



# guesthouse

## NEWSLETTER

Summer 2014



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## Guest House to Host Its First Webinar

Guest House is very excited to announce a new venture: Webinars! Our initial foray into this field will be an online program dedicated to inquiry, the central practice of the Diamond Approach, which will be led by longtime Diamond Approach teacher Sandra Maitri.



The three-part Webinar, called “Getting More from Inquiry: How Head, Heart and Belly Centers Can Help Sharpen Your Skills,” will be limited to Diamond Approach students. But if it proves successful, Guest House plans further online programs next year on subjects that

will be open to everyone. So please keep an eye out for announcements.

Inquiry, simply put, is the act of inquiring objectively and without judgment into our immediate experience (what we are sensing, what emotions are arising, what state feels emergent, etc.). It is the central methodology and practice of the Diamond Approach and a vibrant, sensitive and effective path into the mysteries of who and what we truly are as human beings.

Initially the inquiry process helps us enter into an exploration of our personal history. However, as we become more discerning and adept at our inquiry, the process begins to reveal unexpected doorways into our essential nature and we begin to recognize what it means to live an authentic life.

Along the way, we discover subtleties of many kinds. The body itself can become a lens for discriminating our experience and its relevance to our lives. Each of the three body centers—the belly, the heart and the mind—has its own secrets to unlock and its own intelligence to impart.

*(Continued on page 3)*

## My Guest House

*Written by Emerald Mountain student Bonalyn Mosteller at Guest House, 1999.*

I used to think

I was somebody

Then, I thought I was SOMEBODY!

Then, an ordinary some body

Then an unbody—the smell of lilac and lilies of the valley as one

Then the senses as one

Then the

Then

T

t

Water’s skin.

# Essential Contemplations

In each issue, we look at different views from various paths regarding a single subject. In this issue, we focus on oneness...

.....

*"All the differences in this world are of degree, and not of kind, because oneness is the secret of everything."*

—Swami Vivekananda (1863-1902)

.....

*"The recognition of the non-dual ground of experience is the realization that there is basically only presence. Presence is what exists, what is, and everything that exists is a form that presence takes. Reality is one unified field of luminosity that differentiates itself into the various perceptions that we have. Thus, True Nature and Being are really the same thing as truth, or reality."*

—A.H. Almaas

.....

*"A person experiences life as something separated from the rest—a kind of optical delusion of consciousness. Our task must be to free ourselves from this self-imposed prison, and through compassion, to find the reality of Oneness."*

—Albert Einstein (1879-1955)

.....

*"In God there is no duality. In that Presence "I" and "you" do not exist. "I" and "you" and "we" and "He" become one...Since in the Unity there is no distinction, the Quest and the Way and the Seeker become one."*

—Mahmud Shabistari (1288-1340)

# Guest House News

- Jack Forsythe, Stone Gilbert, Henry Nevins, Nick Schultz and Jake Strong have ALL graduated from high school this June! Congratulations, graduates! We're not losing them though--four are going to college in Connecticut, and Chef Steve says every one of them is welcome to work during their college breaks.
- We would like to welcome new employee, Dan Belisle (pictured below), who is working with Will Galvin on building and grounds maintenance.
- Speaking of Will Galvin, lately he seems to be single-handedly running an animal rescue operation at Guest House. Last month, he managed to save a hummingbird that had found its way into the Sunroom, as well as 4 baby flying squirrels.
- Our new benches for the labyrinth have arrived (see Giving Corner, page 5), and Bob McKinley expertly assembled them. (Thank you Bob!) They are large and made of sturdy, Forest Stewardship Council-certified teak, but are also light enough to be moved if need be.



