



To Learn



To Love



To Remember



Together



With respect for All

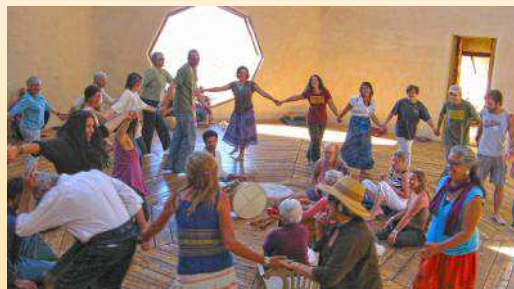


Lama Foundation



**Lama
Alive**
Winter 2011/2012

A Lama Summer Ahh...



Look for our 2012 Summer Program Brochure in early January and consult our website www.lamafoundation.org for updates as we finalize the summer schedule. We hope to see you on the Mountain in 2012!



Letter from the Coordinator...

Dear friends of Lama Foundation,

A flat, melancholic feeling used to arise when I was an activist, living in a cubicle apartment in Chicago. Focused on what I found wrong with the world, I felt trapped in negativity. Beyond recycling and buying organic, I could not imagine what it would be like to live the change I want to see in the world. I held nebulous visions of communal living framed by consensus; growing food, living off the grid and more closely with nature; and contributing to transformative education that brings people into deeper connection with others, the world, and our higher selves. Hardly did I think that these hazy hopes could be framed by a single place. Amazingly, the Lama Foundation does just this.

Repeatedly this summer I heard stewards and retreatants express that their consciousness was awakened and lives changed by being a part of Lama Foundation. Many stewards wondered aloud if they would be able to give Lama as much as they were given. They spoke without prompt about what they would like to take home. A large group of high school retreatants wanted to give back to Lama Foundation so much that they created an altar and made a pledge to the community that they would live more sustainably and peaceably upon returning to their homes in the country's biggest cities. We heard from many retreatants through feedback forms that if they could change one aspect of their retreat it is that they want less of their own program and more of Lama Foundation. As it did for me, Lama Foundation meets a deep yearning in many to find that it is possible to live the change we want to see in the world.

At times I am confounded by the mystery of how Lama Foundation does its work of changing lives, as apparently, it is not dependent on us. As a resident circle, stewards, and volunteers, we are not evangelical, going around with the purpose of changing lives. Instead, it seems to me that our task is to create and hold a container in which life-changing has high potential – a container committed to love, sustainability, and service. Ultimately, we understand that it is open hearts and divine mystery that does the transformative work.

This past year has been an amazing success in doing the work of container-building. We are so grateful for how so many of you contributed through donations, prayer, and volunteering. Together, we built 4 guest rooms, a water cistern, drew and held more stewards than has been recorded in years, refurbished the dining room of the Intensive Studies Center (ISC), substantially completed the Cottage Industries building, raised almost one quarter of the funds needed for a new dome roof, and now hold a resident circle number larger than it has been in several years. Mysteriously, we can trust that all of this will contribute to the true accomplishment of awakening consciousnesses.

Love, Megan Trulove White

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REMEMBER - A 2012 Lama Family Reunion

Lama Foundation will be hosting a Family Reunion in 2012 to celebrate the wonderful diversity and richness of the extended Lama family. It will be a casual time to gather together and share stories, hang out with friends old and new, eat fabulous meals, share ceremony and ritual, and practice the unique act of Lama Being.

The desire to collect together casually, without a meeting or specific retreat, has been expressed by many different people over the last few years. In response to these conversations, the Lama Family Reunion will be a time to gather with no pressing business to attend to. It will be a Continuing Member

gathering, a festival of Trustees, and a Free Associate hoedown. We look forward to the return of many old beans, but also want to stress the spirit of inclusion. Whether you have a current title or not - you know who you are, and we'll be delighted to see you!

As many family gatherings around the country, ours will be held over Labor Day weekend. Come for the weekend, stay for the week, or just stop by for some baked beans. In the spirit of the G&L* retreat, the schedule for this event will be guided by those in attendance. Come share a practice with us, sit for a sauna, or sing us a ditty.

If you have suggestions or ideas for this event, please contact joe@lamafoundation.org.

**Blessings and gratitude to all our G&L beans! After 23 years, the G&L retreat is in a period of reformation and, due to low attendance the past couple of years, has graciously given this time slot back to Lama to fashion something new.*

By Joe Brodnik

Sebastian Robins

Why I'm here, and why I'm returning: connecting and growing with an incredible resident body; looking out of the Aspen A onto thick blankets of snow and soft winter sunsets; interfacing with and learning from GYL's inspiring students; fumbling my way through roles as plumber, secretary, liaison, rabbi and watch. Looking forward to more...!

Michele Pike

I've lived in community for the past 17 years, the most recent 12 years in a meditation community in California. Community life feeds me in a deep way. I have long searched for meaning in my daily life, a greater purpose to steer my days, and I love to serve the Divine as manifest in the magnificent spectrum of humanity. Lama provides plentiful opportunities to realize all those things. Growing up Jewish in Texas has given me a keen awareness of the marginalized, the "other". I appreciate the intention at Lama to honor many traditions, to recognize God in all Her guises, to raise our collective consciousness in order to better see our Oneness, to be a place where the living is the lesson and the gift. Namaste.

Emma Avalos

My intentions for going into this third year of residency are to keep listening to the Divine voice in all its forms, continue to serve this Foundation and the many loving circles of Lama Family with my heart, to go deeper into spiritual practice and remain open to whatever comes forward. My love and gratitude to all who support and hold Lama in their hearts.

Joe Brodnik

I am delighted to be stepping into my third year of service at Lama Foundation, and could not be more full of gratitude to all the circles of Beans who have been such tremendous teachers, guides, and dear friends, not only to Megan and I, but to the entire circle of residents. I once had the haughty thought that I had much to offer this Foundation, but am now only beginning to see that my heart and hands are full of currants, plums, and wild blackberries I never harvested. A fragrant curiosity.

Phoebe Violet Greenberg

I came to Lama for the first time in July of this year, the very antithesis of fresh, having spent the last six years in NYC and being quite a stranger to the 'outdoor' life.

I grew up with a lot of freedom in the spiritual realm, with my parents' involvement in Siddha Yoga, my Dad's love for Sufism and Islam, the plethora of Yoga studios in both NYC and Seattle (my hometown), as well as the East Coast Jewish culture of which my last name gives me an "In", all in a very relaxed, DIY manner... for this, I am beyond grateful. It has allowed me to dip my toes in a lot of little pools, and when I am ready to jump in, I will. Lama likes that just fine.

