



NYINGMA INSTITUTE

**BUDDHIST STUDIES**  
**Two-Year Program**

2017

The Path of Liberation Begins  
January 2nd!

**Enroll Now  
for 2017!**

## 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.

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



*“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*



# Path of Liberation

## A Two-Year Buddhist Studies Certificate Program

**Program Description:** The Path of Liberation Program is a training in Buddhist study and practice that is structured by the teachings of embodiment (kaya), awakened speech (vacca), awakened mind (citta), awakened qualities (guna), and awakened action (karma). Students will be introduced to the basic cognitive and experiential teachings of the Buddha. Texts are drawn primarily from the Mahayana tradition.

**Objective:** Upon completion, students will have a basic understanding of fundamental Buddhist teachings such as the Four Noble Truths, the Eight-fold Noble Path, Karma and Klesha, Interdependent Co-operation, and the Four Foundations of Mindfulness. They will be familiar with Buddhist history and important works of literature. They will further understand the living spirit of Buddhist teaching and practice.

**Length:** Minimum 2 years; maximum 4 years. *The 2017 program begins January 2nd, 2017 – concludes December 13th, 2018.*

**Program Cost:** \$4,200. May be paid in quarterly (\$525) or monthly (\$175) installments.

**Program Components:** 10 classes (Classes meet twice a week: Tuesdays & Thursdays, 6:15–7:45 PM), 15 workshops, and 1 retreat.

**Prerequisites:** A background in meditation or Nyingma Psychology is recommended, but the only requirement is the wish to study the Buddhist teachings of enlightenment.

Immerse yourself in the study and practice of Buddhism. 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 the path of liberation is activated and applied.

We begin by focusing on embodiment: how ordinary human being can be transformed into awakened being. We then sequentially explore teachings of awakened speech, mind, qualities, and action, with each quarter deepening the understanding of the path and its practices.

### **Program Instructors:**

**Sylvia Gretchen**, Co-Dean of the Nyingma Institute, has studied and worked with Tibetan Lama Tarthang Tulku since 1969. She has served as Co-Dean of the Nyingma Institute since 1996 and has also worked extensively with Tibetan sacred art and literature under the direction of Tarthang Tulku. She served for over 20 years as a research editor with Dharma Publishing and is a member of the Yeshe De Translator team.



### **Nyingma Institute Faculty:**

**Barr Rosenberg, Hugh Joswick, Olivia Hurd and Mark Henderson**, Nyingma Institute Faculty have all demonstrated excellence in the subjects that they teach, and strive to apply Nyingma teachings in their own work and family lives. All faculty members are volunteers. We invite you to attend "Sunday talks" presented by a faculty member every Sunday, 6–7 PM. Visit [nyingmainstitute.org](http://nyingmainstitute.org) for details.







Powerful Buddhist symbols point toward a comprehensive vision in which the universe itself arises as a mandala—a sacred space in which the journey to awakening is assured. We explore this vision, studying accounts of what a mandala is and how experience can be transformed. This photograph features the golden Enlightenment Stupa in the Nyingma Institute meditation garden.

**Partial list of the texts for the  
Path of Liberation Program**

*(Books are not included in the program cost.)*

*Ancient Tibet, Dharma Publishing*

*Buddha Nature, Snow Lion*

*Buddha's Lions, Dharma Publishing*

*Footsteps on the Diamond Path, Dharma Publishing*

*Crystal Mirror Series, Volumes 1–12, Dharma Publishing*

*Gateway to Knowledge, Volume I & II, Rangjung Yeshe Pub.*

*The Marvelous Companion: Life Stories of the Buddha, Dharma*

*The Bodhicaryavatara, Shantideva, Oxford World's Classics*

*Milking the Painted Cow, Tarthang Tulku, Dharma Publishing*

*The Nectar of Manjushri's Speech, Shambhala Publications*

*Path of Heroes (Volume 1 & 2), Dharma Publishing*

*Pranidhana Raja (Nyingma Institute translation)*

*Ways of Enlightenment, Dharma Publishing*

*The Great Gate, Rangjung Yeshe Publishing*



The Nyingma's Institute main meditation room and classroom.

## **What students say about the Nyingma Institute's Path of Liberation Program:**

I was initially unsure as to whether Tibetan Buddhism as taught in the Nyingma tradition would satisfy my thirst for a deeper understanding of the Dharma, but I took a leap of faith and enrolled in the Nyingma Institute's two-year Path of Liberation program.

I soon discovered that this program was a balanced approach combining both an intellectual understanding of the Dharma as well as a heart-based approach that allowed me to connect with The Dharma on a deeper level. Through the program, I have learned to incorporate the Dharma into my daily life and have found that my daily suffering has much diminished and that I now see the world through much more compassionate eyes.

Russ Blume, Program Graduate



This program is a rare gem. While the textual content of the classes addressed my hopes for a solid foundation for further study of the Dharma, the instructors brought a depth of understanding that goes much farther than mere intellectual knowledge.

The meditations, mantras and visualizations practiced in the classes were essential to opening both my mind and my heart in ways that enabled the teachings to penetrate through some of my habitual ways of understanding and being in the world. I recommend this program to anyone who wishes to truly taste the nectar of the Buddha's teachings.

Lynn Petrie, Program Graduate

*For detailed information:*

*Call to speak with a program advisor at (510) 809-1000  
or email us at [nyingma-institute@nyingma.org](mailto:nyingma-institute@nyingma.org).*



*Awakening to the nature of existence means quite simply that now is the time to act. Now is the time to conceive the inconceivable: It is possible to become a Buddha. Acting on this realization involves taking the path of self-mastery, the way of the Bodhisattva....*

*Tarthang Tulku, Path of Heroes*

## NYINGMA INSTITUTE

1815 Highland Place, Berkeley CA

Call or email now to speak with a program advisor.

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[www.nyingmainstitute.org](http://www.nyingmainstitute.org)