

"TRAINING PROGRAM - BUDDHIST PSYCHOLOGY
WISDOM IN DAILY LIFE"

Positive Psychology



Buddhist Psychology

Wisdom for Daily Life

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Process of training
Background info of the training
Training content
Training dates
Training price
For whom this training is recommended
Masterclass
The Educator

Education

Training of 6 class days.

For details on the content and structure read on in this presentation

Upon completion of the exam, you will receive a "participation confirmation" certificate that allows you to integrate what you have learned into your coaching.

Masterclass

2-day master class with Tulku Lobsang Rinpoche

Certification Process



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Background information about the program

One important aspect is human perception, and how we give meaning to that perception. This making of meaning, according to Buddhism, is not objective or neutral, but is colored by feelings and desires, which make us want our experiences to be different than they are. And the latter causes much unnecessary suffering.

During this training you will get a deep insight into the knowledge of Buddhist psychology as well as work with different exercises so that you can experience what the meaning of Buddhist psychology can be for yourself and how it can change your life and the lives of others.



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Background information about the program

In this training you will be immersed in the world of Buddhist psychology.
The purpose of this training is to gain insight into the workings of the mind.

How thoughts are created and how they are colored.

We learn about the 51 mental factors that are the basis for your coloring - your reality.

Knowing and understanding these gives you a blueprint of your own mind.

This insight ensures that you:

- more compassion for yourself as well as for others
- helps you discover how you can learn from your reactions - and make choices about how to turn your thoughts around.
- helps you make other choices - to create a life of greater inner peace and happiness.
- make progress on your spiritual path

Background information about the program

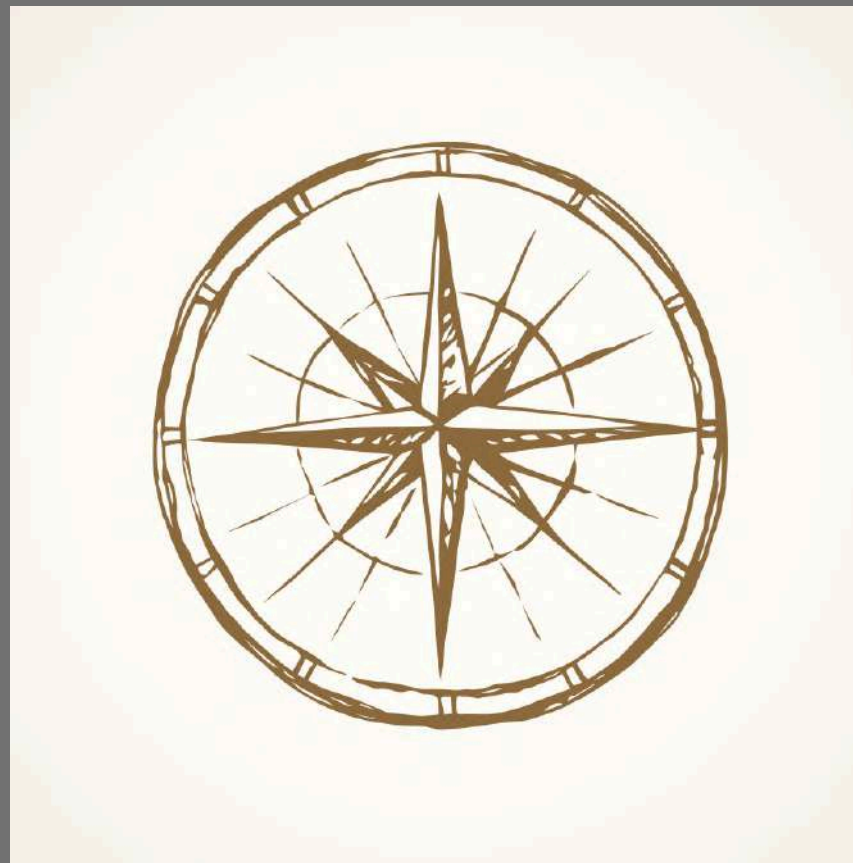
In this training we also work with a "The Wish Fulfilling Compass."