Cynthia Polutanovich (Snow)

I'd describe myself as mystical, ecstatic, skeptical, pantheistic, and eclectic. In my adult life, my primary ways of talking to god/the gods have been the arts (writing, singing, painting) and magical studies.

Currently, my main paths involve communicating with/praying to clouds, trees, mountains, waters, and the moon and stars — as well as studying shamanism, Taoism, Zen, mystical schools of thought, and hermetic/monastic traditions. I'm incredibly grateful that the winds blew me this way, and that the mountain decided to keep me. So much love to all.

Aaron Schreiber

I first came to Lama in the summer of 2010 not knowing what to expect. I had lived outside Chicago all my life, never having heard of community. The paradigm shift that Lama has offered me has been incredible; it has given me such a unique opportunity to reflect on my life and become involved in something greater than myself. I grew up in a Reform Jewish household, and still hold to my Jewish background, but explore other religions, philosophies, and belief systems. Under the impression that all paths lead to divinity, I find the good in each one. I have taken spiritual refuge in Buddhism, Islam, Wicca, Sufism, Judaism, Discordianism, and Thelema, among others. I am in love with the openness of Lama, and feel blessed to serve at a place where I can be spiritually and religiously open.

Bobby Burke

I am 24 years of age and was drawn to Lama as an alternate means of existence in contrast to my career in the technical industry. As I found myself progressing in the professional arena I equally found my heart calling out towards an experience more aligned with the best interest of myself, the planet, and others. My intention at Lama is to continue treading a path of acceptance, surrender and unconditional love. Lama Foundation thus far has proved to be an excellent means through which refinement may be had on all levels, and to a very high degree. Much gratitude to all who read this. :)

2011/2012 Winter Circle



Back Row L to R - Joe, Emma, Seth, Snow, Aaron, Phoebe, Bobby
Front Row L to R - Sebastian, Megan, Clif, Michele

Seth Blowers

I grew up in a Mennonite family in Portland, OR. All my time spent in the garden and in the forest showed me my deepest joys and inspiration. After years of college, this is what eventually led me back around to my initial passion: growing food and living close to the earth. After too long, feeling stagnant and stumped as to how to apply myself, I set out on a search for answers in the unknown horizon. What I have found at Lama was an answer to a prayer not yet fully articulated – to learn about myself through community, to grow a path into Spirit supported by a collective intention toward self awareness, and to let the land be my greatest teacher in an unfolding experiment in growing food and creating a deeply connected, place-bound life. These have been the most fruitful years of my life, and may the adventure continue.

Megan Trulove White

Now, going into my third winter, I am increasingly grateful to be living at Lama Foundation. One of the most surprising blessings of living here has been the support of our outer circles. Especially now, in my pregnancy, I am repeatedly humbled by the care, kindness, and generosity I have received from so many of you. I am delighted to be having a baby in this community. Thank you so much! Namaste.

Clifton Vilayat Coughlin

My practices are primarily Sufi and Buddhist, though I gain most of my inspiration and wonder from contemplation of the universe as illuminated by science, which I find most humbling, beautiful, complex and awe-inspiring. By far, my greatest teachers are my fellow residents who continually teach me patience, perspective, humility and, most importantly, how to love and be loved.

Practice: Conscious Association

As we open our hearts to embrace the Divine reflected in those around us, we consciously choose to express the Divine within us. By practicing Conscious Association, we are called to transcend our personality differences and walk confidently into Oneness with the All. Our devotional relationship with the Beloved Friend gives us the courage and faith to risk that heart opening.

As a diverse resident circle in terms of our individual paths to Spirit, we have committed ourselves to this practice in an acute and undeniable way. The practice of Conscious Association, recognizing the Divine in others as precisely the same Spirit evident in ourselves, can be undertaken anywhere, of course.

May your heart be open!

A New Year Addition to Our Beloved Circle

Dear Lama Family,

I remember the vulnerability I felt ten years ago while living in Chile without a friend. What I found is that it was my vulnerability itself that allowed me to open such that I was able to profoundly experience the generosity of the world through strangers and new friends. Without openly needing people, I find it difficult to know humanity's kindness.

Now again, in pregnancy, openly needing people more than usual, I am profoundly experiencing the generosity of the Lama family. I am humbled by the care and support Joe, our baby, and I have received through empathy, books, maternity clothes, baby shoes, guesthouses and house-sitting respites, a modest yard sale for fundraising, and an offering of someone's own home for the birth and recovery. I do not know how we would make it through this transition without your support and love. Although I have long trusted that we would be held in this pregnancy, the experience has been more awesome than I could have imagined. I am so grateful.

Our daughter is due in early January. After resting and connecting, we expect to return to Lama with a gradual return to our responsibilities. We are already in debt to the circle of residents, whose support and kindness has made this transition feel comfortable.

We long thought that Lama would be a special place to have a baby. We hardly knew how true this was when we began this journey. We are delighted that this will be her first home and the Lama family her first family.

In gratitude and love, Megan & Joe

Donations for the new baby are welcome, as are your prayers. Monetary contributions to Lama will go into the Michael AMD Children's Fund. Baby items are also highly appreciated.



Farewell, our beloved G.G.

Possibly one of the longest lasting residents to ever live at Lama, G.G. spent all 17 years of her life here, far surpassing the seven year limit. Though often sitting right in the center of the circle during meetings, and very vocal about what she wanted, and very often getting it, you couldn't help but love her, and she survived the consensus process for that long.

As the Cat Guardian this year, I cared for her and got to know her well. I learned from Bird Sharples (one of G.G.'s most loyal devotees) that G.G. stood for "Gopi Girl," the Gopi Girls being characters in Hindu mythology exemplifying the highest form of unconditional love for Krishna. She was also known in later years as the "Rasta-Cat," as like many other older long-haired cats, she was adorned with very impressive dreadlocks. In this last summer, she got a fresh haircut and, unencumbered by the dreadlocks, showed more energy and vitality.

Unlike many of our other feline friends, she died a natural death at home with loved ones. In her last days, she stopped eating and lay at her usual perch in the mudroom. She went fast and painlessly, seeming comfortable until the morning of her death. I, and other G.G. devotees, held her and sang to her as she took her last breath. Shortly thereafter, we walked G.G. in procession up to the cat burial ground, (or the "Catbara," as I like to call it) shared G.G. stories, sang songs to her, and put her in her final resting place. There has never been a better send off for such a beloved feline.

