

An invitation to delight in

Essential Education 2009

"Inspiring tools and values that can immediately be applied to make a difference in my life."

[Course Participant, Malaysia](#)

"I like using the Guidelines to focus discussion with my son (age 4). He was recently heard singing in the airport, "I'm like water, patient, still, searching for the path downhill." Not bad advice for the airport."

[Parent, North Carolina, USA](#)

"I felt we'd found something of huge potential."

[Deputy Principal of a 1200-pupil school
Nottingham, UK](#)

"I definitely have strategies to apply to some problem students I have, where I'd been just baffled as to how to deal with them before."

[University staff member, London](#)

"Every morning I pick a 16 Guidelines card. I reflect on the content in relation to the challenges of the day ahead. In this way I am constantly inspired with new - often surprising - perspectives on the tasks coming up. I feel that this enables me to be a better manager, spouse and mother."

[Director, The TitiBo Group, Denmark](#)

"The Potential Project provides a number of tools that enable us to put things in perspective and to avoid misunderstandings by viewing things positively rather than negatively. I think these type of tools can play a big role in helping individuals and organisations manage the increasing pressures that we all face."

[President of Human Resources
Sony Europe](#)

"The principles of the Ready Set Happy course have transformed me to become a better teacher. It was the first time I came across a simple and practical set of ethics. Many of them were familiar, but never had I taken them so literally as to transfer them onto my own life."

[Teacher, Korea](#)

"The challenge... is to find a way to articulate a common set of ethical guidelines on which both believer and non-believer can stand... One handbook used in schools does it brilliantly. *16 Guidelines for Life* starts with such counter-cultural values as humility, patience and contentment, and concludes with service and courage. We've reached a sorry state that this handbook should sound so necessary, and so startlingly radical."

[Madeleine Bunting](#)

[The Guardian Newspaper, 19 October 2009](#)



Looking back at 2009

Essential Education proposes that we each have an innate capacity for compassion and wisdom.

This capacity can be developed, from birth to death.

Developing this capacity is the key to a happier and more peaceful world:

as individuals, in the family, in society and globally.

2009 marked the fifth and most successful year of Essential Education (EE) activity to date.

- Our standard workbook, *16 Guidelines: The Basics*, was published in both English and Spanish. By the end of October, the first print run of 2000 copies had run out.
- The 16 Guidelines training programme, launched in 2008, was offered in 8 different countries to over 300 people. Participants described it as: “Eye-opening... wonderful... refreshing... motivating... powerful... inspirational... and fun!”
- A three-year project to commission philosophical and psychological essays on each topic of the EE Core Curriculum was completed. Funding is now being sought for editing and publishing.
- Pam Cayton launched a training programme based on 18 years of prototyping at Tara Redwood School in California. Her first European tour closed to a standing ovation in Barcelona, Spain.
- The new ‘EE in Action’ section on www.essential-education.org began to document how people are putting Essential Education into action all over the world: from Brasil to Mongolia; Spain to Singapore; Malaysia to Australia.

Plans for 2010 include:

Resources

- The Essential Education Core Curriculum published as a book and online
- 16 Guidelines companion resources: a novel for teens in English and Spanish and a school workbook
- *16 to Live By*, a magazine and website created by youth for youth

Training

- 16 Guidelines courses in Australia, Colombia, France, Italy, New Zealand, Russia, the UK and the USA
- The January launch of ‘Building on the Basics’, a 16 Guidelines follow-on course
- Train the Trainers courses in Sydney, Australia and Mexico City

Connections

- The launch of the EE Community, a professional networking site for sharing good practice
- Deepening partnerships with current and additional Essential Education programmes

Operations

- A strategic planning meeting in France for key associates, scheduled for February 2010
- The creation of an Academic Advisory Group to advise on evaluation and best practice

Some inspiring stories...

