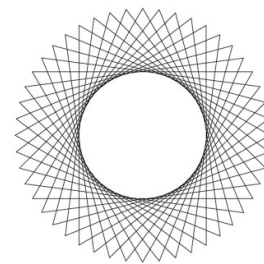


# Unity in Duality International Training, 2023-2026



## THE UNITY IN DUALITY TRAINING

The Unity in Duality(UD) Education has its basis in universal wisdom, drawn from the ancient inner-science tradition of India and Tibet. UD is neither a study of Buddhism as a religion, nor is it a prerequisite to being a Buddhist student. Dr. Tarab Tulku Rinpoche has drawn essential and universal insights from the Buddhist tradition, the knowledge that has been treasured for thousands of years within Eastern traditions. According to Dr. Tarab Rinpoche, these are part of our inheritance and should be available to humanity at large. Presented here for modern audiences and cultures through, Inner-science, Personal Development, Art-of-Relating and Spiritual Application. See information on the UD Training / UD Education: <https://tarab-institute.org/ud-education/>

**Dr Tarab Tulku XI, LharampaGeshe (1934-2004)**, was deeply engaged in the ancient inner-sciences, Sutras and Tantras in Tibet. Already seen as one of the best Tibetan scholars of our time, when he fled to India in 1959 at the age of 24. In 1962 he was invited to Denmark where he started a long academic career as University Lecturer and Research Librarian, where his LharampaGeshe degree was meliorated to a PhD. During this period, he managed alongside his official work to continue his personal research, identifying the universalities of his cultural heritage, which developed into an extraordinary education under the name “Unity in Duality (UD).” The Dalai Lama and Prof. Samdhong Rinpoche (right hand to His Holiness) have both noted the great importance of Tarab Rinpoche’s new and insightful way of presenting the ancient wisdom, based on the universalities and from the point of view of the Interrelated nature, Pratiyasamudpada (*Tendrel*). The following years Tarab Rinpoche and his student and close associate, Lene Handberg, taught and further developed UD for a modern audience. Shortly before the all too early passing of Dr Tarab Tulku XI he gave the full responsibility for the Unity in Duality Education to Lene Handberg. In 2007, in order to maintain the integrity of UD Education, she took the initiative with the Tarab Institutes and Tarab Ling to establish an umbrella organisation “Tarab Institute International”.



Dr. TarabTulkuRinpoche and Lene Handberg in 2000, DK.

**Lene Handberg**, the Co-founder of UD, is the Educational Director of Tarab Institute International and Tarab Ling, India. Heads up the compilation of Tarab Tulku's UD Works. A native of Denmark, Lene Handberg was a student and protégé of Tarab Tulku X. Together they founded the Tarab Institutes and developed the presentation of the Unity in Duality Training throughout the years to Rinpoche's handing over the responsibility in 2004 to Lene Handberg. Thereafter, together with the Tarab Ling, India and the Tarab Institutes in Europe and a team of UD Graduates, she setup the UD Training in India (2005), Slovakia (2006), The Netherlands (2009), and Spain (2020), while continuing the UD Training in France and Germany. Lene studied psychology and Tibetology at Copenhagen University. From Tarab Rinpoche she received the SemrigThablamRabjam degree (highest in UD) in 2002.

## **CURRICULUM UNITY IN DUALITY EDUCATION**

### **The Four Training Modules of "Unity in Duality"**

These four modules study specific aspects of the four Schools of the Inner Science of Mind, Experience and Existence, which are fundamental to Unity in Duality's further application in personal development and guiding others in their development. All Modules, include investigative and developmental practice for making the material clear within one's own experience as well as integrating theoretical knowledge.

#### **UD Module I; Science of Mind, Experience and Existence**

Fundamental understanding and experience of body, mind and existence in regard ancient inner-science. How we integrate this ancient and modern viewpoint into our daily lives. Working with inner-science to achieve a balanced viewpoint of how we function and achieve a sense of comfort in our relationship with the world around us.

#### **UD Module II; Personal Development**

Personal development is the baseline for spiritual evolution. Gaining knowledge of the interrelatedness of everything we are involved with. Achieving a stable and close contact to our physical being, from there learning to transform negative emotions and vulnerable conditions to acquire a harmonious and clear way of dealing with life and the world around us.

#### **UD Module III: Art-of-Relating**

We move on to working with others to facilitate a mastery of their lives and reality. Working with creating a stronger and deeper grounding in relation with others as a base for more direct access to and recognition of underlying problematic structures and fixations disturbing our perception and relation with self and others. This module trains to use yourself as a powerful tool in relation with others.

#### **UD Module IV: Spiritual Development**

Working towards ethical and genuine conduct based on love and compassion, gaining a deeper mastery of one's own transformation towards a subtle being, with the possibility of the interrelatedness of what we experience becoming part of our reality in a more profound sense, while starting to open to the spiritual realm.

## COURSEPLACES, DATES and HOURS, MODULE I

In this UD International Training we offer four courses every year: two of which will be on Zoom (arranged by TI-Spain) and two with Presence at Tarab Ling, India, <https://tarab-institute.org/tarab-ling> (our lovely course place near Dehradun with good access from Air via Delhi or the Train or Taxi via Delhi).

