



RETREATS EVENTS & MORE

ISSUE 04 | 2025

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Machig Publications



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LEARN . MEDITATE . FIND COMMUNITY

RETREATS & EVENTS

UPCOMING online


FRIDAY
APRIL
25

A banner for the 'Embodying Tara' workshop. It features a green-skinned Tara figure on the left, a white silhouette of a person in a yoga pose in the center, and a mountain landscape on the right. The text 'EMBODYING TARA' is in large white letters, and 'WEEKEND WORKSHOP' is in smaller white letters to the right.

EMBODYING
TARA

WEEKEND
WORKSHOP

EXPERIENCE THE DIVINE FEMININE TO POWER YOUR
COMPASSION, INTUITION AND JOY

A banner for 'The Awakened Heart' retreat. It features a golden Buddha figure on the left and a blue sky with clouds on the right. The text 'THE AWAKENED HEART' is in large white letters, and 'HEART OF BUDDHISM - III' is in smaller white letters below it.

THE AWAKENED HEART

HEART OF BUDDHISM - III

HEART OF BUDDHISM: AWAKENING THROUGH
MAHAYANA WISDOM

THURSDAY
MAY
22

FRIDAY
MAY
23

A banner for the '3rd Annual Sustaining Sangha Summit'. It features a group photo of people on the left and a purple background with a white logo of two hands holding a heart on the right. The text '3rd Annual SUSTAINING SANGHA Summit' is in white and gold letters.

3rd Annual
SUSTAINING SANGHA
Summit

COMMUNICATION AND CONNECTION WITH
SUSTAINING SANGHA MEMBERS & LINEAGE HOLDERS

A banner for 'Buddhist Spiritual Care' retreat. It features a white Buddha figure on the left and a white background with a blue sky on the right. The text 'BUDDHIST SPIRITUAL CARE' is in large blue letters, and 'AN INTRODUCTION' is in smaller blue letters below it.

BUDDHIST SPIRITUAL CARE

AN INTRODUCTION

SPIRITUAL END-OF-LIFE CARE IN THE BUDDHIST
TRADITION

THURSDAY
JUNE
5

Earth Day Concert *with Nina Rao*

Meditation cultivates a profound awareness of our interconnectedness with all life, revealing how our well-being is inseparable from the health of our planet. Through consistent contemplative practice, we develop the ability to witness our habitual patterns of consumption and exploitation, creating space for more conscious choices that honor Earth's delicate systems. This expanded awareness naturally gives rise to compassion—not merely as an abstract sentiment, but as a powerful motivation to protect and regenerate our shared home. As Thich Nhat Hanh teaches in his book "Love Letter to the Earth," when we touch the Earth deeply through mindfulness, "we can heal ourselves, and we can heal the Earth at the same time."

When rooted in meditative practice, environmental advocacy becomes less about fighting against destruction and more about nurturing positive alternatives—regenerative agriculture, renewable energy, and circular economies that mirror natural systems.

This Earth Day, we invite you to join us in celebrating our connection to the planet through sacred sound and community at our special Kirtan event with renowned vocalist Nina Rao. Through the ancient practice of devotional chanting, we'll create a collective field of positive intention for planetary healing, transforming our meditation and compassion into a vibrant, shared expression of care for our Earth home.



April 22
on yana



SPRING & SUMMER

ON THE LAND





TARA MANDALA RETREAT CENTER

JOIN US THIS SEASON ON THE LAND

MAY
12-18



MAY
24



MAY
30-
JUNE 02



JUNE
14-18



JULY
02-05



JULY
02-05

WHITE DAKINI
RITUAL ARTS

JULY
05-11

WHITE DAKINI
DRUPCHÖ

JULY
16-21

MAGYU
GATHERING

JULY
16-21

ÖSEL NYINGTIG
GATHERING+

JUNE
26-
AUG 01

FAMILY RETREAT
@ RETREAT CENTER

meditation | compassion | community



GREEN TARA GATHERING

with Tulku Ösel Dorje

Green Tara, the beloved female Buddha of swift compassion, stands with one foot rooted in meditation and the other stepping boldly into the world. She is the essence of awakened action—fierce, loving, and ever-ready to dissolve fear and suffering.

Through a rich blend of tantric ritual, mantra recitation, yoga, and sacred movement, you'll be guided into direct connection with Green Tara's boundless presence. Join us for a transformative gathering in the sacred Tara Temple—where Tulku Ösel will offer the traditional Green Tara Empowerment from the Luminous Treasury of Secret Vajra Luminosity *Ösel Dorje Sang Dzod* lineage. This concise and powerful practice offers a path for integrating compassion and wisdom into every aspect of your life.

*empowerment
& feast*

*yoga &
mantra*

*wilderness &
meditation*

Awaken your own fearless heart

June 14 – 18
@TARA MANDALA





The FAMILY RETREAT is BACK!

