



PROGRAM CATALOG

Jewel Heart
TIBETAN BUDDHIST LEARNING CENTER

GELEK RIMPOCHE



by Peter van Wanrooij

Born in 1939 in Lhasa, Tibet, Gelek Rinpoche played a crucial role in the survival and transmission of traditional Tibetan Buddhism. Recognizing the unique opportunity for the interface of spiritual and material concerns in today's world, Rinpoche opened a dialogue with science, psychology, medicine, metaphysics, politics, and the arts.

Mentored by some of Tibet's greatest Buddhist masters, Rinpoche was among the last generation of Tibetan Lamas fully trained in 'Old Tibet', pre-1959. An example of kindness, generosity, good humor, and inspirational insight, Rinpoche was particularly distinguished for his familiarity with contemporary culture, and his special effectiveness as a teacher of Western practitioners of Tibetan Buddhism.

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, with chapters and study groups throughout the US, in Malaysia/Singapore and the Netherlands. Affiliated with Nyare Khamtsen of Drepung Loseling Monastery, at one time among the world's largest monasteries, Jewel Heart carries on the living tradition of Tibetan Buddhism in the West, with a particular emphasis on the lineage of Je Tsongkhapa.

Gelek Rinpoche became a U.S. citizen in 1995 and lived in Michigan. He passed away on February 15, 2017.

JEWEL HEART STUDY PROGRAMS

With the wish to support Gelek Rinpoche's efforts to benefit all beings, the Jewel Heart Study Programs are based upon his teachings within the Tibetan Buddhist tradition of the great saint and scholar, Je Tsong Khapa. Under Rinpoche's direction, the courses in the Jewel Heart Study Program were designed to support genuine experiential development through study, discussion, and meditational practices.

Deepening one's relationship with Gelek Rinpoche's teachings, each level offers a variety of courses to provide opportunities for in-depth exploration and integration of Buddha's path to enlightenment. They also develop a grounded foundation for those interested in entering and sustaining the vajrayana path.

To build a reliable foundation and receive maximum benefit, students are recommended to follow the progression of courses within each level of offerings before proceeding to the next level. When the curriculum offered locally does not offer this progression, students may find it helpful to take a course out of order and then return to the progression when available.

Within **Introducing the Spiritual Path**, all courses can be taken in any order available.

Within **Building the Spiritual Path**, students begin with the Odyssey to Freedom, followed by The Three Principles of the Path, and then Lam Rim I. GOM may be selected at any point in this course of study.

Within **Deepening the Spiritual Path**, students continue with Lam Rim II and III. Participation in vajrayana courses requires completion of the Lam Rim related topics and highest yoga tantra initiation or as noted.

Check chapter listings for ongoing course selections.

For more information about membership and programs:
Call 734-994-3387 or visit www.jewelheart.org

I: INTRODUCING THE SPIRITUAL PATH

THE ART OF LIVING

We long for an effective way to bring insight and heart to the ordinary circumstances and inevitable challenges of our daily lives. On the basis of Gelek Rimpoche's book, *Good Life, Good Death*, this course explores pragmatic methods to bring depth, meaning, and joy to our lives.

GATEWAY TO THE SPIRITUAL PATH

Building a solid spiritual foundation through preparatory topics and practices is the main focus of this course. *Gateway to the Spiritual Path* by Gelek Rimpoche provides the basis of study.

FOUR NOBLE TRUTHS

This introductory course intends to give an initial insight into the main message of the Buddha: that there is suffering and that it can be completely eliminated through one's own efforts.

HOW THE MIND WORKS

Buddha's teachings describe the way the mind works in terms of 51 different mental faculties. The first ten are associated with the basic functioning of the mind in all circumstances. The first five, the omnipresent mental faculties need to be present for any mental activity to take place at all, while the second five, the object-ascertaining mental faculties, govern the degree of functionality of the mind. The course also touches on the nature of the mind itself and its relationship to the mental faculties.

