

RETREATS EVENTS & MORE

ISSUE 02 | 2025

TABLE OF CONTENTS

03
-05

HAPPY LOSAR!
Tara Mandala card & Invitation to Practice

06
-10

UPCOMING RETREATS & EVENTS
Online & On Land

11

SPRING & SUMMER
Retreat dates at a glance

12

JOIN THE SUMMER TEAM
Employment, Internship, Volunteer

13
-14

RETREAT IN THE MOUNTAINS
Magyu + Ösel Nyingtig Gatherings

15

MACHIG LABDRÖN - RUBIN MUSEUM

16

LETTER FROM LAMA TSULTRIM

17
-18

KHANDRO DORJE PHAGMO RINPOCHE

19

yana : MEET YOUR COMMUNITY KALYANAMITRA

20
-22

EQUITY, DIVERSITY, & INCLUSION COUNCIL
Annual Update and 2025 Objectives

23

EXPLORE THE DAKINI STORE &
FROM OUR KITCHEN TO YOURS

Editors: Carolyn Gregoire & Jenn Fahey | Graphic Design: Matthew Shearing & Cady Allione | Editorial Assistance: Caitlin Dodd, Anna Raithel, Khandro Noble, & Cady Allione | Photo Credit: Josh Brownlee

COVER ART by Lama Tsultrim Allione





Happy Losar!

2152, YEAR OF THE WOOD SNAKE

WARM GREETINGS FOR THE YEAR OF THE WOOD SNAKE.
MAY WE REST IN THE TRUE REFUGE OF THE SKY-LIKE MIND AND
BE A REFUGE FOR THE MANY BEINGS WHO ARE LOST AND AFRAID.

-LAMA TSULTRIM ALLIONE

Lama Tsultrim Allione

You are invited to



Annual
CHÖD TSOG

with

New York Tara Mandala Sangha
& Lopön Karla Jackson Brewer

Saturday 3/1/25
1:00pm - 3:30pm EST
on Zoom

Dana offerings to the NY Sangha appreciated

Dear Sangha

Losar is Tibetan New Year, and it is very auspicious to practice on the days leading up to and immediately after the first New Moon of the Tibetan Calendar. As with many New Year celebrations, there is a focus on removing negativity, clearing the energy for the upcoming year, and opening to the benefits that the new year may hold.

Chöd is a practice that was developed by an 11th-century Tibetan woman named Machig Labdrön. Chöd is a practice that was used in ancient times to heal epidemics. It is a good practice for the New Year as it can help us cut through things that are no longer useful to us, and things that may be blocking our elevation.

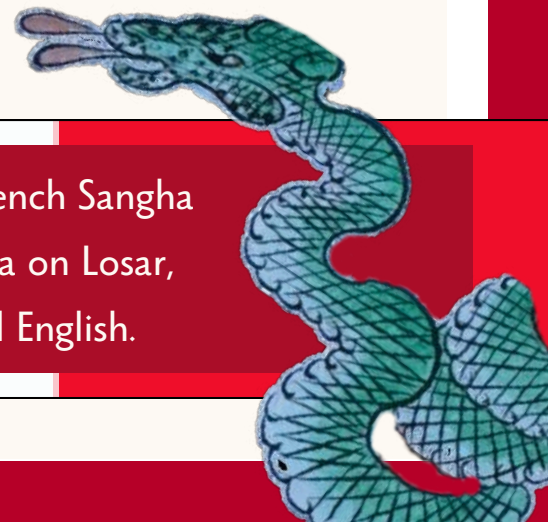
A Tsog is a ceremonial gathering, a feast, where we have an opportunity to gather, eat, and drink with the awareness of "One Taste", the experience of eating without judging what we are eating. This tantric practice helps us get out of our habitual patterns of deciding what we like, what we dislike, and what we are indifferent to. In Tsog, we experience being present understanding the interconnectedness of senses and sense objects. "One Taste" can lead us out of dualistic thinking. We will be combining these two sacred practices as we enter the New Year.

For the Tsog, please prepare a plate ahead of time comprised of fresh finger foods – cheese, crackers, pickles/olives, red meat (cold cuts are fine) nuts, candy, cookies, cupcakes (sweets are good for the New Year), veggies, hummus... You do not have to include all of these, and you could prepare a plate that just includes the 5 tastes – salty, sweet, bitter, sour, and umami. Trust your intuition. You will also need a glass of red wine, or juice if you are maintaining sobriety.