Farewell friend, Clif Coughlin

Deep gratitude and love to departing residents Lucas Sego, Randy Zeigler & Rick Gomes.

May your day
be filled with blessings
Like the sun that lights the sky,
And may you always
have the courage
To spread your wings and fly!

The Building of the Future - Harnessing the Sun

After years of careful planning, fund-raising, and hundreds of hours of volunteer labor, we are finally moving towards completion on the Cottage Industries Building! It features some of the same smart, trademark elements as the other structures here: thick straw bale walls and natural construction, beautiful plaster finish, carefully placed windows. It was also built with an eye toward new cottage industries products and a more efficient flag-printing room.

However, what might be most striking is what is notably missing: a wood burning stove or any other heater. The new CI Building is the first to be built here without a need to burn wood (or propane) for heating. Instead, the construction relies on several design elements which take advantage of our weather, and which aim towards sustainability and resource-conservation. It features highly effective passive solar heating, thick straw bale walls, and has an insulated floor and attic crawlspace. In August, we moved two solar thermal panels from the Wash House, and two from the Shop, and re-mounted them on the south-facing roof of the CI building. Three of the panels are now connected to the radiant floor heating system, feeding a mix of heated water and glycol into the concrete slab floor. This not only warms the building during the day, but also radiates out at night, keeping the building comfortable for late night work, and preventing hundreds of dollars worth of screen-printing ink from freezing. The fourth roof panel provides solar-generated hot water.



Solar panels on the CI Building

Looking Forward - Fire and Water

As we venture ever further for firewood for our other buildings, we are hopeful the new CI Building can serve as a model for future projects and designs. Wood is not the only resource in short supply. Like most of the Southwest, we are concerned about water, especially after last Winter's light snowfall and this Summer's drought. In August, we began construction on a 5,500 gallon cistern which will catch rainwater from the CI Building's large roof, collect it, and provide a source for watering the garden and the land. This "free" water source seems even more urgently needed now than ever.



Working on the 5,500 gallon cistern

New Flag Printing Room, New Lamassary Home, New Great Lama Products

Almost forgotten in a summer of activity and progress was a move of flag printing into its own, dedicated room. There, in a clean, well-lit, and ventilated room we are printing, along with the classic flags, new Lama t-shirts. These organic cotton/hemp shirts are sweatshop free, and feature a design by Fatima Rigsby. In August, these t-shirts were featured in their new home - the completed, lovely Lamassary, which now has a permanent home in the front of the CI building. Clif, who has been providing much of the push to finish the work on the building, notes, "Due in large part to the improvements to the CI building, our income has exceeded the expected income for the year, and, for the second year in a row, our profits doubled from the year before."



Printing prayer flags

We still have some interior plastering work to complete, as well as construction of shelves and a second sink and work station. If you are interested in contributing to any of this work, please contact us - info@lamafoundation.org. Thank you!



The new Lamassary

Song of the Builders

by Mary Oliver

On a summer morning
I sat down
on a hillside
to think about God -
a worthy pastime.
Near me, I saw
a single cricket;

it was moving the grains of the hillside
this way and that way.
How great was its energy,
how humble its effort.
Let us hope
it will always be like this,
each of us going on
in our inexplicable ways
building the universe.

Earth turns to gold
in the hands of the
wise.
~ Jalalludin Rumi

Flag Mountain Cottage Industries



New T-shirt design.
Beautiful artwork by Fatima Rigsby.



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

New T-shirts!

The first in a coming line of shirts from Lama Foundation. Our T-shirts are printed on two different colors and are made from a high quality **organic hemp/cotton** blend. In line with the Flag Mountain Cottage Industries Mission Statement, our shirts are sourced from a socially responsible company so you know your money is going to **support earth friendly practices** and **socially responsible labor practices**.

(see page 2 for a color photo of the T-shirts - far left, 2nd from the bottom)

T-shirts are \$27 each, or 2 or more for \$25 each.

Choose from:

- Beige w/black print or Red w/gold print
- Men's (S, M, L)
- Women's Cut (S, M, L)
- Unisex (XL, XXL, XXXL)

To Order Flags & T-shirts

The easiest and fastest way to order is through our website, www.lamafoundation.org, where you can find more detailed information, order through PayPal, or print an order form. You can also order by mail by sending your check or money order to:
Lama Foundation
PO Box 240
San Cristobal, NM 87564

Or, use Visa or MasterCard and call us 575-586-1269, fax to 206-984-0916, or Email: flags@lamafoundation.org.

Please Include a shipping and handling charge of \$5.50 per order. Order more to save on shipping!

Buy Prayer Flags/T-shirts/Cards and help Preserve the Dome!!

Through January, 25% of all sales will go directly towards the Preserve the Dome Roofing Project. These items make great gifts for your loved ones and at the same time you will be helping to protect our beloved Dome!



Allah
Blue

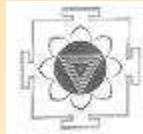
Prayer Flags

\$5.00 each unless otherwise noted.

Mindfully hand-printed on
19x19 unbleached muslin.



Naqshabandi
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
Burgundy



Vast Luck
Green



Elkheart
Green



Banner of
Peace
Red



Remember
Purple & Blue
26x19 \$7.00



Yin Yang
Black



Allah's Glory
Green



Kernunos
Green



Dove
Blue



Green Tara
Green



Namaste
Red & Yellow
26x19 \$7.00



Sufi Heart &
Wings
Green



Happy
Hanuman
Red



Cranes
Purple



Ram Sun
Orange



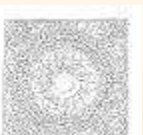
Brushed
Heart
Red



Yod Hay Vav Hay
Purple 26x19
\$6.00



Mantra of
Amitabha
Red



Assembly of
All Lama's
Hearts
Orange



Meeting of
the Ways
Blue



Om Mani
Padme Hum
Burgundy



Blessed
Virgin Mary
Blue



Red Buddha
Red 19x26
\$6.00



Lung Ta
Purple 19x26
\$6.00



Dhikr Boat
Green 26x19
\$6.00



Bismallah Bird
Purple 19x26
\$6.00



Standing
Hanuman
Red 19x26
\$6.00

Alone with God in the Sky

by John McClellan

Steve Durkee, soon to be Nour, and I, put the roof on the Dome, and also on the "Old Kitchen". It was 1970 or 1971. We had no previous shingling experience, and so it took us weeks and weeks of the merriest work I ever did at Lama.

