



# The Mandala Center

Winter 2015

www.mandalacenter.org

575.278.3002



## A Message from the Executive Director

### Covering our Hearts

In our 2015 appeal letter I shared a conversation I had with my 4 year-old granddaughter. She told me about a movie she wanted me to see. As she was describing a particular scene I said I wouldn't want to watch because it would make me sad. "It's okay," she replied. "Just cover your eyes." I explained covering my eyes wouldn't help. Even though I couldn't see what was happening, I would still know what was happening, and it would break my heart. She thought for a minute. "Well," she said, "When we get to that part cover your heart."

After that visit I realized there are many ways we can "cover our hearts". While not as simple as putting our hand across our chest, when we take time to rest, read, pray, study, meditate, and share our lives with others, we build stronger emotional hearts. Our goal at the Center is to provide a heart safe haven, a place to rest and renew. A place of support and learning, where one can come to a deeper acceptance of themselves and an deeper understanding of their relationship to others.

Thank you to all of you who help us in this mission. We are so grateful for your donations, kind words of encouragement, and participation in our programs. You help us help others. ~ Karen Brown

### 2015 Wish List

We are often asked if there are particular items we need, and our answer is yes! Here is a list of items we could use:

- Metal Shelves
- Toolbox
- Cordless Tools
- Chainsaw
- Gas Weed Eater
- Picnic Tables
- Park Benches
- Chair Dolly
- Table Dolly

### Thank you for your generosity...your gift will help others.

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)

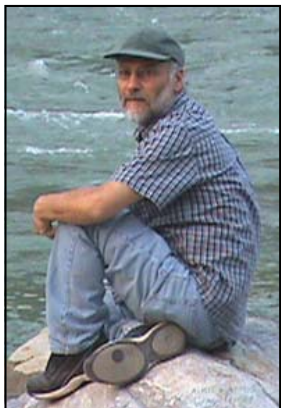
The Mandala Center is a tax deductible organization under Section 501(c) (3) of the Internal Revenue Code.

### 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

# The Mandala Center Workshops



## Reprogramming Your DNA with Qigong /Tai Chi Mindfulness Training

Richard Leirer...March 5th—March 8th

Richard Leirer is one of the most experienced and accomplished Qigong teachers in the US. He has been a serious student and practitioner of the internal mindfulness arts for over 42 years. He is considered by many to be one of the few American Qigong Masters.

Everyone who wants to create a happier and healthier body through the use of mindfulness methods of self cultivation should attend this workshop.

Participants will be presented with specific Mindfulness Energy Meditations and Movements designed to increase DNA cellular function, DNA cellular repair, and enhance qi energy, thereby increasing mind and body health.

You will learn a DNA Qigong Reprogramming Meditation that will enhance adult stem cell production and cleanse the internal organs and:

- 10 Qigong movement forms designed to cleanse the internal organs, increase qi/blood circulation and open the joints within the body
- The basics of a 24 movement form Tai Chi set
- 5 intelligence Qigong exercises to prevent Alzheimer's Disease and Dementia
- 3 practical stress reduction methods for everyday life

**Private Room \$575 — Shared Room \$475**

Price includes workshop fee, meals, and lodging. Commuter rates and day passes available.

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## Compassionate Acceptance: A Healing Path to Release the Burdens of Anxiety, Depression, and Trauma

Thomas Roberts...June 11th—June 14th

We are excited to welcome Thomas Roberts back to the Mandala Center for another workshop! Thomas is a psychotherapist and hypnotherapist in private practice (Innerchange Counseling) in Onalaska, Wisconsin. He has over 40 years of experience in clinical psychotherapy and his own personal Zen Buddhist practice.

He is the author of *The Mindfulness Workbook: A Beginner's Guide to Overcoming Fear and Embracing Compassion* (New Harbinger Press, 2009). He holds licenses as an Independent Clinical Social Worker and Marriage and Family Therapist. Thomas is certified as a Fellow with the National Board of Clinical Hypnotherapists, a Diplomat with the American Psychotherapy Association, and as an Addictions Counselor in the State of Wisconsin.



