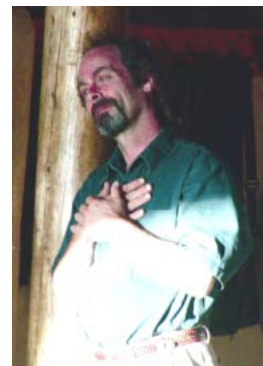




Lama Alive

Winter 2010/2011





Letter from the Coordinator...

Dear friends,

Fall is unfolding in our colorful pocket of the ever-green Sangre de Cristo Mountains. Blankets of brilliant autumn colors envelop us, a gift of the 1996 fire. Week after week, I expect to see them crinkle and brown, but in blessing their brilliance continues. Scrub oaks taller than us

in yellows, oranges, and reds parallel our circle's transition. In tune with the season, we are descending into winter – the in-breath for circle formation.

This new circle is comprised of six continuing residents (Rick, Lucas, Joe, Emma, Seth, and me) and three new residents (Vilayat, Randy, and Sebastian). In the membership and visioning portions of our ongoing fall meetings (a process of at least two weeks wherein we plan our winter together), the residents have dreamt of ways to implement Lama Foundation's mission statement. We contemplate how to create a loving intentional community, thoughtful sustainability of all kinds, and a deepening of personal and shared spirituality that respects all traditions.

The aspirations of Lama's mission statement have been sown in the dark, fertile soil of this unique space. Each seed becomes necessary when, in a sweeping simplification of our lives, nearly every facet of our experience - personal, communal, and spiritual - happens in this one spot. From the spring water, solar power, and feces to our moods, words, and actions in this contained, off-the-grid community, it is piercingly and overwhelmingly evident that everything we do matters. All of our colors spill out right here on the land.

Transforming the endless mundane work of Lama into selfless spiritual service is part of our challenge. Green upon arrival, from this motley crew of nine must emerge the many staff roles that Lama Foundation requires. No matter the skills or experience among us, we find a treasurer, registrar, kitchen manager, permaculturist, flag printer, repair person, summer programs manager, vehicle overseer, water systems tester and controller, summer steward manager - among many more! To

surrender to service, each one of us must let go and die, detaching from personal interests, in order to transform and stretch into his or her role. With the generous help of the extended community year after year, one of the miracles of the Foundation is that this somehow develops.

The greater challenges are the inner and communal work in the midst of the various roles and functions. Residents have recently been drawn to the metaphor of a tumbler wherein tumbling rocks smooth one another. Yet in order for this process to function productively, we require the support of the container - the tumbler. We are thankful, then, to have inherited the wisely hewn tools and structures from past circles that foster group trust and learning: consensus in our decision-making, daily group meditation, daily practice and tuning, weekly Heart Club, daily shared meals, weekly spiritual practices like Zikr and Shabbat, and a month-long period for resident circle retreats. Each element gives shape to our constant knocking, holds us together through high and low points, and guides our cycles. As we lean into these commitments, they grant us opportunities to see each other as the Beloved, and as a former resident said, they help us fall in love with one another over and over.

The divine mystery pours blessings upon us through our inheritances and the continual support of our extended community. Just when we realize that the nine of us cannot do all of the Foundation's work, we discover that we do not have to. The Beloved simply takes care of what is needed through forms as varied as our wonderful summer stewards, Jan, Surya, Nathan, Jai, Thomas, Phil, Bird, Fatima, Danielle, Genny, Peggy, Amy, Charlie, Elaine, Kathy, Ravi, Karen, Paolo, Lori and countless others. While I long for a resident circle of fifteen (the optimal number say past coordinators) and a large summer steward body, I discover that whatever our numbers, the work of the Foundation gets done. In our uniting to serve something greater than ourselves, I repeatedly discover that mundanity remains inseparable from the bounty of divine mystery.

Thank you for doing your part.
Sincerely, Megan Trulove White

Lama Alive Winter 2010/2011

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How to Reach Us

On the Mountain

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Fundraising Office

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On-line soon at www.lamafoundation.org.

*"We can do no great things -
Only small things with great love."
Mother Teresa*

Please welcome our three new residents. May they grow and prosper during their time on the Mountain.

Clifton Vilayat Coughlin

I grew up around the Sufi community in the San Francisco Bay Area. Although my parents never forced any beliefs on me, I was deeply affected by being around a spiritually minded group of people. I met my teacher, Asha Greer, at the Mendocino Sufi Camp. She recommended that I come to Lama and since that first summer here five years ago, it has been my dream to come and live here. No matter what I was doing with my life, the Mountain was never far from my mind. I have finally arrived. I bring great hopes for my personal growth here and for the service that I can do for the Foundation

I find it difficult to describe my spiritual views right now, but for want of better titles I would describe my ideas as "Agnostic Pantheism" or "Scientific Mysticism." My path is to recognize and distill the valuable ideas and mindset of mystical paths while also recognizing the validity of the scientific method and scientific world view. I seek to live in the mystery of existence without the need to believe in anything supernatural. My practices are largely influenced by Sufism and Buddhism, and I am an initiate in the Sufi Ruhaniat order.

Lama Foundation Mission Statement

The purpose of the Lama Foundation shall be to serve as a sustainable community and educational center dedicated to the awakening of consciousness, respect for spiritual practice in all traditions, service, and stewardship of the land.



2010/2011 Winter Circle

*Top - Megan White, Sebastian Robins
L to R - Rick Gomes, Seth Bowers, Lucas Sego,
Vilayat Coughlin, Emma Avalos, Randy Ziegler
Front - Joe Brodnik*

Randy Ziegler

As a native New Mexican, I remain enchanted with the powerful beauty of this land. I came to Lama to develop and strengthen the connections to the land and the people that call it home. The ideas and principles of Permaculture have informed and inspired my motivations to integrate into community while pursuing the integration of community with Nature. I am truly grateful for the opportunities to participate in this intentional community and to be supported in my own efforts towards self-improvement.

Sebastian Robins

In the summer of 1982, I first came to Lama as a ten-year old boy for Wavy Gravy's Camp Winnarainbow. I remember the long journey from Massachusetts with my mom and brother - marveling at how the mountains here seemed to jut out of the earth like pyramids; I remember getting floored by the thin air when I tried to ride a bike through Central on my first day of camp; and I remember learning to juggle in the dome while groups practiced skits in one corner, musicians played in another, and a clown walked a slack rope which had been secured between two walls.