MINDFULNESS I CREATING SPACE: CLARITY AND INSIGHT

Meditation provides us with a clear and stable mind, necessary for a happy life and the foundation for deepening our spiritual journey. This course offers hands-on experience with the basic elements of meditation using breath, posture, and techniques for coping with distractions and laxity of the mind.

MINDFULNESS II DEEPENING AWARENESS

Becoming more aware of our thoughts, feelings, and sensations through meditation opens the door to understanding the nature of our mind and how it influences our experience. While this course is open to all, it is recommended to follow *Mindfulness I: Creating Space - Clarity and Insight*.

I: INTRODUCING THE SPIRITUAL PATH

INTRODUCTION TO TIBETAN BUDDHIST MEDITATION

Mindfulness is an important tool because it helps us develop focus, stability, stillness and insight. Tibetan Buddhist meditation further extends familiar mindfulness tools into the realm of "what to do next" with the addition of analytical and visualization methods designed to help us experience and develop compassion and wisdom.

THE HEALING PRACTICE OF WHITE TARA

Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. She is particularly associated with healing and long life. This course uses visualization techniques relying on the feminine energy of White Tara to overcome physical, mental, and emotional suffering.

GREEN TARA

Green Tara, the female embodiment of enlightened compassionate activity, is a powerful force known by many names throughout diverse spiritual traditions. Green Tara's quick and fearless ability to help those who call upon her is perfectly relevant to our needs today. Relying on Green Tara's energy through visualization meditation techniques and mantra recitation, we can learn to overcome outer and inner fears.

THE PRACTICE OF THE EIGHT MEDICINE BUDDHAS

The practice of the Eight Medicine Buddhas is a powerful method for healing oneself and others. It also protects from dangers and obstacles, while helping to eradicate the inner sicknesses of obsession, hatred and ignorance. This brief course focuses on the recitation and meditations on the Practice of the 8 Medicine Buddhas, following Gelek Rimpoche's transcript.

GANDEN LHA GYEMA COURSE /WORKSHOP

One of the most popular practices in the Je Tsongkhapa tradition, the Ganden Lha Gyema deepens our connection with the enlightened through meditational exercises and enriches our inner development. Grounded in appreciation for our spiritual teacher, the Ganden Lha Gyema practice uplifts us through familiarity with generosity, respect, purification, rejoicing, and many other beneficial activities. This course or workshop offers instruction on specific visualization practices interwoven with the Migtsema mantra.

II. BUILDING THE SPIRITUAL PATH

ODYSSEY TO FREEDOM

Gelek Rinpoche created Odyssey to Freedom as a concise and complete Lam Rim outline. It encompasses the stages of the spiritual path from your current situation in life to full enlightenment. Each topic is introduced with a short videotape teaching by Gelek Rinpoche with 43 classes divided over approximately 18 months.

THE THREE PRINCIPLES OF THE PATH

The Three Principles of the Path is a condensed summation of the path to enlightenment including the determination to be free, unlimited compassion, and wisdom. Offered in three segments over 6 months, Gelek Rinpoche's transcript, *The Three Principles of the Path*, serves as course material.

FOUNDATION OF ALL PERFECTIONS

This course, based on Gelek Rinpoche's commentary on the famous text by Je Tsongkhapa, presents a summarized outline of the graduated path to enlightenment. Suitable for beginners and seasoned practitioners alike.

KARMA: ACTIONS AND THEIR CONSEQUENCES

Through recognition of how karma works within an individual's habitual patterns and narrow sense of self, we can take the reins of self-determination and transform both current and future life experience.

THIRTY-SEVEN WINGS OF ENLIGHTENMENT

On our spiritual journey to end suffering for all beings, 37 qualities ground our spiritual development, lay a foundation for deeper understanding and, ultimately, for our enlightenment. In Gelek Rinpoche's commentary on the 37 Wings of Enlightenment, he tells us, "If you are able to practice these points, to really spend time and meditate on them, they will become your qualities!"

