

# PROGRAM CATALOG

Jewel Heart  
TIBETAN BUDDHIST CENTER



by Peter van Wanrooij

**B**orn in 1939 in Lhasa, Tibet, Gelek Rinpoche has played a crucial role in the survival and transmission of traditional Tibetan Buddhism. Recognizing the unique opportunity for the interface of spiritual and material concerns in today's world, Rinpoche has also opened a dialogue with science, psychology, medicine, metaphysics, politics, and the arts.

Mentored by some of Tibet's greatest Buddhist masters, Rinpoche is among the last generation of Tibetan Lamas fully trained in 'Old Tibet', pre-1959. An example of kindness, generosity, good humor, and inspirational insight, Rinpoche is particularly distinguished for his familiarity with contemporary culture, and his special effectiveness as a teacher of Western practitioners of Tibetan Buddhism.

Rinpoche established his first Western teaching center in the Netherlands in 1985. In 1988, Jewel Heart was founded as a non-profit organization in Ann Arbor, Michigan, with chapters and study groups throughout the US, in Malaysia/Singapore and the Netherlands. Affiliated with Nyare Khamsten of Drepung Loseling Monastery, at one time among the world's largest monasteries, Jewel Heart carries on the living tradition of Tibetan Buddhism in the West, with a particular emphasis on the lineage of Je Tsong Khapa.

Rinpoche is an internationally recognized spiritual teacher and bestselling author of **Good Life, Good Death** and **The Tara Box: Rituals for Healing and Protection from the Female Buddha**, as well as over 30 teaching transcripts. Rinpoche lives in Michigan and is a U. S. citizen.

With the wish to support Gelek Rinpoche's efforts to benefit all beings, the Jewel Heart Study Programs are based upon his teachings within the Tibetan Buddhist tradition of the great saint and scholar, Je Tsong Khapa. Under Rinpoche's direction the courses in the Jewel Heart Study Program are designed to support genuine experiential development through study, discussion, and meditational practices.

Deepening one's relationship with Gelek Rinpoche and his teachings, each level offers a variety of courses to provide opportunities for in-depth exploration and integration of Buddha's path to enlightenment. They also develop a grounded foundation for those interested in entering and sustaining the vajrayana path.

To build a reliable foundation and receive maximum benefit, students are recommended to follow the progression of courses within each level of offerings before proceeding to the next level. When the curriculum offered locally does not offer this progression, students may find it helpful to take a course out of order and then return to the progression when available.

Within **Introducing Tibetan Buddhism**, all courses can be taken in any order available.

Within **Building the Spiritual Path**, students begin with the Odyssey to Freedom, followed by The Three Principles of the Path, and then Lam Rim I. GOM may be selected at any point in this course of study.

Within **Deepening the Spiritual Path**, students continue with Lam Rim II and III. Participation in vajrayana courses requires completion of the Lam Rim related topics and highest yoga tantra initiation or as noted.

***Jewel Heart Supporting Members and above may attend Jewel Heart Study Program courses free of charge. Check chapter listings for ongoing course selections.***

**For more information about membership and programs:**  
Call 734-994-3387 or visit [www.jewelheart.org](http://www.jewelheart.org)

## I: INTRODUCING THE SPIRITUAL PATH

### THE ART OF LIVING

We long for meaning, for an effective way to bring insight and heart to the ordinary circumstances and inevitable challenges of our daily lives. On the basis of Gelek Rimpoche's book, *Good Life, Good Death*, this course will explore pragmatic methods to bring depth, meaning, and joy to our lives.

### GATEWAY TO THE SPIRITUAL PATH

Building a solid spiritual foundation through preparatory topics and practices is the main focus of this course. *Gateway to the Spiritual Path* by Gelek Rimpoche provides the basis of study.

### FOUR NOBLE TRUTHS

This introductory course intends to give an initial insight into the main message of the Buddha: that there is suffering and that it can be completely eliminated through one's own efforts.