The next fall, I wrote my state report on New Mexico, feeling an intense pride that I had journeyed so far west to explore the place firsthand. I was hooked, and I never fully freed myself from the line. I returned many times over the years, first just to visit, then for Shabbat, and then as a Steward for the last four summers.

I worked as a classroom teacher for most of the past twelve years, in both elementary schools and universities. And while I found much joy in this profession, I feel so lucky and excited to be a student again - enrolling in Lama's curriculum, joining my fellow resident/ classmates and beginning our year together. I look forward to following and honing Lama's syllabus and contributing to its physical structures as well. I feel excited to meditate through the winter "in-breath" and deepen my connection to both Buddhism and Judaism. Finally, I intend to further explore this land, learn how to make Challah, and re-master the juggling skills learned here so long ago! And so the new school year begins...

Our deepest gratitude and love to departing residents Basira King and Cleo Post. Best wishes on your future endeavors. We will miss you!

Forty Years of Being Here Now

by Mirabai Starr



Ram Dass & Mirabai - July 2010

Forty years ago, when Lama Beans spread out the first blank pages of what was to become *Be Here Now* on the floor of the dining room above the old kitchen and rubber-stamped the book into its quirky and culture-transforming existence, I was a middle-class Jewish kid in suburban New York with a recently dead brother and a couple of parents who were ques-

tioning the nature of everything. Two years after they got their hands on the book, Mom and Dad uprooted what was left of our family, and we embarked on an odyssey that led us through the jungles of Mexico to the mountains of northern New Mexico in search of the magical place where such a phenomenon as *Be Here Now* could have been born.

They didn't like Lama, but I did. They found the community to be elitist (which it kind of was in those days), so they moved to Taos instead, giving me easy access to Lama, where I met Ram Dass and first encountered Neem Karoli Baba, a convergence that set the subsequent course of my life.

Four decades later, I found myself in the position of organizing the anniversary celebration of *Be Here Now* in Taos, where it all began, sponsored by the *Sage Institute for Environment, Creativity and Consciousness*, a Taos-based educational organization of which I am co-founder with Zen teacher Sean Murphy. This task became an all-consuming and life-changing experience, which involved a pilgrimage to Maui to be with Ram Dass and receive the transmission of his ripened teachings of being here now, which has been distilled to one simple reality: Being Love Now. Ram Dass has become the essence of love.

The fortieth anniversary event was successful -- not financially, but as a community celebration of this landmark contribution to culture and consciousness. We kicked off the festivities at a Taos gallery with a kirtan offered by Ram Dass' longtime friend, Geoffrey Gordon, and a panel discussion with eight people whose lives were variously connected to Ram Dass and the unfolding of *Be Here Now*. Stephen and Ondrea Levine, who met at Lama and were married by Ram Dass at Lama over thirty years ago, came out of seclusion to give a rare talk at the Hanuman Temple, sharing their stories of love for the man who made *Be Here Now*. Following a fundraising screening of *Fierce Grace*, Ram Dass appeared via Skype on the big screen at KTAO Solar Center to speak to the local audience about his connection with Taos and to answer questions and receive the heartfelt expressions of apprecia-

tion that poured out to him. Talks, workshops, rare audio recordings, and an auction filled out a week full of special events.

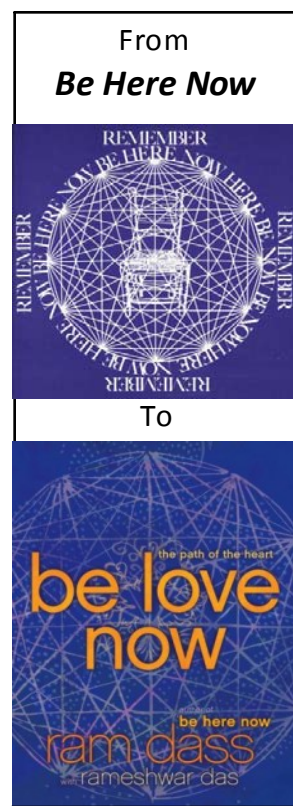
We ended the anniversary observation with a day at Lama. Participants from the Taos community were given a guided tour of the Foundation, fed a spectacular lunch, led through Dances of Universal Peace, shown an extraordinary slide show that documented Ram Dass' history with Lama, culminating in the celebration of Shabbat, replete with Ram Dass stories offered by the many old friends who gathered in the dome that evening.

But for me, little Paula Starr who was given the name of Mirabai after playing the lead in the musical production of the Mirabai play created and performed at Lama in 1974 when I was thirteen years old, it was my time in Maui with Ram Dass this summer that stands out for me as the core experience of this fortieth anniversary of *Be Here Now*.

For two days, I hung out with my lifelong friend and mentor in a quiet, open space, simply being together. We spoke a little - not a lot - I found that I had little to ask and even less to say. It's hard to be a somebody around a person who has become nobody. Ram Dass radiates unconditional love, yet it is a love that is almost entirely impersonal. He loves me, yes - he has known me most of my life and has helped me navigate tragedy and triumph with steady kindness - but he loves everyone and everything with equal spaciousness. The man who managed to harness three thousand years of Vedanta and translate it into the modern American idiom in the form of *Be Here Now* has BECOME LOVE NOW. He does not talk about it. He IS it.

At the time of this printing, Ram Dass' new book with co-author and fellow Maharaji devotee, Rameshwar Das, *Be Love Now*, has just been published. They used one of my translations of a John of the Cross poem in the book. It was Ram Dass - another Jewish/Buddhist/Sufi/Hindu like me - who first introduced me to the Christian mystics many years ago, which launched my own peculiar path as a conduit for these passionate teachings about the transformational power of longing.

Yet Ram Dass no longer longs. He just radiates. And I will always cherish the days I spent with him in July of 2010 on the Pacific island where he is living out the remaining days of his life, where we ate toast and read poetry, told stories and held silence, looked into each other's eyes and out at the vast ocean, nowhere to go, nothing to be, but love. Now.



A Summer at Lama

by Michele Pike - 2010 Summer Steward



I hear that the aspens on Lama Mountain are shimmering gold now, but I am far away and must rely on reports from friends. Of course, a precious chunk of the Mountain is indelibly lodged within me, still majestically glittering. It was a precious treasure that I took with me when I left, just like the pristine white quartz rock that fits into my hand so well. In truth, I left some part of me behind as well.

