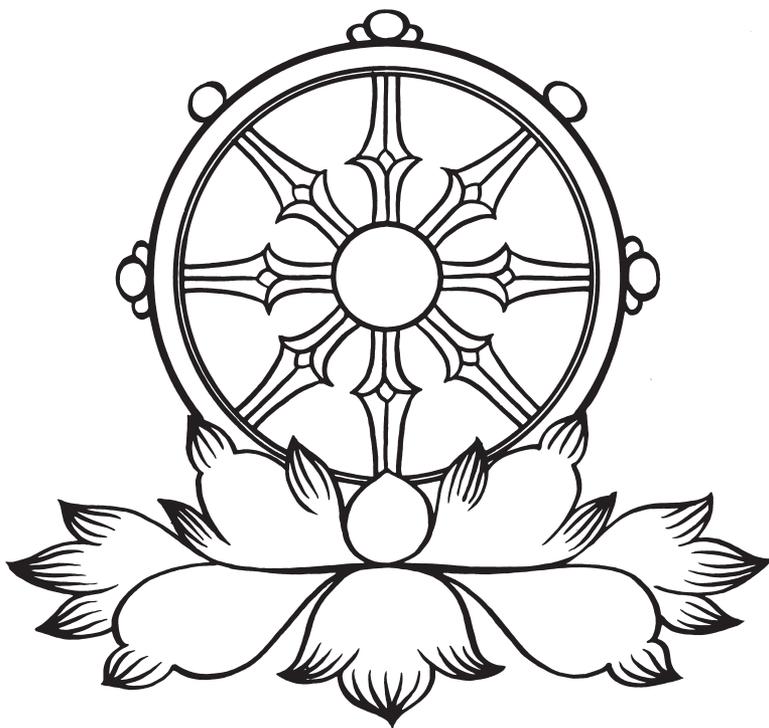


# **2016 WINTER PROGRAM**



**TIBETAN NYINGMA  
INSTITUTE**

**Berkeley, California**

# **Nyingma Institute**

1815 Highland Place  
Berkeley, CA 94709  
(510) 809-1000

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## **2016 Winter Program**

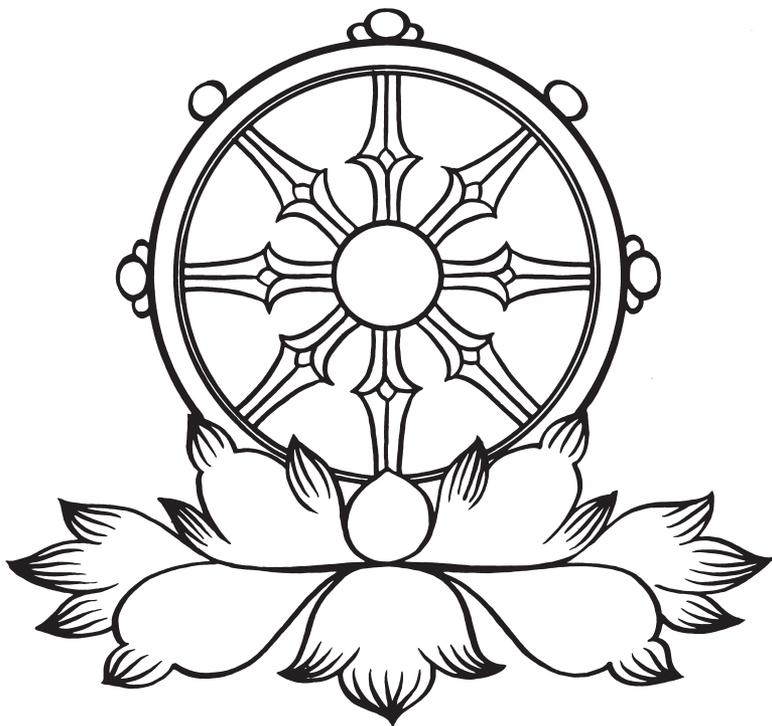
***www.NyingmaInstitute.org***

*To receive our email  
newsletter contact us at*

***Nyingma-Institute@Nyingma.org***

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# **2016 WINTER PROGRAM**



**TIBETAN NYINGMA  
INSTITUTE**

**Berkeley, California**



# Five-Month Nyingma Psychology Course

## Healing Mind

Mondays, 8–9:30 PM, January 4–May 23, 2016  
with Saturday workshops on January 30 and April 23

**“Meditation can enable us to tap the healing qualities of mind, eventually transforming our impoverishing patterns of thought and action into liberating growth.”** Tarthang Tulku,  
*Hidden Mind of Freedom.*

The Healing Mind course presents Nyingma Psychology teachings and practices in a systematic way that fosters experiential understanding. Each month focuses on an important aspect of mind and mental development.

