



JEWEL HEART MEMORIAL WEEKEND RETREAT



with GELEK RIMPOCHE

DEATH & DYING: How to Handle Spiritually

Friday, May 28 – Monday, May 31, 2010

Garrison Institute,
Garrison, New York

DEATH AND DYING: HOW TO HANDLE SPIRITUALLY

None are spared death's touch, yet we seldom talk about it. Buddhism teaches us that understanding death can not only reduce our fear and support a good death but also lay the ground to transform the dying process into a process of enlightenment.

On the basis of the Tibetan Buddhist tradition, Gelek Rinpoche will share how we can relate to death and dying from a spiritual basis and make a difference to both our life and our death.



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

Registration opens Friday, May 28, 2pm and the retreat begins at 7pm following dinner. The retreat closes following lunch on Monday, May 31.

Mornings begin with White Tara practice sessions, providing opportunity to become familiar with the healing meditations of White Tara.

Following breakfast, Gelek Rinpoche will teach the morning session on Death and Dying: How to Handle Spiritually.

Afternoons include facilitated discussion groups as well as individual and group meditation sessions to further analyze and integrate the teachings.

Gelek Rinpoche continues the teachings in the evening session, along with time for questions and answers.

GARRISON INSTITUTE

Located only one hour north of New York City, the Garrison Institute is a place of spiritual renewal and tranquility. The Institute hosts contemplative retreats for all traditions in a beautifully renovated monastery overlooking the Hudson River.

For more information, visit www.garrisoninstitute.org



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.

JEWEL HEART CHAPTERS

Ann Arbor, MI
1129 Oak Valley Drive
Ann Arbor, MI 48108
734 994 3387 • 734 994 5577 FAX
programs@jewelheart.org
annarbor@jewelheart.org

Chicago, IL
773 784 5460
chicago@jewelheart.org

Cleveland, OH
216 687 1617
cleveland@jewelheart.org

Lincoln, NE
402 467 2719
lincoln@jewelheart.org

New York, NY
212 966 2807
newyork@jewelheart.org

Malaysia
+0162108378
malaysia@jewelheart.org

The Netherlands
+31 24 322 6985
info@jewelheart.nl

JEWEL HEART STUDY GROUPS

Northern Michigan Area
231 881 6711
northernmi@jewelheart.org

Philadelphia, PA
philadelphia@jewelheart.org



Jewel Heart
TIBETAN BUDDHIST CENTER
www.jewelheart.org

JEWEL HEART MEMORIAL WEEKEND REGISTRATION

Death and Dying: How to Handle Spiritually

Please print and send registration form by **May 7, 2010** 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: _____

Retreat registration includes three nights lodging, nine meals and tuition.

____ Single Room
\$500 Members / \$575 Non-members

____ Double Room (2 people)
\$450 Members / \$525 Non-members

____ Shared Room (3-4 people)
\$400 Members / \$475 Non-members

____ Commuters (includes meals and tuition)
\$350 Members/\$425 Non-members

Number of Adults _____ at: \$ _____

Total Registration Fees: \$ _____

Donation to Scholarship Fund: \$ _____

Garrison House Job Discount: \$ _____

(Weekend discount of \$30 for light housekeeping done one hour per day)

Deposit Included: \$ _____

Add \$50 for registration after May 7: \$ _____

BALANCE DUE: \$ _____

Check (payable to JEWEL HEART) Cash Credit Card

Card# _____ Exp. _____

Mastercard Visa American Express Discover

Signature _____

Roommate Requests: _____

Describe any dietary/health concerns or physical disabilities
(there is no elevator) _____

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

**All gifts to the Scholarship Fund make a difference during this time of limited resources.
Thank you! If you need financial assistance, please contact registration@jewelheart.org**