Join us for a truly unique and heart-opening Family Retreat, where mindfulness meets play, and the sacred meets the everyday joys of family life. This immersive experience is designed to nurture the whole family—offering space to slow down, reconnect with each other, and deepen your connection to the Dharma and the natural world.

Throughout the retreat, families will enjoy a rich tapestry of activities: group songs, storytelling, playful skits, yoga, games, art-making, time in nature, campfires, council circles, and meaningful meditation, and Dharma talks tailored for all ages.

Children and teens will gather in age-appropriate groups, where they can explore, express, and grow in a supportive environment. Teens have the special opportunity to participate in an optional 24-hour solo wilderness fast, supported by days of preparation and integration. This powerful rite of passage helps them deepen their self-awareness and sense of belonging, as they're sent off and welcomed back by their community.

Parents will have dedicated time for their own practice, reflection, and connection with other caregivers, while also sharing in family adventures and bonding moments.

This retreat is an invitation to step out of the rush of daily life and into the magic of mindful togetherness. Whether you're sitting in stillness, laughing around a campfire, or simply being in nature with your loved ones—this is time to remember what matters most.



From the Archives: Family Retreat 1999



Sherab Kloppenburg, Tulku Ösel Dorje, Lama Tsultrim, and David Petit

*"Survival of humanity
depends on educating the
hearts of children."*

- His Holiness the Dalai Lama



3rd Annual SUSTAINING SANGHA *Summit* *Save the Date*

May 24th, 2025

Mark your calendars for our most cherished gathering of the year—the 3rd Annual Sustaining Sangha Summit on May 24th at 11am MDT. This exclusive online event brings together our monthly supporters with Tara Mandala's Wisdom Stream Holders for an enriching day of inspiration and heart-centered connection. The Summit is one way Tara Mandala shares gratitude with all new and current Sustaining Sangha Member to honor their vital support of Tara Mandala's mission.

Join Sustaining Sangha to attend!

[CLICK HERE](#) to Join Today!

[EMAIL](#) to Upgrade your Membership!



SUSTAINING SANGHA

Nurturing Wisdom & Compassion Through Monthly Support

As the sun rises over the sacred land of Tara Mandala, illuminating prayer flags that flutter in the mountain breeze, a global community of practitioners awakens to their daily practice. Though separated by oceans and continents, they are united by a shared commitment to wisdom, compassion, and the flourishing of authentic Dharma.

This is Sustaining Sangha, **Tara Mandala's monthly giving community** that has been quietly yet powerfully supporting the center's mission since its earliest days. What began with handwritten checks in licked envelopes has evolved into a vibrant global network of over 450 monthly supporters whose consistent generosity creates the foundation for all that Tara Mandala offers. Through every stage of our growth, these practitioners have remained the **heartbeat of Lama Tsultrim's vision**.



As we celebrated Tara Mandala's 30th anniversary last year, we honored the hundreds of Sustaining Sangha members whose faithful support has helped us weather challenges, expand offerings, and maintain the sacred land & temple. Now, as we look toward our next 30 years, your presence and support are more needed than ever before.

— Cady Allione, CEO & Executive Director, Tara Mandala

Sustaining Sangha's Two-Fold Benefit: Supporting While Being Supported

What makes Sustaining Sangha unique is its embodiment of the Buddhist principle of reciprocity—a beautiful cycle of giving and receiving that benefits all. As you nurture Tara Mandala through your monthly support, you receive nurturing in return.

When you become a monthly supporter, you:

- Empower the sacred feminine in spiritual practice, helping restore balance in our world
- Deepen your own spiritual path through consistent generosity
- Make these vital teachings accessible to seekers worldwide
- Join a vibrant global community of practitioners



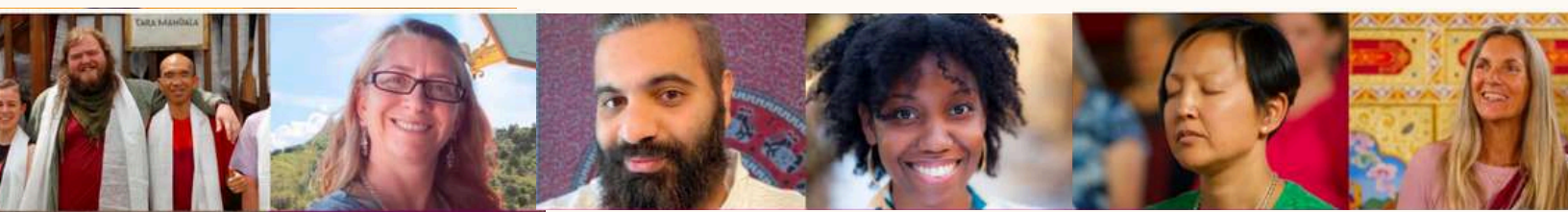
"Sustaining Sangha membership was something that opened another door of understanding, in one way reciprocity, in a way balancing all of what we receive, all the blessings, all the teachings, all the stream of wisdom that is always pouring from Tara Mandala."