We practiced our roofing chops on the kitchen first. The kitchen was not an easy shingling job, so many corners and angles... It did not have such terrifying heights as the dome, and we could work much of it off ladders. The kitchen roof must have started leaking long before the dome did, because we were learning on the job. We made many mistakes which we patched with copious amounts of roofing tar. Patching mistakes with tar is very bad form in the craft of roofing.

A professional roofer came up to give us a few pointers, and I remember him looking at those big domed roofs with all those skylights, shaking his head and telling us, "This is going to be one tough roofing job". No doubt he was also thinking "and a couple of hippies with no roofing experience want to do this themselves; I don't think so." But that's the way we did things in those days. Today, of course, you will get a top notch professional roofer to do it, and he will still complain what a hard job it is.

Various people helped us, carrying in bundles of shingles, buckets of tar, moving the ladders: Mino, Surya, Zim, Frank (Ahad) and Hans (Siddiq), among others, but Steve and I were the only ones who went up on the roof. The little figures moving around down on the ground were somehow unreal. We were up among the clouds, the winds, the birds, the treetops, and the sky. We sang songs and told jokes all day long, we sang sacred mantra, we sang peyote songs, and folk songs.

We were quite serious workmen too, of course, or we would never have gotten the job done. We started the day with early morning meditation in the shrine room, then a jolly breakfast with all the children and adults, then up on the roof for a full morning of hard work. Then lunch, a good restful midday break, and a long afternoon in the sky again with the clouds and the birds. Sometimes we didn't talk for hours, hearing just the sound of our hammers, a few brief words, and the winds, with the distant people below.

We finally managed to finish off the kitchen roof. The top half was too high for ladders, so we had to work it in a climbing

harness roped off to a big screw eye at the peak. This took a little getting used to. There were huge trust issues, trust in the screw eye, trust in our own mindful, careful moves, trust in each other, trust in God - and we kept looking over at the Great Dome with apprehension. Over there the whole thing had to be done on climbing ropes.

Then it was time for the Dome. We amassed an impossibly great number of bundles of shingles, sheets of tin flashing, and buckets of tar. I am sorry to learn that we used scanty 15 year shingles, but in those days 15 years must have seemed like forever and more.

These dome roofs take, or shall I say waste, an enormous amount of material. Near the bottom you do get a certain satisfying run of shingles before you come to a corner and have to cut and trim. But the higher you go the more frequently you run into corners, and then into skylights, and you begin to spend all your time cutting and trimming and folding, flashing and tarring, and throwing away huge amounts of cut shingle material. A nice straight shed roof, like those that other hippie communes were building, would have been so much more economical and parsimonious. We felt bad about this, but there was, of course, no help for it. We were roofing a Temple, and a temple roof has no cost in time or material, other than what God gives it. And what value God gives it we did not know or care. Beyond that it was great.

The scariest thing was the height. We had to climb ladders just to reach our ropes. And once we were on our ropes, there was nothing but sky around us, and earth far below. Even the comforting treetops around the kitchen were gone up here. At first we climbed our ropes up to the top to check the Mighty Screw Eye at least ten times a day. We yanked and pulled on it, and hit it with our hammers. We didn't have the confidence, or the skill, of real climbers. But after a while we relaxed into it, and began bounding and swinging around the roof like squirrels. Hauling up the bundles of shingles was hard work, and people helped us with this. We got pretty good at cutting and trimming, and were not using a lot of tar anymore. The days ran into weeks.

We felt we wound up doing a pretty good job of roofing on the big dome. It was tight. It was snug. The corners and the flashing were trim and tidy. The skylights didn't leak, not back then anyway. This was one of the happiest interludes in my then young life. Steve and I sang and swooped about on the Great Roof like swallows in the sky. I have not been in touch with Nour for many years now. I miss him, and hope that he and Noura are well. I hope that these words will find their way to him and warm his heart a bit, remembering when we were young and carefree, alone with God in the sky.



A New Roof for Our Beloved Dome

Tear off/removal of debris	\$ 15,000.
Replace damaged plywood	\$ 9,000.
Replace skylights	\$ 7,500.
Snow and ice shield	\$ 6,900.
Roof w/Aluminum Shingles (50+ year lifespan)	<u>\$ 61,600.</u>
Total Cost	\$100,000.
Capital raised to date	\$21,650.
Capital still needed	\$ 78,350.

Can you help?

Thank you for your donations!

Our deepest gratitude for John, Steve, and the countless people who helped build and maintain this magnificent building! It is and will always be - the heart of Lama.



Beloved Old Kitchen in Stasis

by Roberta "Bird" Sharples

Many of you will remember that the Community Center was built to replace the Old Kitchen which, in 1993, was judged to be in danger of imminent collapse. In 2011 it still stands, albeit with an increased twist and a bit more dry rot.

At the Annual Meeting, it was sorely acknowledged that, with all of Lama's more pressing needs - such as a new Dome roof - deciding the fate of the old kitchen is not a current priority. At that meeting was Eric Doud, a building reconstruction professional and friend of Bob and Pat Johnson, who assessed the building and offered recommendations on the possibility of stabilizing it until the community feels able to make a decision on its fate. In August I received permission from the Lama Caretakers to proceed on some of these recommendations, at my own expense and with the added expertise of Chris Ormand.

The greatest concern is with the twisting of the building; this had been addressed in previous years by running cable between posts on the upper story. We added more cable across some of the upper story windows and also attached sheets of plywood to the north and south walls of the ground floor. Another concern is the dry rot attacking the main posts which has been exacerbated by water drainage from the roof. Several gutters were replaced and the existing posts sealed against further damage.

Shanti and I also cleaned this precious old building with much love and appreciation for all its beautiful service to our community over the years.

Whatever decision, whenever it is made, the Old Kitchen will still be standing to receive it. In Shallah.

Roberta "Bird" Sharples - Resident/Coordinator 1996-2000, has graced us with her cheerful presence as a Summer Steward for the past two years. Welcome back! Thank you Bird!

ISC Sanctuary - Vision is Successfully Birthed!

by jai cross

After the completion of the Sky Temple in the old ISC complex, many Beans wondered if other portions of this hallowed complex could be resurrected. The Hondo Fire of '96 had ravaged the multi-roomed adobe structure, yet it seemed that the place still had a viable heartbeat.