SEM: NATURE OF MIND

Compiled from teachings on the Nature of the Mind, this course addresses the relationship between energy and mind, the mind's capacity for liberation and wisdom and continuity of consciousness as well as highlighting the mind as object of concentrated meditation. Gelek Rinpoche's SEM and GOM are used as class materials.

II. BUILDING THE SPIRITUAL PATH

GOM

Concentrated meditation is a powerful tool essential to understand and engage wisdom. This program consists of four instruction sessions followed by nine practice weekend intensives over approximately two years. Course material: GOM transcript.

LINES OF EXPERIENCE

Based on inspirational verses spontaneously composed by the great 14th century Tibetan Buddhist scholar Je Tsongkhapa, this commentary on the stages of the path to enlightenment presents Tsongkhapa's personal experience and understanding, and offers us the opportunity to similarly transform how we experience and understand the world.

NYUR LAM, THE QUICK PATH

The Quick Path, composed by the 3rd Panchen Lama, succinctly lays the ground for genuine spiritual development with analytical and visualization meditations that help us to systematically move closer to full enlightenment.

DELAM, THE SMOOTH PATH

Delam, or the Smooth Path, is a multi-dimensional map that helps us remove limitations rooted in fear and confusion, and open our hearts/minds to reach our fullest potential. This course presents aspects of life for meditation that can deepen our relationship with the guru, ourselves and ultimately bring about our future enlightenment.

LAM RIM I: THE INITIAL SCOPE

The initial scope of the Lam Rim illuminates the life we have and offers clear steps to take best advantage of it. Topics include teacher/student relationship, precious life, impermanence, rebirth, refuge, and karma.

GATEWAY TO LAMA CHOPA

The Lama Chopa is a complete guru yoga practice, integrating aspects of sutra and tantra into a common framework. This Gateway class emphasizes the non-tantric aspects of the Lama Chopa.

III. DEEPENING THE SPIRITUAL PATH

LAM RIM II: MEDIUM SCOPE

This segment explores the medium scope of spiritual development - liberating the individual from suffering once and for all.

LAM RIM III: GREAT SCOPE

Presents the great scope of spiritual development – total enlightenment for the sake of all through reliable methods.

LOJONG - MIND TRAINING IN SEVEN POINTS

Based on Kadampa Geshe Chekawa's classical root text, Gelek Rimpoche's teachings tackle one of life's most harmful habits: the continuous creation of our selfish ego. This course focuses on the "nine bullets to target the ego" to clear the way for our innate goodness to shine and learn the practice of tonglen.

LOJONG - MIND TRAINING IN EIGHT VERSES

Based on Kadampa Geshe Langri Tangpa's famous eight verses Gelek Rimpoche's transcript is the source for this course that introduces precise methods to overcome negative ego patterns and gain happiness, such as the meditation on exchanging self with others and the practice of giving and taking.

WHEEL OF SHARP WEAPONS

Based on Dharmarakshita's classic Lojong or mind training text, we learn how suffering is created through negative actions rooted in self-cherishing and self-grasping. With that understanding we explore how the antidotes of bodhicitta and the wisdom realizing emptiness can instead bring about permanent freedom from suffering.

BODHISATTVA'S WAY OF LIFE

Follow up or alternative to Lam Rim III, details the writings of Indian saint and scholar Shantideva on how to engage in bodhisattva behavior.

THE SIX PERFECTIONS

Buddha teaches it is important to clear our inner obstacles and to deepen our capacity to be loving, compassionate and wise. The Six Perfections highlight that process through recognition of how we conduct ourselves in every day life in contrast to the six bodhisattva activities of generosity,

III. DEEPENING THE SPIRITUAL PATH

ethics, patience, enthusiasm, concentration and wisdom. The tenacity of inner obstacles and the liberating potential for personal growth becomes clear, and affords us an opportunity to gradually move from limitation to perfection.

