

# SUNDAYS WITH GELEK RIMPOCHE AT JEWEL HEART



## INSPIRATIONAL TALKS AND DELICIOUS BRUNCH

*Join Gelek Rinpoche for a taste of Buddhism followed by a tasty full menu brunch. We invite you to also participate in concentrated meditation or White Tara meditation practice sessions.*

**Meditation and Talk - Free and Open to All**

*Gelek Rinpoche is the Founder and Spiritual Director of Jewel Heart. Among the last generation of incarnate lamas mentored by the great masters of Old Tibet, Rinpoche's command of contemporary western culture allows him to convey the Tibetan Buddhist tradition with wisdom, kindness and wit.*

### **April 5 – THREE SPIRITUAL TECHNIQUES**

*Buddha recommended three techniques for the spiritual traveler – accumulation of all that is good, purification of what is harmful, and advice to watch our mind.*

### **May 31 – NEGATIVITY CAN BE PURIFIED**

*We can powerfully purify any negative thoughts, words and deeds through a sincere heart willing to recognize, regret, remedy and refrain.*

### **June 7 – INSPIRED DISCIPLINE**

*Successful discipline relies on the joyful commitment of inspired enthusiasm.*

**Concentrated Meditation and White Tara Meditation – 8:45 – 9:4am**

**Talks by Gelek Rinpoche – 10 – 11am**

**Brunch begins following talk, 11am.**

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*Brunch tickets (\$12.50) sold Tuesday evenings at Jewel Heart or call 734 994 3387. New menu each monthly talk.*



**April 5 – Menu includes Baked egg, spinach and cheese, potato dish, baked French toast, fruit salad, baked goods, scrambled eggs, tea & coffee**