- In more labyrinth developments, at April's Emerald Mountain retreat, board member Betts Cassady and buildings & grounds committee member Joey Jacob led a work project to plant almost two dozen Korean boxwoods on the perimeter of the labyrinth. We will be filling this in as donations of more boxwoods come in.
- The first wave of donor plaques has arrived (see Giving Corner, page 5). Check the maple tree frame, the garden wall and the labyrinth bricks as well as the benches mentioned above to see them. Thanks again to the donors!
- 170 people in six days: all in a day's work for the Guest House staff in May. Housekeeping staff flipped the entire building after the departure of the UConn Health Center group to welcome the Connecticut Association of Independent Schools. Two days later they flipped it again between Cary Tennis Writers, Tranquil Spirit and the Unitarian Universalist Church of Danbury—whose events were overlapping—and Diamond Approach New York. All five of these guest groups (and DANY too, of course) have booked for 2015 and some even for 2016.
- We are always looking for donations of furniture, lamps, rugs, art and other items for Guest House. They must be in good condition, of course, and fit into the aesthetic of the place. If you have something you'd like to donate, please e-mail buildings & grounds committee co-chair Jorge Arango a snapshot: [Jorge@jsarango.com](mailto:Jorge@jsarango.com). Thanks so much! ■

## Guest House to Host Its First Webinar

(Continued from page 1)

Sandra Maitri is a longtime Diamond Approach teacher and training supervisor. She leads groups in the San Francisco Bay Area and the United Kingdom, and has a private practice in Marin County, California. In addition to the Diamond Approach, her background includes work with Claudio Naranjo, MD, in the early '70s and in-depth meditation training in the Theravadan and Tibetan Buddhist traditions. She has written two books: *The Spiritual Dimension of the Enneagram* and *The Enneagram of Passions and Virtues*, both published by Tarcher/Viking Press.

**Dates:** Saturdays, November 8, 15 and 22, 2014

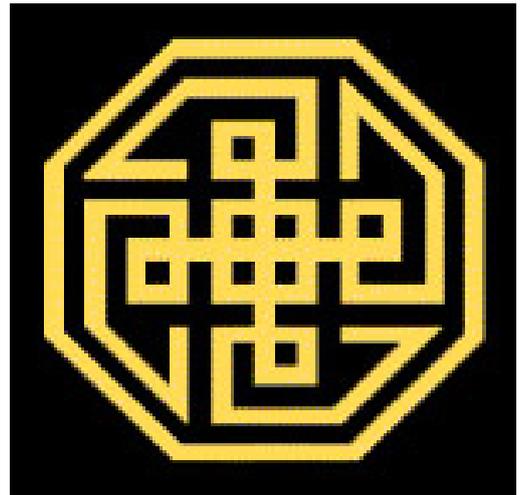
**Times:** Approximately 2½ hours beginning at 10am PST, 1pm EST, 6pm BST (Britain) and 7pm CET (Europe)

We are in the process of setting up a direct registration link for "Getting More from Inquiry." Please check our Website regularly to see when it goes live: [www.guesthousecenter.org](http://www.guesthousecenter.org). ■

## And Remember the New DHR5 Group

A new international Diamond Heart Retreat group, **DHR5**, begins meeting at Guest House in September.

Diamond Heart Retreats are long-term Diamond Approach groups that meet twice a year in a residential setting for eight days each. This international retreat format serves those who don't have access to a local group or whose life circumstances need such a format. This deep immersion into the Diamond Approach is supported by teachings and private inquiry sessions between retreats, all included in the price. In the previous four Diamond Heart Retreat groups, we have found this format to be a rich and powerful way of working on oneself while living a life in the world.



As part of each retreat (and included in the overall fees), students participate in large group teachings, small group inquiry meetings and one individual inquiry session with a Diamond Approach teacher, along with recorded teachings and ongoing practices between retreats.

**Teachers:** John Davis and Rosanne Annoni, co-directors with Anne Singer, Jane Bronson, Leah Chyten and Susan Weiley

### Retreat Schedule:

**First Retreat:** September 28 - October 5, 2014

**Second Retreat:** March 1 - 8, 2015

Subsequent retreats will meet on approximately the same schedule.