PERFECTION OF WISDOM

Explores the Five Paths to enlightenment based on teachings of the profound meaning of the perfection of wisdom mantra, the essence of the Heart Sutra.

WISDOM

Based on Gelek Rinpoche's commentary on the wisdom chapter of Je Tsongkhapa's *Lam Rim Chenmo* and Shantideva's *Bodhisattvacharyavatara* with discussion and meditation on emptiness, the final mode of being of all phenomena.

THE FOUR MINDFULNESSES

Mindfulness is the basis to turn our spiritual aspirations into practice. Here the four mindfulneses of Guru, Bodhimind, Divine Body and Emptiness cover the entire spectrum of the Buddhist path of sutra and tantra.

VAJRAYANA STAGES AND PATH

Vajrayana, the tantric/esoteric aspect of Buddha's teachings, is rooted in experiential understanding of the intention of the sutras – development of compassion and wisdom. A course for those with highest yoga tantra initiation only, it follows Rinpoche's transcript, *Introduction to Vajrayana*, exploring the structure of Vajrayana and highlighting stages and practices from taking initiation up to the ultimate union of the Vajradhara state.

SIX SESSION GURU YOGA

Based on Gelek Rinpoche's *Six Session Guru Yoga* transcript illuminating the long and short Six Session Guru Yoga, we will explore this foundational meditation practice to deepen the understanding of guru yoga and keep vajrayana commitments.

YAMANTAKA

Following Kyabje Ling Rinpoche's outlines and closely based on Gelek Rinpoche's *Yamantaka* transcript, facilitators guide meditations and facilitate discussion on all aspects of the long sadhana of the Solitary Hero Vajrabhairava.

III. DEEPENING THE SPIRITUAL PATH

VAJRAYOGINI

Following Gelek Rimpoche's *Vajrayogini* transcript, facilitators guide meditations and facilitate discussion on all aspects of the Vajrayogini long sadhana.

CITTAMANI TARA

Following Gelek Rimpoche's *Cittamani Tara* transcript, facilitators guide meditations and facilitate discussion on the Cittamani Tara sadhana.

GANDEN LHAGYEMA KAGYAMA

Deepening the Ganden Lhagyema of Introducing the Spiritual Path, the format of guided meditations follows the root text and Gelek Rimpoche's commentary.

LAMA CHOPA

As in the Lama Chopa from the Building the Spiritual Path, the format of guided meditations follows the root text. Based on Gelek Rimpoche's commentary *Integrating the Primordial Mind*, facilitators guide through discussion and meditation on the practice.

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IV. WORKSHOPS

Jewel Heart workshops are conducted periodically throughout the chapters to supplement the materials offered in the study program courses and provide practical support for specific purposes.

ALTAR ARRANGEMENT AND OFFERING

Interested in arranging the water offerings on your beautiful altar? Come to this special workshop to learn how to set up the water offerings, with the most beneficial mind of generosity.

JEWEL HEART PRAYERS

The Jewel Heart Prayers are often chanted at the beginning of teachings and retreats in any Jewel Heart venue. Compiled by Gelek Rimpoche, the Jewel Heart prayers can be used as a framework for daily meditation practice. This workshop follows Gelek Rimpoche's teachings on the Jewel Heart prayers as published in "Odyssey to Freedom", "Gateway to the Spiritual Path", "Good Life Good Death", and other transcripts.

DEATH AND DYING

Shakyamuni Buddha said that just as an elephant's footprints make the deepest impressions of any animal, thinking about death makes the deepest impact on our minds. 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.

KARMA WORKSHOP

Karma seems to be straightforward on the one hand and overwhelmingly complex on the other. How does the collective aspect of karma play out when taking responsibility for yourself and others? How does karma work with dedication or receiving blessings from the guru? Is it possible to ever fully clear our negativity and build our positivity, given the complexities of motivation, action and completion? Bring your own questions/insights and help us move from what can seem to be philosophical projections to actual feet-on-the-ground realities of everyday life.