Lopön Karla Jackson-Brewer, a Senior Tara Mandala teacher will be leading the Chöd, transmitted by Chögyal Namkai Norbu Rinpoche and we are asking all Chödmas & Chödpas to bring their practice, drums, bells and other Chöd instruments to the virtual Zoom. Those who have not received the Chöd transmission are welcome to come and receive the benefit of this ancient practice.

All are welcome!

Everyone is warmly invited to join the Tara Mandala French Sangha online for the Great Aspiration Prayer of Samantabhadra on Losar, the Tibetan New Year, Feb. 28th. Offered in French and English.



RETREATS & EVENTS

LEARN . MEDITATE . FIND COMMUNITY

UPCOMING online

FEBRUARY IS
FEEDING NOT FIGHTING
MONTH



FYD Network community is now open. Join us for guided FYD sessions, Q & A with Lama Tsultrim and receive guidance from certified facilitators.

UPCOMING EVENTS

- **February 22:** Special FYD Practice | Addressing Systemic Racism with Dorje Lopön Chandra Easton
- **February 24:** Guided FYD Practice | Dharma Friends with Lopön Karla Jackson-Brewer, MS
- **March 1:** Q&A for Healthcare Providers & Healers with Lopön Polly Ryan, MA, MFT
- **March 3:** Dharma Friends | Open FYD Guided Practice with Kate Greer Dickson, AMFT, MA
- **March 5:** Guided FYD Practice with Kate Greer Dickson, AMFT, MA
- **March 12:** Guided FYD Practice with Lopön Pieter Oosthuizen



Join free at network.feedingyourdemons.org

All events hosted on FYD Network



FEEDING YOUR DEMONS®

LEVEL II - KAPALA II

*Lama Tsultrim Allione, Dorje Lopön Charlotte Rotterdam MDiv.,
& Lopön Pieter Oosthuizen*

FEBRUARY 22 - MAY 02

Deepen your training and knowledge of Feeding Your Demons® in Level II. Learn how to work more extensively with your allies, trace your demons in your body, and map family demons and allies.

For individuals who have completed FYD Level I or Kapala Training Level I and want to deepen their personal understanding of the work, or those who are on a path to become a Certified FYD Facilitator.

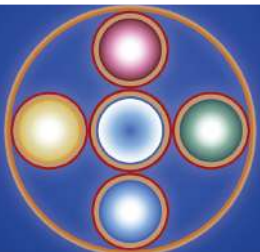
FEEDING NOT FIGHTING & SOUND BATH

Megan Mook, Kevin Townley, & Lopön Karla Jackson-Brewer, MS

FEBURARY 24



A collaboration between Tara Mandala, Dharma Friends, Tibet House NYC, and Dharma Gates. Join us—both in person at Tibet House NYC and online—for an experiential practice and an intimate discussion on embracing and loving all parts of ourselves.



TSIGDÖN DZÖ DZOGCHEN WISDOM TEACHINGS PART III

MARCH 5 - APRIL 4

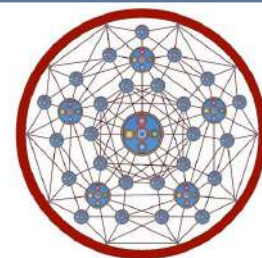
Adzom Gyalse Tulku Rinpoche

The Tsigdön Dzö, "Precious Treasury of Genuine Meaning," one of the "Seven Treasures" of Longchenpa is considered one of the clearest, most explicit, and complete explanations of the instructions on Dzogchen, particularly Tögal. [Part I & Part II recordings are available.]



GLOBAL SANGHA

GATHERING ON CHÖTRUL DÜCHEN



Join the Global Sangha in celebrating Chötrul Düchen, the Day of Miracles — when the Buddha manifested extraordinary powers to inspire faith. Together, we will gather in practice, offer light, and amplify our merit during this most auspicious time.

MARCH 14



THE HEART *of* BUDDHISM

WHAT THE BUDDHA TAUGHT - COURSE II

MARCH 21 - APRIL 18

Lama Tsultrim Allione, & Amelia Hall, PhD

Delve into the essence of the Eightfold Path: the Buddha's step-by-step instructions for liberating ourselves from suffering. Students will explore the meaning of "taking refuge" in the three jewels, and will have the option to formally enter the Buddhist path by taking the **Refuge Vow**.