**Month 1 (January 4–February 1): Emotions as Hidden Knowledge** Questioning the mind through discussion and powerful introspective techniques reveals new dimensions of knowledge and wonder. Includes the *Transforming Negative Emotions* workshop on Saturday, January 30.

**Month 2 (February 8–29): Desire and the Fundamental Operation of Mind** Breaking free from images of desire, our hearts can open to deeper values and truer sources of nourishment.

**Month 3 (March 7–28): Transforming Emotional Tension and Conditioning** Ways to release tension are combined with inquiry into the sources of negative emotions and restrictive conditioning.

**Month 4 (April 4–25): Unmasking Self-Images** Observing how inner narratives arise and disappear, we begin to disentangle ourselves from judgment and manipulation. Includes the *Self-Image* workshop on Saturday, April 23.

**Month 5 (May 2–23): Reclaiming the Heart** Recognizing and releasing those mental patterns that restrict our freedom, we increase the resolve to honor and protect the heart of our being. Meditative practices are integrated with joy and compassion. We seal the intention to transform our lives.

**Primary Instructor:** Sylvia Gretchen. Cost: \$400 for the entire course or \$80 per month, which includes workshops.



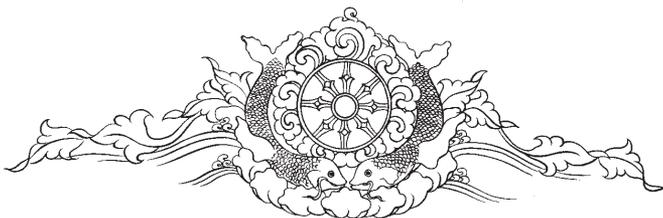
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**The Nyingma Tradition** Over many centuries Tibetan Nyingma masters have awakened the full potential of human consciousness through meditation, study, and work. In 1969 Tibetan Lama Tarthang Tulku brought the Nyingma tradition to the United States where it has become a catalyst for positive change. Tarthang Tulku founded the Nyingma Institute in 1972. Here, these unique teachings and practices come to life for our students, staff, and volunteers.

**Nyingma Institute, 1815 Highland Place  
Berkeley, CA 94709 (510) 809-1000**

**e-mail: [nyingma-institute@nyingma.org](mailto:nyingma-institute@nyingma.org)  
website: [www.NyingmaInstitute.org](http://www.NyingmaInstitute.org)**



## Winter Courses January 4–March 11

### Buddhist Studies

*Within our consciousness, our mind, our presence, and awareness, the inner knowledge of enlightenment is available... Within words and images and the perceptions that they rely on, there is a deeper knowing. Tarthang Tulku.*

#### **An Awakened Vision of Being (DHS201)**

*Tuesdays and Thursdays, 6:15–7:45 PM (January 5–March 10)*

This course is a journey into the Buddha's vision of what embodiment means. We expand our vision of what it means to be sentient through studying how awakened being manifests in the world. We look especially at the life of the Buddha and his key teachings.

\$360. Instructors: Sylvia Gretchen and the Buddhist Studies faculty. Students are encouraged to attend these associated workshops: "Visions of Enlightenment" on January 15–16 and "Faith in Dharma" on February 19–20. *All are welcome to participate in this first quarter of the Path of Liberation Program.*

#### **Buddhist Studies Tutorial: Footsteps on the Diamond Path (DHS211)**

*Thursdays, 1–2:30 PM (January 7–March 10)*

*The Buddha's teachings are literally for everyone. They go beyond cultural boundaries and touch the root of each human being's consciousness. Tarthang Tulku, Footsteps on the Diamond Path.*

The Buddha offered guidance on how to respond wisely to all situations and how to bring peace and happiness into our daily lives for ourselves and others. He also taught that the way to such compassionate wisdom required study, meditation, and discipline. This class traces teachings from the Diamond Path (Vajrayana) through selected readings and lecture interwoven with meditation practice.

