



guesthouse

NEWSLETTER

Spring 2016



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Programs 2016: Online and In-House!

SANDRA MAITRI WEBINAR WITH CONSCIOUS 2

This spring, Guest House partners with Conscious 2 to bring you Sandra Maitri's webinar **The Inner Flow of the Enneagram** on three Saturdays from April through June. To participate, all you'll need is a premium membership to Conscious 2, which will give you access to each session after they go live. The program begins April 2 and it continues May 7 and June 4. It also affords access to Conscious 2's entire library—over 250 hours of events with people like A.H. Almaas, Adyashanti, Byron Katie and others.



LEARN MORE:

<http://conscious.to/InnerFlow>

The Enneagram of Personality describes nine ego types, one of which is most prominent for each of us. Our type is rooted in a characteristic and fundamental view of reality and of ourselves, and it manifests in specific behavioral and emotional patterns. Understanding our type can help us penetrate repetitive patterns that cause us suffering.

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BOB BALL & JEANINE MAMARY PROGRAM/FUNDRAISER

The weekend after Labor Day, Diamond Approach teachers Bob Ball and Jeanine Mamary will present **On Being Human**, an in-house program open to the public that will also raise funds for Guest House.



Bob & Jeanine

Standard room and board rates will still apply, but Bob and Jeanine are kindly offering tuition for the teachings on a donation basis, with proceeds benefitting our beloved retreat center. The program begins with the first of five sessions on Friday, Sept. 9 at 2 pm and ends with lunch Sept. 11. *Space is limited!*

REGISTER TODAY:

guesthousecenter.org/human

What is a human being? What does it mean to be human? How can one become more fully human? These questions, and others like them, are

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GIVING CORNER

Launching Our Spring Campaign

IT'S SPRING... that time of year when everyone airs things out, cleans and refreshes. We're doing the same. But we need your help. Last year's urgent—but unbudgeted—improvements to our water systems funneled money we'd set aside for sprucing up Guest House to those projects. We've got repainting, reupholstering and other refurbishing to do to keep our facility and grounds looking crisp, bright and welcoming. We are trying to raise \$30,000 by the end of June so that we can welcome our high summer season in ship-shape. Below are the three components of the Spring Zing Campaign.

CUT A RUG (\$10,000)

We've vacuumed, steam-cleaned and spot-cleaned. But all the traipsing of rain, mud, snow and other outdoor "gifts" has made parts of our carpets look worse for wear. So we've come up with a fantastic solution: carpet tiles! Easy to install, and available in every color of the rainbow, we plan to gradually replace the wall-to-wall in our rooms and public spaces with single-color carpet tiles. That way,

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Essential Contemplations

In honor of Bob Ball and Jeanine Mamary's upcoming September program, here are thoughts about being human.

The moment I have realized God sitting in the temple of every human body, the moment I stand in reverence before every human being and see God in him – that moment I am free from bondage, everything that binds vanishes, and I am free.

–Swami Vivekananda

.....

A human being is a treasure, incomparable and inconceivable.

–A.H. Almaas

.....

[Opening and closing stanzas from the poem that inspired our name]

This being human is a guest house. Every morning a new arrival....

....Be grateful for whoever comes, because each has been sent as a guide from beyond.

–Rumi

.....

By virtue of being born to humanity, every human being has a right to the development and fulfillment of his potentialities as a human being.

–Ashley Montagu

.....

We are all different. There is no such thing as a standard or run-of-the-mill human being, but we share the same human spirit.

–Stephen Hawking

Guest House News

WELCOME ABOARD! There are new faces at Guest House whom we'd like to welcome to the GH family. Shannon DeLorso and Doug Pond have been named front desk associates and will be helping to attend to guests' needs at all our retreats. If you're up late, you'll probably also run into Jon Gee and David Strickland who will be splitting duties of manning the front desk and conducting overnight watch activities. We're so happy to have these new staff members, and we know you are in good hands with them.