FEEDING YOUR DEMONS®

LEVEL I - KAPALA I

*Lama Tsultrim Allione, Dorje Lopön Charlotte Rotterdam MDiv.,
& Lopön Pieter Oosthuizen*

MARCH 22 - MAY 16

Feeding Your Demons® (FYD) is a simple but profound five-step process that guides practitioners to transform their demons into protective allies through illuminating questions and visualizations. This method has helped thousands of people transform and heal negative emotions, fears, illnesses, and self-defeating patterns. The work transcends spiritual constructs, serving as a meaningful tool for anybody, regardless of religious affiliation or personal philosophy.





MANDALA METHOD

THE MANDALA OF THE EMPOWERED FEMININE

MARCH 24 - MAY 16

*Lama Tsultrim Allione, Chöge Bridget Bailey,
& Chöge Lisa Erickson*

Journey through the Mandala of the Five Wisdom Dakinis. Each of the five Dakinis are associated with a difficult emotion such as depression, anger, arrogance, craving, or envy as well as a corresponding wisdom energy such as equanimity and discernment. In this program you will learn the Mandala of the Five Wisdom Dakinis, a transformative practice that brings together sound, visualization, and meditation.

SPIRITUAL ALLIES LOOK FOR THE HELPERS

Megan Mook, Kevin Townley, & Lopön Karla Jackson-Brewer, MS **MARCH 24**

A collaboration between Tara Mandala, Dharma Friends, Tibet House NYC, and Dharma Gates. Join us—both in person at Tibet House NYC and online— participants learn to call in the support of their spiritual allies.



LAMA LIVE! IN MARCH

SUNDAYS @ 9AM PT



MARCH 9
*with
Lopön Ellen Booth Church*

MARCH 16
*with
Dorje Lopön Chandra Easton,
Nina Rao, & Genevieve Walker*



TARA MANDALA RETREAT CENTER

REGISTRATION NOW OPEN FOR:

ÖSEL NYINGTIG GATHERING



Lama Tsultrim Allione, Tulku Ösel Dorje

JULY 16 - JULY 21

The Ösel Nyingtig gathering will immerse participants in the teachings of the Ösel Nyingtig cycle, which was revealed on this land, bringing a unique opportunity to receive the blessings of this powerful terma. Focusing on Chöd, a powerful transformative practice, we invite you to explore its beauty and potency during our time together on the sacred land of Tara Mandala.



MAGYU GATHERING

JULY 16 - JULY 21

Lama Tsultrim Allione & Dorje Lopön Charlotte Rotterdam

The Magyu lineage, which includes teachings from Machig Labdrön and Lama Tsultrim Allione, is a living tradition within tantric Buddhism. This gathering will allow us to connect with fellow Magyu practitioners, engage in group practice, and participate in small group discussions to deepen our understanding.

**MORE SUMMER REGISTRATIONS
OPENING SOON!**

SPRING & SUMMER

at a glance

APRIL & MAY

VOLUNTEER WORK WEEK

May 12–18

FEEDING YOUR DEMONS KAPALA LEVEL I

with Dorje Lopön Charlotte

May 17–22

KHANDRO DORJE PHAGMO RINPOCHE

May 30–June 2 **details forthcoming*

JULY & AUGUST

FAMILY RETREAT

July 26–August 1

TEACHINGS WITH ADZOM GYALSE RINPOCHE

August 6–10

P'HOWA

with Chagdud Khadro

August 14–17

DUDJOM LINGPA NANG JANG

with Dungse Jigme Wangdrak Rinpoche

August 22–25

JUNE & JULY

PATHWAYS TO BUDDHIST SPIRITUAL CARE

June 5–10

GREEN TARA

with Tulku Ösel Dorje

June 14–18

RITUAL ARTS

with Chöpön Anna Raithel

July 2–5

DZINPA RANGDRÖL NGÖNDRO

with Lopön Beth Lee-Herbert

July 2–5 Onsite & Online Hybrid

WHITE DAKINI DRUBCHÖ

Lama Tsultrim Allione & Tulku Ösel Dorje

July 5–11

MAGYU GATHERING

with Dorje Lopön Charlotte Rotterdam

July 16–21 Onsite & Online Hybrid

ÖSEL NYINGTIG GATHERING

with Tulku Ösel Dorje

July 16–21 Onsite & Online Hybrid

2025 RETREATS



WAYS TO JOIN The Summer Mandala

We are excited to welcome practitioners who live by Buddhist principles, are passionate about community, love to support the Dharma and are ready to receive the gifts of 700 acres of mountain wilderness and meditation.