— Esteban, Sustaining Sangha

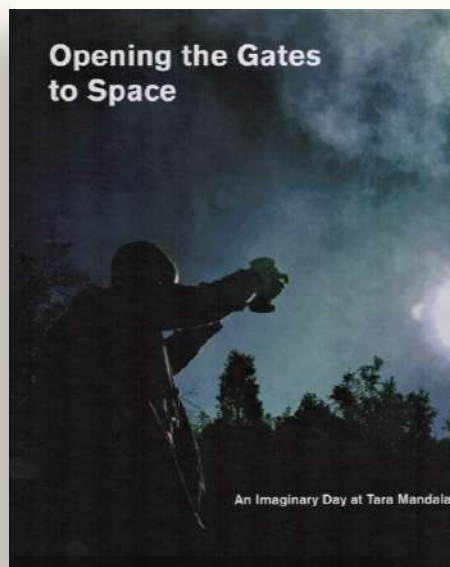


Enhanced 2025 Member Benefits:

- ***NEW*** Virtual Vajrayana Guide - Authentic step-by-step ritual tutorials on yana released regularly
- ***NEW*** Monthly Dharma Downloads - Fresh resources in your dedicated online space in yana
- **Annual Sustaining Sangha Summit** - Intimate gathering with Tara Mandala Wisdom Holders on May 24th
- **Plus:** Retreat discounts, Dakini Store savings, and level-based special opportunities



An Extra Gift of Gratitude Awaits...



As an expression of our gratitude for your commitment, new Sustaining Sangha members who join and current members who upgrade their membership to a higher level **by May 24th** will receive their choice* of special gift based on your membership level.

JOIN and receive one of:

- "Opening the Gates to Space" photography book of Tara Mandala
- String of 10, five-colored prayer flags
- PDF of Lama Tsultrim's seed syllable TAM calligraphy*

UPGRADE to a Higher Membership Level for your choice of one of:

- Any above gift
- Tara Mandala "Meditation is Activism" water bottle or tote bag, written in Lama Tsultrim's handwriting
- PDF of Lama Tsultrim's seed syllable TAM calligraphy*



Because of increased international shipping costs, international members have the choice of paying shipping & customs fees or choosing a downloadable high-quality printable image of Lama Tsultrim's seed syllable TAM calligraphy.*

***not pictured here*

Choose the Annual payment option
to receive TWO gifts!

[CLICK HERE](#) to Join Today!
[EMAIL](#) to Upgrade your Membership!

Lotus feet traverse the heavens,
A wild Dakini dance.
Flickering on the edges of
twilight liminality.

The veil quakes and shivers.
My 3rd eye cries.

My mantra mouth stretched wide with wonder.
My starry eyes weep constellations,
Glimmering with adoration's tides.

My mudra hands fold into prayer
at Anahata's stoop.
The stars above and within,
thunder with wisdom and mystery.
Beckoning us near.
Furthering us along.

We shuffle in unison,
Toward our Mother.
Humble heads—gracefully bowed in reverence.

Her hymn leads us to her sacred barque,
Where she patiently resides.
Awaiting her children.
Each of their names,
Lovingly whispered upon her lips.

Eyes of wild fire,
Pulsing oceans of love.
Holy. Pure. Unconditional.

Golden skin,
Radiant and unyielding,
Glowing with the warmth of 10,000 suns.
Our foreheads grace the sacred earth.
We prostrate ourselves in devotion,
Giving a kiss to the ground of being.

Our hearts awaken and rejoice
When we hear
Prajnaparamita sing...

Untitled

by Chöying Dorje

From
*Whisper of Leaves:
Poetry as Practice*
on

yana
TARA MANDALA DIGITAL DHARMA HUB

Practicing Through the Generations

A multigenerational lineage of healing and feminine empowerment.

It was almost 25 years ago that Zita and David Arocha first came to the sacred land of Tara Mandala, to drop off their daughter Miranda for a summer of volunteering.

Facing the daunting prospect of writing her senior paper, Miranda followed her teacher's suggestion to go to Tara Mandala and write about Lama Tsultrim Allione. It was an unseasonably cold, rainy summer day when they arrived, and Miranda



Miranda and Zita outside the Community Building at Tara Mandala

wasn't exactly dressed for the weather. They drove up to the kitchen set under the trees and tent canopies.

