

# Jewel Heart Ann Arbor Sangha Council

## Saka Dawa Potluck Picnic



**Sunday, May 23-- 1pm to 4pm**

**Life Release at 3pm**

**Jewel Heart**

**1129 Oak Valley Drive Ann Arbor, MI 48108**

*Please bring a dish to share!*

### **What is Life Release?**

Life release, or tsethar in Tibetan, is a Buddhist practice of saving lives. By buying animals and insects that are destined to be killed and releasing them in their native environments, life release puts compassion into action.

This process begins with motivation: creating the bodhichitta mind of compassion for all sentient beings, continues with mindful and deliberate acts during the actual release and concludes with aspiration and dedication for the benefit of all including ourselves, our families, our sangha, our friends and our teacher.

In honor of Saka Dawa, commemorating the Buddha's birth, enlightenment, and parinirvana, we will be releasing local worms and crickets purchased from bait shops, saving them from early death as fish bait. All are invited to participate. We will have purchased some, but all are welcome to bring additional local worms or insects destined for bait or feeders. The more sentient lives saved the better. Special care to only release local species is important.