



The Mandala Center

Summer 2014

www.mandalacenter.org

575.278.3002



A Message from the Executive Director

The Words that Come Before All Else

Ohen: ton Karihwaterkwen... traditional Iroquois say these words to begin and end each day. They say these words before important meetings and ceremonies. These are words of appreciation and thankfulness. These are the words that should come before all else. Thank you for your support, your donations, and your words of encouragement. We are grateful.

*Even the
smallest gift
can make
a difference.*

A few months ago I gave a man a dime. We were visiting in the parking lot. He asked what I believed and I told him. He asked if that was how I lived my life. I told him that's how I try to live. He said, "We all try, but do you?" Good question. Do I live that belief with daily conscious, consistent commitment?

He told me his purpose every day was to be kind and to help people. It was that simple. Just be kind and helpful. And that's what he was doing, helping me. He made me stop and think, and he helped me with my groceries. When he turned to walk away he said he was going to get a cup of coffee. I dug in my pocket and came up with a dime. I gave it to him, apologizing, saying I wish I had more to give. He thanked me, and with a kind smile said, "It's enough." One dime, and it was enough. I realized then, even the smallest gift given in kindness, makes a difference.

At the Mandala Center every kind word of encouragement, every loving thought, every donation, regardless of the amount, is deeply appreciated. They all contribute to our work at the Center, the work of making a difference. Every gift helps. And as I learned, sometimes even a dime is enough.

~ Karen Brown

Thank you. We continue to 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

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



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.



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 offer 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.



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.



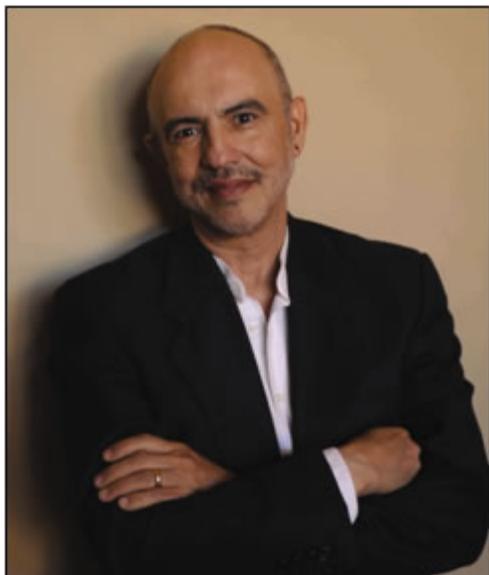
Thomas Roberts...October 9th—12th

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. Wisdom is a creative and deeply inspiring expressive meditation retreat.

Visit mandalacenter.org for workshop details. To Register call 575.278.3002

Introducing Our Newest Board Member



David Perez

David is a writer, editor, creative consultant, and actor. He is the author of *WOW!*, an award-winning “memoirito” about boyhood and Catholic school in the South Bronx. Selected as “One of the Top Ten Latino Authors to Watch and Read” by latinostories.com, David has written hundreds of feature articles for newspapers and magazines, and has lectured on the “Art of the Interview” at the University of New Mexico in Taos. He’s performed extensively on stage and in films in New York and New Mexico. David also teaches a highly popular Theatre Games class. He’s currently working on his next book and a workshop on reading your work aloud.

David lives in Taos with his wife, poet Veronica Golos, and has two adult children who are happy and sane.

David joins a group of dedicated individuals who share their time and talents with The Mandala Center. Anna Wolfe, Ann Nordby, Lani Kyea, Monique Parker, Rev. Tim Sexton, Matthew Sommerville, David Perez...thank you for your service. Learn more about TMC's Board of Directors on our website.

Spend a Peaceful Weekend at The Mandala Center

Join us for our bed and breakfast retreat celebrating International Day of Peace

This retreat will begin with dinner on Thursday, September 18th. Breakfast will be provided on Friday and Saturday, then plan to spend your days enjoying the Mandala Center and the surrounding area. Lunch and dinner will be on your own. You are welcome to use the small kitchenette provided in our Wolf Lodge or enjoy one of the restaurants in our local communities. Breakfast will be served on Sunday followed by an International Day of Peace pinwheels for peace project.

We are offering a special rate for this weekend...

\$180 per person in a shared room, \$295 a person for a private room.

Space is limited... call us at 575.278.3002 to make your reservations.



*International Day of Peace
celebration at TMC Sept. 2010*



Pictures from our June pottery workshop with Shelden Nuñez-Velarde...ready to fire, in the fire, fabulous!

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

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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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