



# THE 16 GUIDELINES INFORMATION

## TWO DAY WORKSHOP

2nd - 3rd November 2013,  
10am - 5.30pm  
Birdham Village Hall,  
Crooked Lane, Birdham,  
Nr Chichester, West Sussex,  
PO20 7HA

The Bodhicharya Buddhist Group are hosting this 16G workshop run by the UEWC (Universal Education For Wisdom and Compassion). Although the origins of this course are Buddhist, it has been designed for everyone regardless of age, nationality, religious/non-religious persuasion or social background. All you need is an interest in the true causes of happiness and fulfillment.

Once we have covered our costs, all profits will go to Rigul Trust, UK registered charity dedicated to health, education and poverty relief, especially in Rigul, Tibet. For more details please visit their website [www.rigultrust.org](http://www.rigultrust.org) (Registration No:1124076)

## THE WORKSHOP

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

Overview of the four main sections:

- **How we think:** focusing on Humility, Patience, Contentment and Delight.
- **How we act:** focusing on Kindness, Honesty, Generosity and Right Speech.
- **How we relate to others:** focusing on Respect, Forgiveness, Gratitude and Loyalty.
- **How we find meaning in life:** including Aspiration, Principles, Service and Courage.

Participants will receive:

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

## REGISTRATION & BOOKING

With only 24 spaces available, we encourage you to book early to avoid disappointment.

Places will only be secured on receipt of payment of £40/ person, and refunds will only be given once we have covered our cost. If we have to cancel the course due to lack of interest, you will receive a full refund.

To register please contact Nicola either by calling 07894 909 201 or email [nicolahobson@gmail.com](mailto:nicolahobson@gmail.com). She will be happy to give you details on how to make the payment.

## FURTHER INFORMATION

 For more information about the guidelines please visit [16guidelines.org](http://16guidelines.org). And to find out more about the UEWC please visit [compassionandwisdom.org](http://compassionandwisdom.org).