MAKING THE CONNECTION Thanks to a generous donation from Emerald Mountain student Jordan Goodman, who also serves on the finance committee of the Guest House board, GH has significantly upgraded its WiFi. Some of you might have noticed the change, but hopefully most noticed nothing at all. Jordan's donation allowed us to get a more sophisticated router that can handle many simultaneous users. Just as important was increasing our access points. We were able to *double* the number of places in the building where guests can connect, not an easy task in a structure with old walls, brick chimneys and a rambling floor plan. That translates to many, many simultaneously connected devices across three VLANs and 12 access points. And no, many of us don't know what a VLAN is either, but it sounds really cool, doesn't it?

STOCKING THE PANTRY

At the December Emerald Mountain retreat, the group's social action committee collected almost \$800 and rounded up a whole lot of essential provisions to donate to the Chester food pantry. As social worker Rosie Binger told us in last spring's newsletter, "It has been very helpful to residents, especially a lot of elderly people who might be on fixed incomes and running out of food at the end of the month." We encourage everyone to give to the food pantry. For those not attending the EM retreats where these items and money are collected, food donations can be dropped in a box in the lobby of Chester's Town Hall. Checks can be made out to the Chester Community Fund and mailed to: Chester Town Hall, 203 Middlesex Ave., Chester, CT 06412. Thank you!



SPRING CLEANING While we've got heaps of spring projects pending (see Page One, "Launching Our Spring Campaign"), we've been busy with spring cleaning and sprucing. Every carpet in every room has been deeply steam-cleaned, the lobby has been repainted with low-VOC paint, we've installed a new catch basin near the entrance to avoid the ice puddle that used to accumulate there, and the elevator lobby has a snazzy new rug that enlivens the space (picked up for a song at Goodwill, it had never even been unrolled!).



Nick Schultz hard at work!

Furniture Bonanza!

In our winter newsletter, we published a “Wish List” of furnishings, equipment and plant material we always need at Guest House. The day it was sent out, we got a message from longtime Boston Diamond Approach student Peggy Matthews-Nilsen. “The Guest House newsletter arrived just as we are in the process of renovating our Amherst, Massachusetts home and redecorating from our former Colonial style to a more contemporary one,” read Peggy’s message. “We hope Guest House might be able to use some of the items on our donation list.” She didn’t have to ask twice! On January 7th, we drove to Peggy and her husband Sig’s home and loaded all of it onto a truck. Among the items was a complete cherrywood bedroom set from Harden, an Upstate New York family-run manufacturer of high-end custom furniture founded in 1930. Thank you Peggy and Sig!!



Just one part of a gorgeous Harden set

We’re reprinting the “Wish List” in case anyone else has something to donate. Of course, all donations must be in good condition and harmonize with the comfy traditional aesthetic of Guest House. If you have donations to offer, please e-mail a picture of them to either Jorge Arango (jorge@jsarango.com) or Don Shaw (shaw_donald@hotmail.com), co-chairs of the Buildings & Grounds Committee. We’ll let you know if we can use it and make arrangements for getting it to GH. Thanks!

ALWAYS NEEDED

- Table lamps
- Floor lamps
- Area rugs
- Comfortable armchairs
- Wing chairs
- Twin and queen-size headboards
- Bedside tables
- Mirrors

FOR SPRING PLANTING

- 25 flats of myrtle
- Perennial bulbs (daffodils, tulips, fritillaria, crocus)
- Clumping grasses
- Hostas
- Hellebores

SUPPLIES

- Spades
- Shovels
- Trowels
- Bulb Booster



Spring Campaign

(Continued from page 1)

when a stain decides it’s just not budging, we can simply swap out the tiles containing it with new ones. The money will enable us to buy 2,370 square feet of carpet tile.

TOUCH ME UP (\$10,000)

All sorts of improvements are afoot at Guest House. Always mindful of our guests’ and our staff’s health, we’ve switched to low-VOC paint. It’s the ecologically responsible way to go and better for you because it releases negligible amounts of VOCs (volatile organic compounds) into the air we all breathe. It’s also time to replace or re-shingle many of the little roofs that shelter various entrances to the building, and we’re always having to make repairs to the many dormers that give Guest House added architectural character. These funds will keep us looking spanking new and preserve our building’s charming New England details.



