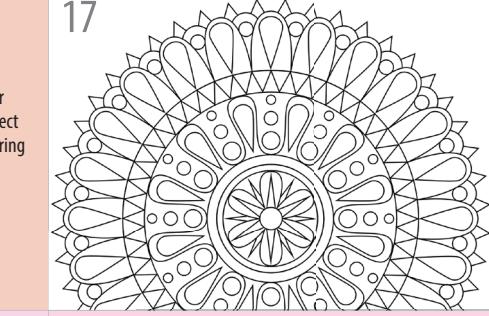


Mindful MARCH ACTIVITIES 2017



DEFINITION: 1.the quality or state of being mindful. 2 : the practice of maintaining a nonjudgmental state of heightened or complete awareness of one's thoughts,

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 The Mystical Arts of Tibet Residency March 5-9 <i>A Drepung Loseling and Richard Gere Production</i> The Tibetan Monks of Drepung Loseling Monastery return to Frostburg for an extraordinary five-day residency endorsed by His Holiness the Dalai Lama. Drepung Loseling monks are renowned for multiphonic chanting, known as zokkay. Chantmasters simultaneously intone three notes, each individually creating a complete chord. Robed in colorful, intricate costumes and playing traditional instruments, the monks invite audiences to experience the beauty of their ancient culture. The New York Times described the experience as "remarkable . . . the music and the dance invoke sacred ecstasy."	2 Prayer Flag/ Mandala Creation Lane University Center Loft Stage from 10AM-2PM Begin Mindful March by promoting peace, wisdom, compassion, and strength through your own prayer flag banner or mandala. Add to the Lane University Center exhibition or take with you for personal placement. Activities for Life – Yoga with Leslee Wigfield Cordts PE Center 168 from 7-8 PM For more information, call Amy Nazelrod at 301.687.7934.	3 Relaxation Thursday Lane University Center 110 from 9 AM -4 PM Need a peaceful retreat from the stress of mid-terms or your workday? Visit a quiet, calm space to relax. Take time to reflect and meditate, or focus your mind while enjoying adult coloring activities.	4 Science Saturday – Two Small Pieces of Glass FSU Planetarium at 6 PM Explore the wonders of space in this stunning planetarium presentation.			
5 Mandala Sand Painting Opening Ceremony Ort Library at 3 PM The monks consecrate and call forth the forces of goodness with traditional chants, music and mantra recitation as they prepare the space for the creation of the Mandala Sand Painting. The Symbolism of the Sand Mandala Lane University Center Atkinson Room at 5 PM Explore the psychological and spiritual dimensions symbolized by the Mandala Sand Painting.	6 Opening the Heart: Arousing the Mind of Universal Kindness Lane University Center Atkinson Room at 12 PM This lecture presents the psychological and spiritual dimensions symbolized by the Mandala Sand Painting. Interfaith Dialogue, Community Dinner and Lecture: The Psychology of Enlightenment Frostburg City Place at 6 PM Meditation Monday Lane University Center 110 from 9AM-4PM Need a peaceful retreat from the stress? Visit a quiet, calm space to relax. Take time to reflect and meditate.	7 The Ancient Art of Healing: The Tibetan Buddhist Approach Lane University Center Atkinson Room at 12 PM Learn the fundamental connection between body and mind, and ancient approaches to healing through meditation, mantras and visualizations. Basic Meditation Techniques for Health and Clarity Lane University Center Atkinson Room at 7 PM Experience meditation practices to quiet the mind and achieve inner clarity.	8 Meditation: A Tool for Conscious Living Lane University Center Atkinson Room at 12 PM Meditation is an important technique for quieting the mind and establishing an inner basis of clarity and wellbeing. Tibetan Meditations for Eliminating Stress and Anxiety Lane University Center Atkinson Room at 7 PM Experience medical/health benefits of Tibetan compassion meditation. Activities for Life – Yoga with Leslee Wigfield Cordts PE Center 168 from 7-8 PM For more information, call Amy Nazelrod at 301.687.7934.	9 Mandala Sand Painting Closing Ceremony Ort Library Lobby at 12 PM The mandala is destroyed as a metaphor for the impermanence of life. The sands are swept up and placed in an urn; to fulfill the function of healing, half is distributed to observers, while the remainder is dispersed in a nearby body of water. Performance: The Mystical Arts of Tibet Sacred Music Dance Pealer Recital Hall at 7:30 PM Robed in colorful, intricate costumes and playing traditional instruments, the monks invite audiences to experience the music and dance of their ancient culture. Relaxation Thursday Lane University Center 110 from 9 AM -4 PM	10 	11 