REFUGE WORKSHOP

Refuge in the Three Jewels, Buddha, Dharma and Sangha, is the basis of Buddhist practice at every level, including tantra. This workshop will focus on the qualities of the Three Jewels and the purpose and benefit of taking refuge.

MANDALA OFFERING WORKSHOP

Following the traditions used by practitioners to create sand mandalas as well as drawn or painted mandalas, students will learn basic principles of mandala construction using colored pencils and a compass on paper.

LAMA CHOPA RITUAL AND PRACTICE

Offered to gain familiarity with ritual preparation and practices within Lama Chopa.

TORMA WORKSHOP

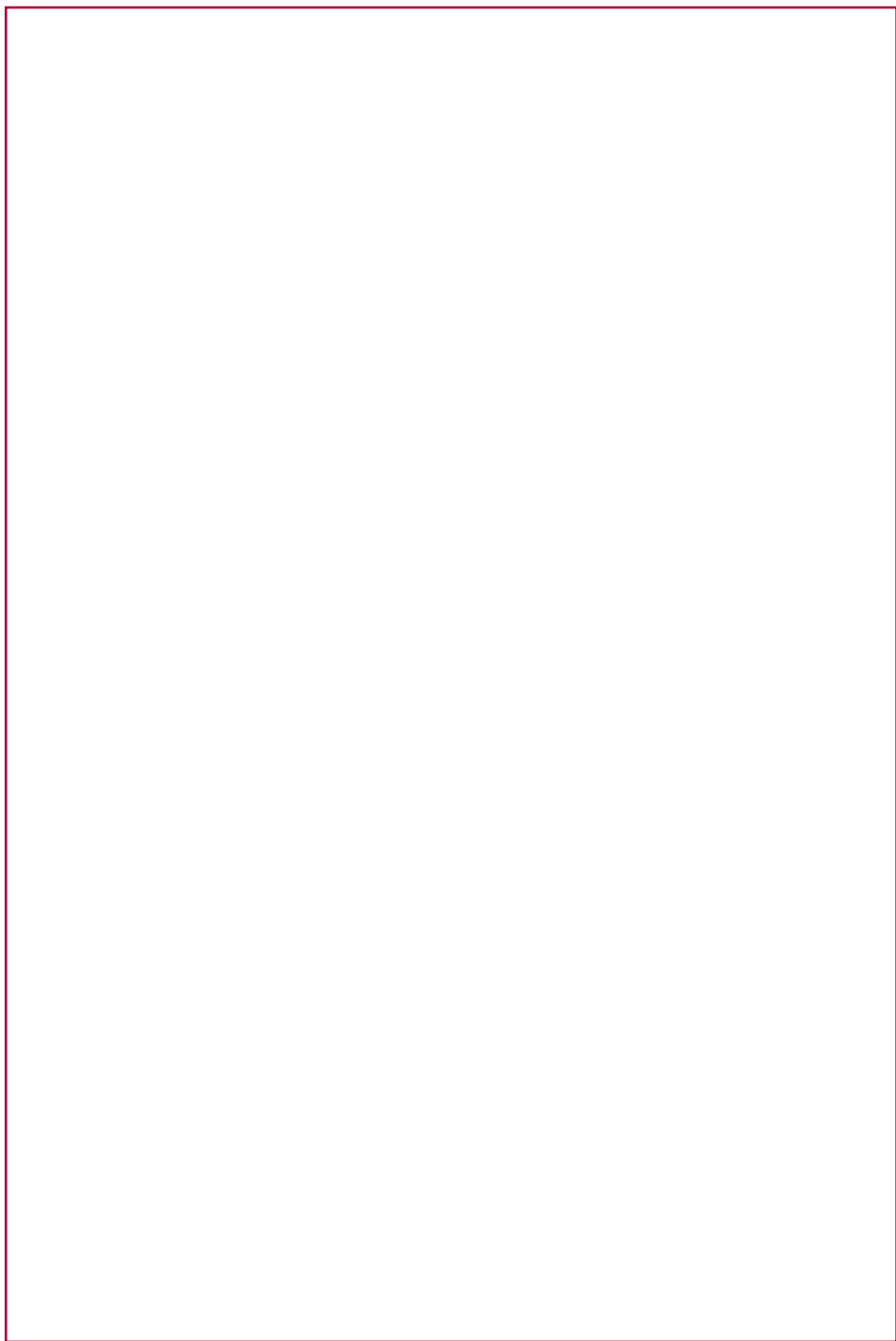
Tormas are ritual cakes, often ornately decorated, that are used in many ways in Tibetan Buddhism. Following Gelek Rimpoche's instructions, in this workshop we will practice making the basic torma shape with a few simple ornaments. This workshop is open to all.

