



RETREATS EVENTS & MORE

ISSUE 01 | 2025

Tsulin 89

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COVER ART by Lama Tsultrim Allione





Dear Dharma Friends,

When we first started building Tara Mandala, we often thought of it as a child—moving through the stages of the “terrible twos,” the “fabulous fives,” and then gradually into adolescence. Now, at 30, we are entering adulthood, and this feels just right for where we are today. Turning 30 has made me reflect on the beginnings and feel deep gratitude for all those who came alongside us, helping to shape this vision from the start. I remember those early years when Tara Mandala was just a magical piece of land in Southwest Colorado—no water, no roads, and no buildings.

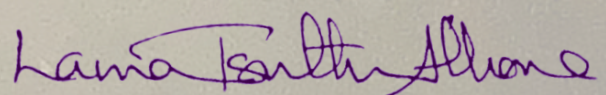
I have so many fond memories from those early days. I remember one year, teaching in a large tent in the middle of Kapala Meadow when a thunderstorm suddenly rolled in from the West. The thunder cracked and lightning flashed, and we were surrounded by the raw power of nature. The storm was so intense that running away would have been more dangerous than staying put. So I told everyone, “Stay away from the metal tent poles, avoid sitting in puddles of water, and just meditate.” We sat there, still and silent, as wind blew through the tent, rain poured, jagged flashes of lightning lit up the sky and thunder shook the earth. No one moved. After about half an hour of this intensity, it suddenly stopped. The sun broke through the clouds, and a double rainbow formed above the tent. We ran outside, dancing in joy and relief, with the scent of artemisia and sage filling the air.

After we began daily practice to Machig Labdrön's protector, Zangri Tsen Mar, who rides a red horse, a herd of wild horses—mostly chestnut in color—arrived. Now, every year on Machig's birthday, one or two red foals are born, and the wild horses are a constant presence on the land. This year, for the first time since 2009, we are embarking on a significant creation of a traditional Buddhist cremation site with a Zhitro temple, made possible by a generous gift. Another wonderful gift this year is the return of Cady Allione to her role as Executive Director. Cady's intelligence, heart, and leadership were crucial in guiding Tara Mandala through the challenging years following Dave's passing. I am deeply grateful that she has stepped back into this role, and I hope you all will come to know and appreciate her as much as I have over the past 20 years.

This past year, I also had the opportunity to travel and teach, mostly focusing on the theme of non-duality. One question I often began with was: "What if there's no problem?" In times like these—when political shifts, climate crisis, war, and the curtailing of women's rights weigh heavily on us—how can we even consider that there might be no problem? The answer lies in the vast, empty awareness that is always present, beyond time, without a center or edge. Mostly we're so caught up in our thoughts and problems that we're unaware of this boundless awareness. Turning the thinking mind to effortlessly experience its source, and to rest in that awareness, answers that question. The practices we engage in—whether it's nonduality meditation, deity yoga, prayer, or mindfulness—ultimately lead us to this awareness. So, I encourage you to ask yourself this question—"What if there's no problem?"—and rest in what you experience immediately after you ask the question.

Thank you, dear friends, for being a part of this community, for your support, and for walking this path with us.

With deep gratitude and love,

A handwritten signature in blue ink that reads "Lama Tsen Mar". The signature is fluid and cursive, with the first name "Lama" and last name "Mar" clearly legible.

RETREATS & EVENTS

LEARN . MEDITATE . FIND COMMUNITY

UPCOMING online

JANUARY



MANDALA METHOD

UNION OF THE SACRED FEMININE & MASCULINE

JANUARY 31- MARCH 01

*Lama Tsultrim Allione, Lopön Ellen Booth Church,
Chögé Bridget Bailey and Chögé Lisa Erickson*

Venture into the Yab Yum Mandala to explore divine union beyond gender identifications, experiencing and integrating the feminine and masculine we each hold within ourselves.

