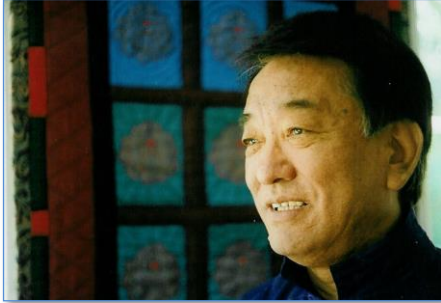


Unity in Duality®



(Tarab Tulku Rinpoche)



(Tarab Ling Institute, Dehradun, India)

UNITY IN DUALITY TRAINING

Change yourself – Change the world

23 Jan – 31 March 2018

The training can be taken stepwise starting with first part of Module I
TARAB LING STUDY AND RETREAT INSTITUTE, DEHRADUN, INDIA
Ancient Indian Inner-Science of Mind and Reality

Based on Extracts from the ancient Nalanda University text

Drawn by the exceptional Tibetan Scholar, Tarab Tulku XI (1935-2004), Lharampa Geshe

Information: www.tarab-institute.org / registration: infotarabling@gmail.com

The course will be conducted by Lene Handberg



Lene Handberg is the **Educational Director of Tarab Institute International and Tarab Ling Study and Retreat Institute, Dehradun, India.** She has a Semrig Thablam Rabjampa Degree (equivalent to a doctorate) in Inner Science of Mind and Reality and its application based on Pratityasamutpada / interrelated nature/ UD view. Lene Handberg has assisted Tarab Tulku in developing and teaching the UD program and was entrusted the responsibility of the UD program in 2004 by Late Tarab Rinpoche. She has given workshops and lectures in UD theory and practice in Europe, Australia and the US for the last 25 years. Lene Handberg is the President of the Tarab Ling Association in India and in the last years she has been giving lectures and workshops in India.

*We have many abilities we can use to take us beyond the normally imposed limitations of time and space, but in modern cultures we do not recognize these subtle abilities. The ancient Indian inner science is tailored for development in this direction, both for the benefit for the individual and also, as it is recognized that we are deeply interrelated, benefitting the world and its beings. **Unity in Duality (UD)** education and self development program is aiming at development of a sound basis of a valid reasoning fitting to our reality.*

In an endeavour of providing practical knowledge and insight into Ancient Inner-Science of Mind and Reality, a highly competent scholar, Tarab Tulku XI has developed the educational program, i.e. Unity in Duality. The first 2 of 4 modules of this training will be taught during a 10-weeks program scheduled for 23rd January to 31st March 2018. Dalai Lama Institute of

Higher Studies (DLIHE), Mysore University, Bangalore, will issue certificate to all participants at the completion of the course. Last year a similar programme was attended by a group of 21 students from Europe, US, DLIHE and Indian community.

This training provides knowledge and insights into the philosophy and psychology underpinning all the ancient Indian spiritual traditions. This insight has been extracted in an applicable way for everyday life, bringing about genuine material for personal development, for improving interpersonal relationships and enhancing an inner ethical condition.

The UD education program is the culmination of life long study and research, based on ancient Nalanda University literature and tradition, now supported by 16 textbooks with extensive diagrams.

The UD curriculum is taught through a unique methodology, combining the review of written text, investigative meditations, methods and practical application within the frame of student's own circumstances.

In Tarab Ling Study and Retreat Institute (TLSRI), Dehradun, India, the UD Program is made available either as a one-month course over four consecutive years, or two three-month courses, of which one can chose to take the amount of courses fitting to one's circumstances, however in sequential order.

The head of the teaching program is Lene Handberg, who was working closely together with Tarab Tulku for 25 years, establishing and teaching the UD Educational program in Europe.

He granted her the degree of Semrig Thablam Rabjam (mastering of the inner science and its application). As Tarab Tulku's last wish, when he passed away in 2004, Lene Handberg continued this work in Europe as well as in India, bringing back this unique material to its origin and to his Tibetan countrymen.

Brief Presentation of the Two Modules

Module I: Studying, investigating and applying the material of the three Buddhist schools of Inner Science of Mind and reality, i.e., Vaibashika, Sautrantika and Yogacara, based on extracts by Tarab Tulku XI, from an interrelated point of view Pratityasamutpada (tendrel).

