

FINDING INNER PEACE

A Nyingma Meditation 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



Finding Inner Peace

Nyingma Meditation Certificate Program

Course Length: Minimum 1 year (52 weeks); maximum 2 years (104 weeks), minimum of 130 Contact Hours.

Course Schedule: Required classes are typically offered on Thursday evenings at 6:15-7:45 PM. Elective classes are typically offered in the mornings from 10-11:30 AM or the evenings from 6:15—7:45 PM or 8-9:30 PM. Most elective workshops are held on Saturdays from 10:00 AM—4:45PM. Elective retreats are offered throughout the year. Retreats typically begin on Mondays at 10:00 AM and end on Saturdays at 4:45 PM. See quarterly class schedules for classes offered and times.

Course Description: Nyingma Meditation traces its origin to the time of the Buddha, 2,500 years ago. The Finding Inner Peace Meditation Program introduces students to the fundamentals of meditation practice and provides the support needed to establish an on-going daily practice. Classes offer instruction and guidance in silent sitting and walking meditation, Tibetan mantra practice, visualization, Tibetan Yoga (Kym Nye), and mindful living. Readings and discussion bring insight to the nature of mind and meditation. Components of the Finding Inner Peace Meditation Program include five required classes in Meditation, and one elective class, four workshops and one week-long retreat in Nyingma meditation or a related area.

Course Objective: Upon completion of the Finding Inner Peace Meditation Program, students will understand the basic principles of meditation, will have knowledge of basic sitting and walking meditative techniques, and will be prepared to have an ongoing daily meditation practice of at least one-half hour per day.

Program Requirements: Six classes, four workshops (or a total of twenty hours), and one one-week retreat. Five of the six classes are required; one is elective. The four workshops and the one-week retreat are electives. Students choose electives in conjunction with their student advisor.

Costs: Tuition: \$1,500 (may be paid quarterly); Registration fee and State fees: \$26; Estimated costs for books: \$50. Tuition covers all required and elective classes and workshops and one retreat.

Required Classes: (5) (66 hours)

(Need not be taken in sequential order)*

MED101 Quieting the Mind (15 hours)

MED102 Developing Inner Serenity (15 hours)

MED103 Calm and Clear (15 hours):

MED104 Self-Observation (15 hours)

MED105 Meditation for Healing (6 hours)

Elective Classes: (Choose 1 class) (15 hours)*

KNR101 Kum Nye: Promoting Spaciousness (15 hours)

KNR102 Kum Nye: Working with Lower Body Energy (15 hours)

KNR103 Kum Nye: Releasing Tension and Restoring Balance (15 hours)

KNR105 Kum Nye: Expanding Enjoyment and Ease (15 hours)

TSK108 Time, Space, and Knowledge: Perspectives and Practices (15 hours)

NPS102 Transforming Negative Emotions (15 hours)

Elective Workshops: (Choose 4 workshops or a total of 20 hours)*

NPS401 Transforming Negative Emotions (5 hours)

MED401 How to Meditate (2.5 hours)

NPR401 Dream Lotus Evening (2.5 hours)

MED402 Healing Sound (5 hours)

MED403 Calm and Clear (5 hours)

MED404 Visualization to Clear the Mind (5 hours)

MED406 Light Awareness: Visualization in the Tibetan Tradition (5 hours)

MED412 Healing through Breath (5 hours)

MED407 Foundations for Mindfulness (5 hours)

MED418 Gesture of Balance (5 hours)

MED419 Music, Mantra, and Meditation (5 hours)

NPS406 Activating Joyous Feeling (5 hours)

KNR403 Opening the Heart (5 hours)

KNR420 The Art of Sitting Comfortably (2.5 hours)

KNR401 Renewing and Refreshing the Senses (5 hours)

KNR404 Balancing Emotions through Tibetan Yoga (5 hours)

KNR415 Stress Reduction through Tibetan Yoga (5 hours)



Elective Nonresidential Retreats: (Choose 1 retreat) (29 hours)*

MED501 Silent Retreat (29 hours)

MED502 Finding Inner Peace (29 hours)

MED503 Developing Clarity (29 hours)

MED506 Reflection and Insight (29 hours)

KNR501 Tasting Relaxation (29 hours)

KNR502 Integrating Body and Mind through Tibetan Yoga (29 hours)

KNR503 Kum Nye: Touching Present Energy (29 hours)

KNR505 Tibetan Yoga for Healing and Energy (29 hours)

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

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