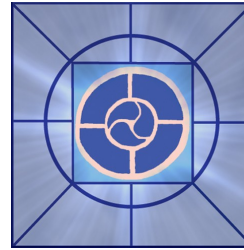




Mandala



Vol. 2: Issue 2

June 2011

Musings



Lori Coon

Letter from Our Director

Since my arrival at The Mandala Center (TMC) I have thought a lot about our name. While the word Mandala seems to be the more significant word, I would like to draw our attention to the word *Center*. Why was the word *Center* chosen? Why didn't they call it The Mandala *Retreat* or The Mandala *Institute*?

I believe it was significant, and still remains so, that the word *Center* was chosen. Traditionally, the Mandala, as a symbol, has most often been depicted as a circle and always has a *center*. The *center* is the point of balance; the point in the middle; the focal point from which all else emerges.

Executive Director

When Tish Hewitt was designing the main building she envisioned it with round rooms.

Anna Wolfe, Tish's daughter, was taking a course in spirituality at Georgetown University at the time, which included Carl Jung's teaching on mandalas. Tish felt she was creating a place of retreat for herself; a place for healing. Anna explained that Carl Jung used a method where patients created mandalas in therapy. He found that patients often began by creating disjointed and chaotic images within the circle. As therapy progressed and patients got better their mandala drawings became more balanced, integrated, connected, and *centered*! Anna suggested that perhaps this building was her mother's healing mandala—a place that would support her journey from brokenness to wellness and wholeness. From this understanding, the building became known as Casa Mandala and the mission of TMC began to take shape (even if unconscious at the time).

Charles Gilchrist, one of our featured workshop presenters this June, will be offering a retreat on *Mandalas and Sacred Geometry*. He offers further insight into this matter. In his YouTube video called *Introduction to Sacred Geometry*, Charles names the "single point" or the "center point" Unity Consciousness. He says, "*This is the place of single pointedness. It is a place of "at-onement", atonement, undivided. It is the point from which all else emerges.*"

This makes me think of the *center* point as a place of amendment, integration, and wholeness. These are aspects of the ancient mandala itself and they are also part of our experiences here at TMC; part of the meaning behind our mission. Gilchrist goes on to say, "*It is the single flame that resides in all of us and unfolds into duality and returns to unity.*"

We experience the paradox of living through our very awareness that we are individuals in a dualistic world, yet we are connected... (*Continued on page 6*)

In honor of spring...



Earth, ourselves
Breathe and awaken,
Leaves are stirring,
All things moving,
New day coming,
Life renewing.

- Pawnee prayer

Letter From Our Operations Manager

*Refresh the Mind * Renew the Spirit * Heal the Body*



Monica Ingamells

The nature surrounding The Mandala Center has a special soothing quality to it as witnessed by many of our guests. Part of the appeal is the remoteness of the center and the thoughtful and intentional journey required to get here. In addition, the absence of distractions makes it easier to turn inward or to grapple with the challenges we all face in our everyday lives. During the day a walk on the slopes of the Sierra Grande or down to the labyrinth can offer an opportunity for introspection and peace, and on a clear night the splendid night sky offers its brilliance and a chance for perspective.

To all of you who have come to The Mandala Center and allowed us to be part of your journey we say: *Thank you!* And to all of you who are yet to come here we say: *Welcome!*

Below are some comments by recent guests:

"Thank you for being available. Thank you for letting me be alone to find my inner peace. I'm glad I have found a place I can come and renew myself my way." - Cheryl

"I do think this is a uniquely gracious and spirit filled retreat center. You are offering an important service for many." - Mariel

"May this beautiful center grow and prosper and bring many to their true peaceful, happy state." - Don

"Really, really great place!!!" - Vale



Kristy Sweetland

Our Social Media Update

As technology expands, so does our ability to connect with others around the globe. The Mandala Center is undergoing an exciting expansion, in terms of our on-line presence. Soon, we'll have a brand new website with video and access to photographs of our workshops and special events.

Our blog will enjoy a refreshing new

look as well. We love having the opportunity to reach out and interact with as many diverse spiritual thinkers as we can! Our personalized, intimate setting allows us to think of all who visit us as friends. But even if you live far away and don't have the frequent opportunity to see us in person, we encourage you to follow us on Facebook (The Mandala Center, New Mexico) and Twitter (MandalaCenterNM). We will also be expanding our YouTube presence and our Flickr photo site, so look for us there too. We love to give you ample opportunities to tell us what is important to you, or to simply reach out and say hello! We consider every one of our connections a great blessing. May you know peace and joy wherever you are.