\$180. Instructor: Sylvia Gretchen. *Sincere interest in the Buddha's teachings.*



## Path of Liberation

### *Two-Year Buddhist Studies Program*

**Starts January 5, 2016!**

Dynamic and alive, the lineage of the Buddha's teachings has the power to liberate us from suffering and pain. The Nyingma Institute is pleased to offer a two-year intensive program inspired by Tarthang Tulku that explores how this path of liberation is activated and applied.

The program consists of evening classes on Tuesdays and Thursdays (6:15–7:45 PM), sixteen weekend workshops (workshops are held Friday evenings, 7 to 9 PM and Saturdays from 10 AM to 4:45 PM), and one week-long retreat. Evening courses are as follows:

**An Awakened Vision of Being** (January 5–March 10)

A journey into the Buddha's vision of what embodiment means.

**Transmitting Insight; Penetrating Illusion** (March 22–May 26)

How we transmit knowledge to ourselves.

**Who Owns Mind?** (June 7–August 11) We explore consciousness, self, and selflessness.

**Four Foundations of Mindfulness** (August 30–September 20)

We learn classic practices and teachings on mindfulness.

**Compassion in Action** (October 4–December 8) How the Buddhist vision unfolds in the world.

**The Resolve for Ultimate Goodness** (January 3–March 9, 2017)

Teachings on the 'seed' of enlightenment.

**Gateway to Knowledge** (March 21–May 25, 2017) We contemplate inner and outer phenomena.

**Deluded Mind/Awakened Mind** (June 6–August 10, 2017)

We cultivate awakened mind through analytic meditation.

**Majestic Aspirations** (August 29–September 19, 2017) We study the vows and commitments made by those on the path of liberation.

**The World as Sacred Space** (October 3–December 7, 2017)

The vows and commitments of the path of liberation.

Cost: \$4,200, includes the above classes, sixteen workshops, and one retreat; may be paid in monthly or quarterly installments.



## Nyingma Meditation

*The practice of Nyingma Meditation leads to serenity and insight. Courses provide instruction in meditation techniques and support for daily practice.*

### **Beginning Meditation: Developing Inner Serenity (MED102)**

*Thursdays, 6:15–7:45 PM (January 7–March 10)*

Meditation activates a deep source of inner peace that can protect us from suffering and frustration. Through sitting meditation, walking meditation, and mantra practice students learn to relax tension and cultivate equanimity. The focus is on reducing mental distractions.

\$180. Instructor: Olivia Hurd. *Provides instruction in basic techniques.*

### **Intermediate Meditation: Overcoming Obstacles (MED202)**

*Daytime Session: Wednesdays, 10–11:30 AM (January 6–March 9)*

*Evening Session: Thursdays, 8–9:30 PM (January 7–March 10)*

In this course, students learn to overcome the most common obstacles to meditation: sleepiness, overactive thoughts, and “dreaminess.” The course also includes practices and teachings that further develop concentration and awareness.

\$180. Instructors: Olivia Hurd (mornings), Hugh Joswick (evenings).

*Prerequisite: one year of meditation experience.*

### **Intermediate Meditation: Shamatha and Vipashyana (MED209)**

*Wednesdays, 8–9:30 PM (January 6–March 9)*

*Great potential exists within the human mind, but because our minds are undisciplined, we can ordinarily interact with only one idea or image at a time. Tarthang Tulku, Gesture of Balance.*

Through two aspects of meditation, calming and insight, the mind is experienced as tranquil and sensitive, alive and brilliant. In this course, students will be led through contemplative practices that reveal deeper levels of mind than are ordinarily recognized. The focus is on sitting practice with a minimum of instruction.

\$180. Instructor: Hugh Joswick. *Prerequisite: two years of meditation.*

## **Advanced Meditation: Light Awareness: Visualization and the Sacred (MED302) Mondays, 6:15–7:45 PM (January 4–March 7)**

Visualization is a component of many Buddhist meditations. It can catalyze meditative development and foster insight into the nature of reality. Through visualization we directly contact the light of awareness, radiantly open and yet fully cognizant. New dimensions of experience emerge. We could name them “sacred,” or we could simply wonder how we ever lived in the flat, lifeless world we previously knew.

