The Foundation for Developing Compassion & Wisdom



COMPASSIONATE WISDOM | MARCH 2023

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

Welcome to the third edition of **Compassionate Wisdom**, our monthly newsletter in which we take a closer look at the 16 Guidelines for Life, one guideline at a time.

Our aim is to share valuable insights and resources with you that can inspire you to explore secular ethics and universal education in a way that is meaningful and relevant to your own life.

This month, we're excited to explore the theme of **CONTENTMENT**, the third of the 16 guidelines for life. (In case you missed it, you can find last month's edition on **PATIENCE** here.)

Contentment is an essential ingredient for a happy and fulfilling life. It allows us to appreciate what we have, be present in the moment, and cultivate gratitude. In this month's edition of Compassionate Wisdom, we explore the contentment guideline and provide practical tips for developing contentment in your daily life.

We hope you enjoy this month's issue and that **Compassionate Wisdom** can be a source of inspiration and support for you on your journey towards a more compassionate and wise way of living.

INSPIRE

We're excited to share a thought-provoking quote with you today that beautifully captures the essence of **contentment**, taken from 16 Guidelines for Life: The Basics.

“Unless we learn to live in the moment, and to accept it as it is, we may never function well or feel fully alive. Contentment releases us from the restless desires that drive us blindly forward, and which prevent us from being open to the needs and gifts of others. It frees us up to direct our energy in fresh and more conscious ways. Can we discover how to enjoy contentment despite the hurry and worry of our contemporary existence?”

– pg 41, The 16 Guidelines for Life: The Basics, by Alison Murdoch & Dekyi-Lee Oldershaw



The Importance of Cultivating Inner Peace | HH. the Dalai Lama

This UE short is the Welcome Address from FDCW's patron, His Holiness the Dalai Lama, on the importance of cultivating inner peace, on the occasion of the Compassion and Wisdom in Action Conference 2021.

In this enlightening speech, His Holiness stresses the significance of cultivating inner peace in our daily lives and explores how religion and faith can provide guidance in our quest for inner peace. However, in today's world, not everyone has a religion or faith to guide them, which is where secular ethics comes in. His Holiness highlights the importance of secular ethics as a universal guide for people of all backgrounds, offering a set of moral values and principles that can lead to a more compassionate and peaceful world.

Watch Now

SHARE

Contentment is a powerful practice that can help us find joy and peace in the present moment. It allows us to appreciate what we have rather than constantly striving for more. When we practice contentment, we can let go of the need for

external validation and focus on our internal state of being. By cultivating contentment, we develop a sense of gratitude and appreciation for the simple things in life, which can lead to greater happiness and fulfillment.

So, let's embrace contentment as a valuable tool for finding joy and fulfillment in our daily lives!



Hardwiring Happiness: Dr Rick Hanson, TedX

In this gripping TedX presentation, Neuropsychologist Dr. Rick Hanson, explains the power of focusing on positive experience and overcoming our negativity bias and cultivate traits like contentment.

Watch the Video



The Lost Art Of Contentment: How to be content in life

Have you ever felt like something is missing in your life? That no matter how much money and success you have, it's just not enough. Finding contentment could well be the answer!

View Blog Post

UPCOMING EVENT



Join us for the second episode in our new series of live events on Wisdom: the Wisdom Dialogues. During this Dialogue, Martin Ström will examine the nature

of our mind and our experience of it. Martin will share strategies to help understand more deeply how we perceive ourself and our world.

The Wisdom Dialogues is a 6-part exploration of the mind and emotions. Learn how to cultivate wisdom and become your own therapist. This series, which builds upon last year's Compassion in Action, offers an opportunity to explore the depths of wisdom with some of the worlds most renowned thinkers on the topic. Don't miss this chance to deepen your understanding of the mind and emotions and explore techniques for calming the mind, for greater clarity, resulting in stronger compassion and more purpose in life.

Register Now

UNTIL NEXT TIME

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

Until next time…

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

SUPPORT OUR MISSION

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.

Make a Donation

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

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