

Dear Dharma-friends,

I would like to begin by thanking you for your generosity and support which has made my participation in the U.D. course at Tarab Ling possible. It is primarily because of kind-hearted people such as you that young students like me can be a part of the precious teachings which are the legacy of Tarab Tulku Rinpoche.

To introduce myself: I'm Sushmita, a student of English literature from Delhi, who also has a keen interest in Buddhist philosophy and meditation. Before coming to Tarab Ling, I had already been studying Buddhist philosophy at Tibet House in Delhi, as well as taking courses on the same at my university. Since, I'm interested in learning about the philosophy from different points of view, I decided to participate in the first two parts of U.D. Module 1 at Tarab Ling to understand how Tarab Rinpoche presented it as an Inner-science of 'Mind' and Phenomena.

The learning experience here has enriched my understanding of Vaibhasika and Sautrantika schools, along with providing me an opportunity to integrate the inner-science teachings into my everyday life by means of meditative practices. While I had been studying the philosophy from academic and traditional points of view, the strong emphasis on practicing and living it is what I liked most about the U.D. course.

I also appreciate that the course allows people from different religious, cultural, and professional backgrounds to come together and learn from this valuable material. It became a meeting point of different views as we had people from science and psychotherapy backgrounds, as well as young Tibetans who have been studying the philosophy in a traditional setup in Dharmashala. U.D. allowed for a dialogue between these different disciplines which don't interact with each other often.

Through the course of studying here, I realised that the insights of U.D. are of great significance for the contemporary world and can be the means to resolve a number of issues we face in the world today, from climate change to sexual violence. A world dominated by the conceptual mind cannot possibly resolve the issues that the same mental dysfunction created, as evidenced by the disappointing outcome of the recent UNFCCC in Madrid. U.D. introduces us to the different inner capacities we can access to reconsider and, possibly, resolve these issues, in a way that speaks to positivist scientists as well as young students. It has inspired me to carry forward these learnings and apply them in my personal as well as professional life.

Am Ende möchte ich nur sagen, dass ich sehr dankbar für Ihre Förderung bin. Ich denke, U.D. war eine wichtige und bedeutungsvolle Erfahrung für mich. Ich hoffe, dass ich in der Zukunft wie Sie andere Menschen unterstützen könnten. Vielen Dank!

Yours sincerely,

Sushmita Sihwag