

16 Guidelines for Life Introductory Courses in Cape Town

“Eye-opening... thought-provoking... wonderful... enjoyable... refreshing... remarkable... well thought-out and well taught... motivating... powerful... inspirational... and fun!”

– Comments from 2008-9 course participants



Cultivating our inner development is essential for our own happiness as well as the wellbeing of our communities and the world at large. But can we articulate a non-sectarian, universal framework of ethics to guide that development? Can we experience the relationship between virtue and wellbeing?

The [16 Guidelines for Life](#) are a set of straightforward, practical tools for developing peace, happiness and meaning in everyday life. Inspired by a 7th-century Tibetan text, the 16 Guidelines offer a presentation of universal wisdom that is suitable for people of all ages, cultures and traditions.

The two-day 16 Guidelines Introductory Course introduces participants to the 16 Guidelines and their philosophical framework. It equips participants with a personal, experiential understanding of the guidelines and the skills to practice the guidelines in their own lives.

Since 2006 the 16 Guidelines Introductory Course has been held in 14 countries worldwide, most recently a sell-out tour of four Australian cities. The 16 Guidelines are the first initiative of [Essential Education](#), an NGO which aims to help people to develop their natural capacity for compassion and wisdom. They are currently being used in homes, schools, hospices, drug-rehabilitation centres, prisons and workplaces across five continents.

Where: May 1st and 2nd at Phakalane, 12 Hunters Way, Hout Bay
May 29th and 30th at The Sufi Temple, 183 Campground Road, Newlands

When: 10h00 to 16h00

Who: Anyone from age 16 upwards

Bring: Pen and paper
Pot-luck vegetarian lunch to share (tea, coffee and snacks provided)

Cost: R400 one month before, R450 two weeks before, R500 thereafter
Concessions can be made for anyone unable to afford the standard price

Contact: Patrick.16G@gmail.com or 072 361 5801 for bookings and inquiries



Patrick Madden is an accredited 16 Guidelines facilitator. He spent 2009 working with Essential Education in the UK, where he ran 16 Guidelines workshops with adults and youth. Now back home in Cape Town, he is taking forward Essential Education in South Africa. These courses will be the first 16 Guidelines workshops in Africa, the perfect opportunity for anyone interested to find out more about this initiative or to get involved.

www.essential-education.org // www.16guidelines.org