



GRATITUDE REPORT

— TARA MANDALA 2022 —





REFLECTIONS FROM LAMA TSULTRIM ALLIONE

I want to express gratitude to our Sangha around the world for making Tara Mandala possible over the last 29 years. Thanks to you, we’ve built something special and we have a lot to feel good about. When I think of what we’ve created together, I see Tara Mandala as a place and a community that bridges deep practice with everyday life. We welcome the long-term solitary retreatant as well as the householder, living and bringing the teachings to their families, work, and places of service.

The COVID-19 pandemic brought many challenges and we grieve the losses we’ve all endured. Still, through this, many of you have become even more dedicated to your practice, and because we were forced to go online, many of you found a new spiritual home at Tara Mandala and others were able to continue receiving teachings and practicing together.

“
When you feel gratitude, something opens up inside you to receive. You feel a heart opening that makes room for more.”

With the support of our teachers, staff, and Sangha, we’ve been able to provide substantial long-term programs that resonate strongly with the times we are living in, as well as shorter teachings and accessible Dharma talks. These timeless teachings continue to have something to offer practitioners from youth through old age and into the time we pass from this world.

I feel deep appreciation for everyone who has given to Tara Mandala financially and in terms of their practice, service, and intentions. I extend my heartfelt gratitude to each of you. And to the Dakinis who I’ve called on and who have called me forward. May our collective activities go out into the world, benefiting all beings.

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WELCOMING OUR NEW EXECUTIVE DIRECTOR

Dear friends,

Thank you for welcoming me so generously and lovingly into the Tara Mandala community. I feel grateful to have found a place that encourages me in such profound ways to explore my life's deeper purpose and to work for the benefit of all beings.

The power of Sangha is sometimes plain to see and sometimes more subtle, or quiet. In Sangha, we learn to feel our way forward together. We begin to unlearn and relearn what it means to care for ourselves and others. We learn to listen to our hearts and to each other and open to new possibilities as we walk side by side with one another.

I believe that Sangha is Tara Mandala's gift to a world that is crying out for more meaningful ways of being human together. I feel that it is the essential, nurturing holder or vessel for deep healing and collective transformation that today's world so urgently needs.

Inspired and guided by Lama Tsultrim's actualization of the sacred feminine, I sense that we are co-creating an increasingly vital, connected, and inclusive Sangha. One where we find in the smiles, kind intentions, and differences of those around us, the support and sense of belonging we all need to do the hard work of imagining and manifesting the flourishing future we know is possible.

Thank you for being an important part of an ever-evolving Tara Mandala Sangha. I hope that you enjoy our first-ever Gratitude Report!



EXECUTIVE DIRECTOR,
Robert Thomas

"I'd like to express deep gratitude to all of our Sangha members. It was a pleasure to serve you, to practice together, and share our love and devotion to Tara Mandala. Tara Mandala exists because of all of you and your generosity. May it continue to flourish and benefit countless beings!"

– Joanne Brion, Tara Mandala Executive Director, 2017 to 2022



Thank You, Joanne!

LINEAGE HOLDERS SHAPING THE FUTURE

In 2021, the Prajna Council was formed by Lama Tsultrim and the Tara Mandala board to be the “wisdom body” that guides our practice and programmatic vision. Along with Lama Tsultrim, these three uniquely talented teachers are responsible for carrying on Tara Mandala’s lineage streams. We are grateful for their sincere dedication to the Dharma and their ability to transmit the authentic spirit of Vajrayana to future generations of practitioners.

Chandra Easton – *Dorje Lopön: Vajra Teacher / Guiding Teacher*

“Teaching across Europe this summer deepened the heart of sangha and inspires the dedication to bring the precious teachings of Tara to life. For the last two years, I’ve been writing my book called *Embodying Tara: Twenty-One Manifestations to Awaken Your Innate Wisdom* (due out Fall ’23, Shambhala Publications). The Prajna Council has created an opening to explore our root lineage and what that means for Tara Mandala’s future. It is an honor to be a guiding voice as an expression of our devotion to the Dharma.”



