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ILLUMINATING THE PATH:

Female Buddhist Teachers Transforming Our World

As **Women's History Month** begins, we honor the revolutionary paradigm of "feeding not fighting" established by Machig Labdrön, the extraordinary 11th-century Tibetan yogini who broke barriers by founding her own lineage at a time when most Buddhist masters were Indian men. Her radical teachings continue to inspire women today with their boldness: "Go to places that scare you! Whoever you think you cannot help, help them! Anything you are attached to, let go of it!" These words resonate powerfully with contemporary women navigating challenges in leadership, equality, and spiritual authenticity.

Many of you have experienced firsthand how our beloved teacher, Lama Tsultrim Allione embodies this feminine wisdom tradition in our community. Her decades of dedication to reviving Machig Labdrön's lineage have created a sanctuary where we can collectively address the imbalance of feminine and masculine energies. As you've practiced with her Feeding Your Demons® approach, you've discovered how this ancient wisdom transforms personal and societal obstacles into allies.

Western Buddhist teachers like Reverend angel Kyodo Williams, Jan Willis, and Osho Zenju Earthlyn Manuel have expanded the expression of feminine Buddhist wisdom while addressing social justice, equity, and intersectionality. They demonstrate that Buddhist wisdom isn't confined to monasteries but manifests in how we address pressing contemporary issues like gender equality, environmental justice, and inclusive leadership. Whether through Lama Tsultrim's work with feminine energy in mandala practice, Thanissara's climate activism, or Roshi Pat Enkyo O'Hara's engaged urban Buddhism, these teachers show that compassionate action flows naturally from deep practice.

At this critical moment when our world faces unprecedented challenges, the wisdom of female Buddhist teachers reminds us that the path forward requires balancing masculine and feminine energies in ourselves and our institutions. As we celebrate Women's History Month, we honor these remarkable teachers who continue to transform Buddhist practice into a vibrant, inclusive path that meets women and men where they are while inspiring them toward their highest potential. Their teachings offer practical tools for cultivating inner strength while working for outer change, guiding us toward a world where power works with rather than over others – a vision we need now more than ever.



