

THE NATURAL MANDALA TOUR

JULY 2008 – Angelic Whispers Holistic Center



I really enjoyed having The Natural Mandala at the public libraries, but I am looking forward to this new and different venue. For the month of July, the mandala can be seen at the Angelic Whispers Holistic Center in Cincinnati, Ohio. There are two events scheduled; the first is “Meet the Artist” on July 12th at 6:00pm and in the second; July 26th at 4:00pm – 7:00pm, I will be giving a talk on using fine art in meditation and will facilitate a guided meditation to illustrate this approach to meditating. In this venue, The Natural Mandala will be realizing one of its most important aspects; being a vehicle for meditation. For many, the mystique of meditation can be unsettling, even daunting. However, this informal event will help alleviate the unwarranted mystery that surrounds entering into a state of meditation. Using the lesser-known method of “open eye” meditation, I’ll open the program with a discussion about my work with organic material, the mandala form, the concept of “everyday meditation” and the potential of employing this method in daily meditation practice for balancing and healing. The evening will conclude with a complete “open eye” meditation experiential which is designed to be the beginning step in leading practitioners toward this effective way to relax, reduce stress, opening and accessing the contemplative mind and going within.



Detail of central section of The Natural Mandala



The Angelic Whispers Holistic Center offers a variety of classes, workshops and many varied special interest events for those interested and in need of a more holistic approach to living. Practitioners offer everything from Yoga and Tai Chi/Chuan to Reiki training, intuition development, meditation, reflexology and many other courses of study.

Shown in the above photo is the center’s manager; John Michael and Marla, whose gifts help to lead people toward greater levels of self discovery and personal development.

* THIS PAGE WILL BE UPDATED LATER IN JULY AND AUGUST *