

## Children/families' program makes a start in Santa Fe, New Mexico, USA



Thubten Norbu Ling Buddhist Center is moving closer to offering a children/family program based on 16 Guidelines for Life, and Ready Set Happy (RSH), the 16G resource for children. After hosting a 16G intro weekend in May they hosted a Ready Set Happy Follow-on training from Friday-Sunday, June 25-27, 2010.

"The objective of the workshop was to empower them to use RSH with individual children, within families, and in group settings," shared Denise Flora, facilitator for the weekend.

Participants unanimously felt empowered to use RSH and said they would recommend the workshop to others, calling it...



"Personal"

"Delightful"

"Engaged"

"Revelation"

"Inspiring"

"Playful"

"Gratifying"

"Extremely positive and inspiring."

"I really enjoyed the activities and discussion."

"The content is excellent and the presenter makes it even more interesting and fun!"

"Very very good. Learned a lot by making new connections."

See a slideshow and more about the training [here](#).



Participants said they realized...

...how helpful hands on activities can be to contemplate a thing.

...that we all can find common ground in these 16 guidelines.

...that there are teaching/activities in RSH that work well with adults.

...that RSH is an exciting program for families & those without families.

In addition to the work for the program at TNL, participants plan to use RSH in their own personal meditations to increase mindfulness, at home with their own families and spouses, as a starting point to create new activities, and to build a homeschool family network.



Resident teacher, Don Handrick, said, "After the workshop I feel even more confident and dedicated that we're headed in the right direction with our children's program." He also shared this haiku we all enjoyed:

Children seem distant  
like apples beyond my reach.  
16 new ladders.

More from participants:

"Wonderful tools for children, families and all of us!"

"It is applicable both personally and with others - Very basic to good 'health' and well being."

"It has applicability to pretty much everyone - something can be learned by examining RSH."

"Very practical, useful, clear and FUN!"

"RSH is a Treasure for children and Adults!  
May it change the world."

