

Unity in Duality

Curriculum
U.D. Education Program
Slovakia, 2008-2013

Unity in Duality Science of Mind and Phenomena
Unity in Duality Personal Development
Unity in Duality Art of Relating & Psychotherapeutic Application
Unity in Duality Spiritual Application

A Tibetan Buddhist Approach

Tarab Tulku Rinpoche

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Unity in Duality

- An Introduction -

The 'tendrel' view, *the interdependent origination of reality*¹, is Buddhism's quintessential contribution to the world. The Tendrel view basically implies "the interdependent nature of all that exists", and has its roots back in fifth century BC India.

In the eighth century AC together with Buddhism the Tendrel view was adopted by the Tibetans and quickly formed the basis of the exceptional scientific and practice-oriented tradition later known as Tibetan Buddhism.

Tarab Tulku Rinpoche was a foremost Tibetan Buddhist Scholar who lived in the West for over 30 years. He formulated his deep understanding of the Tendrel view particularly through the paradigm of the entwined relationship between the three inter-determining unities of 'subject'- 'object', 'body'- 'mind', 'energy'- 'matter'. Comprehending and actualizing these interrelationships in everyday modern reality is what lies at the heart of Tarab Rinpoche's integral approach, Unity in Duality.

By extracting essential as well as universal aspects from the traditional Buddhist "inner science of mind and phenomena", as it is presented in the Sutras and the Tantras, Tarab Rinpoche has conceived this paradigm and manifested it in the five disciplines of Unity in Duality: Science of Mind and Phenomena, Personal Development, Art of Relating and Psychotherapeutic Application as well as Spiritual Application. Rinpoche has in this way established the ancient knowledge expressed by the Tendrel view in the comprehensive system of Unity in Duality.

Unity in Duality is especially designed to help solve the mental problems that arise from the conditions created by our highly technological and rational western culture, which is prevailing in many parts of the world today. But it equally proposes a clear-cut view with powerful methods of creating inner and outer harmony in the fields of human relationships, communication, education and mental health.

¹ The 'tendrel' view, *the interdependent origination of reality*, relates particularly to the interdependent nature of subject and object, but extends its domain into all walks of existence with Nargajuna's Eight Tendrels and referring to other paradigmatic interdependent relationships deeply relevant to Unity in Duality we can name the body-mind relationship and the matter-energy relationship.

Essential Ideas of the Unity in Duality Paradigm

“Mind” refers to mental consciousness based on its three aspects of logic / language, imagination and feeling; it refers to the sense-minds as well as to those subtle levels of consciousness, which coincide with subtle levels of “body”. Mind always has an embodiment, and the body, with its particular sense abilities, is accordingly setting the frame for the functioning of mind.

“Matter” is seen as inseparable from “energy”, which is fundamental to existence - matter could not exist without it. Existence is said to be a pulsation of energy to matter, and from matter to energy a continuous process throughout time, taking place at the same time on many levels and at different speeds.

The “object” is not viewed as existing in and by itself in the way in which the “subject” experiences and perceives it. Rather, the object we experience as such, is seen as being determined by the subject’s means of perception/cognition², which at some levels of perception/cognition is even strongly influenced by the specific self-referential experience of the subject.

Tibetan science of mind / psychology maintains that the subject’s self-references are the core around which psychological patterns and the normal reality of the individual develop. The self-references become therefore the focal point of change for the purpose of personal development and psychotherapeutic transformation.

From the viewpoint of Unity in Duality, reality is thus not seen as a fixed phenomenon existing out there in its own right, but as a relational and fluctuating appearance in the meeting of subject and object.

The subject’s determining effect on the object-experience is exactly what makes it possible for us to change our experience of reality and is therefore also the basis for self-development and psychotherapy, giving us the key to change.

The education in Unity in Duality Science of Mind and Phenomena, Personal Development, Psychotherapeutic- and Spiritual Application profoundly integrates the understanding of the three basic unities of “body-mind”, “energy-matter” and “subject-object”. It provides means for the individual to develop a naturally clear and direct way of experiencing as well as of dealing with others and reality - in everyday life as well as in the psychotherapeutic setting.