LEARN . MEDITATE . FIND COMMUNITY

RETREATS & EVENTS

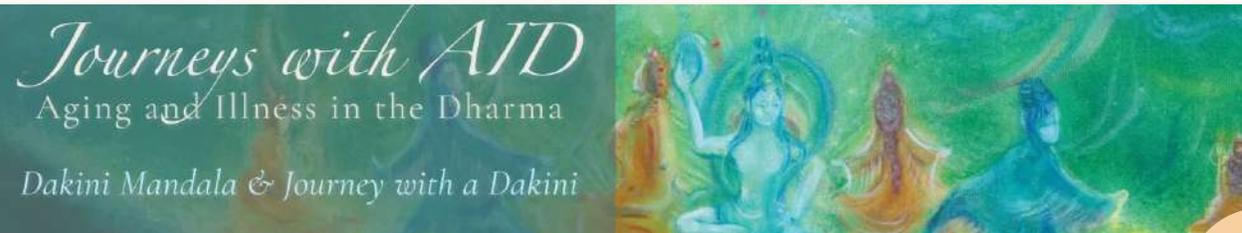
UPCOMING online



FRIDAY
MARCH
14



CELEBRATE THE DAY OF MIRACLES WITH
THE TARA MANDALA SANGHA



TUESDAY
MARCH
11

JOURNEY WITH THE DAKINIS - COMPASSIONATE
WISDOM AND RELIEF DURING LIFE'S CHALLENGES



SUNDAY
MARCH
16





TAKE REFUGE IN THE THREE JEWELS:
THE BUDDHA'S LIBERATION PATH

MARCH
21-
APRIL
18

SATURDAY
MARCH
22



LIVE TRANSMISSION
ZHITRO | GREEN TARA | SANG | CHÖD | NGÖNDRO

ALL ARE WELCOME TO RECEIVE THIS FROM LAMA TSULTRIM AS
A BLESSING AND CONNECTION TO OUR LINEAGE PRACTICES



FEEDING YOUR DEMONS®
LEVEL I - KAPALA I

LEARN FIVE SIMPLE STEPS TO TRANSFORM
NEGATIVE PATTERNS INTO ALLIES THROUGH
INQUIRY AND VISUALIZATION

MARCH
22-
MAY
16

MONDAY
MARCH
24



EXPERIENCE THIS NEW COLLABORATION -
LEARN TO CALL IN YOUR SPIRITUAL ALLIES



MANDALA METHOD
THE EMPOWERED FEMININE

EXPERIENCE THIS TRANSFORMATIVE PRACTICE - A LIVING STRUCTURE THAT GUIDES US TOWARD INNER UNITY AND WISDOM

MONDAY
MARCH
24

SUNDAY
MARCH
30



Lama Live!
Dr. Amelia Hall, PhD



BUDDHIST
SPIRITUAL CARE

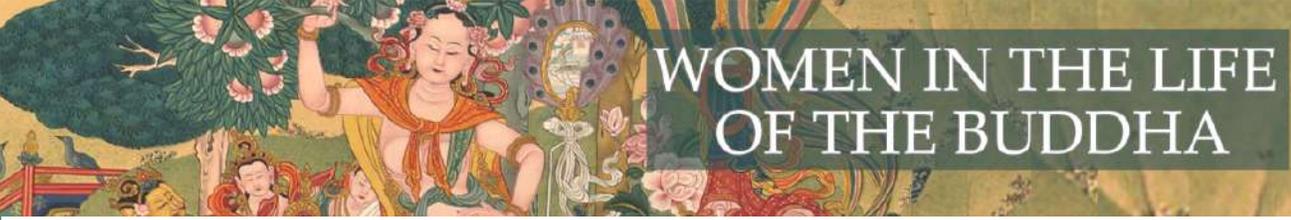


**IN THE FOOTSTEPS OF GAUTAMI
& THE FIRST BUDDHIST WOMEN**
AN EVENING PRESENTATION

A UNIQUE PRESENTATION TRACING FOOTSTEPS OF THE FIRST WOMEN PRACTITIONERS THROUGH BUDDHISM'S MOTHERLAND

FRIDAY
APRIL
04

SATURDAY
APRIL
05



WOMEN IN THE LIFE OF THE BUDDHA

REAWAKEN THE FORGOTTEN LINEAGE OF WOMEN AND THEIR PROFOUND CONTRIBUTIONS AT THE INCEPTION OF BUDDHISM



LIVE TRANSMISSION

with Lama Tsultrim Allione

ZHITRO | GREEN TARA | SANG | CHÖD | NGÖNDRO

The sacred transmission or "lung" is an unbroken living connection to the practice lineage, directly empowering your spiritual journey with the blessings of countless masters who've walked this path before you. More than mere instruction, this profound energy transfer is like being given the authentic key to unlock a treasure house of wisdom, awakening the practice within you and planting seeds that blossom into realization. When you receive transmission from a qualified teacher, you don't practice alone but join an ancient river of awakening that flows from Machig Labdrön herself into your very heart.

Final Opportunity to Join Dragon Cohort - Gateway Program

March 22 is the final opportunity to join the Dragon Cohort and begin the Dzinpa Rangdröl Ngöndro, the foundational practice in the Gateway Program's 8-year cycle. On this day, Lama Tsultrim Allione will give the lung (reading transmission) for the Dzinpa Rangdröl Ngöndro, marking the last chance to begin this profound cycle from the very beginning.

This is the final opportunity to enter the Ngöndro stage of the Dzinpa Rangdröl lineage cycle—a rare and complete progression of Vajrayana and Dzogchen practices, including:

- *Ngöndro with Dream Yoga*
- *Two Deity Yoga Sadhanas:*
 - ~ *White Dakini (union of Yeshe Tsogyal and Machig Labdrön)*
 - ~ *Tröma Nagmo (Fierce Feminine)*
- *Tibetan Yogas: Tsalung, Trulkhor, and Tummo*
- *Dzogchen Teachings: Trekchö (Break-through) & Tögal (Leap-over)*

Designed for dedicated practitioners who wish to integrate intensive spiritual practice into daily life, this program offers a structured, long-term path of deep transformation.

If you feel called to embark on this rare and precious journey, this is the last chance to begin at the Ngöndro level.

Don't miss this extraordinary opportunity—apply now and begin your journey on this profound path.

- Lung Transmission: March 22
- Application Deadline: March 31

For those who have already completed a different Ngöndro, you may still - receive the lung on March 22, access the recorded teachings, complete 10% of the Dzinpa Rangdröl Ngöndro, and become eligible to join the Dragon Cohort in 2028, when the next stage of the cycle begins.



SPRING & SUMMER ON THE LAND

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

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

Blessing of the Land

While in Manali, India in 1972, Lama Tsultrim Allione had a vision. She saw the creation of a western retreat center where meditation could be practiced as it had in Tibet. She also envisioned that this center would explore the interface between Western psychology and Buddhism.

In 1993, following this vision, she and her husband David Petit found the sacred land for the retreat center: 700 acres of rolling hills, flowering meadows and forests in southwest Colorado. What is now Tara Mandala sits on the ancestral lands of the Ute and Pueblo peoples of the San Juan Mountains.

Honoring the land and the people who had lived on it and cared for it for generations, Lama Tsultrim and her community asked permission from the Elders of the Ute Nation to use their land as a refuge of Tibetan Buddhism in the West.

In the snowy days of early December 1993, with eagles soaring overhead, Richard Running Deer and Cheyenne West connected with the spirits of the Earth—an important part of both indigenous and Tibetan Buddhist tradition—in a moving ceremony to bless the land as the new home of Tara Mandala.