• • • DAILY: THE MONKS OF DREPUNG LOSELING MONASTERY CREATE MANDALA SAND PAINTING MARCH 5-8 IN ORT LIBRARY FROM 10AM -4PM • • •						
12 National Plant a Flower Day  Plant a flower in celebration of the spring season and new growth. 	13 Meditation Monday Lane University Center 110 from 9AM-4PM Need a peaceful retreat from the stress? Visit a quiet, calm space to relax. Take time to reflect and meditate. National Good Samaritan Day This is a day for unselfish actions to help those in need and to celebrate kindness.	14 Symbolism of Colors used in Tibetan Buddhism • blue for sky or space • white for air or clouds • red for fire • green for water • yellow for earth	15 Sky Tour – The Orion Molecular Cloud Complex FSU Planetarium at 7 PM Explore the wonders of space in this stunning planetarium presentation. Activities for Life – Yoga with Leslee Wigfield Cordts PE Center 168 from 7-8 PM For more information, call Amy Nazelrod at 301.687.7934.	16 Relaxation Thursday Lane University Center 110 from 9 AM -4 PM Need a peaceful retreat from the stress of mid-terms or your workday? Visit a quiet, calm space to relax. Take time to reflect and meditate, or focus your mind while enjoying adult coloring activities. Download a FREE Mandala Coloring App at iTunes	17 	18 Mindful Reading Take time over Spring Break to reflect with some of these suggested readings on mindfulness: • Title • Title • Title
19 Convene with Nature Visit the FSU Arboretum Get close to nature and take a walk through the beautiful FSU Arboretum, which offers a space for contemplation in the natural setting of the mountains of Appalachia.	20  Celebrate the arrival of Spring by taking a contemplative walk, reflecting on the sunshine and celebrating the buds of new life that Spring brings with it.	21 National Common Courtesy Day Kindness and courtesy go a long way and are noticed and appreciated by others even if you do not realize it. Let your manners and respect for others shine today through your actions. Let someone in front of you in traffic. Hold open a door for someone or give a person a hand with his groceries.	22 	23	24	25 
26 	27 Meditation Monday Lane University Center 110 from 9AM-4PM Need a peaceful retreat from the stress? Visit a quiet, calm space to relax. Take time to reflect and meditate.	28 	29 FSU Department of Music Guest Artist Series presents the Lyra Ensemble Pealer Recital Hall at 7:30 PM Music soothes the savage breast. Flutists Kristin Bacchicci-Stewart, Ellen Fisher-Deerberg, Anna Meyer, and Elivi Varga form this radiant and distinctive ensemble. Activities for Life – Yoga with Leslee Wigfield Cordts PE Center 168 from 7-8 PM For more information, call Amy Nazelrod at 301.687.7934.	30 National I am in Control Day Today is a day to get things under control in your life. Take a break for a minute and evaluate your situations. Begin today with the steps needed to get control of your life.	MARYLAND STATE ARTS COUNCIL  The Mystical Arts of Tibet is sponsored by Peter and Iris Haimos Family Foundation, FSU Student Affairs and Lewis J. Ort Library The engagement of the Mystical Arts of Tibet is supported in part by an award from the National Endowment for the Arts. CES is supported by a grant from the Maryland State Arts Council, an agency dedicated to cultivating a vibrant cultural community where the arts thrive. Funding for the Maryland State Arts Council is also provided by the National Endowment for the Arts, a federal agency.	 