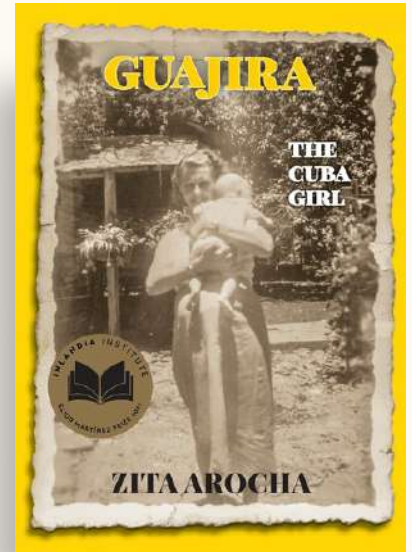
At the time, there were outdoor showers and rustic tents, but no buildings or indoor plumbing. Zita was concerned. "How are we supposed to leave our daughter out here in the middle of nowhere?", she asked herself. Lopöns Pieter and Charlotte, Tara Mandala's co-directors at the time, could sense their apprehension and brought Miranda a blanket to warm up. They all sat down and chatted, reassuring David and Zita that their daughter was in good hands, despite the barebones accommodations. They headed home, leaving Miranda for the season. At the end of the summer, Zita and David drove back to Tara Mandala to pick up their daughter. As they approached Prayer Flag Ridge, they saw everyone gathered at the big tent in Kapala Meadow. There, they were greeted by Lama Tsultrim, who asked them to join for their first-ever Tsog. The beautiful, hypnotic chanting felt familiar, and Zita's heart was immediately filled with a sense of trust.

On the drive home, David and Zita listened as Miranda enthusiastically recounted her experiences that summer, and shared a growing interest in studying Vajrayana Buddhism. Zita—born in Cuba and raised an Evangelical Christian—became curious about Buddhism, and her journalistic background pushed her to investigate further. She attended her first Buddhist retreat at Tara Mandala. Upon hearing the basic tenets of Buddhism, Zita remembers exclaiming to herself, "This is it! I've always been a Buddhist!" Zita had always been skeptical about religion. But the Buddhist view that we are inherently good—as compared to the Christian view of original sin that she had been indoctrinated into—was a profound revelation, and marked a turning point in her life. "Obscurations are what keep us from recognizing our inherent purity—our original purity," she says. "This is the way of living life: Feeling liberated, instead of crushed that you are somehow bad from the beginning."

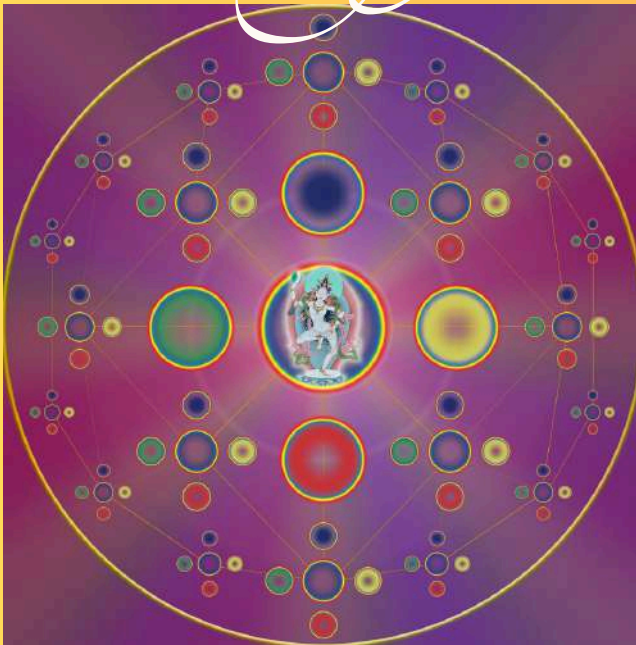
At Tara Mandala, memories of the Santeria churches in Cuba that she frequented as a young girl with her aunts and uncles came flooding back. The familiarity of the drumming and dancing, the singing and chanting, felt like a homecoming as she learned Chöd and Green Tara practice, and experienced Drubchen. She went on to take refuge with Lama Tsultrim several years later. Through Vajrayana practices and the immense emotional healing they brought, Zita courageously began to own and share her story through her memoir, *Guajira: the Cuba Girl*.

Zita joined Magyu and returns to Tara Mandala every chance she gets, while Miranda is studying for her PhD in Tibetan Buddhist Studies at Northwestern University and occasionally comes back to volunteer on the land during the summer. Zita and David plan to have their ashes held at Tara's Pureland.

Today, Zita credits her Buddhist path to her daughter - a multigenerational lineage of healing and feminine empowerment through the path of Vajrayana Buddhism.



Magyu



SUMMER CIRCLES: Cultivating Connection

Magyu students walk their own path. How the path shapes each individual's transformation and healing is just as much a part of who they are as the lives they live. In this sense, "Magyu is life".

