



# Mandala



Vol. 3: Issue 1

January 2012

# Musings



## Letter from Our Director



Lori Coon  
Executive Director

In 2011 The Mandala Center's (TMC) Board met for our yearly retreat. One of the tasks we had was to reassess our Mission Statement. We did a revision and yet the interesting fact is that we did not create something new but rather "went back" and recaptured an original statement made during the infancy of TMC – a foundational thought: ***The Mandala Center is a peaceful place to refresh the mind, renew the spirit, and heal the body.*** Our vision is to have a world where all people are whole, healthy, and balanced in mind, body, and spirit. Mission and vision statements can sound lofty and yet it is such ideals that make us rise to the occasion and make a difference in the world. Lets take a closer look at what our mission says.

The word *refresh* combined with the word *mind* involves our efforts to provide educational and thought- provoking programs and speakers. We are part of the ranks that promote deep thought and inspirational experiences to spark our own minds toward creativity and vision. We believe it is important to nurture such opportunities to help bring balance to a culture that so often promotes activities that numb us out or dumb us down.

*Renew* is matched with *spirit*. We sometimes use the expression "his spirit is broken." In response to that idea we can renew our vigor, our life force, and our energy to get up and brush ourselves off and try again. Of course, our spirit is always present, never broken in truth, and is awaiting our attention. Perhaps we could say we promote our awareness of the eternal spirit within and believe that reconnecting consciously with that place helps to renew us.

We then combined the words *heal* and *body*. The origin of the word *heal* means to "make whole." Other words used to define *heal* are "to restore" or "to repair." Although healing can apply to our mind and spirit, we most often associate healing with the body because it is how we express our physical manifestation. It is important to note that illness, and even death, is not failure. It is not up to us to know the purpose or workings of the divine forces in our lives. We cannot judge another's purpose or path. And it is not hard to find examples of hardships turned into blessings. So for us, the word heal is about remembering who we really are - we are whole and worthy already! (Continued on page 6)

Come, come, whoever  
you are,  
Wanderer, worshipper,  
lover of leaving—  
it doesn't matter,  
Ours is not  
a caravan of despair,



Come, even if you have  
broken your vows a  
hundred times  
Come, come again,  
come.

Rumi

## Letter From Our Operations Manager



Monica Ingamells

Dear Friends of The Mandala Center (TMC),

This past summer brought a dry spell that made conditions perfect for fire. New Mexico experienced its share of wildfires. The Track Fire nearest TMC burnt over 90,000 acres north of Raton. Vast areas of Sugarite Canyon State Park were devastated. It first seemed only to be a tragedy, but already in the fall new growth was reclaiming the land and although it will be quite a while before the park looks anything like it did before the fire, it is a wonderful reminder of the capacity in nature to renew itself and to heal.

Diane Clark, a friend of TMC, has experienced fires in Florida and told us, "...fire is in some ways the best friend of the ecosystem. Just because it all looks charred & destroyed in the moment, well, that can be just a "pretty" human view." If we are not mindful, we can miss the gift because the wrapping doesn't suit us.

Many of us have, in our personal lives, experienced similar times of fire and renewal, and we don't always welcome the challenges when we are faced with them (the wrapping isn't pretty) - but if we open up our hearts for them we may find that the fire, the accident, the loss, whatever it was we experienced, also brings a blessing. It prepares the ground for new growth to sprout and new life to take hold and we come away from the experience stronger, happier and with more faith than we've had before.

Just like it takes somebody to walk with us as our witness or to hold the energy of love while we work through the worst challenges in life, a particular place can provide the much needed rest and respite from everyday disturbances. Time and again guests at The Mandala Center have commented that the Center along with the surrounding landscape are that kind of place and refuge for them. It seems to hold sacred space for the people who travel here and it becomes their cradle and a witness to the transformation that is an ongoing process in all our lives.

For those of us who work at The Mandala Center it is rewarding to have this kind of positive feedback from our guests and we receive it with gratitude. It is a privilege for us to serve you and knowing that our efforts make a difference in your lives is very gratifying and makes our work worth-while.

We wish you all a blessed New Year and we look forward to having you with us whenever you have the opportunity to journey here.



### **Road UPDATE:**

Those of you who have journeyed to The Mandala Center (TMC) within the last couple of years have experienced the inconvenience of the road construction that has been going on along Hwy 87/64 between Raton and Des Moines and beyond. We are pleased to announce that the construction is now nearing its finish and we have a four lane highway for most of the way. We remain between mile markers 383 and 384 and our Mandala Road sign is clearly visible at our entrance.