In this respect the Tibetan ‘science of mind and phenomena’ offers a well grounded and highly developed frame of reference for understanding the possibilities for personal development. It gives the theoretical analysis for changing the experience of oneself and the experience of one’s surroundings – i.e. of changing one’s whole approximation of reality - and it offers adequate developmental methods on a personal, transpersonal, as well as psychotherapeutic level to attain this.

² This doesn’t mean that nothing exists. Everything exists, but the way it appears to us is dependant on the perceptive/cognitive tools we use.

Schedule and Presentation

Module I

Studies and Training in “Unity in Duality Science of Mind and Phenomena”

Conditions for participation: No particular prerequisites.

Module I may be attended as a separate module

1st part of Module I, Summer 2008, 14 days teaching + 2 days break (16 days in all)

2nd part of Module I, Summer 2009, 14 days teachings + 2 days break (16 days in all)

Module II

Studies and Training in “Unity in Duality Science of Mind and Phenomena and Personal Development “

Conditions for participation: Completion of Module I

Module I and II may be attended as separate modules

Module II 1st part, Summer 2010, 14 days teachings + 2 days break (16 days in all)

Module II 2nd part, Summer 2011, 14 days teaching + 2 days break (16 days in all)

Additional Training: Minimum 2 individual coaching sessions in U.D. Personal Development (1 hour session) & Minimum 2 individual sessions in U.D. Psychotherapeutic Application for prospective participants in Module III.

Module III

Module III has two branches:

III A. Unity in Duality Art of Relating - Any profession

III B. Unity in Duality Psychotherapeutic Application - Psychotherapists, psychologists and psychiatrists exclusively

III A. Studies and Training in “Unity in Duality Art of Relating”

Conditions for participation: Completion of Module I & II

Module III A, 1st part, Summer 2012, 7 days teachings + 1 days break (8 days in all)

Module III A, 2nd part, Summer 2013, 7 days teachings + 1 day break (8 days in all)

III B. Studies and Training in “Unity in Duality Psychotherapeutic Application”

Conditions for participation: Completion of Module I & II

Module III B, 1st part, Summer 2012, 7 days teachings + 1 day break (8 days in all)

Module III B, 2nd part, Summer 2013, 7 days teachings + 1 day break (8 days in all)

Module IV

Studies and Training in “Unity in Duality Spiritual Application”

Conditions for participation: Completion of Module I, II & III

Module IV, 1st part, Summer 2012, 7 days teachings + 1 day break (8 days in all)

Module IV, 2nd part, Summer 2013, 7 days teachings + 1 day break (8 days in all)

Module I: “Unity in Duality Science of Mind and Phenomena”

This foundation course is given during the first two years of the training. It involves the study of the relevant aspects of the four Buddhist ‘Science of Mind and Phenomena’ - schools, and the connected practice for the experiential application of these particular views with regard to U.D. Personal Development:

Module I, 1st part –Summer 2008

Course I, 1a: 6 days Course on *Vaibhasika* ‘Science of Mind and Phenomena’
(Teachings, group work, individual sessions & study)

- Studies into the nature of subject-object interrelationship with special regard to the five sense ‘minds’ and the sixth sense ‘mind’ as well as their respective objects.

Course I, 2b: 2 days Course on “Nearness to Oneself and Openness to the World”

Course I, 3c: 6 days Course on *Sautrantika* ‘Science of Mind and Phenomena’
(Teachings, group work, individual sessions & study)

- Epistemological studies with special regard to the analysis of the nature and the object of the conceptual ‘mind’

Module I, 2nd part – Summer 2009

Course I, 2a: 6 days Course on *Yogacara* ‘Science of Mind and Phenomena’
(Teachings, group work, individual sessions & study)

- Epistemological studies and nature of mind studies with special regards to subconscious mind.

