Tarab Tulku Rinpoché

Tarab Tulku Rinpoche was found to be the 11th. incarnation of the Tibetan Lama Tarab. Tarab Rinpoche obtained a Lharampa Geshe degree / Ph.D. from Drepung Monastic University. Tarab Rinpoche lived in the west for more than 30 years. Rinpoche was, until his retirement 2001, a lecturer at the Copenhagen University and a researcher at the Royal Library of Copenhagen. Tarab Rinpoche took it upon himself to present in a new form the Buddhist Science of Mind and Phenomena in terms of „Unity in Duality"(U.D.) together with U.D. Personal-development and U.D. Art of Relating and Psychotherapeutic Application as well as U.D. Spiritual Application, in order to make the universalities carried by the Tibetan Buddhist Culture available for persons of modern cultures. For this purpose Rinpoche established a formal four-year Unity in Duality Educational Program under the auspices of the Tarab Institutes, first time in Brussels, then Munich and Stockholm, presently in Paris, Hamburg and in 2005 the Unity in Duality Education also started up in India. Before Tarab Rinpoche passed away he entrusted Lene Handberg the responsibility for the continuation of the Unity in Duality Education Program. Rinpoche founded Tarab Institutes in Munich /Hamburg, Copenhagen, Helsinki, Tartu, Stockholm, in Brussels, Paris and London as well as the Tarab Ling Institute in India, Dehradun. A 4 year teaching cycle is running in France since March 2008. A new one will start in march 2012.

Lene Handberg

Lene Handberg holds a Semrig Thablam Rabjam degree in „Unity in Duality" (Mastering the Unity in Duality 'Inner Science' of Mind and Phenomena, and its Application). Together with Tarab Tulku Rinpoche, she has developed the Unity in Duality Personal Development as well as Art of Relating and Psychotherapeutic Application. Lene Handberg has been assisting Tarab Tulku Rinpoche in teaching Tibetan Science of Mind and Phenomena and Personal Development in the context of the U.D. Education Program for the last 15 years, and she has all along been responsible for the Unity in Duality Psychotherapeutic Application. Lene Handberg has been giving workshops in Europe for the last 17 years, in Australia as well as in the U.S. She has worked with Ronald Laing on re-birthing, and with Analytical as well as Bio-energetic psychotherapy. Before Rinpoche passed away, September 2004, Tarab Rinpoche entrusted Lene Handberg the responsibility for continuing the Unity in Duality Education in Europe as well as in India. She is at present also the President of the Tarab Institute Denmark.

OPENING TO LOVE & COMPASSION

A UD approach
based on Tarab Tulku Rinpoche's teachings

INTERNATIONAL RETREAT
Teaching in english with translation in french

Experiencing deep, unflinching love and compassion is dependent upon the ability to be open to oneself and others without resistance or defenses. When we are open we have inner space for experiencing what actually "is" without projection and expectation.

Using methods developed by Tibetan lama Tarab Tulku, Lene Handberg will help participants move through layers of mental and emotional constructs to identify, experience and bring to the fore this natural inner dimension, whose essential characteristic is a feeling of existing without the need for outer support – taking care of one's own system. When we are established in this natural state of being, without the need of support from others, we feel strong in ourselves and can embrace all of life fearlessly with curiosity, interest and abiding love.

This international summer-retreat will be given in Prieure de Marcevol, near Vinca (South France – Pyrenees orientales). The Prieuré is beautifully situated in the mountains. It is possible to live in the Prieuré, but for those who wish more privacy there are rooms/guest houses available in Marcevol and the surroundings villages.

ENTRY FORM
- to send back before june 15th, 2011 -

OPENING TO LOVE & COMPASSION

Retreat in Marcevol, South France,
August 20-26, 2011

Name: .....

First name: .....

Address: .....

.....……

Tel ……..... port. ……

E-mail: .....