The Lama Council decided to augment funding from generous donors to restore four more cells of the southern residential arc, converting them into guest housing. The crumbling walls were strengthened and rebuilt, the entire block of rooms was wired and plastered by hand, concrete floors were poured, a metal roof was installed above wooden ceilings and vigas, hand-made doors were fitted, large windows were set in place, and all the other necessary details were completed by Opening Day 2011. Lama now has five comfortable guest rooms to accommodate friends and pilgrims.



Four refurbished guest rooms



The rebuilt horseshoe/dining/meeting room

This rebirthing attracted other donors desiring to preserve still more of the ISC's grandeur. The Horseshoe, AKA the Dining Room, is a unique semi-circular architectural masterpiece that was slowly disintegrating, each rain and snow dissolving more of its exposed adobe bricks. An early fall project cleared away the debris, installed a concrete bond beam, and beautifully plastered the Horseshoe walls. If money becomes available, it is possible to install a roof, apply a color coat, and perform other restorations to breathe still more life into this venerable structure.

Under the expert direction of 'Abd al-Hayy and Latifa Weinman, the old ISC mihrab is being beautifully rebuilt with ascending tiers of hand-dressed flat red stone, intricately meshed together. This place of prayer is positioned toward Mecca, and many Beans consider it to be the heart of the entire complex.



The rebuilt horseshoe and the stone mihrab

In the near future, the remaining ruins will be leveled and the rubble removed. Next spring, the gardens by the Sky Temple will be expanded under the guidance of Sara Morgan. The seeds of many things, both physical and spiritual, are being planted and will be nurtured by many in the coming years.

So come to this area, bringing your ripened heart to celebrate the rejuvenation of one of Lama's holiest sites. Stay in a refurbished guest room or simply chant in the sound-enhancing Sky Temple or meditate in the soothing quietude of the Horseshoe or watch the ever-changing cloudscape from the gardens. Come and share in this renewal, this further testimony to the wonder that is Lama.



One of the beautiful guest rooms



Thank you!

For caring! For your monetary and in-kind donations, for your physical donations, for your wisdom, inspiration, and teachings, for your time, for supporting us in your own beautiful ways and for enabling us to continue creating the "Lama Magic" for you and for future generations.

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

Paul Abrams & Abigail Adler ▪ Diana Adkins ▪ Beverly Ahlstedt ▪ Lynda Aiman-Smith & Larry Taylor ▪ Eric Bear & Kathy Albrecht ▪ David and Eva Alison ▪ Anna Allen ▪ Barbara Allen ▪ Jonathan Altman ▪ Cary Arden ▪ Nidia Arguedas ▪ Catherine Auman ▪ Austin Babcock & Kathy Lyons ▪ Candice Babcock-Blocker ▪ Cid and Betty Backer ▪ Zet Baer & Rudi Harst ▪ Margaret Baird ▪ Melanie Baise ▪ Lois Banner & John Laslett ▪ Kristoffer Barikmo ▪ Sue Bartellete ▪ Mary Shaffae & Abdul Aziz Bartley ▪ Olan Arjun Bassett & Susan Haugen-Bassett ▪ Shama Beach ▪ Lora and Kevin Bear ▪ Gary Beavers ▪ Brenda Beeley ▪ Ronald & Carolyn Behnke ▪ Jacky Bellman ▪ Steve Berlyn ▪ Asha & Andre Uwais Bernard ▪ Farishta Janice Bibeau ▪ David Habib Bishop ▪ Judith Blaise ▪ Tawwaba Samia Jennifer Bloch ▪ Thomas & Sara Bluefeather ▪ Michele Boccia & Lewis Sawatzky ▪ Fadhilla Nancy Bradley ▪ Lee Braun ▪ Azim Devin Breise & Ruth Leivers ▪ Eleanor Briseno ▪ Louis & Jane Brodnik ▪ Peter Brodnik ▪ Joy Brook ▪ Wendy Brooks ▪ David Brown ▪ Roy T Bruno ▪ Carolynn Bryan ▪ Amrita Huwiya Burdick ▪ Bobby Burke ▪ Deborah Butterfly ▪ Donna Calame ▪ Lissa Callirhoe & Harlan Van Camp ▪ Bob Campbell & Melissa Russo ▪ William & Marie Carman ▪ Daniel Carmona ▪ T. 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*Individually,
we are one drop.
Together,
we are an ocean.*

Ryunosuke Satoro

• Lynda Prim • Roger Pritchard • Michael Quanci • Kenny Quinn • Trucia Quistarc • Zahira Rabinowitz • Charlie Rafferty • Ela Ramos • Cynthia Ray • Polly Margaret Raye & Bill Christmas • Krishnadas Rayfield • Becky Reardon • Quentin Rebholtz • Michael Refici • Gilbert Renault • Peter Renault • Thomas Renault • Isabel Ribe • Wayne Rice • Joe Richey & Anne Becher • Fatima Rigsby • Amelia Roache • Najat & Jaman (Patricia) Roberts • Virginia Roberts • Sonia Rodriguez • Farrunnissa Lila Rosa • Barbara Jemila Rose • Lia Lynn Rosen • Carl Rosenberg • Kathryn Sky & Dennis Roshay • Lisa & Paul Rossignol • Judith Rousso & David Arneson • Nancy Rowan • Teri Rowe • Danny Ruppert • Barrie Ryan • Cecily Mudita Sabato • Nuria Stephanie Sabato & Joseph Gorski • Joseph Salack • Theresa & Jon Sapunar • Meg Emine Savlov • Jonathan Scharfman • Lorraine Schechter • Tricia & Irby Schexnaydre • Arielle Schoen • Emily Schosid • Aaron Schreiber • Ward Schultz • Kate Roshan Tara Schuyler • Bernell Scott • Carol Ann Scott • Jeannette Scott • Francis Scully • Lucas Sego • Virginia Seiser • Roger Sencer • Bobbi Shapiro • Lisa Sharp • Roberta Bird Sharples • Tajali Shellie Steckel Sheppard • Kitty Sherlock • Vakil Forest Shomer • Scott Thomas Shuker • Nicole Shutter • Arlene Harriet Siegel • Allan Sindelar • Patrick Smiley • Eliezer Elliot Sobel • Victoria Sojourn-Prince • Tara Somerville • Sun Son • Jon St. Andre • Tovia Stafford • Martha Stampfer • Jim Stanford • Ellie Starisheusley • Mirabai Starr & Ganga Das Little • Leland Stearns • Ralph Steele & Sabina Schulze-Steele • Monica Steinhart • Suzanne Stone • Gak Stonn • Adele Strasser • Cathy & Doug Strubel • Drew Sturm • Sully Sullivan • Cynthia Yaffa-Shira Sultan • Elaine Surya • Elaine Sutton • Sarah Sutton • Susan Suwinski • Athena Swinford • Sura Gail Tala • Mary Tara • Judith Tarbet • Julie Tato • Rauny Thompson • Robert Thompson • Janet Tiegerman • Beverly Todd • Laura Touns • Dylan Trachtman • Carter Tracy • Linda Shakura Trageser • Steve & Nina Ulrich • Jane Van Dyk Moran • Mary Vandenberg Green • Carolyn Vantress • David Vargo • David & Deedee Vaughn • Steven Vedro & Beverly Gordon • Peter Vennewitz • Siddiq Hans & Sakina von Briesen • Earl Wagor & Zarifah Marie Demcho-Wagor • Tom Wallace • PB and Ron Walsh • Paul Wapner & Diane Singerman • Stuart Warren • Andy Weeks • Nathan Wehrly • Latifa & Micha Weinman • Rabia Wendy Welsh • April Werner • Susan Elizabeth Werner • Mary Jo Whiteman • Jill Wichlens & Rich Gabriel • Larry Wiesner • Stewart Wiggers • Rafia Marian Wilcox • Dianne Gary Williams • Nanda Wilson & Perry Di Benedetto • Solange Wilson-Bascunan • Genevieve Windsor • Gayan Sylvie Winter & Tony Arnold • Sandy Wolf • Kathy & Ray Wooten • Eileen Kafiya & Joel Yager • SD Youngwolf • Laura Arrow Zelasnic • Steve & Jessie Zeller • Karen Ziegler • Maren Ziegler • Kabir Neil & Jelehla Vicki Ziembra • Polly & Steve Zimmerman • Rico Zook • Melvin & Susan Zwillenberg •



