

Materials

„Stranger in Paradise – A Dharma Journey”

Listen · Contemplate · Meditate

Casa Terracota, Fátima, Atenas, Costa Rica

Thursday, April 16, 2026 – 9:00 AM – 10:30 AM

In this mindDIVING Experience you'll learn:

- Why a new environment is one of the most powerful invitations for inner inquiry
- The Buddhist understanding of happiness – not as a circumstance, but as a source within
- A guided meditation that takes you from the surface of experience into its quiet center
- One simple daily practice to carry the stillness into ordinary life

This mindDIVING Experience is for you if:

- You have settled into a new life here and feel ready to explore what lies beneath it
- You are curious about Buddhist wisdom but have never had a grounded, practical entry point
- You have never meditated – or tried once and are ready to try again
- You are looking for a morning that nourishes you – not just fills your calendar



S. H. DER 14. DALAI LAMA

S. H. WIRD 90 JAHRE ALTI GROSSES FEST UND GROSSE MANTRA-ZÄHLAKTION!

SOMMERCAMP ZENTRUM PROGRAMM SPENDEN | EHRENAMT SHOP HILFE | SERVICE TERMINKALENDER KONTAKT/TEAM/STANDORTE

NEWSLETTER – ABO UND ARCHIV

Tibetisches Zentrum
VEREIN DER TIBETISCHEN ZENTRUMS
 e.V. HAMBURG

Herzlich Willkommen auf der Webseite des Tibetischen Zentrums e.V., Hamburg

Das Tibetische Zentrum vermittelt den Buddhismus nach der tibetischen Überlieferung und zahlreiche weitere Inhalte und Übungen in Verbindung mit der Geistesschulung. Es steht seit der Gründung 1977 unter der Schirmherrschaft S.H. des 14. Dalai Lamas.

Auf unserer Webseite befinden sich Informationen über uns, den Buddhismus, Meditation und ergänzende Themen sowie ein umfangreiches Angebot an Kursen, Meditationen und Veranstaltungen für alle Alters- und Erfahrungsstufen. Das Spektrum reicht von der Einstiegsmeditation bis hin zum tiefgründigen Studium des Buddhismus. Mitmachen kann man bei uns digital von überall auf der Welt sowie analog an drei Standorten (Hamburg-Berne, Hamburg-City, Lüneburger Heide), an denen fast täglich auch Vor-Ort-Termine stattfinden. Für die Teilnahme an unseren Veranstaltungen ist keine Religionszugehörigkeit erforderlich.

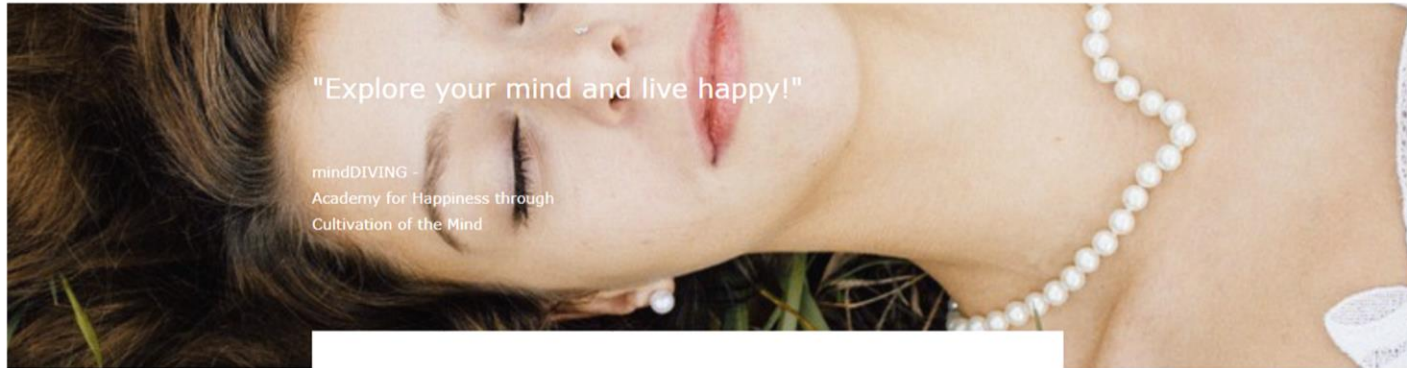


**TIBETISCHES ZENTRUM
PROGRAMM-
ÜBERSICHT**

Neuer Lehrgang des Systematischen Studiums des Buddhismus

Die digitale Programmübersicht 1.HJ 2026





"Explore your mind and live happy!"

mindDIVING -
Academy for Happiness through
Cultivation of the Mind



Gaming

All about "Nalanda" the computer game for mindfulness and ethics

Co-Develop and help with a donation!



Base course "Meditation"

Kostenfreier Basis-Kurs zu buddhistischer Praxis In Atenas, Costa Rica: basic knowledge, meditation and tips for everyday life.

Now non-binding Secure your place - first come, first serve!



Knowledge

Does the conqueror of El Capitan feel no fear?

Vor rund drei Monaten, am 30. November 2025 stand ich staunend vor dem Taipei 101, einem Wolkenkratzer in Taiwan, der[...]