This is a kind of map of how you can transform your life.

What steps you need to be successful!

Where do you need to pay attention. Do you need to develop more to achieve your goal.

Through "The Wish Fulfilling Compass" you get a clear view of this.



The wish fulfilling compass



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Background information about the program

We don't call this training "wisdom in daily life" for nothing.

Which the ultimate goal is to become the director of your own life.

Because as Buddhism says - life is like a blank book and you write your own story. But usually we do not write our own story but let it be written.

Choose to live ... and write your own story.

This is the purpose of this training.

How do we do it?

- Learn from your past in order to better understand the present moment
- Set your goals for the future
- Use the knowledge of how the mind works (Buddhist psychology) and "The Wish Fulfilling Compass" in order to work out your path with the intermediate steps.



Create your own life!





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Content of the training

- The nature of our mind
- How does our mind function
- How is a thought formed
- What 51 facets color our view of our world
- The relationship between ourselves and the outside world
- An overview of the seven forms of assumptions
- How can we reverse assumptions - what steps are needed to do this
- "The Wish Fulfilling Compass - transformation compass for your life
- The wheel of life - the mindmap - how we spin in circles and how to reverse this.

This training is both practical and theoretical.



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Dates of training 2025

- 27/3-15/5 - 19/6 - 11/9- 6/11- 18/12

Each class from 9:30-16:30.

You can choose when attending this training to take it 'live' at Kluisbergen or Online via ZOOM.

Both options are possible.

This is an international program which means that the course material is in English.

Master class not yet known



The total price of the training is depending of your country of origin.

Price Category A: Central & Western European Countries, Northern European Countries, North American Countries except Mexico, Australia : 1.960 euro

Price Category B: Southern European Countries, Eastern European Countries: 1460 euro

Price Category C: South American Countries, Central American Countries plus Mexico: 1240 euro

The price is divided into two parts (1 & 2):

- 1. Tarayogini: this is the price for the training days
 - Price Category A: Central & Western European Countries, Northern European Countries, North American Countries except Mexico, Australia : 1.560 €
 - Price Category B: Southern European Countries, Eastern European Countries: 1230 €
 - Price Category C: South American Countries, Central American Countries plus Mexico: 1000 €
- 2. Nangten Menlang International: Registration fee: for the manual and all certified material such as logo, official photos etc.:
 - Price Category A: Central & Western European Countries, Northern European Countries, North American Countries except Mexico, Australia: 400€
 - Price Category B: Southern European Countries, Eastern European Countries: 320 €
 - Price Category C: South American Countries, Central American Countries plus Mexico: 240 €



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For whom is this training recommended:

- Anyone who wants a deep personal transformation
- People who want to delve into the workings of the mind. In this training you will gain an understanding of the creation of your patterns, as well as the tools to reverse them.
- Mindfulness Teachers trained in MBCT or MBSR who want to deepen their knowledge of how the mind works.
- Lu Jong, Tog Chöd and Traditional Tibetan Shamatha Meditation Teachers.
- Coaches and therapists who want an expansion of their knowledge of the mind viewed from the Eastern perspective.

Masterclass

This is the final process of your education. The master class consists of two days where you are together with all the other students from around the world.

It is a combination of wisdom teachings given by Tulku Lobsang.





lets om overna te denken

"Without understanding psychology,
You do not know how ... to come out of Samsara.

Without knowing the nature of the mind
You do not know how to be liberated.

Without knowing how the mind functions
... there is no way to be happy."

Tulku Lobsang

Educator



Maike Decock

Andere opleidingen in de school voor Tibetaanse Yoga

- Gecertificeerde Body Opleidingen:
 - Lu Jong I, Tibetan Healing Yoga
 - Lu Jong II, Tibetan Healing Yoga
 - Tibetan Five Elements Practices
 - Tog Chöd, wisdom Sword yoga
- Gecertificeerde Mind opleidingen
 - General Mindfulness - Mindfulness In Daily Life Teacher Training
 - Profound Mindfulness - Traditional Tibetan Shamatha Meditation Teacher
 - Training in Buddhist Psychology in daily Life



Questions:



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