In this workshop you will:

- Learn about the mind body connection and what we now know about how we heal
- Learn and apply the RAH (Recognize, Accept, Hold) method of compassionate healing
- Understand that conditions such as anxiety, depression, trauma as well as numerous physical conditions are the result of psycho-physiological dysfunction/imbalance
- Discover and apply tools for relating to our healing process with greater patience and compassion

**Private Room \$675 — Shared Room \$570**

Price includes workshop fee, meals, and lodging.

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

# The Mandala Center Workshops



## Micaceous Clay Workshop... In the Tradition of the Jicarilla Apache

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

In this workshop Shelden will share his unique style of developing pottery. Specializing in hand-coiling traditional Jicarilla Apache pottery, as his ancestors did, Shelden gathers the clay and slip from clay sources. He soaks the clay, cleans, sifts, mixes, hand coils, shapes, sands, polishes, and then fires his pottery outdoors, using pine or cedar wood. The pottery pieces he produces are beautiful...traditional and functional yet contemporary.

For over 25 years Shelden has won national recognition and numerous awards for his art. Besides his own artwork, he has conducted workshops and demonstrations throughout the Southwest about the Jicarilla Apache pottery traditions. Shelden is also an accomplished bead-worker and basket-maker. This is a popular workshop and space is limited so register early!

Participants will leave this hands-on workshop with the pottery they have created and an appreciation for all the steps involved in making Jicarilla Apache micaceous clay pottery.

**Private Room \$995 — Shared Room \$790**

Price includes workshop fee, meals, and lodging. Material fees may apply. Commuter rates available.

We will waive the material fee for the first 10 people who sign up!

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## Yoga Wellness Weekend: A Personalized Approach

Monique Parker July 30th—August 2nd

Join Monique Parker as she leads you step-by-step into a journey of personal transformation using the ancient and practical tools of yoga. The Mandala Center is the perfect sanctuary for Monique's 5th annual summer yoga retreat, providing both refuge and comfort for those longing for a place to rediscover our innate wisdom and reawaken the heart. Discover for yourself the value of mantra japa meditation and yoga as exercise for relieving emotional stress and negative thinking and helping you to experience a stronger, more flexible, healthy body.

- Experience the health and wellness benefits of the Svastha Yoga lineage of Sri T. Krishnamacharya
- Discover the value of silence and spiritual practice in helping to gain more clarity about who you are, what your purpose in life is, and how to experience more happiness
- Participate in breath-centric asana classes that promote flexibility, strength, spinal integrity, and the proper functioning of body systems
- Experience breathing and relaxation techniques
- Develop a "yoga habit" through consistent supported practice that participants can take home and integrate into their life
- Experience a reflective personal retreat through the practice of meditation, mantra, chant, pranayama, and asana



**Private Room \$575 — Shared Room \$475**

Price includes workshop fee, meals, and lodging.

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

# The Mandala Center Workshops

## Choose Your Own Adventure (or not)



Join us for a Retreat Weekend! Explore the beautiful countryside, take in the local area attractions, or settle in with a good book in our fountain room. We welcome individuals or couples to share time with us in beautiful northeastern New Mexico. These retreats are specially priced as a thank you to our many guest who return year after year.

A wonderful dinner is served every evening at 6 p.m., and you'll enjoy brunch served every morning at 10. We provide snacks as well as coffee and tea throughout the day.

Take a walk on some of our newly created trails, and make sure to visit the labyrinth. Learn about the area's history by planning a trip to the museums in Folsom and Clayton. Don't forget to include a visit to Capulin Volcano National Monument. From the rim of the volcano visitors claim they can see 5 states. Or take time to create your own adventure...there are many roads to follow!

Retreat Weekends begin on Thursday at 3 p.m., dinner is served at 6 p.m., and the weekend ends with brunch on Sunday. These retreats require a minimum number of participants so please register early. Dates are subject to change based on registration numbers. Prices are per person and include lodging and meals.

May 21st—May 24th

October 8th—11th

**Private Room \$360 — Shared Room \$255**

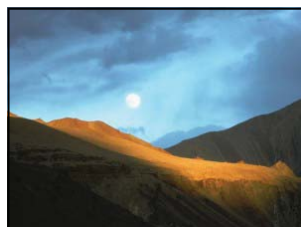


We also welcome those seeking individual retreats throughout the year. Please call for information.

