



The Mandala Center Presents...

Centering Prayer Retreat

Liz VanLandingham

Friday, May 12th—Sunday, May 15th

Are challenges of life distracting you from your spiritual journey?

Are you seeking a way to deepen your relationship with God?

In this Centering Prayer retreat, you will learn about a prayer method in which you sit in silence with God, opening your mind, heart and whole being to the Ultimate Mystery—beyond thoughts, words, and emotions. Through Centering Prayer, we respond to God's invitation to enter into a loving, intimate and ever-deepening relationship. The practice prepares us to be open and available to God's divine action and presence in the innermost recesses of our being. It facilitates a process of interior transformation initiated by God, leading to divine union. The gift of contemplative prayer enables us to bring an attitude of humility, listening and service to our daily activities. In this peaceful setting you will have opportunity to develop a receptive attitude, opening your heart to God's Divine love and grace, through Centering Prayer sessions, sacred silence, spiritual journaling, and Lectio Divina.

The method of Centering Prayer was co-founded by Father Thomas Keating, who is known throughout the world as one of the most influential contemplative leaders today.



Liz VanLandingham began practicing Centering Prayer in 1993. She volunteers at the Center for Contemplative Living facilitating classes, half days of prayer, and Lectio Divina. Liz is active in the 11 Step Contemplative Outreach program. In addition to Centering Prayer, Liz has completed the Shambhala Heart of Warriorship, which is rooted in Tibetan Vajryana Buddhism. She has studied various Spiritual Practices throughout her life. Starting at an early age, Liz attended a school of The Fourth Way developed by George Gurdjieff and P. D. Ouspensky, followed later with energy work and studies under Barbara Brennan, author of Hands of Light. Liz earned her Master's degree at Naropa University. In Liz's formative years she attended Catholic schools and still regards herself a practicing Catholic. Liz retired from the Community College of Aurora in 2014. She lives in Lafayette, Colorado.



**Call the Mandala Center at 575.278.3002 to register.
Visit www.mandalacenter.org for details.**

Private Room: \$365. Shared Room: \$295.

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.