From June to August, join our vibrant Magyu community on yana as we gather in supportive circles to strengthen our connections and shared practice. Each hour-long session, guided by a senior Magyu practitioner, begins with a centering practice before flowing into intimate small-group conversations where we navigate both our spiritual journey and life's challenges together. These sacred spaces of belonging offer a rare opportunity to weave our individual paths into our collective wisdom. Come nourish your practice through the power of sangha in this extraordinary summer of connection.

y



How an Ancient Practice Offers Peace, Purpose, and Profound Compassion

When the end of life approaches, fear often looms large—fear of pain, of the unknown, of separation from loved ones. But in the Tibetan Buddhist tradition, there is a powerful practice that

transforms this moment of departure into one of opportunity and grace. This practice is called P'howa, the transference of consciousness at the time of death. Rather than seeing death as a tragic rupture, P'howa invites us to approach it as a gateway—a moment not of loss, but of liberation. For practitioners, it offers the potential to consciously direct the mind into an exalted state, dissolving fear and confusion. And for caregivers, spiritual companions, or loved ones, it provides a sacred method of supporting others through their transition.

The signs of success in the P'howa practice can arise swiftly, often without the need for years of solitary retreat. This makes it uniquely accessible—both a deep spiritual preparation and a practical tool for facing the inevitable.

Among the great teachers of P'howa in the West is Chagdud Khadro, who trained extensively under His Eminence Chagdud Tulku Rinpoche, a revered master of the Nyingma lineage. After years of dedicated practice, Khadro was empowered and authorized to teach P'howa and bestow the required transmissions. Her work has reached far beyond the bounds of traditional Buddhist communities.

"Phowa ensures that we won't die in a state of spiritual uncertainty, and drift helplessly in the after-death bardo, only to be blown back by the karmic winds into an uncertain rebirth."

These teachings have found particular resonance with health professionals—doctors, nurses, and hospice workers—who are often at the threshold between life and death alongside their patients. Many of them have found in P'howa a spiritual language that transcends religious boundaries, a practice that dignifies death and eases suffering, both for the dying and for those who remain.

One form of P'howa is focused on our own journey, preparing us for our own transition. Another, equally powerful, is practiced for the benefit of others—a compassionate act that extends beyond the boundary of the self. In either case, the essence of P'howa remains the same: to bring clarity, peace, and freedom at a moment that too often is defined by fear and uncertainty.

In a world where death is often pushed to the margins, P'howa offers something radical—a way to meet our end with open eyes, a steady heart, and the possibility of profound awakening.

August
7 - 10



CHAGDUD KHADRO

KHANDRO DORJE PHAGMO RINPOCHE

VAJRAVARAHI IN THE WEST

COLORADO | CALIFORNIA



With great joy and profound honor, Tara Mandala invites you to join us in welcoming Khandro Dorje Phagmo—a rare and radiant Bhutanese treasure—on her first-ever visit to the West, at the heartfelt invitation of Lama Tsultrim Allione.

Recognized as an emanation of Vajravarahi (Tib. Dorje Phagmo), a fierce and enlightened expression of the Tantric deity Vajrayogini, Khandro Dorje Phagmo is renowned for her spontaneous, heart-opening teachings and for revealing sacred treasures (termas) of immense spiritual potency. Her termas include texts of Vajravarahi, a skullcup gifted by Guru Rinpoche, a phurba, and profound Long Life practices of Simhamukha, Avalokiteshvara, and Vajrakilaya.

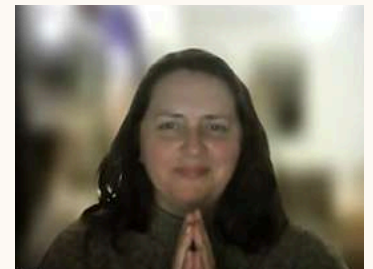
Khandro's presence is a blessing; her teachings arise spontaneously—guided by signs and the energy of the sangha who gather. For this extraordinary occasion, Tara Mandala has requested teachings from her revealed Avalokiteshvara terma, a radiant expression of the Bodhisattva of Compassion.

This is a once-in-a-lifetime opportunity to receive direct teachings from a living tertön and embodiment of the enlightened feminine. We hope you can join us for this historic and deeply auspicious moment.

Read the full story of Khandro Dorje Phagmo in [Tara Mandala's February Issue](#), pages 17–18.



Announcing Our First Mandala Method Certification Graduates!



With hearts full of joy, we're delighted to share some wonderful news with you all. We've reached a significant milestone in our community's journey: our first five graduates of the Mandala Method Certification Program!

Please join us in celebrating and honoring:

- *Regina Bommer*
- *Christine Rossi*
- *Natalie Jo Golla*
- *Rianne van Rijsewijk*
- *Zopa Palmo*

The Mandala Method offers powerful tools for self-discovery and integration, and these graduates are now equipped to guide others on this journey. If you've been curious about exploring these practices in a more personalized setting, our graduates are available for one-on-one work and would be honored to support your path.



For those who feel called to dive deeper into these teachings themselves, we're excited to announce that our next certification cohort will begin this Fall.