Tulku Ösel Dorje Allione – *Dorje Gyaltsab: Resident Lama*

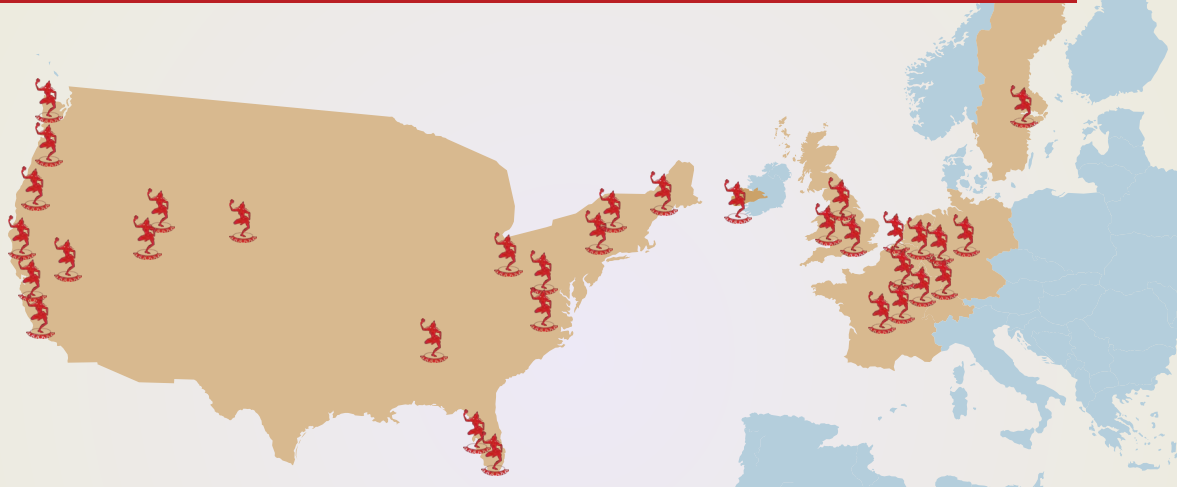
“This has been a momentous year! Moving back to the Tara Mandala land with my family to become the Resident Lama, I am so thankful for the community of practitioners who devote their time and efforts to search out and practice Dharma. I continue to share the teachings and transmit the lineages that have been entrusted to us and I’m honored to be part of the Prajna Council, working together to ensure that the legacy of Lama Tsultrim and the manifestation of Tara Mandala continues to live on for the benefit of all.”

Charlotte Rotterdam – *Magyu Lopön: Guiding Teacher of the Mother Lineage*

“What a rich and joyful year this has been for our Magyu Sangha and our first Biennial Magyu Gathering. Supported by the precious land, we shared practice, teachings, councils, and a Chöd overnight in Kapala Meadow. This ‘living’ Magyu lineage continues to deepen and expand as Lama Tsultrim offers us her teachings and presence. We thank you, Magyu community, for your ongoing commitment to the path and the contemplative activism of your practice. May there be great benefit to you and our world!”



WIDENING THE CIRCLE OF WISDOM AND COMPASSION




TARA MANDALA LAUNCHES AN ONLINE COMMUNITY NETWORK!

In 2021, Tara Mandala launched a dedicated online community network with the intention to encourage practice engagement and deepen connections among our global Sangha members. Bringing our global Sangha together with digital tools is part of Tara Mandala's commitment to using technology to create easier access to the Dharma. We are grateful for the nearly 700 members who are forming meaningful Sangha friendships and pioneering new ways to practice across geographic boundaries. You can join us at community.taramandala.org

 Represents one of over forty Tara Mandala Sanghas in thirteen U.S. states, eleven countries, and three continents.

“I offer a heart of gratitude to Lama Tsultrim, Tara Mandala, and the Sanghas worldwide for the myriad ways they supported our Sangha when we could not be together on the land or at in-person retreats. During the pandemic, our Florida Keys Sangha began meeting every day of the week for practice and discussion. Members shared that a set daily meditation time awakened their commitment to practice and deepened their practice. May the ripple effect of the vast bodhicitta of Tara Mandala continue to grow and benefit all beings without exception.”

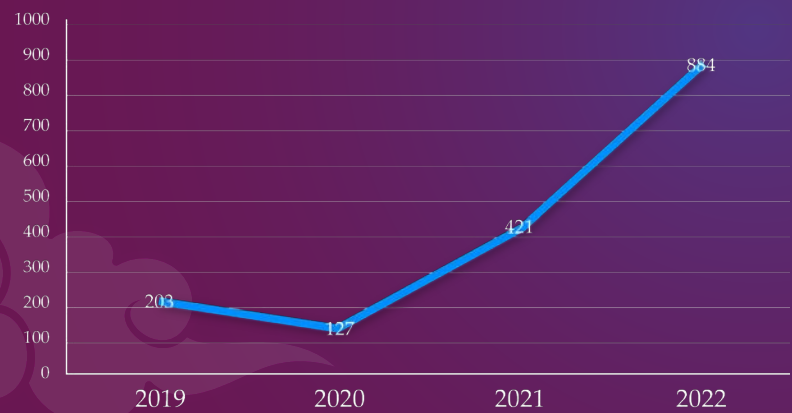
– Ellen Booth Church,
Authorized Teacher



