

JEWEL HEART MONTHLY NEWSLETTER

Vol. I Issue 5

Ways to learn, study, practice and connect

July 2026

TEACHINGS

Demo Rinpoche shared in his Sunday teachings this month that the Buddha's greatest gift to the world is not miracles, but the Dharma teachings that help people reduce suffering and develop wisdom.

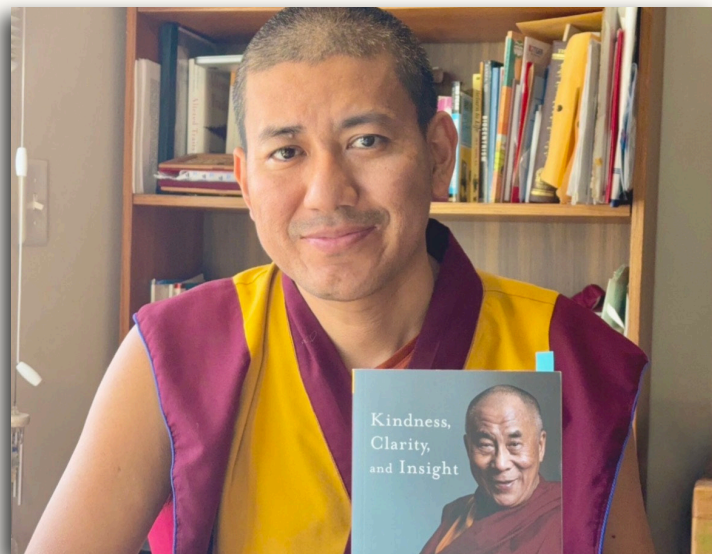
He reminded us that Dharma has many meanings, including teachings, practice, the path to liberation, and even cultural traditions. However, its deepest meaning is something that "holds" or protects us from falling into harmful habits, ignorance, and suffering. True Dharma guides us toward wisdom, compassion, and freedom. A practice can be called genuine Dharma if it helps reduce suffering and overcome mental obscurations such as anger, attachment, and confusion.

Rinpoche emphasizes that after attaining enlightenment, the Buddha's main activity was teaching. For decades he traveled from place to place helping people understand reality more clearly. Unlike a superhero who relies on magical powers, the Buddha's "superpower" was his ability to awaken wisdom in others. His teachings are rooted in both compassion and understanding, since kindness without wisdom can sometimes lead to harmful results.

In one of the Sunday teachings, Demo Rinpoche shared mindfulness of phenomena (Dharma) as a form of analytical meditation, which involves examining our actions, speech, and thoughts to distinguish what leads to suffering from what leads to happiness and liberation. Then, he encouraged us to reflect on connection to the Four Noble Truths: mindfulness of the body helps us understand suffering; mindfulness of feelings reveals the causes of suffering; mindfulness of the mind shows that freedom from negative emotions is possible; and mindfulness of Dharma points to the path that leads to liberation.

Practically, mindfulness of Dharma means reflecting on our daily behavior. Harmful actions, harsh speech, and negative mental states create suffering, while patience, kindness, ethical conduct, and wise thinking creates harmony and well-being. Through listening, contemplation, meditation, and consistent effort, anyone can gradually transform the mind.

Together, Demo Rinpoche's talks encourage us to view Dharma not merely as a religion, but as a compassionate path of self-improvement that brings greater wisdom, peace, freedom and harmony into our lives, community and ecosystem. They remind us that transformation happens gradually. We do not need to become perfect overnight. By practicing patience, maintaining enthusiasm, and applying small insights in everyday situations such as how we speak, react, work, and care for others. Then we steadily build a happier and more meaningful life. Dharma gives hope that change is always possible, wisdom can grow, and every sincere effort becomes a step toward greater inner freedom and lasting well-being for the benefit of all sentient beings.



NEWS & UPDATES

Programs & Events

Lam Rim Teaching, Season 3—The Mahayana Path with Demo Rinpoche began on March 3 and concluded at the end of **June**.

