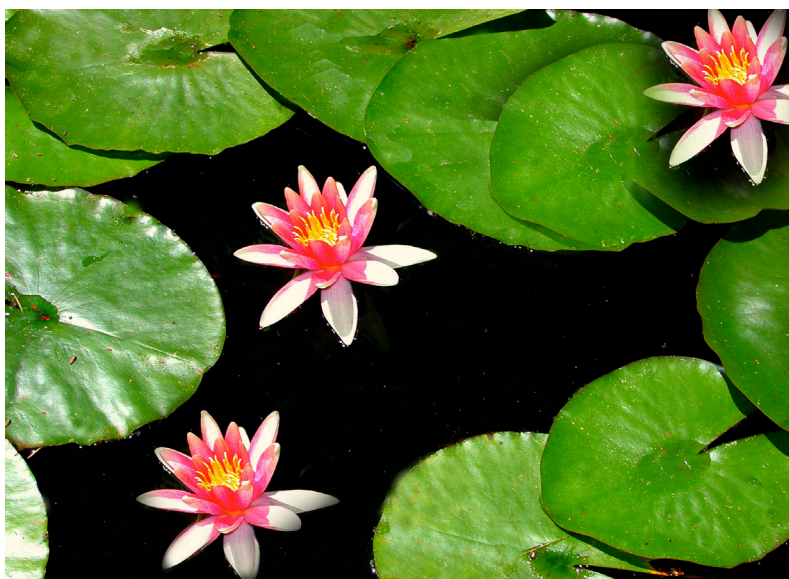
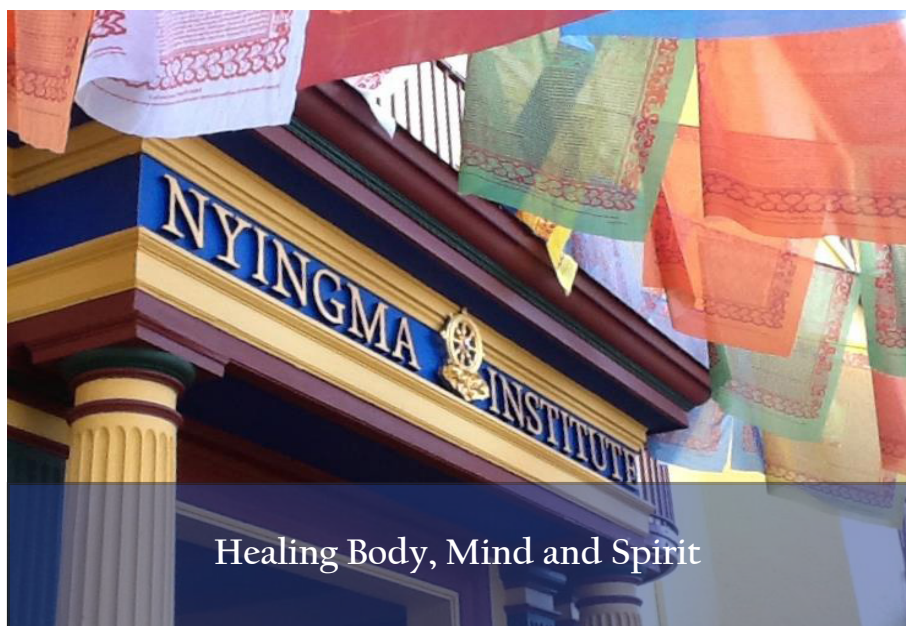