2019 Program Participants	Total Number
Africa	14
Asia	5
Australia & New Zealand	25
Europe	191
Latin America & Carribean	8
North America	800
Total	1045

2020 Program Participants	Total Number
Africa	4
Asia	26
Australia & New Zealand	41
Europe	505
Latin America & Carribean	26
North America	1701
Total	2307

2021 Program Participants	Total Number
Africa	11
Asia	24
Australia & New Zealand	69
Europe	431
Latin America & Carribean	17
North America	1599
Total	2154



Growth in First-time Program Participants

The number of first-time program participants has increased dramatically since 2019, expanding by over 200% in just the last year. We believe that first-time practitioner growth is the result of easier access to online courses, virtual retreats, and longer programs with internet-enabled practice cohorts.

AN ENGAGED AND EVOLVING EUROPEAN SANGHA



“This year I taught in Sweden, Switzerland, France, and Germany. I was touched by the heart and dedication of everyone I met. Our global Sanghas create a web across the world that connects us through our practice and devotion to the Dharma and Lama Tsultrim’s lineage. I offer a bow of gratitude to our international family and look forward to continuing to support your presence, practice, and dynamic activities.”

– Dorje Lopön Chandra Easton

OUR POLISH SANGHA’S RESPONSE TO WAR

“We are enormously grateful to Lama and Lopön Charlotte for providing spiritual support and teachings since the war in Ukraine began. Special thanks goes out to Martha Tornielli with the New England Sangha and members of the Tara Mandala Global Sanghas for fundraising to help the human and animal beings suffering due to the war. Through our collective efforts, we’ve delivered groceries to refugees, donated to organizations caring for impacted children, provided resources to animals in need, and sent food to women fighting in the Ukrainian army. With the help of our global community’s generosity and compassion, we intend to continue to provide support to Ukrainian refugees.”

– Ela, Iwona, Sandra, Drimé, and Eliza
from the Polish Sangha



German-Speaking Sangha



Swedish Sangha



Petra Sloan, Isabel Wienold, Jane Jänicke, & Sabine Wurst of the German-Speaking Sangha



“The German-Speaking Sangha is in a time of transition. We are grateful to our senior teachers Dagmar Loewenkamp and Barbara Staemmler, for the strong Sangha they established with their presence, teaching, and leadership gifts. Now, as a new Mandala Committee of leaders, we are called upon to create what we want our Sangha to be. The overwhelming support and willingness to dive into our path – especially from a new generation of people starting to lead – is inspiring. My wish for the future is that we continue to develop an awareness of the Sangha in Europe and we deepen our connection and support for each other.”

– BETTINA HÖLDRIK, LEADER OF THE GERMAN-SPEAKING SANGHA

A QUIETLY POWERFUL PLACE OF REFUGE REOPENS

This Summer – for the first time in nearly three years – we were able to safely welcome teachers and practitioners to the Tara Mandala land for in-person retreats. We are extremely grateful for the small band of dedicated practitioners who have been living on the land, taking care of the buildings and systems, and maintaining a strong spirit of daily practice during this time of forced closure. In the coming year we hope to continue to gradually reopen and enable our Sangha to experience and benefit from the powerful stillness of the Tara Mandala land.

“If you’ve had the fortunate opportunity to visit the land of Tara Mandala, you’ll know the potency this place holds. The land is a teacher that nurtures us, challenges us, and supports our practice. I am honored to be responsible for tending to the land and buildings of Tara Mandala. I offer gratitude to the protectors and beings, seen and unseen, who continue to welcome our activities here and reflect back to us our wisdom essence, our inherent nature.”

— Clifton Carmody, *Director of Operations*

“I’ve come to my second home. I connected with my Buddha nature and the Sangha I’ve been looking for since I was 15 years old. Tara Mandala is a magical land where the teachers and staff are so compassionate, the practices and experiences are life-changing, and the rainbows are plentiful!”

— Leah L., *2022 Magyu Retreat, First-time Participant*

“To be on the land of Tara Mandala, to be with the animals, lizards, and insects and spend time with these beings is such an enormous blessing for all. I encourage all who have a longing to be on the land of wisdom – drop everything and come!”