VAJRAYOGINI SELF-INITIATION RITUAL AND PRACTICE WORKSHOP

Offered to gain familiarity with ritual preparation and actual practices within Vajrayogini self-initiation, this two part workshop is offered for practitioners who have fulfilled the Vajrayogini mantra retreat and fire puja.

YAMANTAKA SELF-INITIATION WORKSHOP

This workshop is offered for practitioners who have fulfilled the Yamantaka retreat and fire puja to gain familiarity with ritual preparation and actual practices within Yamantaka self-initiation,



TRANSCRIPTS BY GELEK RIMPOCHE

A Little Buddhist Wisdom. 2012.

Introduces the fundamental principles of Buddhism and gives practical meditation guidance. Also includes a description of the historical development on Buddhism.

Delam. 2012.

Composed by the Third Panchen Lama with special emphasis on meditation practices, this is one of the eight classical commentaries on the stages of the path to Enlightenment.

Foundation of All Perfections. 2013.

An engaging contemporary presentation of the stages of the spiritual path, from the role of the guru to a practical introduction to Vajrayana.

The Four Mindfulnesses. 2008.

A comprehensive look at the spiritual path.

The Four Noble Truths. 2008.

An explanation of Buddha's core teaching

Ganden Lha Gyema; The Hundreds of Deities of the Land of Joy. 1991; revised 2002.

A guru yoga practice for the general public.

Gateway to the Spiritual Path. 2007.

Aimed at building a solid spiritual foundation through engaging in issues relevant for our lives, now and in the long term.

GOM – A Course in Meditation. 2005.

An in-depth guide to concentrated meditation.

Green Tara. 2018.

Green Tara, a buddha whose iconic manifestation is a radiant young woman, is quick to help all those who call on her to overcome outer and inner challenges, often called the eight fears of spiritual practitioners.

How the Mind Works. 2014.

Based on a root text and auto-commentary by Kachen Yeshe Gyeltsen, showing how to use mind and its functions to become more realistic, capable, and resilient in all situations.

Introduction to Vajrayana. 2013.

A brief, yet comprehensive overview of the basic framework of tantra, highlighting the stages and practices contained within various aspects of the vajrayana path, from taking initiation up to the ultimate union of the Vajradhara state.

Karma: Actions and their Consequences. 1991; revised 2004, half-size format.

An introduction to the concept of karma and how to deal with it in daily life.

Lam Rim Teachings. 1987-1991 - 4 volumes. 1993; revised 2005.

Comprehensive teachings on the graduated path to enlightenment in the tradition of Je Tsongkhapa.

Lojong, Training of the Mind in Eight Verses. 2000.

Commentary on mind training based on the root text by Langri Tangpa.

Lojong, Training of the Mind in Seven Points. 2000.

Commentary on the mind training based on the root text by Geshe Chekawa.

Love and Compassion. 1992; revised 1997.

The altruistic mind and the six perfections.

Odyssey to Freedom in sixty-four steps. 1998; 2nd edition 2001.

The graduated path to enlightenment in easy-to-practice form.

Quick Path (Nyr Lam). 2016.

