The Foundation for Developing Compassion & Wisdom



COMPASSIONATE WISDOM | AUGUST 2023

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

Welcome to this month's edition of Compassionate Wisdom. Our journey through the 16 Guidelines persists, and with each guideline, we unveil layers of knowledge and profound wisdom.

In August, our focus shifts to RIGHT SPEECH, the 8th of the 16 guidelines. Right Speech isn't just about speaking, but about the intention, the energy, and the truth carried with every word uttered.

"Words can inspire. And words can destroy. Choose yours well."
–Robin Sharma

Together, let's uncover the essence of Right Speech, exploring its profound significance and the immeasurable peace and harmony it can bring to our lives and our interactions with others.

INSPIRE

Right Speech is described in 16 Guidelines for Life: The Basics as:

“Words! Love them or hate them, it often feels like we’re drowning in the noise they create – not only in our own ears, or on the page, but in our heads. They have the power to uplift us and to cast us down, to liberate and to entrap. They create friendships and make enemies. They can gain us great wealth and lose

us everything we possess. The power of speech is so great that words cannot do it justice.

As soon as a child learns to speak, its life and relationships change. Countless daily choices come next. Whether to speak loudly or quietly, fast or slow. What words to use. When to speak or to be silent. We learn how to use our speech through trial and error, and in doing so create an image and style that will define our personality and shape our lives.

Right speech is a commitment to use words skilfully, in a way that will bring peace and happiness to ourselves and the people around us. It is about using our speech to take away fear, to bring hope, to make people laugh and feel closer to one another. This is how we share who we are."

pg 102, The 16 Guidelines for Life: The Basics, by Alison Murdoch & Dekyi-Lee Oldershaw



Language Matters When Talking About Death with Ven. Carla Pearse

This UE short is an excerpt from the "Die with Compassion" webinar featuring Kirsten DeLeo, Bruno Rizzi and Ven. Carla Pearse from the Compassion Webinar Series 2022.

In this video, Ven. Carla Pearse emphasizes the profound influence of language on our perception of death and the dying process. Often, our societal conversations lean towards negative connotations when discussing death, using aggressive or avoidance-centric language. For instance, we refer to battling illnesses, which can create a combative stance towards natural processes like ageing or disease.

Ven. Carla points out that terms like "dying with dignity" may be misconstrued; while a baby's dependency at birth is viewed positively, similar dependencies in the elderly or ill are seen as burdensome. To the speaker, both birth and death

are equally profound and potentially beautiful experiences. Thus, it's crucial to be more conscious and sensitive in our language surrounding these topics.

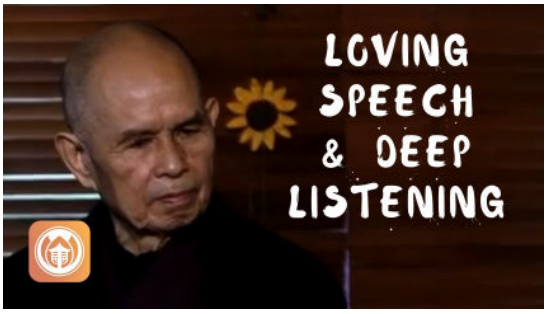
Watch now

SHARE

Right Speech emphasizes the profound effect of words. It beckons us to choose our words carefully, understanding that they possess the power to heal or harm. Mindful speaking not only nurtures our personal well-being but also strengthens the bonds we share with others, fostering mutual respect and understanding.

In a world bustling with fleeting interactions and digital communications, the essence of Right Speech serves as a grounding force. It calls upon us to take a pause, reflect upon the weight of our words, and ensure that our communication resonates with truth, kindness, and positivity. After all, each word we speak sets a ripple in motion, shaping the world's narrative and our place within it.

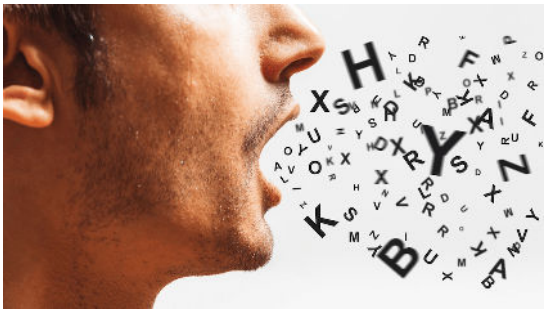
Embracing Right Speech is more than just a practice; it's a way of life. It reminds us that words, once spoken, cannot be taken back. Hence, it becomes imperative to weave our dialogues with mindfulness, ensuring they reflect our true intentions. By adhering to this guideline, we pave the way for healthier relationships, clearer self-expression, and a world where communication becomes the bridge to genuine understanding and compassion.