THE HEART *of* BUDDHISM

YEAR LONG PROGRAM & CERTIFICATION

JANUARY 31 - NOVEMBER 21

Lama Tsultrim Allione, Amelia Hall PhD, Lopön Karla Jackson-Brewer MS, Robert Thurman PhD, Dorje Lopön Charlotte Rotterdam MDiv, Miranda Shaw PhD, Dorje Lopön Chandra Easton, Tulku Ösel Dorje, Wendy Garling and Erik Pema Kunsang

Explore the history, core teachings and practices that guide Buddhist practitioners in the Tibetan tradition in waking up to their true nature of innate compassion and wisdom. Each five-week course builds upon the previous while standing alone as a complete teaching, and may be taken individually.

- The Path of Liberation : January 31 – February 28
- What the Buddha Taught : March 21 – April 18
- The Awakened Heart : May 22 – June 19
- Sacred View, Sacred World : September 5 – October 3
- The Great Perfection : October 24 – November 21





FEBURARY IS FEEDING YOUR DEMONS MONTH

Lama Live!

Feeding Not Fighting: Transforming Collective Anxiety into an Ally.
Experience a guided session of Feeding Your Demons.

with Lama Tsultrim Allione



FEBURARY 2
9–10:30am PST



FEEDING YOUR DEMONS

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

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.

LEVEL II BUDDHIST TRACK

FEBURARY 22 - MAY 02

LEVEL II SECULAR TRACK

MARCH 01 - MAY 02

Also

LEVEL I BUDDHIST & SECULAR TRACKS : MARCH 22 - MAY 16

FYD & SOUND BATH

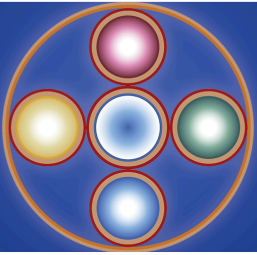
Megan Mook, Kevin Townley, Lopön Karla Jackson-Brewer MS

A partnership between Tara Mandala and Dharma Friends. Join us at Tibet House NYC and online for an experiential practice coupled with an intimate discussion on loving all parts of ourselves.

DHARMA FRIENDS

FEBURARY 24

MARCH



TSIGDÖN DZÖ

DZOGCHEN WISDOM TEACHINGS PART III

MARCH 5 - APRIL 4

Adzom Gyalse 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.]

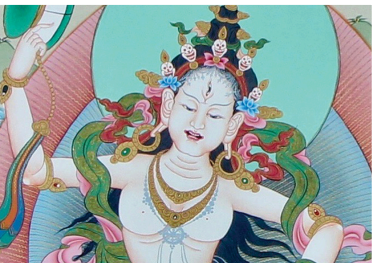
THE HEART *of* BUDDHISM

WHAT THE BUDDHA TAUGHT - COURSE II

Lama Tsultrim Allione, Amelia Hall PhD,

MARCH 21 - APRIL 18

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**.



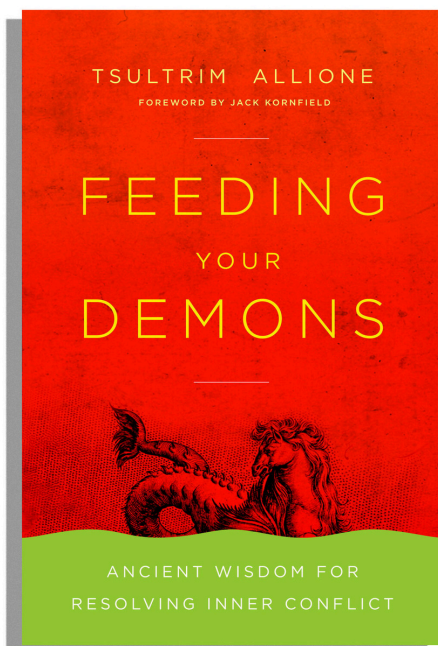
MANDALA METHOD

THE MANDALA OF THE EMPOWERED FEMININE

MARCH 24 - MAY 16

*Lama Tsultrim Allione, Chöge Bridget Bailey,
and 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 practice that brings together sound, visualization, and meditation.



feeding not fighting



“True compassion is to nurture and love—rather than resist and fight against—our inner enemies and obstacles.”

Rooted in the Tibetan practice of Chöd, Lama Tsultrim Allione’s *Feeding Your Demons®* is a simple five-step process that teaches you to compassionately and creatively engage with inner conflicts and difficult emotions, rather than suppressing or struggling against them. This 5 step method has helped thousands of people transform and heal negative emotions, fears, anxiety and self-defeating patterns.