The Third Panchen Lama's Quick Path presents the basic stages of the path to enlightenment in clear and concise terms, combining guided meditations and visualizations.

The Perfection of Wisdom Mantra. 1998.

The perfection of wisdom mantra and the five paths of the Mahayana.

The Practice of the Triumphant Ma. 1996; revised 2002; half-size format 2004.

Healing practices based on the deity Tara, a manifestation of the active aspect of compassion of all enlightened beings.

Self and Selflessness. 1993; third edition 1998.

The nature of the self in Buddhist philosophy.

SEM – The Nature of Mind. 2005.

Exploration of the nature and function of mind.

Shantideva's Guide to the Bodhisattva's Way of Life.

Chapters/Volumes 1, 2, 3, 4, 5, 6, 7, 8. 2000 - 2007.

Detailed verse by verse commentary on Shantideva's famous work.

Six Perfections. 2013 .

The qualities of generosity, morality, patience, enthusiasm, concentration and wisdom perfected by bodhisattvas on the way to ultimate enlightenment.

The Three Principles in a short commentary. 1995.

Weekend seminar on the Three Principles of the Path.

The Three Principles of the Path by Je Tsongkhapa. 1994; revised 2003, 2004.

Detailed commentary on the Three Principles of the Path: determination to be free; altruism, and perfect view.

Thirty-Seven Practices of a Bodhisattva. 2014.

This classic Tibetan text in verse by the 14th century spiritual teacher Togme Zangpo leads through the main elements of the entire Buddhist Path, with emphasis on the training required to attain enlightenment for the benefit of all beings.

Thirty-Seven Wings of Change. 2012.

Also known as the 37 Wings of Enlightenment, explains essential points of spiritual development on the way to enlightenment.

Transforming Negativity into Positive Living. 1994; half-size format 2004.
Practical advice on how to deal with negative emotions in daily life.

Wheel of Sharp Weapons. 2010.

This ancient Indian Buddhist practice of lojong or Mind Training, includes powerful methods to cut through self-cherishing and self-grasping and thus removes the obstacles to attaining full enlightenment.

HIGHEST YOGA TANTRA TRANSCRIPTS* BY GELEK RIMPOCHE

Ganden Lha Gyema Kagyama. 1991; revised 1999.

A commentary on guru yoga in the tradition of Je Tsongkhapa.

Six Session Guru Yoga. 1992; 3rd and extended edition 2003.

The guru yoga as a requirement for the practice of Highest Yoga Tantra.

Healing and Self-healing through Tara. 1996; revised and extended edition 1999.

Healing practices based on the deity Tara, a manifestation of the active aspect of the compassion of all enlightened beings.

Three Main Short Vajrayana Practices. 1997; 2nd and extended edition 1999.

Commentaries on: Six Session Guru Yoga, Short sadhana of Solitary Hero Yamantaka, Short sadhana of Vajrayogini.

Guru Devotion: How to Integrate the Primordial Mind. 1997; 2nd revised and extended edition 2003.

Commentary on the Lama Chöpa – Offering to the Spiritual Master.

Solitary Yamantaka Teachings on the Generation Stage. 1997; 2nd edition 1998.

Comprehensive commentary on the generation stage of the Solitary Hero Vajrabhairava, including reviews and discussions.

Vajrayogini Teachings. 2000; 3rd revised and extended edition 2003/2005.

Comprehensive commentary on the generation stage of Vajrayogini.

Cittamani Tara teachings. 1998 – 2007.

