

JEWEL HEART MONTHLY NEWSLETTER

Vol. I Issue 8

Ways to learn, study, practice and connect

October 2026

TEACHINGS



**First, subdue the enemies of the mind.
Then, subdue the enemies of action.
When harmful thoughts and deeds are overcome,
don't be lazy; take responsibility for your duty.
This is the path to find a rainbow of peace in your life.
-by Demo Rinpoche**

Creating Peace Within and Around Us

Peace is more than a symbol, a beautiful wish, or something we wait for others to create. True peace begins within us. It begins quietly in our thoughts, our words, our actions, and the way we respond to life. When our minds are calm, balanced, and steady, we become better able to create peace in our relationships, our families, our communities, and the world around us.

As an initial step to a peaceful mind, we can bring awareness to our thoughts which can sometimes move too quickly—worrying about tomorrow, dwelling on yesterday, planning too far ahead, or becoming attached to things that may not truly matter. We can gently remind ourselves to slow down, breathe, return to the present moment, and appreciate what is in front of us. We do not need to control everything. We simply need to find balance, accept what we cannot change, and give our minds room to rest.

Through stability and awareness of peace in our mind, we would like to learn how to be peaceful through our actions. When we feel peaceful inside, our words and behavior can affect those around us. A thoughtful word can bring comfort. A patient response can prevent conflict. A listening heart can help someone feel valued and understood. We create harmony when we speak with kindness, listen carefully, avoid unnecessary arguments, and become more aware of how our actions affect others.

The third step is to take responsibility for our duties with kindness and care. Peace does not mean doing nothing. It means doing what we can with sincerity and a peaceful heart.

In our families, we can listen, help, support, and communicate openly. With friends, neighbors, and colleagues, we can be considerate and acknowledge our responsibilities. When difficulties arise, we can choose understanding and cooperation rather than blame. Taking responsibility also means caring for ourselves. Our physical, emotional, and mental well-being matters. When we care for ourselves, we have greater strength, patience, and compassion to care for others and contribute positively to their lives. Peace grows through small, everyday choices: a patient word, a listening heart, a helping hand, a calm mind, a forgiving spirit, and the courage to take responsibility.

We do not have to create peace everywhere at once. We can begin with ourselves: Calm the mind. Choose kind actions. Fulfill our responsibilities. Listen with compassion. Care for yourself and others. And let peace begin with us. May the peace we cultivate within ourselves become a gentle light, spreading warmth, hope, understanding, and harmony to everyone around us.

NEWS & UPDATES

Programs & Events

- Demo Rinpoche continued his Thursday evening teaching series on The Bodhisattva's Way of Life: Maintain Concentration.
- The monthly Lama Chopa and Tsogh ceremony occurred on Monday, September 21st. The subsequent offering is scheduled for Wednesday, October 21st.
- Weekly Sunday programs with White Tara guided meditation, Demo Rinpoche's Sunday talks, and facilitated discussion of Rinpoche's Sunday talks continue to generate enthusiastic participation.



- **Science, Spirituality, and the Art of Flourishing** by Joseph Loizzo will conclude on **Saturday, Oct. 17th** from 10:00 AM to 2:00 PM ET.

What can science and spirituality teach us about who we are, where we come from, and where we are going? This program explores the intersection of science, psychology, spirituality, and Buddhist wisdom, bringing ancient insights into conversation with modern perspectives. Together, we examine three essential questions: What does it mean to be human? What is life, and how can we adapt to a changing world? And what does it truly mean to flourish? Moving beyond survival, we explore how individuals, communities, and our planet can thrive. Join us for a thought-provoking journey toward deeper understanding, wellbeing, and a more meaningful future. **Registration is required.**

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Starting on September 18th, it was a rare and precious opportunity to receive teachings on The Heart Sutra, also known as The Heart of the Perfection of Wisdom. We were especially fortunate to learn it from **Geshe Yeshe Thabkhe**, a great living master of Tibetan Buddhist scholarship. His teachings connect us to a centuries old tradition of study, practice, and transmission leading to liberation. We are deeply grateful for this extraordinary opportunity. Teachings are still available as online at Jewel Heart Web site.