[Click here](#) to watch a 1993 archival video of Tara Mandala's beautiful land blessing ceremony with the Ute elders.

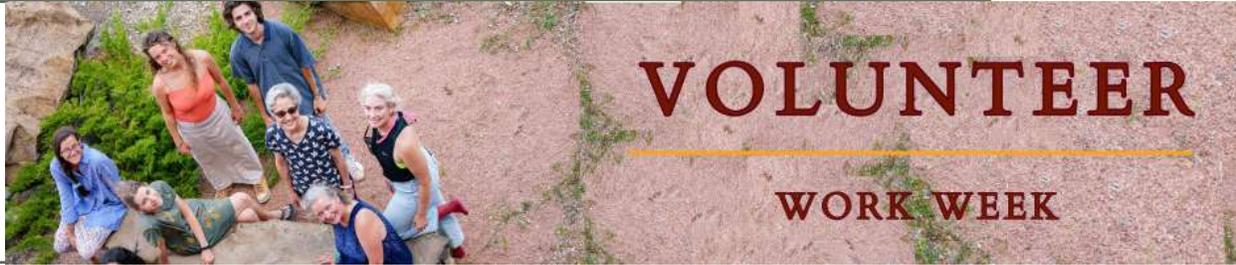
**"We put life here today,"
said Ute Elder Richard Running Deer.
"From now on, it's your home."**



