



Celebrating
25
YEARS

2019 RETREATS & PROGRAMS

CELEBRATING 25 YEARS *in the land of Tara...*

In 2019, we celebrate 25 years of a remarkable journey that has led to the development of a vibrant international Buddhist community centered around the empowerment of the enlightened feminine: Tara Mandala.

"Tara Mandala was created to bring people together to support each other, practice, and do retreat in order to reach realization. The second purpose of Tara Mandala is to be a temenos, or sanctuary, for the emergence of the sacred feminine, through the lens of Vajrayana, leading to the balance of genuine partnership between the masculine and feminine in our world."

– Lama Tsultrim Allione

A PRECIOUS BEGINNING

The vision of Tara Mandala began in the early 1970s when Lama Tsultrim Allione was a Buddhist nun. She had a vision of a retreat center in the West where practitioners could achieve the depths of meditation found in Tibet and where the interface between Western psychology and Buddhism could be explored. Lama Tsultrim and her late husband, David Petit, discovered the land that would become Tara Mandala Retreat Center on September 18, 1993.

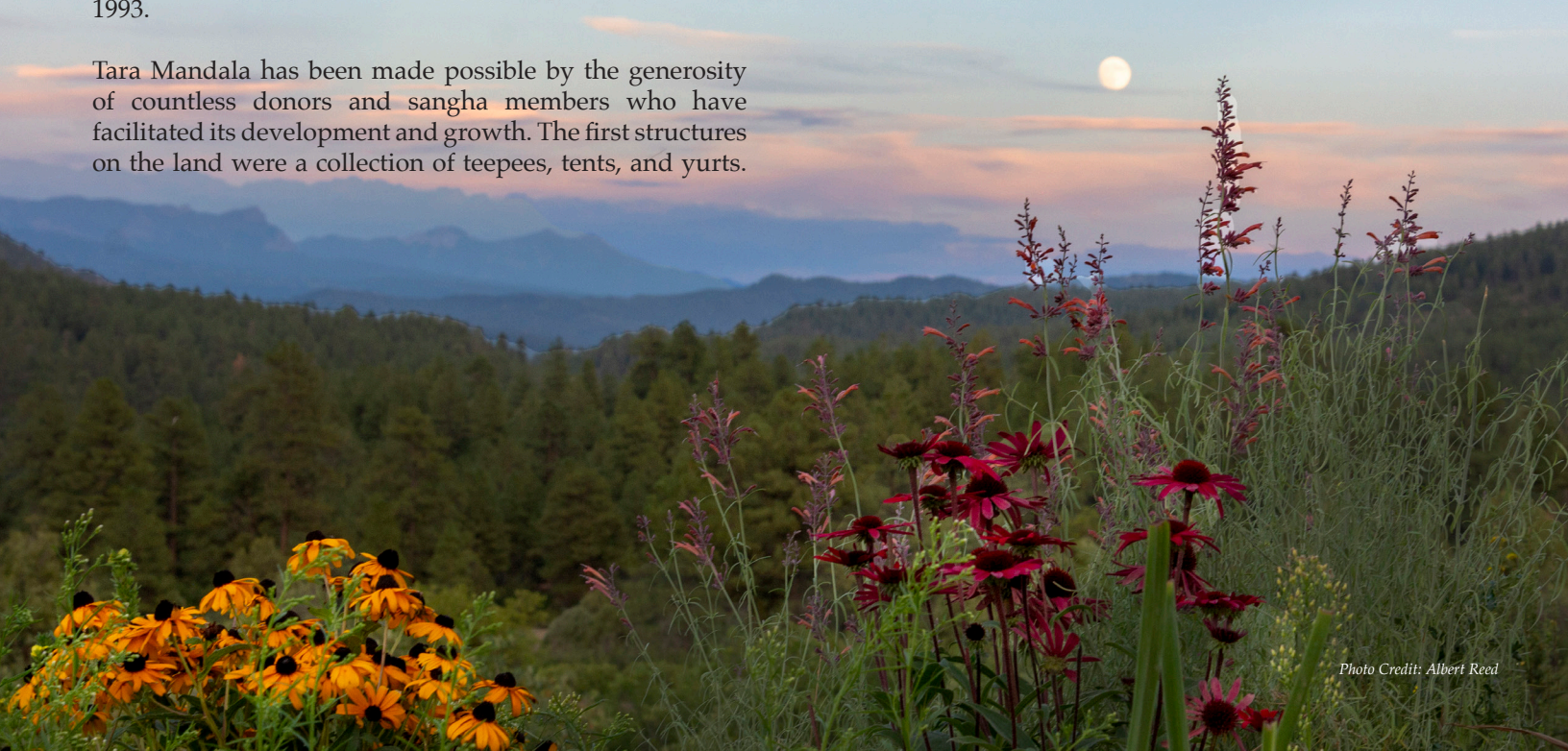
Tara Mandala has been made possible by the generosity of countless donors and sangha members who have facilitated its development and growth. The first structures on the land were a collection of teepees, tents, and yurts.

After ten years, the Community Building opened its doors in 2005. Prajna Residence Hall followed in 2007, as well as three solitary retreat cabins. In 2007, work for the 12,000 square-foot, three-story temple and library began. The first practice in the temple took place during the winter solstice in 2008, on the third floor because the rest of the temple had not yet been completed. A spherical rainbow appeared over the temple on that day.

Over the next few years, the 21 Tara statues for the temple were completed by Bijaya Shakya of Bodhi Arts in Kathmandu, Nepal. Tulku Sang-Ngag Rinpoche subsequently proclaimed these to be the most beautiful statues of Tara in the world. Lama Gyurme Rabgye has provided unparalleled artistic direction with Lama Tsultrim each step of the way. Tara Mandala also has an extensive library, containing the Tibetan editions of the Sutras and Tantras, as well as many Tibetan and English Buddhist texts, among others.

Tara Mandala Retreat Center has been recognized as a Né (Tib. gnas) or power place by several Lamas. One Tibetan Lama saw the land in a vision as the body of Tara and predicted that many yogins would reach rainbow body on the land.

Today Tara Mandala Retreat Center is known as a power place for meditation practice, teachings, and deep retreat. As an organization, Tara Mandala has moved forward to take its seat amongst innovative yet traditional international communities in the west. This is due to the dedication of Lama Tsultrim, David Petit, Authorized and Apprentice Teachers, current and former members of the Board of Trustees, the growing international community, and the many staff and volunteers.



A Reflection from Lama Tsultrim Allione

Dear friends,

It's amazing to realize that Tara Mandala is in its 25th year. And this makes it a good time for some reflection. I remember in the early years we used the metaphor of a child growing up to talk about the development of the organization, like when we were in the "terrible twos" and the "fabulous five" years. Now that we are twenty-five, we are a young adult organization on its way to maturity. So personally, as a "parent" I feel I can step back and take some time for myself. I have decided to spend most of this year on sabbatical, coming out to teach at Tara Mandala, but not traveling to teach. I long to rest my gaze on the vast, radiant blue sky.

Two and a half decades ago on September 18, 1993, Dave and I came to "the land" at the end of a family trip celebrating my parents' 50th anniversary. My sister had recommended Pagosa Springs as a power place with large hot springs, so we decided to check it out on our way to look at some other land to the west of Durango, Colorado. We drove southwest of town on Trujillo Road, following the San Juan River, and took a right on Burns Canyon Road. And then I noticed two familiar looking hills on the right side of the road that takes you up to the land. In the spring of that year, while envisioning the whereabouts of the retreat land I was looking for, I had seen these small mountains with striated rock cliffs in a vision. They were the first clue. As we continued up the canyon, winding through the S-curves and emerging into open meadows, ahead I spotted a breast-shaped mountain, anatomically perfect and standing on its own. And as I was looking at this bare, round mountain in front of me, my heart skipped a beat.

This was the mountain that I would eventually name Ekajati Peak after the Dzogchen protectress, Ekajati, who has one breast. Having done research in Europe about sacred places of the feminine, I knew there was a kind of "temple in landscape" found in Scotland and Greece where the goddess' body is in the landscape itself. And here was the body of the goddess in the Colorado landscape.

When we got to the land there were no roads, so we parked in the meadow at the edge of Burns Canyon Road. It was a quintessentially perfect late September day in Colorado—when the sky is deep blue, it is still warm but the heat of summer is gone, and the small groves of Gambel oak trees blaze burnt orange and brick red in their autumn splendor.

A few tall Ponderosa pines stretched toward the sky in the rolling meadows leading up to the peak. At the very moment we got out of the car, a Golden Eagle rose out of the Ponderosa pine just to the left of where our current driveway enters the land. It circled us three times and then flew toward the breast-shaped peak. Later in October that year, when we came back to the land with Ute healer Richard Running Deer, he found an eagle feather on Ekajati Peak and gave it to me for ceremonial use. I still have that sacred eagle feather today and sometimes use it in ceremonies.

As Dave and I walked onto the land, we were drawn to climb the breast-shaped peak. There was no path, and so we bushwhacked our way to the top with the realtor panting behind us. When we emerged from the oaks onto the top of the breast, I looked around, and I knew this was our land. The property itself forms a mandala with the peak in the middle and four valleys extending out in the four directions. I had found my way to Tibetan Buddhism as a teenager through discovering the Tibetan mandala, so to find land that formed a mandala struck me as extremely auspicious. Most pieces of land are just that, a "piece of property." But this land was a domain in itself, a mandala. I turned to Dave and said, "This is it." We never looked at the land past Durango. I knew we had found our home.

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To try to talk about what happened since we found the land is challenging, but perhaps the analogy of the mandala moving from formlessness to form, outwardly and inwardly, is the best way to describe what happened next. It all passes in front of me as I write—the years of camping, the outdoor kitchen where our horses would get into the oatmeal, living in a teepee and then a small yurt, Dave putting up the first yurt, which became our temple for fifteen years, and the ceremonies with the neighboring Ute tribe elder Bertha Grove. I see the all-night practice in the yurt at Tibetan New Year, and remember coming out at dawn to thirty-two elk lined up on top of the nearby hills staring at us. There were amazing retreats with visiting teachers and many people who came to help. We managed to build a stupa with the rocks from the land, and consecrated it with Chogyal Namkhai Norbu on 9.9.99. As we sounded the first long AH at the beginning of the ceremony, a pair of red-tailed hawks flew above, locked talons, and rolled straight down over the stupa in a courtship display. It was a beautiful symbol of the union of male and female.

After ten years with no solid walls, only canvas yurts, tents, and teepees, we had paid off the 700 acres of land and were ready to launch a capital campaign for buildings. It was a great success, and the build-out happened from 2005-2009. First the Community Building was finished in 2005, then Prajna Residence Hall was completed in 2007, and finally the crown jewel, our three-story mandala Tara Temple, was built between 2007 and 2009. It sits on a perfect site according to Tibetan geomancy, facing the opening in the canyon to the east.

For the temple, we brought three skilled woodworkers from Bhutan who carved the designs of the extraordinary artist Lama Gyurme Rabgye, creating door frames, columns, corbels, tables, and beds, while Lama Gyurme painted all of his designs. So many interdependent factors came together to build the temple: the vision, the architect Courtney King, the artisans, the construction workers, and the blessings. When I am in the temple I feel the walls are woven with the love of everyone who gave so generously to Tara Mandala.

Meanwhile, my children grew up and began getting married



Photo Credit: Tara Mandala Archives

and starting their own families. Then in 2007, while traveling with a group in Tibet at the monastery of Machig Labdrön, I was recognized by the resident lama as an emanation of Machig Labdrön, the eleventh-century woman whose teaching I had focused on for most of my life. My second book, *Feeding Your Demons*, was published in 2008 and led to the development of Kapala Training and Magyu: the Mother Lineage, combining Machig's oral tradition with the teachings I have developed in this life. And, just as the temple was completed in 2009, Tulku Sang-ngag Rinpoche came to Tara Mandala and offered Do Khyentse Yeshe Dorje's profound teachings of the Dzinpa Rangdröl (Self Liberation of Clinging). The teachings are a terma (rediscovered treasure) cycle in the lineage of Machig Labdrön, which Rinpoche received from his teacher Dilgo Khyentse Rinpoche. Later, in 2013, we established the Gateway program which offers the full Dzinpa Rangdröl cycle of teachings over a ten-year period for the dedicated lay practitioner.

So over the years Dave and I gave birth to Tara Mandala. It was hard work with long hours and challenging obstacles, but also with many magical blessings. We had some special moments standing together on the second floor porch of the temple, arms around each other, looking out over the small village of Tara Mandala and saying, "We did it."
(cont'd. from page 4)

Photo Credit (background image): Laurie Pearce Bauer

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Wisdom Rising book launch at Kripalu, MA, 2018.

Photo Credit: Sharon Laframboise



Photo Credit: Matt Camella

LETTER FROM THE EXECUTIVE DIRECTOR, JOANNE BRION

Dear Sangha,

First, welcome to Tara Mandala as we celebrate our 25th anniversary as an International Buddhist Community!

I am writing from our beloved 700-acre retreat center in the midst of the San Juan Mountains, Colorado, as fall turns to winter and the land is covered with a blanket of fresh snow. It has been a tremendous year of expansion, change, and birth with the launching of a new book, new programs, and new and robust growth initiatives.

I am deeply grateful for the opportunity to serve as executive director of Tara Mandala. My love for our community has grown immensely—the opportunity to practice the Dharma while nurturing an organization with such global impact is a lifelong dream come true. Lama Tsultrim and the authorized teachers inspire me tremendously. Our work with the Diversity, Inclusion and Equity Council resonates deeply in my heart and I'm so happy to be at a place that recognizes the work that needs to be done in this area. Our Evada and Diversity Scholarship Funds also help to make the Dharma affordable to many. Our efforts to connect more with our worldwide Sangha through the internet have expanded with our new online programs and webcasts. For the first time in my Dharma life, my devotion and voice are heard and are being of benefit.

Lama Tsultrim and the Board of Trustees' vision for Tara Mandala and the empowered feminine is flourishing. Lama Tsultrim's new book, *Wisdom Rising: Journey into the Mandala of the Empowered Feminine*, was published last May, and she has been touring the US and Europe, bringing Tara Mandala and her vision to the world first-hand.

Along with the book, we have launched our "Wisdom Rising Online Course" as part of the beautifully redesigned Tara Mandala website, under the creative vision of our outgoing board president, Bridget Bailey. Visit our beautiful new site at taramandala.org!

