

## Studio flat



## Dining hall, kitchen and office building



The dining hall is on the first floor giving access to a balcony with a view towards the hills of Mussoorie.

We serve only vegetarian food - ecological when available - and advise residents to refrain from smoking and drinking alcohol on the premises.

## Run of the course / retreat

The retreat has a 3 week schedule as follows:

- The first 2 weeks Lucid Dream Wisdom is taught interspersed with practices.
- During the third week follow up on instructions with emphasis on individual practice.

You may take part in the first or the first two weeks, or extend your stay with one or two more weeks, with a daily consulting meeting.

## Course fee

- Week 1: 150€
- Week 2: 100€
- Week 3: 50€

## Stay at Tarab Ling all included

- One person, single occupancy: 280€/week
- Two persons, double occupancy: 420€/week (210€ each/week)  
(It is possible to rent a heater or buy firewood bricks)

## Getting there

Tarab Ling is easily accessible situated 250 km North of New Delhi close to Dehradun the capital of Uttarakhand.

There are train, flight and bus connections from Delhi to Dehradun. The easiest is a taxi which can be arranged from Tarab Ling.

## Tarab Ling Institute

For more information please contact:

Norbu Wangchuk, General Secretary

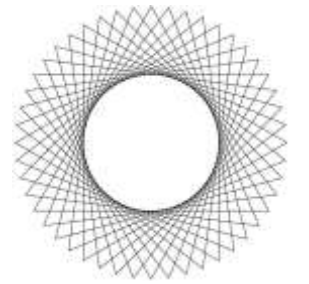
Asthal Village, P.O Maldevta

Dehradun -248009, Uttarakhand, India

Email: [infotarabling@gmail.com](mailto:infotarabling@gmail.com)

Phone: +91 9410 186 214

Web: [www.tarab-institute.org](http://www.tarab-institute.org)



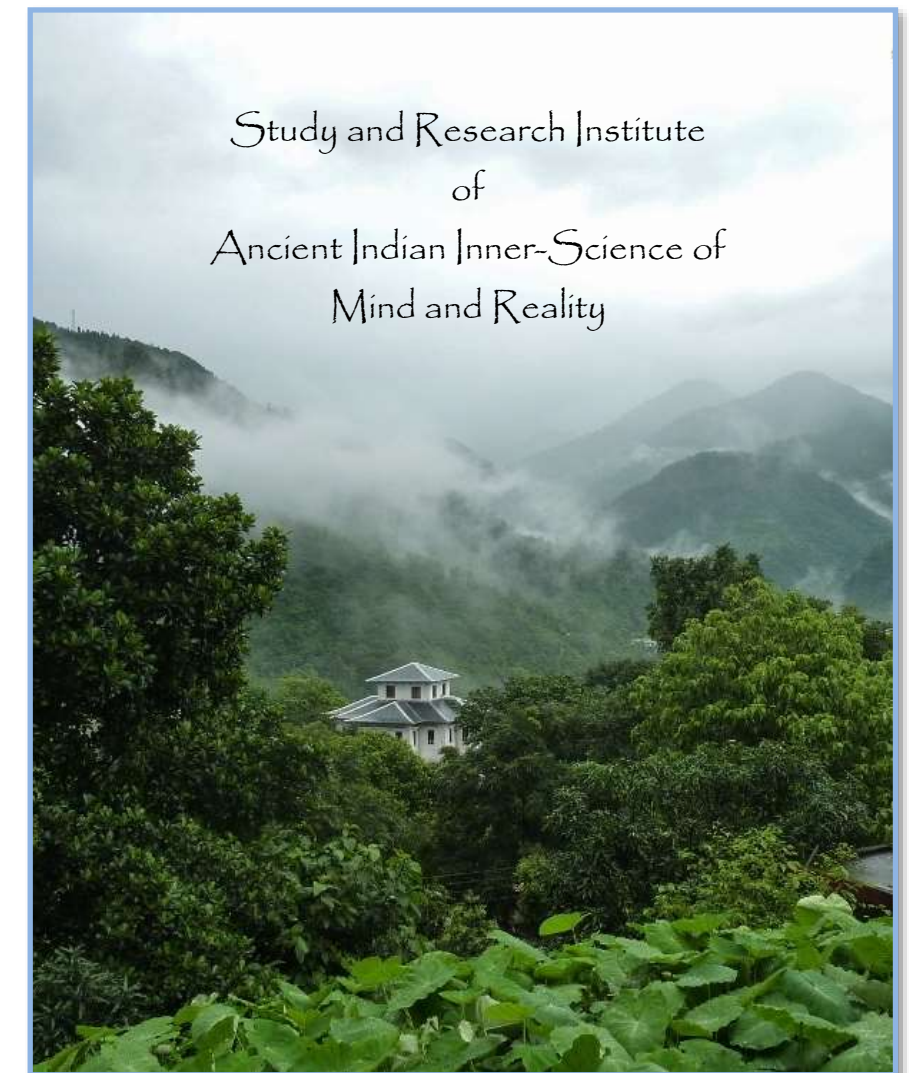
# Tarab Ling

*Lucid Dream Wisdom Retreat*

*Mobilizing the creativity of the unconscious*

*2 or 3 weeks*

*5<sup>th</sup> - 18<sup>th</sup> January or 5<sup>th</sup> - 25<sup>th</sup> January 2023*