Special thanks and gratitude to so, so many.

To name a few:

Ravi Babcock • Gary Beavers • Tawwaba Samia Bloch • Michele Boccia • Church of Conscious Harmony • Cid's Food Market • Ahad Cobb • Jai & Jan Cross • Danielle Freeman • Beth Garrigus • Global Youth Leadership Institute • Rick Gomes • Asha Greer • Haqiqa Hampton • Hendrix College • Holistic Human Development • Tiffany Jama • Bob Johnson • Jonathan & Kathleen Altman Foundation • Basira King • Ammi Kohn • Kathy Lyons • Michelena, Joseph & Naia McPherson • Sara Morgan • Mary Neikirk • Ojo Caliente Mineral Springs • Positive Energy • Purnama Sari • Ram Dass • Krishna Das Rayfield • Gilbert Renault • Thomas Renault • Fatima Rigsby • Roots & Wings Community School • Carl Rosenberg • Samson Energy, LLC • Bird Sharples • Tajali Steckel Sheppard • Southwest Sangha • Elaine Surya • Elaine Sutton • Suwinski Family Foundation, Inc • Taos Community Foundation • David Vargo • Siddiq von Briesen • Nathan Wehrly • Latifa & Abd al-Hayy Weinman • Larry Wiesner • The Ziegler Family •



Last summer, Rabia Hunter stepped down from the Board of Trustees after many years of dedicated service. Rabia possesses that rare ability to connect deeply with people of remarkably different backgrounds because she comes straight from the heart soul. Her compassion, humor, and wisdom have touched and enriched the lives of countless Beans over the decades. Many blessings to Rabia for being so present, so often, for so many.
Ya Fattah!

Love and Gratitude to our Board of Trustees:

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

This issue of Lama Alive

Editor: Jan Cross

Newsletter Guardian: Michele Pike

Layout and Design: Jan Cross & Michele Pike

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Thank you!

Congratulations to our 2011 Body & Soul Raffle Winners!

- **Grand Prize - Zet Baer of San Antonio, TX**
Ten nights at Lama Foundation, Two days at Ojo Caliente Mineral Springs Resort & Spa, and \$500.00 cash!
- **Second Prize - Genevieve Windsor of Talent, OR**
Three-night hermitage stay at Lama Foundation
- **Third Prize - Peggy Chung of Lama, NM**
Handmade Fan/Keepsake Box, Hand-crafted by David Vargo
- **Fourth Prize - Mark Dixon of Huntington Beach, CA**
Day Pass for two to Ojo Caliente Mineral Springs
- **Fifth Prize - Lisa Sharp of Albuquerque, NM**
\$75.00 Gift Certificate for Flag Mountain Cottage Industries.
- **Sixth Prize - Joy Holloway of Helena, MT**
A copy of *Early Lama Foundation* by Ahad Cobb.

Thanks to everyone who participated!



Together We Make a Difference!

What an incredible year! As you've read in this newsletter, the amount of projects taken on this year is nothing short of amazing. None of this would have been possible without the help of our entire Lama Family. So much gratitude is felt not only for your generous cash donations, but also the outpouring of donated items, services, volunteering on the Mountain, purchasing prayer flags and raffle tickets, helping us plan and build, and all the many ways you have contributed to a very successful year. Together we are making it possible for Lama Foundation to continue serving as a vehicle for transformation and insight.

This year started with a resident circle of eight - small in number but **huge** in heart, dedication, organization, energy, and an obvious love for Lama. The community is vibrant and alive, attuned to devotion and service. The atmosphere is one of welcoming openness and loving delight in life. I am extremely grateful and applaud them for their amazing accomplishments!

Our fundraising efforts right now are focused on preserving our beloved Dome with a new roof. For 44 years, the Main Dome has been the Foundation's spiritual center, serving as the main gathering place for daily and special events, including Dances of Universal Peace, Sufi Zikr, Jewish Shabbat, meetings, group chanting, silent meditation, classroom teachings, and inspirational musical performances. After years of patches and fixes, the persistent leaks are getting harder to repair and have damaged the underlying supports. The roof must be replaced to preserve this beautiful facility that has already touched the lives of so many.

Replacing the Dome roof is a huge task that requires removal of old shingles, replacing damaged plywood, replacing skylights, installing a snow and ice shield, and re-roofing with aluminum shingles that should endure for 50 years or more.

We are off to a good start on our fundraising campaign, but have a long way to go. It was heart-warming to see the amount of love and appreciation for the Dome and Lama that came in with the donations. They came from all over the country, many from beloveds that have not had contact with us for years. Thank you so much for the support you have shown.