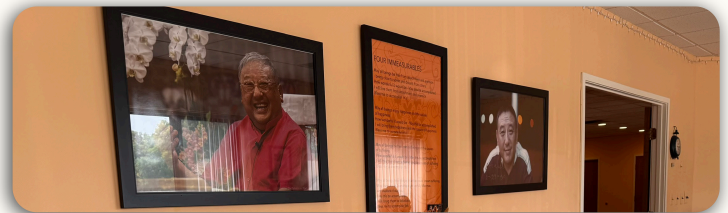
- On September 26-27, we held a very engaging and insightful Jewel Heart Fall Seminar focused on the daily practices of listening, contemplating, and meditating. Demo Rinpoche outlined the three aspects of wisdom, guiding us through discussions to help us differentiate, understand, and integrate these practices into our daily lives. The teaching emphasized that while meditation trains the mind to become calm and focused, true transformation requires wisdom. By cultivating morality, meditation, contemplation, and wisdom, we can better recognize attachment, anger, ignorance, and delusion. Ultimately, wisdom enables us to question assumptions, communicate clearly, avoid unnecessary anger, and perceive reality rather than reacting out of blind desire or emotion. We also learned to observe non-virtuous emotions, thoughts, and actions calmly and without judgment. Drawing on the four mindfulnesses and four right efforts from the Thirty-Seven Factors of Enlightenment, Demo Rinpoche taught us how to integrate both single-pointed concentration and analytical meditation into our daily practice. The teaching recordings are now available to stream online. We are very lucky to have a teacher with such deep experiential knowledge of how to cultivate wisdom. Thank you, dear Demo Rinpoche!

Chapter News - Bloomfield Hills

Demo Rinpoche was at The Theosophical Society in Detroit to present a live talk on Self Awareness as part of the Bloomfield Hills Chapter on September 11. Rinpoche shared from a Buddhist perspective questions such as what is the meaning of life, who am I, what is mind and thought. Contemplating on these questions helping to live joyful, kind and compassionate life.



- Demo Rinpoche gave a public talk at Unitarian Universalist Congregation of Grand Traverse on Saturday 19th September 2026. About thirty people participated to reflect on the subject of the talk "A Meaning of Life". It was a wonderful opportunity to connect with fellow Sangha members and welcome new participants. One question raised by participants was about how, while feeling confident in our personal daily practice, opening our hearts and awareness to the suffering in our wider community can sometimes leave us feeling overwhelmed. Demo Rinpoche acknowledged that we naturally have limits to what we can hold, like carrying five oranges versus fifteen. When we recognize that we are carrying more than our capacity allows, we can gently set some down and focus on what we can hold and work with.



ANNOUNCEMENTS

- On **October 6th** on Wednesdays from 7:00-9:00 PM, H. E. Professor **Samdhong Rinpoche**, childhood friend of Jewel Heart's late Founder and Spiritual Director, Gelek Rinpoche will give a talk at the request of our dear Demo Rinpoche. The topic is on the Old and New Kadampa Traditions and why it matters. It is **free** with registration and anyone is welcome to join.
- On **October 9th, at 7:00pm, Demo Rinpoche** will be at Tibet house presenting AI vs BI (Buddhist-intelligence). What makes Buddhism special in an AI world.
- Saturday October 10th**, between 10:00am-5:00pm. A Day of Meditation at Tibet House. Demo Rinpoche will lead meditations on Gaden Lha Gyema and Migtsema. This practice is a way to empower the new generation of practitioners to become more compassionate and well-trained in the mind to connect with inner wisdom based on Je Tsongkhapa's qualities and tradition.
- At Tibet House, Sunday October 11th**, at 10:00am our New York Sangha, friends and community will have a wonderful opportunity to receive a White Tara initiation for healing and protection by our beloved Demo Rinpoche. It is strongly recommended to maintain a vegetarian diet in the morning of the empowerment.
- Online on October 24th**, at US ET 9:00-11:00 am; EU 15:00-17:00; SE Asia 21:00-23:00. Based on Demo Rinpoche's request on behalf of our Sangha, H.E. Dagab Rinpoche kindly accepted to teach The Bodhisattva's Jewel Garland, which is basis for Lojong practices and also practical instructions for transforming one's way of thinking, speaking, and behaving to benefit others.

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ANN ARBOR SANGHA SNAPSHOT

- You and your pets are welcome to Celebrate World Animal Day with an animal blessing ceremony by Demo Rinpoche on Sunday, October 4 from 9:30 – 10am. To participate, **bring your pet on a leash or bring a photo of them.** The ceremony will be held in Jewel Heart's front parking lot. If raining, it will be in the lobby. Please plan taking your pet home after the ceremony. Animals cannot remain at the center afterwards due to allergies.
- Continuing through November 4th on Wednesdays from 7-8:30 PM, Hartmut Sagolla and Heather MacKenzie will facilitate a weekly course on the **Paths and Stages of Vajrayana.** These course offerings are **free** with registration and anyone is welcome to join.
- Tuesday Meditations** with Figen L. and Joe P. will resume **on Oct. 6th at 6pm.** Following that we will have opportunity to listen **Samdhong Rinpoche's talk together as a community!**
- GOM: Day of Meditation** is on Saturday, Oct. 24th from 12:00 to 6:00 PM onsite in Ann Arbor. This offering is **free**, and you may join at any time.
- Continuing through Thursday, November 5th from 5:45-6:45 PM: **The Five Vayus, Practice for Energy and Vitality.** Join us for **Yoga**, led by Helen Breault. Thank you Helen for moving us with care!



