



Tarab Tulku Rinpoche was a Tibetan lama, 11th incarnation of the Tarab Tulku lineage. He obtained the highest degree - Geshe Lharampa - Doctor in Philosophy and buddhist psychology (Ph.D), including the meditative disciplines and the tantras.

Tarab Rinpoche came to Denmark in the 60's to work at the University of Copenhagen and at the Royal library. There he was a researcher and conference lecturer during more than 30 years. He also took part to numerous international congress on philosophy, psychology and Tibetology.

During the last fifteen years of his life, Tarab Tulku Rinpoche conducted numerous trainings and workshops in the world and established several « Tarab Institutes » in Europe, designed to to be research and study centres in Paris, Munich, Bruxelles, Helsinki, Stockholm, Copenhagen, Amsterdam, Budapest, Vienna and in Slovakia.

From his experience and his understanding of the Tibetan Buddhism, Tarab Tulku Rinpoche elaborated and developed a personal and transpersonal psychology, based on the essence of the buddhist « Inner Science of Mind and Phenomenas » that he named : Unity in Duality - U.D. Tarab Rinpoche started a first cycle of U.D. training in Bruxelles in 1994, followed by further ones in Munich in 1997, Stockholm in 1999, Paris in 2002 and Hamburg in 2003.

Since the death of Rinpoche in september 2004, it is his closest collaborator, Lene Handberg, who continues to convey his work and who settled, at his request, 3 cycles of U.D. trainings in India, and new cycles of U.D. trainings in France from 2008 to 2011, from 2012 to 2015, and a current one which started in 2016.



Lene Handberg, Educational Director, received from Tarab Tulku Rinpoche the "Semrig Thablam Rabjam degree" : Master in "Unity in Duality" Philosophy, Science of Mind, Personal Development and Psychotherapeutic Application® (U.D).

Lene Handberg studied for more than 25 years with Tarab Rinpoche and she did build with him the U.D. Personal Development program as well as the frame for the application of this approach to psychotherapy and more broadly to counselling. Lene Handberg has been the teaching assistant of Tarab Rinpoche during the trainings of Unity in Duality®, for which she is now the Educational Director.

In September 2004, before he passed away, Tarab Rinpoche request her to continue the Unity in Duality® teaching programs. Over the last fifteen years she has given workshops in many European countries as well as in India. Long ago she studied psychology and tibetology at the University of Copenhagen and analytical and bioenergetic psychotherapy with Ronal D. Laing.

Mandala Harmonising man and nature

According to Tarab Tulku XI



Given by Lene Handberg and Sandrine Gousset
In English, with translation to French

From the understanding of the essence of the traditional mandala, Tarab Tulku has created methods for Personal Development through contacting, enriching and balancing the five element-energy qualities at a physical level, a psychological level and on 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.

Furthermore, the participants will have the opportunity to produce and gain insight into their individual mandalas based on their own physical, psychological and energy experiences of the element-qualities. They will thus be able to express and deepen these basic energy-qualities, and to reveal impairments to be worked on.

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 ancient Indo-Tibetan Wisdom of the Mandala.

REGISTRATION FORM
- to be sent back before July 10th 2018 -

Mandala According to Tarab Tulku XI

Retreat in Marcevol, France
August 11th to 17th - 2018

Surname :

First Name :

Address :

.....

Phone :

e-m@il :

I will participate to the retreat (tick off):

- non-member of Tarab Institute France : 360 €
- member of Tarab Institute France : 320 €
- students / unemployed 260 €
- members couples 580 €
- annual membership fare 2018 : 20€ (30€ for couples)

I pay online for the amount of : €

[LINK](#)

Please send your registration form to :

Cathy Pawlik
Lieu dit Combe
66320 ARBOUSSOLS / FRANCE
04 68 96 07 35 (mobile 0033 6 01 11 28 44)
pawlik.cathy@gmail.com

Tarab Tulku Rinpoche was a distinguished scholar of Tibetan Buddhism and has lived in the West for more than 30 years. He expressed his deep understanding of the Tendrel view. This view did originate in India during the fifth century BC. It is usually translated in terms of “interdependent origination of reality” and it is one of the most outstanding contributions of Buddhism. This view implies “the interdependent nature of all that which exists”.

Tarab Rinpoche has expressed this Tendrel view through a paradigm which holds together the innermost interrelations of three interdependent units : subject-object, body-mind, energy-matter. The investigation and the implementation of these interrelations constitute the core of his teachings and of his holistic approach, Unity in Duality. In order to elaborate this paradigm, he has taken from the traditional buddhist “inner science of mind and phenomena” the basic universal philosophical and psychological aspects. He then expressed these through the four following disciplines : the science of mind and phenomena, the personal development, the therapeutic helping relationship and the spiritual development. In this way, Rinpoche has made available for people of our modern times the ancient wisdom which lies at the core of the Tendrel view and presented it in a complete system, “Unity in Duality” (U.D), which goes far beyond cultural boundaries, religious and personal beliefs.

This system, which is clear and within the reach of everyone, is specifically made to help us solve the mental difficulties which are inherent to our lifestyles and to the present conditions of our highly technological and rational culture. This training cycle of studies and practical experiences also offers a precise view, along with powerful tools, to create harmonious inner and outer conditions for practicing within the fields of human relationships, communication, education and mental health care.

Practical information

Venue :

From Saturday August 11th 16.30 pm
to Friday August 17th 16pm

The retreat will be held at :

Prieuré de Marcevol
66320 ARBOUSSOLS

Bus Perpignan railway station - Marcevol : Departure 15.00 pm on Saturday 11th / Departure 16.30 pm on Friday 17th
Prior registration to Cathy Pawlik

Accommodation:

The prize for full board at Prieuré de Marcevol is of 53€ per day. It is also possible to do camping and to have meals there when one does not have a night stay The prize for a meal alone is 15€, breakfast 5€ and night stay 18€. Meals will have to be paid by cash at the Prieuré (no online payment for these)

To book your accommodation and meals at the Prieuré de Marcevol :

[Registration form](#)

(Tel : +33 4 68 05 24 25)

It is not possible to book directly by phone or mail to the Prieuré

It is also possible to stay in some cottages/gîtes in the area.

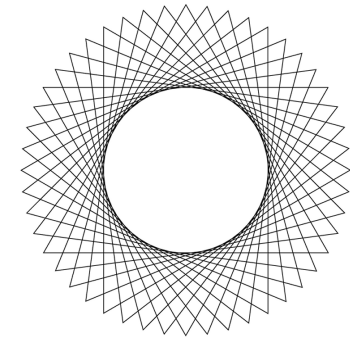
Contact « gîtes de France » at 00.33/ 04.68.96.01.40 or
contact@gites-de-france-66.com

For your convenience, we invite you to bring your own meditation items (cushion, blanket/plaid...)

For any further information, please contact :

Tarab Institute France
tif@tarab-institute.fr
www.tarab-institute.fr

Unity in Duality



Unity in Duality

MANDALA HARMONISING MAN AND NATURE

According to Tarab Tulku XI

International Summer Retreat
In Marcevol
France, (Vinça - Eastern-Pyrénées)

August 11 to 17 - 2018

Given by
Lene HANDBERG and Sandrine GOUSSET