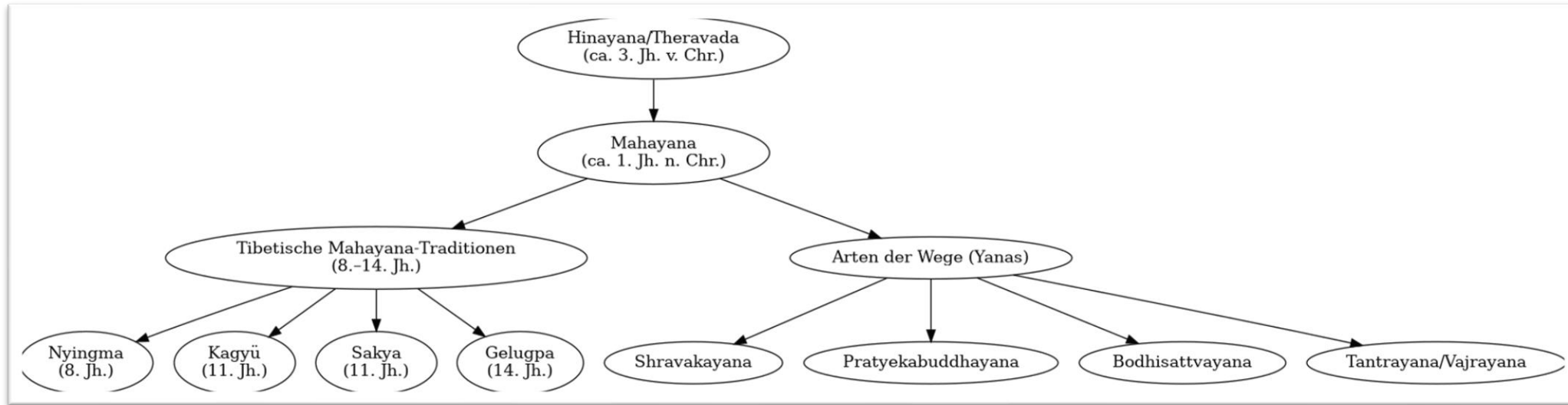
About Us

mindDIVING is a non-profit project that translates Buddhist and neuroscientific insights and methods into practical learning programs for everyone. More ...

All News of mindDIVING



I am here



1. 5 ever-functioning mental factors	2. 5 object-determining mental factors	3. 11 constructive mental factors	4. 6 root disturbing mental factors	5. 20 secondary disturbing mental factors	6. 4 changeable mental factors
Feeling	Aspiration	Faith	Attachment	Wrath	Sleep
Distinguishing	Appreciation	Moral self-respect	Anger	Resentment	Regret
Intention	Mindfulness	Consideration for others	Pride	Concealment	Investigation
Contact	Concentration	Non-attachment	Ignorance	Spite	Analysis
Attention	Wisdom	Non-hatred	Doubt	Envy	
		Non-ignorance	Distorted views	Avarice	
		Joyful perseverance		Dissimulation	
		Flexibility		Hypocrisy	
		Mindfulness		Arrogance	
		Alertness		Harmfulness	
		Equanimity		Lack of self-respect	
				Lack of consideration for others	
				Dullness	
				Excitement	
				Disbelief	
				Laziness	
				Carelessness	
				Forgetfulness	
				Lack of introspection	
				Distraction	

Types of Meditation

CONCENTRATIVE MEDITATION

(Konzentration Meditation)

Goal:

Stabilize the mind on one object.
*(Den Geist auf ein Objekt sammeln
und darauf stabil verweilen.)*

Key mental factors:

Recollection

(Vergegenwärtigung, dran-pa)

Alertness

(Selbstprüfung, shes-bzhin)

Concentration

(Konzentration, ting-nge-'dzin)

Effort

(Tatkraft, brtson-'grus)

ANALYTICAL MEDITATION

(Analytische Meditation)

Goal:

Examine a topic and develop insight.
*(Ein Thema untersuchen und Einsicht
entwickeln.)*

Key mental factors:

Wisdom

(Weisheit, shes-rab)

Recollection

(Vergegenwärtigung, dran-pa)

Attention

(Aufmerksamkeit, yid-la byed-pa)

Concentration

(Konzentration, ting-nge-'dzin)

The Seven-Point Meditation Posture of Vairocana

① Eyes

The eyes are neither wide open nor fully closed; they rest so that the gaze is directed downward, roughly along the line of the nose.

② Head

The head is neither raised too high nor lowered too far, but tilts very slightly forward – like a full ear of grain on a straight stalk. Nose and navel are aligned on a straight vertical line.

③ Teeth, Lips & Breath

Teeth and lips are left in their natural position and not pressed together. The tip of the tongue lightly touches the palate just behind the upper row of teeth. This reduces the flow of saliva, so one does not need to swallow as frequently. The breath flows naturally and calmly, without deliberately slowing it down or forcing it.

④ Shoulders

The shoulders are straight and level. Arms and shoulders are relaxed.

⑤ Back

The back is held straight and upright, without leaning too far back or bending too far forward.

⑥ Hands

The hands rest folded in the lap below the navel, palms facing upward. Both hands are slightly cupped so that the tips of the thumbs touch and form a triangle.

⑦ Legs

The legs are crossed in the full or half vajra posture. In the full vajra posture, each foot rests on the thigh of the opposite leg, with the sole facing upward. Somewhat easier is the half vajra posture, in which the left foot rests on the floor beneath the right leg and the right foot rests on the left thigh.



Foto: Christof Spitz

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"If today gave you something – a new perspective, a moment of stillness, or just one idea you'll take into the water tomorrow – I'd love for you to share it. Tell a friend, post about it, or simply tag us. It helps others find their way here too.

You'll find us in the web www.minddiving.academy on Instagram @minddiving_academy on Facebook www.facebook.com/minddivingacademy/ and on X as @mindDIVINGAcad.

Thank you for showing up – see you in the water!