***Discussion group format including concentrated meditation, presentation, and guided analytical meditation.***

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### CREATING SPACE: CLARITY AND INSIGHT THROUGH MEDITATION

Meditation provides us with a clear stable mind, necessary for a happy life and the foundation for deepening our spiritual journey. This course offers hands-on experience with the basic elements of meditation using breath, posture, and techniques for coping with distractions and laxity of the mind.

### DEEPENING AWARENESS: THE PRACTICE OF MINDFULNESS MEDITATION

Becoming more aware of our thoughts, feelings, and sensations through meditation opens the door to understanding the nature of our mind and how it influences our experience. While this course is open to all, it is recommended to follow [Creating Space: Clarity and Insight through Meditation](#).

***Practice-oriented meditation sessions with Q & A.***

## I: INTRODUCING THE SPIRITUAL PATH

### THE HEALING PRACTICE OF WHITE TARA

Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. She is particularly associated with healing and long life. This course uses visualization techniques relying on the feminine energy of White Tara to overcome physical, mental, and emotional suffering.

### GANDEN LHA GYEMA COURSE /WORKSHOP

One of the most popular practices in the Tsong Khapa tradition, the Ganden Lha Gyema deepens our connection with the enlightened through meditational exercises and enrich our inner development. Grounded in appreciation for our spiritual teacher, the Ganden Lha Gyema practice uplifts us through familiarity with generosity, respect, purification, rejoicing, and many other beneficial activities. This course or workshop offers instruction on specific visualization practices interwoven with the Migtsema mantra.

***Analytical meditation practice instructions with guided meditations and Q & A.***



## II. BUILDING THE SPIRITUAL PATH

### ODYSSEY TO FREEDOM

Gelek Rinpoche created Odyssey to Freedom as a concise and complete Lam Rim outline. It encompasses the stages of the spiritual path from your current situation in life to full enlightenment. Each topic is introduced with a short videotape teaching by Gelek Rinpoche with 43 classes divided over approximately 18 months.

### THE THREE PRINCIPLES OF THE PATH

The Three Principles of the Path is a condensed summation of the path to enlightenment including the determination to be free, unlimited compassion, and wisdom. Offered in three segments over 6 months, Gelek Rinpoche's transcript, *The Three Principles of the Path*, serves as course material.

### FOUNDATION OF ALL PERFECTIONS

This course, based on Gelek Rinpoche's commentary on the famous text by Je Tsongkhapa, presents a summarized outline of the graduated path to enlightenment. Suitable for beginners and seasoned practitioners alike.

***Discussion group format including concentrated meditation, presentation, and guided analytical meditation.***

## II. BUILDING THE SPIRITUAL PATH

### LAM RIM

This in-depth course traverses the entire path to enlightenment in detail, illuminating the initial, medium, and great scopes of spiritual practice according to the tradition of Je Tsong Khapa. Divided into three sections, the initial scope falls under Building the Spiritual Path.

### LAM RIM I: THE INITIAL SCOPE

The initial scope of the Lam Rim illuminates the life we have and offers clear steps to take best advantage of it. Topics include teacher/student relationship, precious life, impermanence, rebirth, refuge, and karma.

### SEM: NATURE OF MIND

Compiled from teachings on the Nature of the Mind, this course addresses the relationship between energy and mind, the mind's capacity for liberation and wisdom and continuity of consciousness as well as highlighting the mind as object of concentrated meditation. Gelek Rinpoche's SEM and GOM are used as class materials.

***Discussion group format including concentrated meditation, presentation, and guided analytical meditation.***

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### GOM

Concentrated meditation is a powerful tool essential to understand and engage wisdom. This program consists of 4 instruction sessions followed by 9 practice weekend intensives over approximately two years. Course material: GOM transcript.

### LAMA CHOPA RITUAL AND PRACTICE WORKSHOP

Offered to gain familiarity with ritual preparation and practices within Lama Chopa.

### GATEWAY TO LAMA CHOPA

The Lama Chopa is a complete guru yoga practice, integrating aspects of sutra and tantra into a common framework. This Gateway class emphasizes the non-tantric aspects of the Lama Chopa.

