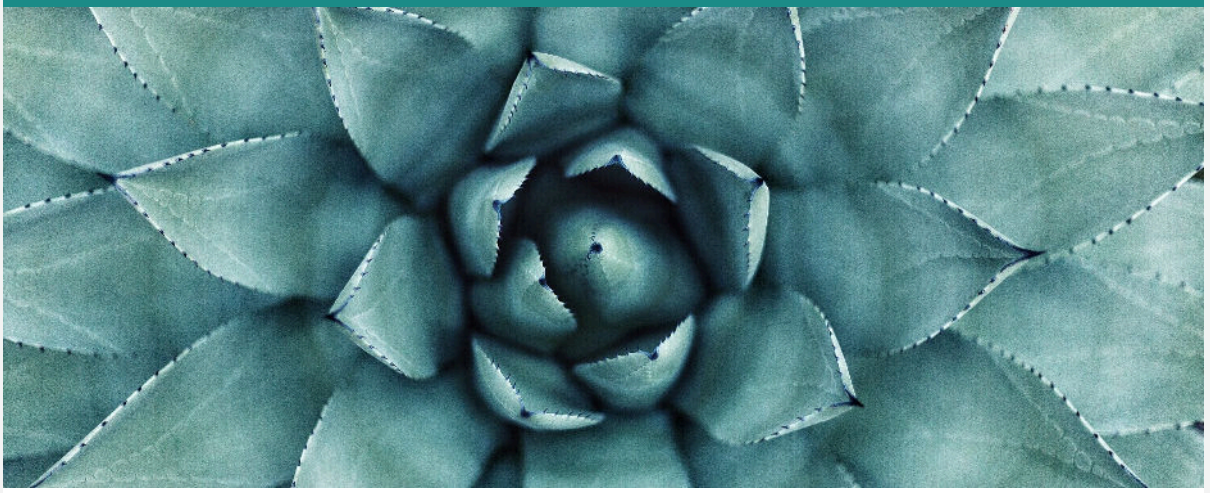
The Foundation for Developing Compassion & Wisdom

Compassionate Wisdom | September 2024 | Forgiveness



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

Welcome to this month's edition of our newsletter, where we explore the theme of Forgiveness, the fourth of the Seven Foundations for Happiness and Peace. This foundation encourages us to mend and deepen our relationships through understanding and compassion, both towards ourselves and others.

"There is a simple practice we can do to cultivate forgiveness. First, we acknowledge what we feel—shame, revenge, embarrassment, remorse. Then we forgive ourselves for being human. Then, in the spirit of not wallowing in the pain, we let go and make a fresh start."
—Pema Chödrön

This edition features our latest blog post, in which Ven. Jamyang shares his experience leading a 16 Guidelines workshop at Nalanda Monastery, a meditation by Ven. Connie Miller on embracing self-compassion, and an insightful video by Eckhart Tolle discussing the subconscious roots of our behaviours.

The Foundation of Forgiveness

Forgiveness is a powerful tool for healing and personal growth. It involves acknowledging our pain and the pain we've caused others, recognising the complexities of human interactions where both harm and being harmed are often inevitable. Forgiveness does not mean excusing or condoning harmful behavior, but rather understanding the conditions that led to these actions and choosing to let go of resentment.

This process demands both courage and integrity as it challenges us to confront difficult truths about ourselves and others. By choosing forgiveness, we break cycles of retribution and violence that can trap individuals and communities in endless conflict. It allows us to release the burdens of the past, freeing us to move forward with a lighter heart.

Engaging in forgiveness can be a complex journey, often involving navigating through intense emotions such as grief, anger, and confusion. However, the end result is a profound sense of relief and liberation. It fundamentally shifts our perspective, enabling us to continue our lives without carrying the weight of past grievances. Ultimately, forgiveness offers a path towards a more peaceful and compassionate existence, both for ourselves and for those around us.

Embracing Self Compassion - Guided Meditation



Embracing Self Compassion - Ven Connie's guided meditation

This month, we're excited to share a guided meditation by Ven Connie Miller from the Growing Compassionate Hearts Conference in October 2023.

In this session, Ven Connie leads participants through a deep exploration of self-compassion, highlighting the naturalness of suffering and the importance of kindness towards oneself in moments of difficulty. Techniques like placing a hand on one's heart symbolise and reinforce this nurturing attitude.

Self-compassion is a crucial foundation for forgiveness. By learning to treat ourselves with kindness and understanding, we build the emotional resilience and empathy required to extend forgiveness to others. This practice not only facilitates our own healing but also enhances our ability to navigate and resolve interpersonal conflicts. Through self-compassion, we recognise our shared human frailties, which can deepen our capacity for forgiveness and encourage healthier, more compassionate interactions.

Watch Now



How Can We Really Forgive? Eckhart Tolle on Relationships

Eckhart explores how recognising the unconsciousness behind hurtful actions can pave the way for healing and letting go of grievances.

Watch Now



Getting in Touch with our Pure Nature

Ven Thubten Jamyang reflects on running a 16 Guidelines course for Nalanda Monastery volunteers, sharing insights on group dynamics, mindfulness, and how universal education helped participants find clarity and purpose.

Read Now

Until Next Time...

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

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

Until next time…

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

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