



Mandala Musings

Summer 2013

www.mandalacenter.org

575.278.3002



A Message from our Board President...

Since our last newsletter there has been big news here at the Mandala Center. Our wonderful Executive Director, Lori Coon, has with excitement as well as some regret at leaving, moved on to a new life adventure. She moved back East to Pennsylvania to marry her love and her friend, Tom Sweet. Actually they were married before she left New Mexico, at Ghost Ranch. All of us here at the Mandala Center were sorry to see her go, even as we shared in her joy at this new direction in her life.

Lori was truly dedicated to the Center, and to all who came here. Her welcoming presence touched the lives of each person who came to this refuge on the mountain, and so she enhanced the experience of those who chose to come to the special place to renew, refresh and heal. Lori came to us with great inspiration regarding what could be accomplished here, for she wrote in her application for the Executive Director position: "I see the vision of creating a safe and relaxed space for spiritual and creative exploration, a place where the hearts and souls of people may be tended and a sense of community built, and life-giving ties to the earth renewed. I see the Center becoming a "hub" and "home" for people seeking hope and harmony in their lives, that nurtures and bears witness to the wellspring of gifts and beauty to be found in all people who partake of the Mandala Center." I am pleased to note that Lori was true to this vision, and from my perspective she did a great job of accomplishing these goals. I hope that if you have been here for a visit during Lori's three years with us that you will agree!

We send to Lori many good wishes for a life full of happiness, and continued fulfillment as she explores new paths and continues to serve the people of this world. In the meantime, we are very fortunate that one of our incredible Mandala Center board members, Karen Brown, has stepped up and agreed to serve in the role of interim Executive Director. The transition has gone very smoothly, and Karen brings many talents to this position. We will always be grateful for the time Lori has spent here, just as we are very grateful to have Karen leading us into the future. I hope that each of you will have a chance to visit the Center in the not too distant future and to meet Karen. Please come and experience the Center for the first time, or return to see us again.

May you have times of silence and stillness that comfort and bless. ~ *Anna*

Life will give you whatever experience is most helpful for the evolution of your consciousness. How do you know this is the experience you need? Because this is the experience you are having at this moment.

- Eckhart Tolle



A Note from the Executive Director...

It is a wonderful privilege to serve the Mandala Center as the Executive Director. As a past board member I'm very aware of the transformational changes experienced by guests visiting the Center.

I love the story about a man walking along the beach when he noticed a boy picking something up and throwing it into the ocean. Approaching the boy he asked, "What are you doing?" The boy replied, "Throwing starfish back into the ocean. The surf is up and the tide is going out. If I don't throw them back, they'll die." "Son," the man said, "don't you realize there are miles and miles of beach and hundreds of starfish? You can't make a difference!" After listening politely, the boy bent down, picked up another starfish, and threw it back into the surf. Then, smiling at the man, he said..."I made a difference for that one." (*Loren Easley*)

The Mandala Center makes a difference, one life at a time. ~ *Karen*

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

Upcoming Workshops



Yoga Wellness Weekend with Monique Parker August 8 - 11

Monique Parker, MFA, E-RYT is the director of Svastha Yoga Institute, the US-affiliate school of Svastha Yoga & Ayurveda in Chennai, India. A yoga practitioner for seventeen years, Monique works with students from all over the US, synthesizing the fundamentals of asana, yoga psychology, pranayama, mantra, and chant. She co-founded the Yoga Teacher Certification Program at the University of New Mexico-Taos, and writes a regular wellness column in *The Taos News*. In February of 2012 Monique was named one of the "Remarkable Women of Taos", a year-long celebration honoring outstanding historic and contemporary women. Her lifestyle is reflected in her teachings. Ten years ago she gave up a lucrative career in Silicon Valley and moved to the Latir Wilderness at the base of the Sangre de Christo Mountains in Northern New Mexico where she teaches and writes and lives in accordance with Yogic and Ayurvedic principles.

By the end of the workshop you will have...

- Experienced the health and wellness benefits of the Svastha Yoga lineage of Sri T. Krishnamacharyaa
- Obtained a personalized lifestyle evaluation and tailor made personal practice for immediate personal application
- Participated in simple, yet effective yoga group classes that promote flexibility, strength, spinal integrity, and the proper functioning of body systems
- Experienced breathing and relaxation techniques
- Developed a "yoga habit" through consistent supported practice that participants can take home and integrate into their life
- Experienced a reflective personal retreat through the practice of meditation, mantra, chant, pranayama, and asana

Private Room: \$675. Shared Room: \$570. Includes workshop fees, meals, and accommodations.



Upcoming Workshops



Awakening Genius: What makes the engine go? Mark Matousek Oct. 17 - 20

Mark Matousek is the author of two award-winning memoirs, *Sex Death Enlightenment: A True Story* (an international bestseller) and *The Boy He Left Behind: A Man's Search For His Lost Father*. He also wrote *When You're Falling, Dive: Lessons in the Art of Living* and *Ethical Wisdom: The Search for a Moral Life*. A past editor at Interview and O (The Oprah Magazine), he is a frequent columnist for The Huffington Post and Psychology Today. Mark has contributed to numerous publications including The New Yorker, Good Housekeeping, Details, Harper's Bazaar, Yoga Journal, OUT, the AARP Magazine, and Tricycle: The Buddhist Review. He is the Creative Director of V-Men (with Eve Ensler), an organization devoted to ending violence against women and girls. As an instructor and speaker, he works on the faculty of the New York Open Center and The

Omega Institute, and offers his popular creativity workshops -- Awakening Genius and The Untold Story -- around the country. His new book, *Ethical Wisdom for Friends*, will be published in 2013. Mark lives in New York City.

This four-day workshop will teach you how to locate, embrace, and utilize the power of this "genius engine." We will begin by examining the question of desire and how we can utilize our unique passions. Next, we will turn to the fear of desire, the obstacles and strategies of self-denial that prevent us from being freely creative. On day three, our focus turns to embracing desire, acceptance of our particular nature and what we wish to manifest in the world. Finally, we will look at pathways to desire, specific strategies for giving birth to personal vision, and compose a plan that can help us maintain our connection to the creative vision moving forward. Each day will begin with meditation followed by a 90-minute teaching, individual writing time, and one on one meeting with the instructor. Afternoon sessions will include dyadic exercises, group sharing (and reading), and sampling of relevant psychological and spiritual literature. Awakening Genius is intended for anyone who's serious about discovering his or her creative potential and living enlightened, passionate lives.

Early Registration before August 30th...Private Room: \$635. Shared Room: \$530.
After August 30th...Private Room: \$695. Shared Room: \$595.
Prices include workshop fees, meals, and accommodations.



Autumn Reflection Nov. 7 - 10

As we come to the harvest season we have a chance to reflect on what we are harvesting in our own lives. Days grow shorter, thoughts turn inward. Come relax and enjoy the deep sense of retreat in this remote location. Explore the mountain, read a book, nap, and enjoy our delicious meals and wonderful conversation with other guests.

Early Registration before Sept. 23rd...Private Room: \$385. Shared Room: \$280.
Register after Sept. 23rd...Private Room: \$435. Shared Room: \$330.
Prices include meals and accommodations.

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



THE MANDALA CENTER

PO Box 158
Des Moines, New Mexico 88418

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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.

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