

JEWEL HEART MONTHLY NEWSLETTER

Vol. 1 Issue 2

Ways to learn, study, practice and connect

April 2026

TEACHINGS

Ancient Wisdom for Modern Times

In his first March Sunday talk, Demo Rinpoche offered a structured path for meditation practice grounded in the Mahayana tradition, building on his earlier teaching on concentrated meditation. The path begins simply, but not easily: by reducing overthinking and stress, we begin to stabilize the mind. In that stability, a calm abiding emerges. It is not forced, but cultivated through patience and repetition. From there, focused attention can be reintroduced in a deliberate way; by resting the mind on a single object such as a colorful flag, a lotus flower, or an image of the Buddha.

Even something as ordinary as storytelling, he noted, becomes a form of mind training. To tell a story well requires order, attention, and continuity—what comes first, what follows, what matters, and what does not. In the same way, if we wish to develop positive qualities such as compassion, we must be able to hold them steadily in mind. Without focus, these qualities remain abstract; with focus, they can be strengthened and lived.

Analytical meditation deepens this training by turning attention inward. Here, the object is not external but experiential: the nature of the body, feelings, mind, and phenomena. Demo Rinpoche described this as a process of looking at oneself directly. We often ask, “Who am I?” but in this context, the question becomes an investigation of the mind’s activity itself. It is like placing a mirror in front of the mind and watching what appears—thoughts, reactions, patterns—without immediately identifying with them.

This inward gaze becomes especially important in moments of emotional disturbance. When we become upset, Demo Rinpoche advises that we look immediately to our expectations. Where did they arise? What were we holding onto? Why does their disruption create suffering? In this framing, the problem is not the external event but the internal attachment to how things were supposed to be. Getting upset, he emphasizes, is not a solution. Awareness is. With awareness comes the possibility of patience; with patience, a different response becomes available.

This insight extends further through the contemplation of impermanence. Everything, he teaches, is dependent and constantly changing, i.e., nothing is fixed, owned, or permanent. The body itself is not a possession but something temporarily borrowed, shaped by conditions and subject to change. When we fail to see this clearly, we grasp tightly at people, outcomes, and identities, and in that grasping, we suffer. But when we begin to see things as they are—fluid, contingent, passing—we can loosen our grip.

And a subtle shift follows this loosening. Emotional reactivity softens, aggression fades, and the urgency to control or cling begins to dissolve.



Awareness, in this sense, is not abstract; it has behavioral consequences. It changes how we move through the world. Without it, Demo Rinpoche warns, we risk spending our lives chasing what cannot satisfy us, mistaking the wrong pursuits for the right ones, and never quite understanding why dissatisfaction persists.

In a subsequent Sunday talk on March 22, 2026, on the topic of Faith, Demo Rinpoche turned toward a more foundational question: why we are here at all. His answer rests on the reliability of the karmic system of cause and effect. Actions are not isolated; they have consequences that unfold in patterned ways. Positive actions tend to lead to positive results, and harmful actions to suffering. At the root of action lies motivation. When motivation is grounded in clarity and goodwill, behavior follows accordingly.

Faith, in this context, is not blind belief but trust in this structure of causality. It is the confidence that cultivating virtue—through intention, attention, and action—has real effects. To remain mindful of virtue and non-virtue is to guide one’s behavior more deliberately, to act with greater care. And the value of such action is not abstract or distant. It is immediate and collective: when we act with kindness, we reduce suffering—not only for ourselves, but for others.

Taken together, these teachings outline a coherent path. Stabilize the mind. Train attention. Turn inward with honesty. Examine expectations. Recognize impermanence. Act with intention. The movement is gradual, but it is directional. And along that path, something becomes clearer: awareness is not merely a practice; it is a way of living that reshapes both inner experience and the world we participate in.

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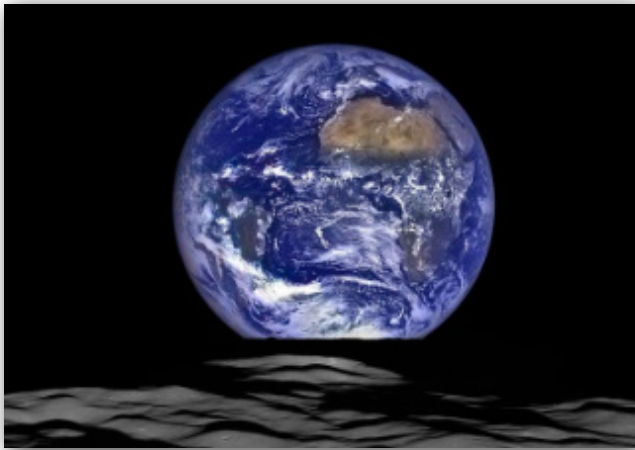
NEWS & UPDATES

Programs

Lam Rim Teaching, Season 3—*The Mahayana Path* with Demo Rinpoche began on March 3 and will continue through mid-July. The summer retreat will conclude the Lam Rim teachings with the Six Preliminaries. In addition, teachings on Nāgārjuna's *Precious Garland* continue on Thursday evenings.

On March 21, Demo Rinpoche gave a workshop on Yamantaka Sadhana, highlighting the key steps in the short sadhana and offering pith instructions. A recording of this teaching is available on the Jewel Heart website for Vajrayana practitioners.