Thus far a total of \$21,650 has been raised of the estimated \$100,000 we will need. We are keeping our fingers crossed in the hopes of securing a grant for at least part of this money. Any amount you can donate to this important and very necessary project will be greatly appreciated.

A small circle of eight made it happen... What will they get accomplished with eleven?!

Keep the momentum going!

With love and appreciation for all, Jan Cross

[Donate Now
using PayPal](#)

[Print Mail-in
Donation Form](#)

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.

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! Buy our Flag Mountain products now through January 2012 and 25% of your purchase will go towards our Preserve the Dome roofing project!

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!

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, contact us at 575-586-1269 or info@lamafoundation.org.

Most Needed Items

Good Quality Laser Office Printer/Copier
Energy-Efficient Industrial Refrigerator
Energy-Efficient Industrial Freezer
Enclosed Trailer for Hauling
Zafus & Zabutons (meditation cushions)

Lama Community Needs

Fuel-Efficient Passenger Car
Yurt/Yurt Lining
Flashlights (LED - Smaller Sizes)
Laptops for Note Taking and Resident Seva
Digital HD Video Camera
Fire Extinguishers

Ceremonial/ Practice

Shabbat Cloths
Yoga Mats

Land

Solar Outdoor Path Lights
Seeds & Fruit Trees
30-80 Gallon Barrels
Watering Cans & Garden Hoses
Quality Garden Tools & Work Gloves
Wheelbarrows
Tarps
(5) Large Plastic Bins
Fence Materials
(2) 50-lb. Bags Kaolin Clay Powder
Solar Thermal Collection Panels (not P-V)

(continued on next page)