A summer at Lama will do that to you - change you inside, make space within you for deep peace and new friends to love, transform you in unexpected ways, raise questions, help illuminate dark places and allow you to love them, too.

On paper, the Summer Steward Program is fairly straightforward. A Steward pays a nominal, sliding scale fee and performs about 30 hours per week of Seva, or selfless service, in exchange for a camping spot on stunning Lama Mountain and three wholesome meals a day. Also included are a few mandatory meetings and all the astonishing sunsets that you can hold in your memory. It is more difficult to convey those profound transmutations of the spirit I mentioned earlier.

In my five weeks at Lama some amazing friendships were forged with fellow travelers on a

variety of spiritual paths. I especially relished practicing Heart Tuning with them each morning. As everyone takes their turn describing how they are feeling during Heart Tuning we each have the opportunity to recognize ourselves in other's words. Some days I feel strong, loving, and expansive while someone else feels sad, vulnerable, and depressed. On another day, we trade positions. Someone might express a profound darkness or painful self-judgment, and another day be filled with joyful serenity. I am encouraged to know that I am not the only one who ever feels down. On any given day, any one of us could be in a challenging place. It takes the edge off the bitter emotions, transforming them into something less shameful and more manageable.

Even the work atmosphere is infused with heartfelt intention. Everyone earnestly endeavors to do their best at every job, be it harvesting or preparing food, cleaning communal spaces, working hard on the land, or caretaking retreatants. The service ethic of our work encourages me. It restores my faith in our collective ability to be a force of positive change in the larger world by incorporating love into all that we do.

While work at Lama is an opportunity to be with others of like-mind, there is also time and space each day to hone one's personal practices. Whether I used the time to hike amongst the mountain's aspens, lie peacefully in a hammock under a tree, meditate at one of the many sacred spaces, or sit in the garden and write, I cherished each chance to refill my cup.

I found it difficult to leave at the end of the summer, yet I will be back at my first opportunity next spring.

Maybe I will see you there.



Summer Steward Opportunities in 2011

Lama residents are pursuing a vision of sustainable living, as articulated in our Mission Statement. We invite students of all disciplines to join us in creating lifestyle and infrastructure systems that will help us live more responsibly on the earth.

Each summer, people from all walks of life join our community to explore the unique school that is Lama, one that incorporates spirituality into daily living. Summer at Lama asks us to consider service to others as a vehicle for personal growth and the circle of community as our main field of practice. We seek those willing to open to all that Lama offers, people willing to extend themselves in the spirit of service in an atmosphere of spiritual nourishment.

Each day begins with silent meditation. Breakfast is followed by a circle practice and "tuning" to discuss current priorities and events. Stewards work five days a week on projects such as cooking, cleaning, housekeeping, flag printing, gardening, land reclamation, repair and maintenance, natural building, plastering, and serving retreats. The weekly cycle can include Sufi practices, Kirtan, Zikr, Shabbat, Heart Club, Dances of Universal Peace, yoga, men's and women's lodges, and many other fulfilling activities. Stewards are also encouraged to share practices that have enriched their lives.

Stewards of diverse ages and backgrounds come to Lama for a minimum of two weeks or as long as the entire summer. Our first retreat of the season, Community Camp, is an ideal way to get oriented as a summer steward. We take this time to welcome our new friends as well as returning beloveds while we prepare the land and buildings for the busy summer season ahead.

Please help us spread the word!

Share this information with your children, grandchildren, friends, and other loved ones. If you desire more information on being a summer steward

for yourself or a loved one,

email us: seva@lamafoundation.org.



THE PATH OF SPIRITUAL ACTIVISM

Learning to Shine our Fierce Light

by Lucas Sego

This summer, Lama had the honor of hosting the Fierce Light retreat with acclaimed filmmaker and visionary spiritual activist, Velcrow Ripper, and former president of Amnesty International and the Institute of Noetic Sciences, James O'Dea. Though the retreat itself was small and intimate, its impact was profound and far-reaching for the participants.

Long have I grappled with a set of questions that have echoed through my heart and have sent my established world views and soul-centered ideals into upheaval. Those questions being:

How, as a spiritual being in recognition of our interconnectedness, do I reconcile all the immense suffering and injustice that happens in the world? Is the progress I make on my own path of increasing awareness for me alone? If so, isn't that, ultimately, an ego-centric view? Doesn't the essence of the teachings provided by the world's spiritual traditions essentially boil down to cultivating, expanding and spreading love for life/existence? If that is so, then how can my love for life and existence allow me to be idle and content with the injustice and suffering in the world? If we truly are One and injustice and suffering exist, does that not mean that I too am a recipient of injustice as well as unjust? The inflicter of suffering as well as dwelling in a state of suffering? Is it not then my responsibility as a participant in this experience of life to consciously create love where there is hatred and pardon where there is injury (as St. Francis has said)?

Perhaps you have asked yourself similar questions.

In the midst of working with these questions, I was introduced to Velcrow's film *Fierce Light: When Spirit Meets Action* and thus to a fresh, emergent philosophy. The film offered a vehicle called Spiritual Activism to hold and carry these questions with grace and clarity. Since then, I have devoured every book on the subject I can find and was especially thrilled at the opportunity to participate in the Fierce Light retreat here at Lama.

For me, like many, traditional activism has left a bad taste in my mouth, since too often it gets focused on a narrow agenda that lacks the depth and heart to inspire sustained commitment or nourishing involvement. And as Velcrow mentioned in our retreat, "most activists are not activists but RE-activists". As a being dedicated to creating love and recognition of unity, traditional activism too often seems to create separation by polarizing issues and by viewing them with a generally reactive and mechanistic lens.

Spiritual Activism is an elegant synthesis of spirit and action. As depictions of Green Tara often show, we maintain one foot on the cushion, engaged in practice and centered awareness, and we keep one foot ready to spring into compassionate action. This is activism rooted in the recognition of our interdependence and interconnection, and it strives to alleviate the suffering of all beings - even those who actively perpetuate that suffering. It is the heart-and-soul centered holistic approach to creating conscious change in the world.

Following, I offer to you some of the Spiritual Activism tenets as discussed in the Fierce Light retreat for your consideration. Be aware that these are merely one interpretation of what Spiritual Activism is and by no means are they intended to be axioms, just suggestions worth sitting with.