In the USA, the Heartwood Montessori school has been trialling *Ready Set Happy*. The school principal reported: "By the time we reached the last guideline, my students were discovering things about themselves and sharing on a level I could not have expected at the beginning of the year. The activities really brought a sense of cohesion and comfort to the group and a better understanding of themselves as individuals." She plans to expand the project to the younger grades in 2010.



In Vietnam, Jan Kowbel is a volunteer teacher at a monastery school. She commissioned a set of wall charts to help communicate the concepts of the 16 Guidelines to her class. The impact of the illustrations was striking. For example, a picture of a woman in a wheelchair inspired her students to find a wheelchair for an 80-year-old mother with Alzheimer's. Jan wrote: "Your work is amazing! I can't begin to express how blessed I am to have it with me."

In Mexico, a 16 Guidelines course at the end of 2008 led to activity all over the country during 2009. "I am convinced that, by attending the sessions, the children were given clear and precise tools for promoting positive changes in their attitudes... All of them were delighted and made requests for more sessions. Their positive energy and optimism was contagious!" said the Principal of Julia Ambros school in Cozumel. Feedback from children included: "This year I learned to have more patience with my brother" and "This year I can enjoy it when someone else gets a new toy."

In Italy, fourteen medical professionals will complete the Transformative Mindfulness Certificate Training in December 2009. The group of doctors, researchers, physiotherapists, anesthesiologists, and psychologists plan to apply these methods in treating traumatic disorders, oncology, palliative and hospice care, chronic pain, eating disorders and migraines.

In Canada, Craig Mackie worked at a long-term residential care treatment facility for teens with addictions, called the Pine River Institute, where he adapted material from *16 Guidelines: The Basics* as well as other mindfulness and transformative mindfulness techniques as the basis for a therapeutic group. Every student reported benefits and one of them is planning to introduce the 16 Guidelines to homeless youth in Toronto. Craig is now incorporating the 16 Guidelines into an MA at the University of Toronto.

Essential Education would like to thank:

Patron HH The Dalai Lama and Honorary President Lama Zopa. Funders and benefactors for 2009, particularly: Terrapinn; Tudor Trust; the FPMT Merit Box; The Camellia Foundation, and all the anonymous donors who have contributed towards office costs and equipment, publishing costs and other expenses. More than one hundred volunteers worldwide: Board members; facilitators; translators; professional advisors and supporters (including book-keeping; IT; design and marketing); all the people who organised, promoted and hosting training courses, and who developed and consulted on new resources. Staff during 2009: Alison Murdoch (Director); Patrick Madden (Communications Manager); Ven. Connie Miller (Core Curriculum Co-ordinator, to March); Ian Thomas (Resources Manager, to June); Denise Flora (Ready Set Happy Co-ordinator, to September); Anna Colao (from December).

Some highlights of the year

January

For the first time, Essential Education has its own office in London, with two full-time staff

February

16 Guidelines Introductory Course in Singapore

March

LKPY launches its annual Be Kind Day 313 (on the 31st of March)

Publication of *16 Guidelines: The Basics* in English

Publication of *Preparados, Listos...* (16 Guidelines children's resource) in Spanish

16 Guidelines Introductory Courses in Kuala Lumpur and Portland, Oregon

16 Guidelines Train the Trainers course in London, UK

April

Board, staff and volunteers attend the international CPMT conference in France
Transformative Mindfulness course at the Department of Pharmacology, University of Florence

June

16 Guidelines Introductory Courses in Oxford and Brighton, UK

July

Lama's Vision for Kids: 1st European tour (London, Copenhagen and Barcelona)

August

16 Guidelines Introductory Course in Leeds, UK

Ready Set Happy Highlights: a new resource for teachers and parents

October

16 Guidelines Introductory Course in Vienna, Austria

Learning by Example: a community media campaign launched in Ontario, Canada

Funding awarded by the Tudor Trust, UK for core activities and youth work

November

Funding awarded by the Tudor Trust, UK for core activities and youth work

The final Core Curriculum essay is completed

December

Publication of *16 Actitudes para una vida con sentido*

Launch of a new expanded 16G wiki at wiki.16guidelines.org