

# Lene Handberg

## Unity in Duality: The Psychology of Indo-Tibetan Buddhism



**Free Public Talk**  
**Friday, March 12, 7:30pm**  
**Jewel Heart at 1129 Oak Valley Drive, Ann Arbor**

Tarab Tulku Rinpoche and Lene Handberg founded Unity in Duality, an educational system based upon the ancient inner science of mind and phenomena known as *tendrel*, the inter-related nature of existence. It is a very important training system for individuals interested in personal development and spiritual practice as well as for practitioners in various fields of service, such as psychology, psychotherapy and health care.

During this free public talk, Lene Handberg will introduce the essence of Unity in Duality through the inter-related nature of subject-object, body-mind and 'energy'-matter; key to understanding how we influence and experience our reality.



## Unity in Duality Psychology of Transformation Self-Referencing: The Dynamics of Ego

**2 Day Workshop with Lene Handberg**  
**Saturday, March 13, 10am – 6pm and Sunday, March 14, 9am – 12noon**  
**Jewel Heart at 1129 Oak Valley Drive, Ann Arbor**

How we experience the world depends on how we experience 'ourselves'. Key to this process is the self-referencing dynamic of our mind. This 'self-reference' is the core around which we create our reality and therefore pivotal in addressing how we experience reality.

In this workshop we will look, both theoretically and through meditation exercises, into the dynamics of this self-referencing activity as it works within different types of mind. We will explore our opportunity to transform disturbing self-identifications into a more harmonious and natural experience of ourselves and our world.

**Fee: \$45 (\$30 Jewel Heart Members, seniors and students)**  
**Register at [register@jewelheart.org](mailto:register@jewelheart.org) or call 734 994 3387 extension 223**

Lene Handberg was a student and assistant to Tarab Tulku Rinpoche for 21 years. She is a psychotherapist and has worked with Ronald D. Laing among others. She holds the Semrig Thablam Rabjam degree in Unity in Duality and is responsible for developing the psychotherapeutic application within the Unity in Duality education and Art of Relating.

Before passing, Tarab Rinpoche asked Lene Handberg to assume responsibility for UD education and to continue their work. She currently teaches UD education in France, Germany and Slovakia and this is her first presentation of Unity in Duality in Michigan. Following Rinpoche's wish to give the material back to the Tibetan and Indian community, she also teaches in India.

For information on Unity in Duality education, visit the Tarab Institute website at [www.tarab-institute.org](http://www.tarab-institute.org).

Tarab Tulku Rinpoche, a highly respected Tibetan Buddhist lama, was the 11<sup>th</sup> incarnation of the Tibetan Tarab lineage of spiritual teachers. Living in Western culture in Copenhagen, Denmark led him into extensive research on the universalities of Buddhism and how they may be presented for the benefit of western culture. Tarab Rinpoche worked with many westerners, including Stanislav Grof and Ronald D. Laing. Tarab Rinpoche developed Unity in Duality education, a 4-year study program with three sequential modules. The first module studies the essential meaning of the four major schools of Buddhist philosophy. The second module addresses the application of this understanding for personal development, and the third module teaches how to help others through the Art of Relating and UD psychotherapeutic application. In the last years of his life Tarab Rinpoche was invited by His Holiness the Dalai Lama to share his teachings on Tendrel with the Tibetan community in India.



**JEWEL HEART • 1129 OAK VALLEY DRIVE • ANN ARBOR, MI 48103 • 734 994 3387 • [programs@jewelheart.org](mailto:programs@jewelheart.org)**

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