I want to extend my greatest expression of appreciation to our staff and volunteers for producing an extraordinary 2018 retreat season. We have many wonderful retreats scheduled for 2019, and we are exploring new ways to enhance and energize the Living Dharma Study and Practice Program.

The David Petit Sustainability Fund continues to grow and be a major focus of the board and executive team. We plan to gradually grow this fund with socially responsible investments over the coming years. So far, we have raised \$2 million and we plan to expand this fund through donations and estate planning for the long term sustainability of Tara Mandala. This fund will continue the legacy of Lama Tsultrim Allione to make Buddhism accessible and practical in today's world, as well as honoring the Tibetan Buddhist tradition.

As we move into our 25th year, the board and I will be focusing on several initiatives such as expanding our Legacy Circle and contributions to our Endowment Fund, establishing a new Capital Replacement and Expansion Fund, and increasing our reach in the world to inspire people to connect with both the divine feminine and masculine within themselves and the world.

There are so many inspiring changes happening at Tara Mandala, all made possible by your continued belief, participation, and support of our organization. On behalf of the entire Tara Mandala community, I offer you our gratitude and love for being part of our family.

If you would like to be involved in these exciting aspects of Tara Mandala, let me know! I can be reached at joanne@taramandala.org.

With enthusiasm,

Joanne Brion, Executive Director

TABLE OF CONTENTS

Celebrating 25 Years	2
Reflection from Lama Tsultrim Allione	3
Letter from the Executive Director	5
Tara Mandala Through the Years	6
Vision, Mission and Values	10
Wisdom Rising Dialogue Series	11
Mandala Training & Feeding Your Demons® Programs	12
Magyu: The Mother Lineage	13
Gateway Program	14
Open Houses & Intro to Meditation	15
Our Offerings	16
2019 Retreats	18
Information	30
Teacher Biographies	32
Authorized Teachers	37
Staying Connected & Global Satellite Sanghas	38
Special Thanks & Help Tara Mandala Thrive	40
Reflections from the Tara Mandala® Board	41
Recipes from the Tara Mandala® Kitchen	43

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Front Cover Photo: View of a double rainbow appearing over Tara Mandala from Costanzo Allione's Dragon's Nest Cabin.

Front Cover Photo Credit: Michele Tanaka

TARA MANDALA *through the years...*



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10

1. The day they found the land, Lama Tsultrim and David Petit, September 18, 1993.

2. Construction of first Yurt - David Petit working on the rafters, 1994

3. Richard Running Deer & David Petit by

first yurt ("Old Gompa"), 1994

4. Outdoor Kitchen through the horses ears, 1995

5. Lama Tsultrim, David Petit and Costanzo Allione, 1994

6. Sangha members walking on path to

teepee upper meadow, 1994

7. Tsoknyi Rinpoche, during the first teaching on the land, with Richard Running Deer, Lama Tsultrim and David Petit, 1994

8. Sang offering on top of Ekajati Peak, 1994

CELEBRATING 25 YEARS



11. Lama Tsultrim and David Petit, placing treasure vases in the foundation of the Stupa, 1996

12. Lama Tsultrim and Ute Elder Bertha Grove, during construction of the Stupa, 1996

13. Completed Stupa, 1999

14. Construction of first retreat cabin, 1995

15. Family Retreat, 1996

16. Lama Tsultrim teaching in the Old Gumpa, 1997

17. Adzom Paylo Rinpoche and Jetsunma Khachö Wangmo visiting with Lama

Tsultrim's family, 2002

18. Completed Community Building, 2005

19. Prajña Residence Hall under construction, 2007

20. Tulku Sang-ngag Rinpoche and Lama Gyurme Rabgye at Tara Shrine, 2008

TARA MANDALA *through the years...*



21. Recognition moment at Machig Labdrön's monastery, Zangri Khamar, Tibet, 2007

22. Procession during Lama Tsultrim's recognition as an emanation of Machig Labdrön in Tibet, 2007

23. At Zangri Khamar with Karma Dorje

Rinpoche, 2007

24. Tara Temple under construction, 2008

25. Lama Tsultrim and Lama Wangdu during a winter Sang Offering, 2008

26. Tara Temple under construction, 2008

27. Bhutanese carvers working on columns

inside the temple, 2008

28. Bhutanese carver working on a panel, 2008

29. Lama Gyurme Rabgye painting a panel for the Tara Temple, 2009

30. Completed Tara Temple, 2009

CELEBRATING 25 YEARS



31



35



38



32



36



39



33



40



34



37



41

- 31. First White Dakini Drubchen, 2009
- 32. Cremation ceremony for David Petit, 2010
- 33. Ceremony at David's Tsakang Memorial, 2011
- 34. Chogyal Namkhai Norbu Rinpoche

- visits Tara Mandala, 2013
- 35. Enthronement of Dorje Lopön Chandra Easton, 2015
- 36. With Tulku Sang-ngag Rinpoche, 2015
- 37. Enthronement of Magyu Lopön Charlotte Rotterdam, 2016

- 38. First International Chöd & Zhije Conference, 2017
- 39. Pema Chödrön visit, 2017
- 40. Jetsunma Tenzin Palmo visit, 2018
- 41. Lama Tsultrim and her family during her Birthday Celebration, 2018

TARA MANDALA® RETREAT CENTER

VAST VIEW · OPEN HEART

The Mandala of Tara is a symbolic template for the awakening of the compassionate heart through the manifestation of Tara, the female Buddha of compassion.

MISSION

Tara Mandala is an international Buddhist organization led by Lama Tsultrim Allione, based at Tara Mandala Retreat Center in Pagosa Springs, Colorado. Its mission is to benefit all beings through teachings leading to the development of wisdom and compassion, with a primary focus on the lineage of the 11th century Tibetan woman teacher, Machig Labdrön. Her teachings offer the revolutionary paradigm of feeding not fighting, which has applications in both personal and collective arenas.

VISION

We envision Tara Mandala generating a global network of meditation centers and sanghas practicing the lineage of Machig Labdrön for the benefit of all beings, using both ancient Tibetan teachings and modern adaptations of these methods.

Tara Mandala is a vibrant international Buddhist Community with its hub at the 700-acre retreat center in Pagosa Springs, Colorado where both group and solitary retreat facilities are available. We maintain and steward Tara Mandala Retreat Center with careful attention to the spirits of the land and its preservation for future generations. We offer a complete path to realization anchored in Machig Labdrön's lineage with opportunities for both deep retreat and practice in the world.

ORGANIZATIONAL VALUES

- We recognize the sacredness of all life
- We recognize there is an imbalance in the world creating the current state of ecological and political emergency
- We believe the re-emergence of the sacred feminine through spiritual and social development is key to healing this imbalance leading to partnership between masculine and feminine, in a more balanced and compassionate world
- We support a just and equitable world
- We cut through our hopes and fears by feeding not fighting our demons and thus transforming obstacles into allies
- We see all that arises as a potential path to awakening
- We know compassion is the recognition of interdependence and act accordingly

WISDOM RISING DIALOGUE SERIES

AUGUST 16-18, 2019



Photo Credit: J. Brownlee

FOSTERING ENLIGHTENED LEADERSHIP AND POWER ON THE BUDDHIST PATH AND IN THE WORLD

Whether we look at the recent painful events that have transpired within individual Buddhist communities around sexual assault and misuse of power, or simply observe the results of old patterns of “command and control” currently used in places of leadership in our own communities, it is clear that dialogue is needed both to uncover the ways in which unhealthy uses of power, privilege, and domination intersect and affect our daily lives. As Buddhist practitioners and as members of our local communities, how can we find tangible and practical solutions that can trigger positive change?

Inspired by the teachings of Lama Tsultrim Allione on the importance of bringing the wisdom of the empowered and enlightened feminine into every aspect of our lives, the Wisdom Rising Dialogue Series offers an opportunity to reflect, interact, and engage in transformative discussions to awaken a new collective narrative that can advance positive change in our communities and societies.

As we mark our 25th Anniversary, we offer the first of a five-year series of gatherings where inspiring guest panelists will share their voice, vision, and wisdom in a weekend of constructive and supportive dialogue centered around a key subject of relevance to our communities in the West. In 2019, we will focus on leadership and power, asking questions such as:

- What is the biggest challenge we face as we think of leadership and the use of power?
- How can we provide a safe environment in our communities so that power is informed by wisdom and compassion?

- What practical tools and guidance can we use to recognize the boundaries that can be created to foster healthy connections with leaders, teachers, and guides?
- How can we as individuals identify problems, provide support and guidance, and prevent misuse of power by those in leadership roles?
- And, how can we strive to be enlightened leaders using power coupled with wisdom and compassion?

We hope to inspire panelists and participants to:

- Articulate and identify core challenges that we face as a broad Western Buddhist community and society.
- Engage in recognizing the source of encumbered states, patterns, and systems that affect our communities.
- Uncover and sketch a set of practices, tools, and plans that can advance positive, transformative change in our individual lives and in our broader communities.
- Above all, collaborate, and commit to create a shift from old paradigms and advance enlightened, inclusive, and compassionate ideas and patterns of collective engagement in our world.

This weekend of dialogue will include panel sessions, small group activities, and participant involvement. Every morning we will begin with a guided mindfulness meditation practice before centering our attention on this important and timely subject.

Refer to page 26 for registration information or visit www.taramandala.org.

OUR WISDOM RISING PANELISTS FOR 2019 INCLUDE:

Lama Willa Miller



Lama Rod Owens



Acarya Malcolm Smith



Karla Jackson-Brewer



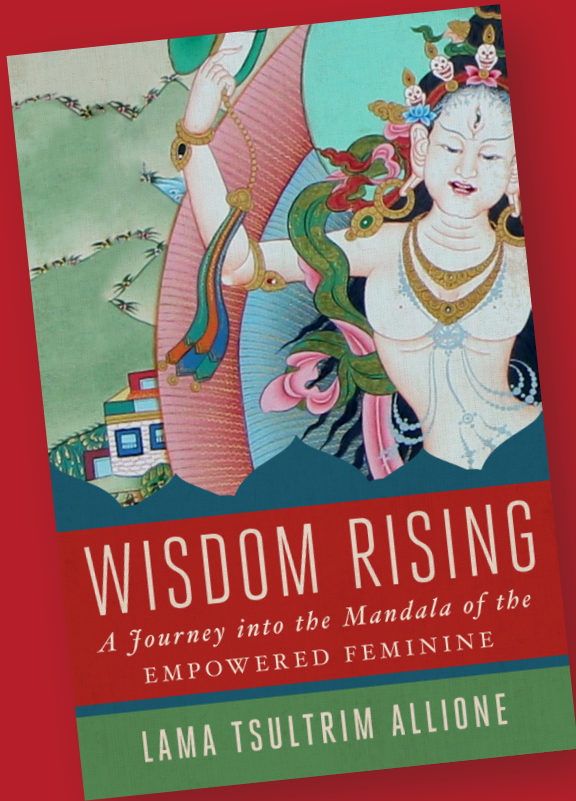
Eve Ekman



MacAndrew Jack



WISDOM RISING MANDALA TRAINING PROGRAM



The Wisdom Rising Mandala Training Program offers an exploration into the ancient Buddhist template of the mandala as it applies to our inner path of transformation and our outer experience in the world. As a sacred geography, the mandala creates the framework to move from fragmentation to wholeness. In the Mandala Trainings, you will learn a contemporary application of the mandala practice and principles, including how to transform encumbered emotional patterns, such as ignorance, anger, and craving, into wisdom through meditation, sound, art, movement, and the five elements. You will learn about the Five Buddha Families—Vajra, Ratna, Padma, Buddha, and Karma—and will also have an opportunity to focus on each of these families in-depth during each retreat. This is an experiential program exploring the divine feminine and masculine, as well as the union of both feminine and masculine aspects of our psyche.

Although the practices shared in these trainings are based in Tibetan Buddhism, they are accessible to people of any faith or gender identity. For those interested in mindfulness, this work offers a path to a deeper and more embodied spiritual practice. For those long immersed in Buddhism, it provides rich, new insights into familiar concepts. The Mandala Training Program is situated within the broader Magyu Lineage as a focused training to deepen and develop the mandala work; however it may also be practiced independently. There are three levels of the Mandala Training. At each level there will be assignments and prerequisites in order to move to the next level.

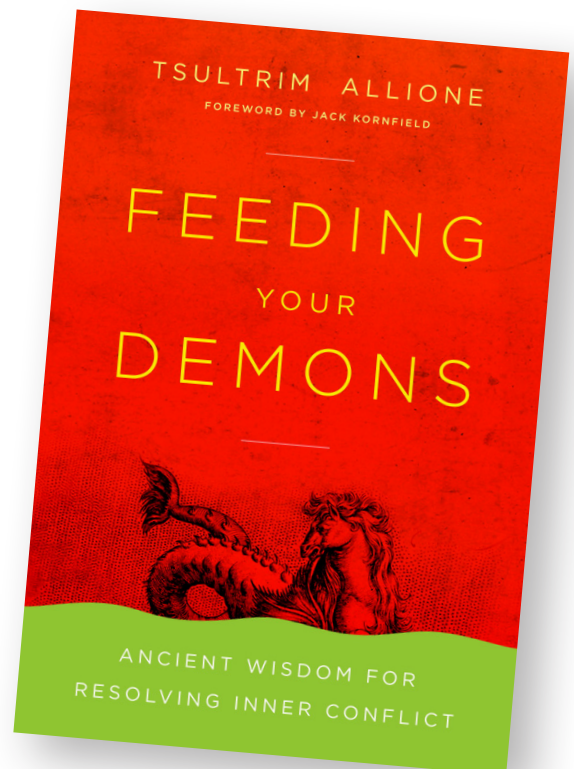
For more information visit www.taramandala.org/programs/.

FEEDING YOUR DEMONS®

Lama Tsultrim Allione distilled the teachings and practice of the 11th-century Tibetan yogini Machig Labdrön for the Western practitioner for the first time in her book *Feeding Your Demons: Ancient Wisdom for Resolving Inner Conflict* (Little Brown Co. 2008). In it, Lama Tsultrim outlines an accessible and effective approach for dealing with negative emotions, fears, illnesses, and self-defeating patterns. She explains how when we fight our demons they grow stronger. If we feed and nurture them, however, we can free ourselves from the battle. Through the clearly articulated practice outlined in *Feeding Your Demons®*, we can learn to overcome any obstacle and achieve freedom and inner peace.