A Community Mandala Blossoms in the Florida Keys

By Lopön Ellen Booth-Church

exploring teachings and practices including Prajnaparamita, Chöd, Wisdom Rising, and Zhitro. Lopön Karla Jackson-Brewer also came and taught us two retreats over the years. And to return to our roots by the ocean, we added an early morning Prajnaparamita meditation for a small group at Smather's Beach, during which we gazed at the horizon as the sun rose at our backs.

The journey began at an oceanside yoga class on the pier in Key West, Florida. It was 2004, and I was a newcomer to the Florida Keys, having recently transplanted from upstate New York. The class sparked a sudden thought: What if I started a Tara Mandala Sangha right here, on this beautiful waterfront platform? Inspired by my experience of starting a Sangha in Ithaca, New York, I was eager to continue creating practice spaces for my teacher, Lama Tsultrim Allione.

One evening, I led a small outdoor meditation class at the pier—and the Key West Tara Mandala Sangha was born. Our 5 p.m. "Happy Hour Meditation" was open to anyone who walked by and joined us. We attracted some interesting characters, and soon, a core group of four or five regulars emerged.

As the years passed, our Sangha blossomed, growing to a dozen dedicated practitioners who gathered weekly, primarily to practice Lama Tsultrim's Mandala of the Five Wisdom Dakinis. We delved into a deep study of the mandala, spending two weeks with each of the Buddha Families.

In 2007, we found our "home" in the Nature Chapel of the Key West Botanical Garden. By this time, we had become a Sangha of 33 people, meeting every Saturday morning and Wednesday evening. We were blessed to host many retreats with Lama Tsultrim,



Then, the unexpected happened: the COVID-19 Pandemic. Our impetus to practice together became even stronger, so we had to adapt. We moved to Zoom gatherings only and the Sangha expressed their need for a daily community practice. We responded by offering practice Monday through Friday at 11:00 am Eastern Time with various practices, including the Mandala sadhanas, Zhitro, The Four Immeasurables, and Prajnaparamita. A silver lining of transitioning online for practice is that we now have regular members worldwide joining us.

Today, we continue to meet daily for meditation sessions, and I continue to marvel at the power of Sangha online. We can genuinely 'feel' our interconnection with each other and the world. I am deeply grateful to every one of our Sangha members for their unwavering support and dedication to our community.

Thank you, Lama Tsultrim, the yana team, and the Global Sanghas, for providing us with the support and inspiration to be living embodiments of the lineage.

Join the
Florida Keys
Tara Mandala
Sangha

–
Daily practice
&
Saturday
mornings

yana



Lopön Ellen leading the Sangha in dedication of merit on Smather's Beach, Key West, Florida, USA



ANCIENT WISDOM, MODERN PRACTICE

HONORING AAPI HERITAGE IN BUDDHIST PRACTICE

The journey of Tibetan Buddhist practices across continents represents one of the most significant spiritual transmissions of our time. As these profound contemplative traditions have taken root in Western soil, practitioners face an essential responsibility: honoring the Asian origins of these teachings while making them accessible and relevant to contemporary life. At Tara Mandala, this balance forms the heart of our approach to the lineage of Machig Labdrön, an 11th century Tibetan female wisdom holder whose revolutionary practices continue to transform lives today.

Machig Labdrön (1055-1149) emerged as a spiritual innovator during a pivotal era in Tibetan history. Born in the Labchi region of Tibet, she developed the Chöd practice—a radical approach that challenged the dominant spiritual paradigms of her time. In a cultural context where female practitioners faced significant limitations, Machig established a lineage that transcended gender barriers through its pragmatic approach to transforming obstacles.

As Lama Tsultrim Allione, founder of Tara Mandala, notes in "Women of Wisdom," Machig's approach was revolutionary in that it "turned the traditional Buddhist approach to demons upside down" by teaching practitioners to feed rather than fight what they fear. This feminine wisdom tradition offered a counterbalance to more hierarchical approaches, emphasizing direct engagement with challenging emotions and experiences as the path to liberation.

Lama Tsultrim Allione encountered these teachings through her studies in Tibet in the 1970s. Her journey represents the careful balance required in transmitting Asian wisdom traditions to Western contexts. As she writes in "Wisdom Rising," this process involves "honoring the lineage while making it accessible to modern practitioners."

This transmission process demands rigorous attention to authenticity—maintaining the Tibetan language for key concepts, preserving the traditional meditation techniques, and understanding the cultural context from which these practices emerged. Simultaneously, it requires translating the psychological insights of these practices into frameworks that resonate with contemporary practitioners.



Honoring the Asian origins of these practices can be integrated into daily practice through:

- Learning proper pronunciation of Tibetan terms and names – although these words, terms and names can feel difficult to pronounce and remember, it is important to the preservation of the lineage to bring joyful effort and diligence to this aspect of study and practice of Tibetan Buddhism.
- Learn people's names: Misnaming people can have a detrimental effect, especially if it is one of our beloved sangha members. [Read this previous blog post](#) by Celeste Young, our current Board President, about her experiences being misnamed and how this affected her feelings of truly being seen.
- Studying the historical and cultural context of the lineage and recognizing the origins of living traditions.
- Supporting Asian and Asian American teachers and practitioners – Join us for Khandro Dorje Phagmo Rinpoche's visit to the West. Experience this truly remarkable woman whose life was prophesied by Padmasambhava.

