

Unity in Duality

TARAB LING ASSOCIATION

Research and Retreat Centre for Inner Science of Mind and Reality
Registered Under Societies Registration Act XXI of 1860

“Unity in Duality” – What does it mean?

Unity in Duality (UD) is the modern day interpretation of the concept of “Tendrel” (Tibetan) or “Pratityasamutpada” (Sanskrit). It explores the original version of the reality through the teachings of Ancient Buddhist Inner Sciences of Mind, Phenomena, and Reality. This way of presenting the *Fundamental Cognitive Science* was developed by Tarab Tulku Rinpoche and structured in the form of an academic course by Prof. Lene Handberg. This paradigm is the ultimate result of more than 30 years of continuous contemplation and development.

What is the historical prominence of UD?

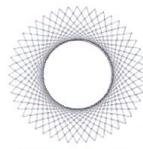
The content of the course is directly extracted from the Buddhist Philosophies. The teachings of Buddha Sakyamuni were carried forward, discussed, and further unfolded over the time by various eastern scholars in the major universities like Nalanda and Takshashila. During 2nd – 12th Century AD the concept of Tendrel or Pratityasamutpada was well established and integrated in the traditional teachings. With the destruction of Nalanda in 1193 AD, the academic and research in such fields was discontinued in India but remained intact in Tibet. Many contemporary Tibetan Scholars has considered making these traditional teachings available to the current world. Unity in Duality is one of the very few such organized academic inquiries into the Buddhist Philosophies and other major Ancient Eastern knowledge domains like Vedic traditions and Jainism.

What UD is not?

This is not about a particular culture or belief and does not uphold any religious dogma. This is not just any ordinary meditational practice since it has a perfect balance of theoretical and practical aspects. It is beyond any conceptually created boundaries.

Why select UD and Tarab Institute International?

UD helps you to sense the reality in a totally different way and it challenges the conventional views of the individualistic and definitive reality. The interdisciplinary methods will enable you to extend your intellectual horizon. It may not bring miraculous change in you, but for sure, it will formalize the way you appreciate yourself and the external reality. UD is also impacting genuine personal development, giving



Unity in Duality

TARAB LING ASSOCIATION

Research and Retreat Centre for Inner Science of Mind and Reality
Registered Under Societies Registration Act XXI of 1860

access to the Art-of-Relating, showing the geniality of the structure behind the spiritual path, and opening to spiritual application.

Few more factors:

- a. Unique course structure consisting of well-developed course contents, theoretical discussions, group discussions, and practical application
- b. Highly qualified teaching faculty
- c. The course can be appreciated from many different perspectives like research, personal development, spiritual development, and well-balanced lifestyle
- d. Tarab Ling is an independent research facility and it has collaborations with esteemed universities
- e. UD is relevant to everybody and in particular if you are a practicing Psychologist, Psychotherapist, Physician, Social Worker, or a Researcher
- f. Tarab Ling (TII India) has a state of the art campus at Asthal, Dehradun, which is specially designed for the purpose of research, meditational practices, and spiritual retreats

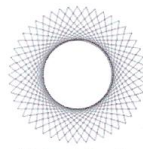
Course Structure

UD consists of 4 Modules. The modules are progressive in nature and there will be various forms of evaluations before getting qualified for taking up the next module.

i. Inner Science of Mind and Reality (Fundamental Cognitive Science – Buddhist Views); *Duration– 40 days teaching*

- Understanding what is Reality?
- Exploring the subjective experience of reality
- Understanding the connection between the subject and the reference-reality, the object beyond our experience of it.

ii. Dynamics of ‘Mind’ and Personal Development *Duration – 30 days of teaching*



Unity in Duality

TARAB LING ASSOCIATION

Research and Retreat Centre for Inner Science of Mind and Reality
Registered Under Societies Registration Act XXI of 1860

- Understanding the nature and functions of 'Mind'
- Exploring the dynamics of various 'Minds'/faculty of Mind
- Developing nearness to oneself and personal transformation
- UD Application to oneself in terms of Personal Development

iii. Application of UD in the field of Art-of-relating; *Duration– 18 days of teaching*

