



JEWEL HEART

Teaching Retreat

with

Gehlek Rinpoche

DEC 2004

Join Gehlek Rinpoche as he charts the route for our personal

Odyssey to Freedom on

6th to 9th Dec

and

***benefit from his instructions on White Tara longevity meditation
for healing and clearing obstacles***

on

10th to 12th Dec

at

Chempaka Buddhist Lodge

Petaling Jaya

(translation into Mandarin available)

Programme

Venue : Chempaka Buddhist Lodge
60 Jalan SS23/25, Taman SEA,
47400 Petaling Jaya
(refer to location map attached)

(1) Teaching: **Odyssey to Freedom**
Time: Mon Dec 6 to Thu Dec 9: 2.00pm to
3.15pm 3.45pm to
5.00pm 7.30pm to
8.30pm 8.45pm to
10.00pm

(2) Teaching : **White Tara Longevity Meditation**
Recommended
Prerequisite : Taken teaching on Odyssey to
Freedom (Lam Rim) - as above
Time : Fri Dec 10 to Sat Dec 11: 2.00pm to
3.15pm 3.45pm to
5.00pm 7.30pm to
8.30pm 8.45pm to
10.00pm

(3) Initiation : **White Tara Longevity Initiation**
Sun Dec 12 : 10.00am to 12.00 noon
2.00pm to 5.00 pm

(It would be appreciated if those wishing to attend the initiation be

vegetarian for the morning)

(4) Morning Activities

Dharma Discussion / Chanting lesson / Demo on Offerings Tue Dec 7 to
Thu Dec 9 & Sat Dec 11

10.00am to

11.30am

Gehlek Rimpoche

Gehlek Rimpoche , nephew of the Thirteenth Dalai Lama, was born in Lhasa, Tibet in 1939. Recognized as an incarnate lama at the age of four, he was one of the last lamas to be fully educated in Drepung monastery prior to fleeing Tibet during the Communist Chinese invasion in 1959. His principle teachers were Kyabje Ling Rimpoche and Kyabje Trijang Rimpoche, the Senior and Junior Tutors to His Holiness the Dalai Lama. He continued his studies with these masters while in India.

Gehlek Rimpoche gave up monastic life at the age of twenty-five whilst in India to pursue a more profound and useful interactive role with lay people. In the late 1970's he was directed by both Ling Rimpoche and Trijang Rimpoche to begin teaching Western students. On his arrival in the USA, he worked as a Lecturer on Tibetan Buddhism in the University of Michigan. He is now a U.S. citizen and resides in Ypsilanti, Michigan.

He speaks fluent English and is particularly distinguished for his unique effectiveness as a teacher for our times. He had also been actively engaged on his own or in association with numerous well-known contemporary leaders in the conduct of workshops, whose subject matter spanned trans-cultural, religious/spiritual as well

as other multi-discipline interests. Since the late 80s Rinpoche had conducted numerous teachings and retreats here in Malaysia and Singapore.

Gehlek Rinpoche is the author of Good Life, Good Death, released in October 2001 by Riverhead Books and The Tara Box, released by New World Library in April 2004.

Odyssey to Freedom (Lam Rim)

Known for his light-hearted and humorous approach, Rinpoche will take us on a journey which will help us understand better the accumulation of merits, purification, the precious human life, karma, rebirth, etc.. We will learn to clearly identify the roots of our negative patterns and experiences and discover opportunities to effect positive change with stable results, ultimately aimed at enlightenment for all.

This journey, traditionally called the Lam Rim brings together all the Buddhist traditions and is presented for our time by Rinpoche in Odyssey to Freedom in an easy to practice and complete way. It speaks in our common everyday language yet keeps true to the tradition that stretches back to Shakyamuni Buddha.

Backed by years of experience in “living the dharma” both in the “severe” monastic tradition of the august Drepung Monastery as well as amongst lay people all over the world, Rinpoche’s delivery will be very powerful in its clarity and relevance.

While particularly beneficial for anyone first encountering Buddhism, re-visiting these teachings reveals their ability to continually guide us to more and more subtle depths of understanding.

White Tara Longevity Meditation

This practice offers the opportunity to learn the healing visualization meditations of White Tara or Kuan Yin, as she is popularly known in this part of the world. She embodies the qualities of the quick and compassionate activities of Buddha.Tara, the highly effective healer of our body and mind. the goddess who embodies the qualities of quick and compassionate activities . Through these highly effective and tested meditations, the radiant energy of Tara is harnessed to help pacify and rescue us from the icy grip of our fears as well as the fires of our hatred to end suffering - the suffering of others as well as our own.

Rimpoche will share with us these very special meditation and visualization techniques for balancing the internal elements of the body and restoring vitality thereby gaining longevity within the sphere of Tara's powerful and radiant energy.

The firm foundation for the effective practice of White Tara is Lam Rim. It is recommended that those wishing to learn the meditations of healing and self-healing through Tara should first be guided through the Lam Rim.

Jewel Heart

Gehlek Rimpoche's Jewel Heart is an educational and cultural institute whose doors are open to all. Its purpose is to transmit the essence of Tibetan Buddhism in an authentic and accessible way. Jewel Heart provides guidance and practical methods to anyone interested in spiritual development, as well as to those who wish to engage in Buddhist practice. The Malaysian chapter is located in Muar, Johor. For more details please visit its website at www.jewelheart.org

REGISTRATION

To : The Secretary,
Jewel Heart (Malaysian Chapter)
c/o 7-67 Jalan Haji Jaib,
84000 Muar, Johor
Tel / Fax : 06-9527961
(e-mail: malaysia@jewelheart.org)

Date:

Name: _____

Address: _____

Telephone : _____

e-mail : _____

Kindly register me for :-

(Please ✓ where applicable)

- Odyssey to Freedom and I wish to contribute RM 80.00 to assist in defraying some of the expenses incurred for the arrangement
- White Tara and I wish to contribute RM 70.00 to assist in defraying some of the expenses incurred for the arrangement
- Please arrange on my behalf dormitory styled accommodation at Chempaka Buddhist Lodge @ RM50.00 nett.

(***Vegetarian meals will be provided during the teachings***)

I enclose herewith a cheque / postal order for RM _____ made payable to **JEWEL HEART** and mail to :-

Jewel Heart Malaysia, c/o 7-67 Jalan Haji Jaib, 84000 Muar, Johor, MALAYSIA.

signature