The Prayer of St. Francis of Assisi

Lord, make me an instrument of Your Peace
Where there is hatred, let me sow Love
Where there is injury... Pardon
Where there is doubt... Faith
Where there is despair... Hope
Where there is darkness... Light
Where there is sadness... Joy
O, Divine Master, grant that I may not
so much seek to be consoled as to console
To be loved... as to Love
To be understood... as to Understand
For it is in pardoning that we are Pardoned
It is in giving that we Receive
And it is in dying that we are Born
To eternal Life



May we all shine fiercely...

Principles of Spiritual Activism:

1. Compassionate Heart-Centered Action - The mindset must be altruistic and the motivating emotion positive. Spiritual Activism is action for the benefit of something, not against something.

"When you have a pro-peace rally, I will be there." ~Mother Theresa

2. Compassion Flows from the Understanding of the Connection of All Beings - There is no 'us'. There is no 'them'. When you learn to see that our differences are superficial and our similarities manifest, sympathy gives way to compassion and empathy. Our actions shift from one of "us helping them" to one of "for the good of All". We become One.

3. The Fusion of Compassion and Wisdom - More causes exist than an individual or group can possibly be involved with. It is important to choose your causes carefully. Learn to act instead of react.

4. Synergistic Symbiosis and All Issues are Interconnected - Synergy is the process where two or more actions combine to produce an effect greater than the sum of the individual parts. Like ripples in a pond, spiritual actions combine and build on each other to magnify an effect beyond what each could produce individually.

5. Spiritual Activism is the Pursuit of Service for the Good of All - It is not for the sole advancement or benefit of individuals, selected communities or ideals/dogmas. The mindset behind your actions is noble, holistic, Universal and non-partisan. Be mindful of the distinction between small self and Greater Self.

"The whole is greater than the sum of the parts." ~Aristotle

6. Pursue Integrity, Honesty and Dignity in the Conduct of Your Actions - Embrace mindfulness in your activities and be aware of how your actions may be perceived by others. The ends do not justify the means. If the methods are not noble, the results will not be either.

"Integrity is doing the right thing even when no one is watching." ~Unknown

7. Do Not Defame Your Detractors or Those Who Doubt You - A confrontational approach leads to a defensive reaction. Approach others with openness and compassion in your heart. Build on the commonalities instead of focusing on the differences. As much as possible, we detach ourselves from the results of our actions and aspire to always be Peacemakers.

8. Raising Another Up Raises You Up As Well - Helping another is a form of self-love as well as an expression of outward love. This becomes an upwardly spiraling cycle of increasing awareness, connection, compassion, involvement, and capacity, and back that cycles to increasing awareness.

9. Cultivate Heart-Centered Intelligence - Your mind may only see the problem. Your heart will always feel the solution. Learn to act with faith and cultivate a loving perception when facing collective problems.

10. Search For Viable and Sustainable Solutions - Seek out solutions that maintain or restore the dignity of individuals and their communities. Seek solutions that become self sustaining.

*"Give a man a fish and he eats for a day.
Teach a man to fish and he eats for a lifetime." ~Unknown*

11. Spiritual Activism is About Process - The process by which you arrive at the goal is as important as reaching the goal itself. If we live the change that we want to see in the world, we cannot lose because we have already won.



2010 Women's Singing in Circle Retreat

SINGING AT LAMA:

Three Poems by Morgan Farley
(Morgan attended the 2010 retreat)

Ripples from the Circle

When women sing in the dark
when they lay down their aloneness
and send their voices to the stars
then rain falls on parched fields
the restless child settles to sleep
and the red-faced man raising his fist
turns on his heel and storms out
into the laughter of crickets

Lullabies and Meteors

Manna rains down on me,
the bread of women's voices
risen in song.
A black desert night
shakes out stars
that spill through my skin.
I am breathless
as a raindrop on a leaf tip,
trembling to fall . . .
The Milky Way unfurls
its glittering nets.
O star spun music,
soft as rain, you
make my longing, light.

Fire, Time, Song

I am a lightning tree, split to heartwood.
I am the bird on a charred branch, singing.
My song is rain falling into ashes.
My song is green oak springing.
Give me your heart that no one knows.
Tell me your secret yearning.
We will drink from the rock where water flows
on the other side of burning.



The Many Ways of Giving

*"If you have much, give of your wealth.
If you have little, give of your heart." – Arab proverb*

Lama has served many people in countless ways throughout its forty-two year history. You probably have your own story; how Lama changed *your* life -- experiencing the silence on a hilltop in a hermitage, attending a retreat where you felt love palpably embrace you, the joyful abandon of dancing in the dome, the wonder of a Lama Shabbat, preparing a meal with delightful intent, a quiet morning in the prayer room, chanting, singing, dancing, praying, hiking, learning, visiting, and most of all feeling the love and spirit that radiates from this exceptional Mountain. In the fourteen years since the fire, you have helped fill this sacred spot with both the physical and the spiritual needs necessary.

After a decade of re-building projects, Lama paused for a few years, fully aware that the reconstruction was not yet finished. At this point we are holding our own – summer programs, donations, and other income sources have rebounded so that we now nearly cover our yearly operating expenses. But we don't have extra. We are in the process of establishing priorities and planning what comes next.

So once again the call goes out – Are you in a position to help us financially?

- The beloved Main Dome is in dire need of a new roof.
- We need dormitories and/or guest housing. A good number of our beloveds, though still young at heart, are aging and Lama strives to be accessible to all. Many retreatants are simply not comfortable sleeping in a tent, we feel the need to investigate how to better serve their needs.
- Our ability to raise the money will determine whether we continue the restoration on the ISC complex. This project must be undertaken soon if it is to be done at all because the vulnerable ruins will not survive the elements much longer.
- The Cottage Industries Studio needs to be completed. We have stretched our dollars as far as they could go and the building is now usable, but remains unfinished.

These are only a handful of the large projects Lama faces imminently. A Lama Council meeting will be held in December to prioritize these and other issues our community faces. Continued donations are also required for day-to-day operations, repair and maintenance of existing buildings and vehicles, as well as many of our smaller/special projects such as Land Reclamation and Gardening, Website Construction, Education, Oral History Library, the Children's Fund, and Scholarships to provide greater access to Lama.