Focusing on breath, color, and the sacred images of Tibetan art, this class will provide training in visualization practices as a means to deepen meditation and ultimately cleanse mind and appearance of all dualistic grasping. Experience arises as a brilliant and harmonious whole.

\$200, which includes the “Visions of Enlightenment” workshop, January 15–16 (Friday, 7–9 PM; Saturday, 10 AM–4:45 PM). Instructor: Sylvia Gretchen.

Based on *Gesture of Balance* by Tarthang Tulku with supplementary readings from other Buddhist texts. *Prerequisite: three years of meditation experience and consent of the instructor.*

## **Nyingma Psychology**

***Nyingma Psychology offers unique insight into the human situation and innovative ways to ease emotional discomfort.***

### **Healing Mind (NPS101)**

*Mondays, 8–9:30 PM (January 4–May 23)*

Mind is perhaps the most powerful force in our lives. It rules our thoughts, feelings, and attitudes and governs our actions. Mind can reflect immense beauty, love, and clarity, but mind can also weave an intricate web of suffering. This five-month course draws on the innate power of mind to heal itself, to penetrate self-delusion, and to see through the causes of unnecessary pain.

Nyingma Psychology teachings harness this clarity of mind and its ability to know itself. Through this deep knowing, mind can break free from the weight of conflicting thoughts and emotions. We discover that the key to healing is already in our hands. Each month of the course unlocks specific aspects of the physical, mental, and spiritual dimensions of our being.

\$400 (for the entire five months) or \$80 per month, which includes the workshops “Transforming Negative Emotions” on January 30 and “Self-Image” on April 23. Primary Instructor: Sylvia Gretchen. *Students may attend this class on a month-to-month basis, although the greatest benefit will come from attending the entire five-month sequence. Note: no class held on January 25.*

# Kum Nye (Tibetan Yoga)

***The gentle movement, massage, and breathing practices of Kum Nye promote physical and emotional health as they bridge the gap between the material and the spiritual.***

## **Promoting Spaciousness (KNR101)**

*Wednesdays, 6:15–7:45 PM (January 6–March 9)*

Kum Nye teaches us to live spaciously as it gently moves us beyond perceived limits and boundaries. Students open the senses and then navigate the space of sensations, emotions, and perceptions, moving toward an integration of body and mind.

\$180. Instructor: Jack van der Meulen. *For beginning and intermediate students.*

## **Transforming Breath, Energy, Feeling (KNR301)**

*Mondays, 8–9:30 PM (January 4–March 7)*

Advanced Kum Nye practices transform the body/mind on an energetic level. This experiential course integrates breath, movement, and feeling. We become more present and embodied.

\$162. Instructor: Santosh Philip. Based on Tarthang Tulku's *Joy of Being*.

## **Inner and Outer Massage of Feeling (KNR201)**

*Fridays, 10–11:30 AM (January 8–March 11)*

This class provides a foundation for understanding the basis and development of Kum Nye, and the three levels on which its exercises can be experienced. Breathing, awareness, movement, and self-massage practices promote deep relaxation.

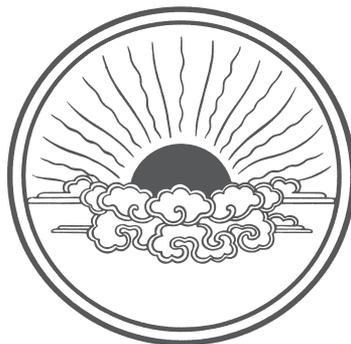
\$180. Instructor: Peggy Kincaid. Based on Tarthang Tulku's *Tibetan Relaxation*.

### **Sunday Kum Nye Relaxation and Renewal**

Sundays, 10 AM–Noon

Renew a spirit of ease and appreciation with two hours of Tibetan Yoga practice. Everyone is welcome in this drop-in class.

Cost: \$15 per session.



# Skillful Means

## **Working Well Together (SKM214)**

*Tuesdays, 8–9:30 PM (January 5–March 8)*

This course helps us to expand positive interactions such as respect, communication, and cooperation. The goal is to enhance individual creativity and interpersonal harmony. Through focused discussion and interpersonal exercises, we learn to quiet the busy mind, develop shared goals, and connect more positively with others.