The work transcends spiritual constructs, serving as a meaningful tool for anyone, Buddhist and non-Buddhist alike. Whether you’re on a personal growth journey or a mental health professional looking to expand your toolkit, *Feeding Your Demons®* provides a foundation for profound personal transformation.

2025 COURSES

- Feeding Your Demons® Certification Level : 1/25 - 3/1
- Feeding Your Demons® Level II : 2/22 - 5/2
[Secular & Buddhist (KII) Tracks]
- Feeding Your Demons® Level I : 3/22 - 5/16
[Secular & Buddhist (KI) Tracks]
- Feeding Your Demons® Full Certification : 3/22 - 2/28/26
- Feeding Your Demons® Kapala Level I : 5/8 - 5/13
*On the Land at Tara Mandala
- Kapala IV : 8/28 - 8/31
*Encinitas, CA
- Feeding Your Demons® Level II : 9/13 - 11/21
[Secular & Buddhist (KI) Tracks]



Lopön Peiter Oosthuizen, FYD course co-founder and teacher.

SAVE THE DATES

SUMMER

PROGRAMS

SPRING

VOLUNTEER WORK WEEK

April 28–May 4

FEEDING YOUR DEMONS KAPALA LEVEL I

with Dorje Lopön Charlotte

May 8–13

KHANDRO DORJE PHAGMO RINPOCHE

May 30–June 2

PATHWAYS TO BUDDHIST SPIRITUAL CARE

June 5–10

ONSITE ENCINITAS, CA

MACHIG LONGEVITY PRACTICE & EMPOWERMENT

with Lama Tsultrim Allione

April 25–27

KAPALA IV

with Lama Tsultrim Allione

August 28–31

EARLY SUMMER

GREEN TARA

with Tulku Ösel Dorje

June 14–18 Onsite & Online Hybrid

RITUAL ARTS

with Chopön 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

MID SUMMER

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 Tulku Jigme Wangdrak Rinpoche

August 22–25

AUTUMN

VOLUNTEER WORK WEEK

September 13–21

SACRED ARTS & TEMPLE

RESTORATION with Lama Gyurme

TBD - Onsite & Online Hybrid



THE HEART *of* BUDDHISM

YEAR LONG PROGRAM & CERTIFICATION

With Lama Tsultrim Allione, Dorje Lopön Chandra Easton, Dorje Lopön Charlotte Rotterdam, Tulku Ösel Dorje, Lopön Karla Jackson, and guest teachers Erik Pema Kunsang, Robert Thurman, Amelia Hall PhD, Wendy Garling, and Miranda Shaw PhD.

Study the foundational teachings of the Buddhism—with a special emphasis on the Feminine Principle and the role of women in the dharma—with renowned Buddhist teacher Lama Tsultrim Allione and other senior and guest teachers.

Tara Mandala is delighted to invite you to join us for a year-long course in Buddhist studies and meditation.

Beginning in January 2025, this program offers essential knowledge for anyone already on a Dharma path as well as those new to Buddhist philosophy and practice. Over the course of 5 five-week modules, we'll explore the history, core teachings and practices that guide Buddhist practitioners in the Tibetan tradition in waking up to their true nature of innate compassion and wisdom.

In these tumultuous times, our practice is more important than ever. The Buddhist path offers profound guidance for working with the individual and collective challenges we face, and transforming suffering into liberation. These teachings show us how we can each become a light in the darkness, embodying the luminous spaciousness that is the heart-essence of who we are.

As you'll discover, through meditation and compassionate action, we can transform the world's challenges—starting within our own hearts and minds.

Led by Lama Tsultrim Allione, Dorje Lopön Chandra Easton, Dorje Lopön Charlotte Rotterdam, Tulku Ösel Dorje, Lopön Karla Jackson and a team of expert guest teachers.

You'll discover some of the women who shaped the development of the Dharma, as well as principles and symbols of the sacred feminine that shape and inform our practice.