- The Ann Arbor Sangha Council met on **September 2nd**. The **next meeting is scheduled for October 7th 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. Pie-making workshop by Susan on October 3rd and fermentation workshop by Rowena on October 18. Photos shared here are from our last Sangha Council meeting in August where so many upcoming social activities are planned. We are very lucky to have an engaged and active Sangha.
- We wished **happy birthdays** to our friends Jack Schramm, John Madison, Jennifer Woods, Sheilan Khailany, Ronaldo Fraga and Suan Phaik Khoo during September. Warmest wishes for health, happiness, and lasting joy to the Jewel Heart members and family celebrating birthdays in September! Is your birthday coming up? Let us know!



Welcome Sunday joyful gathering!

We want to extend a heartfelt thank you to our volunteers for organizing the Welcome Sunday festivities! The planning committee **Helen Breault, Chance and Sarah Hiser, Kevin Woods, and Peter Cha** with additional help from **Joe Breault, Jennfier Woods, and Julia Cohen**, met several times to plan the day. The contributions were: preparing the menu, purchasing the food for a sandwich bar along with sheet cake, beverages, and desserts; decorations, including flowers, and balloons; and activities such as a scavenger hunt, disc golf, putting, and croquet. A good time was had by all!



Upcoming Social Events

- Sunday Brunch** will take place on **October 4th!** Please consider donating a dish. Include ingredients.
- Dharma Disc'ers Disc Golf - Sunday, October 25th, 2:00 PM to 4:00 PM** at Mary Beth Doyle Park. Contact: helenbpiano@gmail.com
- Happy Hikers - Saturday, October 17th: 1:30 PM to 2:30 PM** at Marshall Nature Area--Freeman Red and Yellow Loop. Contact: Jack Schramm at jgs91551@gmail.com.
- Open Mic** at Jewel Heart! **Sunday, October 11th** at 6:00 PM. Sign-up at 5:30 PM. All are welcome. Email jonas@jewelheart.org with questions.
- October 18th, 1:30-3:30pm**, Loving Kindness Crafters Present: A Pickling / **Fermentation Seminar**; Fundraiser. Learn the process of vegetable fermentation using Lactobacillus fermenters. please email for registration to **rowenavillarias@gmail.com** since space is limited. Donations are welcome at the door.

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Many thanks to our Volunteers!



We are so lucky to have Aimee Adams as the Fundraiser Chair of Sangha Council this year. Her amazing skill in design has been such a wonderful asset for our team. If you have any fundraising ideas you would like to brainstorm, please reach out to Aimee. She is always generous with her time and happy to help create design materials for our events.

Meet with our new volunteer, **Heather Tasker**, pictured here (right) sharing a heart warming smile during her orientation with Jack Schramm. Heather will be helping to Zoom meetings. Thank you, Heather!



To the left we have the lovely **Teresa Tomasi** helping our garden flourish with her matching colors among the purple flowers! She matches their light with her beautiful smile right in the middle of discerning and clearing the weeds. Thank you, Teresa!

ART WINDOW 1



Hi, I'm a local middle school student and an enthusiastic disc golf player. I like playing disc golf on nice days like me in this photo on the left. I also enjoy drawing about my activities. You can enjoy the drawing I made about disc golf a while ago here on the right! See you in the fields!

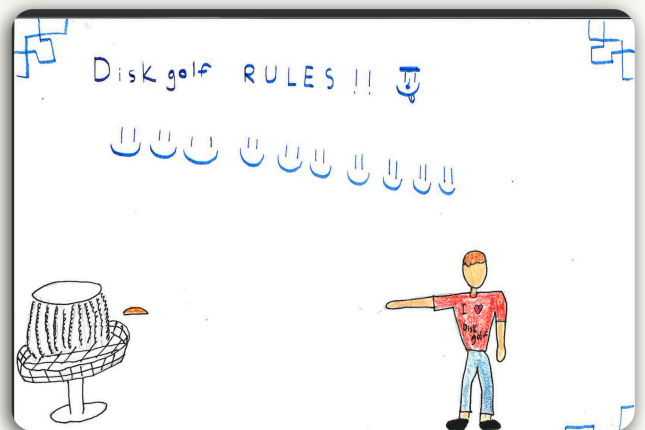
ART WINDOW 2



Hi, I'm Kevin Woods, and I live in Ann Arbor with my wife, Jenny, and our dog, Ruby. I work as an actuary, and outside of that I've been taking Tibetan language lessons and working toward a pilot's license.

**We draw a line
where love has not yet
reached,
and mistake it for
the edge
of what the heart
can hold.
But love keeps
teaching us
that every boundary
we defend
may only be a door
we have not
opened yet.
And sometimes,
when we finally step
beyond it,
we discover
the heart
was never meant
to be small.**

Sequoia National Park, May 26, 2026
Poem & photo by Kevin Woods



VOLUNTEER EDITORIAL TEAM

Staff: Mark Magill, Hartmut Sagolla

Volunteers: Figen Lacin, Kellie Lindsay.

Photo Credits & thank you: Marco Garavaglia & many community members.

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.