Feeding Your Demons® has benefited thousands worldwide, with practitioners from every walk of life on five continents. The work transcends spiritual constructs, serving as a meaningful tool for anyone, regardless of religious affiliation or personal philosophy. Two training tracks currently exist for anyone who wishes to work deeply with their own “demons” through contemplative practice: the Kapala Training Program and the *Feeding Your Demons®* Online Program.

Learn more by visiting www.taramandala.org/programs/feeding-your-demons/.





Machig Labdrön's Lineage - Mother Lineage on right, Father Lineage on left

MAGYU: THE MOTHER LINEAGE

INTRODUCTION

The 11th century teacher Machig Labdrön developed several lineages during her lifetime, including one called Magyu, the Mother Lineage. This lineage was unique to her as many of the practices came through her meditation experiences with direct transmissions from deities. Both men and women held these lineages. Machig's second son, Tönyöm Samdrub, was the main lineage holder of her Mother Lineage. At Tara Mandala, Lama Tsultrim Allione has been inspired to follow this model by introducing Magyu: the Mother Lineage Program.

Magyu has an open structure; students work their way through the retreats and practice commitments according to their own timing. This allows flexibility for having a baby, an illness, or some other life-changing situation. This open, flexible structure also allows those with available time to move ahead more quickly. You may join the Magyu path at anytime, once you have completed the application process and have been accepted. Magyu offers a living connection with a supportive Magyu sangha of practitioners which has its own Facebook page, regular video conference calls and webcasts, and a personal spiritual mentor (Kalyanamitra) to guide the path of practice.

To learn more about the Magyu Program, please visit www.taramandala.org/programs/magyu-the-mother-lineage/

MAGYU UPDATE

This is a vibrant time for the Magyu program and community. The spring publication of *Wisdom Rising: Journey into the Mandala of the Empowered Feminine*, introduced many new people to Lama Tsultrim's teachings, to Tara Mandala, and to the Magyu path. Some new Magyu participants are entering Dharma study and practice for the first time; others bring with them decades of previous experience. This creates a rich and diverse community of practitioners who share a vision and commitment to bring wisdom and compassion to bear in their personal lives and in our world today.

The Magyu path is deeply rooted in ancient tradition and is a living lineage that continues to grow and flourish with Lama Tsultrim's ongoing teachings and transmissions. This coming year Lama Tsultrim will be teaching Kapala Training Level IV for the first time. This is a much anticipated offering which deepens engagement with Machig Labdrön's stream and Lama Tsultrim's vision. Also new are the Mandala Trainings which offer deeper exploration into the mandala practices through transformational personal work that allows for an integration of spiritual practice and other aspects of our lives. To learn more, see page 12.

The Magyu Path is designed as a mandala journey with numerous paths of entry and a vibrant center which continues to deepen and unfold. We're looking forward to the year ahead which adds these fresh dimensions and possibilities for new and seasoned practitioners alike. As always, we make the aspiration that our individual and community paths of practice may be of benefit to all.



GATEWAY PROGRAM

A Study & Practice Program for the Dedicated Practitioner in the Terma Cycle of Dzinpa Rangdröl “Self Liberation of Clinging” from Do Khyentse Yeshe Dorje

Established at Tara Mandala by Tulku Sang-ngag Rinpoche and Lama Tsultrim in 2013, the focus of the Gateway program is the Dzinpa Rangdröl (Self Liberation of Clinging) terma cycle of teachings that Machig Labdrön and Padampa Sangye revealed to Do Khyentse Yeshe Dorje (1800-1866). It is an extremely unique lineage as it combines the teachings of Machig Labdrön with the Dzogchen (Great Perfection) teachings. Among the many precious practices this cycle contains are the Preliminaries (Ngöndro), three Chöd practices, the White Dakini (Tsogyel Karmo) and Tröma (two deities, or yidams, connected to Chöd), Tsalung, Rushen, and the Trekchö and Tögal teachings that are unique to Dzogchen.

At present, the three Gateway cohorts (Completes, Garudas, and Tigers) are progressing along their path of practice. We are focusing on these three cohorts and will not begin another

next year. However, if someone has already done another Ngöndro and wishes to join the Tigers, they could complete ten percent of the Dzinpa Rangdröl Ngöndro and then join in the summer of 2019. Or, if someone wants to start the Dzinpa Rangdröl Ngöndro and go at their own pace, they may do this as well. In either case they should contact the Tara Mandala Registrar at registrar@taramandala.org to set up an interview with Dorje Lopön Chandra Easton.

To learn more about the Gateway Program, please visit www.taramandala.org/programs/gateway-program/.



2019 OPEN HOUSES & INTRO TO MEDITATION

May 11 | June 29 | August 31 | September 21



Photo Credit: J. Brownlee

OPEN HOUSES

Tara Mandala is open to the public several times each year. You are welcome to join us for a guided tour of our beautiful Retreat Center and Tara Temple. This tour includes a history of Tara Mandala, as well as teachings on how the Tara Temple is a representation of the mandala structure (sacred diagram), each direction representing one of the Buddha Families. The daylong tour also includes a vegetarian buffet lunch, an introduction to meditation, and time for Q&A.

There is no charge, but online registration is required. You can reserve your place for the Open House, Intro to Meditation Class, or the full day on the Programs page at www.taramandala.org.

Visiting at other times is by appointment only. Please contact us if you have any questions at (970) 731-3711 ext. 108 or by email at registrar@taramandala.org.

INTRO TO MEDITATION

Meditation has been scientifically proven to boost the immune system, lower blood pressure, relieve depression, increase productivity, and promote creative thinking. Mindfulness, which has its roots in the teachings of the Buddha, has hit the mainstream. Now seems like a good time to check it out, right?

Through sitting and walking meditations, short talks, and time for sharing and discussion, this afternoon class will introduce you to the basics of Buddhist meditation. You do not need to be a Buddhist to attend or to derive great benefit from this afternoon. This course is suitable for all levels, from complete beginners to experienced practitioners.

Classes will be taught by a Tara Mandala Authorized or Apprentice Teacher. Classes are free, but if you would like to offer the teacher a donation (dana), you may do so with cash or check (made payable to the teacher). Optional suggested donation is a sliding scale of \$5 - \$20. For more information on dana, see page 30.

SCHEDULE:

9:30am – Check-in

10:00pm - 1:00pm – Open House and Guided Tour

1:00 - 1:45pm – Lunch

2:30 - 5:00pm – Intro to Meditation

RESERVATIONS:

See our Calendar at www.taramandala.org, and select Introductory Retreats.



Photo Credit: Deborah Howe

OUR OFFERINGS



Photo Credit: Laurie Pearce Bauer

WHERE TO BEGIN

Tara Mandala offers a variety of retreats, teachings, and trainings in Buddhist practices catering to all levels of practitioners, from the brand new beginner to the seasoned practitioner.

When you browse our retreat descriptions starting on page 18, please note the special designations in each retreat description. These will inform you if the retreat is open to all or if it has prerequisites.

Visit the Where to Start page in our website for guidance on basic practices and information on where to begin.

RESIDENTIAL RETREATS

Residential retreats offer the opportunity to dive deeply into meditation practice and study in a caring group environment. Silence is often observed during all or part of a retreat as a way to potentize the alchemy of practice. Retreats are led by Lama Tsultrim Allione, Tara Mandala Authorized Teachers, or guest teachers that are well-known and respected in our broader community.

Information on our 2019 Residential Retreats can be found starting on page 18, and online.

ONLINE PROGRAMS

If you cannot come to Tara Mandala, we will come to you! The mission of our online programs is to offer greater access to Buddhist study and practice for people around the world, whether you are new to Buddhism or have been practicing for decades. Topics include introduction to Buddhism, Feeding Your Demons®, Wisdom Rising, Chöd, Green Tara, Intimate Dialogues with Lama Tsultrim and special guests, and more.

PERSONAL RETREATS AT PRAJNA RESIDENCE HALL

From October to April, Prajna Residence Hall is open for personal retreats, pending availability around group retreats. This is a great opportunity to do a personal retreat in a supported and comfortable environment.

SOLITARY RETREAT CABINS

Retreat cabins at Tara Mandala provide a rare and precious opportunity to be completely secluded in a remote mountain setting. All of our cabins are well suited for year-round practice, as they are completely insulated and have small wood-burning stoves. Come put your study into practice in one of our beautiful cabins!



LEARN THROUGH SERVICE

Join Tara Mandala as part of our Living Dharma Program or through our new Extended Karma Yoga Program. Participants of these programs support Tara Mandala's operations through compassionate service, helping to fulfill its mission and make a difference in the world.

LIVING DHARMA PROGRAM - SERVICE, STUDY & PRACTICE

The Living Dharma Program is an opportunity for those who long to imbue their life with practice and service. At Tara Mandala, service, called karma yoga, is an essential part of our practice, and we recognize that our development on the path relies on our capacity to grow and practice in community.

If you would like to study and practice the Dharma in community, engage in daily meditation practice, and bring your Dharma practice off the cushion and into your life, we welcome you to apply! The Living Dharma Program is evolving in 2019, so please check out our website for program updates and details about the application process.

EXTENDED KARMA YOGA PROGRAM - A NEW TARA MANDALA OFFERING!

We understand that committing to a retreat can be challenging. With the Extended Karma Yoga Program, we hope to make retreat a possibility for individuals who would like to contribute to Tara Mandala's dharma activities through service (karma yoga) while also attending retreats and receiving teachings. The program offers 50% off any retreat in exchange for five hours of work per day during the retreat.

TARA MANDALA® LIBRARY

The Tara Mandala Library offers a wealth of literature and houses a collection of roughly 2,413 books in English, Tibetan, and many other languages. Our library is home to the Tibetan Buddhist Canon (Kangyur and Tengyur) which is one of the most important canons of Buddhist literature in the world. Our collection specializes in books and texts on the 11th century teacher Machig Labdrön, the founder of Chöd (Severance), and the Nyingma school of Tibetan Buddhism. In addition, you will find many English texts on Christianity, Hinduism, Judaism, Western Psychology, Yoga, and others traditions for comparative studies. Anyone may become a member of our library and access our catalog.

TARA MANDALA® DAKINI STORE

The Tara Mandala Dakini Store offers a variety of treasures and ritual items to support Buddhist practice and study including a unique selection of books, clothing, and jewelry, as well as handmade ritual implements and beautifully crafted shrine items such as Chöd drums, thangkas, statues, and deity art. To place an order, visit our online store at shop.taramandala.org. You can also email bookstore@taramandala.org or call (970) 731-3711 x103.



Visit www.taramandala.org to learn more.

2019 RETREATS

Register at www.taramandala.org
Find teacher bios on page 32.



SPRING EQUINOX CELEBRATION

With Drubpön Lama Karma

March 23, 2019

OPEN TO ALL

We invite you to greet and celebrate the arrival of spring at Tara Mandala! Our celebration will begin with a morning teaching at Prayer Flag Ridge by Drubpön Lama Karma on the meaning and importance of the Tibetan Buddhist tradition of raising prayer flags. This will be followed by a Sang (fire offering ceremony) and the blessing of prayer flags. You will then be invited to hang your prayer flags imbued with your intentions, prayers, and affirmations at the ridge. The morning celebration will be followed by a community lunch, and a guided Shamatha meditation practice and brief teaching by Drubpön Lama Karma in the afternoon. For anyone who stays overnight, you will be invited to our evening Tsog celebration, a special feast offering ceremony, in the main temple shrine room.

There will be an opportunity to place dana in a designated box in the community dining room.



QUEEN OF GREAT BLISS WISDOM DAKINI & TWENTY-ONE TARAS (DRUPCHÖ) RETREAT

With Drubpön Lama Karma and
Lama Tsultrim Allione

April 11 - 20, 2019

OPEN TO ALL / MAGYU

The retreat will begin with an empowerment of the Queen of Great Bliss Yeshe Tsogyal Wisdom Dakini from the Longchen Nyingthig Dzogchen treasure cycle revealed by Jigme Lingpa (1729–1798). In this practice, we cultivate the ultimate primordial wisdom dakini from the perspectives of the practices of Maha, Anu, and Ati Yoga, which focus on the outer appearance of the deity, inner subtle energy and essences, and the secret nature of the mind. Thus, the entire pure universe of the hundred peaceful and wrathful Dzogchen deities arises within the primordial wisdom dakini Yeshe Tsogyal. With this as the basis for the retreat, we will then invoke the primordial wisdom aspects of each of the twenty-one Taras, three each day, over the course of the retreat. This will culminate in a great feast celebration (Tsog), in which we will seamlessly weave together all the blessings and power of the primordial wisdom dakinis and the twenty-one Taras into one mandala, and partake in the consecrated substances of accomplishment.

Retreat Fee, Lodging & Meals:

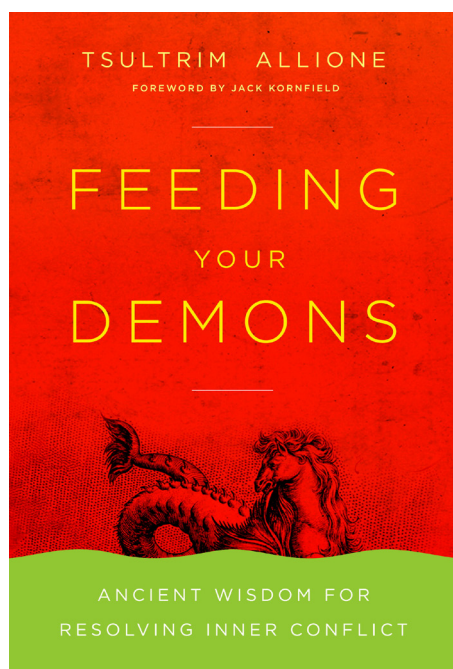
Day Event Only	\$40
Triple	\$108
Double	\$145
Queen Shared	\$175
Queen Single	\$245
Temple Camping	\$80

Suggested Dana \$25 - \$50

Retreat Fee, Lodging & Meals:

Dorm Yurt	\$900
Triple	\$980
Double	\$1,200
Queen Shared	\$1,600
Queen Single	\$2,000
Temple Camping & Commuting	\$700

Suggested Dana \$400 - \$500



FEEDING YOUR DEMONS®: Kapala Training Level I

With Lama Tsultrim Allione and
Lopön Chandra Easton

April 24 - 29, 2019

OPEN TO ALL / MAGYU

Inspired by the ancient practice of Chöd, Feeding Your Demons® is a five-step process created by Lama Tsultrim Allione that allows us to offer compassion and understanding to our own inner demons rather than engaging in battle and struggling with them. This process is of great benefit when working with a wide variety of personal demons and other dilemmas of modern life. The demon work will be balanced by the deep practice of Prajna Paramita, a "nature of mind" meditation practice. This training is the first step for licensed healing professionals who want to become certified to use this process professionally.