***Practice-oriented sessions with instruction and Q & A.***

## III. DEEPENING THE SPIRITUAL PATH

### LAM RIM II: MEDIUM SCOPE

This segment explores the medium scope of spiritual development - liberating the individual from suffering once and for all.

### LAM RIM III: GREAT SCOPE

Presents the great scope of spiritual development – total enlightenment for the sake of all through reliable methods.

### LOJONG - MIND TRAINING

Commentary on the Kadampa masters Chekawa and Langri Tangpa's classical texts with exchanging self with others and the practice of taking and giving, precise methods to overcome negative ego patterns and gain happiness.

### PERFECTION OF WISDOM

Explores the Five Paths to enlightenment based on teachings of the profound meaning of the perfection of wisdom mantra, the essence of the Heart Sutra.

### BODHISATTVACARYAVATARA

Follow up or alternative to Lam Rim III, details the writings of Indian saint and scholar Shantideva on how to engage in bodhisattva behavior.

### WISDOM

Based on Gelek Rinpoche's commentary on the wisdom chapter of Tsongkhapa's *Lam Rim Chenmo* and Shantideva's *Bodhisattvacharyavatara* with discussion and meditation on emptiness, the final mode of being of all phenomena.

***Discussion group format including concentrated meditation, presentation, and guided analytical meditation.***

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### VAJRAYANA RETREATS

**GROUP RETREATS** on Ganden Lha Gyema, Vajrayogini, Yamantaka, Cittamani Tara, White Tara

**HOME RETREATS** with support on Ganden Lha Gyema, Vajrayogini, Yamantaka, Cittamani Tara, White Tara, Refuge

## III. DEEPENING THE SPIRITUAL PATH

### SIX SESSION GURU YOGA

Based on Gelek Rinpoche's *Six Session Guru Yoga* transcript illuminating the long and short Six Session Guru Yoga, a foundational meditation practice to deepen the understanding of guru yoga and keep vajrayana commitments.

### YAMANTAKA

Following Kyabje Ling Rinpoche's outlines and closely based on Gelek Rinpoche's *Yamantaka* transcript, facilitators guide meditations and facilitate discussion on all aspects of the long sadhana of the Solitary Hero Vajrabhairava.

### VAJRAYOGINI

Following Gelek Rinpoche's *Vajrayogini* transcript, facilitators guide meditations and facilitate discussion on all aspects of the Vajrayogini long sadhana.

### CITAMANI TARA

Following Gelek Rinpoche's *Cittamani Tara* transcript, facilitators guide meditations and facilitate discussion on the Cittamani Tara sadhana.

### GANDEN LHAGYEMA KAGYAMA

Deepening the Ganden Lhagyema of Introducing the Spiritual Path, the format of guided meditations follows the root text and Gelek Rinpoche's commentary.

### LAMA CHOPA

As in the Lama Chopa from the Building the Spiritual Path, the format of guided meditations follows the root text. Based on Gelek Rinpoche's commentary *Integrating the Primordial Mind*, facilitators guide through discussion and meditation on the practice.

***Requires completion of the Lam Rim related topics and highest yoga tantra initiation or as noted.***

***Discussion group format including concentrated meditation, presentation, and guided analytical meditation.***

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### VAJRAYOGINI SELF-INITIATION RITUAL AND PRACTICE WORKSHOP

Offered to gain familiarity with ritual preparation and actual practices within Vajrayogini self-initiation, this two part workshop is offered for practitioners who have fulfilled the Vajrayogini mantra retreat and fire puja.

### TRANSCRIPTS BY GELEK RIMPOCHE

**Karma: Actions and their Consequences.** 1991; revised 2004, half-size format. An introduction to the concept of karma and how to deal with it in daily life.

**Love and Compassion.** 1992; revised 1997.  
The altruistic mind and the six perfections.

**Self and Selflessness.** 1993; third edition 1998.  
The nature of the self in Buddhist philosophy.

**Lam Rim Teachings.** 1987-1991 - 4 volumes. 1993; revised 2005.  
Comprehensive teachings on the graduated path to enlightenment in the tradition of Je Tsongkhapa.

