



The Mandala Center

8 things to remember when going through tough times:

1. Everything can – and will – change.
2. You've overcome challenges before.
3. Reflect on your experiences and learn.
4. Not getting what you want can be a blessing.
5. Allow yourself to have some fun.
6. Being kind to yourself is the best medicine.
7. Other people's negativity isn't worth worrying about.
8. And there is always, always, something to be thankful for.



For more information about the Mandala Center please call 575.278.3002
or visit our website mandalacenter.org.

The Mandala Center is a non-profit retreat center located in northeast New Mexico,
35 miles east of Raton on Hwy 64/87.