



guesthouse
NEWSLETTER
Summer 2015



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Enneagram Immersion at Guest House

This summer and fall, Guest House and the Enneagram Institute (EI) offer spiritual seekers the chance to dive deeply into the wisdom of the Enneagram. Concentrated Enneagram work starts next month with the “Inner Work Retreat,” which will be taught by Enneagram scholar Russ Hudson.

The retreat, which runs from **July 5 through 10**, is the initial in a three-part series of ongoing inner work focusing on the Three Centers of the Enneagram. Through personal experiential encounters, physical movement, spiritual teachings, meditation and small-group work, students will deepen their connection with the real intelligence, energies and capacities of their bodies. The aim is to confront and work through psycho-spiritual blockages.

This “Inner Work Retreat” will examine the particular gifts and challenges of developing Presence in the Instinctive Center. Though it will also delve more specifically into the Essential Qualities and ego-related issues of Enneagram types Eight, Nine and One, these issues, conflicts and blockages are still at work in our daily lives regardless of our Enneagram type.

“We are incredibly appreciative and grateful for everyone’s help in enabling the Enneagram Institute to reschedule many of our principal events so easily at Guest House, including our recent Part I training in April,” says EI vice president Brian Taylor. “The peaceful atmosphere, well-maintained grounds and welcoming facilities and staff at GH strongly inspire and support the Inner Work that we are all dedicated to. Thank you for being there for us.”



Russ Hudson

Next up, from **October 13 through 15**, Hudson will return to facilitate an “Inner Critic” workshop. Using visual models, discussion, music and deep experiential work, Hudson will introduce the Psychic Structures of the nine Enneagram types.

(Continued on page 3)

DHR5 Still Open to New Students

We are not separate. Our sense of separateness is superficial and exists only in the physical dimension. In our human element, we are not separate; we’re very much connected. Every other human being is just as precious as we are, and worthy of as much respect and love and consideration. This understanding needs to manifest in our conduct in each moment. This is the part of the Work that will transform you.

—A.H. Almaas

Diamond Heart Retreat Group 5, the Ridhwan Academy retreat group that meets at Guest House, completed its second full retreat this March. A diverse group of students gathered from as far away as Alaska and as near as a few towns over from Chester. With an age range of more than four decades, DHR5 is evolving into a rich medley of newcomers to the Diamond Approach and students with years of experience. A palpable sense of a group community is already developing and deepening.

(Continued on page 4)

Essential Contemplations

Ruminations on the purpose, effects and value of meditation from spiritual teachers of various traditions.

.....
"Meditation makes the entire nervous system go into a field of coherence."

—Deepak Chopra

.....
"Each of us has a genuine capacity for love, forgiveness, wisdom and compassion. Meditation awakens these qualities so that we can discover for ourselves the unique happiness that is our birthright."

—Sharon Salzberg

.....
"Just the doing of the meditation is what is needed. Sometimes you will feel present, sometimes you won't. Sometimes you will feel wonderful, sometimes you'll feel miserable. These factors do not determine the value of meditation."

—A.H. Almaas

.....
"It's...about paying attention. That's what all meditation is, no matter what tradition or particular technique is used."

—Jon Kabat-Zinn

.....
"Through meditation and by giving full attention to one thing at a time, we can learn to direct attention where we choose."

—Eknath Easwaran

Guest House News

Chef Shuffle It is with mixed emotions that we say goodbye to chef Steve Matterazzo, who was with Guest House for five years. Chef Steve was responsible for creating the solid dining services team that is in place today. He raised standards of all kinds in the Guest House kitchen: culinary (he created consistently healthy gourmet menus), hygienic (he always scored exceptionally during health inspections) and in terms of service (guests loved him for his willingness to go the extra mile to accommodate their dietary needs and restrictions). We are sad to see him go, but happy that it is for a good reason: he is leaving to build up his eBay business of buying and reselling all manner of furnishings and accessories, something for which he has discovered a passion equal to fine food. Best of luck Steve!