Course I, 2b: 4 days Course on *Madhyamaka* ‘Science of Mind and Phenomena’
(Teachings, group work, individual sessions & study)

- Analysis of the nature of phenomena with special regard to the self-referential experience as the basis for our reality.

Course I, 2c: 4 days Course on “Mandala - Balancing the basic Forces of Existence”

Module II: “Unity in Duality Personal Development”

The formal courses of “Unity in Duality Personal Development” are given in one stretch. Special emphasis is on the Nature of Reality in regard to the Subject-Object, Body-Mind and Energy-Matter relationship, from the perspective of personal development in Theory and Practice.

Requirements: Completion of the Module I.

Module II, 1st part – Summer 2010

Course II, 1a: 1 day Course: written assignment on
“The Four Science of Mind and Phenomena Schools”
- followed by discussion

Course II, 1b: 6 days studies and training in the Unity in Duality Interrelationship of Subject-Object and Body-Mind, with special emphasis on:
- Perception and Cognition
from the perspective of U.D. Personal Development.
-Teachings, group work, individual sessions & practice

Course II, 1c: 7 days studies and training in the Unity in Duality Nature of Reality in regard to the Subject-Object, Body-Mind and Energy-Matter interrelationship, with special emphasis on:
- The dynamics of subconscious processes
- The role of the self-references
- The dynamics of emotions
from the perspective of U.D. Personal Development.
-Teachings, group work, individual sessions & practice

Module II, 2nd part – Summer 2011

Course II, 2a: 7 days studies and training in the Unity in Duality Nature of Reality in regard to the Subject-Object, Body-Mind and Energy-Matter interrelationship, with special emphasis on:
- Developmental psychology
- Psychological “transformation” (dual) of the core problematic / the vulnerable self-reference
- Psychological “transformation” (non-dual) of the core problematic / the vulnerable self-reference from the perspective of U.D. Personal Development.
-Teachings, group work, individual sessions & practice

Course II, 2b: 7 days course on “Ancient Tibetan Dream Wisdom ”
and “Gate of Death – Key to Creation”

Additional Training: *Minimum 2 individual coaching sessions in U.D. Personal Development (one hour session). May be started in Module I and/or Module II.
Minimum 2 individual sessions in U.D. Therapeutic application (2-3 hours) for prospective participants of Module III (to be taken within Module II)*

Homework: Written assignment on “Unity in Duality Self Development” based on the teachings in Module I and II, with reference to work with own material.
The assignment should be handed in before July 1. 2007.

Module III

A. *Unity in Duality* Art of Relating, Summer 2012 & 2013

or

B. *Unity in Duality* Psychotherapeutic Application, Sum. 2012 & 2013

Module III A, 1st part: “*Unity in Duality* Art of Relating”

Requirements for participation in Module III A:

- *Completion of Module I & II*
- *Minimum of 2 individual coaching sessions in U.D. Personal Development (may be started in Module I)*

In the first year of Module III A the formal teachings and training in “*Unity in Duality* Art of Relating” will be presented and explored together with a deepening of the trainee’s own abilities in using *Unity in Duality*.

Course III A, 1a: 2 days oral presentation of U.D. Self-development – can be performed individually or in groups –
Followed by questions from audience and teachers

Course III A, 1b: 3 days studies and training in “*Unity in Duality* Art of Relating” with special regard to:
Body-mind encounter with person in question particular to U.D. Art of Relating

- The dynamic of psychological processes - conscious as well as subconscious - pertaining to U.D. Art of Relating regarding dealing with person in question from the viewpoint of the interconnected nature of subject and object.

-Teachings, group work, individual sessions & practice

Course III A, 1c: 3 days studies and training in “*Unity in Duality* Art of Relating”, with special regard to:

- Types of problematic self-referential structures, their etiology, appearance, and differentiated methods for dealing with person in question
- U.D. Art of Relating in regard to transformation (dual) of the core problematic / vulnerable self-references, from the viewpoint of the interconnection between subject-object and body-mind.

