

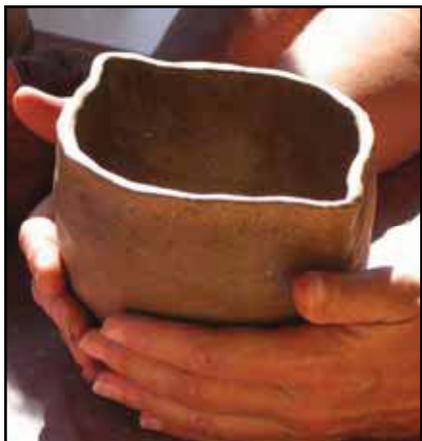


# The Mandala Center

Winter 2014

www.mandalacenter.org

575.278.3002



## *A Message from the Executive Director*

### **Paying it Forward**

In our appeal letter I shared the story of a young man I met outside a Walmart late one summer evening. He was going through a difficult time...his clothes were ragged and dirty, the dog by his side appeared to be his only friend. I ignored him as I walked by, as I so often do, but he called out to me. He asked if I had some change I could spare, adding he would be willing to help me with my groceries. I said no and hurried past him. But once I got to my car something made me gather up all my change. As I was driving out of the parking lot

I stopped and gave him what I had. His thanks was sincere and again he asked what he could do for me. I told him there was nothing I needed, the money was a gift to him. That's when he promised to pay it forward. He said he wouldn't forget the kindness shown to him and he would help others when he could. It made me cry.

I drove away from our encounter with a new purpose, to pay it forward. I realized it doesn't need to be a grand gesture, a simple act of kindness or a few dollars change can make a difference. That young homeless man taught me a life lesson and it only cost a couple bucks.

Thank you for your generosity this past holiday season. The Mandala Center has always paid it forward. Your gifts of money, kind thoughts, and prayers are used to help others. That's just the way it should be. And I know, because a thoughtful young man taught me that.

~ Karen Brown

*A purposeful act or extension of kindness to another is never wasted, for it always resides in the hearts of all involved in a chain of love.*

- Molly Friedenfeld

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### **Thank you. We will pay it forward.**

CIRCLE YOUR DONATION AMOUNT    \$10    \$25    \$50    \$100    \$200    OTHER \_\_\_\_\_

\_\_\_\_\_ My check or money order payable to The Mandala Center is enclosed.

\_\_\_\_\_ One time authorization for credit card gift. Please charge my    VISA    MC

CC # \_\_\_\_\_ Exp \_\_\_\_\_ 3 Digit Code \_\_\_\_\_

Signature \_\_\_\_\_

**You may also call 575.278.3002 for credit card gifts, monthly donations, bequests, or other types of donations.**

NAME \_\_\_\_\_ TELEPHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_

You can help us save money and resources by providing your own envelope and stamp...thank you!

**Mail to: The Mandala Center PO Box 158 Des Moines, NM 88418**

You can also donate on our website at [www.mandalacenter.org/mandala-giving.html](http://www.mandalacenter.org/mandala-giving.html)

The Mandala Center is a tax deductible organization under Section 501(c) (3) of the Internal Revenue Code.

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### **Does your GROUP or ORGANIZATION need a place to meet?**

The Mandala Center offers a peaceful setting for organizations and groups looking for a place to gather.

Please call us for more information. 575.278.3002



## *A Note from Monica*

One of the perks of working at The Mandala Center is that every now and then it is possible for staff to take part in the workshops we offer. I've had the good fortune to sample several workshops in my years at the Center and I'm thrilled to see that some of our past presenters will be back this year.

**Cheryl Eckl** did a wonderful workshop for us in 2012 entitled "Transforming Deep Loss". Not only did that workshop bring together people that had experienced the excruciating pain of losing loved ones, but it gave us an

opportunity to share our hearts and our grief and thus facilitate healing. Healing is not a one-time deal but a process that can go on for many years, and I'm especially looking forward to Cheryl's workshop coming up in September entitled *Going from Nowhere to Now Here*. I just love that title! It very accurately expresses the journey so many of us have to make.

Inspired by the workshops **Mark Matousek** has presented at The Mandala Center I recently signed up for one of his online workshops. Mark is a phenomenal teacher, very present and positive in his classes, and his in-depth comments force his students to dig deeply for material for their writings. Personally I think his workshops are better than therapy! The classes I have taken with Mark have been truly transformational for me, and I am eagerly looking forward to his October workshop at The Mandala Center, entitled *Writing as a Spiritual Path: The Transformational Power of Story*. Mark's classes are not just about producing text, but about using all of life's experiences for spiritual growth and healing. I am grateful that Mark's and my paths crossed at the Center and I got to take part in this marvelous guided adventure.