Tom Oates and Steve Matterazzo

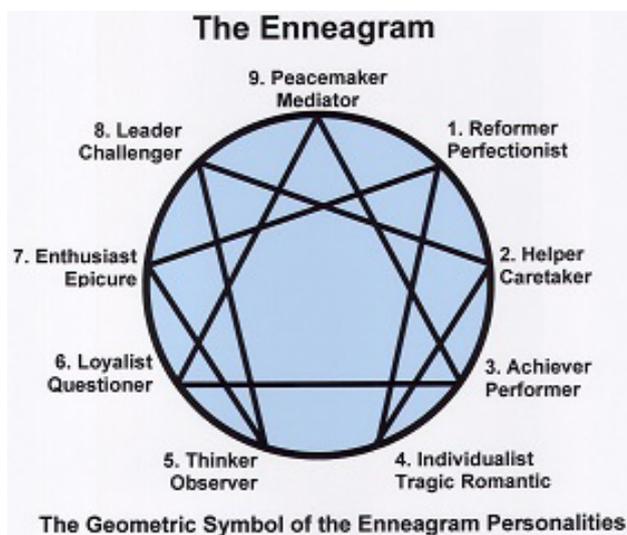
Taking over the position of executive chef is Tom Oates, who was hired by Steve four years ago to be his right-hand man. Tom had already taken an active role in creating menus and running the kitchen in Steve's absence, so he comes well prepared for his promotion. We are so proud to be able to offer advancement opportunities to our valued employees. We're confident Tom will do a fantastic job. Congratulations Tom! See page 4 for one of Tom's recipes.



Nick Schultz

Shifting Gears Another change in staffing involves Nick Schultz, who was hired to work in the kitchen. After putting in some years of solid work into our dining service, he is moving over to the maintenance department where his title will be facilities assistant. Nick has been studying various trades and discovered a natural talent for it. His enthusiasm and energy are a welcome boon to the maintenance department. ■

These are concrete and visual—yet symbolic—representations of psychological processes that illustrate with startling clarity, insight and compassion what drives each type and why. Hudson will identify what can help heal each type's illusions and inner conflicts. Many have said that the Psychic Structures are the most illuminating thing they have ever learned about the Enneagram. In the "Inner Critic" workshop, Hudson will also look at the superego—the "inner critic" of the workshop's title, with its false and restrictive patterns and self-concepts—and explore ways to counteract its deadening, limiting effects in order to reclaim our presence and vitality.



Guest House is thrilled to have the EI on our premises, as it is completely compatible with our mission to "create opportunities for transformational work and provide a nurturing environment for those seeking to develop human potential and enrich the world." As evidence of this, says Taylor, he received an unsolicited communication from Gayle Scott, a senior faculty member who taught the Part I training with Lynda Roberts. "Guest House is the best!" wrote Scott. "Lynda and I loved it, the students loved it. The staff is friendly, helpful and on top of it. The rooms are lovely and the food is fresh and gourmet. The best of anywhere I've ever taught."



Sandra Maitri

Another opportunity for transformational work through deeper understanding of the Enneagram is also being planned for winter of 2015-2016. Based on the success of our debut Webinar last November with Sandra Maitri, we are discussing tentative dates in February to sponsor another Maitri Webinar that will deal with the relationship of flow to the Enneagram. Stay tuned for news about that, which should start appearing online and in our newsletter this fall. ■

Since the retreats meet for eight days twice yearly in March and in September, there is a substantial time gap between retreats, which could present challenges for students.

In response to this, the teachers provide recorded teachings between the retreats. In addition, we have been heartened to learn that many of the DHR5 students are organizing themselves into partners and some into small groups between the retreats to deepen their understanding and experience. Some practice inquiry every other week or so by phone or Skype. Others gather regularly with other DHR5 students in local groups to meditate, inquire and listen to the interim teachings. Through these connections, students support one another's inner development. They also share an opportunity to practice inquiry and work with the material the group has been exploring. Reaching out to fellow students provides an important bridge between retreats and supports the work of spiritual inquiry. This also helps deepen the group field when we are together.

DHR5 is still open for new members, though it will close in time. We welcome inquiries. If you are interested or wish to learn more, please contact our administrator, Lynette Bunyard, at: chr5@ridhwan.org. ■

CHICKEN TIKKA MASALA

Serves 4-6

For the garam masala:

3/4 tsp. black pepper
3/4 tsp. white pepper
1 1/2 tsp. cinnamon
1/4 tsp. cloves
1/2 tsp. cardamom
1 tsp. cumin

For the chicken:

3 whole or 6 half boneless, skinless chicken breasts
1/4 cup vegetable oil
2 Tbsps. garam masala

For the sauce:

3/4 tsp. granulated garlic
1/8 tsp. ginger
3/4 tsp. turmeric
1/8 tsp. coriander
1/4 tsp. cumin
1/8 tsp. cardamom
1/8 tsp. garam masala
15-oz. can tomato puree
1/2 cup heavy cream
4 oz. yogurt
2 Tbsps. olive oil
Kosher salt to taste
2 Tbsps. water



1. Make the garam masala by mixing all the spices. Set aside.
2. Toss the chicken pieces with the oil and garam masala. Let it marinate for one hour.
3. Preheat an oven to 375 degrees. When the chicken has marinated sufficiently, lay the pieces on a sheet pan and cook for about 20 minutes until done.
4. While the chicken cooks, bring water to boil in the bottom half of a double boiler. Place the spices and tomato puree in the top half and whisk together until blended. Set the top half on the bottom half and heat tomato mixture. Add the rest of the ingredients, whisk well and lower double boiler to simmer.
5. Serve with basmati rice and top with the warm sauce. ■

