



# JEWEL HEART

# 2020-21 PROGRAMS

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## Jewel Heart Online Program Highlights

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September

**Geshe Yeshe Thabkhe: Foundations of Buddhist Philosophy**

Thursdays, September 10–October 29

**Ganden Lha Gyema Course**

Mondays, twice monthly September 14–December 14

**Meditation Technology: Analytical Meditation**

September 26

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October

**Demo Rinpoche: Humanity & Buddhist Morality**

October 3–4

**Meditation Technology: Visualization**

October 10

**Demo Rinpoche: Religious Harmony & Buddhism**

October 24–25

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November

**Demo Rinpoche: Invincible Compassion**

Thursdays, November 5–December 17

**Demo Rinpoche Fall Retreat: Lojong—Courage to Transform Your Mind**

November 7–8

**Meditation Technology: Nature of Mind**

November 14

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December

**Demo Rinpoche: Songs of Spiritual Experience**

December 5–6

**Meditation Technology: Mind & Mental Faculties**

December 19

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**Refuge Retreat**

December 26–30

**New Year's Eve Lama Chopa Tsoh & Virtual Party**

December 31

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January

**Glenn Mullin: Mahamudra Series**

Wednesdays, January 6–February 10

**Meditation Technology**

January 9

**Demo Rinpoche: Introduction to Buddhism**

January 23–24

**Roger Jackson: Mahamudra Lecture**

January 30

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February

**Meditation Technology**

February 6

**Demo Rinpoche: Introduction to Buddhist Philosophy**

February 20–21

**Demo Rinpoche: Gelek Rinpoche Memorial Tsoh & Teaching**

February 15

**Dr. Anthony King: Neuroscience & Psychology of Meditation**

February 27

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March

**Meditation Technology**

March 6

**Demo Rinpoche: Winter Retreat—Lama Chopa**

March 12–14, 16, 18, 19–21

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April

**Meditation Technology**

April 10

**Dr. Anthony King: Neuroscience & Psychology of Meditation**

April 17

**Demo Rinpoche: Weekend Teaching**

April 24–25

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May

**Meditation Technology**

May 1

**Demo Rinpoche: Weekend Teaching**

May 15–16

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June

**Meditation Technology**

June 5

**Demo Rinpoche: Spring Retreat—Heart Sutra**

June 18–20

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July

**Meditation Technology**

July 10

**Demo Rinpoche: Weekend Teaching**

July 17–18

**Dr. Anthony King: Neuroscience & Psychology of Meditation**

July 31

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August

**Meditation Technology**

August 7

**Demo Rinpoche: Summer Retreat—Kingdom of the Mind**

August 20–22, 27–29



## Demo Rinpoche Online Programs

## Recent Visiting Lamas

### Sunday Talks

11:00am–12:00pm

### Lam Rim Wisdom Teachings

Tuesdays, August 4–October 20, 7:00pm–8:30pm

### The Bodhistava's Way of Life

Tuesdays, November 17–December 15, 7:00pm–8:30pm

### Thursday Programs

Thursdays, 7:00pm–8:30pm

### Monthly Weekend Teachings

Saturdays, 10:00am–12:00pm, 2:00pm–5:00pm  
Sundays, 3:00pm–5:00pm

### Fall 2020 Retreat: Lojong—Courage to Transform Your Mind

November 7–8

### Winter 2021 Retreat: Lama Chopa

March 12–14, 16, 18, 19–21

### Spring 2021 Retreat: Heart Sutra

June 18–20

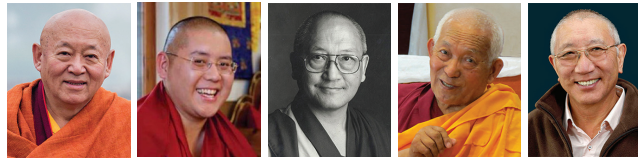
### Summer 2021 Retreat: Kingdom of the Mind

August 20–22, 27–29

### Fall 2021 Retreat: Delam—The Easy Path

September 17–19

All programs U.S. Eastern time



Drikung Rinpoche

Ling Rinpoche

Doboorn Rinpoche

Geshe Yeshe Thabkhe

Dagyab Rinpoche



**Gelek Rinpoche**  
1939-2017  
Founder



**Demo Rinpoche**  
Resident Spiritual  
Advisor

## Guest Teachers

## Online Programs



Ven. Thubten Chodron

Joseph Loizzo

Guy Newland

Glenn Mullin

Robert A.F. Thurman

### Recent Jewel Heart Courses available on demand

- Demo Rinpoche – Mind Training Like the Rays of the Sun
- Meditation Technology Workshops
- Demo Rinpoche – Engaging Compassion and Wisdom
- Glenn Mullin – Introduction to Vajrayana
- Dr. Anthony King – Neuroscience of Mindfulness and Compassion Meditation
- Guy Newland – A Practical Approach to Emptiness
- Demo Rinpoche – Chekawa's 7-Point Mind Training
- Demo Rinpoche – Buddha in the City
- Glenn Mullin – Medicine Buddha
- Demo Rinpoche – Introduction to Vajrayana

RETREATS  
MEDITATION COURSES  
WEEKLY TEACHINGS  
WEEKEND WORKSHOPS  
GUEST SPEAKERS

Ann Arbor • Bloomfield Hills  
Chicago • Cleveland • Nebraska  
New York • Northern California  
West Michigan • Malaysia  
The Netherlands

**Watch Live. Stream Later.**

Learn more at [jewelheart.org](http://jewelheart.org)