

Carolyn Pasternak

Tot ons grote genoegen komt Carolyn Pasternak eind november naar Amsterdam om een aantal lezingen te geven en een retraite te begeleiden. Carolyn Pasternak is al jarenlang een naaste medewerker van Tarthang Tulku en zeer ingevoerd in alle facetten van zijn werk en onderricht.

Carolyn woont en werkt in het tempelcomplex in Noord-Californië, waar ook Tarthang Tulku woont en werkt. Ze vormt er de spil van het Yeshe De Text Preservation Project en vervult tal van managementtaken. Samen met Helena Gold is zij als bestuurslid van 'Nyingma Centers' directeur van de vier internationale Nyingma centra in Europa en Brazilië. De Ruimte Tijd Kennis Visie is altijd een grote liefde geweest van Carolyn. Een jaar geleden startte onder haar leiding vanuit Odiyan een succesvolle online serie Time Space Knowledge cursussen. We hopen dat veel mensen de gelegenheid zullen benutten om vijf dagen live met Carolyn te werken.



Carolyn Pasternak

Carolyn Pasternak has been studying and working with Tarthang Tulku Rinpoche for over 40 years. 38 years ago, she was introduced to the TSK vision, and studied and practiced it intensively for several years. As her work and responsibilities in the TNMC community increased, studying TSK had to move "into the background" for a while. A year ago, her deep love for the vision was re-awakened, and since then she has enthusiastically re-engaged and begun teaching Time, Space and Knowledge.

Tasting Freedom

Retreat Program with Carolyn Pasternak

Dates: Wednesday November 28, 15.00 hrs through Sunday December 2 16.00 hrs

Price: € 495 including all (vegetarian) meals.
€ 425 Nyingma cursisten (NCN students currently enrolled in Nyingma courses)

Lodging: Nyingma Centrum Nederland has a limited number of beds available in basic shared rooms at no extra charge. Please reserve asap.

Register: info@nyingma.nl

Public Talks (toegang vrij, donaties welkom):
Opening Lecture, Nov 28, 19:30 - 21:00 hrs
'No Rules and Nothing Specific To Do'

I.c.w. Tibetan Aid Project Nederland:
Dec 1, 16:30 - 17:30 hrs
'Preserving the Dharma'

Language: English. Op verzoek vertalen we naar het Nederlands.

Location: Nyingma Centrum Nederland
Reguliersgracht 25
1017 LJ Amsterdam



Het boek 'Ruimte Tijd Kennis' is onlangs opnieuw uitgegeven in Nederlandse vertaling. Verkrijgbaar in onze winkel of via www.lotusdesignshop.nl

Tasting Freedom



A Journey Through Space and Time

TSK retreat with Carolyn Pasternak

Nov 28 - Dec 2, 2018

NYINGMA CENTRUM NEDERLAND

Reguliersgracht 25 Amsterdam +31 20 6205207
nyingmacentrum@nyingma.nl www.nyingma.nl

Retreat Program

Wednesday November 28, 15.00 hrs
through Sunday December 2 16.00 hrs

Daily schedule:

7.00-8.00 *early Kum Nye practice*
8.00-10.00 *breakfast and clean-up*
10.00-13.00 *morning practice sessions*
13.00-14.30 *lunch and clean-up*
14.30-17. *afternoon sessions*
18.00-19.30 *dinner and clean-up*
19.30-21.00 *evening practice session*

Open to the public

Public Opening Lecture on TSK

Wednesday, Nov 28, 19.30:
'No Rules and Nothing Specific To Do'

Public talk on Yeshe De

Saturday, December 1, 16.30:
'Preserving the Dharma'



“Once our perspective is sufficiently open, all experience can be seen as the dynamic play of Space, Time and Knowledge. The inherent beauty of appearance, which is the dance of Time, Space and Knowledge, unfolds naturally before and with us. We can then directly experience our Being, which expresses itself as a dynamic and complete freedom. In this way we can discover what it means to be truly human.”
– Tarthang Tulku in *Time, Space and Knowledge*

Retreat Opening Lecture

Wednesday November 28 19.30 hrs
'No Rules and Nothing Specific To Do'

The first evening session of the retreat will be open to all, free of charge, so please bring your friends, loved ones and neighbours along to get a taste of the extraordinary vision that Tarthang Tulku developed especially for westerners. Carolyn will describe the treasures that can be found in his first TSK book – without any need for prior knowledge, conviction or belief. We plan to also livestream this important talk through Facebook.

Retreat description

This five day retreat is based on the first Time Space Knowledge book and will take us experientially through all three of these magical, powerful dimensions. The focus of the retreat will be:

Space and Embodiment – Discovering Openness (days 1 and 2)

Exercises will focus on exploring our usual and non-standard spatial sense of body, thoughts and mind, and will challenge our familiar “world as reality”

The Dynamic Presence of *Time* – Tasting Its Liberating Potency (days 3 and 4)

Exercises will help us shift from our usual sense of sequential time, providing glimpses how to transform situations by working with time in a multitude of ways.

Knowledge as Commanding Insight – Appreciating Our Human Embodiment (day 5)

Exercises will counteract the limitations usually placed upon our ‘knowingness,’ and allow us to ‘know’ in a more open-ended way.

Our time together will be practice-oriented, using many of the TSK exercises in Rinpoche’s first book. We’ll investigate our practice experience in light of key elements of the vision in each of the three dimensions.

Join us in this unique retreat! It will be fun and stimulating, and will introduce us to a vision which can integrate and unite all aspects of our being, inspiring a broad and vigorous appreciation of life.

“We have the tools that allow us to explore our experience. We can bring light to the mind.”

– Tarthang Tulku