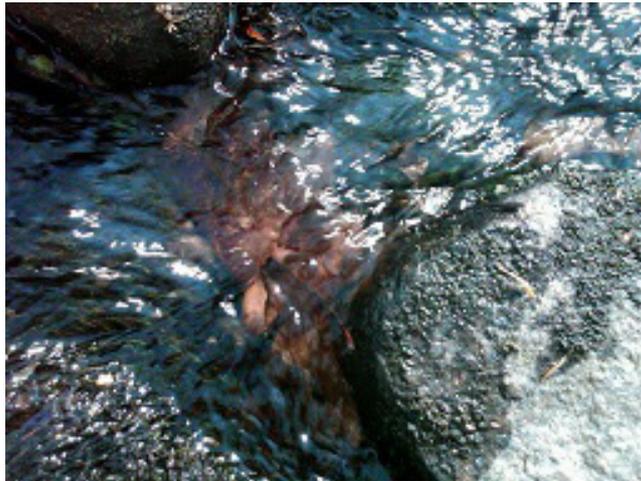
Giving Corner

A FUND TO IMPROVE YOUR STAY!

"In one drop of water is found all the secrets of the oceans."

—Kahlil Gibran

Water. We depend on it for our very survival. Experts say it will be the biggest environmental issue of the 21st century. Here at Guest House we know how important water is to our guests. To help ensure they get enough of it and that what they get is the best quality, we're officially announcing the Waterworks Fund. This targeted fund will address conservation and quality of water use at our beloved retreat center. We are hoping that, with your help, we can raise \$50,000 to make these critical plans a reality. We are pleased to announce the Board of Directors at Guest House has pledged to fund about \$17,000 (or about 30 percent of this fund). Please help us raise the remaining 70 percent.



Here are the various components of the Waterworks Fund:

New water heaters (\$13,000): We have completed phase one of installing a new water heater system. This will directly impact guests' stays by guaranteeing that when you turn on the faucet you'll have hot water within seconds, whether it's 6 a.m. or 6 p.m.

Water treatment (\$5,000): Central Connecticut's hard water has been creating substantial calcification in our plumbing, shortening the life of copper piping and requiring regular replacement. To avoid this, as well as save money, we are hoping to purchase and install an environmentally responsible water treatment system.

Well and booster pumps (\$4,000): Our pumps are old and getting cranky. New well and booster pumps will improve the flow of water to Guest House, getting it to where it needs to be in the shortest time possible.

Septic pump and labor (\$8,000): The joys of country living! It's time for a new pump, and also time to service our septic. We want to make certain that whatever is flushed down stays down!

Sunroom roof repair (\$20,000): Water gives us life, but it can also give us a hard time. This winter water made its way under shingles and flashing, through insulation and threatened to affect wiring in the Sunroom. We had to close the space off to guests a few times, depriving us all of one of the most light-filled rooms at Guest House. We want to make sure we won't face the same issue next winter, or even in warmer wet seasons.

Please support our efforts to upgrade and improve all our water systems at Guest House. It will have an enormous outcome that will be easily and instantly apparent, and it will make you feel good the next time you turn on the tap!

With deep appreciation,

The Resource Development Committee

Diamond Heart Retreat Group 5

The Ridhwan® Foundation is pleased to announce the formation of **DIAMOND HEART RETREAT GROUP 5**, an ongoing Diamond Approach group meeting at Guest House in Chester, Connecticut.



The Diamond Approach® is a path of wisdom and heart leading to spiritual maturity and inner freedom. This freedom shows in our experiences of depth, fulfillment, aliveness, intimacy with ourselves and others, and engagement with our lives. Drawing on both spiritual and psychological insight, the Diamond Approach presents the adventure of the spiritual path in ways that are especially appropriate to our time.

Diamond Heart Retreats are long-term Diamond Approach groups which meet twice a year for eight days each. This international residential retreat format serves those without access to a local group or whose life circumstances need such a format. Our experience with the previous four Diamond Heart Retreat groups is that this format is a rich and powerful way of engaging our experience and working on ourselves. Diamond Heart Retreats are part of the Ridhwan Academy under the direction of A. H. Almaas.

Retreat Dates

2015:

Sunday, September 27 to Sunday, October 4

2016:

Sunday, March 6 to Sunday March 13

Sunday, September 25 to Sunday, October 2

For more information or to apply to the DHR5 Group, please contact Lynette at DHR5@ridhwan.org
For more information about Guest House, contact Marianne Hile at Marianne@guesthousecenter.org