There are four unique ways to participate in the 2025 Retreat Season in Colorado. Choose [Employment](#), [Internship](#), [Living Dharma Practitioner Program](#) or [Volunteer](#).

“

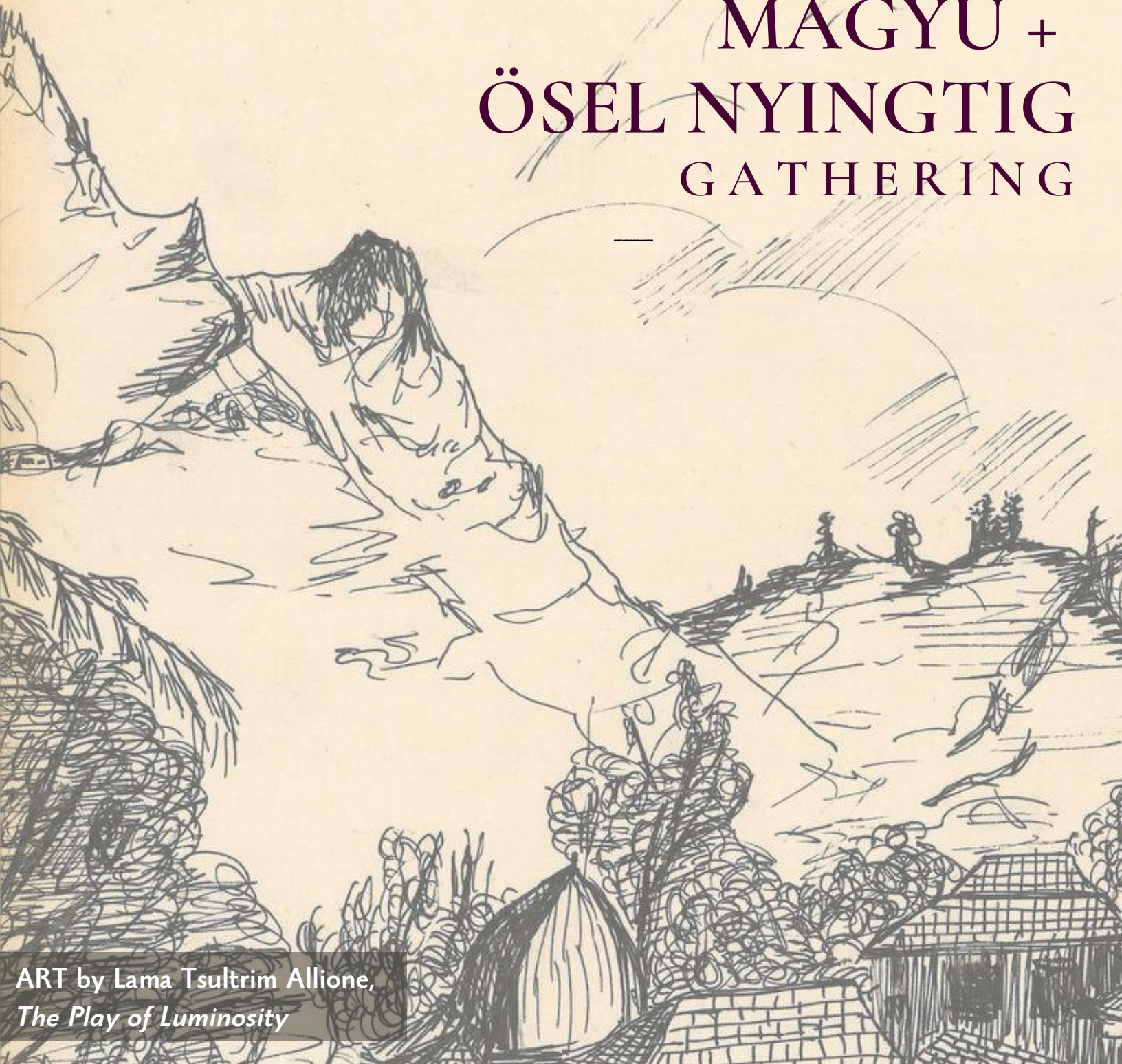
Extending a special invitation for the Sangha, their friends and family to come and experience the magic of the land, the warmth of the community and the depth of practice.