The Path of Liberation

January 31–February 28

with Lama Tsultrim Allione, Amelia Hall PhD, and Wendy Garling

What the Buddha Taught

March 21–April 18

with Lama Tsultrim Allione, Amelia Hall PhD

The Awakened Heart

May 22–June 19

with Dorje Lopön Chandra Easton, Lopön Karla Jackson-Brewer MS, and Robert Thurman, PhD

Sacred View, Sacred World

September 5–October 3

with Lama Tsultrim Allione, Dorje Lopön Charlotte Rotterdam, MDiv., and Miranda Shaw, PhD

The Great Perfection

October 24–November 21

with Lama Tsultrim Allione, Tulku Ösel Dorje and Erik Pema Kunsang



Introducing

yana

formerly the Tara Mandala Network

The Sanskrit word *yana* means “vehicle,” symbolizing the journey from our present state to awakening.

A rich web of practitioners and resources, yana offers opportunities for connection beyond retreat time, through meditation and learning spaces, dharma talks, daily inspirations, and more!

Starting January 1, 2025, the Tara Mandala Network will move forward as **yana**

Through our ongoing commitment to inclusion and accessibility, we’re also growing as a Sangha. With over 3,000 members from all around the world on *yana*, what started as an experiment a few years back has grown into a vibrant virtual space for connection, practice, and study.



+3,355
MEMBERS

DAILY **4+**
PRACTICE
SESSIONS

The Gift of Practice

JOIN Sanghas from around the globe as they offer free practice sessions *daily*, along with special Dharma Talks from teachers and guests.



A New Chapter Begins for Tara Mandala—Thanks to Your Generosity

A deep bow of gratitude to our Donors, Program Sponsors, Sustaining Sangha and Legacy Circle members whose generosity and support of the dharma make all of this possible!

TARA’S PURE LAND



Embracing the full arc of practice from birth to death.

Atop the slope of Ekajati peak, overlooking the Tara Temple, with mountain peaks shimmering in the distance, *Tara’s Pure Land* will provide a serene and sacred place to hold traditional Buddhist cremations and the remains of Sangha members.

We’ve received a grant to bring this long-held dream of Lama Tsultrim’s to life. In the Fall a new road was graded so we can prepare the land for the next phase of building, which will continue in the months and years ahead bringing the Zhitro Temple, Cremation Stupa, and Columbarium to life.

TEMPLE MANDALAS



Beautiful art and powerful tools for awakening.

2024 brought a radiant transformation to the Temple here at Tara Mandala with the installation of 10 exquisite Dzogchen mandalas on its ceiling in the main shrine room.

All the 29 ceiling mandala have been sponsored and Lama Gyurme is painting the final 7 which will be completed and installed in late 2025.

[Click here to explore Ways to Give](#)

Thank you for supporting our mission

We are grateful to the many Sangha members whose contributions helped to welcome new practitioners, deepen connections, and bring the teachings of the Buddhistharm to life.