All Week Courses of the UD Training are planned to be given by LeneHandberg; Weekend courses and Individual Sessions may be given by especially dedicated UD Graduates.

Introduction course: 24th-25th June and or 16<sup>th</sup>-17<sup>th</sup> September, 2023 (2 days x 3.5 hours)–On Zoom  
5.30-9 pm (Indian Time) and 2 pm - 5.30 pm (European time) – *especially for new UD participants*

1<sup>st</sup> course (Module I): 9th-15th October, 2023 (7 days x 3.5 hours)–On Zoom  
5.30-9pm (Indian Time) and 2 pm - 5.30 pm (European time)



Tarab Ling teaching and yoga building

2<sup>nd</sup> and 3<sup>rd</sup> course (Module I): February 2024: 14<sup>th</sup>-20<sup>th</sup> & 23<sup>rd</sup> to March 1<sup>st</sup> (2 x 7 days with 2 days off in between for integration +)

9am-1pm & 3.30pm-6pm – In presence at Tarab Ling, Dehradun, India

We cannot promise that the courses held at Tarab Ling will be available on Zoom. This option, anyway, should only be used if it is absolutely impossible for participants to be present due to sickness. As all courses are built on one another, participation in all courses is necessary to be able to follow this training.

4<sup>th</sup> course (Module I): 22nd-28<sup>th</sup> June, 2024 (7 days x 3.5 hours)–On Zoom  
5.30-9pm (Indian Time) and 2 pm - 5.30 pm (European time)

### Module II and III

*Module II and III of the UD Training will be held with similar intervals as Module I: with an equal amount of courses on Zoom and IN PRESENCE at TARAB LING, India, Dehradun each year.*

### Weekend courses

*In the second part of Module I, and in Module II and III, there will additional be arranged one weekend course each semester on Zoom – the dates of which will be announced in the Autumn 2023 and also there will be possibility for individual sessions – see further UD Training curriculum <https://tarab-institute.org/ud-education/>*

## COURSE PRICES ON ZOOM

### INTROWEEKEND WORKSHOP (short day): 24th-25th JUNE, 2023, 3'5 hours x 2 days

Price for Indians:	Free
Price for Europeans and Overseas:	75€ normal 115€ benefactor price

### WEEKEND WORKSHOP (short days): 3'5 hours x 3 days (Friday, Saturday and Sunday)

Price for Indians:	500 INR
Prices for Europeans and Overseas:	65 € repeaters 120 € normal 170 € benefactor price

### 7-DAY COURSES (short day): 7<sup>th</sup>-15<sup>th</sup> OCTOBER, 2023 & 22<sup>nd</sup>-28<sup>th</sup> JUNE, 2024: 7 days, 3'5 hours/day.

Price for Indians:	4,200INR
Prices for Europeans and Overseas:	150€ repeaters 275€ normal 400€ benefactor price

## COURSE PRICES AT TARAB LING, DEHRADUN, INDIA

Indians, 7 days without board, including course price and lunch and teas: 7.000 INR

Indians, 7 days including board and course price: 14,000 INR

European and Overseas Lodging 7 days (one course)			
	Reduced*	Normal	Benefactor
Single Room	200€	270€	340€
Doble Room	140€/each	210€	280€
Teachings at Tarab Ling, 7 days (or on Zoom)			
	Reduced*	Normal	Benefactor
	125€	250€	375€

\*Option only available for repeaters

Please note that if you are in an economical pressed situation or live in a country where the earnings are low, the rates can be negotiated.



Tarab Ling Dining hall

## REGISTRATION for the UD INTERNATIONAL TRAINING

For your registration, you chose the one for you most convenient Tarab Institute among these three:

Tarab Institute Spain: [udinternationaltraining@gmail.com](mailto:udinternationaltraining@gmail.com)

Tarab Institut Danmark: [tarabinstitut.dk@gmail.com](mailto:tarabinstitut.dk@gmail.com)

Tarab Ling Institute, India: [infotarabling@gmail.com](mailto:infotarabling@gmail.com)

Please name your email: “UD International Training”

If you have already taken a specific UD training course, in regard to this course(s) you belong to the group of REPEATERS, and you are not obliged to pay the full amount but, of course, always welcomed.

The UD Training weeks build upon each other and have to be taken in the right order. However, if you are a REPEATER, you may join whichever of the course(s) you wish to repeat, while jumping other courses.



Tarab Ling Guest houses

Guest room



## BACKGROUND

Nowadays in our modern education, the emphasis is mainly on exploring matter's existence and developing the intellect. The education provides little concern in strengthening one's inner presence or developing the tools that would enable us to master our reality. In this way, outer circumstances and projecting our experiences on what exists become the determining factors. Often seeking outer support for confirmation and subsequently becoming more sensitive. Under these circumstances, this condition may result in stress, depression, loneliness, feelings of worthlessness and accompanying fears, leading to the manipulation of others to uphold and assure one's identity and integrity. It seems like an almost closed loop, which can be witnessed every day in our modern world.

