



**CLASSICALLY-TRAINED TIBETAN** artists created a mandala, which they prayed to for compassion, at Lucy's El Adobe.

## Tibetan mandala project on Lucy's El Adobe menu

Red- and orange-robed Tibetan monks worked to bring compassion to the world in an unlikely place—Lucy's El Adobe restaurant.

Sprinkling brightly colored sand on a flat surface, three lamas created a centuries-old tradition, while sitting under a picture of Buddha and a portrait of His Holiness the Dalai Lama. A Mexican serape hung nearby.

Shi-tro—meaning the 100

Buddha families that express enlightened qualities—the two-week project ended April 13 with a traditional closing ceremony.

The finished mandala, "which they were praying to for compassion," is then destroyed, said Patricia Casado, owner of Lucy's El Adobe.

Her mother, Lucy, arranged for the second annual Shi-tro mandala project at her Melrose Ave. restaurant, even

though she is not a Buddhist, but because of the influence of her longtime friendship with Joseph Campbell, Patty said. The noted writer and lecturer, now deceased, studied many religions and traditions. "She went along with him; the religions of the world are very interesting to her."

The geometric-shaped man-

dala, has appeared throughout history as a symbol of harmony and transformation, from the labyrinth in Chartes Cathedral in France to American Indian medicine wheels. Tibetans believe that even glancing at a mandala can awaken positive qualities.

"Each aspect of the mandala is highly symbolic and is

intended to awaken the qualities of compassion by taming emotional negativity," said Linnea Nan, a spokesman from the L.A.-based Chagdud Gonpa T'hondup Ling, sponsors of the project. The classically-trained Tibetan artists who worked at Lucy's El Adobe were from Thubten Choelin monastery in Nepal.

05-03-2005

J.C.F.

Your influence  
is everywhere.

Willi Beth