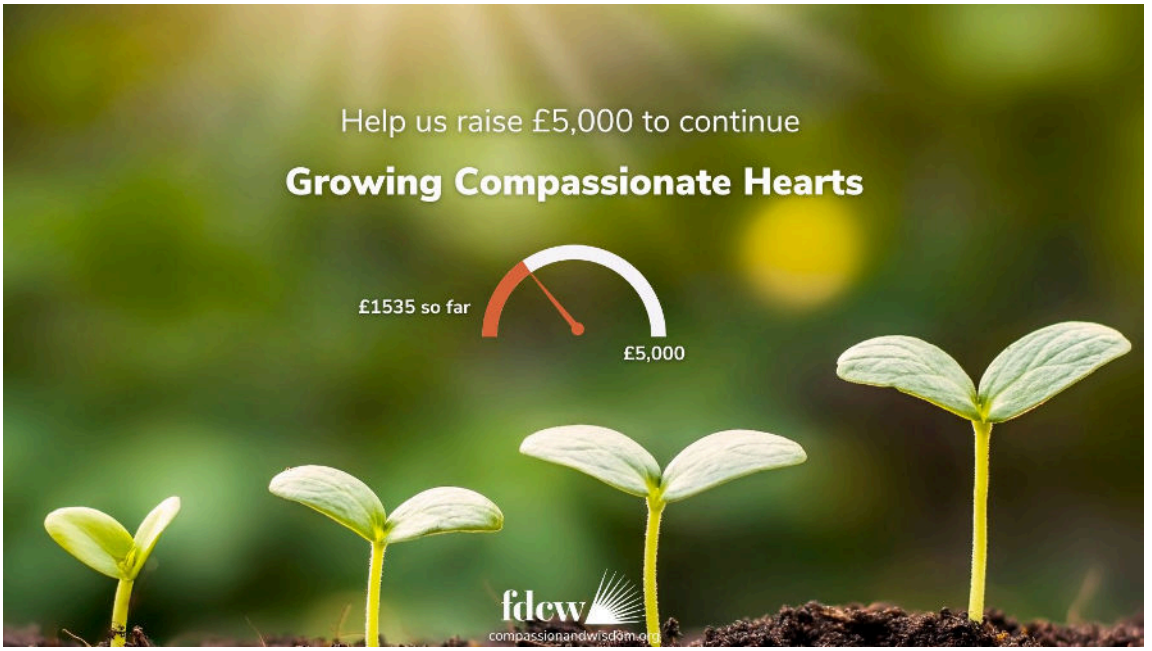
🕔 3rd April 2024 at 6 pm GMT
📍 Online
📢 Ven. René Feusi

About the Talk

In this Wisdom Dialogue, Ven. René will share his experience of how to investigate our mind to understand how we exist and how that can lead us to opening our hearts to others and becoming gentle with ourselves. He will lead a short meditation to conclude the session.

Learn more

HELP US CONTINUE GROWING COMPASSIONATE HEARTS



As we continue our end-of-year fundraising, we remain dedicated to instilling compassion and wisdom in young minds, guided by His Holiness the Dalai Lama's vision of nurturing the whole being.

We aim to raise **£5,000 by December 31st** and there's still a long way to go. So far, through your generosity, **we've raised £1535**. Your contributions are vital for expanding our initiatives, from developing new materials to sponsoring scholarships and organizing conferences.

As 2023 draws to a close, **there's still time** to help support our mission. Your support is more than a donation; it's an investment in a compassionate, wise future for the next generation. Together, let's make a lasting impact.

Donate

UNTIL NEXT TIME

Last month we explored the theme of GRATITUDE, in case you missed it, you can find last month's edition here.

Once again, thank you for reading and supporting the **Compassionate Wisdom** newsletter. We hope you have enjoyed exploring LOYALTY and we look forward to exploring ASPIRATION with you next month.

Until next time…

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

fdcw The Foundation for Developing Compassion & Wisdom



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