Regularly scheduled Sunday morning White Tara meditations, along with online and Ann Arbor onsite facilitated discussions, took place with engaged participants.



Earth Prayer

All creatures and plants are our family.
Earth is our home and the mother
of our infinite siblings.
Clean water, fresh air, and
compassionate mind are most precious.
To all this, I agree.
from now on, I will consider
the health of the earth as my own health
and I will cherish the wellbeing of future generations.
This is my practice of generosity and morality!
This is my practice of compassion!

Demo Rinpoche, April 2020

Upcoming Special Event: Earth Day

Jewel Heart will host a special Earth Day event as part of its local community outreach. The program will begin on Sunday, April 19, with a Smoke Puja, a traditional practice to connect with and make offerings to all beings and forces of the earth.

Following this, there will be a panel discussion featuring Demo Rinpoche, Geshe Yeshe Thabkhe, and Gala Rinpoche on the importance of harmony in the world. This is a rare opportunity to hear insights from Geshe Yeshe Thabkhe, a ninety-eight-year-old Tibetan elder and scholar.

We also invite you to join us for a potluck lunch and enjoy live performances organized by our sangha volunteers in the early afternoon. Together, we will renew our intention of peace and harmony for the world.

This event is a celebration of Mother Earth, bringing us together to share, reflect, and connect as a community.

ANNOUNCEMENTS

On **April 4**, our guest speaker, Guy Newland, Professor of Religion at Central Michigan University, will present **"Brokenhearted Buddha."** Onsite participants are welcome to bring a brown-bag lunch and enjoy time with the guest speaker.

From **April 17 to April 19**, special guest speaker Geshe Yeshe Thabkhe will be teaching in Ann Arbor. He is a genuine contemplative master and a member of the last generation extensively trained in traditional Tibet. The teachings will be based on Vasubandhu's **Thirty Verses on Consciousness**.

Monday, **April 13**, 7:00 – 8:30 PM: Bloomfield Hills — Demo Rinpoche gives a talk on **Meditation and Mindfulness**. Meditation is all about training our mind to be stable and wise. Among many techniques of meditation, mindfulness is one the most well-known, helpful for everyone, especially at a time when it is so easy to be distracted by social media. Mindfulness of our body, feelings, mind and action can help us to adjust well to the unpredictable world we experience every day.

Myomassology Institute, 26061 Franklin Road, Southfield, MI 48033. \$10 Suggested Donation.

Mondays, **April 20, 27** (through June 15), 7:00 PM — As a follow-up to Demo Rinpoche's talk, a course called **Meditation on Mindfulness** will take place at the **Theosophical Society**, 27745 Woodward Ave, Berkley, MI 48072. **FREE**.

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ANNOUNCEMENTS (CONT'D)

April 24: Free Library of Philadelphia — **Jataka Tales.**
Discussion with Rabbi Adam Zeff and guided meditation
by Demo Rinpoche at Germantown Jewish Center.

Upcoming Course:

KARMA - Actions & Their Consequences

Wednesdays, **April 22** – May 20, 7:00 – 8:30 PM

On site only (Ann Arbor).

Does karma leave any room for self-determination, or are we totally at the mercy of fate? Gelek Rinpoche explains how the law of karma works within the individual. By understanding ego and habitual patterns we find the key to freedom from predetermination. This course includes material review and discussion. **FREE.** All levels are Welcome. Registration Required (register on the Jewel Heart website).

Facilitators: Joe Palms and Heather MacKenzie

April 25: Chenrezig Buddhist Center — Demo Rinpoche gives a talk on **Kindness, Clarity, and Insight.** 954 N Marshall St, Philadelphia, PA 19123

GOM: Day of Meditation

Saturday, **April 25**, 9:00am – 5:00pm

On site only (Ann Arbor). Join any time.

Meditation is an essential tool to help develop peace, joy, concentration and wisdom. GOM Days provide an opportunity to participate in silent group meditation sessions. Instructors will provide light guidance and will be available for assistance. Participants are welcome to come and go as suits their personal schedules throughout the day.

FREE. All Welcome. Registration required (register on the Jewel Heart website).

ANN ARBOR SANGHA SNAPSHOT

Ann Arbor Sangha Council met on March 11th, and the **next meeting is scheduled for April 1st.** Sangha members are enthusiastically working on many projects. **Garden clean-up** and preparation for spring, **monthly brunches**, the **Sangha Care workshop**, and many other initiatives were reviewed and discussed. **Monthly meetings** are open to everyone and volunteers are always welcomed.



Happy Spring Equinox in the Northern Hemisphere. In the first sign of spring, Ann Arbor Sangha members found themselves on the **pickleball** courts enjoying the great outdoors. Going forward, watch for the news about **Happy Hikers**, a group of **Sangha members** who enjoy walking together at the local parks. They will typically meet on the third Saturday of each month, but this month happy hikers will meet on **April 11th.** Also, **disc golf enthusiasts** are going to open the season on **April 5th** and are inviting beginners and those at all levels to share the joy of disc golf.

VOLUNTEER EDITORIAL TEAM

Directors: Mark Magill, Hartmut Sagolia

Ann Arbor Chapter Volunteers:

Figen Lacin, Kellie Lindsay, Anne Yantus



Photos: 2015 Earthrise2.0 Lunar Reconnaissance Orbiter & Figen Lacin