

INSPIRATIONAL TALK by GELEK RIMPOCHE SUNDAY, JULY 5 - 10am at JEWEL HEART



in honor of the Dalai Lama's birthday **HIS HOLINESS THE DALAI LAMA**

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.

8:45 – 9:45am - Concentrated Meditation or White Tara Meditation
10 – 11am – His Holiness the Dalai Lama by Gelek Rinpoche

Meditation and Talk - Free and Open to All

SPECIAL PICNIC/BRUNCH TO FOLLOW

*You are cordially invited for a day of good food, fun and summer games.
DONATIONS WELCOME.*

DIRECTIONS FROM JEWEL HEART

Take Ellsworth east to State St. north to I-94 east.

Take I-94 east for 4.2 miles to Exit 181 – US-12/Michigan Ave.

Turn right on Michigan Ave to Munger Rd. - just 0.2 miles.

Turn left on Munger and take to Morgan Rd. on left (unpaved).

Take Morgan to 5501 Morgan Rd on the left about 0.5 miles. Approx 7 miles.



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SUNDAY MORNINGS AT JEWEL HEART

Join Jewel Heart Instructors for a taste of Buddhism with introductory talks on contemporary issues followed by tea, cookies and conversation. We also invite you to participate in the concentrated meditation and/or White Tara meditation practice sessions.
FREE AND OPEN TO ALL. DONATIONS WELCOME.

July 12

Reincarnation – Fact or Fiction – with Sandy Finkel

Reincarnation, while difficult to prove or disprove, raises interesting questions about relationships and continuity of mind.

July 19

Satisfaction – with Supa Corner

While what we want often eludes us, what we don't want seems to have no trouble finding us. What is wrong with this picture?

July 26 – No Sunday talk due to Summer Retreat

Concentration Meditation	8:45 – 9:45am
Talk:	10 – 11am
Tea & Cookies:	11 – 11:30am
White Tara:	11:30am – 12:30pm

SUNDAY AFTERNOONS AT JEWEL HEART

Wu Style Tai Chi **4:00 – 5:30pm**

Learn the ancient art of meditation in motion with this "soft style" martial art emphasizing relaxation and balance. Offered with Marilyn Feingold and John Adams.

Suggested donation: \$5

JEWEL HEART JOYFUL SUMMER RETREAT

COMPASSION IN ACTION

WITH GELEK RIMPOCHE

Friday, July 24 – Saturday, August 1

Our life is best served through grounded compassion - with the ability to relate to difficulties with generosity, non-violence, patience, enthusiasm, clarity & wisdom.

Gelek Rinpoche will teach how to develop these qualities
in our lives and in service of others.

Join the Joyful Retreat with teachings by Gelek Rinpoche, White Tara meditation sessions, discussion groups, Compassion and Trauma presentation, yoga classes, writer's workshops, art show, music, fun and dancing!



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