DANTOG CHIGMA: The Method for Accomplishment on One Seat

With Lama Tsultrim Allione, Lopön
Charlotte Rotterdam and Pieter
Oosthuizen

April 25 - 29, 2019

OPEN TO ALL / MAGYU

The profound practice of Dantog Chigma, "Liberation on One Seat," combines the melodic and rhythmic aspects of traditional Chöd with the visualization and mantra recitation of deity practice. It is the main sadhana practice within the Rinchen Trengwa, "Precious Garland," the collection of practices in Machig's Kama (oral) lineage compiled by Karmapa Rangjung Dorje and Karma Chakme. This specific practice was transmitted by Lama Tsering Wangdu at Tara Mandala in 2008, and is "at the absolute core of Machig's lineage" according to Lama Tsultrim Allione.



ESSENTIAL DZOGCHEN: A Retreat on Pegyal Lingpa's Collection of Spiritual Teachings on Selflessness

With Drubpön Lama Karma

May 3 - 8, 2019

WITH PREREQUISITES

Meditation is a path to uncovering our natural state; it helps us recognize the workability of even the most uncomfortable or unpleasant thoughts and emotions. Drubpön Lama Karma will give teachings on the text *Collection of Spiritual Teachings on Selflessness* composed by his master, Pegyal Lingpa, through his own pure vision. Celebrated for its comprehensiveness and depth, this 21-stanza text consists of teachings on the foundational practices all the way up to the highest view of Dzogchen (Great Perfection).

Prerequisites: Participants must have taken Refuge and received the Bodhicitta Vow in order to attend this retreat.

Retreat Fee, Lodging & Meals:

Dorm Yurt	\$588
Triple	\$648
Double	\$870
Queen Shared	\$1,050
Queen Single	\$1,470
Temple Camping	\$480

Suggested Dana \$240 - \$300

Retreat Fee, Lodging & Meals:

Dorm Yurt	\$490
Triple	\$540
Double	\$725
Queen Shared	\$875
Queen Single	\$1,225
Camping and Commuting	\$400

Suggested Dana \$200 - \$250

Retreat Fee, Lodging & Meals:

Dorm Yurt	\$588
Triple	\$648
Double	\$870
Queen Shared	\$1,050
Queen Single	\$1,470
Temple Camping	\$480

Suggested Dana \$240 - \$300



WISDOM RISING: Awakening the Empowered Feminine in Her Diverse Forms

With Karla Jackson-Brewer, Lopön Chandra Easton, Alejandra Siroka, and Ranjini George

May 3 - 8, 2019

OPEN TO ALL WHO IDENTIFY AS WOMEN

You have engaged in mindfulness practices and enjoyed a deep level of self-connection. Yet, it's difficult to apply your experiences on the cushion toward the current divisiveness, bigotry, and violence in our world. Come to this women's retreat to:

- Embody the wisdom of the Mandala of the Five Wisdom Dakinis
- Engage in healing conversations about shared power and acceptance.
- Compassionately uncover and share your own experience of confronting authority, race, privilege, and oppression.
- Transform obstacles in this process through Feeding Your Demons®.
- Unlock your creativity and learn ways to tell your story through journaling and generative writing.



SACRED TIBETAN ART RETREAT

With Lama Gyurme Rabgye

May 12 - 15, 2019

OPEN TO ALL

Tibetan master artist Lama Gyurme, who painted the beautiful murals in Tara Mandala's Trikaya Tara Temple, will teach the origin of Tibet's Sacred Art and give lessons on how to draw and paint Tibetan Thangkas as a beginner. He will demonstrate how to draw the Buddha and various Deities and how to properly use the paintbrush. He will also teach how to write the script for the precious Tara mantra. If time permits, he will explain how to make your own Thangka canvas, as well as the proper proportions for Stupas and mandalas. Lama Gyurme will also give an overview of consecration rituals for Thangkas.

All art supplies will be provided and are included in the retreat price.



SHAMATHA MEDITATION: Cultivating Meditative Quiescence

With Drubpön Lama Karma

May 12 - 15, 2019

OPEN TO ALL

On a daily basis, our minds run wild and fall victim to afflictive emotions, suffering, depression, laziness, and other negative thought patterns. In this retreat we will learn Shamatha meditation, the Buddhist practice of cultivating a mind imbued with clarity and concentration. This is done by practicing single-pointed meditation through mindfulness of breathing and other techniques such as concentration on a meditative object. We will do intensive practice of Shamatha to gradually bring our own minds under our control so that we may begin to tap into our highest potential in our spiritual practice and daily life.

Retreat Fee, Lodging & Meals:

Dorm Yurt	\$588
Triple	\$648
Double	\$870
Queen Shared	\$1,050
Queen Single	\$1,470
Temple Camping & Commuting	\$480

Suggested Dana \$240 - \$300

Retreat Fee, Lodging & Meals:

Dorm Yurt	\$392
Triple	\$432
Double	\$580
Queen Shared	\$700
Queen Single	\$980
Camping and Commuting	\$320

Suggested Dana \$160 - \$200

Retreat Fee, Lodging & Meals:

Dorm Yurt	\$392
Triple	\$432
Double	\$580
Queen Shared	\$700
Queen Single	\$980
Camping and Commuting	\$320

Suggested Dana \$160 - \$200



THE LION-HEADED DAKINI RETREAT (SIMHAMUKHA)

With Lama Tsultrim Allione, Lopön Charlotte, Miranda Shaw, and Ellen Booth Church

May 19 - 27, 2019

**WITH PREREQUISITES
MAGYU**

This retreat offers transmission and teachings on the Lion-Headed Dakini, Simhamukha, as well as on Lama Tsultrim's personal transformation work within the mandala. Simhamukha is known as a powerful remover of obstacles and as Queen of the Dakinis. This practice is a mind treasure given to Ayu Khandro when she was in dark retreat by the Queen of the Dakinis.

We will dedicate one day to each of the five mandala families. Lama Tsultrim's transformational personal work includes meditation practices, art, mask-making, sound, and movement. Scholar and author, Miranda Shaw, will teach on the history of women and goddesses in the Vajrayana tradition.



SHADOW YOGA RETREAT:

**Kartikeya Mandalam & Full
Practice Format**

With Lopön Chandra Easton and
Scott Blossom

May 23 - 27, 2019

WITH PREREQUISITES

Join us at Tara Mandala to refine your practice of all three of the Preludes Forms with a special emphasis on Kartikeya Mandalam. This advanced form consists of demanding stance and waist work, removes marma from the chest, shoulders, and neck and prepares the body for the primary seated asanas and inversions.

There will be two practices per day, in the early morning and evening, as well as midday time for study and discussion. To qualify for registration, it is required that you have learned the first two Preludes, Balakrama and Chaya Sanchalanam, and practiced them consistently. Please email Scott & Chandra to apply: shunyatayoga@gmail.com. Please indicate in your email a) what Shadow Yoga Preludes you have learned, b) with whom, and c) and when.



THREE YANA RETREAT

With Lama Tsultrim Allione, Lopön Chandra Easton, Lopön Charlotte Rotterdam, Karla Jackson-Brewer, Pieter Oosthuizen, and Polly Ryan

May 31 - June 27, 2019

**MAGYU | GATEWAY
OPEN TO ALL**

The Three Yana retreat will cover the historical and contemplative development of Buddhism involving a combination of meditation practice and daily teachings. During each section there will be noble silence and six hours of practice per day, as well as two hours of teachings by Tara Mandala Authorized Teachers. An optional oral exam will be given at the end of each retreat. Lodging and meals between each section of the retreat are included. Each Yana is also available as a separate retreat. We are sorry that we cannot accommodate children on the land during this retreat.

Retreat Fee, Lodging & Meals:

Dorm Yurt	\$810
Triple	\$882
Double	\$1,080
Queen Shared	\$1,440
Queen Single	\$1,800
Camping	\$630

Suggested Dana \$360 - \$450

Retreat Fee, Lodging & Meals:

Dorm Yurt	\$490
Triple	\$540
Double	\$725
Queen Shared	\$875
Queen Single	\$1,225
Tent and Temple Camping	\$400

Suggested Dana \$200 - \$250

Retreat Fee, Lodging & Meals:

Dorm Yurt	\$1,935
Triple	\$2,107
Double	\$2,580
Queen Shared	\$3,440
Queen Single	\$4,300
Camping	\$1,505

Suggested Dana \$860 - \$1,075



Photo Credit: Deborah Howe



Courtesy of Lama Tsultrim's private thangka collection



Photo Credit: Alan Kozlovski

SUTRAYANA:

The Journey of the Buddha

With Pieter Oosthuizen

May 31 - June 7, 2019

OPEN TO ALL

MAGYU | GATEWAY

Sutrayana looks deeply at the life of the Buddha and his teachings, including the Four Noble Truths, the Noble Eightfold Path, and the Twelve Links of Interdependent Origination. We will do intensive practice of Shamata (calm abiding) and walking meditation, and we will also learn about Buddhism through the life stories of the Buddha.

During the retreat there will be noble silence and six hours of practice per day as well as two hours of teachings. An optional oral exam will be given at the end of the retreat. We are sorry that we cannot accommodate children on the land during this retreat.

If you are attending the Mahayana retreat and wish to stay on the land between retreats, choose three extra nights. Extra night lodging is only an option for those taking two consecutive retreats.

WISDOM RISING MANDALA TRAINING LEVEL 1:

Meeting the Mandala of the Five Wisdom Dakinis

With Lama Tsultrim Allione and
Lopön Charlotte Rotterdam

May 31 - June 6, 2019

OPEN TO ALL

Experience transformation through the power of the mandala—a universal map for inner and outer balance, wholeness, and practical awakening. This training offers a journey into the Mandala of the Five Wisdom Dakinis, developed by Lama Tsultrim Allione to bring emotional transformation into alignment with the spiritual path. In this experiential retreat, you will have the opportunity to focus on one of the Five Dakini Families, explore your encumbered patterns more deeply and learn how to transform them into wisdom of that particular family. During the retreat there will be noble silence.

Note: This is the first step in the three Mandala Training Levels. The Mandala Trainings are situated within the Magyu Mother Lineage path yet may also be taken independently.

MAHAYANA:

Vast View, Open Heart

With Dorje Lopön Chandra Easton
and Polly Ryan

June 10 - 17, 2019

OPEN TO ALL

MAGYU | GATEWAY

This retreat will explore new developments that took place during the Mahayana period, such as the Prajñāparamita Sutra, Madhyamaka and Yogacara philosophies, Buddha Nature, and the greater emphasis on compassionate motivation. Meditations on Tonglen, the Four Immeasurables, and the Six Paramitas will also be taught. During the retreat there will be noble silence and six hours of practice per day, as well as two hours of teachings. An optional oral exam will be given at the end of the retreat. We are sorry that we cannot accommodate children on the land during this retreat.

If you are attending the Vajrayana retreat and wish to stay on the land between retreats, choose three extra nights. Extra night lodging is only an option for those taking two consecutive retreats.

Retreat Fee, Lodging & Meals:

Dorm Yurt	\$784
Triple	\$864
Double	\$1,160
Queen Shared	\$1,400
Queen Single	\$1,960
Camping	\$640

Suggested Dana \$320 - \$400

Retreat Fee, Lodging & Meals:

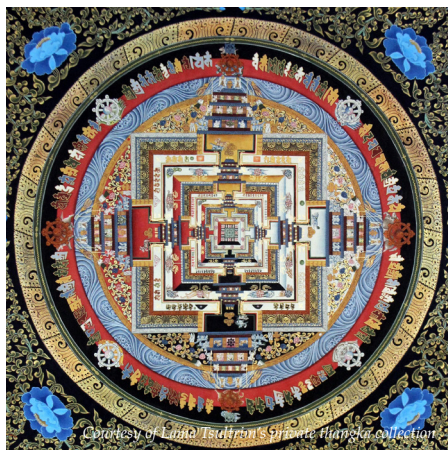
Dorm Yurt	\$686
Triple	\$756
Double	\$1,015
Queen Shared	\$1,225
Queen Single	\$1,715
Camping	\$560

Suggested Dana \$280 - \$350

Retreat Fee, Lodging & Meals:

Dorm Yurt	\$784
Triple	\$864
Double	\$1,160
Queen Shared	\$1,400
Queen Single	\$1,960
Camping	\$640

Suggested Dana \$320 - \$400



VAJRAYANA:

The Mandala Principle

With Lama Tsultrim Allione, Lopön Charlotte Rotterdam and Karla Jackson-Brewer

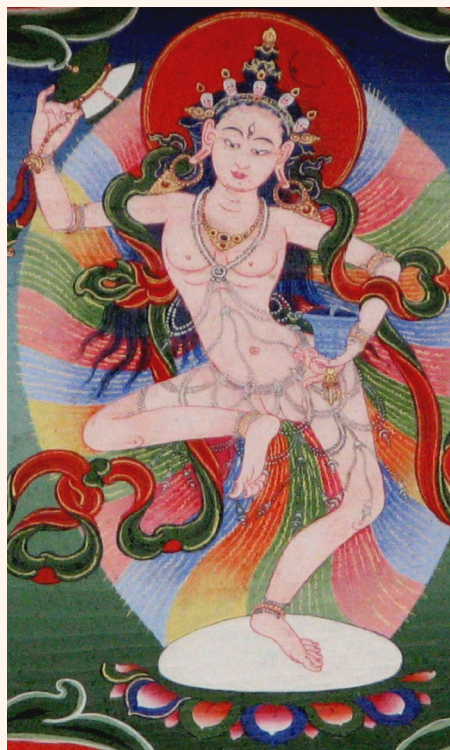
June 20 - 27, 2019

OPEN TO ALL

MAGYU | GATEWAY

In this retreat you will learn the historical and practical elements of the Vajrayana (Diamond Vehicle), including the mandala principle, dakinis, and deity yoga. You will be given teachings and transmissions for three meditation practices on the mandala developed by Lama Tsultrim: the Mandala of the Five Wisdom Dakinis, the Mandala of the Five Buddhas, and the Five Yab Yum Mandala.

