

# Sumanas Retreat Forum



June, 4th, 2014 at 6:15 pm  
Karpeles Manuscript Library Museum  
21 W Anapamu St Santa Barbara, CA  
RSVP 805-722-8043

## Speaking from the Heart - Shared experiences

Over a decade ago Nancy M. made the difficult and courageous decision to leave a successful career in business management behind to explore her artistic talent and more deeply investigate her spirituality. She has lived happily with less and through this she has learned to appreciate more. At every opportunity she has chosen the path of self-sacrifice, introspection and service to others. She continues to demonstrate her willingness, dedication and commitment to helping others with this application for continued service as an Anamcara apprentice.

"Reflecting on my spiritual practice has become more about me facing myself and being able to stand in my truth. The constant search for meaning has led me on a spiritual path for further clarity. I am a seeker and when I rest in what that means I can finally sit down and be with who I am".

As a humble offering she talks to us about caregiving from the heart, and will share her own experiences.

She will guide meditations - mindful and with sound - throughout the evening.



Nancy Chargualaf Martin is an Indigenous artist who has traveled the world to experience and learn a wide range of healing modalities. On a path of self-cultivation and working towards joy, art is a medium she uses to express herself. With over a decade of experience in end-of-life care she has achieved a level of mindfulness that allows her to serve in community with quiet confidence as an Anamcara Apprentice, certified Reiki master, licensed massage therapist and dream tender.

She is an award-winning artist who expresses through art process. A William T. Colville Foundation grant recipient, her artwork and photographs of urban landscapes have appeared in solo exhibitions in Santa Barbara, California, where she was born and lives, and in San Miguel de Allende, México. Her biological family is from Guâhan, México, and España.

SUMANAS RETREAT FORUM is a lecture series on topics of health and well-being by local, national and international healers, therapists, artists and health professionals. The lecture series is open to the public, especially, to those who are interested in health and healing, relaxation, rest, recovery, and renewal. For more information visit [sumanasretreat.org](http://sumanasretreat.org) or call 805-722-8043.