

Jewel Heart
Center for Tibetan Buddhism & Culture
207 E. Washington St.
Ann Arbor, MI 48104
www.jewelheart.org



JEWEL HEART
Center for Tibetan Buddhism & Culture

SPRING 2003 PROGRAM
TEACHINGS, COURSES, PRACTICE

Gehlek Rinpoche's Teachings



Talk and Book Signing

Renaissance Unity talk and book signing.
Sunday, March 9th, 9:00 and 11:30 AM
Renaissance Unity
11200 E. Eleven Mile Warren Michigan

Attaining Lasting Satisfaction

Mondays, starting March 17th, 7:30 PM
Renaissance Unity
11200 E. Eleven Mile Warren Michigan
Suggested minimum donation, \$10 per session
To register, call Renaissance Unity (586) 758-3050.

Guide to the Bodhisattva's Way of Life

Bodhisattvas are individuals who commit themselves to total enlightenment in order to benefit all beings. With contemporary understanding and wit, Gehlek Rinpoche conveys Shantideva's timeless message in a way that reveals its power to transform our lives.

Tuesdays, ongoing, 7:30 PM
207 E. Washington, Ann Arbor

Odyssey to Freedom

The Odyssey to Freedom was developed by Gehlek Rinpoche and is a point by point structure for meditation on the stages of the spiritual path. It is based on the experience of the Buddha and presented in a way that is fresh and relevant to contemporary American life.

(Internet Broadcast from New York)

www.jewelheart.org
Thursdays, 7:30 PM
207 E. Washington, Ann Arbor

"Good Life, Good Death" Book Signing

Friday, March 21, 6-8 PM
Horizon Books
243 E. Front St.
Traverse City, MI 49684
(231) 946-7290

Spring Retreat: White Tara

This retreat will focus on the healing and compassionate activity of Tara. Tara is known as a mother goddess whose response to any heartfelt request for her help is quick and effective. All forms of Tara are wonderful, but White Tara is particularly associated with healing, protection and stabilizing your life force.

May 23-26, 2003
Garrison Institute, Garrison, New York
To register call: (914) 767-0368 or email Jeanne@ahdc.com

Special Programs



Story Hour

Come listen to thought provoking stories from Buddhist and other spiritual traditions. Discussion, related activity and snack provided. Age 6 and older.

Saturdays, March 22, April 12, April 26 and May 3,
3:00-4:00 PM
Free

Jewel Heart Open House

Come join us for an evening of informal discussion introducing Jewel Heart and Jewel Heart programs, a brief meditation, tea and cookies.

Wednesday, March 26th, 7:30 PM
Free. All are welcome!

Courses



The Way of Compassion

The *lojong* or mind transformation is a practice in which everyday experiences, whether pleasant or painful, are seen as opportunities for cultivating wakefulness and compassion. This course will introduce the principles and practice of *lojong*.

Aura Glaser, Ph.D.

One of the foremost students of Gehlek Rinpoche, Aura Glaser is a Buddhist teacher as well as a co-founder and board member of Jewel Heart. She holds a doctorate in clinical psychology and has been in private practice for ten years. She is also the creator and former owner of Crazy Wisdom Bookstore in Ann Arbor.

Saturdays, April 12, 19, 26, May 3, 10, 17, 11:30 AM-1:00 PM
Jewel Heart members: \$90 for the course/\$20 per session
Non-members: \$105 for the course/\$25 per session

Weaving a Life that Works

This workshop explores practical applications of Buddhist teachings in contemporary life including inspired work, great relationships and overcoming barriers to change.

Sandy Finkel, MPH

Sandy Finkel is co-founder and board member of Jewel Heart. She has over 30 years experience with meditation and 20 years in Tibetan Mind Training. She is the owner of Inroads Lifes Skills and works with businesses, groups, and individuals. She holds a Masters in Public Health.

Saturday, March 29th, 1:00-4:00 PM
Jewel Heart members: \$40
Non-members: \$50

Tibetan Medicine

Tibetan Medicine is a 1400 year old system of holistic medicine founded on the concept that good health is achieved by the balance of five elements: earth, water, fire, air and space.

Dr. Tsering Lhamo

Tsering Lhamo graduated in Tibetan Medicine from Men-Tsee-Khang in 1997 and has worked extensively with senior Tibetan doctors in clinics in India and Nepal. She travels extensively throughout the world speaking on Tibetan Medicine and giving consultations on leading a balanced life from that perspective.

Thursday, June 12, Talk, 7:30–9 PM, \$10

June 13–14, Consultation (by appointment only) \$75.00

Six Realms Workshop

This workshop uses improvisational theater, music and poetry to explore the six realms of existence according to traditional Buddhist teachings.

Rochelle Winter, MSW

Rochelle Winter has been a student of Gehlek Rimpoche for 14 years. She began her career in improvisational theater with Chicago Second City. For the last 23 years, she has been artistic director for Wavelength, an improvisational theater company that performs internationally for educators and corporations.

Sunday, April 27, 12:30–4:30 PM

Jewel Heart members: \$45

Non-members: \$55

Creating a Perfect Universe: The Mandala Offering

This workshop is designed for those who want to know more about the outer mandala offering, the practice of visualizing and offering a pure universe. Bring your mandala set if you have one. Workshop fee includes handouts.

Anne Warren, MD

Anne Warren is a long-term student of Gehlek Rimpoche. In the past she was a student of the late Nechung Rimpoche in Hawaii. She is the Program Coordinator for Jewel Heart Cleveland.