TARA MANDALA RETREAT CENTER

JOIN US THIS SEASON ON THE LAND

MAY
12-18



MAY
17-22



MAY
24



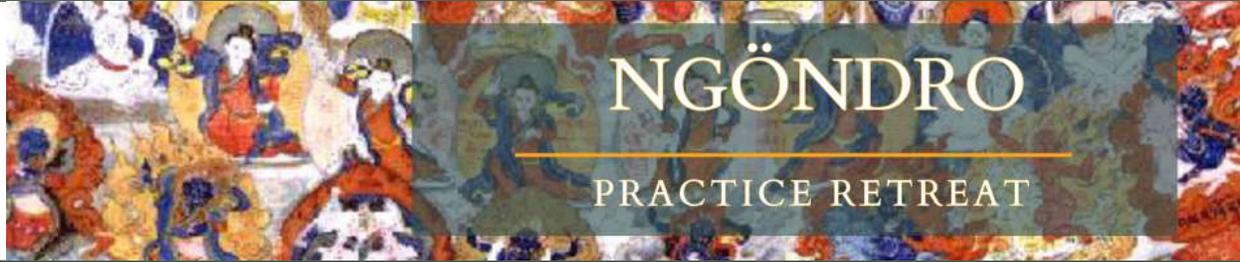
MAY 30-
JUNE 02



JUNE
14-18



JULY
02-05



NGÖNDRO
PRACTICE RETREAT

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



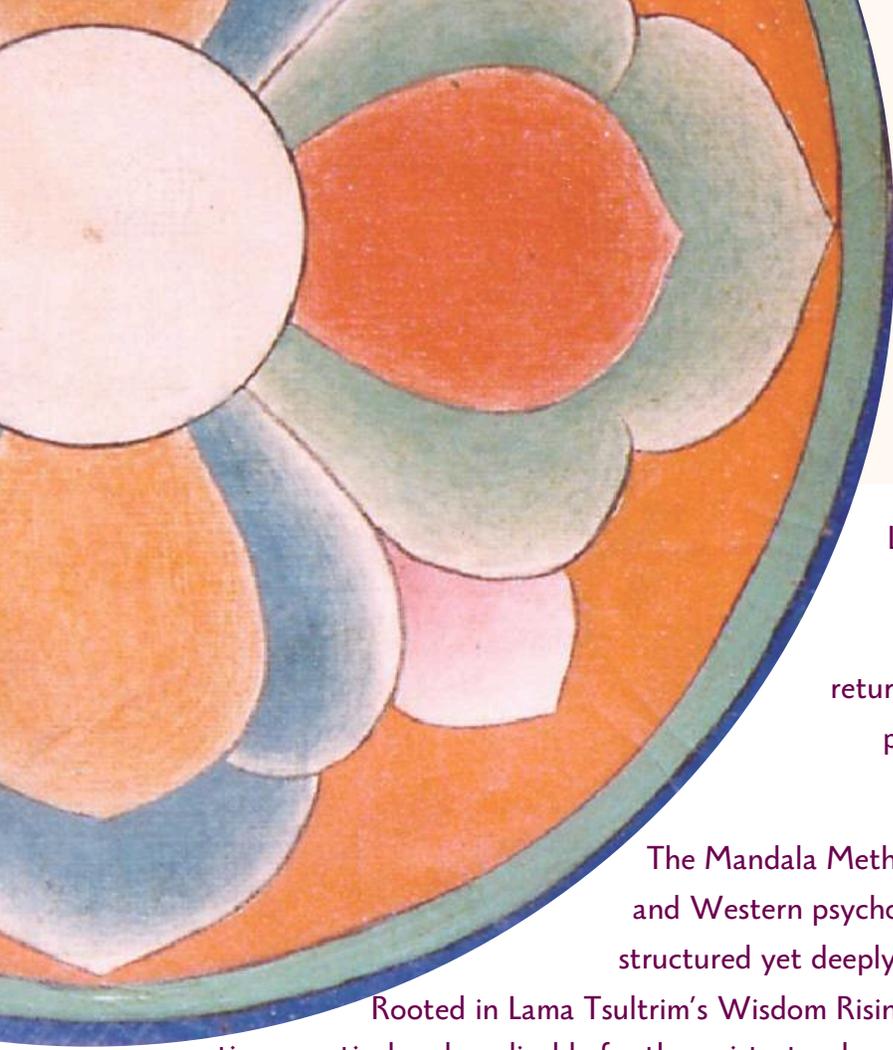
OPENING
REGISTRATION
SOON

FAMILY RETREAT
@ RETREAT CENTER



Summer of Service

Join us for a transformative summer of service at Tara Mandala, where you'll live and practice on sacred Ute and Pueblo land while supporting our vibrant retreat season through our Living Dharma Practitioner, our volunteer or internship programs. Experience the magic of our mountain sanctuary where wild horses roam freely, Tibetan prayer flags flutter in the pine-scented breeze, and the land itself becomes your greatest teacher. Your service here isn't just work—it's a path to awakening through community, connection to ancient wisdom traditions, and communion with the natural world.



CERTIFICATION

MANDALA

METHOD

Lama Tsultrim Allione describes the mandala as a “sacred map of wholeness.” In Tibetan Buddhist practice, the mandala offers a powerful path for returning to our true nature—transforming emotional patterns that keep us stuck, into the wisdom and clarity that bring us home to ourselves.

The Mandala Method brings together Vajrayana Buddhist practices and Western psychology in a unique and accessible way, providing a structured yet deeply personal approach to emotional transformation.

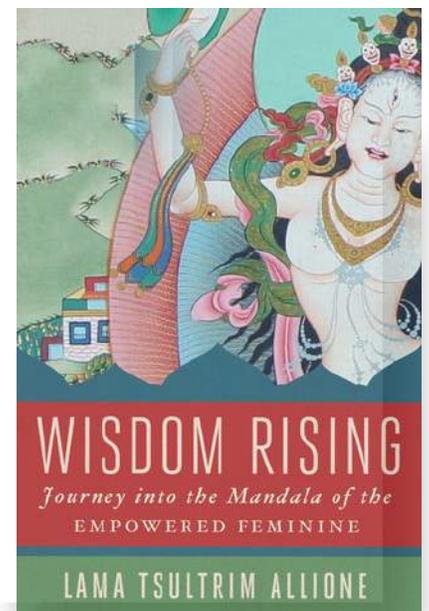
Rooted in Lama Tsultrim’s Wisdom Rising teachings, this method makes ancient mandala practices practical and applicable for therapists, teachers, parents, and anyone on a path of inner growth.

Research has shown that mandala practices reduce anxiety, enhance emotional well-being, improve focus, and facilitate deep self-awareness and transformation. Research has also shown mandala-based practices to be powerful tools for healing, benefiting diverse populations, including cancer patients, trauma survivors, and children with ADHD. In therapeutic settings, mandala-based interventions have been shown to reduce stress and anxiety, increase hope and resilience, foster greater mindfulness, and aid in psychological transformation.

The Mandala Method Certification Program builds on this foundation, offering an immersive experience that integrates meditation, sound, art, movement, and the wisdom of the five elements.

Each mandala practice invites participants to transform emotions such as ignorance, anger, pride, and craving into the awakened energies of spacious awareness, clarity, equanimity, and discernment. The certification provides the tools to integrate these methods into professional and personal practice, supporting deep transformation for both the practitioner and those they serve.

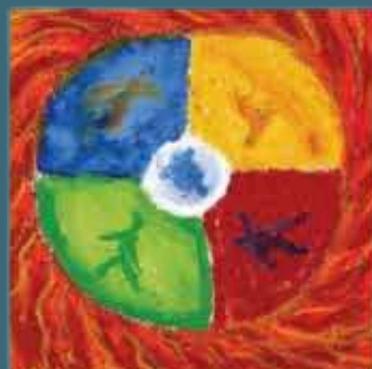
Join the next cohort of the Mandala Method and explore the mandala as a path of healing, wisdom, and empowerment—for yourself and those you guide through this transformative practice.