There will be noble silence and six hours of practice per day as well as two hours of teachings. An optional oral exam will be given at the end of the retreat. We are sorry that we cannot accommodate children on the land during this retreat.



FEEDING YOUR DEMONS®:

Kapala Training Level IV

With Lama Tsultrim Allione

June 22 - 27, 2019

MAGYU

WITH PREREQUISITES

In Kapala Training Level 4, you will receive Machig's Direct Transmission from Lama Tsultrim, as well as the Movement practice and Five Elements Practice. During the retreat there will be noble silence.

This retreat has prerequisites. Please read the full description of the retreat on our website before registering.



TARA MANDALA TEACHERS' RETREAT

With Lama Tsultrim Allione

July 2 - 7, 2019

BY INVITATION ONLY

This retreat is for Tara Mandala Authorized and Apprentice Teachers, and is by invitation only.

NOTE: On Saturday, July 6, we will also celebrate the 25th Anniversary of Tara Mandala with Lama Tsultrim, Lama Karma, and others. The cost for attending this event is included in the registration for the retreat.

Retreat Fee, Lodging & Meals:

Dorm Yurt	\$784
Triple	\$864
Double	\$1,160
Queen Shared	\$1,400
Queen Single	\$1,960
Camping	\$640

Suggested Dana \$320 - \$400

Retreat Fee, Lodging & Meals:

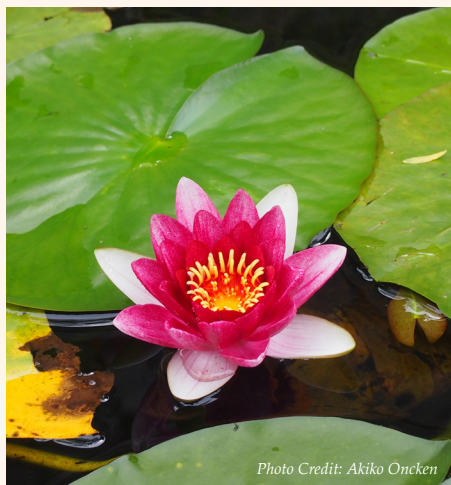
Dorm Yurt	\$588
Triple	\$648
Double	\$870
Queen Shared	\$1,050
Queen Single	\$1,470
Camping	\$480

Suggested Dana \$240 - \$300

Retreat Fee, Lodging & Meals:

Dorm Yurt	\$613
Triple	\$673
Double	\$895
Queen Shared	\$1,075
Queen Single	\$1,495
Camping	\$505

Suggested Dana \$240 - \$300



GENERATING BODHICITTA, THE HEART OF COMPASSION

With Drubpön Lama Karma
July 3 - 7, 2019

OPEN TO ALL

Generating Bodhicitta, the heart of compassion, is the essence of the Buddha’s teachings: it is the heartfelt wish to awaken for the benefit of all beings. During this retreat, Drubpön Lama Karma will provide instruction on how to develop the mind of Bodhicitta, which is an essential part of Mind Training (Lojong) as well as the sole and supreme practice—much needed in our times—of benefiting all sentient beings. Drubpön Lama Karma will teach from the text *Bodhicitta: The Main Path to Enlightenment* by the great master, Karma Chagmé.

NOTE: On Saturday, July 6, we will also celebrate the 25th Anniversary of Tara Mandala with Lama Tsultrim, Lama Karma and others. The cost for attending this event is included in the registration for the retreat.

Retreat Fee, Lodging & Meals:

Dorm Yurt	\$515
Triple	\$565
Double	\$750
Queen Shared	\$900
Queen Single	\$1,250
Camping and Commuting	\$425
Suggested Dana	\$200 - \$250



TARA MANDALA RISING: Celebrating 25 Years

With Lama Tsultrim Allione, Drubpön Lama Karma, and Special Guests
Saturday, July 6, 2019

OPEN TO ALL

Tara Mandala has become a vibrant international community and a refuge for many who wish to study and practice Dharma. For five decades, Lama Tsultrim’s vision of elevating the empowered feminine in dharma has been a beacon for many, and in 1993, she established Tara Mandala as a home for her vision to flourish. As we step into the future, we recognize how her teachings have set in motion a broader conversation about our role in the world and the impact of personal transformation. Lama’s recent book, *Wisdom Rising*, invites us to step into this paradigm more fully, to “in-power” ourselves through practice so that we become “empowered” to bring forth healing and equity in the world. During this celebration, Lama Tsultrim and guests will share powerful stories and teachings about how Tara Mandala can move forward with the profound intention to serve present and future generations of students.

Retreat Fee, Lodging & Meals:

Event Only	\$40
Dorm Yurt	\$98
Triple	\$108
Double	\$145
Queen Shared	\$175
Queen Single	\$245
Camping	\$80



FAMILY RETREAT

With Lopön Chandra Easton, Lopön Charlotte Rotterdam, Pieter Oosthuizen, Scott Blossom, Jennifer Warren, Alexis Slutzky, Nick King, and Nikita Gayle Romanzov

July 11 - 17, 2019

OPEN TO ALL (AGES 4 AND UP)

This year’s Family Retreat will explore the mandala principle, a universal map for inner and outer balance and wholeness. This retreat will include family activities, young people’s groups, a parent program, and free time. Dharma activities include songs, stories, skits, yoga, games, art, time on the land, a campfire, council practice, an optional solo wilderness fast for teens, parent discussions, meditation for all, and dharma talks.

Parents will have the opportunity to learn the meditation practice of the Mandala of the Five Wisdom Dakinis, developed by Lama Tsultrim Allione, to bring emotional transformation into alignment with the spiritual path. The Family Retreat is a true retreat experience that brings us face-to-face with our own experience and gives us the time and space to slow down and renew our personal practice.

Retreat Fee, Lodging & Meals:

PRICING LISTED FOR:

ADULTS | TEENS (12-18) | CHILDREN (4-11)

Dorm Yurt	\$630 \$560 \$490
Triple	\$686 \$616 \$546
Double	\$840 \$770 \$700
Queen Shared	\$1,120 \$1,050 \$980
Queen Single	\$1,400 \$1,330 \$1,260
Camping/Communting	\$490 \$420 \$350
Suggested Dana:	\$280 - \$350



Photo Credit: Albert Reed

GATEWAY: Dzogchen

With Drubpön Lama Karma

July 22 - 27, 2019

**GATEWAY | BY INVITATION
ONLY (COMPLETES)**

This retreat is required for all Complete Transmission participants, “Completes”, who have met their samaya requirements for the Trekchö practice. These are closed teachings and are only open to those who are part of the “Completes” cohort.

If you are attending Drubchen and wish to stay on the land between retreats, choose three extra nights. Extra night lodging is only an option for those taking two consecutive retreats.



Photo Credit: Tara Mandala Archives

GATEWAY: White Dakini Sadhana

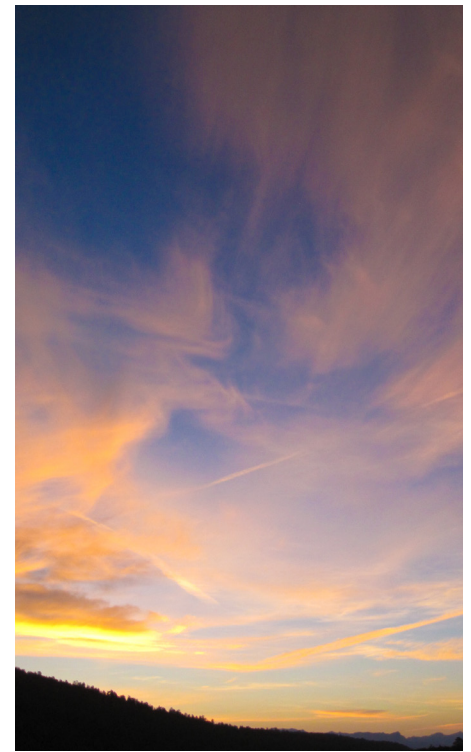
With Lopön Beth Herbert

July 23 - 27, 2019

**GATEWAY | BY INVITATION
ONLY (TIGERS)**

This retreat is for those in the Gateway Program who have completed the the Dzinpa Rangdröl Ngöndro. The White Dakini Sadhana is the union of Machig Labdrön and Yeshe Tsogyel (surrounded by the Dakinis of the Five Families). It is the first phase of Deity Yoga practice in the Terma Cycle of the Dzinpa Rangdröl (Self Liberation of Clinging) Lineage in the Dzogchen tradition from Do Khyentse Yeshe Dorje.

These are closed teachings and only open to those who are part of the Gateway Program.



GATEWAY: Outer Rushen

With Lama Tsultrim Allione

August 13 - 18, 2019

**GATEWAY | BY INVITATION
ONLY (GARUDAS)**

This retreat is required for all Complete Transmission (Garuda) participants who have completed their samaya for the Tröma sadhana. These are closed teachings open only to those who are part of the Garuda Complete Transmission Program. If you are attending Drubchen and wish to stay on the land between retreats, choose three extra nights. Extra night lodging is only an option for those taking two consecutive retreats.

Retreat Fee, Lodging & Meals:

Dorm Yurt	\$588
Triple	\$648
Double	\$870
Queen Shared	\$1,050
Queen Single	\$1,470
Camping and Commuting	\$480

Suggested Dana \$240 - \$300

Retreat Fee, Lodging & Meals:

Dorm Yurt	\$490
Triple	\$540
Double	\$725
Queen Shared	\$875
Queen Single	\$1,225
Camping and Commuting	\$400

Suggested Dana \$200 - \$250

Retreat Fee, Lodging & Meals:

Dorm Yurt	\$588
Triple	\$648
Double	\$870
Queen Shared	\$1,050
Queen Single	\$1,470
Camping	\$480

Suggested Dana \$240 - \$300



Photo Credit: Deborah Howe

WHITE DAKINI DRUBCHEN

With Drubpön Lama Karma and Lama Tsultrim Allione

August 1 - 10, 2019

July 30 - August 10, 2019 (with Teaching Days)

OPEN TO ALL | GATEWAY

The annual Drubchen (Great Accomplishment Ceremony) of the White Dakini practice from Do Khyentse's Dzinpa Rangdröl (Self-Liberation from Fixation) treasure cycle will be performed at Tara Mandala. This lineage comes directly from Dilgo Khyentse Rinpoche to Tulku Sang-ngag Rinpoche to Lama Tsultrim Allione. We will experience a traditional empowerment and be led through an in-depth process of learning and practicing the White Dakini mandala. This practice is the union of Machig Labdrön and Yeshe Tsogyel, surrounded by the dakinis of the five families.

Please register either for the introductory teachings and Drubchen (July 30 - August 10), or for Drubchen only (August 1 - 10).

WHITE DAKINI DRUBCHEN WITH TEACHING DAYS (JULY 30 - AUGUST 10)

Retreat Fee, Lodging & Meals:

Dorm Yurt	\$1,080
Triple	\$1,080
Double	\$1,440
Queen Shared	\$1,920
Queen Single	\$2,220
Camping and Commuting	\$840

Suggested Dana \$480 - \$600

WHITE DAKINI DRUBCHEN ONLY (AUGUST 1 - 10)

Retreat Fee, Lodging & Meals:

Dorm Yurt	\$900
Triple	\$900
Double	\$1,200
Queen Shared	\$1,600
Queen Single	\$1,850
Camping and Commuting	\$700

Suggested Dana \$400 - \$500



Photo Credit: J. Brownlee

WISDOM RISING DIALOGUE SERIES: Fostering Enlightened Leadership and Power on the Buddhist Path and in the World

With Panelists: Lama Willa Miller, Lama Rod Owens, Eve Ekman, Karla Jackson-Brewer, Acarya Malcolm Smith, and MacAndrew Jack

August 16 - 18, 2019

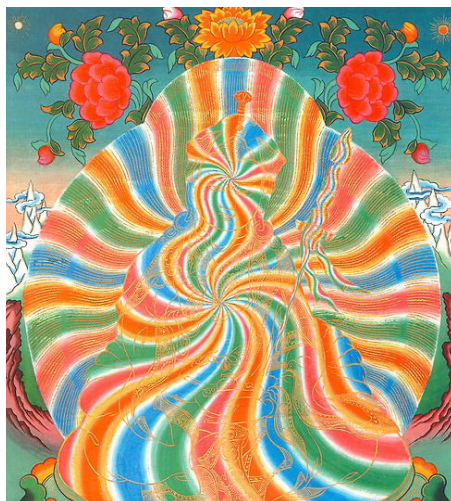
OPEN TO ALL

As we look at the painful events that have transpired within our communities around sexual assault and misuse of power, and observe the results of old patterns of "command and control" used in places of leadership, it is clear that dialogue is needed to uncover the ways in which unhealthy uses of power, privilege and domination intersect and affect our daily lives. This gathering is an opportunity to reflect, interact, and engage in transformative discussions to awaken a new collective narrative that can advance positive change in our communities and societies.

Retreat Fee, Lodging & Meals:

Dorm Yurt	\$294
Triple	\$324
Double	\$435
Queen Shared	\$525
Queen Single	\$735
Camping and Commuting	\$240

Suggested Dana \$160 - \$200



SOMATIC ENLIGHTENMENT: Awakening through the Four Kāyas

With Lama Willa Miller

August 24 - 29, 2019

OPEN TO ALL

The practices of Tantra have long recognized the power of the body to catalyze the fruits of awakening. In this retreat, you will:

- Explore your current relationship to your body.
- Learn meditations and asanas to explore and penetrate the four kāyas.
- Learn how these practices can supplement and re-enliven your mindfulness or Vajrayana practice.
- Discover how to access the body's deepest wisdom.

Inspired by lineage wisdom from tantric masters, we will emerge with a simple, joyful collection of body-mind practices that bring wisdom, equanimity, compassion, and peace down from the realm of ideation into the truth of lived experience.



