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Humility

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Patience

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Contentment

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Delight

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Kindness

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Honesty

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Generosity

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Right Speech

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Respect

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Forgiveness

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Gratitude

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Loyalty

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Aspiration

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Principles

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Service

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Courage



FACILITATOR

CRAIG MACKIE, MA, MSW, is an experiential educator who has a BA in Developmental Psychology/Philosophy from the University of Alberta, an MA in Philosophy from the University of Ottawa and a Masters of Social Work from the University of Toronto. He has worked in wilderness therapy and addiction treatment centers as well as schools and leadership programs for youth. He has also worked with Aboriginal men who have experienced homelessness in Toronto and multiple marginalized communities in Ottawa.

He has trained more than 200 facilitators in the 16 Guidelines (in the UK, France, US and Canada), including educators, therapists, social workers, and people in the profit and non-profit sectors. Craig also teaches as an instructor for the Applied Mindfulness Meditation Certificate Program at the University of Toronto, Continuing Education, Faculty of Social Work.



www.16guidelines.org

This workshop is endorsed by Essential Education
whose patron is His Holiness The Dalai Lama
www.essential-education.org

16

GUIDELINES FOR LIFE

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TOOLS FOR PERSONAL
AND CULTURAL CHANGE

With Craig Mackie

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Saturday, April 25th 9am - 5pm

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Sunday, April 26th 9am - 5pm

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Kurukulla Center for Tibetan Buddhist Studies

68 Magoun Ave.

Medford, MA 02155

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The 16 Guidelines are straightforward and practical tools for making life better. They are universal values that promote mindfulness and enhance the way we think, speak and act in relation to others and find meaning in everyday life. Through these 16 Guidelines we learn how to lay a solid foundation that will contribute to the happiness of both ourselves and others. This workshop is suitable for people of all ages and all walks of life.

“Essential Education” is an initiative of Lama Yeshe, a pioneering mediation master. These teachings are based on the wisdom and skillful means of Tibetan Buddhism, but are presented in a secular way.

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THE WORKSHOP

Through guided mindfulness exercises, group discussion, and experiential exploration participants will examine each of the 16 Guidelines from Humility to Courage, deepening their understanding of what they mean and how they might be of use in their lives.

The workshop is structured around 4 Wisdom Themes that provide the backbone of the 16 Guidelines, exploring the nature of:

1. How we think – the way we use our mind determines the way we live
2. How we act – every skilful action makes a better world
3. How we relate – to take care of others is to take care of ourselves
4. How we find meaning – if everything is changing, anything is possible

FEES AND REGISTRATION

\$120 register by April 4

\$140 thereafter

To register or for more information please email Stacey at 16Guidelines@kurukulla.org and either send a check to Kurukulla Center or use [PayPal](#) for payment.

Maximum participants 20 (with waitlist)

PARTICIPANTS WILL RECEIVE

- Tool kit consisting of a personal exercises and educational resources detailing the philosophy and origins of the 16 Guidelines.
- 16 Guidelines for Life book
- 16 Guidelines Exercise Cards
- Access to on-line resources and Essential Education community
- On-going support from the facilitator for working with the 16G in your life and community as well as a path to become a 16G Facilitator

WHO WOULD BENEFIT FROM THIS WORKSHOP?

The 16G have attracted everyone from neuroscientists to school teachers, corporations to social services agencies, parents to community builders – anyone who is in need of motivation to change their outlook and practices.

The 16G are currently being used for personal and cultural change in hospitals, schools, social service agencies, drug rehab, hospices, universities, youth at risk programs, youth leadership programs, businesses, prisons as well as in families, communities and neighborhoods.

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Saturday, April 25 9 am to 5 pm

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Snacks and drinks provided. Please bring a vegetarian potluck lunch for the two sessions.