MANDALA METHOD

UPCOMING EVENTS & RETREAT DATES

- MANDALA METHOD CERTIFICATION Q&A
MARCH 21 | [ON YANA](#)
- MANDALA OF THE EMPOWERED FEMININE
MARCH 24 - MAY 16 | [ONLINE](#)
- MANDALA METHOD: CERTIFICATION CAPSTONE
OCT 3 - 5 | [ONLINE](#)
- MANDALA OF THE SACRED MASCULINE
OCT 17 - NOV 15 | [ONLINE](#)
- DAKINI MANDALA PRACTICE WITH FRENCH
SANGHA, WEEKLY | ON YANA
- YAB YUM MANDALA PRACTICE WITH FLORIDA
KEYS SANGHA, WEEKLY | ON YANA



CHÖGÉ
LISA
ERIKSON



LAMA
TSULTRIM
ALLIONE



LOPÖN
ELLEN
BOOTH CHURCH



CHÖGÉ
BRIDGET
BAILEY

A Path Through Suffering

Written by Drimé

Aging and illness—unavoidable yet often met with fear and isolation—confront us with some of life’s most unsettling truths. The Aging and Illness in the Dharma (AID) Sangha, under the guidance of Chöge Lisa Erickson, offers a space where suffering is not avoided but embraced. Here, we are invited to meet our pain with awareness, turning life’s most challenging transitions into doorways for wisdom and compassion.

The AID Sangha blossomed from the heart-vision of Martha Torielli, who recognized the need for a community bound not by geography but by shared human experience. In a society that frequently marginalizes those struggling with aging or illness, the AID Sangha creates a space where vulnerability dissolves isolation, replacing it with connection and understanding.

Chöge Lisa’s teachings stem from both personal experience and Buddhist practice. In practices developed by Lama Tsultrim, she found a way to engage with her pain directly as a path to wisdom. Her own turning point came when she encountered Feeding Your Demons®, a practice that helped her confront long-avoided emotional struggles. “It was the breakthrough I needed,” she says. “Instead of bypassing my pain, I allowed it to teach me.”

This approach is anchored in the Buddhist understanding of impermanence. "One of the seals of Buddhism, or the marks of existence, is impermanence. Aging, illness, loss, and death reveal this to us in a profound way. Buddhism offers us skillful means to accept this reality, to be present with it, and to recognize our shared experience with others."

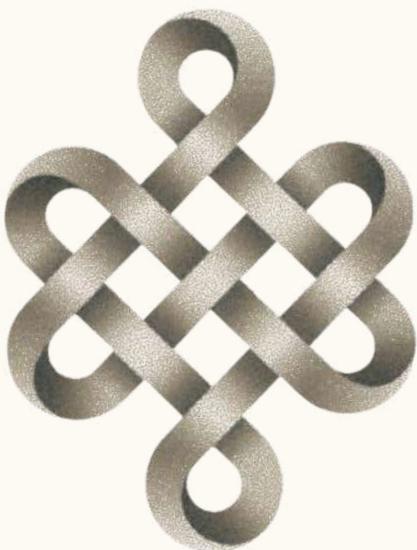
Through monthly offerings of Dakini Mandala with Journey with a Dakini and Feeding Your Demons® led by Chögé Lisa in the shared space of the Sangha, suffering transforms into wisdom, loneliness into belonging, and fear into the courage to face whatever comes next. "True care looks like listening," Chögé Lisa reflects. "Care isn't about fixing someone's experience; it's about showing up for them." When members share their pain and others respond with empathy, "that's when we truly begin to heal. That's the heart of compassion."

- **AID TALK**
WEDNESDAY, APRIL 2,
10AM MDT
- **JOURNEYS WITH AID**
SECOND TUESDAYS,
10AM MDT

LISTEN TO INTERVIEW
WITH CHÖGÉ LISA AND
TARA MANDALA
EXECUTIVE DIRECTOR,
CADY ALLIONE ON
SUBSTACK



EDI Hosted Events



As part of Tara Mandala's commitment to fostering cultural literacy and compassionate dialogue within our Sangha, we recently presented the documentary "Stamped from the Beginning," based on Dr. Ibram X. Kendi's acclaimed work. The film traces the deep historical roots of anti-Black racist ideas in America and how they've evolved over centuries, challenging viewers to recognize these patterns in our contemporary world. Through this screening, we sought to create a space for shared understanding and honest conversation about how these historical forces continue to shape our society and spiritual communities. We believe that bringing awareness to these realities aligns with our Buddhist practice of seeing clearly and cultivating compassion for all beings.