Monica and her dog, Guber, in the TMC labyrinth

# Group Facility Rentals

Many people know The Mandala Center offers workshops on various creative, healing, and spiritual topics each year, but did you know The Mandala Center rents the facility to groups seeking a special place to hold meetings, retreats, workshops, and events? WE DO!!

## What kind of groups come to The Mandala Center?

- ♥Groups seeking Spiritual/Religious Study
- ♥Church Groups/ Youth Groups
- ♥Music Groups
- ♥Writer's Groups
- ♥Teacher's Organizations/Continuing Ed
- ♥Therapeutic or Support Groups
- ♥Businesses & Organizations
- ♥College and University Groups for retreat or study
- ♥Alternative Health Care Groups(Yoga, Energy Medicine, Massage) And MORE!!!
- ♥Meditation Retreat groups/ Silent Retreat
- ♥Contemplative Groups
- ♥Artist's Groups and Art for Healing
- ♥Groups from Hospitals or other health care settings
- ♥Nature Groups (bird watching or wild plant studies)
- ♥Self-Help/Self Discovery Groups
- ♥Teambuilding Workshops
- ♥Small Family Retreats

## What do we offer?

♥♥An intimate, remote, peaceful, and beautiful setting, free from distraction *The Mandala Center is small and private. Many groups have exclusive use of the grounds and buildings. In this way the Center takes on the personality of each group and staff is focused on providing customized care and support for your group's agenda.*

♥♥Care, attention, and hospitality with comfortable accommodations & beautiful architecture and décor

♥♥Affordable rates and customized contracts

♥♥Meeting rooms in the Casa Mandala main building and in the Wolf Lodge/Community area, a small art area, sitting areas, a library, and a contemplation loft

♥♥Great views and a stunning landscape (*at about 7000 feet*) overlooking Capulin Volcano National Monument; nestled on the side of the Sierra Grande Mountain with great night skies and billions of stars!

♥♥12 rooms with two twin beds in each room - *accommodates 24 people*

♥♥Ample bathrooms. Each room in the Wolf Lodge has a private bath. The Deer Lodge offers 4 suites with a shared bath between each set of rooms.

♥♥Linens, towels, and soap for guests and a guest kitchenette equipped with a small refrigerator, microwave, dishwasher, coffee pot, and dishes.

♥♥Delicious Meals!! Groups may request chef services. *We work closely with groups to meet your needs for meal planning within some limitations.* Snacks of fresh fruit, nuts, coffee & tea available all day.

♥♥Extra tables, chairs, white boards, flip chart stand, overhead projector, CD player, TV with DVD player, LCD player and screen, blankets and yoga mats are available for use

♥♥Outdoor decks, a 12-circuit labyrinth, peace pole site, and hiking areas on the grounds

**SPREAD THE WORD and CONTACT US TO DISCUSS YOUR GROUP'S NEEDS**

## OUR 2012 WORKSHOP SCHEDULE

**PRICES LISTED INCLUDE WORKSHOPS, SHARED LODGING, and MEALS.** Please call or visit our new website for full details and price information or to register. **AND** read the bios on our amazing presenters!! 575-278-3002 [www.mandalacenter.org](http://www.mandalacenter.org)

### **Clergy Marriage Enrichment Retreat w/Jim & Melissa Leehan April 20-22**



Clergy Marriage Enrichment is a focused opportunity to refresh, redirect and restore a clergy couple's relationship. Through a variety of tools which promote personal awareness and develop a couple's unique communication and connecting skills, the program strengthens behaviors which can become the virtues (habits) of a spiritually enriching marriage. Discount Prices!! \$680 per couple—all inclusive. (\$200 discount savings!)

### **Spring Renewal Retreat Weekend for Personal Rest and Relaxation April 20-22**



Come relax and renew at The Mandala Center without an agenda. Sleep, hike, read, or come with your own hobby and nurture your own spirit. This weekend offers a special discount price for individuals or couples looking for some contemplative time to replenish themselves. \$175 early bird/ \$205 regular

### **Dream Work in Action: Seven Practical Tools for Creative Inspiration and Problem Solving**



**w/ Ann Hollier May 4th-6th** This hands-on workshop explores dream work as a vehicle for solving practical problems in your personal and professional life – while also nourishing your emerging enlightened Self. Using a variety of techniques including journaling, writing/story-telling, art, music, dream yoga, and dream incubation, we will enter into the living reality of our dreams and their timeless wisdom. \$405 early bird/ \$460 regular

### **Women's Wellness Weekend and Retreat Get-Away (Special Price!) June 21-24**



Treat yourself to a get-away weekend in the peace and beauty of The Mandala Center. Join other women as we engage in self-care activities and support each other. A variety of optional activities will be offered for you to participate in or take time to rest and renew in your own way. Bring a friend and share the experience! Don't miss this special weekend. \$325 early bird/ \$370 regular (still special price) Day passes available for local travelers.