As Dr. Karma Lekshe Tsomo observes in "Buddhism Through American Women's Eyes," authentic practice requires not just adopting techniques but understanding the cultural wisdom they emerge from. The feminine wisdom tradition emphasized at Tara Mandala offers a model of partnership rather than appropriation. As Lama Tsultrim writes, "We need to develop the model of mutually empowered partnership... societies that promote power with rather than power over each other." This approach applies equally to cultural exchange—creating space where ancient Asian wisdom traditions can flourish in new contexts while their origins are deeply honored and respected.

In this way, the celebration of Asian American and Pacific Islander heritage becomes embedded in daily practice—not as a separate consideration but as the very foundation of authentic engagement with these transformative traditions.

Resources for Deeper Understanding

Recommended Readings:

- "Women of Wisdom" by Tsultrim Allione
- "Machig Labdrön and the Foundations of Chöd" by Jerome Edou
- "Buddhism: One Teacher, Many Traditions" by the Dalai Lama and Thubten Chodron

Documentaries:

- "When the Iron Bird Flies: Tibetan Buddhism Arrives in the West"
- "Vajra Sky Over Tibet"

Key Tibetan Terms:

- Chöd (Tibetan: གཅོད) - "Cutting Through" practice developed by Machig Labdrön
- Dākinī (Tibetan: མཁའ་ལྷོ་མ, khandro) - Female embodiment of enlightened energy
- Mandala (Skt. maṇḍala; Tib. དྲིལ་ལོ་མོ་, kyilkhor; Wyl. dkyil 'khor) - Sacred geometric configuration that literally means "center and periphery."



Honoring Mother's Day at Tara Mandala

At Tara Mandala, Mother's Day resonates deeply as a celebration of the profound maternal energy flowing through our lives in its many forms. We honor our mothers alongside the wise women who have nurtured, guided, and shaped us through their strength, wisdom, and compassion. This day also connects us with Mother Earth herself—the ultimate nurturer whose body provides our sustenance, whose rhythms guide our practices, and whose well-being is inseparable from our own. Through meditation and communal gathering, we express gratitude for all maternal figures who embody the fierce compassion and transformative wisdom of the sacred feminine tradition—from women who have mothered us in countless ways, to the Great Mother, whose wisdom guides and nurtures, awakens and enlivens each of us. Their influence weaves through our spiritual practice, inspiring us to cultivate the balanced partnership between feminine and masculine energies that our tradition upholds as essential for healing ourselves and our world. This celebration affirms our core belief that by recognizing and honoring these profound connections, we strengthen the compassionate web that binds all beings in mutual care and respect.



TEACHINGS 2025 WITH TULKU ÖSEL DORJE

MAY

- May 10 Tröma Sadhana Review Session ONLINE
- May 17-18 Shamata Retreat ITALY
- May 24-27 Shamata Retreat POLAND

JUNE

- June 8 Guru Sadhana Review Session ONLINE
- June 14-18 Green Tara TM COLORADO

JULY

- July 5-11 White Dakini Drubchö TM COLORADO
- July 16-21 Ösel Nyingtig Gathering TM COLORADO & ONLINE

AUGUST

- August 14-22 Yeshe Lama TM COLORADO

SEPTEMBER

- September 24-28 Tröma Wang & Chöd, Machig Nature of Mind SWITZERLAND

OCTOBER

- October 2-5 Green Tara with Empowerment GERMANY
- October 9-12 Longchenpa's Seven Mind Trainings GERMANY
- October 13 Lecture GERMANY
- October 15-19 All Tröma practices & Third Secret Instruction GERMANY
- October 24 & 31 Heart of Buddhism: The Great Perfection ONLINE

NOVEMBER

- November 7, 14, & 21 Heart of Buddhism: The Great Perfection ONLINE
- November 14-16 Yeshe Tsogyal Sadhana ONLINE