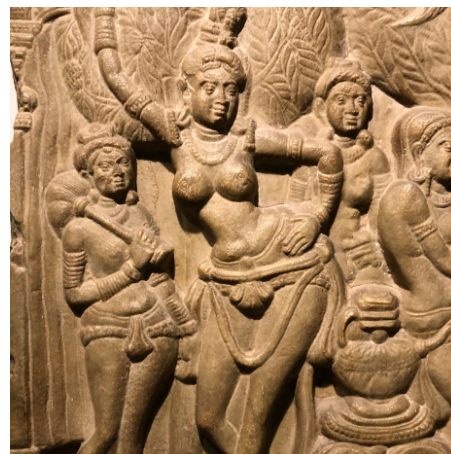
THE FOUR IMMEASURABLES

With Drubpön Lama Karma

August 24 - 29, 2019

OPEN TO ALL

The Four Immeasurables are the sublime expressions of love, compassion, equanimity, and joy. They are the essential nature and radiance of the enlightened heart. It is said that these sublime qualities are great removers of tension, the great peacemakers in social conflict, and the great healers of wounds suffered in the struggle of existence. During this retreat, Drubpön Lama Karma will provide supportive instruction on the practice of the Four Immeasurables as an essential part of mind training.



STARS AT DAWN: Stories of Our Buddhist Foremothers as Guides and Inspiration

With Wendy Garling

September 6 - 9, 2019

OPEN TO ALL WHO IDENTIFY AS WOMEN

*A Storytelling, Writing, and Practice
Retreat*

This retreat opens a window to our foremothers, the “first” Buddhist women, as well as goddesses or yakshis who embody the sacred feminine and whose stories in the ancient Mahayana and Pali literature have been largely suppressed by patriarchy. These stories valorize women who participated at the dawn of Buddhism and hold an essential place at the root of all Buddhist lineages and schools. Like termas, they have re-emerged during this time of wisdom rising.

Together we will tell stories of Buddhism's first women, weaving insights with contemporary meanings and our own lives, through discussion, practice, and journaling in an open process of discovery and sharing.

Retreat Fee, Lodging & Meals:

Dorm Yurt	\$588
Triple	\$648
Double	\$870
Queen Shared	\$1,050
Queen Single	\$1,470
Camping and Commuting	\$480

Suggested Dana \$240 - \$300

Retreat Fee, Lodging & Meals:

Dorm Yurt	\$588
Triple	\$648
Double	\$870
Queen Shared	\$1,050
Queen Single	\$1,470
Camping and Commuting	\$480

Suggested Dana \$240 - \$300

Retreat Fee, Lodging & Meals:

Dorm Yurt	\$392
Triple	\$432
Double	\$580
Queen Shared	\$700
Queen Single	\$980
Camping and Commuting	\$320

Suggested Dana \$160 - \$200



RELATIONSHIP AS SACRED PRACTICE

With Nadine Keller and Andrew Keller

September 6 - 9, 2019

OPEN TO ALL

Awakened in our bodies and relationships, we can access our highest creative potential. Let us explore what it would be like to feel fulfilled and nourished with touch and love. To understand the joy and responsibility of intimacy with others.

In this gathering we will explore how our relationships can be of service to a world that honors life as sacred. Our time will be a prayer to a world of true sovereignty for every living being. A world where every being thrives on love, connection, and support.

We will share and explore transformational practices of dedicating our relationships and lovemaking to a higher purpose. We will partake in rituals of honoring, caring for, and nourishing the body and the stages of our lives.

Together we can demonstrate a world that honors the Body, Relationships, and All of Life.



DAKINI'S WHISPER: Subtle Body Training

With Chöying Khandro

September 13 - 16, 2019

OPEN TO ALL

Dive deeply into the wisdom and compassion embodied in this transformative practice. During these turbulent times, transformation is being called from within. To wisely rise to the challenges and opportunities in life, we seek community, tranquility, curiosity, courage, and transformation in the midst of challenges.

The DAKINI'S WHISPER Subtle Body Training (DSBT) is deeply rooted in ancient Vajrayana teachings on the five elements, timeless awareness, and Tibetan Yoga (trulkor). This retreat is devoted to therapeutic mind-body-heart training, which interweaves a set of exercises from Tibetan wisdom tradition, meditation, and yoga therapy.



LOJONG - SEVEN POINT MIND TRAINING

With Drubpön Lama Karma

September 13 - 16, 2019

OPEN TO ALL

Mind Training, or Lojong, is a practical and inspiring teaching that transforms the mind afflicted by destructive emotions. At the heart of all practices of Tibetan Buddhism, it puts special emphasis on turning away from extreme self-centeredness and developing Bodhicitta mind, which wishes for the happiness of all sentient beings. Teachings in this retreat will center on how to cultivate compassion, patience, and wisdom. The retreat will include teachings, guided meditations, and discussion. Drubpön Lama Karma will teach from the *Commentary on the Seven Point Mind Training* by Sechilphu Choekyi Gyaltsen.

Retreat Fee, Lodging & Meals:

Dorm Yurt	\$392
Triple	\$432
Double	\$580
Queen Shared	\$700
Queen Single	\$980
Camping	\$320

Suggested Dana \$160 - \$200

Retreat Fee, Lodging & Meals:

Dorm Yurt	\$392
Triple	\$432
Double	\$580
Queen Shared	\$700
Queen Single	\$980
Camping	\$320

Suggested Dana \$160 - \$200

Retreat Fee, Lodging & Meals:

Dorm Yurt	\$392
Triple	\$432
Double	\$580
Queen Shared	\$700
Queen Single	\$980
Camping	\$320

Suggested Dana \$160 - \$200



JOURNEY INTO THE DAKINI MANDALA: A Meditation and Writing Retreat

With Karla Jackson-Brewer and
Ranjini George

September 19 – 22, 2019

OPEN TO ALL

We will journey into the heart of the Mandala of the Five Wisdom Dakinis, a tool for wholeness and connection to the universe. Through generative writing and meditation practices, we will journey into our innermost being, explore the five families, and transform our encumbered emotions. We will work at healing and transforming our lives, listening to the beautiful sounds of the ancient practice of Chöd. As we heal ourselves, we will connect to the spirits of this land and our authentic voice. We will discover ways to stay inspired and cultivate the discipline, energy, and one-pointed attention necessary to bring anything to accomplishment: a novel, a memoir, a poem—and an awakened and compassionate life.



KHANDRO KEJANG CHÖD

With Drubpön Lama Karma

**September 26 – October 1,
2019**

OPEN TO ALL

Chöd, which literally means “cutting,” is a powerful, dramatic practice of cutting through ego-clinging and delusion by visualizing the offering up of one’s body to all beings and karmic debtors. This is a potent method to sever all self-grasping and to usher oneself into the realization of emptiness. It is a swift path to liberation that also possesses incredibly profound blessings.

In this retreat, Drubpön Lama Karma will give the transmission of Khandro Kejang Chöd (“Bellowing Laughter of the Dakinis”) from Longchen Nyingthig, as revealed by Rigdzin Jigme Lingpa Khyentse Ozer.

Participants will need to have a Chöd drum and bell, both of which can be purchased in the Tara Mandala Dakini store. Dharma attire and kangling are also suggested.



P’HOWA: Transference of Consciousness Retreat

With Drubpön Lama Karma

September 19 - 23, 2019

OPEN TO ALL | MAGYU

Drubpön Lama Karma will offer teachings and instructions on the extraordinary Vajrayana method of transference of consciousness at the moment of death. The skillful means of the P’howa practice allows us to direct our consciousness out of our body and into the exalted state of the enlightened mind. Drubpön Lama Karma will provide commentary on the four types of P’howa. This practice provides a consummate method to help others when they die.

Retreat Fee, Lodging & Meals:

Dorm Yurt	\$392
Triple	\$432
Double	\$580
Queen Shared	\$700
Queen Single	\$980
Camping	\$320

Suggested Dana \$160 - \$200

Retreat Fee, Lodging & Meals:

Dorm Yurt	\$588
Triple	\$648
Double	\$870
Queen Shared	\$1,050
Queen Single	\$1,470
Camping	\$480

Suggested Dana \$240 - \$300

Retreat Fee, Lodging & Meals:

Dorm Yurt	\$490
Triple	\$540
Double	\$725
Queen Shared	\$875
Queen Single	\$1,225
Camping	\$400

Suggested Dana \$200 - \$250

INFORMATION

RETREAT REGISTRATION

To register for a retreat, please go to www.taramandala.org and click on Calendar on the top navigation menu.

Retreat Fees are per person and include the cost of the retreat, meals, practice texts (except Drubchen), and full use of the facilities from check-in on the first day of the retreat until it ends. Accommodations and meals are not available between retreats unless you are staying for consecutive retreats and authorize the additional fees. The retreat fees do not include teacher dana. Payment plans and scholarships are available upon application.

If you have registration or program questions, please contact registrar@taramandala.org or (970) 731-3711, ext 108.



ABOUT SUGGESTED DANA OFFERING

The teachers for our programs offer their time and teaching and are not paid. They are only financially compensated through the dana offered by retreatants. Most teachers dedicate their lives to teaching and often have no other source of income. Many donate all of their dana to Dharma activities.

Dana is a Pali word meaning “generosity.” As one of the six paramitas or “perfections,” the practice of generosity is an integral part of the Buddhist path. Dharma teachings are

RETREAT ACCOMMODATIONS

PRAJÑA RESIDENCE HALL has comfortable rooms with stunning views. Each double room includes two twin beds, a granite sink, and closet. In the hallway are baths, showers, and toilets. There are also four queen rooms with a shared full bathroom between them.

DORM YURT accommodations are available in three yurts: two women’s and one men’s with five to eight comfortable twin beds in an open communal space. Each bed comes with a fitted sheet, and pillow with pillow case. You must bring your own sleeping bag or blankets. Meals and full bathrooms are in the Community Building. Prices are per person.

CAMPING is an option for anyone coming here during the warm months. You must bring your own tent and gear, and our staff will guide you to your designated camping spot. Meals and full bathrooms are in the Community Building. Due to wildlife, no food is allowed in or near tents. Limited vehicle camping is available in the parking lot for campers and trucks under 20 feet long. There are no hook-ups. Prices are per person. During colder months (mid-September to mid-May), camping is available inside the temple, where you may sleep on the floor. Bring your own bedding and towel; shared bathing facilities are in the Community Building.

COMMUTING is available for some retreats, please check with each retreat description for details. In order to hold the container of the retreat, please plan to attend all sessions from 7 am to 9 pm.

traditionally offered on the basis of dana. Our retreat fees cover food, facilities, staffing, and overhead costs. Below the course price, we list a suggested dana amount. This is simply a suggestion and is in no way a required fee.

Dana can be offered to the teachers through Paypal, check, or cash. A computer is available in the Temple for Paypal transactions.



Photo Credit: J. Brownlee



Photo Credit: J. Brownlee



Photo Credit: Laurie Pearce Bauer

SCHOLARSHIPS AND FINANCIAL ASSISTANCE

Thanks to the generosity of the Tara Mandala Sangha, we are able to offer the following types of financial assistance: payment plans, Extended Karma Yoga (see page 17), and two kinds of scholarships:

EVADA SCHOLARSHIP: Tara Mandala offers partial scholarships for retreats and practice program annual fees to members of our sangha who, due to financial hardship, may not otherwise be able to attend our retreats.

DIVERSITY, INCLUSION & EQUITY SCHOLARSHIP: This scholarship is designated for people of color and/or those who are underrepresented due to their gender, gender identity, sexual orientation, social class, or ethnicity, and those in need of financial support.

Please read our Scholarship Guidelines and Terms before applying. To Apply for Financial Assistance and Scholarships please visit www.taramandala.org

CHILDREN & FAMILIES

Tara Mandala is happy to offer a retreat environment that is open to families with children (except when a retreat is in complete silence). This provides children, our future, with the opportunity to develop a positive relationship with the Buddhadharma. When bringing a child to Tara Mandala who is between the age of three months and 13 years, you are required to bring your own childcare provider. Please refer to our guidelines for families with children on our website www.taramandala.org.

To learn more and to register for a retreat, please visit www.taramandala.org.



Photo Credit: Deborah Howe



Photo Credit: Laurie Pearce Bauer



Photo Credit: Deborah Howe



Photo Credit: J. Brownlee



Photo Credit: Tara Mandala Archives



Photo Credit: J. Brownlee



Photo Credit: Deborah Howe

TEACHER BIOGRAPHIES

Photo Credit: Laurie Pearce Bauer



LAMA TSULTRIM ALLIONE

Lama Tsultrim Allione is an author, internationally known Buddhist teacher, and the founder and resident lama of Tara Mandala. She is author of *Wisdom Rising: Journey into the Mandala of the Empowered Feminine*, *Women of Wisdom*, and *Feeding Your Demons: Ancient Wisdom for Resolving Inner Conflict*. Lama Tsultrim continues to guide Tara Mandala and thousands of students around the world.

Queen of Great Bliss Wisdom Dakini & Twenty-One Taras (Drupchö) Retreat, Dentog Chigma: The Method for Accomplishment on One Seat, The Lion-Headed Dakini Retreat (Simhamukha), The Three Yana Retreat, Vajrayana, Feeding your Demons®: Kapala Training Level I, Wisdom Rising: Mandala Training Level 1, Feeding Your Demons®: Kapala Training Level IV, Teachers' Retreat, White Dakini Drubchen, Gateway: Outer Rushen, and 25th Anniversary Celebration.



DRUBPÖN LAMA KARMA

Venerable retreat master (Drubpön) Lama Karma was born in eastern Bhutan and joined the Long-Nying Chöling Monastery at a young age. He has spent over 16 years in strict meditation retreats and is renowned as a genuine retreat master throughout

Bhutan. His root teacher was Lama Naljorpa, the great yogi of Mahamudra and Dzogchen, from whom he received numerous instructions. A heart student of Tertön Pedgyal Lingpa Rinpoche, Drubpön served as the scribe for the entirety of Pedgyal Lingpa's Kusum Gongdü treasure cycle.

Queen of Great Bliss Wisdom Dakini & Twenty-One Taras (Drupchö) Retreat, Shamatha Meditation: Cultivating Meditative Quiescence Retreat, Mahamudra Retreat, Generating Bodhicitta, the Heart of Compassion Retreat, White Dakini Drubchen, The Four Immeasurables Retreat, Lojong - Seven Point Mind Training Retreat, Khandro Kejang Chöd, P'howa: Transference of Consciousness - A Winter Solstice Retreat.



LOPÖN CHANDRA EASTON

Dorje Lopön Chandra Easton is a teacher and translator of Tibetan Buddhism, focusing on the lineage of Machig Labdrön and Lama Tsultrim Allione. She has taught Buddhism and Yoga since 2001 and co-translated *Sublime Dharma: A Compilation of Two Texts on the Great Perfection*. She is currently serving as assistant spiritual director of Tara Mandala. Visit www.shunyatayoga.com and www.taramandalasf.org.