— Laura H., *2022 Green Tara Retreat, First-time Participant*

A COMPASSIONATE RESPONSE TO OUR CHANGING WORLD

Karla Jackson-Brewer

Authorized Teacher, Sangha Leader, EDI Council Co-Chair

Tara Mandala's Equity, Diversity, and Inclusion (EDI) Council have been very active these past couple of years. Our initiatives included engaging EDI consultants and taking part in trainings that are making an impact across the organization. A Code of Conduct was created for our staff, teachers, and program participants and we developed a Commitment to Inclusivity statement that lives prominently on our website. Tara Mandala's Black, Brown, Asian and Indigenous People of Color (BBAIPOC) Sangha continues to provide a safe and welcoming environment for all BBAIPOC practitioners. We meet monthly for Shamatha, Mandala of the Five Wisdom Dakinis, the Four Immeasurables, and Feeding Your Demons® practice. In our gatherings, we build community by providing time for connection, support, and discussions that can focus on the impact of structural oppression and how practice supports both our activism and our personal lives.



The COVID-19 pandemic challenged Tara Mandala to reinvent how we support our community. The process of suddenly pivoting to bring the Buddhist teachings to online platforms surprised us, as it enabled the blossoming of a much larger global Sangha. We saw a dramatic increase in practitioners willing and committed to connect virtually. We saw people transforming their own personal spaces for practice and study. What began as a stop-gap effort to meet a temporary challenge has transformed our community and developed into an expansion of program access.

This gives us new abilities to welcome, support, and nurture both new and more senior Dharma practitioners, as well as foster more inclusivity and diversity through our offerings.



Akiko Oncken

Director of Programs, Apprentice Teacher

A heartfelt thank you to our worldwide Feeding Your Demons® community for your engagement in the practice and with each other, building community through intimate partner work and vital online discussions. We've been deeply inspired by your competence, dedication, and wisdom. These past two and a half years have been an inspiring time for the Feeding Your Demons® program. The launch of our online course and Certificate Program made our training much more accessible. To date, we've certified 169 Feeding Your Demons® Facilitators who have completed the rigorous training and are now offering this transformative work to exponentially more people. We've had participants from 19 countries and provided 39 equity and diversity scholarships. You are an integral part of Tara Mandala's vision of creating a positive impact through Sangha and bringing benefit to all beings! Emaho!



Pieter Oosthuizen

*Authorized Teacher,
Director of Feeding Your
Demons®, Board Chair*

IN APPRECIATION FOR ALL WHO MAKE TARA MANDALA POSSIBLE!



*“A beautiful, natural,
and nurturing space; fun,
laughter, and connection
provided by a wonderful,
kind staff.”*

– Martha O., 2022 Magyu Retreat,
First-time Participant

Tara Mandala would not exist without the dedicated work of so many people who care deeply about Lama Tsultrim’s vision of a community that bridges deep practice with everyday life. Below is a list of those who are contributing to this vision and making it accessible to others.

AUTHORIZED TEACHERS: Lama Tsultrim Allione • Tulku Ösel Dorje • Dorje Lopön Chandra Easton • Magyu Lopön Charlotte Rotterdam • Pieter Oosthuizen • Karla Jackson-Brewer • Ellen Booth Church • Polly Ryan, Debra Quayle • Robin Gayle • Barbara Staemmler • Dagmar Lowenkamp • Lopön Beth Lee-Herbert • **GUEST TEACHERS:** Ad.zom Paylo Rinpoche • Adzom Gyalse Rinpoche • H.E. Chung Tulku Rinpoche • Venerable Sogan Rinpoche • Zenju Earthlyn Manuel • Gretchen Donovan • Meg McCracken • Rhonda LoPresti • Lama Sarah Harding • Karla Jackson-Brewer • Jeanine M. Canty • Amelia Hall • Elizabeth Mattis Namgyel • Christina Monson • Sangye Khandro • Lama Willa Blythe Baker • **BOARD OF DIRECTORS:** Pieter Oosthuizen (Chair) • Anna Raithe (Treasurer) • Celeste Young (Secretary) • Lama Tsultrim Allione • Lopön Chandra Easton • Tulku Ösel Dorje • Michele Nevarez • Jennifer Billock • **STAFF:** Aisha Brion • Akiko Oncken • Agnieszka Drimé Antoniewska • Angela Pabich • Tricia Cominsky • Benjamin Tse • Bodhi Stroupe • Cady Allione • Christine Fleming • Clifton Carmody • Clinton Spence • Conor Davis • Constanze Taylor • Eric Scott • Isabelle Bailey • Ivana Juran • Jennifer Fahey • Jeremy Marple • Robert Thomas • Joe Evans • Julie Kendrick • Kathy Greig • Kathy Kohberger • Khandro Noble • Laurie Amodeo • Rae Jean River • Sarah Thompson • Shannon O’Connor • Tenzin Sangpo • Derek Dietz • **EDI COUNCIL AND ADVISORS:** Karla Jackson-Brewer • Robert Thomas • MacAndrew Jack • Celeste Young • Michele Nevarez • Chandra Easton • Tenzin Sangpo • Jason Gruhl • Ellen Serrano • Sylvie Djeddah • Iwona Khandro • **KALYANAMITRAS:** Bridget Bailey • Yamuna Becker • Barbara Berry • Ellen Booth-Church • Gretchen Donovan • Lisa Erickson • Sue Glumac • Myodo Jabo • MacAndrew Jack • Karla Jackson-Brewer • Ulli Jaklin • Akiko Oncken • Pieter Oosthuizen • Marcia Meyers • Debra Quayle • Polly Ryan • Ela Smolenska • Lisa Svensson • Susan Szpakowski • Barbara Staemmler • Michele Tanaka • Jenny Terbell • Jim Boal • Robin Gayle • Christine Ho • Lopön Beth Lee-Herbert • Ellen Serrano • Lama Tsultrim Allione • Lopön Chandra Easton • Dagmar Lowenkamp • Khandro Noble • Lopön Charlotte Rotterdam • Jeff Tipp • Cary Twomey • **LAMA LIVE! GUESTS:** Deva Premal & Miten • Venerable Sogan Rinpoche • Krishna Das • Robert A.F. Thurman • Rhonda LoPresti • Nina Rao • Dr. Dan Siegel • Dr. Eve Ekman • Dr. Elissa Epel

