

*Jewel Heart Nebraska presents a public talk*

# **Fearless Compassion**

**with Brenda Rosen**

Friday, May 21, 2010

7:00 - 8:30 PM

3100 South 72nd Street

*Understanding the push-pull of obsession and aversion is the first step to a more peaceful and balanced life. Brenda Rosen, senior student of Tibetan Buddhist master Gelek Rimpoche, shares some of the ways we can get off the emotional roller coaster and cultivate equal-minded appreciation of our selves and the people in our lives.*



Brenda Rosen has been a student of Gelek Rimpoche since 1988. She is a founding member of Jewel Heart Chicago and is currently serving as co-dharma coordinator. Originally a high school English and composition teacher, for most of her career, she has been an editor, editorial consultant, and author. She has been executive editor of Quest Books and of Godsfield Press. She is author of five published books and also worked with Gelek Rimpoche on the text for *The Tara Box*. She holds a BA in English Education from the University of Illinois and an MA in English Literature from Northwestern University.

*Ms. Rosen will also present a Saturday workshop*

## **Kindness and Compassion**

**Principles for a Happy Life**

May 22, 10:00 - 12:00 AM, and 1:30 - 3:30 PM

3100 South 72nd Street, Lincoln

*Relating to our own life with kindness and compassion is the first step towards living fearlessly and in harmony with others. Join us for a full weekend of teachings on the essential principles necessary to create a happy life for ourselves and others.*

Donations welcome. Suggested: Public Talk \$10, Saturday workshop \$30  
[www.jewelheart.org](http://www.jewelheart.org)