Thank you for your service, your past donations, and your continued financial support of Lama Foundation! And if you are unable to afford a monetary contribution at present, we are always grateful for your prayers and intentions.

Sincerely, Jan Cross

Lama Foundation Fundraising Office - PO Box 782 Taos, NM 87571 email: taos@lamafoundation.org



Note the water stain on the wall

"For it is in giving that we receive..." St. Francis of Assisi

Ways You Can Help

Make a Tax Deductible Cash Donation -

Lama still relies heavily on cash donations for the many needs of the Foundation. General donations help to provide the basics, such as food, warmth, communication, medical care, resident stipends, repair and maintenance, vehicles, insurance, and the many other expenses necessary for running the Foundation.

Donate Stocks or Securities -

Tax write-offs can be substantial on appreciated stocks! Or donate those small holdings and clean up your portfolio.

Volunteer on the Mountain -

Our small circle of nine relies heavily on outside help. Cooking, gardening, building, cleaning, maintenance, serving retreats, and many other rewarding forms of Seva are always available. It is a fun and a fulfilling way to spend time on the Mountain. Email: seva@lamafoundation.org for more information.

Donate Goods or Services -

See if you have an item from our wish list - these make a big difference to the beloveds on the Mountain! Professional services of all types are also deeply appreciated!

Attend a Retreat at Lama -

Or tell a friend about a retreat that would interest them. Word of mouth is still the best advertising.

Spend Time at Lama as a Hermit -

Rejuvenating hermitages are available year round.

Purchase our Cottage Industries Products & Raffle Tickets -

Support our sustainable efforts!

Tell Your Friends about Lama -

Or better yet, come visit us and bring a friend to an open Shabbat or Zikr, or on a Visitors' Day! Call for information.

Include Lama in your Gift-Giving Plans –

Making a gift to the Lama Foundation Endowment Fund or remembering the Foundation in your estate plans will ensure that Lama will live on for future generations.

☆ Wish List ☆

Thank you for donating items from our wish list! These items really make a difference in the day-to-day life at Lama. If you have any questions about physical donations, please contact us at info@lamafoundation.org or 575-586-1269.

Lama Community Needs

4WD Truck

Yurt Lining
Flashlights (LED - Smaller Sizes)
DVD's (Good Movies)

Ceremonial / Practice

Shabbat Cloths
Yoga Mats
Sage/Sweet Grass
Copal

Kitchen

Industrial Refrigerator (Low-Energy Use)
Pot Holders/Oven Mitts
Tea Strainers/Balls
Mugs/Bowls (No Cracks)
Pressure Cooker
Canner
New Dish Towels
Large Baking Pans
Electric Knife Sharpener
Metal Measuring Cup Sets
Teas - Gunmaicha / Bancha / Sencha
Herbal - Gotu Kola / Ginkgo Loose
Lord Krishna Cuisine Cookbook
Thai Cuisine Cookbook (Vegetarian)

Land

Solar Outdoor Lights
Storage Sheds (All Season)
Seeds
Fruit Trees
Picnic Table
Work gloves
Insulated Cloth Curtains for Greenhouse
30-80 Gallon Barrels
Watering Cans
Garden Hoses
Quality Garden Tools

Resident Care

Donations for Snow Boots Fund

Sacred Spaces

Queen Size beds
Down Comforters (Queen/Double)
Blankets/Sheets (Queen/Double)
Stackable/Folding Chairs
Zafus/Zabutans
Large Room Floor Rugs
Futons
Compact Cordless Heavy-Duty Vacuum Cleaner

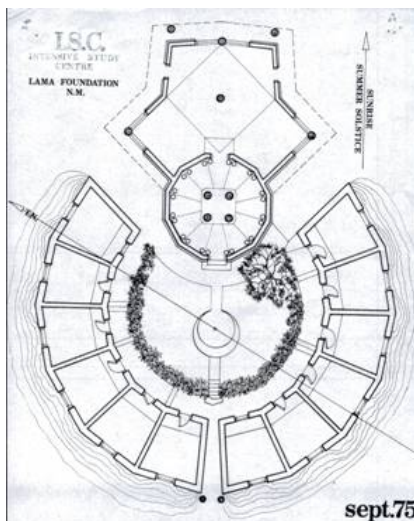
The ISC and what could be...

by jai cross

The Intensive Studies Center lives again! (at least, in part) This summer's renovation of the Prayer Dome has given the Foundation a beautiful new sacred space for personal, community, and retreat spiritual practices. The dome is now often affectionately called the Sky Temple because its soaring white walls culminate not in a roof, but in the majesty of the heavens. The acoustics of this revitalized sanctuary are astounding, with the least sound being magnified even before the dome itself has been entered. It is a marvelous place to offer a silent prayer, to dance joyfully, or to sing a devotional song.

Except for two other reconstructed cells, the ISC remains an intriguing adobe ruin, testimony to its former grandeur. I visited the site this fall with Bob Blair, a local expert in adobe renovation who provides us with a wealth of pro bono information on how other portions of the ISC could be restored.

The southern block of six residential cells could be renovated, using the existing foundation and portions of the still intact walls. Those fragmentary walls could be extended upwards with pumice, concrete floors could be poured, vigas and pro-panel roofing could be installed, inner and outer walls could be plastered, and the whole southern complex could be restored. The cost of all these components is estimated at \$50,000 - \$75,000. The new ISC could then provide hermitage space, guest accommodations, and/or residential housing depending on the needs and preferences of the resident circle.



The preceding paragraph contains seven "coulds," a fact sure to elicit a frown from any of my former grammar teachers. Yet without significant funding, the ISC will continue to slowly disintegrate, eventually reaching the point where demolition is necessary to prevent injuries due to collapsing walls. The old dining room area could also be resurrected for about \$10,000.



So here we are, fourteen years after the Intensive Studies Center burned.



And the question is where do we go from here? I am open to hearing how you think we should proceed, and you can contact me at tjcross@taosnet.com or write to Lama Foundation - PO Box 782, Taos, NM 87571.

Notes from the Land

By Seth Blowers

"The roots of happiness grow deepest in the soil of service."

WA Ward



What began last year as a summer apprenticeship has now become my life. To be able to put my ideals into action, growing food and stewarding a piece of land, for the collective benefit of community, is more than I ever hoped I would find when I set out on the journey that led me here. My desire to learn and practice skills in a permaculture context has slowly grown into my spiritual practice and a way of life. This of course, is a life-long path.