Thank You for Your Committed Support!

We are grateful for your support of Tara Mandala's mission to foster the development of wisdom and compassion for the benefit of all beings. Gifts at all levels are deeply appreciated. They help fund the maintenance of our Temple and land, sustain our operations, and give us the ability to grow our programmatic initiatives. On the following pages we recognize the many community members who made financial gifts between January 2021 and August 2022.

Siri Abusdal • Kathleen Aguilar • Larry Akey • Resa Alboher • Carole Ann Al-Din • Tsultrim Allione • Theresa Almario • Miriam Alston • Tracey Alta • Pamela Ambrose • Ekaterina Amchentseva • Judith Ammon • Laurie Amodeo • Erik C Andersson • Andre Andrade • Beth Andrasak • Eugenius Ang • Asa Angel • Sreekanth Angumamidi • Emese Antal • Apostol Apostolov • Kathy Arlidge • Eve Armour • Patra Arnold • Zita Arocha • Harvey Aronson • Isabelle Arruebo • Vincent Ascoli • Marie-Laure Audergon • Natalie Auerbach • Gina Austin • Carey Avery • Maryam Luna Moreta Avila • Kevin Bache • Mark Badger • Billy Joseph Bailey • Isabelle Bailey • Rachel Baird • Adrian Baker • Denise Baker • Katalin Bakonyi • Benjamin Baldwin • Amanda Baluch • Nicole Banffy-Nesbitt • Ute Bangert • Allison Banks • Jonathan Barfield • Linda Barnett • Callan B Barrett • Wendy-Lin Bartels • Uli Barth • Sarah Rose Bartlett • Alexander Bartley Nees • Shari Bashin Sullivan • William Bass • Laura Batie • Kirstin Baum • Nina Baumgartner • Iridea Beamonte • Eric Bean • Aneta Beasley • James Becker • Kerstin Becker • Trixi Beckerman • Laura & Russell Beesley • Jasmin Behrouzi • Nikoletta Beliczay • Catherine Bell • Peter Bergmark • Barbara Bernhard-Styppa • Brian Bernier • Barbara Berry • Sangita Bhasin • Nora Bianchi • Gudrun Biege • Loretta Billingsley • Gudrun Binder • Alisa Birkeland • Jordan Bishop • Jessica Blalock • Annie Bloch • Ulla Blockhaus • Marek Blonski • Jim Boal • Heiko Bock • Laurie Boddie • Timea Bodocs • Christopher Boehm • Judtih Boice • Stephanie Bolio • Regina Bommer • Jutta Bongartz • Melanie Bonnell • Akemi Borjas • Gabor Boros • Jean-Yves Bour • Matthew Bourgeois • Lauren Bournonville • Jamie Boyd • Jesszell Boyer-Marie • Alessandra Bracci • Leanna Bradbury • Susan Bradbury • April Bradham • Loredana Braghetto • Cory Braithwaite • Samantha Braithwaite • Luisa Maria Bravo • Julie Brefczynski-Lewis • Anna Brenner • Patricia Bresser • Dominique Briggs • Joanne Brion • Amy Brown • Farida Brown • Josh Brownlee • Adam Brownstein • Gwendolyn Broz • Larissa Bruhns • Nicolas Brun • Daniele Bruni Bossio