~ Mia Castle, Retreat Center Director

Be part of this life-changing experience! Find out more and [apply now](#).

RETREAT IN THE MOUNTAINS

MAGYU +
ÖSEL NYINGTIG
GATHERING



ART by Lama Tsultrim Allione,
The Play of Luminosity

We are honored to invite all practitioners to join us this summer at Tara Mandala for a unique gathering that combines the Magyu and Ösel Nyingtig lineages, with a special focus on the transformative practice of Chöd.

These two sacred lineages, rooted in the wisdom of the sacred feminine and the teachings of Machig Labdrön, offer profound guidance for modern practitioners seeking to meet themselves and the world with an open heart and vast view.

The Magyu Lineage, which includes the teachings of Machig Labdrön and Lama Tsultrim Allione, is a living tradition deeply embedded in the wisdom of tantric Buddhism. It continues to inspire and support practitioners in their spiritual journey. This gathering, led by Dorje Lopön Charlotte Rotterdam, will provide a special opportunity to connect with fellow Magyu practitioners, engage in group practice, and participate in small group discussions, deepening our shared understanding and connection. Lama Tsultrim Allione will join for dharma talks and Q&A, further enriching the experience.

At the heart of this gathering, we will focus on Chöd— through the teachings of A.dzom Paylo Rinpoche, Chögyal Namkhai Norbu Rinpoche, and the core teachings of Machig Labdrön, the root of all Chöd lineages.



Magyu Gathering

Led by Dorje Lopön Charlotte Rotterdam

JULY 16 -21



Ösel Nyingtig Gathering

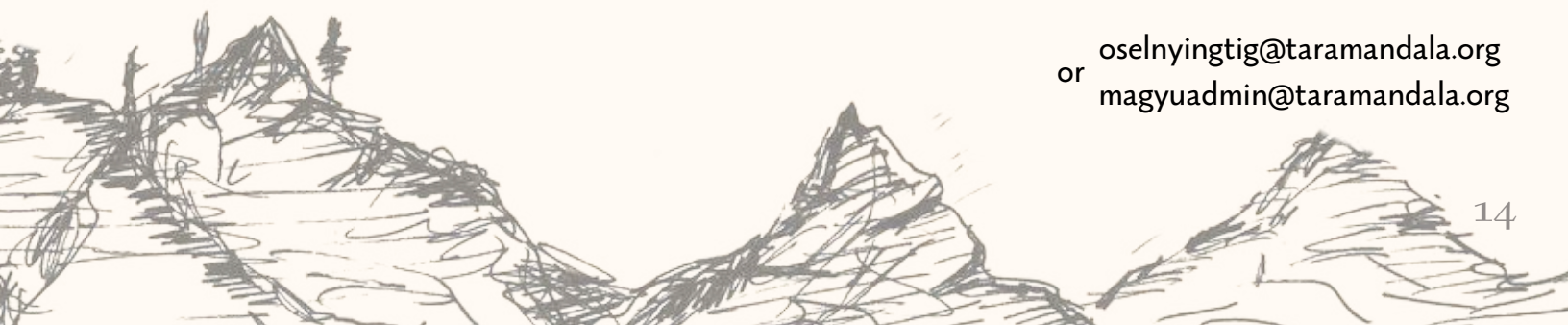
Led by Tulku Ösel Dorje

Led by Tulku Ösel Dorje, the Ösel Nyingtig Gathering will immerse you in the profound teachings of the Ösel Nyingtig cycle where the Ösel Nyingtig “tersa” (earth treasure) was revealed.

Chöd will be practiced every evening, along with daily teachings, community councils, and group discussions culminating in an overnight Chöd and sunrise Tsog Feast.

For further details and to inquire about requirements to attend, please contact us at:

or oselnyingtig@taramandala.org
magyuadmin@taramandala.org





ART donated by the Rubin Museum

Dear Tara Mandala Sangha, friends, and supporters,

I am delighted to share my invitation has been accepted by Khandro Dorje Phagmo Rinpoche, a Bhutanese emanation of Vajravahari (Tib. Dorje Phagmo) an aspect of the Tantric deity Vajrayogini with a sow's head coming out of her head symbolizing overcoming ignorance. Her physical appearance, special marks on her body, spiritual qualities, and great natural compassion perfectly correspond to the signs of an emanation.

