

TEN YEARS DHARMA CYCLE

ONGOING TRAINING FOR DHARMA FACILITATORS

(short: "Teacher Training" TT)

Accompanying the ten-year dharma cycle with the six strands already presented for selection in German, English and French, there will be an informal further training for people who pass on the dharma to others in meditation groups or at work. These are simply called "dharma facilitators" here. From Ekayana's point of view, they belong to an effective "snowball" or "cascade" system which allows for the dharma to reach many people in a good way. All these facilitators support others on their dharma path, assist them in various ways and must be as well trained as possible according to their respective abilities and tasks.

These dharma facilitators receive training and personal supervision in a 10-year advanced training course in passing on the dharma, in addition to the basic course and their personal practice. But ten years is just a number; the training continues for a lifetime and also includes personal periods of retreat with intensive practice.

The training takes place in German, English or French in meetings during the respective courses. The facilitators meet with each other, and at times together with Tilmann, and assist the other participants the small groups of the 10-year cycle. They soon take over small teaching units and lead practical sessions. Between courses, they continue their training on their own, in tandem exchanges, and in small groups formed by the facilitators themselves. These groups can be supervised by acknowledged dharma teachers. In addition to their own learning, part of the group work will be to research, review and improve teaching materials, resulting in new materials for everyone, which will also be made available online.

Prerequisites for the "Teacher Training" (TT - as a simple term) are:

- enthusiasm for the dharma,
- joy in studying,
- enjoying practice,
- continuous daily practice over several years,
- joy in being together,
- sufficient emotional stability,
- joy in dedicating oneself to passing on the dharma, and
- sufficient time and energy.

This training for facilitators is free of charge; the usual donation of €108/month or whatever you can for the dharma cycle is sufficient. And importantly: there is no degree, no diploma and in truth: no end to the training! Everyone develops according to their own abilities and is supported according to their own dispositions and interests. Tilmann Lhündrup will personally invite individuals to the training and discuss further details with them on an ongoing basis. So, stay relaxed, don't push, but simply signal your

interest and willingness to participate in this training. It is an active (!) training course, not a passive absorption of information. In addition to personal learning, it is also about concrete, joint work for the dharma, e.g. by preparing helpful text and audio material and designing dharma modules.

Presumably, a common dharma terminology will emerge when looking at the existing basic literature, but this should - please - always be kept flexible. Terms are chosen to the best of our knowledge and discretion but remain arbitrary designations that cannot claim to be binding for others. We are and will remain an interactive, open little mandala whose main aim is to build bridges between traditions. Our terminology will therefore also remain open.

Tandems, i.e. learning situations in pairs, are an important means of growth. They allow us to find dates quickly and work intensively on topics.

From the circle of TT participants, assistants and teachers who can competently lead the Ekayana Institute into the next generation will presumably appear over time. We are laying the foundations here for internal and public Ekayana training courses in the future - in which we will of course work together with teachers from a wide range of dharma disciplines. But first, let's be clear about what the essence of the dharma is that inspires everything and around which all dharma teachings and activities are grouped.

It is possible to join the TT at any time. The circle of dharma facilitators always remains open, even if the small groups that have already formed naturally remain as constant as possible and must not become too large.