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 Tsogh** took place on June 24th. The next offering will take place on **Friday, July 24th**.

Regularly scheduled **Sunday morning (9:30 AM ET) White Tara meditations**, along with both online and Ann Arbor onsite **facilitated discussions** following Demo Rinpoche's Sunday talks continued with strong participation.

Special News

On **Sunday, July 5th**, we will celebrate **His Holiness the Dalai Lama's birthday** with a dedicated talk by Demo Rinpoche. Join us onsite in Ann Arbor and online at **11:00 AM ET**.



JEWEL HEART MONTHLY NEWSLETTER

Wishing a sad farewell to our friend Robert Thurman



On June 18th, we gathered to offer prayers and remembrance for our dear friend, Professor Robert Thurman, first Jey Tsong Khapa professor of Columbia University. For the Jewel Heart community, he was far more than a renowned scholar. He was a devoted practitioner, a gifted teacher, a translator of Dharma, and a cherished friend of Gelek Rinpoche.

Many of us remember Professor Thurman teaching at Jewel Heart, both during Gelek Rinpoche's lifetime and in the years that followed. His extraordinary ability to translate teachings live brought the wisdom of great Tibetan masters like Locho Rinpoche directly to Western students. Through his translations, books, lectures, and lifelong dedication, he helped make the Dharma accessible to countless people around the world.

Professor Thurman was deeply devoted to Tibetan Buddhism and maintained a close relationship with His Holiness the Dalai Lama for many years. While many knew him as a distinguished scholar and professor at Columbia University, those who encountered him personally recognized that he was much more than an academic. He practiced what he taught and embodied the values he shared. Hearing of his passing is also a profound reminder of one of Buddhism's central teachings: impermanence. Death comes without warning, reminding us that life is precious and uncertain. For practitioners, this is a call to deepen our practice, let go of grudges, cultivate virtue, and dedicate ourselves to what truly matters.

As a community, we are deeply grateful for Professor Thurman's generosity, friendship, and service. His legacy lives on in the students he inspired, the teachings he preserved, and the countless lives he touched. We rejoice in all that he accomplished and offer our heartfelt gratitude for his remarkable life.



Readers can also find weekly live stream of prayers from Tibet House web page for Tsogh offerings from Sera Jey Buddhist Center.

Chapter News - Kalamazoo

On **June 6th**, Demo Rinpoche visited 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 Avenue. Rinpoche shared practical wisdom on how to find and keep peace in our hearts. Following his talk, approximately twenty-five sangha members gathered for a joyful dinner party to connect, share, and celebrate as a community. We thank Colleen Retherford & Sally Boyer for their organizing leadership, along with the great support from local sangha community members. We appreciate the photos provided by them.



ANNOUNCEMENTS

The **summer retreat** is scheduled for **July 20-26!** This year, the retreat is on the Six Preliminary Practices in Preparation for Lam Rim Meditation. Registration for the retreat is open and available on the Jewel Heart website. If possible, please register early to better help our program team plan for a successful event.

We look forward to welcoming to the retreat all participants in Ann Arbor and together dedicate our time to both deepen and expand our understanding of Lam Rim Preliminary practices as mental foundation with guidance from dear Demo Rinpoche. These foundational contemplative practices cultivates mindfulness, compassion, gratitude, and mental clarity, helping participants establish a strong inner foundation for deeper meditation and personal transformation.

Due to limited hotel availability during the retreat period, if anyone from our local Ann Arbor Sangha has options for lodging out of town attendees, please speak with Kathy Laritz.

On **July 5th**, following Demo Rinpoche's Sunday talk celebrating His Holiness the Dalai Lama's Birthday, we will conclude with cake, a potluck, and games onsite in Ann Arbor. All are welcome to join.