**Transforming Negativity into Positive Living.** 1994; half-size format 2004.  
Practical advice on how to deal with negative emotions in daily life.

**The Three Principles of the Path by Je Tsongkhapa,** 1994; revised 2003, 2004.  
Detailed commentary on the Three Principles of the Path: determination to be free; altruism, and perfect view .

**The Three Principles in a short commentary.** 1995.  
Weekend seminar on the Three Principles of the Path.

**Odyssey to Freedom in sixty-four steps.** 1998; 2nd edition 2001.  
The graduated path to enlightenment in easy-to-practice form.

**The Perfection of Wisdom Mantra.** 1998.  
The perfection of wisdom mantra and the five paths of the Mahayana.

**Lojong, Training of the Mind in Eight Verses.** 2000.  
Commentary on mind training based on the root text by Langri Tangpa.

**Lojong, Training of the Mind in Seven Points.** 2000.  
Commentary on the mind training based on the root text by Geshe Chekawa.

**Shantideva's Guide to the Bodhisattva's Way of Life,**  
Chapters/Volumes 1, 2, 3, 4, 5, 6, 7, 8. 2000 - 2007.  
Detailed verse by verse commentary on Shantideva's famous work.

**The Practice of the Triumphant Ma.** 1996; revised edition 2002;  
half-size format 2004. Healing practices based on the deity Tara, a manifestation of the active aspect of compassion of all enlightened beings.

**Ganden Lha Gyema; The Hundreds of Deities of the Land of Joy.** 1991; revised 2002. A guru yoga practice for the general public.

**GOM – A Course in Meditation.** 2005.  
An in-depth guide to concentrated meditation.

**SEM – The Nature of Mind.** 2005.  
Exploration of the nature and function of mind.

**The Four Noble Truths.** 2008.  
An explanation of Buddha's core teaching

**The Four Mindfulnesses.** 2008.  
A comprehensive look at the spiritual path

### HIGHEST YOGA TANTRA TRANSCRIPTS\* BY GELEK RIMPOCHE

**Ganden Lha Gyema Kagyama**  
1991; revised 1999. A commentary on guru yoga in the tradition of Je Tsongkhapa.

**Six Session Guru Yoga.** 1992; 3rd and extended edition 2003.  
The guru yoga as a requirement for the practice of Highest Yoga Tantra.

**Healing and Self-healing through Tara.** 1996; revised and extended edition 1999.  
Healing practices based on the deity Tara, a manifestation of the active aspect of the compassion of all enlightened beings.

**Three Main Short Vajrayana Practices.** 1997; 2nd and extended edition 1999.  
Commentaries on: Six Session Guru Yoga, Short sadhana of Solitary Hero Yamantaka, Short sadhana of Vajrayogini.

**Guru Devotion: How to Integrate the Primordial Mind.** 1997; 2nd revised and extended edition 2003. Commentary on the Lama Chöpa – Offering to the Spiritual Master.

**Solitary Yamantaka Teachings on the Generation Stage.** 1997; 2nd edition 1998. Comprehensive commentary on the generation stage of the Solitary Hero Vajrabhairava, including reviews and discussions.

**Vajrayogini Teachings.** 2000; 3rd revised and extended edition 2003/2005.  
Comprehensive commentary on the generation stage of Vajrayogini.

**Cittamani Tara teachings.** 1998 – 2007  
Comprehensive commentary on the generation – and completion stages

*\* Must have Highest Yoga Tantra initiation to read. If you want to read the restricted transcripts and be able to understand them properly, it is important that you receive a Highest Yoga Tantra initiation from a qualified teacher.*

### BOOKS BY GELEK RIMPOCHE

**Good Life, Good Death.** 2001, Riverhead.

**The Tara Box: Rituals for Protection and Healing from the Female Buddha.** 2004, The New World Library.