- Teachings, group work, individual sessions & practice

Module III A, 2nd part: “Unity in Duality Art of Relating”

Course III A, 2a: 5 days studies and training in “Unity in Duality Psychotherapeutic Application” with special regard to:
-The dynamic of existential fear and transformation (non-dual) of the core problematic / vulnerable self-references in regard to the Art of Relating from the viewpoint of the interconnection between subject-object, body-mind and energy-matter.
-Synthesis of the training in *Unity in Duality Art of Relating*
-Teachings, group work, individual sessions & practice

Course III A, 2b: 2 days Unity in Duality Art of Relating Group Work & Supervision & Discussion on final paper, writing of synopsis as well as presentation of synopsis for the group.

Individual sessions in U.D. Art and Relating and Supervision during Module III A:

- Minimum of 10 individual sessions in U.D. Art of Relating
- Minimum of 5 individual sessions of U.D. Art of Relating Supervision

Case studies: *Case description of “U.D. Art of Relating” with 5 persons, whom you have been dealing with over a period of minimum 1/2 year. Case studies are to be approved by the Principal Teacher.*

Final paper: The training in U.D. Art of Relating concludes with a paper based on the candidates’ personal experience with regard to their own U.D. Self-Developmental process and to their work in U.D. Art of Relating with clients – integrating the theory of U.D. ‘Science of Mind & Phenomena’.

The final paper should be handed in after the completion of the candidate’s individual U.D. sessions and supervision, as well as the case studies.

Oral Presentation of final paper: Once the final paper has been credited the candidate can make his/her arrangements with the teachers for oral presentation.

At the annual *Unity in Duality Conference* it will be possible to give the oral presentation.

Module III B, 1st part: “Unity in Duality Psychotherapeutic Application”

Requirements for participation in Module III B:

- *Completion of Module I & II*
- *Participants only psychotherapists, psychologists or psychiatrists with at least a year psychotherapeutic practice*
- *Minimum of 2 individual sessions in U.D. Personal Development (may be started in Module I)*
- *Minimum of 2 individual sessions in U.D. Psychotherapeutic Application - (may be started in Module II)*
- *Approval by the Principal Teacher.*

In the first year of Module III B the formal teachings and training in “*Unity in Duality Psychotherapeutic Application*” will be presented and explored together with a deepening of the therapist’s own abilities in using *Unity in Duality*.

Course III B, 1a: 2 days oral presentation of written assignments
Followed by questions from audience and teachers

Course III B, 1b: 3 days studies and training in “*Unity in Duality Psychotherapeutic Application*” with special regard to:

- The therapist’s body-mind encounter with clients particular to U.D. Psychotherapeutic Application
- The dynamic psychological processes - conscious as well as subconscious - pertaining to U.D. Psychotherapeutic Application regarding client work from the viewpoint of the interconnected nature of subject and object.

-Teachings, group work, individual sessions & practice

Course III B, 1c: 3 days studies and training in “*Unity in Duality Psychotherapeutic Application*”, with special regard to:

- Types of problematic self-referential structures, their etiology, appearance, and differentiated methods for the psychotherapeutic process
- U.D. Psychotherapeutic Application of Transformation (dual) of the core problematic / vulnerable self-references, from the viewpoint of the interconnection between subject-object and body-mind.

-Teachings, group work, individual sessions & practice

Module III B, 2nd part: “*Unity in Duality Psychotherapeutic Application*”

Course III B, 2a: 5 days studies and training in “*Unity in Duality Psychotherapeutic Application*” with special regard to:

- The dynamic of existential fear & transformation (non-dual) of the core problematic / vulnerable self-references in regard to the psychotherapeutic application of the dying process as a means for from the viewpoint of the interconnection between subject-object, body-mind and energy-matter.
- Synthesis of the training in *Unity in Duality Psychotherapeutic application*

-Teachings, group work, individual sessions & practice

Course III B, 2b: 2 days *Unity in Duality Psychotherapeutic Application*
Group Work & Supervision & Discussion on final paper, writing of synopsis as well as presentation of synopsis for the group.

