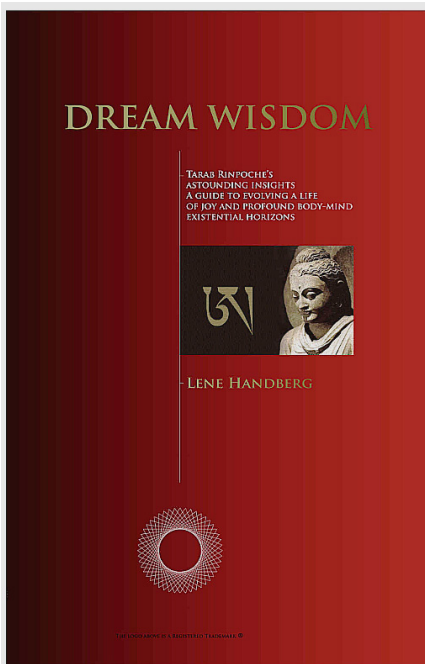


# Dream Wisdom

TARAB RINPOCHE'S insightful guide to evolving a life of joy and profound body-mind existential horizons by Lene Handberg.



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The late Tarab Rinpoche was an acknowledged and accomplished scholar of Buddhist philosophy and science. In terms of engagement with the nature of the mind, he was also adept in working with dreams. Tarab Rinpoche's astounding insights - A guide to evolving a life of joy and profound body-mind existential horizons. —HH Dalai Lama

Indo-Tibetan dream work differs from modern dream work in that it focuses on conscious mastery of the imagery-dream and, when lucid in the dream state for dealing directly and deliberately with the appearances in the dreams, rather than on interpretation of content and symbols; this dream work is done in order to transform embedded psychological patterns, allowing greater mental and emotional well-being to merge together with the possibility of entering the spiritual level of existential horizons – Lene Handberg.

Dr. Tarab Tulku Rinpoche (1935-2004), also known as the Tarab Tulku XI, was a Tibetan reincarnation Lama holding the highest degree in Tibet (Lharampa Geshe) from Drepung Monastic University of Tibet. Tarab Tulku was exiled from his country in 1959 at the same time as H.H. Dalai Lama. At the invitation of Prince Peter of Greece and Denmark, the Royal Library of Copenhagen and Copenhagen University, he settled in Copenhagen in 1962. Tarab Tulku spent the rest of his life - with the exception of a few years as the director of the Tibet House in Delhi - living in Denmark.

Normally, our conceptual-mind outweighs our senses and affects our experience accordingly; but if the conscious usage and awareness of the sixth-mind and the five-sense minds were more balanced, i.e. if we were to make our sense perception a bigger part of our reality (experience), this would help us in everyday life. At the same time, it would make it possible to work with our dreams in the imagery state.

(excerpt from the book, Dream Wisdom)

Lene Handberg is the Educational Director of Tarab Institute International, as well as Educational Director of Tarab Ling India. A native of Denmark, Lene Handberg was a student and protégé of Tarab Tulku XI, who together with her founded the Tarab Institutes and developed the presentation of the Unity in Duality Training. Lene studied psychology and Tibetology at Copenhagen University. From Tarab Rinpoche she received the Semrig Thablam Rabjam degree in Unity in Duality in 2002.



The Handbergs and the Thurmans have met each other a few times and Lene has also visited Tibet House in New York. We take the opportunity in this issue of DRUM for a special mention of this astounding guidebook about Dream Wisdom that has a history as ancient as Tibet brought to the western hemisphere by the Late Dr. Tarab Tulku, and further expanded upon by Lene Handberg. Learn more: <https://tarab-institute.org/>