Additional information on the Diamond Approach can be found at [www.ridhwan.org](http://www.ridhwan.org). Or link directly to the DHR5 information from our homepage at [www.guesthousecenter.org](http://www.guesthousecenter.org). ■

# Meet the Staff

Interviewed by Hadley Perry

*There's a new face in the Guest House kitchen. Please join us in welcoming Michael Lemley to our staff. We caught up with Michael in a rare moment of quiet and got to know a few things about him, including what he won't eat, what he finds sexy and what he feels is the most important ingredient in a good dish.*

**Q: What do you do here? And of the dishes you guys so expertly prepare and turn out, which do you get the most joy from serving?**

**A:** I am the nighttime lead cook. My favorite dishes at GH are the roast chicken and the turkey dinner.

**Q: How did you come to be working at GH?**

**A:** I worked with Chef Steve at the Griswold Inn in Essex, CT, last summer, where he was filling in part-time. He brought me on board to fill a recent opening [vacated by Brendan Schillberg, who left to pursue other opportunities, but continues to fill in occasionally at GH].

**Q: What background and aptitudes do you bring to GH?**

**A:** I received my Bachelors degree from Johnson and Wales University in Providence, RI. My dual major there was in Culinary Arts and Food Service Management, and I have over 10 years' restaurant experience.

**Q: Let's talk about home life: do you live with a partner, friends, relatives, dogs, cats?**

**A:** I live with my girlfriend, Kaysea, an emergency-room nurse at Yale, and our beautiful brindle Plott hound, Adilae.



**Q: What's something you like doing in your free time?**

**A:** I mostly enjoy hiking and kayaking. I also like a good game of ultimate Frisbee with my friends.

**Q: If you had to choose a single type of food to eat for the rest of your life, what would it be?**

**A:** My most favorite food is Latin American cuisine.

**Q: We tend to think of chefs as omnivores. But we suspect everyone has their aversions, even chefs. What's yours?**

**A:** I don't eat avocado, the texture and smell send shivers down my spine!

**Q: Is there anything sexier than fresh-pressed chef's whites?**

**A:** The sexiest attire out there has got to be a nurse's uniform!

**Q: Do you have any secret ingredients you think are essential to every good dish?**

**A:** Good emotions and positive energy. If you put these into making your food, your guests can taste your enthusiasm. ■

## From the Kitchen

Another recipe from Chef Steve that's a favorite among guests. Here, aromatic garlic and herbs mix with the tartness of two mustards to give salmon a tangy lift of flavor.

### Mustard-Glazed Salmon

*Makes 6 servings*

2 Tbsps. minced fresh garlic  
¾ tsp. rosemary  
¾ tsp. thyme  
¾ tsp. tarragon  
2 Tbsps. parsley  
1 Tbsp. white wine  
1 Tbsp. olive oil  
1 Tbsp. Dijon mustard  
1 Tbsp. whole-grain mustard  
1 Tbsp. cracked pepper  
Salt to taste  
6 salmon fillets or steaks (4-6 oz. each)



1. Preheat oven to 350 degrees.
2. To create the glaze, whisk together all ingredients except the salmon and set aside.
3. Lay salmon fillets or steaks in a baking pan and bake in preheated oven for approximately 7 minutes (depending on the thickness of the fish; if thin, then 5 minutes should be enough).
4. Pull the baking pan out and spread the glaze evenly among the salmon fillets or steaks.
5. Return the baking pan to the oven and cook an additional 3-5 minutes, depending on the thickness of the fish and how you like it done.
6. Using a spatula, remove salmon to plates and serve. ■

# Giving Corner

## DONATE TO COMMEMORATE!

Guest House debuted its Commemorative Giving Program in April to tremendous success. The intent is to provide us with a way to acknowledge our gratitude to you, our donors. When you give at the amounts below, we'll commemorate your gift with a plaque affixed to one of the corresponding objects or locations (on page 6 is one of the initial plaques dedicated to found Alia Johnson). We've included photos of the locations where your plaque will go. There are also pictures of the first Forest Stewardship Council-certified teak bench to be donated to Guest House, and a screened gazebo similar to what will be erected next to the labyrinth when we find that generous \$10,000 donor!

