

JEWEL HEART MONTHLY NEWSLETTER

Vol. I Issue 4

Ways to learn, study, practice and connect

June 2026

TEACHINGS

Beginning with his Vesak Day talk in New York and continuing through his Sunday talks in May, Demo Rinpoche invited us to reflect on the timeless value of the Buddha's teaching, especially in light of those human conditions rooted in delusion, negative emotion, and karma: war, violence, poverty, and other man-made causes of suffering. Such conditions can feel heaviest in crowded cities, and yet crowded cities also offer the most opportunities to practice patience, compassion, and forgiveness. When we hold our motivation steady, especially bodhicitta, and build the habit of correcting our intention in speech and action, we move steadily toward awakening.

SAKADAWA: THE MONTH OF MERITS

Sakadawa is the holiest month in Tibetan Buddhism, marking three rites of passage for the historical Buddha Shakyamuni: his birth, his enlightenment, and his parinirvana. During this month, we reflect on how the Buddha lived and taught, and on what that example asks of us in modern times.

Compassion, the scholar Chandrakirti held, is indispensable at every stage of practice: at the beginning, along the path, and after enlightenment. Demo Rinpoche reminded us that this is why the Buddha sometimes held back in his teachings. Even in his own time, some people were open to attending festivals, chanting, and receiving blessings, but were not yet ready for the wisdom teachings, so the Buddha waited. His silence in those moments was itself an act of compassion, given until his listeners could understand.

STAGES OF THE PATH

Buddha taught that the first delusion is the failure to understand the Four Noble Truths. If we believe suffering always comes from outside us, that belief is itself a delusion; some people complain endlessly that something is wrong, yet never seek a solution.

The Buddha's teachings progress in difficulty by design. He began with the Four Noble Truths, later introduced the Mahayana teaching on emptiness (prajnaparamita), and finally taught his students how to analyze his instructions for themselves. Rushing past the foundations leads to confusion and brings no benefit; practice must deepen gradually, as we ourselves deepen.

A PRACTICAL SCIENCE

The Buddha's Dharma is a practical science of internal transformation. It does not rest on external forces, gods, or ritual offerings, but on three essential trainings:

Morality: practicing mindfulness and restraining harmful impulses.

Meditation: examining one's own heart and changing one's internal state.

Wisdom: gaining the tools to see clearly and improve oneself.



NEWS & UPDATES

Programs & Events

Lam Rim Teaching, Season 3—The Mahayana Path with Demo Rinpoche began on March 3 and will continue through **June 23rd**.

On **May 14**, Demo Rinpoche resumed his Thursday night teaching series on **Bodhisattva's Way of Life**. The series will continue through July 16. Teachings will be offered both online and onsite in Ann Arbor. Registration is available on the Jewel Heart website.

The monthly **Lama Chopa and Tsoh** took place on **May 26th**. The next offering will take place on Wednesday, **June 24th**.

On **May 31st** we celebrated **Sakadawa Day**, the day of Buddha's birth, enlightenment and parinirvana. 24-Hour Mahayana precepts began before sunrise.

Regularly scheduled **Sunday morning White Tara meditations**, along with both online and Ann Arbor onsite **facilitated discussions**, continued with strong participation.

Special News

A Day of Analytical Meditation with Demo Rinpoche: June 13 – Ann Arbor – On site only

We feel deeply grateful for the opportunity to learn about analytical meditation directly from Demo Rinpoche. Through these teachings, we are invited to reflect thoughtfully on our daily challenges, cultivate understanding, and make sincere commitments to respond to them skillfully and compassionately.

Free and open to all! The day will also include yoga, music and prayers. Bring your friends and enjoy the day. 10:00 AM to 5:00 PM. Lunch break is 12:00 - 2:00 PM. Join when you can, and feel free to bring your lunch!

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Chapter News - Philadelphia

In April, Demo Rinpoche visited Philadelphia for a series of events at the Free Library of Philadelphia, the Germantown Jewish Centre, and the Chenrezig Tibetan Buddhist Center (CTBC). On Friday, Rinpoche gave a public talk at the Free Library exploring everyday compassion through the Jataka Tales. That same evening, he joined Rabbi Adam Zeff at the Germantown Jewish Centre for an interfaith conversation and meditation. On Saturday, he offered a more traditional teaching at the Chenrezig Tibetan Buddhist Center on the His Holiness Dalai Lama's beloved book *Kindness, Clarity, and Insight*.