### **The BlackMadonna: Ancient Ties/Modern Traditions w/Mary Saracino July 12th-15th**



Who is the Black Madonna? Why is she so beloved by so many people throughout the world and how is she relevant today? This event takes you on a virtual pilgrimage to Black Madonna sites around the world. Immerse yourself in hundreds of images (viewed on a big screen) and learn about the Black Madonna's rich history and ties to religious practice ancient and modern. Lori Coon, director at TMC, will be co-facilitating. \$465 early bird/ \$510 regular

### **Morning Mandalas: Expressing the Soul's Creativity w/Linda Wigger Kraft July 25th–29th**



Morning Mandalas, Meditation & Journaling is an awakening of inner creativity. It is a daily artistic and journaling practice that connects to deep creativity, enlivens both sides of the brain, clears out interior clutter and brings to the surface the images of the soul. This workshop weaves together guided meditation, the making of mandalas in multiple art mediums, and journaling which is incorporated into the mandalas. \$615 early bird/ \$660 regular

**DON'T MISS OUR EARLY BIRD PRICE SPECIALS - See Details online or call!!**

## OUR 2011 WORKSHOP SCHEDULE Continued...

### **Svastha Yoga Immersion: Asana, Pranayama, Meditation, and Chant w/Monique Parker**



**August 8-12** This retreat will help you to gain greater understanding of the Yogic path and its benefits: physical, emotional, and mental well-being. Morning and afternoon practices will include simple and effective asanas that can be adapted to your fitness level. In this way, we prepare the body to sit so that we can experience the power of pranayama, chanting, and meditation, all of which cultivate inner peace. \$615 early bird/ \$660 regular

### **Transforming Deep Loss into Power, Meaning, and Peace w/Cheryl Eckl August 23rd–26th**



Deep loss or grief disrupts our concept of who we are, what we do, and how we fit into changed relationships. We are no longer who we used to be, and not yet who we will become. Most people want to blast through that ambiguity, but there is another way. Learn to explore loss as creative opportunity and you can discover your unique and powerful path to meaning and soulful presence in the world. \$485 early bird/ \$545 regular

### **Fall Equinox Retreat: Creating Balance in Times of Change (Teachings of the Eastern Andes and Peruvian Shamanism) w/JoAnne Dodgson September 20-23**



Come share in a rejuvenating Fall Equinox Retreat to connect with the rhythms of the earth and honor any changes unfolding in your life. We'll explore balance and letting go, honoring what has been, and creating sacred space for new possibilities and dreams. Experience ancient Peruvian ceremonies to discover self-empowering tools for creating a heart-centered way of life. \$460 early bird/ \$520 regular

### **Your Untold Story: The Art of Spiritual Memoir w/Mark Matousek September 27-30**



This long weekend intensive (taken by thousands of students around the country) is designed to introduce students of all levels – from non-writers to professional wordsmiths – to the art of spiritual memoir. Through writing exercises, storytelling, and group interaction, we investigate the mysterious connection between the person we believe ourselves to be and the internal witness who sees beyond the conscious mind into the secrets of our hearts. \$545 early bird/ \$595 reg

### **Archetypes of the Masculine and Feminine with Gary Bobroff and KD Farris October 4-7**



A Jungian archetypal lens offers us a perspective by which we can see ancient, timeless patterns playing out through our lives. Recognizing ourselves in these ancient forms helps us to live more fully who we actually are – and helps us to see that our path is connected to something larger than ourselves. This work builds upon those pioneers of the archetypal frontier, including C. G. Jung, Toni Wolff, Robert L. Moore & Douglas Gillette, and Tad & Noreen Guzie. CEU's are available for professionals. \$485 early bird/ \$545 regular

### **Autumn Reflection Retreat Weekend for Personal Rest and Relaxation Oct. 25-28**



Relax and renew at TMC!! Sleep, hike, read, or come with your own hobby and nurture your own spirit. This weekend offers a special discount price for individuals or couples looking for some contemplative time to replenish themselves. \$260 early bird/ \$300 regular

#### **EXTENDED STAYS & SCHOLARSHIPS**

Come a day early or stay a day later when attending a workshop with an extended stay discount. (15% on extra nights) (Based on availability) See our website for details or give us a call!!