Of course, you can certainly remain anonymous if you wish. But you can also have a message engraved that honors a loved one ("In loving memory of Don Riso"), or you can be creative and dedicate your gift to an essential aspect such as "Joy" or "Loving Light." You can even give thanks for the personal transformations you've experienced at our nurturing retreat center ("For all I have learned at Guest House" or "For helping me understand my value"). It's completely up to you. To learn more about this program, please contact: Josie Sentner at [josiesentner@gmail.com](mailto:josiesentner@gmail.com) or Hadley Perry at [hadleyperry1@gmail.com](mailto:hadleyperry1@gmail.com). (Please note: all plaques are 1" x 3½".)

## COMMEMORATIVE GIVING PROGRAM DONOR LEVELS

1. \$100 buys an inscribed metal plaque on one of the perimeter bricks encircling our sacred labyrinth
2. \$250 purchases a plaque on the stone wall of the garden next to our dining deck
3. \$500 adds your name (or other message) on a plaque on the low wall surrounding our ancient deck maple
4. \$1,500 buys a plaque on a Forest Stewardship Council-certified teak bench for the labyrinth clearing in the woods
5. \$10,000 guarantees bug-free meditations in a screened-in shelter by the labyrinth (with same metal plaque)



1



2



3



4



5

So far, we appear to have hit a home run. Since announcing our Commemorative Giving Program, we've raised approximately \$8,000! A group of donors collectively donated and dedicated several plaques and a bench in memory of Guest House founder Alia Johnson. Another donor dedicated a plaque to the Emerald Mountain Groups, and still another donor dedicated a bench to her parents.

We hope that you will be inspired to participate in this new way to give, and to have your gift be a permanent part of Guest House.

Many thanks,

The Resource Development Committee

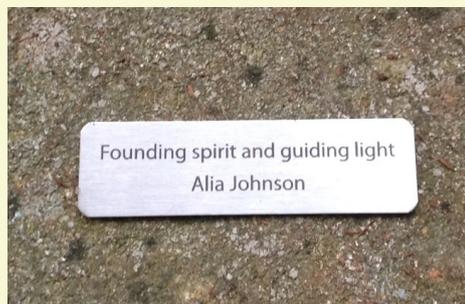
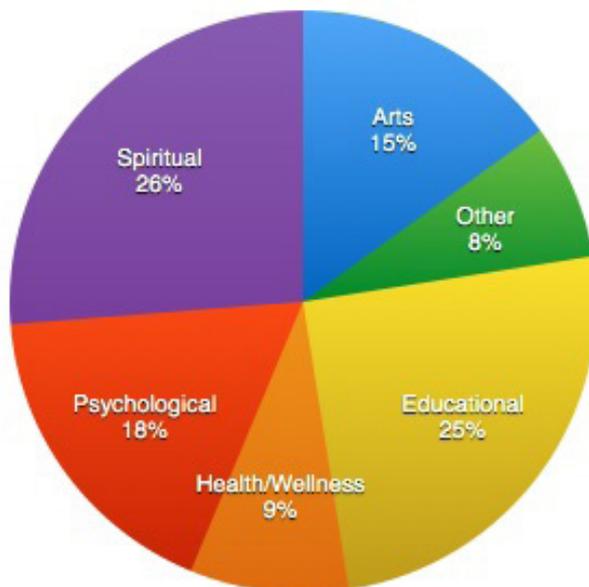
# Who We Serve

**G**uest House is about the diversity of beliefs and perspectives that help us become our better selves and realize our greatest potential. Our raison d'être is clear:

**The Mission of Guest House is to create opportunities for transformational work and provide a nurturing environment for those seeking to develop human potential and enrich the world.**

**T**o this end, we welcomed over 70 groups in 2013 from various arenas. The pie chart below illustrates the panoply of orientations, traditions, practices and fields of expertise that Guest House nurtured and supported last year. The green "Other" slice included organizations and groups engaged with environmental and sustainability concerns, effective leadership and other relevant issues vital to all of humanity.

● Arts ● Other ● Educational ● Health/Wellness ● Psychological ● Spiritual



A plaque dedicated to Guest House founder and guiding light Alia Johnson, which a group of donors donated for the garden wall next to our dining deck. (See Giving Corner, Page 5)

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