• Keetah Bryant • Suraj Bryson • Patricia Laura Bueno • Katy Burns • Regula Burri • Renee Bussiere • Keishla Caballer • Alana Cahoon • Vanessa Callison-Burch • Francesca Campagna • Alison Campbell • Jeremy Candelaria • Maria Capogreco • Silvia Carafoli • Elisabeth Carlucci • Rocío Carrasco González Alegre • Debra Carroll • Kaleigh Carter • Martha Carter • Nic Cartier • Loic Cas • Rosanne Cassidy • Deborah Castle • Rita Castro • Claudia Tara Catani • Lenka Cecetkova • Young Hwi Chang • Dolores B Chapman • Chattanooga TM Sangha • Mike Chavez-Dawson • Fred Chazon • Christopher Cheatham • Isabel Chender • Juanita Scheyett-Cheng • Colleen Chimienti • Chintamani Foundation • Dechen Choden • Sherab Chodron • Ania Chomeczyk • Jean-Noel Choplain • Joseph Christiano • Christina Monson • Maureen Christine • Nadien Chu • Vivian Chu • Ellen Booth Church • Jodie Cicaji • Rebecca Clark • Stephanie Cleary • Ann Clow • Deborah Cohan • Jill Cohen • Mikiah Cohen-Peltier • Colin Cole • Diana Collins • Patricia Cominsky • James Conant • Leah Conroe-Luzius • Holly Cook • Janet Cook • Ilah Rose Cookston-Minton • Alexandra Cooper • Janis Cooper • Judith Cooper • Esteban Coppel • Margaret Cormier • Mary Corrigan • Elizabeth Corsale • Richard Cort • Liliana Cortes • Paa Coss • Amy Couch • Tara Cox • Chae Cramb • Peter J Crane • Julie Crawford • Jennifer Crebbin • Lourdes Cruz de Paz • Glenn Cueto • Nancy Cuffman • Dona Cullen • Liz Culootta • Matthew Cupp • Elizabeth Curran • Keelin A Curran • Mary Curran • Kate Curtis-McLane • Celina Czarnecka • Cathleen Daley • Cody Dance • Richard Darsie • Maila Davenport • Christine Daverio • Nanji Davison • Lily Rose Day • Barbara DeBiase • Jacqueline Deflorio • Maren Degen • Anne Dellenbaugh • Flavia M Dexheimer • Katia Di Bernardini • Jennifer Diaz Tonos • Maria Del Mar Diaz • Amy Dickman • Paula Diehl • Adiphil Dilokpimol • Carrie Dinow • Sylvie Djeddah • Timotha Doane • Caitlin Dodd • Josephine Doig • Bruce Donehower • Gretchen Donovan • Quentin Doree • David Drabble • Richard Driscoll • Lyra Drouin • Thomas Dubaschny • Chris Duckworth • Andrea Duloc • Roger Duncan • Elizabeth Dunn • Raoni Duran • Adam Dvoracek • Jackie Dykins • Cynthia Edwards • Line S Efraidsen • Louise Eisler • Virginia Ellis • Rebecca Elovic • Albrecht Enders • Nicolas Eng • Jeb Enoch • Bette Ensign • Kit Eret • Lisa Erickson • Carolin Ermer • Jennifer Evans • Timothy Eyes • Jeffrey Eyges • Sabine Fabach • Jennifer Fahey • Daria Fain • John Fairchild • Liz Fairchild • Vilma Falconi Vernuccio • Melissa Berryman Faria • Ted Faris • Julie Farmer • Sara • Csilla Ferenczy • Nancy Ferguson • Sarah Ferguson • Jorge Ferran • Claire Ferrari • Justin Ferrin • Jill Field • Maya Fielder • Wendy Fillmore • Ulrike Fischer •

