

Carolyn Pasternak

Carolyn Pasternak will visit Europe at the end of November for a series of lectures, workshops and retreats in Göteborg, Sweden, and in the Nyingma Centers in Amsterdam and Köln.

Carolyn works and lives at Odiyan, the temple complex in Northern California where Tarthang Tulku also works and lives. She runs the Yeshe De Text Preservation Project and works closely with Tarthang Tulku Rinpoche in a number of projects.

We hope many people will take advantage of this unique opportunity to learn from her vast experience.



Time, Space and Knowledge Vision

The Time, Space, and Knowledge Vision was introduced to the West by Tibetan lama Tarthang Tulku in 1977. Especially suited to the adventurous, Western mind, the vision invites us to freely explore our assumptions about 'reality' and who we are.

Tarthang Tulku published a series of books about the TSK Vision, that contain a vast treasure of insights and exercises that open up our minds and hearts to unexpected and alternative dimensions of experience. In her teachings, Carolyn Pasternak will draw mainly from the very first, groundbreaking book: *Time, Space and Knowledge: A New Vision of Reality*.

*When a single feather and a thousand worlds
Are equally this Space,
Who can say which contains which?
Who can find limits
To life's richness?*

Tasting Freedom

TSK Program with Carolyn Pasternak in Europe

Köln, Germany

Public Opening Lecture - Fr 16/11, 20:00 hrs
'No Rules and Nothing Specific To Do'

Retreat: Fr 16/11, 20.00 hrs - Tu 20/11, 18.00 hrs
Cost: € 430 incl. vegetarian meals

Workshop - We 21/11, 10.00-18:00 hrs
'A Day in the Nyingma Mandala'

Location: Nyingma Zentrum Deutschland
Siebachstraße 66, Köln | +49 221 58 90 474

Register: info@nyingmazentrum.de
More info: <https://tinyurl.com/TSKretreatKoln>

Göteborg, Sweden

Retreat: Fr 23/11, 19.00 hrs - Su 25/11, 16.00 hrs
Cost: 1100 kr

Location: Föreningen för tibetansk buddhism
Linnégatan 21, Göteborg | +46 768 85 82 99

Register: stig@tibetanskbuddhism.se
More info: <https://tinyurl.com/TSKretreatSwdn>

Amsterdam, The Netherlands

Public Opening Lecture - We 28/11, 19.30-21:00 hrs
'No Rules and Nothing Specific To Do'

Retreat: We 28/11, 15.00 hrs - Su 2/12, 16.00 hrs
Cost: € 495 incl. veg meals and basic lodging (limited availability)

Public talk on Yeshe De - Sa 1/12, 16.30 - 17:30 hrs
'Preserving the Dharma'

Location: Nyingma Centrum Nederland
Reguliersgracht 25, Amsterdam | +31 20 6205207

Register: info@nyingma.nl
More info: <https://tinyurl.com/TSKretreatAdam>

Tasting Freedom



A Journey Through Space and Time

TSK program with Carolyn Pasternak

16 November - 2 December, 2018

NYINGMA CENTRUM NEDERLAND

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

Inspiration

Online courses

For upcoming online courses with Carolyn, check the "Classes" section at <http://odiyen.org/>.

Time, Space and Knowledge: A New Vision of Reality

The book *Time, Space and Knowledge: A New Vision of Reality* and other TSK books are available in German, Dutch and English at the Lotus Design shops in Köln and Amsterdam, or you can order them online from <http://dharmapublishing.com> or Amazon.de.



“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*

Public Opening Lecture

Köln and Amsterdam

‘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