Sunday, June 1, 1:00–4:00 PM

Jewel Heart members: \$25

Non-members: \$35

The Five Paths

Geshe Palden Drakpa will explain the Five Paths: the path of accumulation, path of preparation, path of seeing, path of meditation and path of no more learning in terms of the *Mahayana*, *Pratyekayana* and *Sravakayana*.

Geshe Palden Drakpa

Geshe Palden Drakpa was born in Tibet and became a monk of Drepung Loseling while in his early teens. He was awarded the Geshe Lharam degree, the highest academic degree offered in the Gelug School of Tibetan Buddhism. He served as resident scholar in Tibet House in New Delhi and has represented Tibet in the Mind and Life conferences held in the Dalai Lamas' residence in Dharmasala.

April 5–6, 10:00 AM–4:00 PM

Jewel Heart members: \$45

Non-members: \$60

New Curriculum



Introductory Programs

For those who are interested in learning more about Tibetan Buddhism, these courses will provide an introduction to basic Buddhist principles as well as key elements of practice such as meditation and visualization. These courses are also essential for those who wish to complete the Jewel Heart Study Program.

Creating Space:

Clarity and Insight through Meditation

Meditation is the basis of the spiritual path and the cornerstone for a focused daily life. This course will provide instruction in the basic elements of meditation—breathing, posture, stabilizing the mind, coping with distractions, as well as establishing a daily meditation practice.

Steven Kronenberg, MA

Mondays, March 17, 24, 31, April 7, 14, 21, 7:30–9:00 PM

Jewel Heart Members: \$45

Non-Members: \$60

Jewel Heart Study Program

This spring Jewel Heart is launching a new program of graduated study and practice based on Gehlek Rimpoche's teachings. The course listed is the first of many to come. Open to all, these classes are especially intended for those wishing to study the Tibetan Buddhist path in a systematic and in-depth manner and will include meditation and discussion.

The program in its entirety is meant to provide a foundation for entering the *Vajrayana* path.

Living Tradition of Spiritual Development:

Gateway to the Three Principles of the Path

This course will be run in a study group format, introducing methods that lay the groundwork for spiritual practice by discussion, meditation and contemplation. Gehlek Rimpoche's *Three Principles of the Path* and *Transforming Negativity into Positive Living* will be the core texts.

Tony King, Ph.D.

Kathleen Ivanoff

Wednesdays, April 9, 16, 23, 30, May 7, 14, 21, 28,

7:30–9:00 PM

Jewel Heart members: \$50

Non-members: \$80

Gehlek Rinpoche



Born in Lhasa, Tibet in 1939, Gehlek Rinpoche, a fully accomplished meditation master, is an incarnate lama of Drepung Monastic University. Carefully tutored by some of Tibet's greatest living masters, he gained renown at a very young age for his powers of memory, intellectual judgment and penetrating insight.

Soon after becoming a refugee in India in 1959, Rinpoche gave up monastic life to better serve a lay community. During his years in India, he edited

and printed over 170 volumes of rare Tibetan manuscripts that would have otherwise been lost to humanity and has worked continuously to protect Tibetan culture. In the 1970s Rinpoche was asked by both the senior and junior tutors to HH the Dalai Lama to begin teaching western students. Since that time he has taught throughout the world, distinguishing himself as an exceptionally effective teacher for our times. His first book, *Good Life, Good Death*, a national best seller, was published by Riverhead Books in 2001.

Sundays at Jewel Heart



Meditation Session

These sessions are available for all those who wish to join with others in sitting meditation. All are welcome.

Sundays, ongoing, 10:00 AM–11:00 AM

Suggested donation \$5

White Tara Practice

These sessions are meant to provide a time and place for those wishing to practice guided White Tara Meditation as a group. All are welcome.

Sundays, ongoing, 11:15 AM–12:15 AM

Suggested donation \$5

T'ai Ch'i'

Wu style of T'ai Ch'i' for health and focus. Beginners welcome.

Sundays, ongoing, 4:00–5:30 PM

Suggested donation \$5

Registration Form

I would like to register for the following course(s):

- The Way of Compassion:* Course \$105 (\$90 for Jewel Heart members), Per session \$25 (\$20 for Jewel Heart members)
- Weaving a Life that Works:* \$50 (\$40 for Jewel Heart members)
- Tibetan Medicine:* Talk \$10, Consultation by appointment \$75
- Six Realms Workshop:* \$55 (\$45 for Jewel Heart members)
- Creating a Perfect Universe: The Mandala Offering:* \$35 (\$25 for Jewel Heart members)
- The Five Paths:* \$60 (\$45 for Jewel Heart members)
- Creating Space: Clarity and Insight through Meditation:* \$60 (\$45 for Jewel Heart members)
- Gateway to the Three Principles of the Path:* \$80 (\$50 for Jewel Heart members)

Jewel Heart Member: YES NO

Would you like to become a member & take advantage of your course savings now? YES NO

Membership Levels: \$120–\$599 (Sponsor) \$600–\$1,000 (Sustainer) \$1,000+ (Benefactor)

I would like to pay my membership: \$ _____ monthly \$ _____ quarterly \$ _____ yearly

Total Number of courses _____

Cost of courses/sessions _____

Cost of Jewel Heart membership _____

Total cost: _____

Telephone _____ Email _____

Signature _____

I would like to pay by:

Check enclosed

Mastercard/Visa/Discover/AmEx/Bank Debit Card

Ex Date: _____

FRAGRANCE FREE POLICY: We ask that those participating in Jewel Heart events kindly refrain from wearing perfume, cologne or other scented products in consideration of other people's allergies.

Return form to Jewel Heart, 207 E. Washington, Ann Arbor, MI 48104 Phone: (734) 994-3387 Fax: (734) 994-5577