This year brought many delicious rewards from the land that nourished both soul and belly. The weather was extremely cooperative, and the gardens produced nearly 1300 pounds of food, with an additional 350 pounds of fruit from our trees. What didn't go fresh to our table was canned, dried, fermented, or stored for the fall and winter months. I learned many new homesteading skills in trying to minimize waste.

I experimented with new fruit and vegetable varieties, learning a lot about what I might try next year. My interest in growing nutritious storable foods yielded some exciting results including 150 pounds of beautiful pink and purple runner beans, 150 pounds of winter squash, and a root cellar fittingly filled with root crops. I also introduced and tended many beneficial plants and medicinal herbs on the land so that the land now provides our community with many of the herbs that we previously bought.

This spring, Emma and I took on the

keeping of the honey bees and it has been such joyful and fascinating work. We now boast two top-bar hives that support our buzzing friends all over the property. The honey harvest produced seven quarts of succulent nectar, so stay tuned for the summer 2011 Bee Here Now retreat.



The gardens this year were expanded using sheet-mulching, a no-till technique that yields delicious healthy soils, and were successfully fenced to keep out the deer. Despite community work days, I didn't get quite the help I was hoping for, yet thankful for it when it never materialized. Rick and I brainstormed creative ways to attract more people who are eager to work and learn primarily in the gardens and on the land. We are hopeful that we can offer a permaculture internship this coming summer season. The permaculture certification course held here this summer was a great beginning, and we are hoping that the excitement in the next year's students will translate into some long-term interns.

My overly optimistic ambitiousness in plans and projects is still very active, but a fair amount of realism and experience is also creeping in to tame it since I've settled in as a resident. My intention of making the work into my spiritual practice is helping too.

In striving to understand the ecosystem as a holistic web of relationships, I inevitably must include myself and my overall well-being. In reflecting on my life at the Foundation, I am aware of an enormous gratitude for the Earth Mother, the Mountain, all of the living spirits here, and a community that holds me in this work.

*"And everywhere in this garden,
That god hath granted me,
Shall love be planted and grow,
And His servant be."*

Murshid Samuel Lewis

Like gardening? Even though our beloved Seth has the energy of three, we still need lots of volunteer love to tend our gardens. To sign up and/or to be informed of current needs, email: seva@lamafoundation.org.

Summer 2011

- A Look Ahead

Our summer program committee is now developing the 2011 summer line-up and several exciting new retreats are being added to the schedule. New workshop topics may include Plastering and Natural Homebuilding, Plant Communication, Spiritual Activism, Ayurveda, and others.

Look for our 2011 Summer Program Brochure in early January and consult our website www.lamafoundation.org for updates.

We hope to see you on the Mountain in 2011!

Summer 2011 - Tentative Program Schedule

May 23 - May 28	Community Camp
May 29	Opening/Visitor's Day
June 10 - June 24	Permaculture Design Certification w/Scott Pittman & Jen Zawacki
June 26 - June 30	Permaculture Experiential Retreat
June 27 - July 18	Private Retreats
July 29 - July 31	Annual Meeting
August 9 - August 14	Women's Singing in Circle
July 22 - July 25	5 Rhythms/Gong Journeys w/Vishuda de los Santos
August 17 - August 21	Sufi Sesshin and Dance Retreat w/Pir Shabda Kahn & Darvesha Macdonald
September TBA	Vast Silence w/Asha Greer

Permaculture

"I believe that there is a subtle magnetism in Nature, which, if we unconsciously yield to it, will direct us aright."

Henry David Thoreau

2010 Permaculture Design Certification Course

by Rick Gomes

In early June, Lama Foundation partnered with Permaculturist Scott Pittman of the Permaculture Drylands Institute to offer a Permaculture Design Certification Course. The class was taught by Scott and Jen Zawacki. Scott has been instrumental in establishing the permaculture movement in the US Southwest. His experience includes working with indigenous and traditional people worldwide, design projects that range from backyards to thousand-acre farms and activism in promotion of sustainable living. Jen teaches permaculture and works with communities, small scale farmers, and home owners to integrate Permaculture techniques on their properties. She makes her home in nearby Santa Fe, yet her work as an educator has taken her to the Rocky Mountains, the Pacific Northwest, Australia, Central America, and Thailand.

The two-week course drew students from Texas, Colorado, North Carolina, California, Nevada, Tennessee, Washington, Arizona and New Mexico. Permaculture creates natural harmonious relationships between people, buildings/structures, plants, and animals. The course format was primarily classroom learning with some hands-on experience on the land, and it covered many areas relating to sustainable living starting with permaculture ethics:

"Care of the Earth" -- includes all living and non-living things, such as animals, plants, land, water, and air.

"Care of People" -- promotes self-reliance and community responsibility.

"Give Away Surplus" -- passes on any surplus labor, money, or information.

"Life Ethic" -- all living organisms possess an intrinsic worth beyond their usefulness to humans.

We plan to offer this course again in June 2011 with a five day extension focusing on additional hands-on experience of core concepts stressed in the classroom. We are also designing a four-month long apprenticeship program to provide longer and deeper immersion during the summer months at Lama.

Please visit www.permaculture.org or www.lamafoundation.org for more information.



Scott Pittman & Jen Zawacki

What Is Permaculture?

per·ma·cul·ture

noun \ pər-mə- kəl-chər \

Definition of **PERMACULTURE**:

an agricultural system or method that seeks to integrate human activity with natural surroundings so as to create highly efficient self-sustaining ecosystems



According to Bill Mollison & Scott Pittman, *La Tierra Community CA PDC flyer*

"Permaculture (Permanent Agriculture) is the conscious design and maintenance of cultivated ecosystems which have the diversity, stability and resilience of natural ecosystems. It is the harmonious integration of landscape, people and appropriate technologies, providing good, shelter, energy and other needs in a sustainable way. Permaculture is a philosophy and an approach to land use which works with natural rhythms and patterns, weaving together the elements of microclimate, annual and perennial plants, animals, water and soil management, and human needs into intricately connected and productive communities."

