The Foundation for Developing Compassion & Wisdom



COMPASSIONATE WISDOM | JUNE 2023

Hello FIRSTNAME,

Welcome to the newest edition of **Compassionate Wisdom**, where we continue our journey through the 16 Guidelines for Life, diving deep into each guideline's wisdom.

This month, we're excited to explore the theme of **HONESTY**, the 6th of the 16 guidelines for life.

Honesty is the foundation of trust and integrity in our interactions with others. By being honest, we demonstrate that we value the well-being of others and create a culture of trust and openness. In a world where dishonesty can seem all too common, embracing honesty in our thoughts, words, and actions is a revolutionary act that leads to greater happiness and fulfillment.

"In a time of universal deceit, telling the truth becomes a revolutionary act."
—George Orwell

Join us on this journey as we explore the power of honesty, uncovering its beauty and transformative potential. Together, let's navigate the path of truth, embracing the freedom that comes from living with integrity and sincerity.

INSPIRE

Honesty is described in 16 Guidelines for Life: The Basics as so:

“‘Honesty is an opportunity to move through the world gracefully without harming other people. To speak or act dishonestly is to put our own interests ahead of someone else’s. To distort what they experience to fit our needs, or to take their possessions for ourselves. This is why dishonesty causes such disappointment and pain. Whereas to be honest is to cherish the needs and wishes of someone else. It is a statement that we care about another person’s welfare.

Honesty is a personal choice that arises every time that human beings connect with one another. Each individual has the opportunity to be straightforward and honest in their dealings with other people, regardless of their health, family situation, possessions or resources. In doing so, they help to create a culture of honesty for everyone.”

pg 78, The 16 Guidelines for Life: The Basics, by Alison Murdoch & Dekyi-Lee Oldershaw



Becoming Aware of How We Treat Ourselves and Others Meditation
Hilary McMichael

This UE short is a guided meditaton with Hilary McMichael, part of the workshop "Transforming suffering", featured in the Compassion and Wisdom in Action conference 2021.

This practice focuses on healing by acknowledging and embracing our inner disturbances. Through warm-up exercises, participants cultivate presence and active listening, imagining a friend in need and reflecting on their response. The session also prompts self-reflection on how we talk to ourselves during sickness or loss of control, and the barriers that prevent self-kindness. Mindful breaths serve as grounding punctuation marks throughout the practice, facilitating transitions and bringing focus to the present moment.

Watch now

SHARE

One of the key benefits of honesty is the liberation it brings to our own conscience. When we live in alignment with our values and truthfully express ourselves, we experience a sense of inner freedom and integrity. Honesty empowers us to embrace our vulnerabilities, acknowledge our mistakes, and take responsibility for our actions. It allows us to live without the burden of falsehood or deceit, nurturing a sense of personal authenticity and self-respect. By being honest with ourselves, we can navigate life's challenges with clarity and self-awareness.

When we are honest, we invite feedback and constructive criticism from others, which helps us recognize our blind spots and areas for development. Through honest self-reflection, we gain insights into our strengths and weaknesses, allowing us to make more informed decisions and strive for personal excellence.

Moreover, honesty promotes ethical behavior and cultivates a sense of integrity, which in turn enhances our reputation and earns the trust and respect of others. By embracing honesty as a fundamental value, we embark on a profound journey of self-discovery, personal growth, and fulfillment.



Honesty and Truthfulness - The Source of Inner Joy

In this short video His Holiness the Dalai Lama speaks about the source of inner joy at his residence in Dharamsala on May 3rd, 2010.

Watch the full video

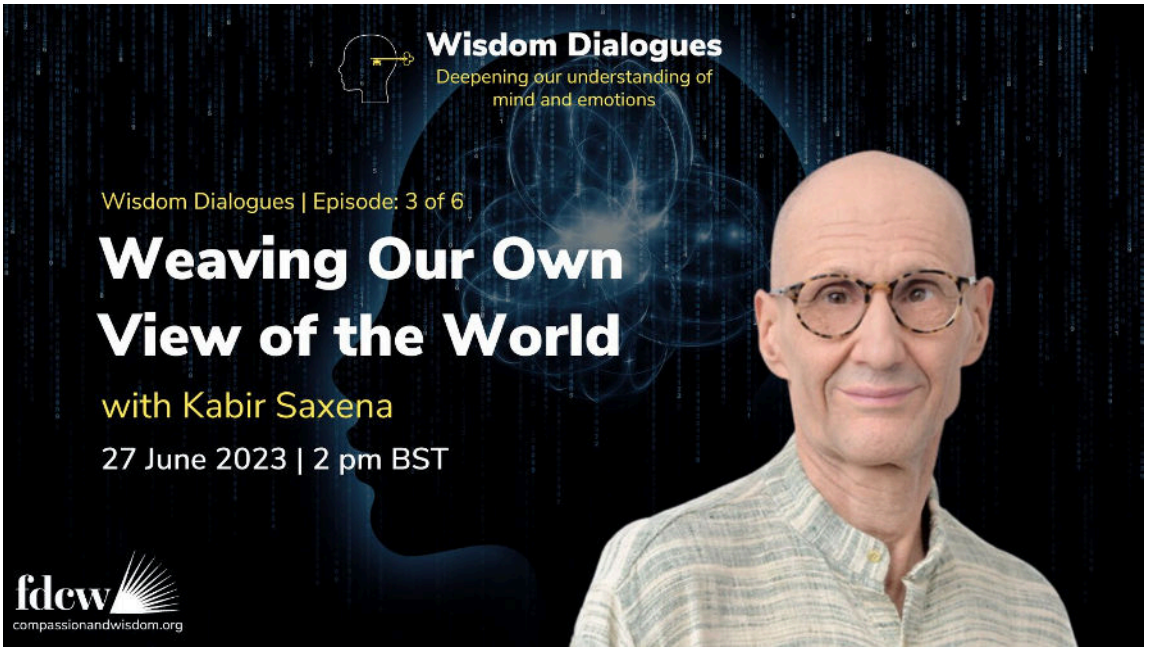


Why Honesty Is the Best Policy: Unlocking a Successful, Happy Life

Discover why 'Honesty is the best policy. Explore the significance of honesty in society, its impact on happiness, and strategies to embrace it in daily life.

Read the blog

UPCOMING EVENT



Join us for the 3rd episode of the Wisdom Dialogues: "Weaving Our Own View of the World," featuring Kabir Saxena.

In this transformative session on we will explore the power of our inner narratives and conditioning in shaping our perception of the world. Discover how our undisciplined and distracted minds can lead to distorted and neurotic experiences. By deepening our understanding of interconnectedness and our impact on others, we can cultivate positive engagement with our environment.

Kabir will guide us through insightful practices that help us investigate our minds, unlock deeper insights, and tap into our innate goodness. Join us **Tuesday, 27th June at 2 pm BST**, for an enlightening exploration that paves the way for a more peaceful, compassionate, and wiser mind to flourish.

We're very fortunate that this dialogue will also be translated into **Spanish** and **Portuguese**!

Register and learn more

UNTIL NEXT TIME

Last month we explored the theme of **KINDNESS**, 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 **HONESTY** and we look forward to exploring **GENEROSITY** 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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