Feeding your Demons®: Kapala Training Level I, Wisdom Rising: Awakening the Empowered Feminine in Her Diverse Forms Retreat, Shadow Yoga Retreat, Mahayana: Vast View, Open Heart, Family Retreat.



SCOTT BLOSSOM

Scott Blossom is a traditional Chinese medical practitioner, Shadow Yoga teacher, and Ayurvedic consultant. He has been studying yoga since 1989 and teaching since 1997. His primary teachers are Shandor Remete, founder of Shadow Yoga, and Dr.

Robert Svoboda, Ayurvedic physician and scholar. In 2011 he founded DoctorBlossom.com, a site dedicated to Ayurvedic education, nutrition, and treatments. Visit www.shunyatayoga.com.

Shadow Yoga Retreat, Family Retreat.



ELLEN BOOTH CHURCH

Ellen Booth Church (Yeshe Choepel) has been practicing Tibetan Buddhism for 30 years, and has helped to create three satellite Tara Mandala Sanghas (Key West, FL; Ithaca, NY; and Marathon, FL). She is a Buddhist teacher, meditation coach, educator,

author, and former member of the Tara Mandala Board of Trustees. Formerly a professor of education at the State University of New York, she is currently an adjunct professor of education at Nova Southeastern University. Ellen teaches widely across the US and Europe and is known for her deep knowledge and skillful transmission of the Dakini Mandala.

Lion-Headed Dakini (Simhamukha) Retreat.



EVE EKMAN

Eve Ekman, PhD, MSW, is the director of training at the Greater Good Science Center. She is a UC Berkeley—and UCSF—trained contemplative social scientist and teacher in the fields of emotional awareness and burnout prevention. Her trainings bring the

science of happiness, resilience, compassion, mindfulness, and emotional awareness to individuals and organizations around the world. Dr. Ekman's writing on empathy, burnout, and compassion has appeared in peer-reviewed journals, magazines, and books.

Wisdom Rising Dialogue Series.



WENDY GARLING

Wendy Garling is author of *Stars at Dawn: Forgotten Stories of Women in the Buddha's Life*, a groundbreaking new biography of the Buddha that weaves together “forgotten” women's stories from the earliest Mahayana and Pali literature. She has a BA from Wellesley

College and an MA in Sanskrit language and literature from the University of California, Berkeley. A Vajrayana practitioner and authorized dharma teacher, she has taught women's spirituality focusing on Buddhist traditions for many years. Wendy lives in Concord, MA and can be contacted at wendy.garling@yahoo.com.

Stars at Dawn: Stories of Our Buddhist Foremothers as Guides and Inspiration.



NIKITA GAYLE ROMANZOV

Nikita remembers spending much of her childhood at Tara Mandala, taking refuge with Lama Tsultrim at just one year old. After her summer as a living dharma volunteer at Tara Mandala in 2012, she went on to become a 500-

hour certified yoga teacher and yoga therapist. She is excited to share her passion for Buddhism and the outdoors this summer at the Family Retreat.

Family Retreat.



RANJINI GEORGE

Ranjini George holds a PhD and MA in English, and an MFA in Creative Writing. She recently won first place in Canada's Coffee Shop Author Contest for her memoir, *Miracle of Flowers*. For 13 years, she was assistant and then associate professor of English at

Zayed University in the United Arab Emirates, where she also ran the Teaching with the Mind of Mindfulness series. She currently teaches creative writing at the University of Toronto. Her book, *Through My Mother's Window*, was published in Dubai in 2016.

Wisdom Rising: Awakening the Empowered Feminine in Her Diverse Forms Retreat, Journey into the Dakini Mandala: A Meditation and Writing Retreat.



MACANDREW JACK

MacAndrew Jack is a psychologist, clinician, educator, and writer who integrates Buddhist psychology and meditation with psychotherapy. He has been a Buddhist practitioner for over 20 years, and a student of Lama Tsultrim since 2003. MacAndrew

is a Tara Mandala apprentice teacher as well as a faculty member at Naropa University, where he was founding dean of the Graduate School of Psychology and chair of the Contemplative Psychotherapy and Buddhist Psychology department. He co-edited the book *Brilliant Sanity: Buddhist Approaches to Psychotherapy*, and maintains a private practice in Boulder.

Wisdom Rising Dialogue Series.



KARLA JACKSON-BREWER

Karla Jackson-Brewer, MS, is a Tara Mandala Authorized Teacher, who has been practicing Chöd for 28 years. She has assisted Lama Tsultrim on many Chöd retreats, and since 2013, she has been teaching Chöd with Lama Tsultrim and Chandra Easton. Karla is

a founder of Sine Qua Non: Allies in Healing, an Integrative Therapy Practice in New York City. She is an adjunct professor in the Women's & Gender Studies Department and the Africana Studies Department at Rutgers University.

Wisdom Rising: Awakening the Empowered Feminine in Her Diverse Forms Retreat, Vajrayana: The Mandala Principle, Journey into the Dakini Mandala: A Meditation and Writing Retreat, Wisdom Rising Dialogue Series.

TEACHER BIOGRAPHIES

Photo Credit: Laurie Pearce Bauer



ANDREW KELLER

Andrew is a husband, father, and mentor committed to uplifting humanity and bringing back the wisdom and magnanimous heart of the Divine Masculine. He is dedicated in his own spiritual practice working in ceremony and brotherhood, and

also collaborates with shamanic practitioners holding ritual, ceremony, and prayer for young men in his community. Andrew has worked in technology and media for over 20 years and is currently a director in financial and web development with Telsa.

Relationship as Sacred Practice.



NADINE KELLER, MA

Nadine is a somatic therapist specializing in intimacy, sexuality, and spirituality. She holds a master's degree in somatic psychology, and is a childbirth doula, initiated priestess, and ordained minister. She facilitates workshops, retreats, and in-depth

immersions into the mysteries of the Sacred Feminine and Masculine. Nadine is also hostess of the Sacred Sexuality Series with SHE Living Media, in Berkeley, CA.

Relationship as Sacred Practice.



CHÖYING KHANDRO

Chöying Khandro, MA, founder and spiritual director of Dakini's Whisper, brings to her retreats years of study and practice in Buddhist traditions, trauma-informed yoga, and yoga therapy. She draws upon the efficacy of ancient Buddhist wisdom for

healing, nourishment, and empowerment in conjunction with embodied, body-oriented, contemplative movement practice. With her pragmatic approach, Chöying offers the DAKINI Subtle Body Training as a complementary or even mandatory practice for serious Vajrayana and Chö practitioners. Visit www.dakiniswhisper.com.

Dakini's Whisper: Subtle Body Training Retreat.



NICK KING

Nick believes that experiences meditating and exploring outdoors have taught him life's most valuable lessons and he feels very passionate about facilitating similar experiences for others. He began traveling solo internationally at fourteen and has

since journeyed to Nepal where he took refuge at Kopan Monastery. Now living in California, he works as an outdoor educator fostering nature connection and land stewardship for students of all ages.

Family Retreat



LOPÖN BETH LEE-HERBERT

Lopön Beth Lee-Herbert, MA, LMHC, began practicing Tibetan Buddhism under Lama Tsultrim Allione at 22 and completed the Dzinpa Rangdröl during a three-year retreat at Tara Mandala. In 2013, Tulku Sang-ngag Rinpoche made her the Tsalung

Lopön, teacher of the esoteric practices of the channels and winds. Since then, she has taught Dharma nationally and internationally.

Gateway: White Dakini Sadhana (By Invitation Only - Tigers).



LAMA WILLA MILLER

Lama Willa has studied and practiced in the Tibetan Buddhist tradition for the last 30 years in the non-sectarian Kagyu, Nyingma, and Shangpa lineages of Tibetan Buddhism. She completed two three-year retreats in

the nineties, and currently teaches Tibetan Buddhist practice, meditation, and yoga in the Northeast. She is the founder of Natural Dharma Fellowship in Boston, and its retreat center, Wonderwell Mountain Refuge, in Springfield, New Hampshire. She is also an author and translator.

Wisdom Rising Dialogue Series, Somatic Enlightenment: Awakening through the Four Kayas.



PIETER OOSTHUIZEN

Pieter Oosthuizen is a teacher, entrepreneur, and long-time student of Tibetan Buddhism. He has been teaching various practices and retreats in Lama Tsultrim's lineage in the US and abroad since 2006, and co-leads the Boulder Tara Mandala Sangha.

Pieter has brought innovative leadership to institutions such as Naropa University and Tara Mandala, where he served as executive co-director and trustee. He is co-founder and current CEO of Celsus Bio-Intelligence, a skin care company. Pieter received his law degree in his native South Africa. www.skymind.us.

Dentog Chigma: The Method for Accomplishment on One Seat Retreat, Sutrayana: The Journey of the Buddha, Family Retreat.



LAMA ROD OWENS

Lama Rod Owens is an author, activist, and formally authorized Buddhist teacher. He is the co-founder of Bhumisparsha, a Tantric Buddhist practice community, as well a co-author of *Radical Dharma: Talking Race, Love, and Liberation*. His next book on

anger and love is due out in fall of 2019. He can be reached at www.lamarod.com.

Wisdom Rising Dialogue Series.



LAMA GYURME RABGYE

Born in Tanay, Tibet, master painter and craftsman Lama Gyurme studied painting and traditional arts at Mindroling monastery starting at age 15. He then studied intensively with his principal teacher Lama Tsekyab.

While young, Gyurme also became skilled in Tibetan rituals. He became manager, rule-keeper, and chant leader at Mindroling, where he also painted and assisted in restoring hundreds of temple paintings. In 1998 he was invited to teach at the Shanshung Institute in Italy, where he taught Westerners Tibetan art, and wrote a history of Tibetan Art in Tibetan.

Sacred Tibetan Art Retreat.



LOPÖN CHARLOTTE ROTTERDAM

Magyu Lopön Charlotte Rotterdam has studied Buddhism for the last 20 years. She was authorized to teach by Lama Tsultrim in 2006, and received the title of Magyu Lopön (lead teacher in the Mother Lineage) in 2016.

Charlotte received a master's degree in theological studies from Harvard Divinity School. She is an instructor and director of the Center for the Advancement of Contemplative Education at Naropa University. Her essays on the intersection of spiritual practice and motherhood were published in *Mandala* and *Fearless Nest*, an anthology. www.skymind.us.

Dentog Chigma: The Method for Accomplishment on One Seat Retreat, Lion-Headed Dakini (Simhamukha) Retreat, Wisdom Rising: Mandala Training Level 1, Vajrayana: The Mandala Principle, Family Retreat.



POLLY RYAN

Polly Ryan, MA, MFT, has been a student of Lama Tsultrim Allione since 1992. She has also studied with B. Alan Wallace for over two decades. Polly is a certified Feeding Your Demons® therapist and utilizes this process as a therapeutic life tool to assist

clients in feeding rather than fighting their inner blocks to healing, growth, and transformation. Polly opened her psychotherapy practice in 1986 in Truckee, CA, and Reno, NV. She leads the Tara Mandala Northern Sierra Sangha in downtown Truckee.

Mahayana: Vast View, Open Heart.



MIRANDA SHAW

Miranda Shaw, PhD, Harvard University, is a Buddhist scholar known for her inspiring and groundbreaking work on women in Tantric Buddhism, chronicled in her renowned book *Passionate Enlightenment*. She is also the author

of *Buddhist Goddesses of India*. She serves as associate professor of religious studies at the University of Richmond and continues to explore and convey her discoveries about the profound sacred arts and embodied spiritual practices of Himalayan Buddhism.

Lion-Headed Dakini (Simhamukha) Retreat.

TEACHER BIOGRAPHIES

Photo Credit: Laurie Pearce Bauer

Find retreat descriptions on pages 18-29.



ALEJANDRA SIROKA

Alejandra Siroka, MA, is a truth seeker who has devoted her life to the study of language and communication. She believes that developing conscious skills with our language and communication is an essential spiritual practice in the path of awakening.

Alejandra founded Language Alchemy™, a transformative process that allows individuals, couples, and groups speak their truth with compassion and power while developing thriving human relationships. Visit www.languagealchemy.com.

Wisdom Rising: Awakening the Empowered Feminine in Her Diverse Forms Retreat.



MALCOLM SMITH

Ācārya Malcolm Smith met the Dharma in 1989. His principle gurus are H.H. Sakya Trichen, the late Chogyal Namkhai Norbu, and the late Kunzang Dechen Lingpa. He is a veteran of a traditional three-year solitary Tibetan Buddhist retreat. He is a translator and

has several published and forthcoming translations with Wisdom Publications. Malcolm was awarded the Ācārya degree by the Sakya Institute in 2004, and graduated in 2009 from Shang Shung Institute's School of Tibetan Medicine.

Wisdom Rising Dialogue Series.



ALEXIS SLUTZKY

Alexis Slutzky serves as a wilderness guide, educator, and mentor bringing earth-based wisdom and mindfulness practice into contemporary forums. She is an Adjunct faculty member at Antioch University, and a council trainer working with the Ojai

Foundation, Center for Council, Pacifica Graduate Institute, as well as other forums. She works with youth coming of age, rites of passage, grief tending, dreams, community ritual, and nature connection out of her private practice and in collaboration with other organizations and communities. Alexis is a licensed marriage and family therapist based in Santa Barbara.

Family Retreat.



JENNIFER WARREN

Jennifer Warren spent her formative years in Norway, playing in primordial forests, and became a Tibetan Buddhist practitioner when she lived in Nepal in the 1980s. She has taught elementary school for over 20 years, including seven in Waldorf schools, and is also a

Certified Master Gardener and Wilderness First Responder. Jen is thrilled to be helping out with the Family Retreat, which together with Lama Tsultrim and Tara Mandala, has been a huge part of her life for over 20 years.

Family Retreat.

Photo Credit: Photo Credit: Deborah Howe



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EVERYDAY WAYS TO GIVE

FACEBOOK FUNDRAISER

Creating your own Facebook fundraiser is a simple and fun way to contribute to Tara Mandala. The festive season is a perfect time to launch a fundraiser! It's an opportunity to be creative and strengthen community, and offer your gifts in service to the Dharma.