For some time, I have felt a deep desire to meet her in person and I am excited she accepted my invitation to visit the United States to offer teachings, blessings, and empowerments. Female tertöns are very rare, and Rinpoche's many miracles, such as leaving her hand and footprints in rocks and wooden floors, are well documented.

Khandro Dorje Phagmo Rinpoche's birth was prophesied by Padmasambhava. She is the Abbess of Ngajur Pemachopheling Monastery, a culturally significant temple in Bhutan with strong ties to Samyé and Guru Rinpoche. Renowned as a healer and humanitarian, she also oversees an orphanage / home for the elderly and disabled as well as a shedra for monastics and lay practitioners to receive Dharma education.

She was born in 1980 to a poor farming family in Bhutan. Magical signs surrounded Khandro Dorje Phagmo's conception and birth. Her mother saw light rays from a statue of Dorje Phagmo enter her womb, and at the time of her birth, rainbows circled the sun and a light illuminated the spot in the forest where she was born. The stream where she was bathed after birth turned a milky white.

When she was only 15 months old, she announced to her family that she had to go to her monastery in the capital city of Thimphu. She was carried by a teenage girl over the mountains and miraculously, they completed the arduous two-day journey in four hours. The 15-month-old toddler directed the girl carrying her toward a hill above the city, the nunnery of the Thangtang Gyalpo Rinpoche, who had a vision of the arrival of Dorje Phagmo at his nunnery, Zilukha temple. The nuns of Zilukha had been ordered to arrange a ceremonial welcome for Dorje Phagmo. But rather than the expected religious figure accompanied by a retinue of attendants and disciples, they were astonished to see a young girl arrive carrying a toddler. She later studied for twelve years at Namdroling, Penor Rinpoche's monastery in South India.

She is celebrated for revealing numerous termas, including physical texts of Vajravahari, a skullcup from Guru Rinpoche, a phurba, as well as Long Life practices of Simhamukha, Avalokitesvara and Vajrakilaya. I sincerely hope that you will join us in person and online when possible for Khandro Rinpoche's upcoming teachings.

I wanted to let you know about this visit as soon as possible before the general announcement goes out. I warmly invite you not only to attend the teachings, most of which will be offered for free but also to help spread the word within your communities. Details and registration links will follow in a few weeks.

Always keep the View,

Lama Tsultrim Allione

Khandro Dorje Phagmo Rinpoche



In the mystical kingdom of Bhutan, a remarkable spiritual leader, Khandro Dorje Phagmo Rinpoche, touches the lives of all who meet her. As an emanation of Vajravarahi, she carries forward an ancient lineage of wisdom with profound compassion and grace. Those fortunate enough to be in her presence often speak of her extraordinary healing abilities and the deep sense of peace she brings to all encounters.

Soon, through Lama Tsultrim Allione's heartfelt invitation, practitioners in the United States will have the precious opportunity to receive her teachings, blessings, and empowerments. Her very existence was heralded by great masters, including Padmasambhava himself, and later by both Sonam Zangpo Rinpoche and Rikey Jatral Thangtong Gyalpo Rinpoche. Even before her birth, the universe conspired to announce her coming - her mother witnessed radiant light streaming from a statue of Dorje Phagmo into her womb. On the blessed day of her birth, the sky itself celebrated with luminous rainbows encircling the sun, while light rays illuminated the forest where she was born.

When she was a fifteen-month-old toddler, with unwavering certainty announced she must be taken to her monastery and she guided a teenage girl carrying her through the mountains to Zilukha temple in Thimphu. What normally took two days of arduous travel was transformed into a miraculous four-hour journey. Upon arrival, they were met by an assembly of nuns who, though expecting a distinguished religious figure, found themselves in the presence of a remarkable child whose spiritual authority was unmistakable. Despite facing profound challenges early in life, including a life-threatening illness during her studies at Namdroling monastery, Rinpoche's indomitable spirit and deep faith carried her through. Her survival and subsequent twelve years of intensive study bear testimony to the extraordinary power of her destiny and determination to benefit all beings.