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 • Natalie Nuzzo • Mark Nymeyer • Donna Obermiller • Barbara
 O'Brien • Ana Maria Ochoa • Shannon O'Connor • Kathryn O'Connor
 • Marguerite Ogle • Katie Oh • Martha O'Hare • Jane Bindl Oi • Robert
 Olander • Dyan R Oldenburg • Fernanda Oliveira • Carol Olivier •
 Mary O'Malley • Heidi Oman • Akiko Oncken • Alina Opyd • Monika
 Opyd-Deka • Sébastien Oreiller • Dorota Orlik-Lisek • Shayla Ortell
 • Lorenz Oswald • Barbara Overman • Anne Overzee • Thea Owen •
 Theresa Owens • Jason Padilla • Todd Page • Pajapati Foundation •
 Cindy Palay • Lauren Palmateer • Tracie Palmer • Zopa was Martine
 Palmo • Hildur Palsdottir • Flavia Pando • Reni Mullen Pappin •
 Cynthia Pareja • Gili Parikman • Esi Partl • Adrianna Partyka • Asha
 Patel • Anne Patterson • Heather Patterson • Janis Paul • Laurie Pearce
 Bauer • Emily Pearce • Gail Peck • Christopher Pedigo • Alina Peftieva
 • Petra Pelz • Regina Penaloza • Tracy Peng • Michelle Pereira • Elisa
 Perez Ochoa • Sandra Perez • Chris Perry • Daisy Perry • Janice Petersen
 • Paul Petersen • Diana Peterson • Sara Petty • Geralyn Pezanoski •
 Sibylla Yangchenlhamo Pfister • Jennifer Philburn • Kathryn Pierro •
 Lorenzo Pilitta • Olivia Pintair • Renee Pitts • Eli Pleaner • Agnieszka
 Poliszuk-Konopek • Joanna Pollner Stamper • Marjorie Pomper •
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 Medina Precit • Amanda Press • Rasha Proctor • Jennifer Prugh • Debra
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 • Francine Rainone • Anna Raithel • Maureen Rakel • Anne Ramey •
 Anne Ramey • Viginia Ramirez Perez • Jaeel Xanten Ramirez • Robin
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 Remund • Karie Reyes • Cynthia Reynolds • Rebecca Reynolds •
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 Hector Riveroll • Martha Roberts • Elizabeth Robertson • Greg Robillard
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Global Head of Leadership Solutions at Potential Project



“Even though I mainly engage with Tara Mandala through virtual retreats, it is always a part of me. The presence of the sacred feminine has helped me, as a man, to work with the feminine within myself. Our lineage, the

Tibetan tradition of Chöd, and Feeding Your Demons® are such a contrast to most of the world which is in either fight, freeze, or flight. This radical approach of feeding or embracing everything has given me a new frame for orienting in the world.”