Recognizing those who gave between June 2023 and July 2024

Anonymous • *Christina Aanestad • Sarah Abbott • Naomi Abe • Siri Abusdal • Elizabeth Adams • Charl Agiza • *Kathleen Aguilar • *Delia Ahouandjinou • *Larry Akey • Leana Alba • Catherine Albers • Christophe Alcaraz • *Rocío Carrasco González Alegre • Michael Alexander • Ayesha Ali • *Cady Allione • *Costanzo Allione • *Tsultrim Allione • *Julie Allison • Theresa Almario • *Leslie Diana Real Altamirano • *Pamela M. Ambrose • Katya Amchentseva • *Julie Anderson • Ryan Anderson • *Gene Ang • Emese Antal • *Agnieszka Antoniewska • *Vera Apostolova • Alexander Aris • Marielena Arizpe • *Kathy Arlidge • *Eve L. Armour • *Zita Arocha • Maryam At-Tauhidi • *Gina Austin • Steve Austin • Sofia Aveline • Carey Avery • Jonathan Avery • Linara Axanova • Ananda Badet • Shiva Rae • *Adrian Baker • Clara Baker • Denise Baker • John Baker • Ekin Balcioglu • *Ute Bangert • Mark Barabasz • *Jonathan Barfield • *Linda Barnett • Heather Barney • Sally Barney • *Callan B. Barrett • William Barrett • *Sarah Rose Bartlett • *Sarah Baxter • *Aneta Beasley • *Kerstin Beck • James Becker • Lily Becker • *Yamuna Becker • *Trixi Beckermann • *Laura & Russell Beesley • Jane Belfry • *Catherine Bell • Yvette Beregszászi • Tenzin Berg • Betsy Bergstrom • Ramir Filip Bernard • *Barbara Berry • *Lori Bessler • *Sangita Bhasin • *Nora Bianchi • *Gudrun Biege • Jacqueline Nirava Bieri • *Brandi Bilby • Miriam Binder-Lang • Kathryn Birckenstaedt • Rachel Bird • *Alisa Birkeland • Jane Bittencourt • Vitalie Bivol • Myra Blankenship • *Marie Blazek • Mle Bloch • Elisa Blumi • Madeleine Bluteau • *Anne M Boal • *Jim Boal • *Daisy Bodman • Sabine Boekstegers • *Judith Boice • Joanna Bojczewska • *Regina Bommer • *Jutta Bongartz • *Melanie Bonnell • Hilary Borison • *Daniele Bruni Bossio • Matthew Bourgeois • Jesszell Boyer-Marie • *Susan Bradbury • *Samantha Braithwaite • Elissa Braunstein • *Luisa Maria Bravo • *Anna Brenner • *Dominique Briggs • Mala Brinsden • Joanne Brion • *Samantha Brooks • Sarah Brown • *Josh A. Brownlee • *Adam Brownstein • *Gwendolyn Broz • *Lara Bruhns • Prem Nandani Brunott • Francesca Buehlmann • Christina Burch • *Elizabeth Burke • Steven Burkhart • *Holly Burling • James Burn • Katy Burns • Karen Burow • *Lindsay Burrell • *Regula Burri • Samuel Burton • *Renee Bussiere • Suz Byers • Leah Byrne • *Alana Cahoon • Terrye Callender • *Alison Campbell • Anna Champion • *Jeremy Candelaria • Matthew Cannella • Joann Cannon • Annalisa Cardin • *Jessica Carhart • Katie Carls • *Terrance Carlson • *Martha Carter • *Nicholas Cartier • *Francesca Castaldi-Salas • Alexis Castillo • Mario Castillo • Deborah Castle • Leila Castle • Rita Castro • Pamella Cavanna • Fabian Cebulla • *Lenka Mareckova Cecetkova • Claudia Borges Cerbino • Prasad Challagulla • Dolores B Chapman • Zora Charles • Jeff Chartrand • Jermaine Chatman • Chattanooga TM Sangha • Laurent Chausson • *Isabel Chender • *Colleen Chimienti • Sonam Chodon • *Jean-Noel Choplain • *Joseph Christiano • Corinna L. Chung • Stella Chung • *Ellen Booth Church • Francesc Claraso • *Elizabeth Clark • Rebecca Clark • John Cleary • *Stephanie Cleary • Antoinette Cleoni • Darrah Cloud • Anne T Coghlan • Mikiah Cohen-Peltier • Chelsea Colby • Graciela Collazos • Beth Colway • *Ann Conn • *Leah Conroe-Luzius • *Everett Considine • French Conway • *Janet Cook • Ani Yeshe Cook • *Ilah Rose Cookston-Minton • Manjusha Devi Coonjan • Judith Cooper • *Esteban Coppel • Stephanie Corless • Margaret Cormier • *Richard Cort • *Amy Lynn Couch • *Ana M Ochoa • Lorraine E. Coulter • Skye Couzyn • Harry Craft • *Peter J Crane • *Julie Crawford • Diamond Cronen • Celeste Croteau • Joshua Crouch • Lindsay Crouse • Patricia Crout • Alice Cuccioli • Glenn Cueto • Liz Culotta • *Betsey Curran • *Keelin A. Curran • *Mary Curran • *Kate Curtis-McLane • *Fiona Cushing • *Celina Czarnecka • Sylwia Czerny-Bussani • Rosanna D'Urso • Melanie Daily • Dezrea DAlessandro • Jordan Dalton • Kathleen Dameron • Haven Daniels • *Herbert Daniels • *Monica Mesa Dasi • Jennifer Daubenmier • Patricia Daunais • *Maila Davenport • S. Davenport

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And a BIG Thank you for your support of our *Multiply the Merit* matching gift campaign – we met our goal of \$30,000 – anonymous donors matched your gifts dollar for dollar, doubling the impact of your generosity!