Loving Speech & Deep Listening | Thich Nhat Hanh

In this short teaching video from the Plum Village app, Zen Master Thich Nhat Hanh talks about Loving Speech and Deep Listening,

Watch the full video



Harnessing Right Speach: The transformative power of words for a brighter tomorrow

From ancient wisdom to modern insights, learn about the immense power words hold in shaping our thoughts, actions, and society.

Read the blog

UPCOMING EVENTS



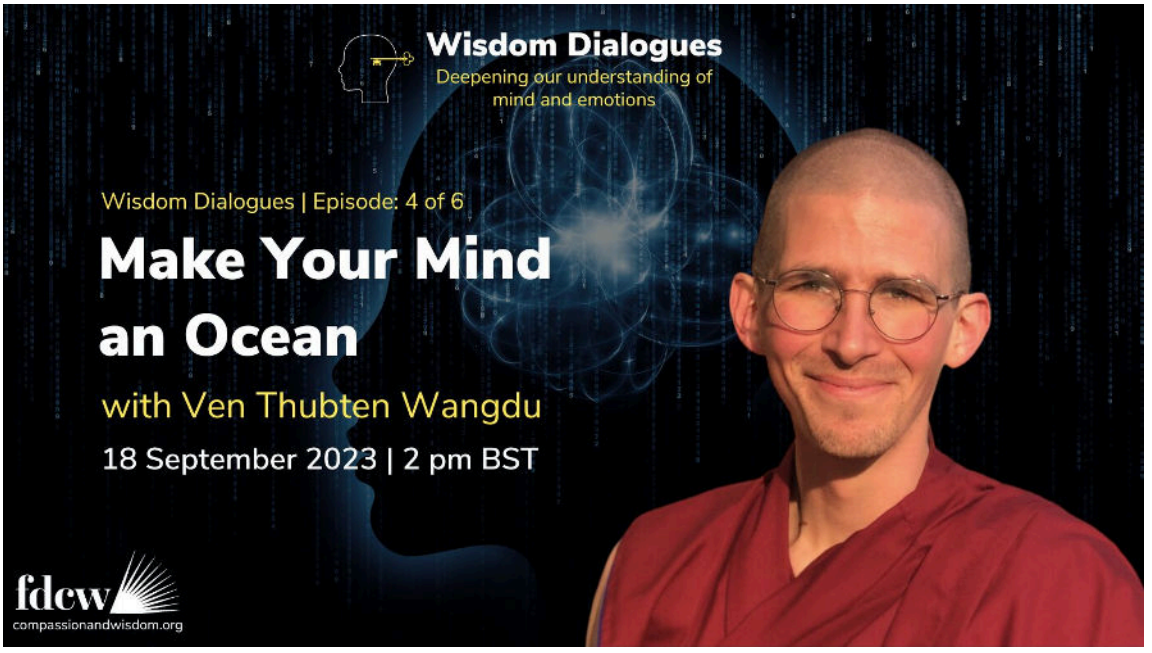
Compassion Based Living Course (CBLC)

📅 28 September - 16 November 2023
🕔 Thursdays 6-8pm BST
📍 Online
📢 Mabel Odessey

The Compassion-Based Living Course (CBLC) is an eight-week course that draws on insights and practices from neuroscience, evolutionary psychology, and Buddhist psychology. This experiential course follows on from the 8-week Mindfulness-Based Living Course and supports further development of our self-compassion and compassion for others.

Hurry, our **Early Bird offer ends August 31st**! Sign up today and get **40% OFF**, bringing the course fee down to just **£108**.

Learn more



Wisdom Dialogues Ep 4: Make Your Mind an Ocean

📅 18 September 2023
🕑 2 pm BST
📍 Online
📢 Ven Thubten Wangdu

"Look into your mind; when your mind is narrow, small things easily agitate you. Therefore, make your mind an ocean."
–Lama Yeshe

Experienced meditator and teacher, Ven Thubten Wangdu shares meditation techniques for deepening our understanding of mind, transforming negative emotions and feeling a closer connection with others. Discover how these practices can help cultivate genuine happiness and lasting inner contentment, enabling a profound sense of well-being.

Learn more

UNTIL NEXT TIME

Last month we explored the theme of **GENEROSITY,** 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 **RIGHT SPEECH** and we look forward to exploring **RESPECT** 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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