Mathias • Katarzyna Matryba • Maria Ester Mattioli • Christine Mauro
 • Panayotis Mavromatis • Jeannine Bhavani Maxwell • Alexandra
 Mayer • HildeMayer-Gutdeutsch • Paula Mayers • Elisabeth Mayr •
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 • Ava Jody McKnight • Ian Mckown • Ritanne McLaughlin • Jacqueline
 McNeal • Ranna McNeil • Carol McQuire • Maya Medvesek • Ellen
 Mefford • Janine Meinhardt • MJ Melchers • Nikoletta Meleg • Max
 Mendieta • Mary Meredith • Michele Merrick • Stephanie Mertens
 • Monica Mesa Dasi • Sandra Messick • Marcia Meyers • Edward
 Michalik • Jeannette Micolesau • Dirk Milanowski • Luca Milasi • Laurel
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Connie Rogers • Juliet Rohde-Brown • Francesca Rome-Marie • Lucia Roncalli • Angela Roos • Milard Roper • Kjoel Rose • Ron Rose • Victoria Rosen • Michael Ross • Christine Rossi • Anne Celine Rostock • Charlotte Rotterdam • Cherise Rowan • Cynthia Rubenstein • Anna Ryan • Polly Ryan • Agnieszka Rybicka • Gonpo Jack Salamone • Silvia Salas • Saundra Salyer • Carla Sambrano • Anna Sanders • Lara Sanderson • Kyle Sandler • Michele Santucci • Michele Sapanaro • Sofie Sarras • Kyla Sawden • Chimae Say • Amy Schick • Kimberley Schick • Lauren Schiermeyer • Eric Schiermeyer • Mark Schlessman • Stephan Schneider • Mareen Scholl • Kelsey Schomberger • Patricia Schuman • Barbara Schwartz • Eleanor Schwartz • Marta Schwartz • Ursula Schwendner • Caroline Scott • Stephanie Scott • Susan Scott • Cynthia Sears • Kara Sebley • Barbara L Secrest • Carly Sedgwick • Joachim Sehrbrock • Vivi Sejrsen • Aurah Semrad • Ellen Serrano • Antonio Severino • Irina Shakhnovich • Vivek Sharma • Liz Shaw • Adalia Shchurovsky • Bridgette Shea • Jane Sheldon • Sandy Shelton • Eliza Savannah Sherab • Mary Sherman • Phurba Sherpa • David Shields • Nina Shilling • Norman Shrewsbury • Peggy Shropshire-Mobbs • Heather Siegel • Laraine Silverman • Stephen Silverton • Alexis Silvestri • Strahil Simeonov • Suzanne Simmons • Carly Sinn • Mihaela Siragusa • Vishnugagan Sivasubramaniam • Dayanand Skiles • Liv Skrudland • Mary Sky • Wendy Slater • Petra Sloan • Trevor Slocum • Matthew Smith • Marcella Smithson • Elzbieta Smolenska • Doenja Snijder • Romana Snozzi • Suki Sohn • Barbara Solarz • Kurt Sonderegger • You Mei Soo • Karen Sorel • Cady Soukup • Deb Soule • Valerie Sowinski • Susan Spangler • Lili Sperry • Katherine Splain • Laurel Sprengelmeyer • Barbara Staemmler • Stahl Sylvana • Samuel Stalnaker • Mary Starhill • Tristan Stark • Paula Ste. Marie • Allyndreth Stead • Vallie Stearns-Anderson • Jana Steckerova • Kristie Steinbock • Dominique Stelling • Mary Stenger • Sajna Stephen • Rebecca Stephenson • Michael V Stevens • Catherine Stevenson • Kathy Stewart • Kathryn Stewart-Sweeney • Michael Stiles • Doris Stockinger • Jennifer Storey • Judith Story • Bodhi Stroupe • Alusia Stuart • Milos Subasic • Daniel Sullivan • Kay Sullivan • Liz Summers • Kathy Sun • Ted Sundin • Vijal Suthar • Carre Sutton • Matthew Sutton • Roxanne Sutton • Sandra Suty • Elizabeth Swallow • Naomi Swanson • Vicki Swartz • Martha Sweeney • Janos Szilagyi • Susan Szpakowski • Allyson Tache • Jorge Tafich • Sabria Tahar • Augusta Talbot • Claire Talbot • Michele Tanaka • Emma Tanner • Henny Tanudjaja • Tara Mandala Poland • Ionela Taran • Kenyon Taylor • Maria Taylor • Nicholas Taylor • Sarah Taylor • Yumin Tchen • Jennifer Terbell • Andre N Tetrault • Mariam Thiam • Vincent Thibault • Joyce Thom • Robyn Thomas • Nancy Thompson • Wendy Thomson • Gail Tiefenbach • Ann Tilque • Don Tinker • Jeffrey Tipp • Anna Toaze • Teresa Todoroff • Eliza Tokaj • Thomas Tomadu • Chris Tomlinson • Joyce Tompsett • Martha Tornielli • Csilla Torok • Beth Ann Townsend • Elisabeth Townsend • Lissa Treasure • Georgia Triplett • Benjamin Tse •

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In Memoriam: Ahmee Hewitt



We honor the life and memory of Ahmee Hewitt who passed away in 2021. Ahmee was a wife, a mother, and a dedicated practitioner. She participated in many

classes and retreats at Tara Mandala, leaving a warm impression on those who had the good fortune to practice with her. We thank Ahmee and her husband, Trace Baker, for their generous Legacy Circle gift. Trace shared with us that, "Ahmee was grateful to have found her spiritual home in Tara Mandala." We are grateful to have found a dharma sister in Ahmee.

“Tara Mandala is a place where women are safe and able to deepen their spiritual practice in a wild and sacred setting.”

– Joyce T., 2022 Magyu Retreat, First-time Participant

This year we welcomed the arrival of a spectacular five-foot standing statue of Machig Labdrön to the Temple. A Tibetan yogini of the 11th century, Machig Labdrön was known for manifesting fiercely enlightened activity. Inspired by Machig, at Tara Mandala we embody and express feminine perspectives and approaches in our practice as a way to cultivate balance, clarity, and liberation. We do

so in union with the enlightened masculine through skillful means and compassion. Honoring Machig's lineage, we are committed to empowering the voices of women – largely muted throughout Buddhist history – and to healing and helping all beings harmed by patriarchy and supremacy culture.



“Tara Mandala is committed to being a welcoming, open, and safe community for practitioners and students of all cultures, races, religions, genders, sexual orientations, age, ability, and circumstances.”

– From Tara Mandala’s Commitment to Inclusivity

Ultimately, it is in Sangha that our essential awakened nature meets the promise of intimate heart connection. It’s where belonging is nurtured, the wisdom of our interdependence is cultivated, and true friendship is embodied and expressed. We thank you for your part in making the Tara Mandala Sangha a place of safe refuge and creative possibility for today’s world.

“Arrive with a reverence for the sacred and the rest will come.”

– Alexis C., 2022 Green Tara Retreat Participant



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