TMC offers limited partial scholarship awards for those in financial distress who would like to attend a workshop. Application is online or call us to mail you one.

(Continued from page 1 Letter From Our Director)

Healing becomes part of the process to self actualization, acceptance, grace, and an awareness of our inherent worth and value regardless of our circumstances. In that way, we must remember “healing” is not about perfection in the physical form, nor does it indicate that we are ill to begin with. Rather, our use of the word *heal*, along with *refresh* and *renew*, implies our ever present tendency to move toward balance and wholeness – a homeostatic state of wellness and acceptance of our own human experience.

Our mission can only be carried out through our willingness to “go there” together. We are grateful for whatever part each of you play in supporting our efforts and we wish to support you in your own journey to living an abundant, inspired, authentic, and wholehearted life. Happiest of New Years to You!!



Thubten Norbu Ling Group Rental



Bickford & Gustafson Group Rental

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

The Mandala Center offers a unique destination for organizations and groups looking for a personalized, comfortable, and peaceful setting to gather. Our hospitality and “power of place” can compliment your programming and make your event a success. If you have a group without an agenda, we can help you customize programming for your retreat. If you have an idea, please call and talk with us.

### 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.



### Don't miss out! Exciting offer! Take part in our drawing!

We would love to hear more ABOUT YOU and your interest in The Mandala Center. Your feedback will help us do what we do better!! Either scan the code to the right with your smart phone (app required) or type the link below into your internet browser. When you complete this brief questionnaire you will automatically be entered into our prize drawings!! Thanks for participating!



**3 Great Prizes each month for 3 Months and  
a grand prize winner in April, 2012!!**

**<http://themandalacenter.info/renew>**



**THANK YOU** to Cathy Kennedy and Ruth Heine for your service to The Mandala Center. Cathy and Ruth served on our board and have completed their terms with us as of December 2011. We will forever be grateful for their contributions and wish them the best in life always!!



## Helping us Help Others

Together we can make a difference. No gift is too small.  
**Your gift touches the lives of others.**

In the week I was here at TMC, I found an inner peace and reassurance that will go with me when I return to my busy life. I am so grateful for the place you have provided and the exceptional care of all the staff. *Rebecca*

This is a place of peace and beauty which has helped me to physically recuperate as well as going deeper spiritually. Thanks so much for making TMC available to all of us. *Fran*

Just the right gracious hospitality so that we may experience retreat in the fullest sense. I've never experienced such graciousness and beauty at a retreat center before. Thank you. *Leanne*

This is a uniquely gracious and spirit -filled retreat center. You are offering an important service to many people. *Marie!*

I came here broken and left feeling peace and joy. *Patricia*

### WAYS YOU CAN HELP -THANK YOU!

- ♥ Make a direct tax deductible donation to TMC
- ♥ Ask your church, business, or club to make a donation
- ♥ Ask for your birthday or other celebratory gifts to be sent to TMC
- ♥ **Organize and/or fund a group to come to TMC for a retreat**
- ♥ Name TMC in your will or through other planned giving
- ♥ Fund a special project or item
- ♥ Contribute to our scholarship fund & help those in need
- ♥ Talk about TMC to other people you know who may give or attend
- ♥ Email our website to your friends & be creative in spreading the word!!

**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 (MC & VISA only)

Credit card \_\_\_\_\_ Number \_\_\_\_\_

Exp. Date \_\_\_\_\_ 3 digit security code (on back of card) \_\_\_\_\_

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

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### **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.

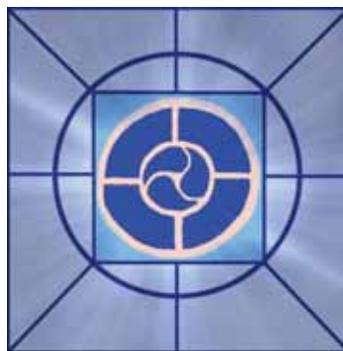
Charitable contributions to the Center are tax-exempt as allowed by the Internal Revenue Code.

For information contact us

The Mandala Center  
PO Box 158  
Des Moines, NM 88418

575-278-3002

[Information@mandalacenter.org](mailto:Information@mandalacenter.org)



- **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!