The Foundation for Developing Compassion & Wisdom



COMPASSIONATE WISDOM JULY 2024

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

Welcome to our July edition! This month, we're excited to delve into "Delight," the second of the Seven Foundations For Happiness and Peace. As we continue to honor the legacy of our Honorary President, Lama Zopa Rinpoche, we explore the qualities that nurture happiness and peace, both for ourselves and those around us.

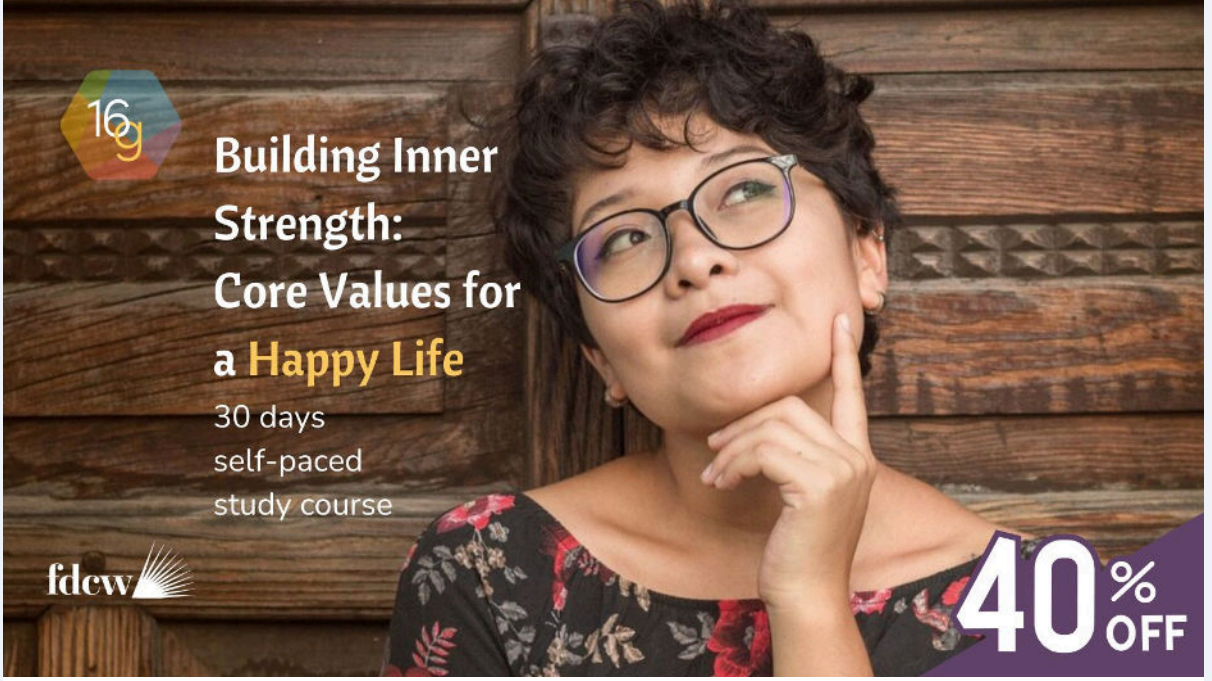
“Delighting in others’ good fortune keeps the mind happy and at peace. It brings about a healthy mind and a life that is full of ups, rather than downs.”
—Lama Zopa Rinpoche

This summer, find your own peace and deepen your happiness with our special offer: **enjoy 40% off our self-paced study course**, "Building Inner Strength – Core Values for a Happy Life." Immerse yourself in a journey of personal growth and reflection, perfectly timed for these longer, reflective days.

Stay tuned as we explore how Delight can transform everyday moments into joyful experiences, enriching our lives and the lives of those around us.

Don't forget to visit our NEW website! It features improved navigation and a fresh look, along with exciting new resources including the significantly discounted Building Inner Strength – Core Values for a Happy Life course—your gateway to finding inner peace this summer.

SUMMER SALE



Build Inner Strength this Summer

We've been facing a cold spell here in the UK and we have good news to cheer (and hopefully warm) you up! Build resilience and inner strength this summer with a special **40% discount** on our "Building Inner Strength: Core Values for a Happy Life" **self-paced course**. This program offers a thoughtful blend of guided meditations, reflective journaling, and practical wisdom through the **16 Guidelines for Life**, designed to enhance your daily living. **Enrol today for only £29.40.**

Discount Code:

INNERPEACE24

Sale ends 31/08/24

Take the step towards a more fulfilling summer and join us for a journey of tranquillity and understanding. This is only a **limited-time discount**, don't miss your chance to build inner strength this summer!

Enrol Today

THE FOUNDATION OF DELIGHT

Delight is described by Lama Zopa Rinpoche as:

"The second Foundation for Happiness and Peace to teach your children is that of rejoicing. When good things happen to other people, such as having an attractive body, a good friend, a nice house, a new car, a good education, or a job or business that is going well, it is important for your children to learn to feel happy about it. Instead of being jealous and envious and wanting what others have—an unhappy state of mind that creates obstacles to their own and others'

wishes being fulfilled—you should teach your children to always rejoice when other sentient beings are happy.

Delighting in others' good fortune—like a mother who is delighted when her cherished child experiences good things—will keep their minds happy and give them real inner peace. It will bring them a healthy mind and their lives will be full of ups rather than downs, and they will be protected from depression."

Lama Yeshe Wisdom archive , compiled and edited by Ven. Joan Nicell.



Guiding Children in a Complex World - Pam Cayton

This UE short is an excerpt from the "Growing Compassionate Hearts Conference" in October 2023.

In this insightful video, Pam Cayton delves into the crucial question: Who is truly raising our children in today's interconnected world? Reflecting on her experiences in the Tara Redwood school and beyond, Pam discusses the profound influence of parents, educators, and even technology in shaping young minds. She brings attention to the role of the internet, social media, and advertising in children's lives, raising concerns about their impact.

Watch Now

SHARE



Universal Ethical Principles for a Better World

At the heart of a harmonious society are the Seven Foundations for Happiness and Peace. Lama Zopa Rinpoche's timeless principles offer a path to ethical living through values such as kindness, patience, and forgiveness.

Read Now



Embracing the Cycle: Rejoicing in the Wisdom of Death

Experience a transformative approach to life's most profound challenge in our latest article. Discover how Bruno Rizzi's workshop on death and dying opens up a pathway to finding joy and meaning in the inevitability of life's end.

Read Now

UNTIL NEXT TIME

Once again, thank you for reading and supporting the Compassionate Wisdom newsletter. We hope you have enjoyed exploring Delight, the second of the **7 Foundations for Happiness and Peace**.

In August, we will delve into the theme of Patience. In case you missed our last edition on Kindness, you can view it here.

Until next time…

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

SUPPORT OUR MISSION

As a non-profit organisation, 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

The Foundation for Developing Compassion & Wisdom



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

This email was sent to {{contact.EMAIL}}
You've received it because you've subscribed to our newsletter.

Unsubscribe