Individual sessions in U.D. Psychotherapeutic Application and Supervision during Module III B:

- Minimum of 10 individual sessions in U.D. Psychotherapeutic Application
- Minimum of 5 individual sessions of U.D. Supervision

Case studies: *Case description of “U.D. Psychotherapeutic Application” with 5 clients, whom the therapist has seen over a period of minimum. 1/2 year (minimum 6 sessions of 2-3 hours). Case studies are to be approved by the Principal Teacher.*

Final paper: The training in U.D. Psychotherapeutic Application concludes with a paper based on the candidates’ personal experience with regard to their own U.D. Psychotherapeutic process and to their work in U.D. Psychotherapeutic Application with clients – integrating the theory of U.D. ‘Science of Mind & Phenomena’, Personal Development.
The final paper should be handed in after the completion of the candidate’s individual U.D. Psychotherapeutic sessions and Supervision sessions, as well as the case studies.

Oral Presentation of final paper: Once the final paper has been credited the candidate can make his/her arrangements with the teachers for oral presentation.
At the annual *Unity in Duality Conference* it will be possible to give the oral presentation.

Module IV

Unity in Duality Spiritual Application Summer 2012 & 2013

Requirements for participation in Module IV A: Completion of Module I, II & III (A or B)

Module IV, 1st part: *Unity in Duality Spiritual Application*

Course IV: 7 days course on “Love, Compassion & Bodhicitta”
In theory and practice

Module IV, 2nd part: *Unity in Duality Spiritual Application*

Course IV: 7 days course on “Shamatha (*Zhi-gnas* / shine) and
Vipashyana (*Lhang-mthong* / lhagtong)”
In theory and practice

Presentation of Teachers

Founder and Originator: Tarab Tulku, Geshe Lharampa / Ph.D.
Principal Teacher: Lene Handberg, Semrig Thablam Rabjam

Tarab Tulku Rinpoche

Tarab Tulku Rinpoche, Geshe Lharampa / Ph.D., is a Tibetan Lama, the 11th incarnation of the Tarab Tulku lineage. Tarab Tulku was educated in Tibet at the Drepung Monastic University. Rinpoche received the highest degree - Geshe Lharampa - in Buddhist philosophy / 'science of mind', including the meditation disciplines and Tantra.

Tarab Rinpoche came to Denmark in the 1960ies upon invitation by Prince Peter of Denmark and Greece and the Copenhagen University as well as the Royal Library. Rinpoche has been Research Librarian at the Royal Library and Lecturer at Copenhagen University for more than 30 years. Tarab Tulku has also lectured at many international conferences in Europe and the USA on Tibetan-Buddhist Philosophy / Psychology and Tibetology, and his articles have been published in various journals relating to these subjects. During the last 15 years, Tarab Rinpoche has been giving an increasing number of courses, and he has established Tarab Institutes in Paris, Munich, Brussels, Helsinki, Stockholm, Copenhagen, Budapest and Vienna.

On the basis of his deep experience and knowledge of Tibetan Buddhism, Tarab Rinpoche has developed an all-encompassing personal as well as transpersonal psychology and a psychotherapeutic approach for our present time, based on the essence of the original Tibetan philosophy and psychology. In 1994 Tarab Tulku initiated a three-year Training Program in Unity in Duality in Brussels, which was followed in 1997 by a 4-year Training Program at the Tarab Institute in Munich. In 1999 Tarab Rinpoche established a similar 4-year Training Program in Stockholm, and since November 2002 the Tarab Institute in Paris hosts the 4-year Training in Unity in Duality. Rinpoche had planned to undertake the Unity in Duality Training in Tarab Ling, India, starting in February 2004, but unfortunately Rinpoche passed away before he could fulfill his great wish to establish the Unity in Duality Training Program here, and to give his own people the possibility to learn from what he had 'founded' while in his western exile. However, Rinpoche asked his student Lene Handberg to fulfill his wishes and to take responsibility of his teachings.