**TWO-YEAR  
NYINGMA STUDIES  
CERTIFICATE PROGRAM**



**TIBETAN NYINGMA  
INSTITUTE**

**Berkeley, California**



Healing Body, Mind and Spirit

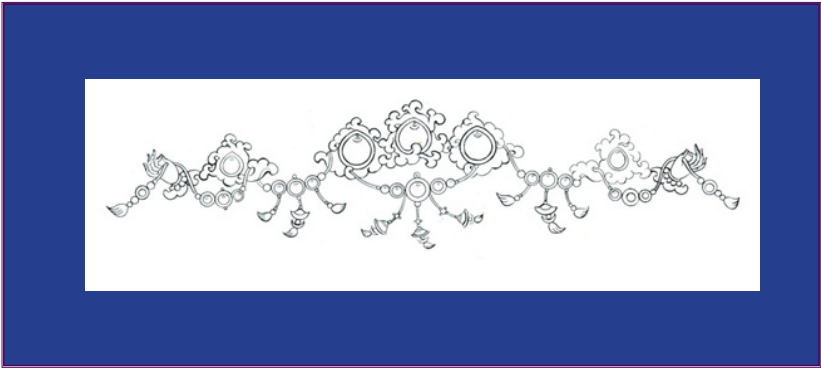
## The Nyingma Institute

Tibetan teacher and author Tarthang Tulku founded the Nyingma Institute in Berkeley in 1972 to present the teachings of the Tibetan tradition to the West. We offer training in meditation, Buddhist studies, and Tibetan language in ways that blend cognitive and experiential learning. Tibetan Yoga (Kum Nye); Nyingma Psychology; and the Time, Space, and Knowledge vision were all developed here by our founder Tarthang Tulku. These unique fields of study provide effective ways to counteract tension, clear the mind, and open body and mind to new dimensions of feeling.

Over 150,000 students from throughout the world have participated in these programs and the Nyingma Institute is recognized as a major center for Buddhist education in the West.

*Viewing freedom as intrinsic to our being, we discover  
that our lives are what we make them. All doors  
are open, our choices are unlimited.*

*Tarthang Tulku, Knowledge of Freedom*



## Two-year Nyingma Studies Program

**Description:** This program is designed to allow you to sample teachings from all areas of Nyingma studies, coming to a more comprehensive and deeper knowledge of the Nyingma tradition. Working closely with an advisor, you will select courses from any of the following, with a focus on intermediate and advanced offerings: Nyingma Meditation, Kum Nye (Tibetan Yoga), Nyingma Psychology, Time, Space, and Knowledge, Skillful Means, Nyingma Practices, Tibetan Language and Dharma Studies. You may choose to concentrate on a single area, such as Nyingma Meditation or Tibetan Language or you may choose studies in several different areas.

**Objective:** Depending on your course selections, upon completion of this program you will have a foundational understanding of the basic areas of Nyingma studies.

**Length:** 2 to 4 years

**Hours:** 256 Hours

**Program components:** Classes, workshops, and retreat from the lists below for a total of 256 contact hours.

**Program Cost:** \$2,750. May be paid in quarterly (\$344) or monthly (\$115) installments.

## **Elective Classes:\***

- NPR102 Tibetan Chanting and Sacred Art (15 hours)
- NPR107 Tibetan Teachings on Death and Dying (7.5 hours)
- NPR108 Special Topics in Nyingma Practices (15 hours)
- NPR109 Healing through Mantra (6 hours)
- MED201 Intermediate Meditation: Sustaining Meditation (15 hours)
- MED202 Intermediate Meditation (15 hours)
- MED203 Intermediate Meditation: Meditations to Open the Heart (15 hours)
- MED204 Intermediate Meditation (15 hours)
- MED205 Intermediate Meditation (6 hours)
- MED206 Experiencing Openness (15 hours)
- MED207 The Deepening Stream (15 hours)
- MED208 Reality and Illusion (15 hours)
- MED209 Shamatha and Vipashyana – 15 Hours
- MED210 Intermediate Meditation: Attaining Inner Confidence (6 hours)
- MED211 Shamatha and Vipashyana – 6 Hours
- MED301 Advanced Meditation (15 hours)
- MED302 Advanced Meditation (15 hours)
- MED303 Advanced Meditation (15 hours)
- MED304 Advanced Meditation (15 hours)
- MED305 Advanced Meditation (6 hours)
- KNR201 Inner and Outer Massage of Feeling (15 hours)
- KNR202 Integrating Body and Mind (15 hours)
- KNR203 Stimulating Inner Energy (15 hours)
- KNR204 Kum Nye: Opening the Energy Centers (6 hours)
- KNR205 Balancing and Integrating Body and Mind (15 hours)
- KNR301 Advanced Kum Nye (15 hours)
- KNR302 Advanced Kum Nye (15 hours)
- KNR303 Advanced Kum Nye (15 hours)
- KNR304 Advanced Kum Nye: Generating Happiness from Within (6 hours)
- KNR305 Advanced Kum Nye (15 hours)
- KOF101 Knowledge that Heals (15 hours)
- KOF102 Awakening Knowledge (15 hours)
- KOF103 Penetrating the Dynamic of Pain (15 hours)
- KOF104 Engaging Knowledge that Heals (6 hours)
- NPS101 Healing Mind (30 hours) (counts as two 15-hour classes)
- NPS106 Nyingma Gateway: Love of Knowledge (15 hours)
- NPS108 Finding Wholeness and Wellness on the Spiritual Path in the Modern World (15 Hours)
- NPS201 Path of Self-Mastery (15 hours)
- NPS202 Inner Mandala (15 hours)
- SKM101 Mastering Successful Work (15 hours)
- SKM102 Achieving All Goals (15 hours)
- SKM103 Skillful Means (15 hours)

