

Unity in Duality

TARAB LING ASSOCIATION

Education, Research and Retreat Institute for Inner-science of Mind and Reality
Registered Under Societies Registration Act XXI of 1860

October 25th 2019

Dear Friend,

We welcome you to explore relevant aspects in regard to psychology and philosophy for post graduates and scientists, with reference to the great Indian Scholars of the ancient inner-science former Nalanda University.

Originally the ancient inner science from India - in the form of Brahmanism, Hinduism, Buddhism and Jainism -has strong similarities with modern science in respect to genuinely exploring reality and thereby generate knowledge and insight. The prime purpose was not to manipulate the object side, but to refine and transform the 'scientist' him- or herself and find out how we can use our human capacities for the better.

Originally this approach was not involving a religious belief, believing in some outer force and having fixed ideas that could not be questioned. The ancient science takes its approach in the relation between the subject and the object as experienced and to the underlying reality – here named the 'reference reality' – the nature of matter that cannot be fully comprehended as we also seem to realize in modern physics.

Ancient inner-science has something unique to offer also for people of today and perhaps in particular for those that want to change, provide changes that contribute to the common good for a better world or for researchers. Basis for this approach is the realization saturating the ancient science, that everything exists in a deeply interrelated way.

This can be expressed in 3intrinsic interrelations, namely:

- 1. The interrelationship of body and mind*
- 2. The interrelationship of the subject (perceptive capacities) and the object.*
- 3. The interrelationship of matter and the energy (potential-field)*

Have you ever thought

- 1) That we always have to use a perceptive or cognitive tool to experience anything?*
- 2) Implying, that exactly what we experience as existing out there or in here - in a so-called objectifying way - doesn't exist independently on our experience of it?*
- 3) Implying further, that we have a lot of saying into how our reality appears to us, the determination of which is thoroughly analyzed by ancient inner-science*

*Asthal Village, P.O. Maldevta, Maldevta-Raipur Road, Dehradun – 248009, Uttarakhand
Phone: +91 9410186214, Email: infotarabling@gmail.com, www.tarab-institute.org*

Module I of this training consists of two courses in 2020, which makes available and discuss the background investigative material of body, mind and reality and their interrelationships, which in fact is underlying all the ancient eastern spiritual traditions from the perspective of interrelated nature.

Module I

First course: January 6-24 2020

Second course: June 6-26 2020

Who does this course address?

This course is a post-graduate course equally addressing Post-graduates, Scholars, Researchers, Philosophers, Psychologists, Psychotherapists, Neurologists, Medical Doctors, other Scientists or lay people with keep interest in exploring and questioning the domain of reality for the sake of mental and physical health and/or as a spiritual quest.

Why undertake this UD training? What could I gain?

- Grounding in common agreement reality of the senses, and developing capacity to keep the sensorial perception and the conceptual cognition at the same height, using the natural complementary effect of these two mind capacities
- Development of insight into the interrelated way we perceive and cognize: taking the interrelationship of the perceptive/cognitive capacities and the reference-object into account
- Developing insight into and ability of mastering our reality and relationships
- Empowering the individual to take matters in own hands, going beyond victimisation, supporting dignity and integrity and opening genuine creativity
- Implementation of these points for supporting other persons to be responsible and creative people able to deal with the present problems facing the world today and tomorrow
- Implementation of these points also *in scientific research* in the genuine attempt of enlarging the scope, knowingly what we don't take into account in research, for enabling us to continue to modify the research protocol as deemed necessary for catching an increasingly more holistic and genuine picture of reality
- Developing an inner-ethical condition as a base for genuine ethical actions in the world

What is this first course about?

The immediate insight of the ancient inner-scientists we are going to explore is: that each perceptive and cognitive capacity has their own unique field of experience and doesn't overlap any of the other perceptive and cognitive fields. I.e. if we only access reality through ideas, we would be screening out a lot of possible fields of experience, as these will no longer be available for us.

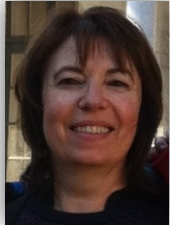
This basic field of psychology and philosophy will be studied on the background of Vasubhandu's Abhidharmakosakarika, and with Dharmakirti's Apoha, which brings an extraordinary analysis of the working of our cognitive capacities. We will study this conceptual uniqueness, enabling generalising, naming and language, and comparing this capacity to the different types of direct perception.

If we look deep enough, we will see that these ancient scientists, apart from identifying differentiations that are complementary to contemporary science, also retrospect points to certain modern conduct that in the long run could have impairing consequences for the future of humanity.

One of the present outcomes of our one-sided focus, for instance, on developing the conceptual cognition, is that many people have only little access to the complementary capacity of direct sense perceptions, a condition which supports unnecessary fears, alienation, emptiness and

loneliness experiences, common for modern world. In this sense, *the ancient inner-science material is highly potent for finding ways to increase mental health.*

Also, the complementary effect of attaining a natural balance between the perceptive and cognitive means could not just be effective for education (for supporting and maintaining mental health in humanity), but equally in respect to *mobilising a heightened level of creative problem solving, and for research.*



The latter, Dr Lilian Borel, PhD in Neurosciences and Director of Researches at the National Centre of Scientific Research (CNRS), in Marseille, France, will discuss with the participants interested -in the second part of the first course.

Dr Lilian Borel says, for instance:

“Several aspects of this first course of the UD postgraduate training could be very useful to scientists in connection with their research and, not the least, the set-up of research protocols, especially in respect to:

- *Distinguish conscious sensation and conceptually determined feeling. Indeed, there is a common tendency to take conclusion drawn conceptually for the sense reality*
- *Finding out why and how conceptual ideas are not capable to describe the whole phenomenon studied*
- *We can learn to develop support through direct perceptual means, based on our senses, to nourish and complement our conceptual mind*
- *Additionally, we could this way enhance creativity in the theoretical approach, as well as improve the formulation of hypotheses made by means of the conceptual mind when functioning on this more natural basis*
- *Acknowledge the major role of the investigator in how he or she relates to the participants being tested”*

*

As the tenets of the interrelated nature of existence, in the area of perception and cognition and their respective fields of experience, as in respect to body-mind, and matter-mind, are fundamental for the ancient inner-science, in the inner science perspective the interrelated nature of existence becomes implemented throughout. This is a great advantage in compare with contemporary science, where interrelated nature - even it is recognized as crucial - is so at a much later stage and, therefore, not fundamental for our scientific perspective and research. Just for this reason, these inner-sciences can bring exciting insights, deeply inspiring and relevant for science and upfront scientific research of today.

Looking forward to seeing you and meeting you in Dehradun at Tarab Ling.



Lene Handberg, Semrig Thablam Rabjampa (mastering inner-science and its application), Educational-Director of Tarab Institute International and Tarab Ling Institute

The main facilitator of UD at this course.

Attached you will find: 1) Folder - short presentation; 2) Prices for the course including food and lodging; 3) The curriculum of the whole UD Postgraduate Training; Website: www.tarab-institute.org