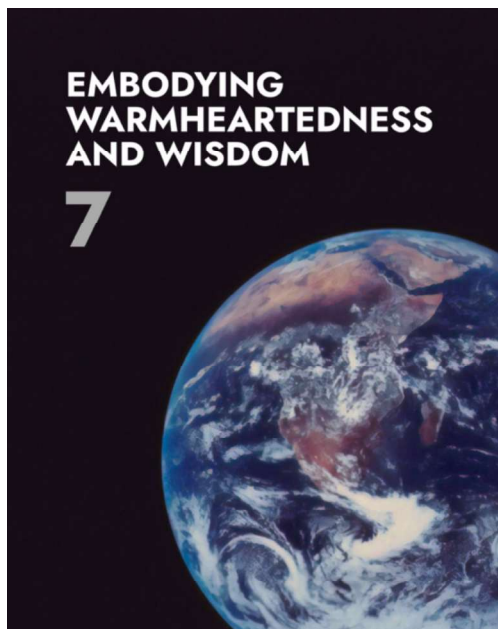




## Embodying Warmheartedness and Wisdom

How can we walk an inner journey in today's world? How can we bring our inner values and qualities into the world? Can we make a difference? To do so, which inner qualities do we need to strengthen? How can we use difficulties in our favor? Could warmheartedness and wisdom be our main tools for a meaningful life?

### Description

The course “Embodying warmheartedness and wisdom” focuses on how to bring our inner qualities into the world—and how to enhance them while living in it. It does so by presenting topics such as inner refuge, spirituality, and engaged compassion. It also includes helpful guidelines, such as the “six perfections,” or how to deal with difficulties and use them in our favor. In a way, it is a call for a revolution of compassion. It is complemented by references to current scientific understanding on prosocial skills, life satisfaction, well-being, and happiness.

### The Journey

“Embodying warmheartedness and wisdom” gradually unfolds as a journey along different topics:

1. **Walking the inner journey in the world** starts by reflecting on how to practice while living a life that includes daily activities such as work, and by examining in which things we trust to bring about lasting happiness, to move to the meaning of an inner path and refuge.
2. **A revolution from within** reflects on how to bring this inner path and values into the world.
3. **Far-reaching attitudes** explores some of the qualities that will serve as an aid in this journey, by way of the “six perfections”.
4. **Transforming difficulties** explores ways to skillfully deal with difficulties—both in life and in our practice—and to even use them to our advantage, to bring about inner strength and resilience.
5. **Tools for the path** deepens into it by using the tools and qualities we have been working with in this course—for instance, the sense of purpose, mental balance, warmheartedness, and wisdom.
6. **Walking the path** concludes with an overview of the principal aspects seen along the course—which will also give us an overview of the meditations in the Buddhist path—and an exploration on how to establish a daily practice to continue this journey.

