



TIBETAN BUDDHIST SAND MANDALA

TUESDAY, MAY 17 AND
WEDNESDAY, MAY 18

The Gualala Arts Global Harmony series will host a Tibetan Buddhist Sand Mandala for two days on Tuesday, May 17 and Wednesday, May 18. This auspicious occasion will feature the Gaden Shartse monks, whom many of you may remember from previous visits to the community.

The sand mandala will be constructed from 9:00 a.m. to 5:00 p.m. each day and then will be ritually "swept" in a ceremony honoring the Buddhist concept of impermanence. Small amounts of sand will be passed out to individuals attending the dissolution and the remaining material will be spread on the grounds of the Gualala Arts Center and into the Gualala River for healing and blessing.



This is a free event with goodwill donations gladly accepted.

GUALALA ARTS LECTURE SERIES

Monday, April 4, 2011, 7:00 p.m.

A Consumer's Guide to Herbal Medicine

with Steven Karch

Admission
is \$5



According to Dr. Karch, the many common herbal medicines are used because they contain compounds called flavanoids, the chemicals that give most plants their color and create the annual display of autumn leaves. Flavanoids are classified as anti-oxidants, which are the body's principle defense against vascular damage and some of the most common forms of eye diseases.

In terms all can understand, he will describe how anti-oxidants work and discuss the various plants that contain flavanoids. He will explain the history, traditional uses, proven effects and possible side effects of these natural medicines. As time allows he may also include a mention of some other beneficial plants. His book can be found at Amazon.com and through Gualala's bookstore, The Four-Eyed Frog.