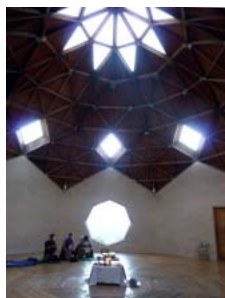
From Graham Bell, *The Permaculture Way*

"Permaculture is a way of life which shows us how to make the most of our resources by minimizing waste and maximizing potential. Living ecologically doesn't mean giving everything up, but relearning the value of nature and understanding new ways of being wealthy..... Meeting our basic needs and still leaving the earth richer than we found it."

"We cannot command Nature except by obeying her." Francis Bacon

2010 Contemplative Environmental Studies: Pedagogy for Self and Planet Workshop

by Paul Wapner



We live on Earth at a unique time. Climate change, loss of biological diversity, fresh water scarcity and similar environmental issues are undermining the quality of life for many and, in the extreme, threaten the fundamental infrastructure that supports all life on the planet. Our predicament is further complicated by the fact that these issues call into question not simply our political, economic and social institutions, but also our basic understandings of who we are as human beings, and how we fit into the broader more-than-human world.

Our workshop brought together professors from over 30 colleges and universities to discuss and develop pedagogical orientations toward addressing global environmental challenges. We asked ourselves how we can best teach about such issues in meaningful ways given the magnitudes and stakes involved, and how we can inspire our students to engage in global environmental protection without getting overwhelmed or otherwise falling into despair and hopelessness.

Lama proved to be a perfect place to wrestle with these questions. Sleeping in tents, eating locally grown food, using electricity derived from the sun, and drinking water from a nearby spring, we tried to remind ourselves of and celebrate our interdependency with the Earth, and to live through the questions mentioned above. Critical to our efforts was exploring the place of contemplative practices in our research and teaching. Each day, we meditated, practiced yoga, and undertook art exercises aimed at heightening our appreciation for the relationship between internal and external experience and change. Furthermore, we shared lessons learned from our own teaching and programmatic development at our home institutions.

One of the highlights was learning from our guest teachers,

Richard Falk, David Abram and Nicole Salimbeni who each offered wisdom about how to address environmental challenges mindful of social justice, ecological consciousness, and artistic sensibility.

The workshop's ultimate aim was to provide support for colleagues who recognize the importance of contemplative practices in coming to terms with ecological challenges, and to fashion a discipline in which these practices are embraced as forms of inquiry in the ongoing effort to make sense of, and respond meaningfully to, environmental issues in our students and ourselves. Toward this end, we created many opportunities for formal and informal exchange, and developed tools for continuing, what Thomas Berry has called, the "great work."

One of the conclusions of the workshop is that environmental dangers both pose profound challenges and offer significant opportunities. In terms of opportunity, they call on us to delve more deeply into our humanity. For example, they offer the chance to notice the deep sadness that accompanies knowledge about environmental issues and the love for what is being lost. Furthermore, they heighten our sense of planetary interdependency and consciousness, enabling us to dignify the suffering of others with our sustainability efforts.

Most participants came away with a deeper appreciation for the importance of environmental education, and the indispensability of enlarging the palette of pedagogical tools to include contemplative practices. We left feeling more hopeful about the promise of environmental studies in higher education and more committed to advancing the field and the many ways it could contribute to addressing global environmental affairs.

The workshop was generously supported by the Fetzer Institute and the Association for Contemplative Mind in Higher Education. The Lama staff—resident circle and stewards—lovingly supported our work. I'm grateful, once again, to Lama for all that it is.

ORAL HISTORY LIBRARY DEVELOPMENT BEARS FRUIT

by Ammi Kohn

Five years ago, the Lama Foundation Library of Oral History and Memory received the go-ahead from the Lama Council to begin collecting interviews. The Library concentrated on collecting oral history transcripts for three years before utilizing these unusual resources.

To our knowledge and research, no other intentional community started in the 60s in the Americas and Europe has an oral history library. Now once again, Lama is unique world-wide.

Since 2005, the Library has (1) transcribed and archived over fifty oral history transcripts at the University of New Mexico in "The Lama Collection" (2) written a staged reading which received support from the New Mexico State Humanities Council for productions in Taos, Santa Fe, and Albuquerque. The Taos production played to full houses in April, the Santa Fe production will play at St. John's College on November 7th, and the Albuquerque production will play on February 4, 5, and 6, 2011 at the Blackout Theatre (3) served as the primary data resource for a Master's Thesis by Linda Hanson on the longevity of Lama Foundation.

On his 78th birthday, Ammi Kohn and Linda Hansen will begin work on a history of Lama Foundation in November of 2011 when Ammi finishes his partial sabbatical from the project, and Linda is well on her way to a PhD in Anthropology and Religion at the University of Denver.

But, alas, the Library is down to its last \$178.85 and needs help to continue its successful work. If you make a check out to Lama Foundation and note Oral History Library on the memo line Ammi will remember you fervently over the Shabbat candles.



Lama Genesis/Lama Incarnations

Flag Mountain Cottage Industries



BUDDHA BANNER

"The Buddha sits on Yon San Mountain, picking flowers, transmitting Dharma."
By Dr. Seo, an esteemed Korean calligrapher.

Black

19"x 48"\$11.00

Last year, Flag Mountain Cottage Industries went through somewhat of a slump. Many of the screens for flag printing fell into disrepair; we lost stock of many of our most popular flags; and to our dismay, our response time became less than satisfactory. I am happy to report that these problems have been fixed; and we are planning further improvements for our cottage industries.

One of the largest factors in the revitalization of our cottage industries is the major progress that happened in the Cottage Industries building. Thanks largely to the skills of a wonderful steward, Phil Rothwell, and to the help and support of the residents, stewards and extended Lama community, the building has a finished ceiling and is fully insulated for the winter. The flag printing room, which we plastered last year, now has a window, door, and a heater allowing it to be used year-round. We are hopeful that this room will be fully operational this winter and to move our prayer flag production into its new home.

We repaired or replaced many of our old flag screens and the new screens are producing beautifully detailed prints. These high quality screens were used to replenish our stock so that all of our designs are now available. Improvements in printing have resulted in better quality prints with fewer mistakes and less throwaways. We have developed new record-keeping and email systems to ensure that orders are filled and shipped in a timely manner so we are responsible and responsive to those we serve.

