

Materials

„Stranger in Paradise – A Dharma Journey”

Listen · Contemplate · Meditate

Casa Terracota, Fátima, Atenas, Costa Rica

Thursday, April 30, 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

Agenda

1. WELCOME
2.  BREATH MEDITATION
3. MARK'S ROLE
4.  DEFINE PERSONAL GOAL
5.  RETROSPECTIVE
6.  DESTABILIZATION ROUND
7.  DEPRESSION INPUT 1
8.  IMPERMANENCE MEDITATION
9.  EXCHANGE: QUESTIONS
10.  DEPRESSION INPUT 2
11.  JOYFUL EXPERIENCES
12.  EXCHANGE: EXPERIENCE
13.  HOMEWORK
14.  DEDICATION



Tibetisches Zentrum
VEREIN DER FÜR DEN BÜNDNISSTÄNDIGEN
 VON 1977

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

NEWSLETTER – ABO UND ARCHIV

S. H. DER 14. DALAI LAMA

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

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.

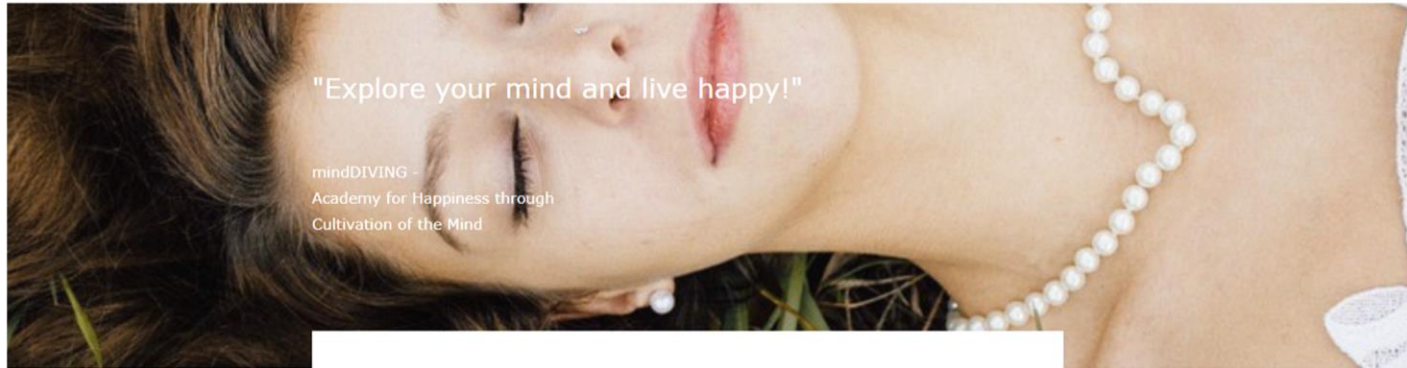


**TIBETISCHES ZENTRUM
PROGRAMM-
ÜBERSICHT**

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[...]