Study and Research Institute  
of  
Ancient Indian Inner-Science of  
Mind and Reality

*Join at this unique place in the Himalayas*

## Introduction

This study and retreat opens the door to the accumulative knowledge of the old Indo-Tibetan spiritual tradition gleaned from thousands of years of study and practice in an area generally unavailable to people of modern cultures. Tarab Tulku, the founder of this training was a scholar and yogi from the old Tibet who throughout his life was practicing the Dream Yoga. From his massive vault of knowledge, we will practice getting in touch with an area of our life that is little understood in our modern way of living. We will train in entering the imaginary dream body and lucid dreaming working towards a deep intuitive understanding of the underlying structures that govern our daily life.

## In detail

These original dream methods allow us to work directly with the dream material for the purpose of personal development and the beginning of a spiritual transformation. Mastery of dreams and imaginary states opens up deep intuitive understandings. Applying the ancient dreaming techniques of India and Tibet, the dream state directly and radically deals with crucial underlying issues that otherwise rule our lives unconsciously. Methods for dream recall and entering the lucid dream state will help us heal and transform our inadequate mental structures as well as teach us how to cultivate deep intuitive understanding. Mastery of these methods gives us access to our deepest strength of being, opening the natural resilience and grit.

Each night as we fall asleep, a vast treasure trove of information opens up to us that we can use to free ourselves from our limitations and move towards greater wholeness and well-being. Our dreams, far from being mere meaningless repetitions of our daily experiences, are gateways to the mystery of our inner realms and beyond, opportunities for transformation. Because the dream state is an energetic state, skilful work can provide an opportunity for an intuitive understanding of inscrutable realms of our otherwise material and seemingly solid reality.

## Benefits

This intensive dream course, based on Unity in Duality, a program developed by the Tibetan master Tarab Tulku XI, is an introduction to aspects of the shamanistic dream tradition and Buddhist Dream Yoga and includes methods for remembering dreams and gaining lucidity in the dream state as well as other techniques to help participants developing facilities of using dreams directly for personal development. Employing these ancient Indo-Tibetan methods gives the practitioner powerful tools to directly and radically address the underlying emotional and psychological issues that manifest in the dream, at the same time giving access to the spiritual realm.

*Read More about Lucid Dream Wisdom: Amazon.de "Lucid Dream Wisdom" Tarab Tulku Rinpoche's Yogic Theory and Practice.*

## Founder



Tarab Tulku Ngawang Losang. Lharampa Geshe and Dr Phil. (1934-2004). Tarab Tulku, Tibetan Reincarnation Lama, concluded his studies in Indo-Tibetan Psychology, Philosophy/Inner-science of Mind and Existence in Tibet with the highest academic degree of Lharampa Geshe.

Tarab Rinpoche fled from Tibet in 1959, he was Director of Tibet House in New Delhi, India (1963-1965), a lecturer at Copenhagen University and Research Librarian at the Royal Library of Copenhagen (1960-1963 and 1965-2000). He established Unity in Duality for people of modern cultures, extracted from the Sutras and Tantras, in compliance with the interrelated nature of existence, beyond boundaries of cultural and faith.

## Teacher & co-founder



Lene Handberg is the co-founder of the Unity in Duality Training and Educational Director of Tarab Institute International, an organization with branches now in Denmark, Germany, Finland, France, Sweden, Holland, Slovakia, Spain and India, devoted to advancing the universalities of ancient Indo-Tibetan personal and spiritual wisdom

A native of Denmark, Lene Handberg was a student and protégé of Tibetan Buddhist lama, Lharampa Geshe/Ph.D. Tarab Tulku XI, a contemporary scholar of the Dalai Lama, who developed a very complete Modern version of advanced Indo-Tibetan teachings, he called Unity in Duality, Tendrel, by extracting the universalities that apply to anyone beyond culture and faith. Together with Ms Handberg, he founded the Tarab Institutes and developed the presentation of the Unity in Duality Training to disseminate this knowledge and investigative practice oriented tradition.

## Tarab Ling – A Study and Research Institute in the Himalayas

Tarab Ling is situated in an area of reserve forest at the fringe of Asthal village overlooking the Baldi River 50 meters below and with the Himalayan foothills in front. From New Delhi it is easy to reach Tarab Ling as it is not far from the capital of the state of Uttarakhand.



**Main teaching building**



**Guest houses**

Each of the 3 guesthouses has 8 studio flats of 18 -20 m2 with attached bathrooms furnished with 2 beds, a wood burning stove and other furniture. There is also access to a kitchenette on each of the 2 floors.