

## MANDALA COURSE MAY 20<sup>th</sup> - 22<sup>nd</sup> 2011

### **Mandala**

#### **Harmonizing man and cosmos Psychoterapeutic techniques.**

The mandala is a map of the cosmos, it is the whole universe in its essential plan, in its process of emanation and re-absorption. However, the mandala is not only a cosmogram but likewise a psycho-cosmogram, the scheme of disintegration from the One to the many and the reintegration from the many to the One, to the Absolute Consciousness, entire and luminous. Thus the mandala is used in order to find once more the unity of an un-diverted consciousness, and to restore in oneself the ideal principle of things." Giuseppe Tucci, "The Theory and Practice of the Mandala".

The traditional Tibetan mandala combines in its structure the five elements, the five basic colours and the five seed syllable sounds - the ground of our being and that of nature itself. All of which is further combined with the five skandhas (our psycho-physical existence), the "five basic psychological/emotional attitudes", and finally the "Five Buddha Qualities" – the "Intrinsic Wisdoms" which are basic to existence as such.

From the understanding of the essence of the traditional mandala, Tarab Tulku has created methods for self-development through contacting, enriching and balancing the five element-energy-qualities at a physical level, a psychological level and an energy level respectively, in order to develop a sound connection with the natural energies of inner and outer existence. These methods will be taught and practised during the course.

In this way the participants will explore the different phenomena of the mandala and to the best of their abilities heal and reveal the connections of their psycho-cosmogram in accordance with the old Tibetan Wisdom of the Mandala.

Teacher: Sandrine Gousset:



Sandrine Gousset holds a Semrig Thablam Mawa degree in "Unity in Duality". Ph.D. in Sociology and Political Science, she has been working as university teacher for a few years before becoming a psychotherapist. Recognized therapist in psychosynthesis she runs her own practice in Paris, working with individual as well as with groups in enterprises. From 2001 on, she has been the translator of Tarab Rinpoche and Lene Handberg. She is at present assisting Lene Handberg in teaching the Unity in Duality program in France and abroad.

## Regarding booking and practical information:

The course will take place from Friday to Sunday, May 20<sup>th</sup> - 22<sup>nd</sup> 2011.

Timeschedule: 10am to 5pm all 3 days.

Address: "Storesøhøj" Hørsholm Kongevej 40, 2970 Hørsholm.

Teacher: Sandrine Gousset (the course will be held in English)

There will be participants coming from abroad to stay at Storesøhøj" for free. These participants should bring their own sleepingbag and we will have to charge money for the meals. All will be invited to participate in the practical work making the food etc.

Course fee: D.kr. 1.200.

Due to the booking of tickets for the teacher from France we will need you to make a deposit of D.kr. 600 before 1<sup>st</sup> of April.

The rest D.kr. 600 needs to be paid before the 10<sup>th</sup> of May.

The payment will be nonrefundable as the costs for the course needs to be assured.

We require minimum 15 and maximum 25 participants for the course to run. If there are less than 15 participants the course will have to be cancelled and we will refund your payment.

Bank details:

Danske Bank: IBAN / account no: DK7030000012450133 BIC(Swift-adress): DABADKKK

How to get to Storesøhøj with bus from Copenhagen

Bus 150S drives from Nørreport Station towards Kokkedal Station

You stop at "Ubberødvej" after the "Gl. Holte" stop.