Being in my 50s I have noticed that I don't have as much energy as I used to and my body isn't as limber as before. My posture also isn't what it should be and part of that is from commuting daily and from spending too much time in front of a computer. Last fall I decided I needed to do something to boost my well being, and yoga seemed like a good choice. I had tried yoga a few times in the past, but in **Monique Parker** I finally found a teacher I felt comfortable with and a practice that I could whole heartedly go in for. I especially like the incorporation of spiritual elements in the practice and having a practice that has been tailored especially for me has been tremendously helpful. The great thing about yoga is that I can take it with me wherever I go. I recently even did some of the yoga exercises on an overseas flight, and it really helped in averting the discomfort I usually feel on long flights. Monique will be at The Mandala Center in July and if you have been curious about yoga this would be a good chance to check it out! I'm looking forward to reporting on my progress at that time and getting some new poses to include in the daily practice. Maybe I'm now ready for the Downward Facing Dog!

*(Monica Ingamells is the Operations Manager at the Mandala Center.)*

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### **Want up-to-date information about our Workshops and Events?**

**Receive the latest information about workshops and events happening at the Center.**

Visit our homepage at [www.mandalacenter.org](http://www.mandalacenter.org) and sign up for our electronic newsletter.

You can rest assured your email address and sign up information is never shared with anyone and you always have the option of opting out (but we really hope you won't!). You'll receive notices of newly scheduled workshops, special discounts, and information about local events being held at the Center.

# The Mandala Center Workshops



Willson & McKee...March 13th—16th

Celebrate St Patrick's Day weekend with us! Join in the fun of a Ceilidh with song, music, storytelling and dance. Presenters Ken Willson and Kim McKee, award-winning musicians, will be leading us in a hands-on, participatory weekend of fun. Learn Ceilidh dancing, write a poem, tell a story, play a bodhran...or just sit back and enjoy. Spend the weekend or just a day. Special commuters rates will be offered for this event. Call us for more details!

Jennifer Agosta...May 1st—4th

Inner Songlines: Voice Guided Journeys, a Multifaceted Approach to Healing and Balance

Voice-guided journeys offer a multifaceted approach to healing and balance, opening access to traditional body-mind wisdom and to deep personal knowing. Based on the traditions of voice guided and chakra work, and grounded in the presenter's training as a physician, this program is a series of voice guided journeys into realms of both deep and expanded awareness. The modes of awareness explored are similar to those used by traditional cultures and allow insight into the inner personal landscape to further the journey into health and wholeness.



Shelden Nuñez-Velarde...June 15th—21st

Micaceous Clay Workshop

Learn how to make pottery in the tradition of the Jicarilla Apache. Shelden belongs to the Ollero clan, sometimes referred to as the mountain people-pottery makers. His interest in the art of pottery started at an early age and Shelden has developed his own unique style. He specializes in hand coiling traditional Jicarilla Apache pottery. This is a very popular workshop. Space is limited so be sure to register early.

Monique Parker...July 24th—27th

Svastha for Wellness: A Yoga and Meditation Retreat

Monique will lead you into a journey of transformation using the ancient and practical tools of yoga. Unplug from the stress of daily life to delve deeper into spiritual practice. Through breath-centered mindful asana classes, Vedic chanting, meditation, and guided exercises and discussions about the philosophical roots of yoga psychology, you learn how to live a more authentic and healthy life. Discover the value of mantra japa meditation and yoga as exercise for relieving emotional stress and negative thinking. Early registration recommended.



Visit [mandalacenter.org](http://mandalacenter.org) for workshop details. To Register call 575.278.3002

# The Mandala Center Workshops



Stevi Belle...August 14th—17th

**The Red Tent: Women Coming Together to Experience Balance and Empowerment.**

The concept of the Red Tent Retreat has been adapted from its ancient origins to provide a place, space and time for women to come together in a sacred community for the purpose of ceremony, growth and rejuvenation. The retreat will include the opportunity for personal and group experiences intended to support each woman in transcending and transforming energies that have blocked her from the experience of "having it all".