I wish to be registered for the retreat in Marcevol

- ☐ Normal price: 320 €
- ☐ Tarab Institute France members : 270 €
- ☐ TIF members: students/out of job: 220 €
- ☐ TIF members: for couples: 440 €
- ☐ TIF members having taken or currently taking the UD courses: 240 €
- ☐ 2011 yearly subscription : 20€ (30€ for couples)

- ☐ I join a cheque of ……€
- ☐ I wish an invoice

Thanks for writing your cheque(s) to the order of Tarab Institute France and send them along with your entry form to :

Cathy Pawlick
Lieu dit Combe
66320 ARBOUSSOL
FRANCE
☎ 33 (0)4 68 96 07 35
franzcathie@hotmail.com

To reserve a room at the Prieuré de Marcevol, pls contact Joanna
Prieuré de Marcevol
66320 ARBOUSSOL
prieuredemarcevol@free.fr

The price for the full board and lodging is 44€ per night (+ 0.40€ local tax). There are some few possibilities of camping, with meals taken at the Prieuré. The price for one meal is 12€.

Unity in Duality (U.D.)

"It is my great wish that "Unity in Duality - Tendrel" in the interplay with modern scientific research will reveal its deep-reaching insights into creating inner and outer harmony". Tarab Tulku Rinpoche

The view that everything that arises is mutually interconnected; *in Tibetan called „Tendrel"*, can be considered Buddhist philosophy's quintessential contribution to the world. This view is rooted in 5th century B.C. India.

In the 8th century A.C. the Tendrel-view together with other facets of Buddhism was introduced to Tibet, where it became the basis of an extraordinary scientific and method-oriented tradition that is known today as Tibetan Buddhism.

Tarab Tulku Rinpoche, one of the most renowned Tibetan scholars of our time, has been living in the West for over 30 years. It was here that he came to express his deep understanding of Tendrel in the paradigm of three pairs of interrelated opposites *Subject-Object, Mind-Body and Energy-Matter* that are joining in unity.

To render these interdependent relationships comprehensible and to facilitate their deep understanding is the heart of Rinpoche's integral approach.

Tarab Rinpoche gained this paradigm by elaborating the essential aspects from the traditional Buddhist „inner science of mind and phenomena", as taught in the Sutras and Tantras, concentrating them in five disciplines as „Unity in Duality": *Science of Mind and Phenomena, Personal Development, Art of Relating and Psychotherapeutic Application as well as Spiritual Application.*

In this way the old knowledge, founded on the Tendrel-view, was established in present time as an accessible and practice-oriented system.

Unity in Duality especially aims to contribute to the solution of mental problems, as they increasingly arise under the conditions of a highly technical and rational culture that is prevailing today in many parts of the world. Effective methods are introduced for the creation of inner and outer harmony, mainly through practical application in the fields of human relations and communication, education and mental health

Practical informations

The Teachings will take place at:
Prieuré de Marcevol
66320 ARBOUSSOL
FRANCE
Tel : 33 (0)4 68 05 24 25
prieuredemarcevol@free.fr

Timing :

from saturday august 20 at 16h30 to friday august 26 at 17h

Possibility of full board and lodging at the Prieuré for 44 €/night (+ 0.40€ local tax). The price for a meal taken alone is 12 euros.

For specific requests (possibility of camping or take the meals alone) would you please address your request to the Prieuré directly.

To be registered for the retreat, please fill in the entry form and send it back before June 15th, 2011

For lodge and meals reservations, please contact directly the Prieuré of Marcevol.

Other possibilities of lodging and/or guest house are possible. Thanks for being in contact directly with the town hall of ARBOUSSOL at 33 (0)4 68 96 01 40 or with the central reservation desk at 33 (0)4 68 68 42 88

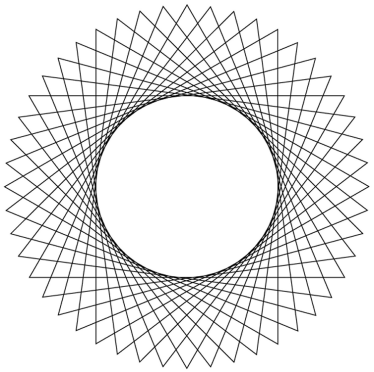
For your comfort, we suggest to bring with you some material for meditation (cushion, blanket...).

For any further info's, please contact us at Tarab Institute France

tarab.institute@yahoo.fr

http://www.Tarab-Institute.org

Unity in Duality



Unity in Duality

OPENING TO LOVE & COMPASSION

A UD approach
based on Tarab Tulku Rinpoche's teachings

International Retreat
in Prieuré of Marcevol
near Perpignan, South France

August 20-26, 2011

By

Lene HANDBERG