

## **The Essence of Education Is Subduing Your Mind**

The whole point of our FPMT education programs is not to produce 'sharp minds' but to 'subdue the mind.' Between an intelligent, sharp mind and a good heart, a good heart is the most important. Without a good heart it is only possible to become an arhat. Good heart means subduing the mind.

Subduing the mind is the whole essence, as then enlightenment is possible. The ultimate purpose of life, the reason for living, why we eat and drink, sleep, work, and do listening, reflecting, and meditating is to free the numberless suffering sentient beings from each suffering realm and bring them not only to ultimate happiness, liberation, but to full enlightenment.

*Colophon: Comment made by Lama Zopa Rinpoche responding to a center asking about its education program, Jan 2014.*