Module II: Diving deeper into the studies of the manifolds of minds, their dynamics in and by their interrelated nature Pratityasamutpada (tendrel); for personal development using the acquired knowledge and insight in understanding and practicing dual and non-dual transformation, mandala and dream-work. All this for heightening the inner-ethics of the participant, including an inner command of self and unfoldment of reality.

Accommodation



The rooms have an attached bathroom and have either access to the garden or to two balconies. Rooms are furnished with 2 beds, side tables, 2 chairs and a table. At the entrance there are cupboards with padlock.

Fresh beddings are provided on request and the general cleaning is done by the occupants. Outside the rooms there is a kitchenette with possibility of making your own tea and coffee.

Tea will be generally served at the break during the course.

TEACHING TIME TABLE

Dates	No. of days	Subject	Credits
Jan 23-29	6	Vaibhasika	20
Jan 31- Feb 4	5	Sautrantika	
Feb 6 - 9	4	Sautrantika	
Feb 12 – 15	4	Yogacara	
Feb 19 - 23	5	Yogacara	
Feb 25		Module 1 test	
Feb 26-March 2	5	Mapping of Minds and Body-Minds	
March 5-9	5	Dynamic of Minds	
March 12-13	2	Dynamic of Minds	

NOTE!

On completion of the training, candidates will receive a certificate from DLIHE, Mysore University. This training gives 20 certified credits that can be used in addition to an ongoing study.

REGISTRATION OPEN at infotarabling@gmail.com

Tarab Ling Institute

For more information please contact:

Norbu Wangchuk, General Secretary

Asthal Village, P.O Maldevta

Dehradun -248009, Uttarakhand, India

Email: infotarabling@gmail.com

Phone: +91 9410 186 214

Web: www.tarab-institute.org

How to get there

Tarab Ling is situated in a small village, Asthal, 11 km outside Dehradun in a rural area surrounded by reserve forest and next to the Baldi River. If you come from Dehradun town then go towards Raipur and then turn towards Maldevta. After 3 km there is a Tarab Ling sign board on the left side at the road ascending to Asthal village. You can find Tarab Ling on google maps.



(Raipur Rana Pratap Chowk)

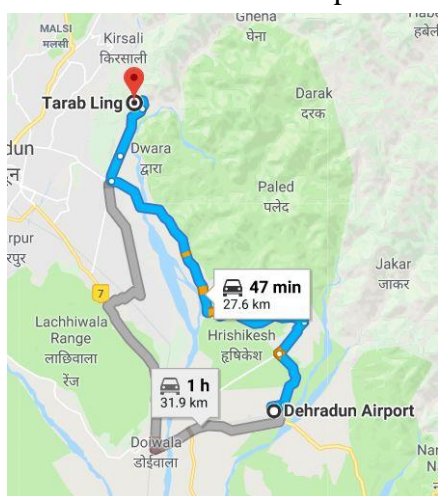


(Tarab Ling Sign Board)

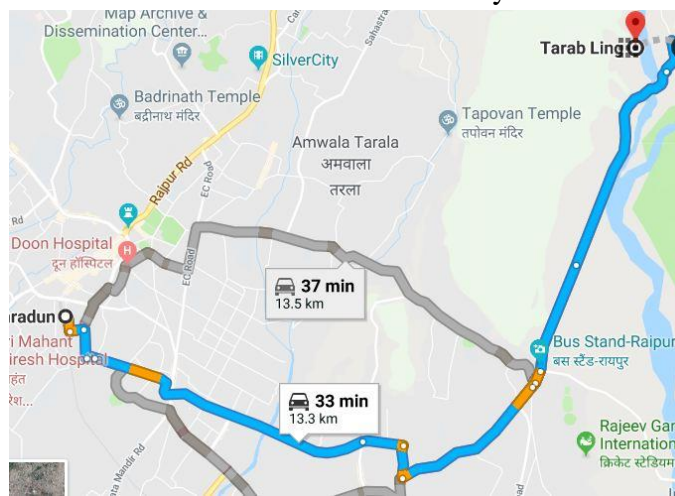
Dehradun airport is a 45 minutes drive to Tarab Ling. Taxis are available at the airport. You can also ask Tarab Ling for taxi arrangement.

Dehradun is also connected by road and railways.

1. From Dehradun Airport



2. From Dehradun Railway Station



3. From Dehradun ISBT