Cheryl Eckl...September 10th—14th

**Going from Nowhere to Now Here**

Change creates disruption and an uncomfortable feeling that we may try to escape too quickly. In this dynamic retreat, Cheryl Eckl compassionately guides us through change with her innovative system called The LIGHT Process. For those who sense that the more dramatic the shift, the greater the opportunity for deep transformation, this is the breakthrough you've been waiting for. Register before May 31st and receive a copy of Cheryl's book—*The LIGHT Process: Living on the Razor's Edge of Change*.



Mark Matousek...October 2nd—5th

**Writing As A Spiritual Path: The Transformational Power of Story**

Writing is a powerful tool for self-realization. Exploring our deepest feelings and experiences through language, we gain insight into our core stories, beliefs, fears, expectations, desires, dreams, and inherent wisdom. Writing in this way, we discover the truth about who we are, and who we aren't. When you tell the truth, your story changes. When your story changes, your life is transformed. Learn the art of self-inquiry through life writing, how to shape your written story on the page, and how writing can be used as a daily enlightenment practice. Although seasoned writers are welcome, no writing experience is necessary.

Thomas Roberts...October 9th—12th

**Brush Wisdom: Messages from a Contemplative Heart**

Brush Wisdom is less about painting and more about how your life expresses itself. We will explore the inter-play of mind, body and spirit through the expressive use of the brush stroke in an atmosphere of contemplative calm and peace. When your mind is spacious, clear and calm, your brush wisdom will naturally emerge. The foundation of Brush Wisdom is a clear mind, free of all thoughts. The paintings come from silence and stillness. There is no technique. This is the beauty of Brush Wisdom. Brush Wisdom is a creative and deeply inspiring expressive meditation retreat.



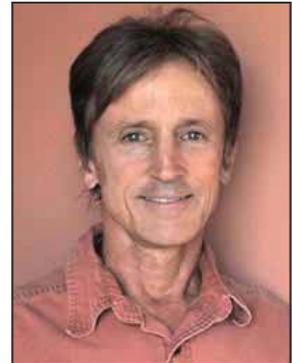
Visit [mandalacenter.org](http://mandalacenter.org) for workshop details. To Register call 575.278.3002

## Meet Our Newest Board Members



The Rev. Tim Sexton has served as the Vicar of Holy Trinity Episcopal Church in Raton, New Mexico, since May 2011. He is also a consultant with non-profit organizations using an Appreciative Inquiry approach to help organizations envision a desired future and carry forth that vision in ways that successfully translate intention into reality and beliefs into practices. Since August of 2012 he has served as Chaplain for Ambercare, a local hospice group. Tim retired after 34 years of ordained ministry, having last served as Provost of the Cathedral of St. Andrew, Honolulu. He and Barbara have 7 children and 11 grandchildren. His goal in being "mostly" retired is "to use my pastoral gifts, educational skills, and experience in assisting others to achieve their spiritual, personal, and professional goals".

Matthew Sommerville has been an art professor for the last 20 years, teaching photography and art history at various universities both in the States and Australia. His academic career includes various writings and articles, published primarily in *Afterimage*, as well as presentations and lecturing on photography and education for the Society for Photographic Education. In the last 3 years, he has shifted his focus to yoga, and completed his 200 hour teacher training certification in 2011. This last year, he began teaching yoga in Silver City at the Integrative Health and Wellness Center. Matthew has been a musician for many years and is an accomplished jazz drummer.



Matthew and Tim join a group of dedicated individuals who share their time and talents with The Mandala Center. Anna Wolfe, Ann Nordby, Lani Kyea, Nancy Passikoff, Monique Parker, Rev. Tim Sexton, Matthew Sommerville...thank you! Read more about the The Mandala Center's Board of Directors on our website.

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## Rest, Renew, and Rejuvenate at the Writer's Den



**The Writer's Den** is a perfect space for private, individual retreats. Equipped with a full kitchen, this 2 bedroom casita provides a quiet space to rest, renew, and rejuvenate. Located in the middle of a working ranch this secluded spot offers respite from the stressors of everyday life.

Enjoy the main Lodge at the Center during the day, relax in solitude at night. Stay for a couple days, a week, or a month. We offer special rates for longer stays. This space is available during limited times of the year. Please call for availability.

Visit our website for full details about our Workshops and Facility Rentals.  
Sign up for our email newsletter for workshop updates and special events.  
**575.278.3002**      **www.mandalacenter.org**



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- Facility Rentals
- Retreats
- Workshops

## THE MANDALA CENTER

A peaceful place to refresh the mind, renew the spirit, and  
heal the body. Come visit and rest for a while...

We look forward to seeing you.

### **The Mandala Center**

Offering 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  
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