E-NEWSLETTERS

Please help us continue to cut back on our use of paper and printing costs. If you would like to receive our newsletter via e-mail, please contact us. If you would like to be removed from our mailing list, we will be sad, but please inform us. If you wish to continue with a paper newsletter we are happy to provide it.

575-278-3002

Information@
mandalacenter.org

INTERVIEWS WITH OUR WORKSHOP LEADERS

Here are three excerpts from interviews with our workshop leaders. You can find the full interviews and others online at www.mandalacenter.org and go to our blog. We are in the process of upgrading our blog and ask for your patience if you go there when we are in transition. These interviews are a great way to learn more about the subject matter and the facilitators themselves.

YOGA FOR SELF DISCOVERY with Monique Parker August 4-7th, 2011



How has yoga inspired your life personally? MONIQUE: I began Yoga out of desperation, as a way to remove the angst and unbalance from my career as a corporate copywriter. I sat at a desk, in a car, or in an airplane for long periods of time. I developed what I call “computer asana” – Basically a self-contracted body with hunched shoulders, neuromuscular tension, poor digestion, tired eyes, insomnia and headaches. I was depleting my system. I felt soul-less. I needed something that would help me to turn off the sensory overload; that could correct structural imbalances, enhance my concentration, and help me to relax. My first year practicing Yoga I was in no way a snapshot of serenity. I was clumsy and awkward and invariably compared myself to everyone in the room. I lacked coordination and fell out of balance postures, embarrassed and discouraged. But I stuck with it. At some indeterminate point my life began to change. I could sit for longer periods of time before my feet fell asleep. I became more attuned to other people’s feelings and the habitual need to sabotage my own success. I eventually sold my home and left Silicon Valley. I relocated to Northern New Mexico eight years ago, where I now live a balanced life and see my contribution as being of service.



CREATING COMMUNION WITH NATURE with Lisa Lipsett August 11-14th, 2011

Lisa, I understand your workshop is based on a book your recently published. Tell me about that.

LISA: My work focuses on artful connection to self, each other and the world. It is a marriage of expressive art-making with a deep connection to Earth. My new book *Beauty Muse: Painting in Communion with Nature* gives readers an opportunity to begin a creative practice of their own. This book was born out of a need to share how I came to do this work. I truly love sharing this simple yet transformative practice with everyone!

SHAMANISM, PEACEMAKING, and HEALING with Myron Eshowsky October 7-9, 2011



Tell us more about your own life and work. MYRON: Professionally, I have a M.S. in Counseling Psychology and am a certified mediator. My awareness of the world of spirits has always been there and I was blessed at an early age to have the support and mentoring of my great Aunt Soshie, who shared with me a Jewish women’s tradition of dreaming and healing that I would call shamanism. As a young boy, I would share with her my stories of traumatic events and she would dream with me to the spirits for help. We would always end these times with a honey cake ritual which symbolized the importance of always remembering the sweetness of life. I also spent hours of alone time in nature learning from the natural world...

...I work with youth at risk, street gangs, war veterans and survivors of war, and other traumatized populations. I have written extensively on the applications of shamanic techniques in the treatment of modern problems including peacemaking and mediation. Currently I am working on a number of peacemaking projects in the middle east; the healing of violence and conflict in the name of religion; and a special project on healing and education at Auschwitz to promote peace for future generations.

OUR 2011 WORKSHOP SCHEDULE

FEES: Fees listed are combined totals that include all fees for the workshop, meals, and lodging. On occasion there is a separate supply fee collected by the presenter and it will be indicated separately.

June 16-19th The Sacred Geometry of Mandalas With Charles Gilchrist



Charles has been making mandalas for 30 years! Check out his website and videos online! www.charlesgilchrist.com This workshop offers an open-hearted approach to exploring mandalas as a manifestation of the underlying sacred geometry of our universe. Each student will receive a step by step Sacred Geometry Workbook. Enjoy lecture, discussion, and hands-on art exercises. NO prior art or math experience necessary to join in this fun yet deeply inspiring retreat.
Fees- Shared Room \$470 Private Room \$530

July 2-5th Photography Live! With Steve Larese



Steve is a professional photographer and writer right here in New Mexico! www.steverlarese.com Join Steve for this special holiday event as he helps you discover just what you and your camera can do! Focusing on travel photography the holiday events will offer opportunities to practice at rodeos, parades, balloon fests, firework displays and more. From point-and-shoot cameras to DSLRs, Larese will show you how to maximize your capabilities in a variety of situations. Perfect for beginners and advanced students. Fees—Shared Room \$490 Private Room \$550