We thank Colleen Scott and Vicki Cahill for organizing these heartwarming events and for sharing moments from Demo Rinpoche's visit through the photos below.



Demo Rinpoche and Mark Magill visited a new art installation at the Plinth. The Plinth is the first space on the High Line—and one of the only sites in **New York City**—dedicated solely to a rotating series of new, monumental, contemporary art commissions.



Chapter News - New York

On Friday, May 1, Demo Rinpoche visited New York to deliver his Vesak Day talk, "Dharma in the City," to a full house at Tibet House. On Saturday and Sunday, he conducted his Spring Seminar, offering a commentary on His Holiness the Dalai Lama's book *Kindness, Clarity, and Insight*.



On the Thursday before the Vesak talk, Rinpoche joined sangha members for a tour of the New York Botanical Garden, guided by New York sangha member and NYBG docent Robert Weinreb.

In his talk, Rinpoche referenced this art work as Buddha in the City. The work's title directly references Buddha: "Salsal," which translates to "the light shines through the universe." Tuan Andrew Nguyen's Plinth commission, in this new context, poetically underscores how the original statues have transcended their physical destruction to become a steadfast symbol of life, healing, and peace.

ANNOUNCEMENTS

The **summer retreat** is scheduled for **July 20-26**. Six Preliminary Practices, Preparation for Lam Rim Meditation. Registration for the retreat is open and available on the Jewel Heart website.

On **June 6th**, Demo Rinpoche will visit the Kalamazoo chapter to deliver a talk on "**Finding Peace in Your Heart**" from 1:00 to 3:00 PM at the Kalamazoo Non-Profit Advocacy Coalition, 315 W. Michigan Ave.

Jewel Heart is honored to welcome Venerable Tokden Rinpoche from November 7-15, 2026 for a special time of Vajrayana initiations, teachings and connection. He is one of a handful of the great living Gelugpa masters educated in old Tibet.

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ANN ARBOR SANGHA SNAPSHOT

The Ann Arbor Sangha Council met on May 6th. The **next meeting is scheduled for June 3rd at 5:45 PM**. All are welcome to join and bring their enthusiasm, ideas, and presence to hear and contribute events in our community.

We wished happy birthdays to our dear Rachel Sherman, Wendy Weiner and Jonas Berzanskis during the **monthly birthday brunch**. Warmest wishes for health, happiness, and lasting joy to the Jewel Heart members and family celebrating birthdays in May!

Weekly **meditation practice** continues every **Tuesday** onsite in Ann Arbor from **6-6:45 PM**. This regular event is **free**, no registration is required, and **all are welcome to join**. Thank you, Figen Lacin and Joe Palms, for facilitating these weekly practices!

On **May 16**, John Madison and Robin Olson led an **End of Life workshop** on Death and Dying based on the Tibetan Buddhist practice of the Five Powers at the Time of Death. Thank you, John and Robin, for your loving leadership!

Upcoming Social Events

Sunday brunch will take place on **June 7th!** Please consider donating a dish. Include ingredients.

Help us **care for the center** on **Wednesday, June 10th** from 10:00 AM to 12:00 PM, followed by a potluck lunch!

FREE film and discussion on Friday, **June 12th – Vajra Sky over Tibet** – (2005). Concessions available. All Welcome!

Dharma Disc'ers Disc Golf - June 28th: 2:00 PM to 4:00 PM at Mary Beth Doyle Park

Happy Hikers - June 20: 1:30 PM to 2:30 PM at Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor



Sangha friends enjoyed a wonderful time together over a shared meal after caring for the center, the place where our Dharma community gathers and practices. We are sincerely appreciative of those who continually bring their dedication and loving attention to the care of our center and its flourishing garden.
-photo by Kathy Laritz

ART WINDOW



A **collage-making workshop** with **Robin Olson** is coming up on **June 7th**. The collage shared here grew out of an art class Robin took at the Evanston Art Center about five years ago; it began as a 3D tabletop setup, which she first drew and then collaged.

Robin shares: "I love doing art; I find it meditative. It is wonderful to work with color and paint. It can be very relaxing, and it pulls you out of our currently crazy world!"

Robin has been taking art classes since 1978, beginning at the Tree Studios in Chicago. Since then, she has periodically studied drawing, painting, collage (in both paper and fabric), photography, suminagashi, marbling, and quilt making.

As always, we welcome others to share their work in the art window. Please feel free to reach out; we would be delighted to feature your artwork in our monthly newsletter.

VOLUNTEER EDITORIAL TEAM

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