Today, those who encounter Khandro Dorje Phagmo Rinpoche discover a living embodiment of wisdom and compassion. At Mebar Tokchoed Temple, she has created a sanctuary where ancient prophecies come alive through modern acts of service. Under her loving guidance, this sacred site has blossomed into a vibrant center of spiritual practice and humanitarian care, where monastics, orphans, elderly, and those with disabilities find refuge and purpose. As she oversees the construction of a magnificent 40-foot stupa, further elevating the temple as one of the most important pilgrimage sites in the region, Khandro Dorje Phagmo Rinpoche continues to weave together the threads of ancient prophecy and present-day transformation, inviting all who meet her to participate in this remarkable journey of awakening.

Stay tuned for more details and dates.

Mebar Tokchoed Lhakang Temple





yana

formerly the Tara Mandala Network

MEET your Community KALYANAMITRA

You Make yana Come Alive



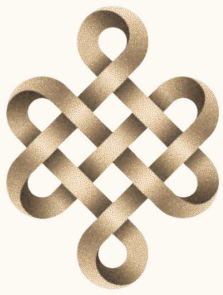
Every time you show up—whether it’s to bring up a thought, ask a question, or just quietly be here—you **shape yana**. It’s a place that holds and guides us, supporting us as we move forward in our practice with shared commitment.

We are blessed with the everyday guidance and presence of **Lopön Ellen Booth Church**. It’s truly a gift to connect in such an open way—voicing doubts, seeking insight, and receiving steady, heartfelt support.

"As we step into this new year, I've embraced the word "notice" as my guiding theme. It has become a powerful reminder to pause and truly appreciate the beauty that surrounds us —be it in nature, the sounds we hear, the spaces we inhabit, or even the simple act of breathing. Moreover, "notice" challenges me to confront the difficult and often uncomfortable aspects of life. Both aspects allow an invaluable opportunity for contemplation and heightened awareness."



Lopön Ellen Booth Church, teacher, author, educator, and practitioner



EQUITY, DIVERSITY & INCLUSION COUNCIL

2024 Annual Update: EDI Reflection and Focus

Moving into 2025 marks 10 years for the EDI Council at Tara Mandala. Responding to a call to action by Lama Tsultrim in 2015, Dorje Lopön Chandra Easton and Lopön Karla Jackson-Brewer, organized a series for the Tara Mandala Bay Area entitled “Compassionately Awake to Privilege and Oppression.” Rev. Jamil Scott, an ordained Buddhist minister by the International Order of Buddhist Ministers and a student of Chögyal Namkhai Norbu and Lama Tsultrim, joined us in a series of trainings focused on race, racism, and social justice. Rev. Jamil and Lopön Karla offered a daylong training for the East Bay Meditation Center. This was the beginning of our work.

The EDI Council, formed in 2015, implemented staff training with co-chair Lopön Karla in 2015-2016 and established Tara Mandala's first EDI Scholarship Fund through dedicated donation support. The progress we've made has been gradual, yet consistent, reflecting our ongoing commitment to equity and diversity. The growth of the Council stands as a testament to this, alongside the meaningful training our staff have undertaken and implemented across their teams and outreach efforts.

We have intentionally created specific sangha groups to foster dedicated spaces for our BBAIPOC and LGBTQIA+ members, as well as for those within the Aging and Illness in the Dharma group, where practitioners come together to share teachings through the unique perspectives of their life experiences. Our SAWS Sangha is also preparing to resume this year, providing a space to confront and dismantle the structures of white supremacy and privilege, while working to untangle the knots of attachment to systems of oppression.

New Partnerships

Through a meaningful collaboration with Dharma Friends, Tara Mandala has established a grant program offering free retreat access to individuals aged 18-35, specifically aimed at reaching younger people, people of color, and other marginalized groups who may face barriers to accessing the Dharma teachings, with the goal of creating a more welcoming and accessible space for diverse practitioners.

Transforming Racism

Building on the training our staff completed in 2023 and 2024, we offered our first public-facing *Transforming Racism* course through the Tara Mandala Network. Participants found it to be both deeply beneficial and thought-provoking. More than just heart-opening and eye-opening, the insightful readings were highly valued, and the intrapersonal exploration led to powerful realizations about issues often left unexamined. The course was transformative, on many levels. It facilitated participant's learning how to use language more consciously and recognize how deeply they've been shaped by white supremacy and privilege.

