

“May Essential Education spread all over the world – especially in countries where there is violence. May it open our hearts, so that all beings become vessels of universal compassion and wisdom.

May we all become living antidotes to war, torture and sickness, and to all physical and mental problems.

Through the education of the good heart may all beings practice kindness, forgiveness, tolerance, humility and joy.”

*Essential Education Prayer
composed by Lama Zopa, Switzerland, 2005*