CREATURE COMFORTS (\$10,000)

Some of our armchairs and sofas are looking as tattered as poor old Second Hand Rose. While they just need new frocks for spring, other furniture just needs to go to that big furniture heaven in the sky, which means some new pieces must be purchased. Because of the heavy use all these get, we can’t just hop over to our local Pier 1; we need sturdy stuff that’s built to last—and that’s not cheap. Lastly, some of our mattresses could use replacing. This money will help us ensure soft landings wherever you sit, recline or sleep.

Teacher Bios

SANDRA MAITRI

is a longtime teacher of the Diamond Approach® to Inner Realization and a member of its leadership council. In the



early 1970s, she became a student of Claudio Naranjo, MD, a pioneer in transpersonal psychology, synthesizing Western psychology and the Eastern and Middle Eastern spiritual traditions. Along with A.H. Almaas, founder of the Diamond Approach, she became a member of Naranjo's original Seekers After Truth group where he first presented the Enneagram and its function as a spiritual tool. Her background also includes studies with various Eastern and Western spiritual and psychological teachers. She has taught the Enneagram for over four decades and is the author of *The Spiritual Dimension of the Enneagram: Nine Faces of the Soul* and *The Enneagram of Passions and Virtues: Finding the Way Home*.



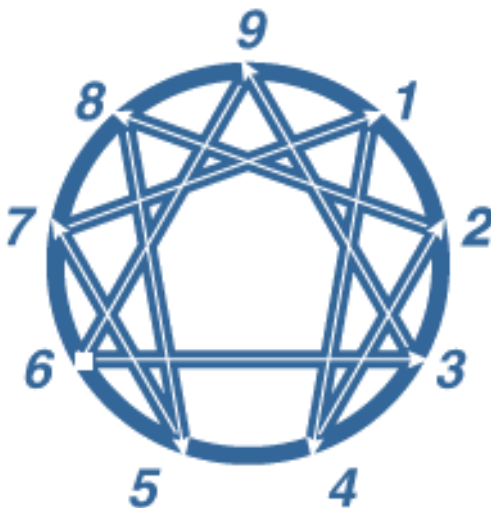
BOB BALL AND JEANINE MAMARY,

long time teachers, are current directors of Ridhwan European teacher training programs and serve on the leadership council of the Ridhwan School, home of the Diamond Approach. Besides being colleagues and teaching frequently with each other in the US and Europe, they are married and enjoy their home life in Leland, Michigan.

Maitri Webinar

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But the Enneagram also goes beyond describing basic personality types. Through its “lines of flow,” it explains the dynamic movement of each type toward and away from two other points respectively, and what this movement symbolizes about how our psyche functions. It shows us how moving with the lines of flow we become more defensive in predictable ways, while moving against them leads us into territory closer to our deepest self and, often taboo, to the characteristics of our “heart point.”



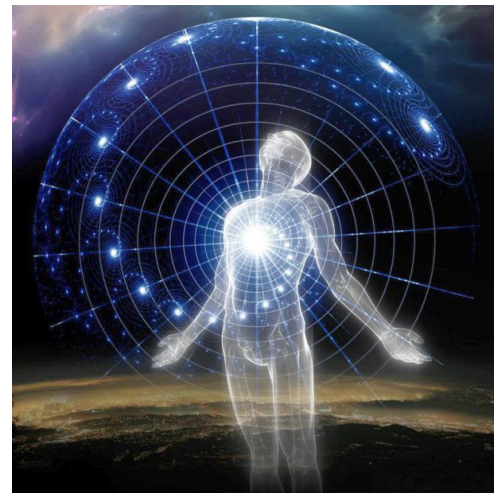
Exploring this movement helps us understand the child within each of us, often very different from how we present in the world. The webinar will also explore how opening to this dimension within ourselves is profoundly transformative, connecting us with qualities of our spiritual nature that have eluded us.

