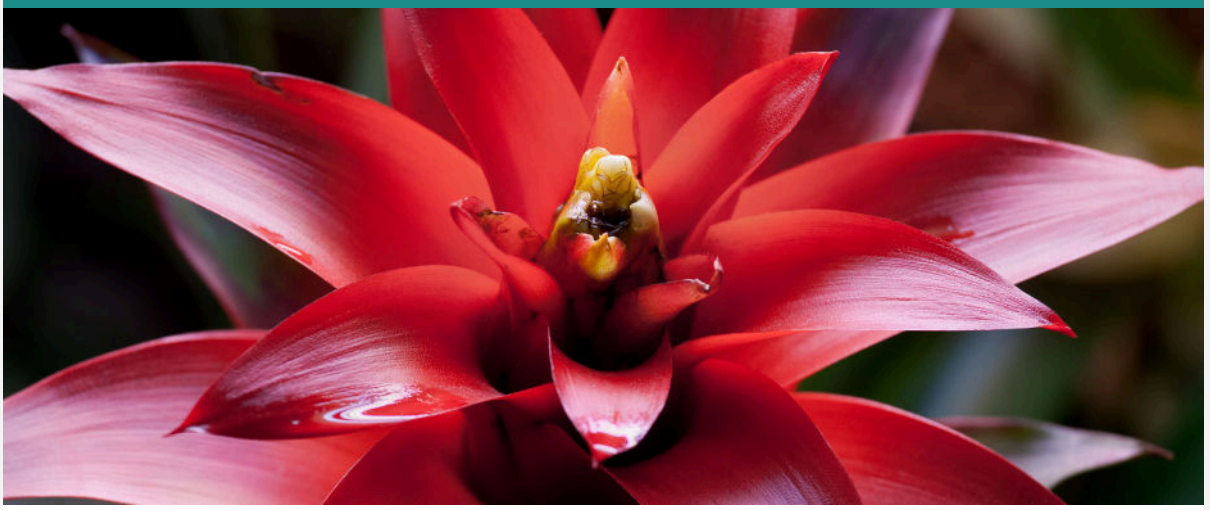
The Foundation for Developing Compassion & Wisdom

Compassionate Wisdom | November 2024 | Contentment



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

Welcome to our November edition of Compassionate Wisdom, this month we're exploring the theme of Contentment, the sixth of the Seven Foundations for Happiness and Peace. This principle invites us to find peace in our current circumstances and to appreciate what we already possess, reducing the urge to constantly seek more.

"Contentment comes as the infallible result of great acceptances, great humilities—of not trying to make ourselves this or that, but of surrendering ourselves to the fullness of life—of letting life flow through us. "

—David Grayson

We would also like to invite you to an event in partnership with Science and Wisdom Live: "Secular Spirituality: The Science of Consciousness and the Illusion of Self" happening tomorrow, **Saturday, 23rd of November 2024, from 4-6pm GMT**. Explore the intersection of ancient wisdom and modern science as we reshape our understanding of spirituality today.

The Foundation of Contentment

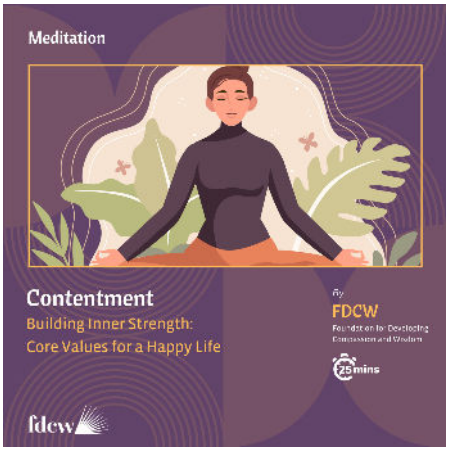
Contentment is about finding satisfaction in the present moment instead of endlessly chasing more. By valuing what we already have, it fosters peace, reduces envy, and strengthens relationships, while also enhancing mental health and resilience against life's challenges.

Practising contentment means taking time to reflect mindfully and appreciate life's small joys. These simple yet powerful actions help us embrace the present and cultivate happiness that isn't tied to external circumstances.