## Other Events at the Center

Occasionally groups open their workshops to others seeking a retreat and we are happy to include these events in our listings. If your group is looking for a place to meet please contact us for more information about our facility rental.

## Radiant Sun, Radiant Moon



June 24th—29th

A five day meditation and movement retreat open to those who wish to engage meditation, movement and silence. This retreat will teach specific methods to embody the radiance of kindness, as it arises in sitting practice, movement practice and daily life.

**Teachers: Gail Gustafson & Jeff Bickford**

**About the Retreats:** You can rely on a fluent balance of sitting meditation, teaching, movement practice, solitude, interaction, laughter and storytelling. Each participant also receives a private consultation daily. Our retreats are held primarily in silence. Additionally we retreat without internet, cell phones, reading, or other distractions. In these ways, we create a container for the undisturbed warmth of sustained practice. There are three delicious meals daily, plus tea and snacks.

For more information visit [www.mahakalaradio.org/learn/meditation-retreat/](http://www.mahakalaradio.org/learn/meditation-retreat/)

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



## *Introducing...Carrie Leven the newest Mandala Center Board Member*



### **Carrie Leven**

For Carrie Leven, studying cultural anthropology at California State University and in graduate school at New Mexico State University fed her lifelong curiosity and passion to learn about other people, places, religions, and traditions. She's enjoyed a 25-year career in the great outdoors as an archaeologist working in California, New Orleans and southern Louisiana, and since 1993, the Sangre de Cristo Mountains and Rio Grande Valley of New Mexico.

Having grown up in a military family, Carrie holds a special place in her heart for serving military veterans and their families. She is married to a Vietnam veteran. Shortly after receiving her 200-hour Yoga Teacher Certification from the University of New Mexico-Taos, she

began offering free weekly yoga classes for veterans and their spouses in Questa, NM. Carrie brings her diverse life and work experience to the Mandala Center board, along with an eagerness to serve veterans and others who may benefit from healing and spiritual renewal through programs at The Mandala Center.

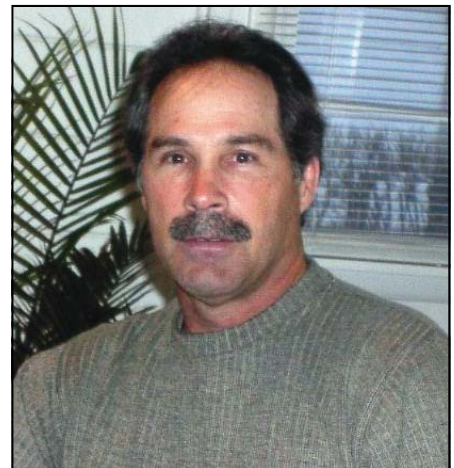
*Carrie is the newest member of the Center's board of directors. She joins Anna Wolfe, Ann Nordby, Lani Kyea, Monique Parker, Rev. Tim Sexton, Matthew Sommerville, and David Perez.*

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## *And Patrick Walsh...our new site manager*

### **Patrick Walsh**

Pat was born in Sheridan, Wyoming and spent his early years in Laramie and Casper before moving to Colorado. He graduated from Mesa College with a degree in Wildlife Biology/Forestry while working for the Colorado Division of Parks and Wildlife. After graduating from Metro State College in Denver with a degree in Natural Resources he began a full time career with Utah Parks and Recreation as a park ranger, park manager, and education officer. After 12 years with the park service Pat was hired by the Episcopal Church as a Camp Director at Camp Tuttle near Salt Lake. He was the director of camp and youth ministry coordinator for the Diocese of Utah for 10 years. Pat was then hired by the Diocese of Wyoming to build a strong outdoor program for young people. There he developed a program that served a wide variety of churches, schools, and youth organizations. Pat was with the Sioux Falls Family YMCA as Director of Camping services for two years and served as Executive Director for Camp Comeca UMC Conference Center before coming to the Mandala Center.



Pat is excited to be in New Mexico at the Mandala Center where he will be in charge of facility maintenance, and natural resource development. With Pat's strong background in youth programming he will also be assisting the executive director in program planning. We're pleased to have Pat on our staff...2015 is going to be a great year!

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**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](http://www.mandalacenter.org)**