## INNER SCIENCE

In the Ancient Inner-science emphasis was on strengthening the inner presence and developing mental abilities for the individual to take responsibility for and to a great extent mastering inner existence and also mastering one's reality.

Being able to extract the universalities of this tradition, beyond cultural and religious boundaries and with an insight into modern science, Tarab Rinpoche XI envisioned how this inner-scientific view and its integrated life approach together with modern science, could help establish respect for one another, creating harmony between people, and between man and nature.

The UD Education does not aim to propagate Buddhism as a religion. To study or practice UD it is not necessary to be or become a Buddhist.

Tarab Tulku Rinpoche wants to make available the universal understanding and insights that have been passed down through centuries via the Buddhist and other Eastern Traditions, that has been treasured for thousands of years within the Eastern cultures. According to Tarab Rinpoche, this is part of human heritage and should be made available to humanity at large.

Through the UD Education, we are offering knowledge and methods to take responsibility and determine our state of being and experiences; both for the sake of one's wellbeing and relations to others and nature, as well as for the sake of one's fellow human beings.

In this way, the Unity in Duality Education is reflected as an integral system in the fields of:

- I) Ancient Inner-Science of Mind and Reality
- II) Personal Development
- III) Application in Art-of-Relating
- IV) Spiritual Application

## THE AIM OF THE UNITY IN DUALITY EDUCATION

The aim of the Unity in Duality Education, developed by Tarab Tulku Rinpoche XI and Lene Handberg, is through its theoretical basis as well as through its practical application to give back to the individual the knowledge and the means to reclaim power in themselves and over their experiences. To this end, the Unity in Duality Education comprises an integral system of Science of Mind, Experience and Existence in their mutual interrelation, Personal Development as well as Spiritual Application.

The philosophical knowledge of Pratīyasamutpāda (tendrel), the interdependent nature of all that exists, has been expressed by Tarab Tulku XI in the form of the three interrelated polarities

and unities of 'subject'-'object,' 'mind'-'body' and 'energy (potential fields)-matter'. These three interrelated unities, at the same time, comprise the central Unity in Duality paradigm basic to the Unity in Duality Education. The Unity in Duality Education refers to the knowledge presented by traditional Buddhist Inner-scientists as contained in the Sutras and respective commentaries. In its exposition of the interrelated nature, Pratīyasamutpāda (*tendrel*), Buddhist inner-science of mind, experience and what exists is systematically built up, thereby developing an increasingly subtle understanding of nature of existence as interrelated-arising. Out of his deep understanding of this basis of Buddhism, Tarab Tulku Rinpoche has extracted essential aspects and UD presents these in a way, that fundamental structures and interconnections become evident without previous Buddhist knowledge or training.

In modern cultures, as our reality is mainly based on the intellect, if we cannot understand something intellectually, we might find it interesting, but it won't ever become part of our living reality. To give a solid foundation to the development of the individual, there needs to be an integrated understanding of the basic tenets relating to questions such as: "What exists?" "What is the subject's experience of what exists?" and "How is one related to the other?"

## INTEGRATED AS A LIVING KNOWLEDGE WITHIN ONE'S EXPERIENCE

According to Tarab Tulku XI, this philosophical inquiry should not stand alone as abstract theoretical knowledge but must be integrated as a living knowledge within one's experience. In short, the UD inner-science of mind, experience and existence is an integral investigation and understanding of the view of the interrelated nature of existence, Pratīyasamutpāda (*tendrel*), whether related to the 'subject' and 'object', 'body' and 'mind' or 'matter' and 'energy (potential-field)', or for that sake to any of the Eight Pratīyasamutpāda (*tendrel*) of Nāgārjuna (becoming and cessation, the finite and infinite, localisation and delocalisation, part and whole) or any other pair of polar relationships.

It was Tarab Rinpoche's view that any of these pairs of opposites are only opposites at a surface level, whereas at a subtler level they are united. Realizing and implementing this understanding in our everyday life, it would make a great difference to our way of experiencing what exists and thereby deal with our life as expressed at the end of Rinpoche's Tendrel paper:

"Implementing the understanding of the integral nature of existence of these Four Pairs of Opposites – Unities, or even better, if we could embody the experience of these, many of our problems in life would decrease and instead give rise to a positive impact in terms of harmony and insight, which could carry us far beyond our present condition, both individually, inter-culturally, inter-nationally as well as in our connection with nature. And in order to integrate the oppositions and the unities for transcending the connected problems, insight into the Unity in Duality nature of existence by means of the three unities and polarities of 'body'-'mind', 'subject'-'object' and 'energy'-'matter' seems to be very beneficial".

Please do send this announcement on to your friends, and to anyone whom you think might be interested.

Looking forward seeing you in the International UD Training,

Tarab Institute-Spain  
Tarab Institute-Denmark  
Tarab Ling Institute- India

For further info please look into our website: [www.tarab-intitute.org](http://www.tarab-intitute.org)