In this three-part online workshop, we will explore this inner flow of the Enneagram through lectures, personal exploration of the material through exercises done with other participants, and question-and-answer periods. Each session will last around three hours. The course is appropriate for those with little or no knowledge of the Enneagram, as well as for those whose knowledge is extensive.

On Being Human

(Continued from page 1)

important to consider deeply, not only for ourselves—as each of us lives our uniquely personal human life—but also for the evolution of humanity as a whole. Embracing our humanness means including our limitations and shortcomings as well as our endless, unfathomable



Explore human essence

potential. Using the perspective and teachings of the Diamond Approach, a modern spiritual path that offers various ways of understanding ourselves and reality, this exploration of being human will be accessible and relevant to students of the Diamond Approach and other spiritual traditions, as well as those with no prior spiritual path or practice. The only requirements are humanness, sincerity and an interest in discovering what is most true for you.

SPECIFIC EXPLORATIONS:

- Human vulnerability is one of our biggest challenges, yet our greatest blessing
- Being human means having a heart with the capacity for feeling and relating to others—human contact can be truly personal
- True Nature includes the personal element, but is ultimately beyond time and space
- The essence of being human is an open doorway to the freedom of Being

From the Kitchen

THERE'S THE RUB! Spring is here, and we all know what that means: It's time to fire up the barbeque. This month we provide you with two rubs. One is for grilling anything, the other is for blackening salmon and other fish in case your BBQ plans are spoiled by rain or one of early spring's cold snaps, forcing you back indoors to the stove. You'll need to make the BBQ rub first, then use a portion of it for the blackening rub. Mix up a batch of each to have on hand when you must adapt to Mother Nature's whims.



Blackened Salmon

BBQ RUB (Makes about 3 cups)

- 1½ cups sugar
- 7 Tbsps. kosher salt
- 5½ Tbsps. paprika
- 5 Tbsps. chili powder
- 4 tsps. granulated garlic
- 4 tsps. black pepper
- 1½ tsps. cayenne pepper

Mix together all ingredients and store in a jar. When ready to use, rub all over desired meat, chicken or fish and barbeque as usual.

BLACKENING RUB FOR SALMON

(Makes about 2¼ cups)

- 1½ cups BBQ rub (see above)
- 1½ tsps. black pepper
- ½ tsp. white pepper
- 1 Tbsp. allspice
- 1 Tbsp. cinnamon
- ½ tsp. nutmeg
- ⅛ tsp. cayenne
- ½ tsp. cardamom
- ½ tsp. coriander
- 1 tsp. chipotle chili powder
- 1 Tbsp. thyme
- ¼ cup sugar

- 1) Mix all ingredients and store in a jar.
- 2) Dip salmon in rub, covering it completely, then shake off excess.
- 3) Sauté over high heat for no more than 3 minutes on each side. If the fillets are from the thinner end, 1 minute should be enough.
- 4) Place in a preheated 350° oven for about 10 minutes (or less for rarer).

OUR GANG

Bregman Leadership

A brief conversation with Emily Cohen, Vice President of Operations at the New York-based Bregman Partners, a coaching, consulting and leadership training group that calls Guest House home. You can visit them at peterbregman.com.

Q: WHAT DOES BREGMAN LEADERSHIP COME TO GUEST HOUSE TO DO?

A: Guest House is our training home. The Bregman Leadership Intensive is training for leaders and is based on our belief that successful leadership isn't about what you know—it's about who you are and how you show up. It is completely experiential and helps leaders raise hard-to-talk-about issues, act courageously, connect with people, stay grounded in the face of success, failure or uncertainty, respond productively to opposition, and communicate skillfully in the presence of strong emotions.



Peter Bregman coaching

Q: WHY DO YOU CHOOSE TO HOLD YOUR RETREATS AT GUEST HOUSE?