SKM104 Challenging Negativity in the Workplace (15 Hours)  
 SKM211 Inward Exploration (15 hours)  
 SKM212 Exploring Mind's Frameworks (15 hours)  
 SKM213 Pioneering Inwardly (15 hours)  
 SKM214 Skillful Means: Working Well (15 hours)  
 SKM401 Challenging Negativity in the Workplace (5 Hours)  
 SKM402 Communicating Well (5 Hours)  
 SKM403 Tools for Troubled Times (5 Hours)  
 SKM404 Topics in Skillful Means—5 Hours  
 TSK101 Experiencing the Dynamic of Time (15 Hours)  
 TSK102 The Translucent Person (15 Hours)  
 TSK103 Inviting Knowledge (15 Hours)  
 TSK104 TSK Right from the Start! (15 Hours)  
 TSK108 Time, Space, and Knowledge: Perspectives and Practices (15 hours)  
 DHS101 Words of the Buddha (15 hours)  
 DHS102 Tibetan Sacred Texts (15 hours)  
 DHS103 Yogins of Tibet (15 hours)  
 DHS104 Opening to the Dharma: A Precious Life (15 hours)  
 DHS105 Opening to the Dharma: Depths of Experience (15 hours)  
 DHS106 Opening to the Dharma: The Great Vision of the Mahayana (15 hours)  
 DHS107 Teachings of the Compassionate Buddha (15 hours)  
 DHS108 Faith, Doubt, and Inquiry (7.5 hours)  
 DHS109 Three Foundations for Liberation (7.5 hours)  
 DHS110 Mindfulness: Exploring Tibetan Practice (15 hours)  
 DHS111 Opening to the Dharma: Birth of Enlightenment (15 hours)  
 DHS112 Special Topics in Buddhist Studies (6 hours)  
 DHS204 Four Foundations of Mindfulness (6 hours)  
 DHS211 Buddhist Studies Tutorial (15 hours)  
 DHS212 Special Topics in Intermediate and Advanced Dharma Studies (15 hours)  
 TIB101 Beginning Tibetan (Level I) (15 hours)  
 TIB102 Beginning Tibetan (Level II) (15 hours)  
 TIB103 Beginning Tibetan (Level III) (15 hours)  
 TIB104 Beginning Tibetan (Level IV) (15 hours)  
 TIB105 Beginning Tibetan (Level V) (6 hours)  
 TIB201 Intermediate Tibetan (Level I) (15 hours)  
 TIB202 Intermediate Tibetan (Level II) (15 hours)  
 TIB203 Intermediate Tibetan (Level III) (15 hours)  
 TIB204 Intermediate Tibetan (Level IV) (15 hours)  
 TIB205 Intermediate Tibetan (Level V) (6 hours)  
 TIB301 Tibetan Tutorial (15 hours)  
 TIB302 Tibetan Tutorial (6 hours)