AMAZON SMILE

You can donate to Tara Mandala with every purchase when you shop on Amazon.com through Amazon Smile! If you set up Tara Mandala as your beneficiary charitable organization, Tara Mandala will receive 0.5% of all eligible AmazonSmile purchases.

Visit www.taramandala.org/giving/ways-to-give/ if you need a tutorial on how to set up any of this fundraising options.

STAYING CONNECTED

We have more than 40 centers in nine countries around the world. These local practice groups offer teachings, retreats, online offerings, local practice sessions, and individual support. Groups are led by Authorized and Apprentice teachers in Lama Tsultrim's lineage. Please feel free to reach out and connect with one in your area. Also check their ongoing monthly calendar of activities at www.taramandala.org.

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Photo Credit: Tara Mandala Archives



Photo Credit: Lopön Chandra Easton

SPECIAL THANKS TO OUR DONORS AND MEMBERS

On behalf of Lama Tsultrim Allione, the Tara Mandala's Board of Trustees, Staff, and Volunteers, we thank all who have contributed to the ongoing vibrancy of Tara Mandala through their donations and work. Since 2016, the number of donors has increased by an amazing 150 percent!

We hold deep gratitude in particular to all the generous Maha Benefactors, Tara Thangka donors, Sustaining Sangha donors, Scholarship Fund donors, and Annual Fund donors who stepped forward to help us in 2018. Thank you all!

This 25th Anniversary Celebration belongs to all of us! Congratulations and let's help Tara Mandala thrive for more years to come!

BECOME A SUSTAINING SANGHA MEMBER

Sustaining Sangha is the financial life-blood of our organization, as it provides reliable income for Tara Mandala's operations. Become a Sustaining Sangha member by giving to Tara Mandala on a monthly basis with a gift of just \$10 a month! To learn more about our membership and its benefits, visit www.taramandala.org/giving/ways-to-give/



Photo Credit: Lopön Chandra Easton

HELP TARA MANDALA® THRIVE

Tara Mandala is a tax-exempt charitable corporation. Through the generosity of our global Sangha, it has grown since its birth in 1993 into a vibrant international community of practitioners and a beacon of the empowered feminine in our world.

Each year, donations support the vital work of Tara Mandala to bring insights and awareness of Buddhist practice and the sacred feminine to a growing global community. With approximately two-thirds of our annual budget coming from donations, we rely on the generosity of our Sangha to bring Lama Tsultrim's vision to life.

There are a number of ways to support our mission. These charitable gifts help us provide access to retreats, offer sustainable wages to our permanent staff, maintain the temple, retreat cabins, and other facilities, develop new programs, offer scholarships, and expand online offerings, among other strategic and long-term projects—all of which support Tara Mandala's role as a leading light for Buddhism and the empowered feminine in the world.

Go to www.taramandala.org/giving/ways-to-give/ to learn more and make your tax-deductible gift today.

PREFER TO TALK IN PERSON?

Call or email our Finance Director, Christine Flemming, at (970) 731-3711, ext 106 or at accounts@taramandala.org to discuss ways to help fulfill Tara Mandala's mission, as well as your personal mission.

REFLECTIONS FROM MEMBERS OF THE TARA MANDALA® BOARD OF TRUSTEES



PIETER OOSTHUIZEN, LL.B
PRESIDENT OF THE BOARD

"The last 25 years have seen the beautiful flowering of Lama Tsultrim's potent vision of establishing a Dharma center for deep retreat in the west, powered by the energy and wisdom of Vajrayana Buddhism. Looking back, we celebrate truly remarkable and inspiring feats: finding the Tara Mandala heartland in Colorado, manifesting the magnificent Tara Temple, magnetizing competent, radiant people, and touching the hearts of many beings far and wide. Over all these years, Lama Tsultrim's commitment to honoring and promoting the sacred feminine remained paramount—but never before was it reflected back with as much resonance, impact, and urgency as in this present cultural moment. Inspired by the power of this relevance, yet grounded in the deep vast space of the wisdom lineages, Tara Mandala is maturing into a truly global organization. Perhaps this is really only the beginning. May countless beings benefit."



MICHELE NEVAREZ, MSPOD

"When we stand back and look at what is playing out on the global stage as it concerns the environment, politics, and overarching social dynamics, what we see is a tremendous opportunity to embrace the feminine principle of wisdom and to approach the challenges of our times with a fresh perspective. Instead of marginalizing wisdom, we welcome her back into the fold of humanity where she has always been but throughout various times has not always been fully acknowledged or honored. Lama Tsultrim has been a beacon for wisdom and a visionary in her own right, providing the conditions at Tara Mandala for wisdom to flourish, answering the unmet need we see playing out on a global scale. Emaho!"

To learn about about the Tara Mandala Board of Trustees and the Strategic Plan, please visit www.taramandala.org/introduction/the-organization/.



DORJE LOPÖN CHANDRA EASTON, ASSISTANT SPIRITUAL DIRECTOR

"As Tara Mandala turns 25, I'm so grateful and inspired by what we have created. One recent exciting achievement that the Tara Mandala Board helped to prioritize is our first ever Feeding Your Demons® community-based pilot study which I had the honor of organizing with Philippe Goldin, PhD, and Eve Ekman, PhD, two leading scientists in the fields of affective and clinical neuroscience and the contemplative science of meditation and emotion awareness. Initial findings suggest that, compared to a control group that did not receive FYD training, the FYD trained group reported significantly decreased stress symptoms and increased self-compassion. We also found that the number of FYD meditation sessions completed during one-month of practice predicted increases in self-compassion and satisfaction with life, and decreases in stress, depression, and intolerance for uncertainty. We will begin publishing our findings in 2019. Lama Tsultrim has laid such an important foundation for the rooting and flowering of Dharma in the west, surely to bear great fruits for future generations of practitioners."



DAVID LIPKA, J.D.

"As we celebrate a quarter-century of Dharma at Tara Mandala, I am moved by Lama Tsultrim's new book Wisdom Rising and how she has guided so many gifted teachers over the years who are giving retreats this year on the land, online, and at our satellite sanghas around the world. With deep gratitude, I look forward to my own solitary Chöd retreat, knowing several other practitioners are engaged in years-long retreats on Tara Mandala's sacred land. How wonderful!"



ANNA RAITHEL, MBA

"I have had so many lives at Tara Mandala....as a volunteer and a resident, a chöpon, umdze and apprentice teacher. To bring all of that experience to the board feels like the fruition of all those years. I feel the responsibility of holding stewardship of Lama Tsultrim's vision, a vision that is both manifest in the great work this sangha has accomplished, and is ever spontaneously appearing. This is our great treasure, and it is my complete honor to serve."



(cont'd from page 4)

Then on July 22, 2010, after twenty-two years of marriage, Dave suddenly passed away of a heart attack in the middle of the night at the age of fifty-four. With him, my life as I had known it died also. The path to healing took a long time, and still goes on. Dave's death was like being in a large sail boat and being hit by a hurricane. One mast broke and the other was severely damaged, but we continued sailing with a broken mast. We went on, rebuilt the mast, and gradually began to envision new projects. The two staff cottages and several more retreat cabins were the first projects, built several years after he passed away. We held the first International Conference on Chöd and Zhije in 2017, with sixteen scholars from all over the world giving papers, and practitioners teaching various forms of Chöd. Our teachers increased in 2017 with the arrival of the precious yogi Drubpön Lama Karma and his wife Drölkar from Bhutan, where he had lived sixteen years in solitary retreat and spent ten more years teaching those in long-term retreat.

Gradually our simple retreat center has become the hub of an international community with Satellite Sanghas in many countries, something I never imagined. Large donations have come in over the last few years allowing us to build our endowment, the David Petit Sustainability Fund, to over \$2 million, and we will continue building on that base through ethical investments. We have also been gradually able to hire more professional staff for key positions in the organization, including Joanne Brion as executive director, Christine Fleming, whose expertise has gotten our finances in great shape as financial director, and Clifton Carmody, who just joined us as director of operations, a new position that he is extremely qualified for with his background in resort and retreat center management.

In 2015 Chandra Easton became the Dorje Lopön (Skt. Vajrācārya), making her next in line as lineage holder. She's now moved to Durango for a sabbatical year from Berkeley, CA, and is the assistant spiritual director at Tara Mandala. Then in 2016, our beloved Charlotte Rotterdam, who was co-director for four years, became Lopön of the Magyu: the Mother Lineage. They have both done very well in overseeing the curriculum and long-term practice and study programs, and teaching around the world. The other authorized and apprentice teachers have also inspired many people in the Dharma.

I am also excited that our retreat cabins are full and that there are many long-term retreatants, including one who is in for five years, and our former board president Bridget Bailey who is in retreat for a year. My nephew Ben Ewing also came for retreat and is now a professional translator of Tibetan for the 84,000: Translating the Words of the Buddha project. Another Tibetan scholar "in the family" is my son Constanzo, who has received his master's degree from Rangjung Yeshe Shedra in Kathmandu, Nepal, and is continuing his studies.

Plans for the future include a traditional Tibetan Buddhist cremation ground and another big building called Upaya, which will contain staff and retreatant housing, and treatment rooms for massage and other therapies. We also hope to build more retreat cabins, since all of ours are currently booked a year in advance, and in 2019 we will complete another staff cottage as well.

It is very satisfying that we are also a place of refuge as the #MeToo in Buddhism has come forth. My new book *Wisdom Rising: Journey into the Mandala of the Empowered Feminine*, published by Simon and Schuster in May of 2018, was the #1 New Release in Buddhism on Amazon. This speaks to the widespread need for 'in'powerment of the sacred feminine and for methods to accomplish this. The book is being published in five foreign languages and is creating global impact.

We offer Buddhist teachings and transformational personal practices that explore the interface of Buddhism with Western psychology, so that psycho-spiritual development occurs simultaneously in the Buddhist practitioner. Which reminds me, two leading scientists in the fields of affective and clinical neuroscience and contemplative science, Philippe Goldin, PhD, and Eve Ekman, PhD, have completed a very promising study on the benefits of Feeding Your Demons® for addiction, depression, and anxiety. The study results will be published in 2019.

I feel great gratitude to everyone who has made Tara Mandala what it is and will be. There's no way to express my appreciation for what we have now and continue to create together. May we continue to have a global impact in what we teach and how we practice the precious Buddhadharma. As I look at the bright faces of my six grandchildren, I am certainly concerned about the state of the world, and I believe that the world they inherit will be made better by Tara Mandala. My prayer is that the vision of a great Tibetan teacher who visited Tara Mandala will come true: from the top of Ekajati Peak he looked around over the hills covered with oak, cedar, juniper, and pine trees and said, "As many trees as you see on these hills, that many yoginis and yogis will reach rainbow body at Tara Mandala." May it be so!

With love, warmth, and in joyful celebration of our 25th Anniversary,

Lama Tsultrim Allione

Lama Tsultrim Allione

RECIPES FROM THE TARA MANDALA® KITCHEN

Tara Mandala's kitchen is well-loved for its delicious vegetarian cuisine. We are devoted to making sure retreatants are nourished with healthy meals while on retreat with us. Enjoy these recipes from our kitchen team!

PASTA WITH SALSA DI NOCI

Servings: 6-8

INGREDIENTS

24 ounces angel hair pasta
5 large onions
1 cup parsley or cilantro
4 cloves minced garlic
1/2 cup sesame seeds
1/2 cup coconut oil or olive oil
1/4 cup Tamari
1/2 cup nutritional yeast
dash of salt and pepper
3-4 cups ground walnuts

INSTRUCTIONS

- Prepare pasta as directed on package.
- Saute onions, sesame seeds, and garlic in 1/2 portion of required oil until onions are tender.
- Add spices, walnuts and remaining oil, stirring well.
- Add pasta and toss until coated with sauce.



Photo Credit: Clinton Spence

BASIL LEMONADE

Servings: 10-12

INGREDIENTS

2 cups freshly squeezed lemon juice
3 cups fresh basil
4-5 cups chilled water
Sweeten with agave or honey to taste

INSTRUCTIONS

Blend everything in a powerful blender until frothy and smooth. Makes a lively refreshing and healthy drink!

“It is by empowering the sacred feminine and by listening to the earth as she tries to communicate with us that we will ultimately heal.”

~ Lama Tsultrim Allione: Founder of Tara Mandala and author of *Wisdom Rising: A Journey into the Mandala of the Empowered Feminine*

Photo: J. Brownlee



TARA MANDALA RETREAT CENTER • COLORADO



Lama Tsultrim Allione



Drubpön Lama Karma



Lama Willa Miller



Lama Rod Owens

Find refuge and renewal at **Tara Mandala Retreat Center**, a vibrant international Buddhist Community centered on 700-acres in the San Juan Mountains near Pagosa Springs, Colorado. Under the spiritual direction of Lama Tsultrim Allione, Tara Mandala is home to numerous solo retreat cabins and a three-level Tara Temple which celebrates the sacred feminine.

2019 Retreat Schedule • Highlights

- **Twenty-One Tara Drupchö (Dechen Gyalmo)** with Drubpön Lama Karma and Lama Tsultrim Allione, April 11 - 20
- **Feeding Your Demons®: Kapala Training Level 1** with Lama Tsultrim Allione and Lopön Chandra Easton, April 24 - 29
- **Lion-Headed Dakini Retreat (Simhamukha)** with Miranda Shaw, Lopön Charlotte Rotterdam and Ellen Booth Church, May 19 - 27
- **Wisdom Rising: Mandala Training Level 1** with Lama Tsultrim Allione and Lopön Charlotte Rotterdam, May 31 - June 6
- **25th Anniversary Celebration** with Lama Tsultrim Allione, Drubpön Lama Karma and the community of teachers, July 6
- **Somatic Enlightenment: Awakening through the Four Kayas** with Lama Willa Miller, August 24 - 29

Wisdom Rising Dialogue Series, August 16 - 18: Fostering Enlightened Leadership and Power on the Buddhist Path and in the World
Inspired by the teachings of Lama Tsultrim Allione on the importance of bringing the wisdom of the enlightened feminine into every aspect of our lives, the *Wisdom Rising Dialogue Series* offers an opportunity to gather as Buddhist practitioners and global citizens to reflect, interact, and engage in transformative discussions to awaken a new collective narrative that can advance positive change in our communities and societies. Panelists include Lama Willa Miller, Lama Rod Owens, Karla Jackson-Brewer and many more. Please see page xx or visit our website for more information and to register.

For a complete list of 2019 retreats and events visit:
www.taramandala.org