A: We do it for the chocolate-coconut haystacks! There are actually so many reasons. We love Guest House—it is starting to feel like a home away from home. It is comfortable, the food is healthy and delicious, and the space supports the development of connection and community within each group. We also love that there are no TV's! Our programs are intensive and immersive and the people and the space are incredibly supportive of us and our participants.



Recent graduates at Guest House

Q: DO YOU HAVE ANY MEMORABLE STORIES FROM YOUR TIME HERE?

A: Bob McKinley is amazing. We ran two training programs, almost back to back, and it was wonderful, but also grueling for us as facilitators. When we arrived for the second training, Bob had set up our program room and storage area so perfectly—it was like we had never left. We felt incredibly supported.

Q: TELL US ABOUT YOUR PODCAST. HOW LONG HAS IT RUN? WHAT IS IT?

A: Thanks for asking! We launched the Bregman Leadership Podcast in January of this year. Each short episode is a great conversation with a great human being. Peter interviews thought leaders in a variety of fields, and shares how we can apply their big ideas to become more powerful leaders in our work and in our lives.

Q: ARE THERE ANY GUEST HOUSE RETREATS THIS YEAR THAT ARE OPEN?

A: Yes! We have openings for two upcoming Bregman Leadership Intensive workshops: May 8 to 12 and November 6 to 10.

2015 Friends of Guest House

THANKS TO ALL OF YOU for your support of our mission at Guest House. Without you, nothing would be possible. We look forward to your continued participation in the annual Friends of Guest House program and hope to see your name on the list in the years to come!

Become a Friend of Guest House: guesthousecenter.org/give

Marie Amoruso	Mark Donohue	Emi Kubato	Michael Rosetta
Karen Anderson	Joyce Dowdall	Carolyn Lamson	Richard Rowley
Rosanne Annoni	Vincent Draddy	Michael Landgarten	Leslie Sahler
Jorge Arango	Sara Ellison	Laurie Leonard	Terry Saracino
Elizabeth Archambault	Mary Faria	Rosemary Loar	Josie Sentner
Peter Arebalo	Franz Feige	Isabelle Lorans	Don Shaw
Regina Baime	Terril Gagnier	Vern Ludwig	Natalie Shiras
Stefano Baldasseroni	Barry Gampinsky	Emily McCay	David Silverstein
Robert Ball	Tom Gibbons	Ed McClune	Anne Singer
Gregory Beck	Ilka Giges	Colquitt Meacham	Elizabeth Slayton
Jill Berman	Ben Goldman	Nancy Meneely	Leigh Smith
Andrew Billeb	Dale Goldstein	Stephanie Mermin	Nicia Squires
Jane Bronson	Jordan Goodman	Meg Miller	Gail Staal
Byron Brown	Rosemary Gordon	Mary Moloney	Jane Strong
Laurie Brown	Sally Gottesfeld	Rennie Moran	Mary Ann Taylor
Barbara Burst	Michael Graetzer	Bonalynd Mosteller	Jean TePaske
Tabor Butler	Parvati Grais	Neil Moylan	Carol Tokar
Betts Cassady	Cory Greenberg	Michael O'Dell	Sarah Tremaine
Denise Catuogno	Kristina Grondahl	Jerry O'Halloran	Lisa Ulanoff
Kitty Cavalier	Joy Gurrie	Paul Ohanesian	Olaf Unsoeld
Carolyn Cerame	Nurit Harari	Jim O'Hern	Upstream Foundation
Leah Chyten	Margaret Hixon	Kostas Oikonomou	Meg Vandergon
Nancy Closs	Grace Holland	Cathy Palmisano	Ann Viviano
Stephanie Cohen	Barbara Houston	Stephen Paschall	Jay Walsh
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Teresa Czepiel	Saralyn Kerrigan	Bernadette Prue	Malcolm Winkley
John Davis	Kathy Kessler	Rashmi Ripley	Sara Zwart
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Michael DiLorenzo	Kathleen Knaus	Barbara Rosen	

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