Join us on yana for future events presented by Tara Mandala's EDI Council

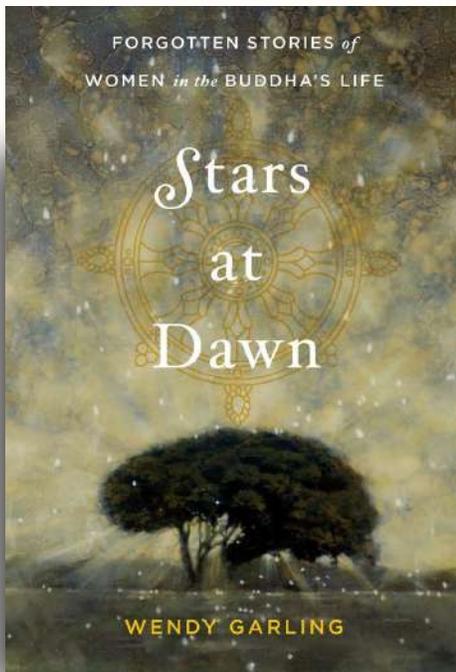
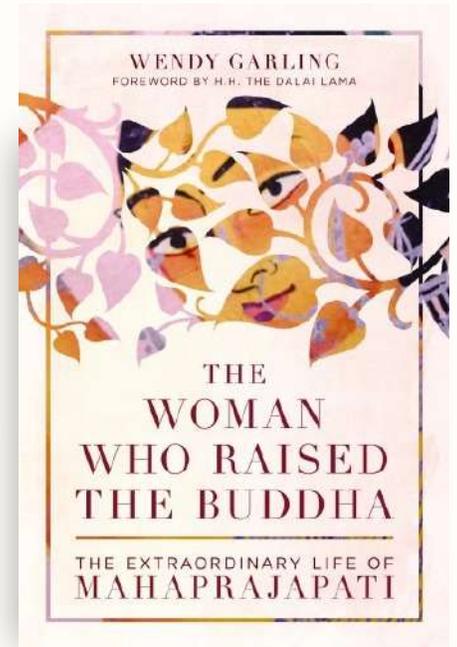


WOMEN IN THE LIFE OF THE BUDDHA

It's no secret — and certainly no subtle omission — that women are largely absent from the most well-known stories of the Buddha's life and the founding of Buddhism. From popular retellings to introductory texts taught in the West, the narrative has often centered on male monks, disciples, and patriarchal lineages. Yet this widely accepted version of Buddhist history is drawn from only a narrow slice of a vast and diverse corpus of ancient Buddhist literature that once spanned the Asian continent.

What, then, have we been missing?

As we expand our lens and revisit texts from various traditions, including Theravāda, Mahāyāna, and Vajrayāna, a richer and more inclusive story begins to emerge. Hidden within ancient sutras and overlooked commentaries are powerful accounts of women who walked alongside the Buddha, attained awakening, and shaped the Dharma in its earliest days. These are stories of nuns, laywomen, queens, mothers, mystics, and teachers — women whose spiritual insight, courage, and leadership helped lay the foundation of Buddhist practice as we know it today.



STARS AT DAWN – lesser-known stories from Sanskrit and Pali sources are for the first time woven into an illuminating, coherent narrative that follows his life from his birth to his parinirvana or death. Interspersed with original insights, fresh interpretations...the stories are both entertaining and thought-provoking--some may even appear controversial.

Celebrated author, Wendy Garling's upcoming day-long program invites us to rediscover these lost voices and explore the reemergence of the first Buddhist women — their lives, their agency, and their empowerment. Through teachings, discussion, and storytelling, we will delve into a variety of authentic traditions that challenge the often male-centered narrative handed down through centuries. We'll look at the ways women's contributions have been marginalized, erased, or reshaped by early editors whose perspectives were shaped by patriarchy and, at times, overt misogyny.

Why does this matter now? Because reclaiming these voices is not just about correcting history — it's about transforming how we practice and understand the Dharma today. When we honor the full spectrum of early Buddhist experience, we restore a sense of balance, inclusivity, and authenticity to our spiritual path. The stories of the first women of Buddhism remind us that awakening is not reserved for a few — it is possible, and was always possible, for all.



KHANDRO DORJE PHAGMO

SPRING TOUR | CA, AZ, CO

Thanks to Tsultrim Allione's heartfelt invitation, practitioners in the United States will have the precious opportunity to receive teachings, blessings, and empowerments from Khandro Dorje Phagmo, whose very existence was heralded by great masters, including Padmasambhava himself. The auspicious interdependence and generosity of our sponsors makes it possible to offer most of these events for free or just the food and housing costs at residential centers plus dana.

[Read her story in Feb, issue pg. 17-18](#)

MAY 16-18 | ENCINITAS, CA

**KAGÖ TEACHINGS / BLESSINGS AND HEALING CEREMONY
AND HAYAGRIVA AND VAJRAVARAHI LONG LIFE BLESSING**

MAY 23-26 | CHINO VALLEY, AZ - GARCHEN INSTITUTE

**VAJRAVARAHI AND HAYAGRIVA LONG LIFE BLESSINGS AND
TEACHINGS**

**MAY 30-
JUNE 02 | TARA MANDALA, CO**

AVALOKITESVARA TEACHINGS

JUNE 6-8 | BERKLEY, CA - ORGYEN DORJE DEN

**KAGÖ AND DROLMA JIGCHOBMA, THE 8TH TARA,
EMPOWERMENT AND TEACHINGS FOR OVERCOMING THE
EIGHT GREAT FEARS**



TARA MANDALA® & 21 Taras Collective

Under the vast Colorado sky, where the mountains cradle ancient wisdom and the wind carries prayers across centuries, three women were drawn together by something greater than chance. It was the summer of 2017 at Tara Mandala—a 700-acre sanctuary nestled in the wilderness of Pagosa Springs, where the sacred feminine has found renewed voice through the vision of Lama Tsultrim Allione.