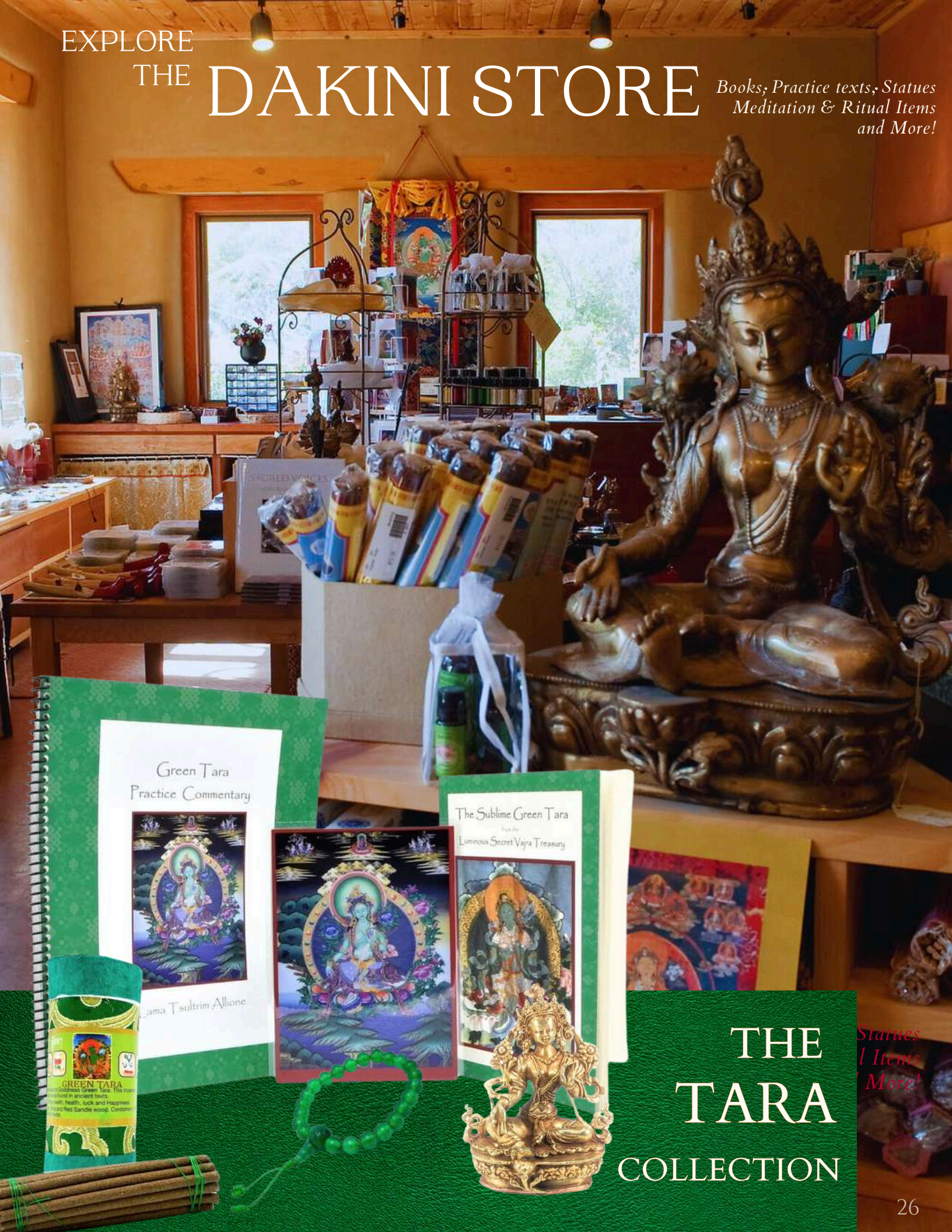
DECEMBER

- December 11-14 Dakini Ngöndro ONLINE

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THE

DAKINI STORE

*Books, Practice texts, Statues
Meditation & Ritual Items
and More!*



Green Tara
Practice Commentary



Lama Tsultrim Allione

The Sublime Green Tara
from the
Luminous Secret Vajra Treasury



THE
TARA
COLLECTION

*Statues
& Items
& More!*

from Our Kitchen to Yours

- 1 block (14-16 oz) extra-firm tofu, pressed and drained
- 2 tablespoons cornstarch
- 1 tablespoon ground turmeric
- 1 teaspoon ground cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 3 tablespoons neutral oil (like avocado or vegetable oil)
- 1 tablespoon soy sauce or tamari
- 1 tablespoon maple syrup or honey
- 1 tablespoon lime juice
- Optional garnish: chopped cilantro, green onions, sesame seeds

CRISPY TURMERIC TOFU

1. Cut the pressed tofu into 1-inch cubes.
2. In a large bowl, combine cornstarch, turmeric, cumin, garlic powder, salt, and pepper.
3. Add tofu cubes to the bowl and gently toss until all pieces are evenly coated with the spice mixture.
4. Heat oil in a large non-stick skillet over medium-high heat.
5. Add the coated tofu to the hot pan in a single layer (work in batches if needed). Cook for 3-4 minutes on each side until golden and crispy.
6. While the tofu cooks, whisk together soy sauce, maple syrup, and lime juice in a small bowl.
7. Once tofu is crispy on all sides, reduce heat to low and pour the sauce mixture over the tofu. Toss gently to coat and cook for another minute until the sauce glazes the tofu.
8. Garnish with cilantro, green onions, or sesame seeds if desired.
9. Serve over rice, in Buddha bowls, wraps, or as part of a stir fry.