- Developing ability to use oneself, body-mind wise, as a tool in relation with others
- Application of UD Art-of-Relation in connection with coaching, psychotherapy, management, dealing with friends and foes, superiors and all others.

iv. Spiritual Development - Theory and practice based on UD; *Duration –18 days of teaching*

- Introduction to Love and Compassion
- Introduction to Shamata and Vipassana-meditation techniques
- Introduction to Dzogchen- or Mahamudra-meditation

Additional Courses: 6-7 days residential courses

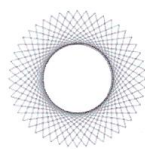
- Indo-Tibetan Dream Wisdom –in Theory and Practice
- Mandala Principle and Practice

Ethics:

- Students are required to respect the copyright obligations towards the study materials
- Taking prior permission before using UD principles in any personal/professional practices
- Having equal respect towards various similar spiritual/philosophical traditions and also towards the faculty, staff and fellow students

Outcomes Expected:

- Clear understanding of the Buddhist Inner sciences and schools of thought
- Application of the philosophical concepts in appreciating oneself in a transformed manner
- Entering into a state where the student has a good command over him/herself



Unity in Duality

TARAB LING ASSOCIATION

Research and Retreat Centre for Inner Science of Mind and Reality
Registered Under Societies Registration Act XXI of 1860

- Developing insight into interrelated nature of existence and command of a superior inner-ethical condition

Requirements to get admitted to the course:

- Open mindedness and readiness to gain new knowledge
- Good command over English and moderate to superior academic background
- Openness to undertake investigative meditations and applying the concepts taught in the course

Levels and Titles

Level 1 – **Semrig Thablam Mawa**– Successful completion of 1, 2, and 3 Modules + Graduation Thesis

Level 2 – **Semrig Thablam Rabjam**– Successful completion of 1, 2, and 3 Modules + Graduation Thesis + Post-graduate Thesis

Course Time Table

Place: Tarab Ling, Asthal – Dehradun, India

Module 1 – From 14th January – 8th March, 2019 (4 courses)

Module 2 -From 11th March – 16 April, 2019 (4 courses)

Students can take any number of courses in a row however; the courses have to be taken in a sequential order within 4 years.

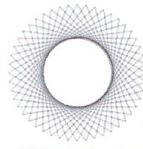
Additional Courses: Indo-Tibetan Dream Wisdom: 29th September – 3rd October 2018

Mandala – Harmonizing Element-Forces: 4th – 8th January, 2019

Fee Structure and Financial Assistance

Module/Courses	Course Timeline	All inclusive Fees (Course Fee and Accommodation)		
		General Public		Students/Unemployed
		Twin sharing	Single Occ.	Sharing
UD Module – 1 (4 Courses)	14 th Jan – 8 th Mar 2019	Rs.75,000	Rs.1,00,000	Rs.50,000
UD Module – 2 (4 Courses)	11 th Mar – 16 th April 2019	Rs.54,000	Rs.72,000	Rs.36,000
I.T.D.W.	29 th Sep-3 rd Oct 2018	Rs.9,000	Rs.12,000	Rs.6,000
Mandala	4 th -8 th Jan 2019	Rs.9,000	Rs.12,000	Rs.6,000

- The fees for either of the individual courses within Module 1 or 2 will be 1/4th of the entire fees.



Unity in Duality

TARAB LING ASSOCIATION

Research and Retreat Centre for Inner Science of Mind and Reality
Registered Under Societies Registration Act XXI of 1860

- Various need-based scholarships are available for the students enrolled to UD/Addn. Courses. Students are required to submit a written application to Tarab Ling Office.

For Registration Please Contact:

Tarab Ling Institute – Dehradun, India

Tel: +91 135 2608 512

Mobile: +91 94101 86214

Email: infotarabling@gmail.com

Website: www.tarab-institute.org