Nina and Genevieve had arrived to perform with Krishna Das, their music serving as a bridge between worlds. Dorje Lopön Chandra was already there, her presence woven into the fabric of the retreat center as one of the lead Dharma teachers that summer. None of them could have imagined that the temple at the heart of Tara Mandala would become the birthplace of their shared journey.

Inside that exquisite temple stood 21 consecrated statues—each a distinct manifestation of Arya Tara, the mother of liberation. The air was thick with centuries of devotion. Beside these Taras stood a statue of Machig Labdrön, the revolutionary 11th-century yogini whose teachings introduced the radical paradigm of “feeding, not fighting” one’s inner demons—transforming obstacles into allies.

In this sacred space, where time felt suspended and ancient wisdom was palpable, a spark was lit. Each of the 21 Taras carries her own mantra, flowing from the central ten-syllable invocation: Om Tare Tuttare Ture Svaha. These mantras, drawn from the Nyingma treasure cycle of Jigme Lingpa’s Longchen Nyingtik (“The Heart Essence of the Vast Expanse”), had been waiting for their voices.



*Dorje Lopön Chandra Easton, Nina Rao,
& Genevieve Walker at Tara Mandala*



It was Dorje Lopön Chandra who first shared the dream she had been carrying—to create devotional melodies for each of the 21 mantras. As the three women stood among these powerful representations of enlightened action, a collective vision began to crystallize. What if they could give voice to these mantras, creating melodies that would carry Tara’s essence into the world at a time when it is most needed?

The vision was clear, though the path ahead remained unknown. Not long after, the world changed dramatically. Separated by geography—and soon by a global pandemic—they began composing from their homes. Working within the rhythms of their lives, families, and spiritual practices, they exchanged voice memos, met over Zoom, and offered practices to invoke the essence of each Tara.

After years of remote collaboration, spring 2021 brought the reunion they had long awaited. At Menla, a Buddhist retreat center in upstate New York founded by Tenzin Bob Thurman, they finally gathered in person. The energy was electric. Voices that had only met through screens now resonated together in the same space. By the end of their time together, a quiet miracle had unfolded—all 21 melodies were complete, each capturing the unique energy of its corresponding Tara.

The journey continued. In spring 2023, the rugged northern California coast welcomed them to Commonweal in Bolinas. There, with the rhythm of the Pacific in the background, they refined their compositions and prepared to bring their offerings into the world. The final step led them to Nevada City, to the studio of their producer and friend, Tina Malia. There, they recorded the first seven mantras—the beginning of a trilogy of chants honoring Tara in all her radiant forms. What began as a serendipitous meeting in a temple in Colorado has blossomed into the 21 Taras Collective—a shared devotion, now woven into melody, carrying forward the healing power of the divine feminine at a time when the world needs it most.

“
The grace of the Great Goddess is always flowing, always available for us. Invocation and devotion are the doorways into Her presence. These beautiful chants to Tara immerse us in the river of Her Love and blessings.

- Krishna Das



WATCH a VIDEO about the Journey and the Project

How to be a part of the Music & Mantra



▶ click track to play clips from Vol.1

1. TARA TURAVIRA - COMPASSION
2. TARA APARAJITA - INVINCIBILITY
3. TARA KURUKULLA - MAGNETISM
4. TARA MARICHI - LONGEVITY
5. TARA VAJRA SARASVATI - WISDOM
6. TARA VASUDHARA - MERIT
7. TARA MANGALARTHA - AUSPICIOUSNESS

Prepurchase Vol. 2 & 3
& Become a sponsor

The goal is to raise \$70,000
to complete the recording of
all 21 Tara mantras

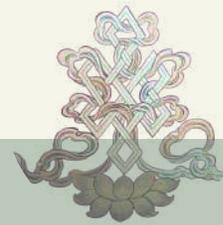
&
Receive:



Conch Shell

- the sound of
the Dharma

\$21 - \$210



Endless Knot

- the interconnectedness
of all and sangha

\$211 - \$2,100



Wish Fulfilling
Jewel

- Bodhicitta

\$2,111 -
\$21,000

- Download of Vol. 1 + bonus track, (available now), Vol. 2. and Vol. 3
 - Mantra name, aspect, transliteration and translation, pdf download
 - Guided Audio & Video Tara Meditation by Lopön Chandra - download
 - Endless Knot sponsors will also receive: Limited Edition Signed copy of "Embodying Tara" by Chandra Easton
 - Wishfulfilling Jewel sponsors will also receive: Set of 21 Tara Cards, a Video Series of 30 sessions of Tara and Goddess Practices, Embodying the 21 Taras online 2 year course, and donations over \$10,000 will also receive an 8" statue of Green Tara.
- + \$21,000 and receive in-person private kirtan in the SF Bay Area w/ Nina, Genevieve, and Chandra, and Executive Producer credit.