Lene Handberg

She holds a Semrig Thablam Rabjam degree in Unity in Duality (Science of Mind and Phenomena and Personal Development as well as Psychotherapeutic and Spiritual Application) and has been studying psychology and tibetology at Copenhagen University. In addition, she has studied analytical psychology/psychotherapy and bioenergetics as well as worked with Ronald D. Laing. Together with Tarab Rinpoche, Lene Handberg has developed the Unity in Duality Personal Development and Unity in Duality Psychotherapeutic Application. Lene Handberg was for years assisting Tarab Rinpoche in teaching the Unity in Duality program, of which she is the Educational Director. Tarab Rinpoche asked her - just before he died - to formally take over the teachings of his Unity in Duality Educational Program both in Europe and India. Lene Handberg has been giving workshops in Europe, Australia and the U.S. for more than 15 years.

+ Assistant Teacher

U.D. Training, Information: Course Prices

Course prices

Module I, June 2008 + 2009: 1st part: 420€* + 2nd part: 420€*

Module II, June 2010 + 2011: 1st part: 420€* + 2nd part: 420€*

Module III A, June 2012 + 2013 1st part: 210€* + 2nd part: 210€*

Or

Module III B, June 2012 + 2013 1st part: 210€* + 2nd part: 210€*

And

Module IV, June 2012 + 2013 1st part: 210€ + 2nd part: 210€*

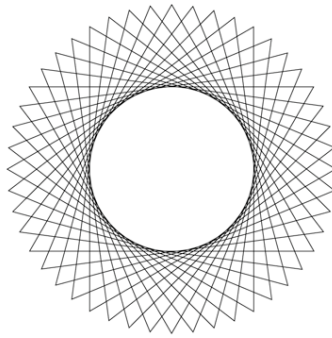
Final exam Module III: 150 € in administration fee

* The course prices do not include food & lodging nor individual sessions.

The price of individual sessions is an average price for coaching and psychotherapy as well as for supervision in Europe.

It is possible to apply for scholarship – application form below

Language: The teachings will all be given in English with translation to Slovakian/Czech language with possibilities for simultaneous to Hungarian +.



**Unity in Duality Training Program, Slovakia
Beginning, June 2008
Inscription form for Module I**

Name.....
Address.....
Postal Code.....Town.....
Country.....
Tel/Fax.....
E-mail.....
Former training / Occupation.....

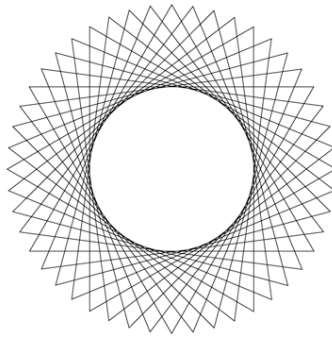
- I am also interested to participate in Module II
- I am also interested to participate in Module III A
- I am also interested to participate in Module III B
- I am also interested to participate in Module IV

Upon registration you will receive further information
Please do feel free to ask your questions also beforehand

This formula is to be returned to:

Tarab Institute International, St. Söhoj, Hörsholm Kongevej 40, DK-2970 Hörsholm,
E-mail: info@tarab-institute.org

Your inscription is valid when we receive your
Deposit 200 €
to be transferred to the Tarab Institute's Bank Account:
Tarab Institute International
Nordea Bank Danmark A/S, Hörsholm Midtpunkt 78, DK-2970 Hörsholm;
IBAN number DK8020006448958009; SWIFT/BIC NDEADKK



UNITY IN DUALITY

**SCHOLARSHIP APPLICATION
UD EDUCATION in SLOVAKIA 2008-2013**

NAME	
ADDRESS	
DATE OF BIRTH	
EDUCATIONS	
YEARLY INCOME	
OTHER INFO	

I apply for SCHOLLARSHIP for the U.D. Training
in Slovakia starting June 2008

YES

NO

For more information and the curriculum please look at the website: www.tarab-institute.org