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.


Since the death of Rinpoche in september 2004, it is his closest collaborator, Lene Handberg, who continues to convey his work and research and study centres in Paris, Munich, Bruxelles, Helsinki, Stockholm, Copenhagen, Amsterdam, Budapest, Vienna and in Slovakia.

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.

Mandala
Harmonising man and nature

According to Tarab Tulku XI

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

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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.

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**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 ones 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 payed 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

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**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