

# Profound Mindfulness

Traditional Tibetan Shamatha Meditation Teacher  
Shiné



## Traditional Tibetan Shamatha Meditation Teacher education



## Overview presentation

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## Education

Training of 6 class days.

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

After finishing the theoretical and practical exam you will receive your provisional certificate valid until the next master class.



## Masterclass

2-day Master Class with Tulku Lobsang Rinpoche.

After attending the master class, you will receive your certificate with no end date.

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# Process of certification



# What is Shamatha Meditation

Shiné is one of the deepest Tibetan meditation techniques.

It is also known as calm-abiding or Shamatha in Sanskrit or one-pointedness of mind.

It is the highest form of mindfulness.

At that level, in our mind is calm, stable and very clear.

As a result, we are capable of incredible things.

We can concentrate completely - without any tension, without any distraction from all the millions of thoughts and emotions we are experiencing at the moment.

You could say we train our mind from non-functional to a functional mind.

What do we actually mean by a non-functional mind?

Our mind is guided by our thoughts and our feelings, and these determine our actions.

Usually these thoughts and feelings are colored by our past experiences.

Training to a functional mind means what we can look at things from an inner peace and thus act from there.



# What is Shamatha Meditation

In the Tibetan Tradition, they use an ancient "mind map" for this purpose. This map helps us train our mind from non-functional to functional through nine stages. We know perfectly what kind of attention we need in each stage. In addition, we also know what action we need to take to reach the next step. There are also obstacles we have to consider, but fortunately we have tools to overcome these obstacles.

The Shamatha Meditation aims to achieve a deep level of Mindfulness.

What are the different levels of Mindfulness we achieve:

- General Mindfulness (similar to Mindfulness in Western tradition)
- New Mindfulness
- All Mindfulness
- Profound Mindfulness





# What is Shamatha Meditation



The ancient Shamatha mind map

As symbolically presented on this traditional Thangka:

- with the monk representing the meditator
  - the elephant representing the mind
  - the monkey representing distraction
  - the rabbit representing subtle mental laxity
  - the rope representing the power of attentiveness
- walk the Shiné path step by step until you find true peace and deep concentration. Until you can remain in Shiné.



# Content of the Education

The theory of this course consists of:

- The phenomena called “mind”, its qualities and dimensions.
- Meditation in Tibetan Buddhism, its goal and its benefits.
- What is Mindfulness?
- Preliminary practices.
- A complete map of Shiné, including the 32 Shiné navigation points (the five faults, the eight antidotes, the six powers, the four mental engagements and the nine stages of calm-abiding).
- Support before beginning a Shiné practice.
- The complete practice.
- Practice guidelines, including a personal Shiné schedule and how to deal with obstacles.
- How to teach Shiné.
- How to organise a course.

Keep in mind when you begin this training that we expect you to meditate daily.

"Your own experience will be the real test" - Tulku Lobsang



# Structure of the Education

In Tibetan Buddhism, it is said: if you want to learn something really deeply, you have to learn on different levels. We talk about learning, reflecting and meditating.

For this reason, this training is designed so that you learn on the following levels:

- Teaching will help you understand fully and clearly at a predominantly intellectual level.
- Reflection will ensure that you further integrate the knowledge.  
You will be given home assignments to reflect on what you have learned.  
About what the words mean to you.  
In the training days, the self-reflection will be used for group discuss and thus obtain a deeper level of knowledge.
- Apply what you have learned and practice in your meditation.  
We do this together in the training days as well as it is an important part of the training that you will meditate daily.  
You will be given a meditation schedule that will help you build your experience.  
So you will receive the first glimpse of the true meaning of Shiné, of the highest form of attentiveness.





# Structure of the Education

- Through your meditation you build experience . And experiencing goes beyond explaining and trying out. You will truly experience all 32 points of the Shiné map.

Thanks to this experience, you will understand each of these steps on a deep level and not just the words. For example, you will know what subtle laxity is and will no longer confuse it with a calm mind. The highest experience we want to achieve in this training is the most stable mind - the most profound attentiveness.

- Teaching is the best way to learn.

Guiding others is an essential expertise for a Shiné teacher and helps you at the same time in your own learning process. As you are trained as a Shiné teacher, you naturally also gain experience in guiding others in their meditation.

By the end of this training, not only will you have fully understood it, not only will you have tried it, but you will have gained some experience with the most profound mindfulness of Shiné.



## What is the difference between a Shiné and a Mindfulness training?

Shiné is the Tibetan word for Shamatha, which is the deepest rest of our mind. What is generally taught in the West as mindfulness is a very good method of developing awareness and relaxing our mind on a general level.

In Tibetan Buddhism, this is only the first step, called "general mindfulness." However, if we really want to go deeper, we need Shiné, the highest form of mindfulness. Participation in this training will change your life and lead to a completely different understanding of your mind.

You will learn in detail about the path to calm your mind and how to find complete, effortless concentration and inner peace and happiness.

Once you master your mind with Shiné, you will be able to concentrate fully for long periods of time - without your mind wandering or being distracted by thoughts and emotions, and without any sense of tension or stress.



# Course dates

This course is held online live through zoom.

We work with the platform memberspot where you can find all the course material and also the recorded live class to use as extra study material.

(but it is mandatory that you are present in all live teachings).

the dates are 2025:

13/3- 24/4 -22/5- 5/6- 10/7 and 4/9

From 9:30-16:30 Online

This is an international course 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 €



## For whom is this training recommended:

- Anyone who wants a deep personal transformation
- Anyone who wants peace, mental stability and concentration
- Anyone who wants to learn deep meditation
- Anyone who wants to teach and guide Shiné - Traditional Tibetan Shamatha Meditation
- Mindfulness Teachers trained in MBCT or MBSR who want to deepen their practice.
- Lu Jong & Tog Chöd Teachers



# 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 as well as meditating together.





lets om overna te denken

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"The present moment creates your  
future and changes your past."

Tulku Lobsang

The educator



Maike Decock

# Other trainings in The School of Tibetan 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
  - Profound Mindfulness: Traditional Tibetan Shamatha Meditation Teacher
  - Training in Buddhist Psychology in daily Life





Contacteer ons voor vragen!

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