

Nearness to Oneself and Openness to the World A Unity in Duality approach Weekend-Course, April 18th–19th, 2019, Copenhagen

In everyday life love and compassion is related to the ability of being open to oneself and to others. If we close to ourselves we are not relating to the world in a harmonious manner. To be open implies – on a psychological level as well as on an energy level – making inner space for experiencing what actually is, without the projection of expectations and preconceived ideas. In this state of openness positive and negative aspects are not perceived as contradictory; they naturally coexist.

In the Indo-Tibetan tradition it is paramount to know oneself by means of re-entering one's deeper nature in order from here to relate with the deeper nature of the other and of the world at large. Thus the vision we have of the other depends on the relationship we establish with ourselves. Beyond body, thoughts, language and emotions there exists a level of being which implies the feeling of existing without needing other support than one self. It is from this basic level of being that we have to contact the other. Thus established in our natural state of being, without need of support from others we feel strong in ourselves and can therefore afford to give the necessary space to the natural experience of self and others, which in turn leads to a decrease of anxiety, fears, and projections in relation with the outer world. This attitude of openness is related with a beginning stage of love and compassion.

The ancient Indo-Tibetan theory and practice will be presented within the frame of the underlying paradigm of interrelated nature pointed out by Tarab Tulku Rinpoche of 'subject'-'object', 'body'-'mind' and 'energy'-'matter'.

The latter is also the basic paradigm for the UD Training of "Applied Philosophy" training starting: September 18th-22nd 2019, Sostrup Slot.



Teacher: Sandrine

Gousset Ph.D. in Sociology and Political Science, she has been working in universities in the U.S. and France for a few years before graduating in Psychology and Psychotherapy. As a recognized therapist she runs her own practice nearby Paris, working with individuals as well as with groups in enterprises.

From 2001 on, she has been the translator of Tarab Rinpoche and Lene Handberg. She has also translated to French all the written UD material. She holds a Semrig Thablam Mawa degree in Unity in Duality. She is at present member of the Educational committee in France and in Tarab Institute International. She is giving UD workshops in Europe, assisting Lene Handberg and teaching parts of the UD training in France and Slovakia

Place: CO/Jeanette Kielberg, Bredgade 25B, 1th, Sankt Annæ Passage, København.

Teaching & practice hours: Saturday 10-18; Sunday, 10-17.

Language: English

Course fee: 1.200 Dkr / 160 € (800 Dkr/ 110€ students/unemployed/persons on pension)

Cancellation: Cancellation until 4 weeks before course start with fully refunded course-fee.

Registration: Deposit 500 Dkr to Tarab Instituttet, Danmark, Danske Bank, Registration no 1551, account no 12450133. IBAN: DK70 3000 0012 450133; SWIFT/BIG: DABADKDK, **with confirmation:** Tarabinstitut.DK@gmail.com

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