By applying Dharma practice in the relative realm, we explored the encumbrance of racism and supremacy manifest through the lens of the Five Families. This approach exemplifies how we at Tara Mandala combine ancient practices to address modern-day challenges, providing transformative tools for that work.

Film Screening Sponsored by the EDI Council

The EDI Council fosters community by creating spaces where our Sangha can engage with challenging topics while celebrating diverse perspectives and shared insights. In the fall of 2024, this commitment sparked the first film screening of *How to Sue the Klan: The Legacy of the Chattanooga Five*, followed by facilitated discussions. This film highlighted the strength and perseverance required for the greater good and demonstrated our Sangha's deep commitment to dismantling privilege and oppression.

Policy Review

The EDI Council has been reviewing all of Tara Mandala's external and internal policies making suggestions and clarifications to ensure the values of equity and justice are prominent in the terms and agreements, codes of conduct, and communication agreements.

Scholarships

The EDI Council has collaborated on a streamlined scholarship application process with clear guidelines and improved reporting, developed in consultation with Council Members and Advisors. To ensure sustainable scholarship funding, Tara Mandala now offers Benefactor rates and easy donation options during registration, enabling greater program access for all.

cont.

Expanding and Welcoming New Advisors

We welcomed a panel of 7 Advisors to the EDI Council who will meet quarterly and weigh in on important issues and initiatives. Our panel of advisors are Sylvie Djeddah (French Sangha leader), Iwona Khandro (Polish Sangha Founding member), Paul Motaung-Mndaweni (South Africa Sangha Leader and Apprentice Teacher), Sazraith Ferguson (Sangha Member), Courtni Tansey (Sangha Member), Jake Nagasawa (Sangha Member), and Paula Aranibar (Senior Online Programs Manager). We are so grateful for this diverse body of voices who come together and share their perspectives and experiences to better inform the decisions and direction of Tara Mandala in the next 30 years.

2025 OBJECTIVES

- INCORPORATE MICRO MODULE TRAINING INTO STAFF MEETINGS AND ONBOARDING OF NEW STAFF
- EXPAND COMMUNITY EVENTS
- OFFER MORE FILM SCREENINGS AND DISCUSSIONS
- INAUGURATE SAWS II - BOOK STUDY



EXPLORE The Dakini Store

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

CLICK HERE 

TO LEARN ABOUT
PRAYER FLAGS

CELEBRATE LOSAR by hanging prayer flags—carrying your prayers of peace, compassion, and wisdom into the world. As the wind moves them, your aspirations spread far and wide, bringing blessings to all beings.

from Our Kitchen to Yours

BUTTERNUT SQUASH AND COCONUT SOUP

- 2 large butternut squash (or whatever you have) - 5 lb (2.27kg) total – halved, peeled, seeded
- 1 leek, white and tender green part only, thinly sliced
- 4 tbsp (60 g) unsalted butter or coconut oil, ghee
- 1 cup (236 mL) unsweetened coconut milk
- 1 tbsp (15 g) extra virgin olive oil
- 2 tbsp (30 g) minced fresh ginger
- 1/2 cup (118 mL) dry white wine
- 1 tsp (5 g) curry powder
- 1 medium onion, finely chopped
- 6 cups (1420 mL) water
- 1 shallot, finely chopped
- Salt and freshly ground pepper
- 1 thyme sprig
- Coconut shavings, or pepitas for garnish (optional)

Preheat oven to 350° F (177° C). Set the squash, cut sides up, on a baking sheet. Fill each cavity with 1 tbsp (15 g) of butter; season with salt and pepper. Roast the squash for about 1 hr 20 minutes, until tender. Cut into large pieces. Meanwhile, in a large soup pot, melt the remaining 2 tbsp (30 g) of butter and olive oil. Add onion, leek, shallot, ginger and curry powder; cook over moderate heat until lightly browned. Add the wine and cook until evaporated. Add the cooked squash, water, coconut milk and thyme sprig. Simmer over moderately low heat for 15 minutes. Discard the thyme sprig. Working in batches, puree the soup in a blender until smooth; season with salt and pepper.

Ladle the soup into bowls, garnish with coconut shavings or pepitas, and serve.

Learn more about our
Vegetarian Culinary Internships