\$200, which includes the “Open Communication” workshop on March 5.

Instructors: Barr Rosenberg and Santosh Philip. Based on Tarthang Tulku’s *Skillful Means* and unpublished materials by Barr Rosenberg.

## **Time, Space, and Knowledge**

### **Time, Space, and Knowledge: Perspectives and Practices (TSK108)**

*Wednesdays, 6:15–7:45 PM (January 6–March 9)*

Enter visionary teachings on Time, Space, and Knowledge (TSK) through this thought-provoking course. Lightly but directly probing the lived experience of time, space, and knowledge, the seminar-like instruction opens a path of transformative inquiry, unbound by assumption or belief.

\$180. Instructor: Ken McKeon. Based on Tarthang Tulku’s writings on Time, Space, and Knowledge. *For students of all levels.*

## **Tibetan Language**

### **Beginning Tibetan, Level I (TIB101)**

*Thursdays, 8–9:30 PM (January 7–March 10)*

In this beginning class, you learn to read and pronounce Tibetan script; study basic Tibetan grammar; and develop a working vocabulary.

\$180. Instructor: Mark Henderson. *All are welcome to attend this class.*

### **Intermediate Tibetan, Level II (TIB202) Fridays, 6:15–7:45 PM**

*(January 8–March 11) Cost: \$180. Instructor: Mollie Hughes. Prerequisite: TIB201 or instructor’s consent.*

### **Tibetan Tutorial (TIB301) Fridays, 4:30–5:45 PM (January 8–March**

*11) Cost: \$180. Instructor: Barr Rosenberg. Prerequisite: instructor’s consent.*



**Day-By-Day Winter Course Listings**  
**(January 4–March 11, 2016)**

**Mondays**

- 6:15–7:45 PM Advanced Meditation (MED302)  
8:00–9:30 PM Transforming Breath, Energy, Feeling (KNR301)  
8:00–9:30 PM Healing Mind (NPS101)

**Tuesdays**

- 6:15–7:45 PM An Awakened Vision of Being (DHS201)  
6:15–7:45 PM Experiencing the Dynamic of Time (TSK101)  
8:00–9:30 PM Working Well Together (SKM214)

**Wednesdays**

- 10–11:30 AM Intermediate Meditation (MED202)  
6:15–7:45 PM Kum Nye: Promoting Spaciousness (KNR101)  
6:15–7:45 PM Time, Space, and Knowledge: Perspectives and Practices (TSK108)  
8:00–9:30 PM Meditation: Shamatha and Vipashyana (MED209)

**Thursdays**

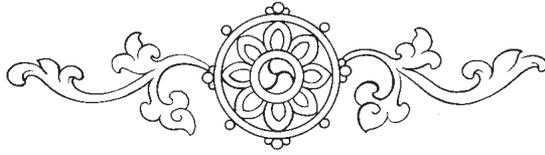
- 1:00–2:30 PM Buddhist Studies Tutorial (DHS211)  
6:15–7:45 PM Beginning Meditation: Quieting the Mind (MED102)  
6:15–7:45 PM An Awakened Vision of Being (DHS201)  
8:00–9:30 PM Intermediate Meditation (MED202)  
8:00–9:30 PM Beginning Tibetan: Level I (TIB101)

**Fridays**

- 10–11:30 AM Inner and Outer Massage of Feeling (KNR201)  
4:30–5:45 PM Tibetan Tutorial (TIB301)  
6:15–7:45 PM Intermediate Tibetan: Level II (TIB202)

**Sundays**

- 9:00–9:45 AM Sunday Morning Meditation  
10 AM–12 PM Sunday Morning Tibetan Yoga (KNR107)



## Winter Workshops

***Saturday workshops begin at 10 AM and conclude at 4:45 PM unless otherwise noted, and include a vegetarian buffet lunch. They are open to all levels of students unless a prerequisite is specified. Participants may arrange to stay overnight at the Institute for an additional \$45 per night.***

### **Renewing and Refreshing the Senses (KNR401), January 2**

Celebrate the New Year with a day of restorative Tibetan Yoga to relax and refresh body and mind. You will learn ways to contact positive feeling tones within each of the senses, inviting an ecstatic interaction between the “inner” senses and the outer object.