## **Elective Workshops:\***

- NPR403 Devotional Practices (5 hours)
- NPR405 Preparation for the Time of Death: The Bardo is Now! (7 hours)
- NPR406 Medicine Buddha Practice (7 hours)
- NPR407 Tibetan Sacred Art Workshop (7 hours)
- NPR408 Special Topics in Nyingma Practices (5 hours)
- NPR409 Transitions as Teachers (5 hours)
- NPR410 Dream Yoga and Authentic Communication (7 hours)
- MED404 Visualization to Clear the Mind (5 hours)
- MED405 Wheel of Analytic Meditation (5 hours)
- MED408 Joy of Being (5 hours)
- MED409 Silent Mind, Peaceful Mind (5 hours)
- MED410 Translucent Person: Radiant World (5 hours)
- MED411 Inner Bliss (5 hours)
- MED412 Healing through Breath (5 hours)
- MED413 Filled with Devotion (5 hours)
- MED414 Contemplating Awakened Heart (7 hours)
- MED415 Cutting off Negative Thoughts (5 hours)
- MED416 Special Topics in Advanced Meditation (5 hours)
- MED417 Transforming Adversity (5 hours)
- MED420 Developing Mindfulness through Chanting and Visualization (5 hours)
- KNR407 Tibetan Yoga for Sustaining Inner Balance (5 hours)
- KNR408 Mindfulness through Tibetan Yoga (5 hours)
- KNR409 Opening Energy Centers (5 hours)
- KNR410 Energizing Body and Mind (5 hours)
- KNR411 Revitalizing Inner Energy (5 hours)
- KNR413 Embodiment of Beauty (5 hours)
- KNR416 Special Topics in Tibetan Yoga (5 hours)
- KNR421 Opening to the Power of the Natural World (7 hours)
- KNR422 Healing Inner Space (15 hours)
- KNR423 Surrendering to Calmness (15 hours)
- NPS404 Topics in Transforming Emotions (5 hours)
- NPS405 The Self-Image (5 hours)
- NPS409 Attaining Inner Confidence (5 hours)
- NPS411 Loving Yourself, Loving Others (5 hours)
- NPS412 Emotions, Intelligence, and the Mind (5 hours)
- NPS415 Essential Practices for Well-Being (7-15Hours)
- DHS406 Cultivating Unlimited Love (5 hours)
- DHS407 Making Mind the Matter (7 hours)
- DHS409 The Six Transcending Perfections (5 hours)
- DHS410 Developing Bodhicitta (5 hours)
- DHS411 Buddhist Studies Tutorial Workshop (5 hours)
- DHS413 The Perfections of Patience and Strength (7 hours)
- SKM402 Communicating Well (5 Hours)
- TSK401 Healing Pain (7 hours)

TSK402 Names and Namelessness (7 hours)  
TSK403 Creativity and Consciousness (5 hours)  
TSK404 A Return to Light (5 hours)  
TSK405 Conducting Perfect Knowledge through Time (7 hours)  
TSK406 Waking to Space; Opening to Freedom (5 hours)  
TSK407 Freedom for Knowledge (5 hours)

Elective Nonresidential Retreats:\*

KNR501 Tasting Relaxation (29 hours)  
KNR502 Integrating Body and Mind through Tibetan Yoga (29 hours)  
KNR503 Kum Nye: Touching Present Energy (29 hours)  
KNR504 Opening the Senses (29 hours)  
KNR505 Tibetan Yoga for Healing and Energy (29 hours)  
KNR506 Special Topics in Intermediate and Advanced Kum Nye (29 hours)  
KNR414 Generating Happiness from Within (15 hours)  
MED501 Silent Retreat (29 hours)  
MED503 Developing Clarity (29 hours)  
MED504 Special Topics in Advanced Meditation (29 hours)  
MED506 Reflection and Insight (29 hours)  
NPR501 Preparation for the Time of Death (29 hours)  
NPR502 Inner Resources for Difficult Times (15 hours)  
NPR503 Enlightenment Retreat (29 hours)  
NPR402 Cultivating Compassionate Love (14 hours)  
NPR406 Medicine Buddha Practice (7 hours)  
NPS504 Touching Wonder and Facing Fear (29 hours)  
NPS505 Reclaiming the Heart (29 hours)  
NPS506 Self-Image: Observing, Recognizing, Releasing (29 hours)  
NPS507 Luminous Mind (29 hours)  
SKM501 Skillful Means: Communication and Connection (29 Hours)  
TSK501 Visionary Journey into Inner Space and Time (29 hours)  
TSK502 Translucent Body; Radiant World (29 hours)  
DHS412 Dharma Studies Workshop/Retreat (13 hours)  
DHS501-540 (Path of Liberation retreat weeks) (30 hours)

\*In individual cases, to further the educational goals of the student, classes, workshops, or retreats may be substituted for those on these lists with the consent of the Program Director or the Chief Academic Officer.

**Tibetan Nyingma Institute**  
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