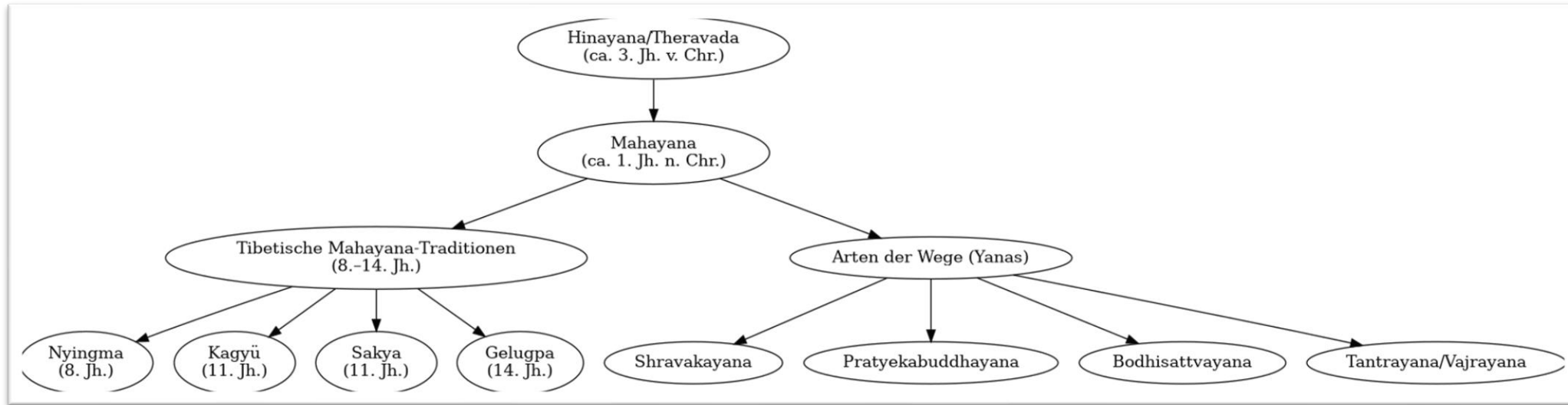
About Us

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



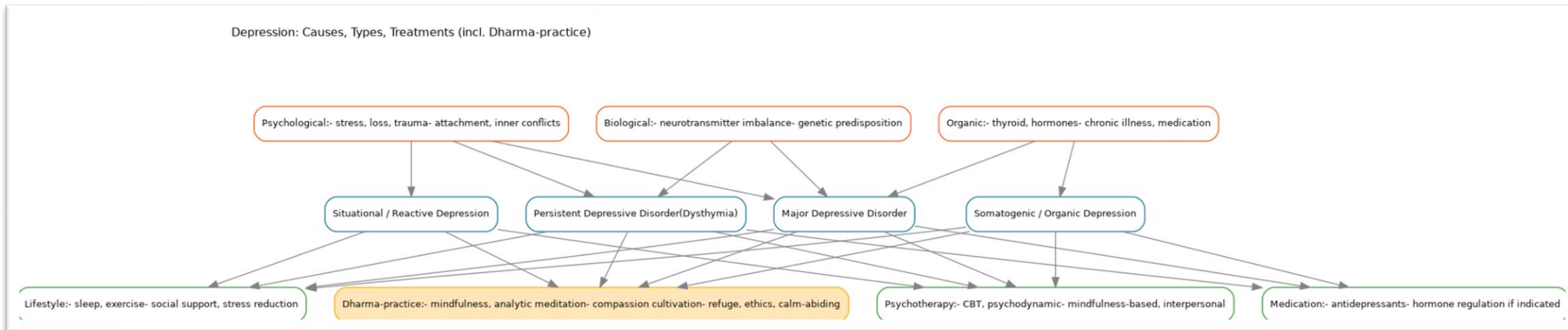
I am here



Patterns when destabilization begins

- Inner pressure – pushing to fix
- Discouragement – everything feels pointless
- Withdrawal – isolating from life
- Lost perspective – 'This will never change'
- Identity collapse – 'This is who I am now'

Depression: Causes, Types, Treatments (Incl. Dharma-practice)



DEDICATION

Mögen durch die Kraft dieser Bemühungen alle Wesen von zerstörerischem Tun und Denken ablassen und in Freundschaft, Liebe, Mitgefühl und Harmonie zusammenleben. Mögen alle Wesen kraft dieser Bemühungen verdienstvolle Handlungen und Weisheit sammeln können, und mögen sie die zwei heiligen Körper erlangen, welche aus verdienstvollen Handlungen und Weisheit entstehen. Möge der Dalai Lama, der grosse Ozean, der Halter der Lehre lange leben. Möge der Geist der Einsichtsvollen sich wie ein Lotos entfalten, und möge unter der Sonne von Belehrungen und Praxis, allen zehn Himmelsrichtungen Glück beschieden sein.

May, through the power of these efforts, all beings abstain from destructive actions and thoughts, and live together in friendship, love, compassion, and harmony.

May all beings, through the power of these efforts, be able to accumulate meritorious actions and wisdom, and may they attain the two sacred bodies that arise from meritorious actions and wisdom.

May the Dalai Lama, the great ocean, holder of the teachings, live long. May the minds of the insightful unfold like a lotus, and under the sun of teachings and practice, may happiness be granted to all ten directions.

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

"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.



Knowledge

Does the conqueror of El Capitan feel no fear?

Vor rund drei Monaten, am 30. November 2025 stand ich staunend vor

"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](https://www.instagram.com/minddiving_academy) on Facebook www.facebook.com/minddivingacademy/ and on X as [@mindDIVINGAcad](https://twitter.com/mindDIVINGAcad).

Thank you for showing up!