



The Mandala Center



InterSpiritual Meditation (ISM) Creating Compassionate Wisdom

July 5th—7th

ISM is a universal seven-step meditation. It combines **Mindfulness** with other meditative practices leading to health, happiness, gratitude, transformation, compassion, wisdom and service. It celebrates spiritual, ethnic, racial, gender diversity in service to the Earth and All Living Beings.

The Retreat

Join Dr. Ed Bastian to learn how to deepen and refine your personal meditative practice.

You will be invited to:

- Deepen your own personal meditation practice.
- Honor and harness your spiritual learning styles and questions.
- Integrate wisdom from one or more secular and spiritual traditions.
- Join with a mutually supportive cohort in focused discussions.
- Use our course workbook for your journaling.
- Learn to apply meditative calm and compassionate wisdom to public service.
- Learn to lead a non-sectarian meditation for people with diverse beliefs and practices.



Dr. Ed Bastian

To prepare for this retreat, participants are encouraged to visit interspiritualmeditation.org.

To register call the Mandala Center at 575.278.3002.

Visit www.mandalacenter.org for details.

Private Room: \$680. Shared Room: \$590. Commuter Rates Available.

Prices include workshop fees, meals, and accommodations.

The Mandala Center is located in northeast New Mexico, 35 miles east of Raton on Hwy 64/87.