Tara Mandala's 30 Anniversary

Honoring the past, turning our gaze to the future.

2024 marked a special milestone for Tara Mandala: 30 inspiring years together as a Sangha and as a refuge for the sacred feminine in Buddhism. During the warm, bright days of early August in the San Juan mountains, our teachers, Sangha members, and beloved founder Lama Tsultrim Allione gathered on the land for our 30th Anniversary weekend. It was a joyful and heart-filling celebration of Lama Tsultrim's vision for Tara Mandala.

Machig Empowerment in the Trikaya Tara Temple during the 30th Anniversary Celebration. July 2024

Starting with Lopön Karla Jackson-Brewer leading a sunset Chöd practice around the Nyala Pema Duddul stupa, to the powerful Machig Empowerment and Dakini-filled Tsog, to the candlelit dinner celebration in the temple complete with dancing and delicious cake, multiple generations of our Sangha honored the continuation of Machig's lineage and the community we've co-created and nurtured all these years. Hanging blessed prayer flags at the future site of Tara's Pureland marked a special moment bringing a long-held aspiration to offer Tara Mandala as a place of rest for our Sangha member's ashes.



*Tulku Ösel Dorje and Lama Tsultrim Allione
Machig Labdrön Empowerment*

Morning Sang and Prayer Flag hanging at Tara's Pureland site



“Cheers and many blessings for the next three decades of Tara Mandala and beyond.”

— Celeste Young, Tara Mandala Board President

Three Decades of Land & Lineage

This is the first time Lama saw prayer flags flying on this part of the land, and expressed how deeply meaningful it was to see it come to fruition. A deep spirit of helping and generosity was present throughout the weekend, beautifully embodying and honoring how many hands have contributed to bringing Lama’s vision to reality.

A deep bow of gratitude to our Executive Director, Cady Allione, and EVERYONE who worked so hard to bring this celebration to its joyous realization.

Life on the Land



A letter from our Executive Director

Dear Tara Mandala Community,

It has been a whirlwind of activity since I (re)embraced the role of Executive Director last summer! My days have been filled with warm smiles, heartfelt embraces, countless blessings, lots of zoom meetings, and the joy of practicing with Sangha members in so many beautiful places.

Living and working on Tara Mandala's magical land is an extraordinary gift. Each day, I am blessed by its profound beauty—from the scent of dewy meadows at sunrise to the breathtaking sight of rainbows arching across the vast sky as wild horses graze peacefully nearby. If only I could bottle it all up and share it with you!

As we step into the year ahead, guided by the inspiring phrase "architectural radiance," we've crafted a vibrant array of offerings designed to support your path of wisdom and compassion. Amid the twists and turns of modern life, meditation remains at the core of everything we do, and I look forward to seeing many of you both online and on the land.

I am deeply grateful for the open hearts of our Sangha and the generosity of our teachers and supporters, whose light illuminates the path forward. As we close this meaningful 30th Anniversary year and look to the future, may wisdom dawn, compassion reign, and may we continue to flourish together in the vast view.

Warmly,
Cady Allione



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from Our Kitchen to Yours

CILANTRO DRESSING RECIPE

Ingredients:

- 3 cups (681 grams) sunflower oil
- $\frac{3}{4}$ cup (170 g) fresh squeezed lemon juice
- $\frac{1}{2}$ cup (113 g) honey
- 2 cloves garlic
- 4 Serrano/Jalapeño chilis (seeds in for more heat, seeds and ribs out for less heat)
- 1 Tbsp (8 g) sea salt
- 4-6 bunches of cilantro washed and cleaned, stems included (they have great flavor!)

Method:

Blend all ingredients in a powerful blender until smooth.
Adjust salt, honey, and chili to taste.

Makes 4 cups (908 g) - put on EVERYTHING and ENJOY!

Learn more about our Vegetarian Culinary Internships