July 21-24th A Spiritual & Contemplative Art Retreat with Suzanne Frazier



Suzanne has been offering contemplative art retreats since 1992. She offers ways to explore your spiritual path from a meditative, non-judgmental, heart-centered perspective. This supportive experiential art workshop helps you discover the freedom to express non-verbally what is important to you. No art experience is necessary. Art supplies are provided.
www.suzannefrazier.com Fees—Share Room \$470 Private Room \$530

Aug 4-7th Yoga for Self Discovery with Monique Parker



Monique offers a wealth of experience and perspective whether you are embarking on a new wellness path or delving more deeply into your existing practice. You will develop a “yoga habit” you can take home and integrate into your life. Her approach is practical for anyone regardless of age, fitness level, or experience.
www.classicyogaofindia.com This workshop will help you gain greater understanding of and alignment with the true self. Fees—Shared Room \$495 Private Room \$555

To Register call us at 575-278-3002 or write information@mandalacenter.org

OUR 2011 WORKSHOP SCHEDULE Continued...

Aug 11-14th Creating in Communion with Nature with Lisa Lipsett



Awaken to the wisdom of Nature and Self through the creative act. Let your mind rest in the beauty of the natural world. You will move beyond “seeing” and begin to create from a deep well of inspiration within! Let Nature be your teacher and Lisa be your guide. This simple but powerful and transformative meditative process is the basis of Lisa’s new book *Beauty Muse*. www.creativebynature.org Lisa encourages parents, teachers and therapists to learn this technique.

Fees—\$495 shared room \$555 private room \$15 supply fee or bring your own.

Sept 23-25th Autumn Rest and Renew Retreat



This is your chance to come to The Mandala Center, relax with your own agenda, and allow our staff to prepare your meals at a special price! Two nights and five meals for a reduced rate of **\$150 all inclusive for the full weekend**. Other discounts do not apply. Registration is required. *Reduced rate applies to full retreat ONLY.*

NOTE: Capulin Volcano Run participants are welcome for one or more nights at regular rate unless opting for the full weekend package.

Oct 7-9th Walking the Wisdom Trail: Shamanism, PeaceMaking and Healing with Myron Eshowsky



Myron has devoted his life to incorporating Shamanic techniques into mainstream processes for personal growth, healing, and conflict resolution. He has worked with individuals as well as government agencies. www.myroneshowsky.com. In this workshop you will experience a wide range of tools for healing and peacemaking within Shamanism and other similar spiritual traditions. Topics include but are not limited to, transforming despair, addressing conflict, healing the history in our bodies, exploring the effect of trauma on the body and methods for healing trauma, and ceremonies for bringing peace into our lives. The format is experiential. Dress comfortably. Bring drums & rattles if you have them. No prior experience is necessary.

Fees—\$395 shared room \$435 private room

Do you have questions? Call us for more information! 575-278-3002

Check out our website and blog for more information!

www.mandalacenter.org

EARLY BIRD SPECIAL

Sign up 90 days in advance and get 10% off the workshop fee! Sign up 45 days early and get 5% off the workshop fee! Does not apply to lodging and meal costs. Your discount will be figured for you at your time of registration!

Ask about extending your stay before or after a workshop! Room rate discounts apply. Based on availability.

(Continued from page 1 Letter From Our Director)

by a oneness; a single pointedness; a *center* that lives in us all. This is not a new idea by any means. Theologians, philosophers, scientists, and poets throughout history right up to our current thinkers in Quantum physics and the Unified field Theory capture this same sentiment. This appears to lend a certain level of credibility to this idea.

People who come to The Mandala Center (TMC) are looking for balance, renewal, and understanding. They want to bring their inner lives into harmony with their outer lives to better serve the world around them. The *center* is that middle point; the axis on which all things turn and evolve. It is balanced and focused. It is the calm in the chaos; the place that reminds us that we are individuals and yet we are one with something greater.

Robert Johnson, writer and scholar of psychology, in his book, Balancing Heaven and Earth, writes "...the central challenge for me was in learning how to balance the [realms of heaven and earth]. Over time I came to appreciate that a middle place in which both heaven and earth are honored is not only the safest place, it is the ecstatic place, the holy place. If one works faithfully and patiently at this task of balancing heaven and earth – eventually one may even realize something more remarkable: that the two worlds are in fact one."

