

February 2011

Dear Centre, Service and Project Directors, and SPCs,

I hope this finds you well, and send every good wish for your centre and its activities in 2011.

I'm writing to bring you up to date with some recent developments regarding Essential Education (EE) which may be of interest and relevance to your work.

Last year, Lama Zopa Rinpoche made it clear that EE should operate 'at the heart of FPMT' as part of His Vast Visions for the organisation. The Board and I were delighted to hear this. Those of you already involved with EE will know what exciting opportunities this presents. It also means that we need to collaborate as closely as possible, to ensure that EE develops in a way that is cohesive and firmly rooted in the Dharma.

Recent advice from Rinpoche has included: the creation of new EE resources and curriculum, the relationship between EE and Buddhism, and how to host an EE workshop. For example, Rinpoche advises that in general EE workshops should take place in a neutral environment, under the umbrella of a local centre, but that it is also beneficial to hold EE workshops inside the centres, because often both 'young and old' Buddhists will benefit from EE programmes. Over the coming year we will create guiding documents to share this advice with you.

If you want to know more about current EE activities, you can download a short Annual Review for 2010 [here](#), or visit the following websites: 16 Guidelines for a Happy Life [www.16guidelines.org](http://www.16guidelines.org); Creating Compassionate Cultures [www.creatingcompassionatecultures.org](http://www.creatingcompassionatecultures.org); Transformative Mindfulness [www.lamponthepath.org](http://www.lamponthepath.org); The Potential Project [www.potentialproject.com](http://www.potentialproject.com) and Loving Kindness Peaceful Youth [www.lkpy.org](http://www.lkpy.org).

If you or someone from your centre would like to get an up-to-the-minute taste of EE in action, you are warmly invited to the first EE international gathering, which will take place from 16 – 21 August 2011 at Institute Vajrayogini in France, directly after the teachings of His Holiness The Dalai Lama in neighbouring Toulouse. There is space for 120 participants, and you can find out more and register [here](#).

From now on, we'll make sure that you receive all our newsletters and mailings, to keep you up to date. Please let us know if you would prefer us to use a different email address from this one.

If you have any comments or suggestions, we will be very happy to hear them.

With love and prayers

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Director

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