



# JEWEL HEART JOYFUL SUMMER RETREAT



with GELEK RIMPOCHE

## COMPASSION IN ACTION

Friday, July 24 – Saturday, August 1, 2009

JEWEL HEART  
Ann Arbor, Michigan

### COMPASSION IN ACTION

All interactions, particularly with the many difficulties people face today, are best served with compassion and clarity. Compassion fosters generosity, non-violence, patience, enthusiasm and focus, each fertile ground for well-being, happiness and the clarity of wisdom to grow and flourish in our lives.

On the basis of the living tradition of Buddha, Gelek Rinpoche will share his wisdom and experience, teaching about compassion and how we can understand, develop and rely on these qualities for ourselves and especially in service of others.

### JEWEL HEART

Jewel Heart is an educational and cultural institute with doors open to all. With the purpose to transmit the essence of Tibetan Buddhism in an authentic and accessible way, Jewel Heart offers programs based upon the teachings of Gelek Rinpoche providing practical methods to those interested in spiritual development.



Photo by John Bussineau

### GELEK RIMPOCHE

Born in 1939 in Lhasa, Tibet, Gelek Rinpoche has played a crucial role in the survival and transmission of traditional Tibetan Buddhism. Mentored by some of Tibet's greatest Buddhist masters, he is among the last generation of Tibetan Lamas fully trained in 'Old Tibet', pre-1959.

Rinpoche is an example of kindness, generosity, good humor, and inspirational insight and is particularly distinguished for his familiarity with contemporary culture, and his special effectiveness as a teacher of Western practitioners of 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.

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 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, and now has chapters and study groups throughout the U.S., in Malaysia/Singapore and the Netherlands.

## DAILY SCHEDULE

Friday, July 24, registration opens at 3pm and the retreat begins at 7pm.

The retreat closes following teachings and lunch Saturday, August 1, 2009.

Mornings begin with guided healing meditations of White Tara.

Rimpoche will teach 2 to 3 times each day, morning/afternoon/evening.

Afternoons also include small facilitated discussion groups to explore Rimpoche's teachings.

Evenings will include a variety of creative expressions supporting the subject matter through workshops/presentations, movies, art, and music.

## MEALS:

Morning – bagels/fruit available

Lunch – special sandwiches/salads/treats – (OPTIONAL - See registration form to order)

Dinner - participants' responsibility

## CHILDREN'S PROGRAM

Children attending the retreat with their parents will enjoy supervised free play time as well as scheduled presentations tailored to their age levels while parents attend teachings and discussion groups - available for children ages 5 – 15 years old. We are unable to care for children under five years of age.

## LODGING:

Contact [wjb@umich.edu](mailto:wjb@umich.edu) for a list of hotels/motels/bed & breakfasts or to request sangha lodging.

Jewel Heart has arranged special pricing with both local Extended Stay Motels. Mention Jewel Heart when booking.

Extended Stay – Boardwalk: 734 997 7623 and

Extended Stay – Briarwood: 734 332 1980

## JEWEL HEART CHAPTERS

Ann Arbor, MI  
1129 Oak Valley Drive  
Ann Arbor, MI 48108  
734 994 3387 • 734 994 5577 FAX  
[programs@jewelheart.org](mailto:programs@jewelheart.org)  
[annarbor@jewelheart.org](mailto:annarbor@jewelheart.org)

Chicago, IL  
773 784 5460  
[chicago@jewelheart.org](mailto:chicago@jewelheart.org)

Cleveland, OH  
216 687 1617  
[cleveland@jewelheart.org](mailto:cleveland@jewelheart.org)

Lincoln, NE  
402 467 2719  
[lincoln@jewelheart.org](mailto:lincoln@jewelheart.org)

New York, NY  
212 966 2807  
[newyork@jewelheart.org](mailto:newyork@jewelheart.org)

Malaysia  
+0162108378  
[malaysia@jewelheart.org](mailto:malaysia@jewelheart.org)

The Netherlands  
+31 24 322 6985  
[info@jewelheart.nl](mailto:info@jewelheart.nl)

### JEWEL HEART STUDY GROUPS

Northern Michigan Area  
231 881 6711  
[northernmi@jewelheart.org](mailto:northernmi@jewelheart.org)

Philadelphia, PA  
[philadelphia@jewelheart.org](mailto:philadelphia@jewelheart.org)



**Jewel Heart**  
TIBETAN BUDDHIST CENTER  
[www.jewelheart.org](http://www.jewelheart.org)

# JEWEL HEART SUMMER RETREAT REGISTRATION

## COMPASSION IN ACTION

Please print and send registration form by July 13, 2009 with your non-refundable \$150 deposit by mail or fax to:

### JEWEL HEART

1129 Oak Valley Drive  
Ann Arbor, MI 48108  
Fax: 734 994 5577  
Phone: 734 994 3387  
Email: registration@jewelheart.org

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip: \_\_\_\_\_

Phone(s): \_\_\_\_\_

Email: \_\_\_\_\_

Members: \$425

Non-members: \$525

Lunch \$80 (optional – must be reserved in advance through registration)

Children: \$175 (includes lunch)

Parents will be responsible for some additional activity fees

Number of Adults \_\_\_\_\_ at \$425/\$525: \$ \_\_\_\_\_

Number for Lunch \_\_\_\_\_ at \$80: \$ \_\_\_\_\_

Number of Children \_\_\_\_\_ at \$175: \$ \_\_\_\_\_

Total Registration Fees: \$ \_\_\_\_\_

Donation to Scholarship Fund: \$ \_\_\_\_\_

Deposit Included: \$ \_\_\_\_\_

**Add \$50 for registration after July 13:** \$ \_\_\_\_\_

**BALANCE DUE:** \$ \_\_\_\_\_

Check (payable to JEWEL HEART)       Cash       Credit Card

Card# \_\_\_\_\_ Exp. \_\_\_\_\_

Mastercard       Visa       American Express       Discover

Signature \_\_\_\_\_

Describe any dietary/health concerns or physical disabilities

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Deposit is non-refundable. Cancellation fees are donated to the scholarship fund.