This is what TMC offers—a sanctuary for people outwardly traveling together on the human journey who also seek to venture inward to their own *center*; to the point of oneness and unity. From our *center* - from a balanced place of mindful awareness – the holy place – the point of wholeness – we radiate out into the world alive with possibility. We, as the staff at TMC, hope you will join us in the journey!



UNIFYING THE FEMININE WITHIN
Sept 8-11th, 2011

If you are struggling with your place in this world, going through transitions and changes or struggling with your identity and spirituality, join us for an in depth journey to the Self.

Contact Debbie Haynie to register
303-909-6844

**DOES YOUR GROUP NEED
A PLACE TO RETREAT??**

The Mandala Center offers a unique destination for organizations and groups looking for a personalized, quiet, comfortable, and peaceful setting to gather. We can help you create a retreat for your group if you just want to come to relax and renew! Our customized hospitality and "power of place" can compliment your programming and make your event a success. If you have an idea, please call and talk to us about your needs.

International Day of Peace

The Mandala Center will recognize this Day of Peace celebrated on September 21st with a prayer circle around our new peace pole and a labyrinth walk. Please call if you are interested in joining us.

THANK YOU !!

To all who have donated your time or financial support to TMC —We do appreciate your gifts!



Helping us Help Others



The Mandala Center is a non-profit 501 (c)(3) organization and graciously accepts public donations to fulfill our mission. Our mission is to provide a peaceful place to refresh the mind, renew the spirit, and heal the body. Our vision is to help people grow toward their own healing and wholeness so they are inspired from a place of well-being to go back into their own communities and continue to make a difference in the lives of others. We offer a supportive experience through hospitality, programming and the “power of place” that is quite unique.

The Mandala Center, in essence, is an entity made up of the people and activities: staff, teachers, volunteers, guests, donors, and the workshops, events, and relationships that are shared here. We are the heart that drives our mission and the land and buildings offer the “structure” where all the transformative work can happen. We are a living Mandala, a circle of community that holds a special space where the seemingly chaotic and random aspects of our lives can come into balance, into focus, into wholeness.

We strive to keep costs reasonable for the public while we subsidize substantial percentages of overhead costs for community events, workshops, and rentals. As you know, costs for supplies, utilities, food, and repairs keep rising. Keeping costs down becomes a challenge as we try to maintain and grow into our potential. We know that money does not grow on trees but together we can help to plant the seeds of new growth through our generosity and our willingness to support the things in life that we value.

Your donation helps to support our scholarship program, bring in workshop leaders, maintain the well-being of the land and center itself, and offer opportunity for new growth and development. Your donation is also a vote of support that affirms you value The Mandala Center and want to ensure such a place continues to exist in the world. Most of all, it demonstrates that you value the people who come here seeking time for contemplation, study, creative pursuits, and personal development in hopes of creating a world that is more loving, more compassionate, more balanced, and more whole for all of us.

No one needs to do it alone. Together we can make a difference. Thank you for your support.

YES! I want to help The Mandala Center continue to provide a peaceful place for transformation and well-being in the world! Call us or send in this form. We hope to have Pay Pal up soon for online donations!

Name _____ Phone _____

Address _____

Email _____ Date _____

Amount of Donation _____ () Check Enclosed () Bill my credit card /one time

Credit card _____ number _____

exp. Date _____ 3 digit code _____

Signature _____

Send to The Mandala Center PO Box 158 Des Moines NM 88418 575-278-3002



THE MANDALA CENTER

PO Box 158
Des Moines, New Mexico 88418
Return Service Requested

The Mandala Center

A retreat facility that offers rest and renewal for mind, spirit, and body through hospitality, programming and a peaceful setting.

The Center is a 501 (c) (3) not-for-profit organization and has a national Board of Directors.

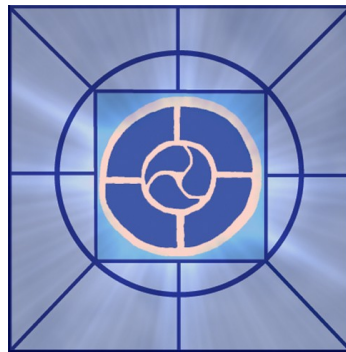
Charitable contributions to the Center are tax-exempt as allowed by the Internal Revenue Code.

For information contact us

The Mandala Center
PO Box 158
Des Moines, NM 88418

575-278-3002

Information@mandalacenter.org



- **Facility Rentals**
- **Retreats**
- **Workshops**

THE MANDALA CENTER

A peaceful place of inspiration and renewal for mind, body, and spirit.
Come visit and rest for a while! We look forward to seeing you!