\$80. Instructor: Jack van der Meulen. Based on Tarthang Tulku’s writings.

### **Tibetan Yoga: Attuning to the Elements and the Cycles of Nature (KNR416), January 9**

We are made up of the elements that make up the universe. Discover how each element expresses itself in mind and body, both in and out of balance. Learn to balance these elements through Tibetan Yoga, diet, and daily routines, within the context of the 24-hour cycle, the cycle of the seasons and the stages of your life. Students will receive a personalized assessment and a recommendation for daily practice.

\$80. Instructor: Donna Morton.

### **How to Meditate (MED401), January 9 (10 AM–1 PM)**

This half-day workshop provides basic instruction in meditation and allows time to discuss how to sustain or renew a regular meditation practice. You will learn how to sit and focus the mind in silent meditation. You will also learn how to utilize Tibetan chanting in meditation. This workshop is a good introduction to the unique Nyingma approach to self-development, an approach that emphasizes individual responsibility and freedom.

\$45. Instructor: Ken McKeon. 10 AM–1 PM, followed by lunch. *For beginning or intermediate students wishing to establish a daily meditation practice.*

### **Visions of Enlightenment (DHS401), January 15–16**

This workshop explores ways to connect with enlightened being: Visually, through a slide show on Tibetan sacred art; experientially, through mantra and meditations that evoke the Buddha.

\$95. Primary instructor: Sylvia Gretchen. Friday, 7–9 PM; Saturday, 10 AM–4:45 PM. *Prerequisite: Sincere interest in the Buddha's teachings.*

### **Transforming Negative Emotions (NPS401), January 30**

Powerful meditations and analysis pacify unwanted emotions without suppressing them. First you will learn to balance and clear the mind, leading to insight into how emotions arise. Then you will be trained in techniques that transform negative emotional energy.

\$80. Instructors: Sylvia Gretchen and Erika Rosenberg. *No previous meditation experience required for this workshop.*

### **Stress Reduction through Tibetan Yoga (KNR415), February 6**

Keys to coping with stressful times come to us from the Tibetan tradition. They include meditation, movement, and awareness exercises that can melt tension in the body and mind. This workshop presents a series of easy exercises to help you relax and be ready to respond vibrantly to life's challenges. The workshop includes ways to reverse addiction by means of visualization and meditation.

\$80. Instructor: Santosh Philip. Based on Tarthang Tulku's *Tibetan Relaxation*.

### **Opening the Heart (KNR403), February 13**

The heart holds the key to living in harmony and in loving accord with others. Tibetan Yoga practices open the heart to deep levels of feeling and appreciation. Movement exercises presented in this workshop help loosen physical tension in the chest and upper back, enhancing the flow of positive feeling in the area of the heart.

\$80. Instructor: Jack van der Meulen.

### **Faith in Dharma (DHS402), February 19–20**

The awakening of faith in the Dharma means that we have surrendered our heart to truth. This workshop teaches how to distinguish faith from mere belief and inquiry from skepticism. Class discussion and practice will focus on how to build inner confidence in our own abilities as we seek guidance from those who are wiser than ourselves.

\$95. Instructors: Mark Henderson and Hugh Joswick. Friday, 7–9 PM; Saturday, 10 AM–4:45 PM. *Prerequisite: Sincere interest in the Buddha's teachings.*

## **Essential Practices for Wellbeing: Mindful Eating (NPS415), February 26–28**

Eating mindfully is an important part of living mindfully. When our eating is out of balance, we are often out of balance. In this workshop we utilize practices to quiet the mind and listen to the body, becoming more aware of the relationship between mind and body. Self-understanding is further developed through discussion that provides nutritional guidance as well as emotional and spiritual support to deepen self-knowledge and develop a positive relationship to food. We learn to respect and honor the precious gift of our body.