Comprehensive commentary on the generation – and completion stages

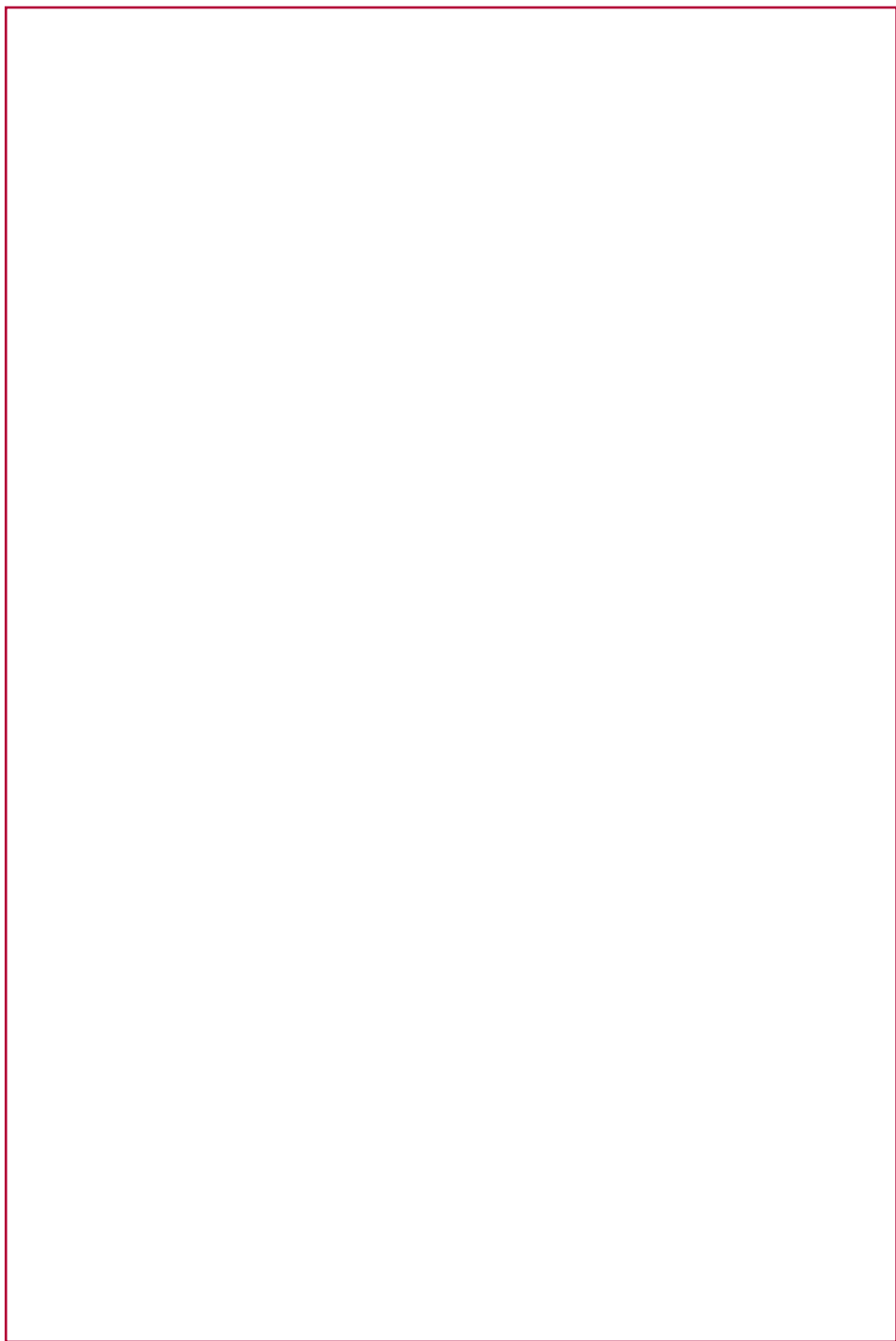
** Must have Highest Yoga Tantra initiation to read. If you want to read the restricted transcripts and be able to understand them properly, it is important that you receive a Highest Yoga Tantra initiation from a qualified teacher.*

BOOKS BY GELEK RIMPOCHE

Good Life, Good Death. 2001, Riverhead.

The Tara Box: Rituals for Protection and Healing from the Female Buddha. 2004, The New World Library.

To purchase transcripts, call 734 994 3387 or
visit www.jewelheartstore.com.



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