



shine bright like a
DIAMOND

Shine as a "teacher"

Authentic Tibetan meditation teacher

Calm-abiding the mind teacher

(advanced mindfulness teacher training)

Content of the training



Background information about 'Calm-abiding the mind'

The method used in this course is the "9 stages in calm-abiding the mind" from the Mahamudra tradition (Tibetan Buddhism).

Here, we go further than mindfulness relaxation: we will train our mind through mindfulness meditation. The effect is a broadening of our awareness in order to evolve into a calm and clear mind. It is not a state that can be reached just like that; the mind really needs to 'train' to it — training to become aware of all the thoughts and emotions that cause stress.


The second step consists of training not to run after every thought or emotion like chasing an outraged elephant. This runaway elephant can be very devastating for yourself and your environment. The final result is to see what is around us and within us clearly.

But before we train our minds, we first calm them down. We call this the preparatory exercises, in which we de-stress our body, balance our breath and let our mind settle. In other words, we connect body, breath, and mind.

From here we can start to train our minds. We learn that we need 3 things: an object, a subject and an action. We go through 9 stages from an active and agitated mind to a calm, clear mind. Each stage is characterised by the need for a certain form of attention: in total, there are 4 forms.

We also learn that the use of certain tools makes it easier for us to reach the next stage. In Buddhism, this is called the 'six empowerments'.

There are also obstacles on our path: in total there can be five. If we know them, we can also recognise them and that way, overcome them.



Our mindfulness practise is characterised by:

- ▶ Preliminary practise: preparatory exercises
- ▶ General practise: training our minds
- ▶ Relaxation

Most of the mindfulness practices in the West focus on the preliminary practice or preparatory practice, more specifically on stress reduction.

This is already a good first step towards a calm and peaceful mind. The next step is to train our mind so that it is less disturbed by thoughts and emotions.

I would like to use a quote from HH XIV Dalai Lama:

"If we can maintain a calm and peaceful mind,
our external surrounding can only cause us limited disturbance"

From this state, we can then do the real training in concentration.



The training of an Authentic Tibetan Meditation teacher

This training consists of three modules.

Module 1: 4 teaching days

The focus in module 1 is on the process of your personal growth in meditation: deepening the theory behind the practice of "calm-abiding" the mind. From the personal experience of your meditation, we will then connect the theory and see how we can apply it in practice

The theory consists of:

- The biography Tulku Lobsang
- What is the nature of our mind?
- The purpose of meditation
- Preparatory exercises in stress reduction
- How, in nine stages, we evolve from an active and agitated mind to a calm, clear mind, including all the information about the process.
- Relaxation techniques

Module 2: 2 teaching days

Learn how to guide others in mindfulness meditation. We emphasise how we translate and teach everything to others. Practical topics, such as the organisation of workshops, how to promote and the price of the courses etc. are also discussed.



Module 3: 1 teaching day

On the last day of the programme, you will present your thesis.

Explain in your own way the stages that the mind goes through, from agitated to calm and what is needed to for this to be achieved. This is part of your practical exam. As part of this day, you will also guide a lesson in mindfulness meditation.

There will also be a written exam.

Keep in mind that you are expected to meditate on a daily basis if you follow this course. I would like to explain this with a quote from Tulku Lobsang Rinpoche:

"Your own experience will be the real test and the real practice".

Who is this training for?

- Lu Jong teachers
- Tog Chöd teachers
- Coaches and therapists who want to use mindfulness as a technique with their clients.
- Mindfulness teachers who want to study the Buddhist view of mindfulness practice and more specifically, the general practice.
- People who want to become teachers in Authentic Tibetan Meditation
- People looking for a grounding for themselves in Authentic Tibetan Meditation

"Life can only take place in the present moment. If we lose the present moment, we lose life."

Buddha