“

This volume is a hauntingly beautiful collection of songs in which each mantra is not just a chant but a musical experience, beautifully crafted to uplift, inspire, and maybe even nudge you toward your practice! The arrangements are soulful, resonant, and imbued with the energy of the Taras themselves.

- David Nichtern





Upcoming
Tara Programs, Events & Teachings

- Sunday, March 16 | Lama Live! with Lopön Chandra Easton, Nina Rao, and Genevieve Walker
- May 14 – June 4, | Embodying Tara Online Series
- Wednesday, March 26, 2pm MT | Tara Turavira for climate anxiety on *yana*
- Wednesday, April 2, 2pm MT | Tara Aparajita for injustice on *yana*
- Saturday, April 5, 10am MT | Activating the Mandala of Taras: Thirteenth Tara Sangha Gathering
- Wednesday, April 9, 2pm MT | Tara Kurukullā for positive conditions on *yana*
- Wednesday, April 16, 2pm MT | Tara Vasushara- Tara's wish fulfilling jewel on *yana*
- April 22, Earth Day Event with Nina Rao on *yana*
- April 25-27, May 9-11, June 6-8 | Weekend Workshop, Embodying Tara w/ Tibet House US
- June 14-18 | Green Tara Retreat at Tara Mandala, CO

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MONDAY 03.24



... and book launch



"It is a fierce meditation on the inherent healing power of abstract art."



ART & ALCHEMY



EXPLORE The Dakini Store

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

*Stay connected to the rhythms of
your practice with the 2025–2026
Tara Mandala Tibetan Calendar.*

March	
March 2025 Thursday	ལྷན་ཉལ་ 13
13 March 2025	Parinirvana Anniversary of Jñāna Mīlarga (1028-40–1111-23)
Friday	ལྷན་ཉལ་ 14
14 March 2025	Full Moon, Amitayus Buddha Day, Finish of Chörol Düchen – The Drawing of Mandalas, Lunar Eclipse (Total), Parinirvana Anniversary of Marya Lohana (1002–1007, CE)
March 2025 Saturday	ལྷན་ཉལ་ 15
15 March 2025	
March 2025 Sunday	ལྷན་ཉལ་ 16
16 March 2025	
March 2025 Monday	ལྷན་ཉལ་ 17
17 March 2025	
March 2025 Tuesday	ལྷན་ཉལ་ 18
18 March 2025	
March 2025 Wednesday	ལྷན་ཉལ་ 19
19 March 2025	

This thoughtfully designed digital calendar, in a weekly layout, displays both the lunar and Western dates side by side, making it easy to align your practice with the lunar calendar.

Featuring all the key sacred days —such as Dakini Days, Guru Rinpoche Days, Tara and Medicine Buddha Days, Naga Puja Days, as well as significant celestial events like eclipses, solstices, and equinoxes.

from Our Kitchen to Yours

VEGAN CHOCOLATE CHIP COOKIES

- 2¼ cups all-purpose flour (280g)
- 1 teaspoon baking soda (5g)
- ½ teaspoon salt (3g)
- ¾ cup coconut oil, softened, not melted (170g)
- ¾ cup brown sugar, packed (150g)
- ½ cup granulated sugar (100g)
- 2 tablespoons ground flaxseed mixed with
6 tablespoons water (flax egg) -
(14g flaxseed + 90ml water)
- 1 teaspoon vanilla extract (5ml)
- ¼ cups dairy-free choc. chips (220g)

1. Preheat your oven to 350°F (175°C) and line baking sheets with parchment paper.
2. Make your flax egg by mixing the ground flaxseed with water. Let it sit for 5 minutes until it becomes gel-like.
3. In a medium bowl, whisk together the flour, baking soda, and salt.
4. In a large bowl, cream together the softened coconut oil and both sugars until light and fluffy.
5. Add the flax egg and vanilla extract to the sugar mixture and beat until well combined.
6. Gradually add the dry ingredients to the wet ingredients, mixing until just combined.
7. Fold in the chocolate chips.
8. Drop rounded tablespoons of dough onto your prepared baking sheets, spacing them about 2 inches apart. Bake 10–12 minutes, until edges are golden. Let cool 5 minutes on baking sheet before transferring to a wire rack to continue cooling.