\$145. Instructors: Donna Morton and Peggy Kincaid. *Friday, 7-9 PM; Saturday, 10 AM-4:45 PM; Sunday, 9 AM-12:30 PM. Includes Saturday lunch.*

## **Open Communication (SKM404), March 5**

Mutual trust and creative dialogue develop most quickly when we exchange ideas by speaking and listening responsively in a setting of inner silence. In this workshop, we first learn to hear the thoughts that unfold in the privacy of our own minds and notice how often they are lonely, repetitive, or unproductive. With that knowledge, we practice interpersonal exercises that make it easy to speak and listen to others without private thoughts. Setting aside the inner dialogues that hamper communication, we open our hearts, get to know other people better, and learn more about ourselves.

\$80. Instructor: Barr Rosenberg. Based on Tarthang Tulku's *Skillfull Means*.

### ***Special Winter Retreat*** **Loving Yourself, Loving Others** ***February 8–13***

This week-long retreat is about nurturing the compassionate side of our nature. Gentle practices from the Tibetan tradition touch the deep feelings of love that reside in the center of our hearts. We first offer this warmth to ourselves, a deep unconditional love and acceptance. Then through visualization and meditation, we extend this compassionate love outward in ever-widening circles. We discover ways to infuse this compassionate spirit into our body, speech, and mind. Self-judgment melts into kindness as positive feeling washes away inner pain.

Cost: \$470 (nonresidential, meals included); \$700 (residential, room and board for six nights). Retreat begins on Monday at 10 AM and concludes on Saturday at 4:45 PM. Primary Instructor: Olivia Hurd.

# Registration

**Prerequisites:** An open mind and a commitment to positive change are the primary prerequisites for Institute programs.

**Preregistration:** Please call (510) 809-1000 to preregister for programs. In order to ensure your place in retreats, classes, and workshops, send in a 20% deposit. Make checks payable to the Nyingma Institute.

**Payment Policy:** Full payment for classes, workshops, and retreats is due prior to the first session. Cash, checks, and credit cards, including Visa, Mastercard, and American Express, are all accepted.

**Scholarships:** Scholarships are offered for selected classes and workshops. Call to request an application form.

**Refunds:** If a class, workshop, or retreat is cancelled by the Institute, a full refund will be made. If a student drops a class before the third session, a prorated refund will be made.

**Special Needs:** Please let us know in advance if you will require a special diet or extra rest while you are on retreat.

**Continuing Education for Professionals:** The Nyingma Institute, approved as a Continuing Education Provider for attorneys, therapists, and social workers, offers regular programs that address the specific physical, emotional, and time pressures faced by those in the legal and healing professions. One-day and shorter workshops feature pragmatic techniques from Nyingma Psychology, Kum Nye Relaxation (Tibetan Yoga), and Skillful Means. A detailed schedule of continuing education programs is available upon request.

**Nondiscrimination Policy:** The Nyingma Institute welcomes students of any race, color, sexual orientation, religion, gender, national, and ethnic origin. It does not discriminate on the basis of race, color, sexual orientation, religion, national, and ethnic origin in the administration of any of its educational and admissions policies or in any of the other programs that it administers.

**Attending Single Class Sessions:** For an \$18 fee, students may attend the first session of selected classes. Call the Nyingma Institute at (510) 809-1000 for more information.

**Contributions:** The Nyingma Institute is a non-profit organization supported by donations and by class and workshop fees. We are staffed by volunteers who offer their time and expertise to support Buddhist education and help preserve the Tibetan tradition. Your contributions of time or resources are welcome. Call or email us to learn more.



## Sundays at the Nyingma Institute

*Each Sunday the Institute offers a rich program of activities for students and for the general public.*

**Meditation:** 9–9:45 AM. Silent sitting with brief instruction. \$5. Free for currently registered students.

**Kum Nye Relaxation:** 10 AM–Noon. Both new and experienced students can join this class on a drop-in basis. \$15.

**Free Tibetan Chanting and Talks:** The public is invited to participate in Tibetan chanting and meditation at 5 PM every Sunday. At 6 PM, a talk on Nyingma teachings is presented by a Nyingma Institute faculty member or visiting scholar. Tibetan chanting is also held from 8–9:30 PM on these full moon nights: January 23, February 22, and March 23.

**Open Houses:** Tour the Institute classrooms and gardens; learn about Tibetan Yoga and meditation; get information on upcoming classes and programs; and meet faculty and staff. Light refreshments are available.

**Join us for our Open Houses on  
Sundays, January 3 and March 20**