For more insights, explore our latest blog, *"I Still Haven't Found What I'm Looking For: Overcoming the Fear of Missing Out (FOMO)"*, which delves into how societal pressures fuel dissatisfaction and how contentment can be the antidote.

Read Now

Exploring Contentment



Guided Meditation

We're delighted to share a special guided meditation from our online course: *Building Inner Strength: Core Values for a Happy Life*. This meditation is perfect for cultivating contentment, helping you appreciate what you have and develop a sense of inner peace and joy.

Listen Now



Finding Contentment - Wherever You Are: Video with Rick Hanson

Dr. Rick Hanson explores how to cultivate unconditional contentment by recognising the present moment and how it's sufficient.



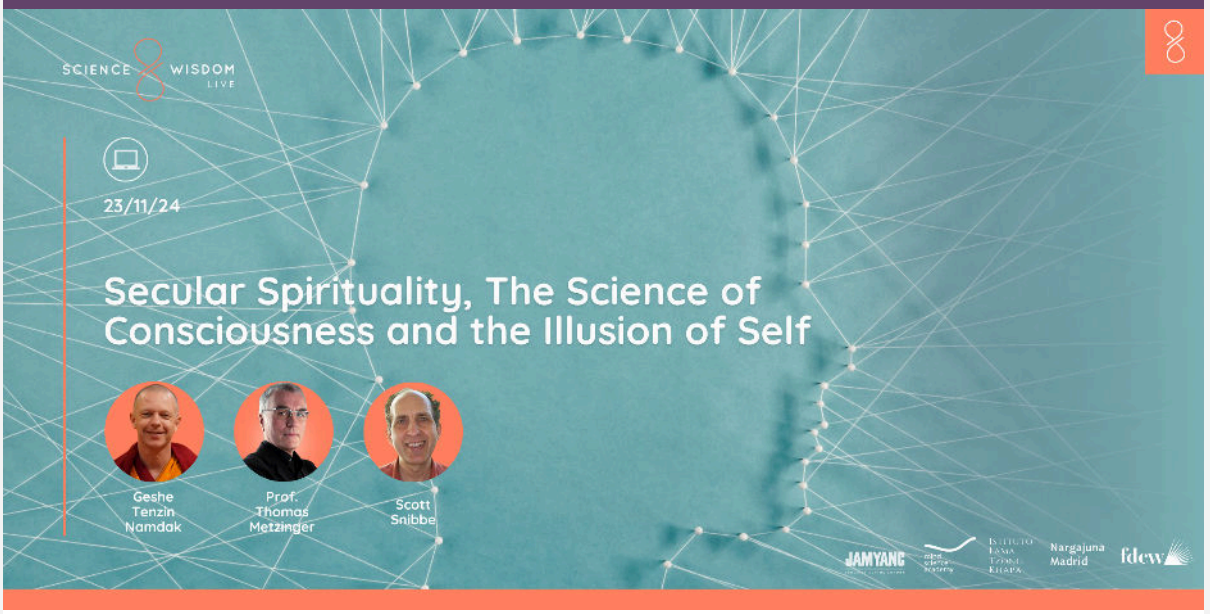
Highlights from a 16 Guidelines Level 2 Course in Mongolia

Discover how the 16 Guidelines Level 2 course in Mongolia brought together a motivated group to explore compassion and wisdom together.

Watch Now

Read Now

Partnership Event This Saturday



Secular Spirituality, The Science of Consciousness and the Illusion of Self

Join us tomorrow, **Saturday, 23rd of November, from 4-6 pm GMT** for an inspiring online dialogue featuring Geshe Tenzin Namdak, Prof. Thomas Metzinger, and Scott Snibbe. This is a rare opportunity to hear a leading philosopher in the field of consciousness engage with a Western Buddhist scholar, offering unique perspectives on spirituality, consciousness, and selfhood.

This online event, hosted by Science & Wisdom LIVE, in partnership with FDCW and several other partners, is perfect for those interested in philosophy, Buddhism, and the evolving nature of spirituality, bringing together ancient wisdom and cutting-edge science in a dynamic conversation.

Open to all on donation, with **live translation available** in **Spanish** and **Italian**.

Register Here

Until Next Time...

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

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

Until next time…

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

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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.

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