JEWEL HEART MONTHLY NEWSLETTER

ANN ARBOR SANGHA SNAPSHOT

The Ann Arbor Sangha Council met on June 3rd. The next meeting is scheduled for July 1st at 5:45 PM. All are welcome to join and bring their enthusiasm, ideas, and presence to hear and contribute to the events in our community.

We wished happy birthdays to our dear Duncan Tyler, Linda-Grover Robinson, and Scott Merwin during the monthly birthday brunch. Warmest wishes for health, happiness, and lasting joy to the Jewel Heart members and family celebrating birthdays in June!

Brian Kobylarz and Joseph Breault facilitated lively, engaged discussion for Lam Rim session 3 onsite, and Hartmut Sagolla did the same for attendees online. Many thanks to our facilitators for their time and efforts and, of course, to our engaged participants!

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.

A new yoga class series began on June 18 and will continue through July 9th on Thursdays from 6:00-6:45 PM. We appreciate Helen Breault for generously offering these FREE classes to our community. Helen is a RYT 200 with 20+ years of experience. In her yoga series, she invites us to take a break to move our physical and energetic bodies with a refreshing, gentle yoga flow in sync with the meditative mood of the day. All levels are welcome! (Note: NO session July 2 due to the holiday)



On June 13th, 2026 Demo Rinpoche led a group of local attendees in an exploration of innovative meditation techniques. He gave instructions on how to use the Jewel Heart Prayers as a daily practice along with detailed commentary on each facet of the practice. Special sessions throughout the day were devoted to exploring other meditation techniques. These included using music as a non-verbal guide to the practice, yoga as a key support to a serious meditation practice, and a detailed explanation of how to meditate on the Four Immeasurables as a wish for others and a determination for oneself. Finally, he guided us through a novel mantra meditation technique that combined visualization, counting, and chanting. The experience was engaging, heart opening, and presented exciting new prospects for how to engage with a personal meditation practice. Our local participants deeply appreciate the newly designed and structured meditation day by Demo Rinpoche. Amplifying this virtuous day, Helen Breault with yoga, John Madison with music, and Karla Velikan with chanting shared their skills and practices to inspire us to deepen and enrich our meditation practice.

VOLUNTEER EDITORIAL TEAM

Directors: Mark Magill, Hartmut Sagolla

Ann Arbor Chapter Volunteers:

Figen Lacin, Kellie Lindsay, Duncan Tyler, Anne Yantus.

Upcoming Social Events

Sunday brunch will take place on **July 5th!** Please consider donating a dish. Include ingredients.

Help us **care for the center** on **Saturday, July 18th** from 10:00 AM to 12:00 PM, followed by a potluck lunch!

Tag Sale Fundraiser: Sunday, July 5th - Sunday, July 12th

Dharma Disc's Disc Golf - Sunday, July 12th: 2:00 PM to 4:00 PM at Mary Beth Doyle Park

Happy Hikers - July 18th: 1:30 PM to 2:30 PM at Gallup Park, 3000 Fuller Rd, Ann Arbor



ART WINDOW

Servant (written as a song)
by Kellie Lindsay

Dreams can be the most intense
When you're deep enough in slumber
When you're strong enough to lift the stone
Pay attention to what's under
Listen to yourself with all your heart
Don't shy away in fear
For your mind and body do remember
What you hold most dear

It's okay to look ahead in light of what is new
But a steady practice of remembering
Allows room for love much bigger than you

Pray for peace
Pray for forgiveness
Pray for happiness for all
But pray also for your own wellbeing
And be a servant to them all

Nightmares wake you if you find a way to breathe
Then calm your senses and remember that you can still see
The monster is your challenge
But your courage is your shield
You know the fear that shaped it
And a dream is yours to wield

It's okay to look ahead in light of what is new
But a steady practice of remembering
Allows room for love much bigger than you

Pray for peace
Pray for forgiveness
Pray for happiness for all
But pray also for your own wellbeing
For you are a servant of all.

As always, we welcome our readers 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.