Due in part to these changes, we have already far exceeded our expected earnings this year and still have a few months left. Furthermore, we have big plans to expand the cottage industries into other areas, like making prayer beads of different traditions, meditation benches and more. I am excited to be a part of this re-visioning and expansion, to continue to make *right livelihood* income by sending out our prayer infused flags, and producing a significant income contribution to the Foundation.

Namaste, Vilayat - Flag Guardian

\$5.00 PrayerFlags
Mindfully hand-printed on
19x19 unbleached muslin.



Allah
Blue



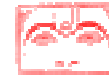
Naqshaban dhi Hu
Red



Kali Yantra
Purple



Dew Drop
Blue



Hanuman Eyes
Red



Lotus Om
Green



Blue Buddha
Blue



Rain Cloud
Navy Blue



Hindi Om
Purple



Lama Seal
Green



Wave
Navy Blue



Flying Hanuman
Red



Green Man
Dark Green



Tibetan Om
Brown



Vast Luck
Green



Elkheart
Green



Banner of
Peace
Red



Happy Hanuman
Red



Allah's Glory
Green



Kernunnos
Green



Dove
Blue



Green Tara
Green



Sufi Heart & Wings
Green



Yin Yang
Black



Cranes
Purple



Ram Sun
Orange



Brushed Heart
Red



Mantra of
Amitabha
Red



Assembly of All
Lama's Hearts
Orange



Meeting of
the Ways
Green



Om Mani
Padme Hum
Brown



Blessed
Virgin Mary
Blue



Remember
Purple & Blue



Red Buddha
Red 19x26
\$6.00



Lung Ta
Purple 19x26
\$6.00



Bismallah Er-Rahman
Er-Rahim
Red 19x26
\$6.00



Bismallah Bird
Purple 19x26
\$6.00



Standing
Hanuman
Red 19x26
\$6.00



Dhikr Boat
Green 19x26
\$6.00



Namaste
Red & Yellow
19x26 \$7.00



Yod Hay Vav Hay
Purple 19x26
\$6.00

To Order Flags

Mail order with your check or money order to Lama Foundation, PO Box 240, San Cristobal, NM 87564. Use Visa or MasterCard and call 575-586-1269, or fax to 206-984-0916. Email flags@lamafoundation.org. Include shipping and handling charges as follows: Order 1-3 flags - \$1.75, 4-10 flags - \$3.00, 11+ flags - \$5.00. Visit our website for more information, to print an order form, or to order using PayPal.

www.lamafoundation.org

We give thanks for all of our beloved donors...



For the many ways you keep on giving! Much gratitude for your financial support, physical and in-kind donations, your willingness to cook, clean, garden, teach, build, repair, and be there for us.

Your love, vision, wisdom, counsel, leadership, dedication, prayers, and open hearts inspire us.

Please forgive us if we inadvertently left you off this list!

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“From you we receive,
to you we give,
together we share,
and by this we live.”

Unknown

Tovia Safford • Rebecca Sagemiller • Joseph Salack & James Bailey • Nicole Salimbene-Bauman • Lorraine Schechter • Ward Schultz • Roshan Tara Schuyler • Dona Seay • Roger Sencer • Bobbi Shapiro • Bird Sharples • Tajali Shellie Steckel Sheppard • Vakil Forest Shomer • Scott Thomas Shuker • Leni Singerman & Terry Post • Steve Slusher & Jon Lewis • Kerry Smith • Susan Ida Smith • Victoria Sojourn-Prince • Doreen Solomon • Bernadette Sonefeld • Martha Stampfer • Jim Stanford • Mirabai Starr & Ganga Das Little • Jill Steidl • Leigh Stewart • Patricia Stigliani • Suzanne Stone • Gak Stonn • Adele Strasser • Kathy Streid-Noe & Michael Noe • Cathy & Doug Strubel • Sully Sullivan • Yaffa-Shira Sultan • Elaine Surya • Elaine Sutton • Charles Maboud Swierkosz & Tara Andrea Brunjes-Swierkosz • Julie Tato • Peter Templeton • Tina Tinsley • Susan Tova • Linda Shakura Trageser • Kim Treiber & Chipper Thompson • Irit Umani • Marya Christina Ursin • Mary Vandenberg Green • Carolyn Vantress • David Vargo • Siddiq Hans & Sakina von Briesen • PB & Ron Walsh • Paul Wapner & Diane Singerman • Andy Weeks • Kevin Wehner • Nathan Wehrly • Latifa & Micha Weinman • Shawnee West • Jill Wichlens & Rich Gabriel • Linda Wiener • Larry Wiesner • Dianne Gary Williams • Nanda Wilson & Perry Di Benedetto • Genevieve Windsor • Kathy & Ray Woote n • Jincey Yemaya • SD Youngwolf • Jennifer Zawacki • Steve & Jessie Zeller • Karen Ziegler • Melvin & Susan Zwillenberg •

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Our heartfelt thanks to departing Chair Elaine Surya - her dedication, love, and willingness to take on the tough jobs for Lama is a remarkable example of selfless service.

Ya Fattah!
Ya Fattah!
Ya Fattah!

Much love and gratitude to our devoted Board of Trustees:

Diana Adkins (Chair), Rabia Hunter, Bob Johnson, Pat Johnson, Latifa Weinman, Fatima Rigsby, Paul Wapner, and Thomas Renault.

Congratulations to our
2010 Amazing Lama Raffle Winners!

- **Grand Prize - Fatima Rigsby of Taos, NM**
Two weeks at the Foundation, \$500.00 cash, and other goodies.
- **Second Prize - Tajali SteckeI-Shepherd of Santa Fe, NM**
Archival quality framed giclee of Another Amazing Sunset at Lama, signed by photographer Gak Stonn.
- **Third Prize - Nidia Arquedas of Lakewood, OH**
Three-night hermitage at Lama Foundation.
- **Fourth Prize - Donna Calame of San Francisco, CA**
\$75.00 gift certificate for Flag Mounta in Cottage Industries.
- **Fifth Prize - Danielle Freeman of Taos, NM**
A copy of "Early Lama Foundation" by Ahad Cobb.

Thanks to everyone who participated!

...you make it possible.

This issue of Lama Alive

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Newsletter Guardian: Lucas Segó

Layout and Design: Jan Cross

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San Cristobal, NM 87564-0240



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Namaste

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"Love Everyone, Serve Everyone, Remember God"
Neem Karoli Baba



Lama Alive
Winter 2010/2011



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