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Lama Foundation Fundraising Office  
PO Box 782  
Taos, NM 87571-0782  
[taos@lamafoundation.org](mailto:taos@lamafoundation.org)  
~~~~~

Volunteer on the Mountain

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: info@lamafoundation.org for information.

☆ ☆ Wish List ☆ ☆

The Wish list is updated throughout the year. Visit the website for current information www.lamafoundation.org. If you have something you think would be helpful, feel free to call.

Kitchen

Counter-Mounted, Industrial Can Opener
Large Tea Kettles, Tea Strainers/Balls
Mugs/Bowls (no cracks)
New Dish Towels
Large, Solid Stainless Steel Spoons
Stainless Steel Mixing Bowls
(3) Bottles Oregon Grape Root
Mason Jars/Canning Supplies

Resident Care

Donations for Snow Boots Fund
Warm Socks, Gloves, Mittens
Double Flute, with Drone, Key of "A"
3-6 Gallon BPA-Free Water Jugs
Hypoallergenic Queen Comforter
Firm Queen Mattress

Sacred Spaces/Office

Double Beds and Futons
Down Comforters (Queen/Double)
Blankets/Sheets (Queen/Double)
Stackable/Folding Chairs
Large Room Floor Rugs
Curtains & Curtain Rods
Small Desks, Chairs & Dressers
Wood Stoves
Good Quality Towels & Washcloths
Office Chairs
Energy-Efficient LED LCD's (15W or less)
Low-Profile, Energy-Efficient Desktop PCs

*"I offer you peace. I offer you love.
I offer you friendship. I see your beauty.
I hear your need. I feel your feelings.
My wisdom flows from the
Highest Source.
I salute that Source in you.
Let us work together for unity and love."*

Mahatma Gandhi

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.

A Message From Your Treasurer

This December marks the end of two successful years of budgeting at Lama Foundation. I understand how lackluster a topic this can seem at first, but I promise you that by the end of this brief report you will appreciate not only how important this undertaking has been for Lama's fiscal responsibility, but also how this tool can help future circles establish knowledge, trust, and confidence in their financial decisions.

In years past Lama has had budgets for specific items, like the kitchen budget or the land budget, but no comprehensive budget or plan has been prepared for an entire fiscal year that included every single dollar spent - until today. Admittedly, I do not have the entire historic picture, and accounts differ, but this appears to be true at least since the fire.

In 2010 Jan Cross, our fearless jack-of-all-trades, along with then Treasurer Jennifer Neal, fostered the idea of a comprehensive budget and introduced it to the resident circle. Everyone tingled with excitement. Each guardian was asked to prepare a budget for the coming year, while all other expenses, including administrative expenses like copies and telephone bills, and program expenses like teacher's fees, were estimated from historic data. At the same time, projections of income were based on historic information and that summer's programs. None of this could have been accomplished without the tireless efforts of former bookkeepers, who painstakingly rebuilt Lama's books and established modern bookkeeping protocols, giving us over eight years of financial data from which to base these projections.

In a meeting of the resident circle, having put all the various budgetary items together, we whittled down our expenses to fit our 2010 income projections. After quite a bit of haggling, "ta da!" as Asha likes to say, we balanced the budget. Throughout the year, as Lama's newest Treasurer, I was able to use this budget to assess all of Lama's spending on yearly, monthly, and even weekly increments. Budget items that appeared to be out-pacing projections were readdressed, or spending was slowed. As income came in, we were able to compare actual income to actual expenses, and even more accurately project future expenses. Budget items that came in under budget helped us adjust for items that went over. The result? By the end of the year, while the resident circle had missed its income projections by about \$6,000, it came under budget by more than \$11,000.

In 2011, much is the same. In fact, it's better. We have a new team of fiscal warriors, but with two years under our Lama belts the budgetary process is firmly entrenched, and even transmittable. Our intention is to have an operating budget that meets, or comes under, our yearly income, and this is already a reality.

However, there is a second aspect of Lama's expenses that do not fall under the auspices of this yearly, operational budget - new construction. New construction, such as the recent restoration of the ISC Sanctuary, is not reflected in the annual budget. Such projects are funded by direct donation, or through Lama's savings. Due to the recent flowering currently happening on the mountain, including the ISC Sanctuary, the completion of the Cottage Industries Building, a new 5,500 gallon cistern, a new heating system in the kitchen and office, an upgrade to the solar system, and the development of a new website, much of Lama's savings have been, or will be, spent by the end of the year, and for very good reasons. While expressing their consent towards these, and other projects, the Lama Council agreed in 2010 to keep a minimum of \$100,000 in Lama's savings at all times for dire emergencies. Consequently, Lama's resources for new projects are nearly spent.

Facts and Figures

Lama's yearly operating cost, while variable to some degree, is roughly \$200,000 on average. This covers everything from resident medical stipends to summer teachers' fees, a year's worth of food, vehicle and building maintenance, toilet paper, and candles for the prayer room. This is a tighter budget than many four person households, and yet a year's worth of Lama magic unfolds under the umbrella of this resource. We are incredibly grateful.

Lama earns roughly half of its income from summer programs. Twelve percent comes from royalties of *Be Here Now*, a perennial best-seller. Flag Mountain produces between 5 and 10 percent, and another 7 to 10 percent comes from hermitage and visitor fees. The remaining 25 percent comes from donations and fund raising efforts.

In Kindness, Joseph Brodnik, Treasurer





Summer Steward Reflection

by Snow-2011 Steward

I had no idea what to expect. I'd been reading about Lama for years via Ram Dass and

Natalie Goldberg, though I still couldn't get much of a sense for what the place was REALLY like. I'd lived in New Mexico, though never quite this far North; and at the time of deciding to be a steward, I lived in Brooklyn, NY. I had fears. Though I was drawn to Lama, the idea of spirituality was scary for me. Since leaving the church with a vengeance at age 19, a quote from *Even Cowgirls Get the Blues* had become my credo: "I believe in nothing; everything is sacred. I believe in everything; nothing is sacred." Much to my happy relief, what I soon found were a group of genuine people who were on a path to find what is beautiful, what is true (if there is such a thing), what is kind, what is courageous, and what is holy (a word that can be applied to this existence liberally and with diverse meaning).

My first night, someone took me to the library to sleep and acclimate. Sitting on a sleeping mat amidst a pile of books, I still didn't really understand where I was. I felt panicky and wondered why I'd never cultivated the skill of making normal life decisions. On the other hand, there was something about the place – the blowing prayer flags, the quiet that blinked in my heart in the shape of a big question mark (the most mystical of human symbols). I'd stop reading periodically to look out the picture window and

watch the sky do the Flamenco -- kicking up its red skirts, while the mountains called out in approval.

Since that first night, I've experienced the strange phenomenon that is **Time** on Lama Mountain. Everyday is so full of doing, discovering, and emoting that one day can easily limber up into seeming like two or three days. By the time I was here a month, it was hard to remember that I hadn't been born and raised here. My summer days were highlighted with things like: having a two day Maqbara hermitage; shooting hoops with a new girl-friend at night, trying to blind each other with our head lamps, and laughing till we were out of breath; doing my favorite Seva of cleaning outhouses (!) while singing loudly; holding G.G. the Gopi cat and whispering to her as her spirit left us; swimming across the twinkling Rio with fellow stewards under the happiest of blue skies; and singing Zikr as the summer sun went down, our voices harmonizing in just such a way that I felt, by god, we must all be sprouting wings. I'm writing this from my tent, the evening sun honey-colored. Sunflowers and chamisa are in their full glory, making everything look golden. Even the green leaves and blue sky look golden. I'm thinking about how when I got here I was infinitely relieved to find there was no leader, no one path exhorted here. As a potential resident, I'm proud of our eclecticism, consensus leadership, and absolute tolerance. I have discerned that, on Lama Mountain, land and sky are my gurus. I give them my reverence, and in their presence I become awake.

Summer Steward Opportunities in 2012

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. 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.

Stewards of diverse ages and backgrounds come to Lama for a minimum of two weeks or as long as the entire summer. 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, and serving retreats. The weekly cycle can include Sufi practices, Kir-tan, 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.

For more information contact info@lamafoundation.org.



ORAL HISTORY: Work Begins on the Book

by Ammi Kohn

The Oral History Library will begin work in November on a monograph/book of the history of the Lama Foundation. The structure of the history will be the memories and transcripts of the Coordinators, although a variety of other content and data sources will also be used. We anticipate finishing this project in two and a half to three years, ie, having a final version for the publisher. One of the first steps will be finding money to pay for additional interviews and transcriptions. However, initial drafts can begin during this time of seeking new funding.

A significant part of the work will be written, compiled, and edited text from transcripts collected by Ammi Kohn. The monograph/book will reflect his personal vision of the Foundation's story. It will not be an official history of the Foundation.

Our memories change over time. They are shaped by our personal visions and how we view the past in order to integrate it with our current picture of ourselves and our personal life stories. Therefore, this work will be a personal quest for the Foundation's history and not reflect any official or authorized work of the Foundation.

However, it will incorporate the memories of many people and we hope it will be an important step in preserving the history, memory, vision, and ineffable spirit of Lama.

As with Lama Genesis/Lama Incarnations, the Library will provide a forum and opportunity for others to provide their memories by archiving responses to the finished work. We also hope that others will volunteer time to read and critique drafts of the work. If you are interested in providing this service, please contact Ammi at ammikohnoralhistory2005@yahoo.com.

The Board and staff of the Lama Foundation Library of Oral History and Memory: Ammi Kohn, Hans Von Briesen, Linda Weiner, and Linda Hansen.

(Oral History Library: Add Your Memories - see next page)

Notes from the Land

by Seth Blowers



In the summer Lama's gardens are often one of the first things people are drawn to. People love to see that the land in

the heart of our community is well-loved and tended. I would like to impart some of the praise and gratitude that I receive for my work on the land to the resident circle as a whole, considering it is the support and desire of my fellow community members who have created this opportunity.

When I started working the land during my first summer at Lama, it was my hope to expand the gardens and hone my knowledge and skills in agriculture here. Now there is close to half an acre in production. This means that agriculture is now a central, visible part of our community. I understand this to be a flowering of the seed planted and nurtured through the vision and hard work of others before me, Ben Haggard and Rico Zook, even dating back to Murshid Sam.

For three years running, the manifestation of this vision has continued to expand and develop, every season presenting me with deeper learning. I took on a new curriculum this year with the creation of the Permaculture Internship, which brought in three interns from across the U.S. and Canada for a period of four-and-a-half months. The focus was on growing food and creating a local food system in the most productive and resilient way we could imagine. We explored methods for: maintaining and increasing soil fertility, closing the resource loop, season extension, crop timing and succession, drought resilience, perennial polycultures, beekeeping, seed saving and selection, and of course, harvest and food preservation.

In September we began the construction of a 5,500 gallon rainwater collection cistern (thanks to a generous donation) with much help from the resident circle.

Often the curriculum felt the strongest when I was able to show by tangible example what I have found to be effective or true here on this land, while in many other cases we relied on examples of what others are saying and doing elsewhere. I know that my learning this year was at least as intensive (if not more so) as

that of the interns.

In my personal vision, I highlight the importance of growing most of what is needed for our body's sustenance, so I put an emphasis on learning how to grow and breed high calorie staple crops that can be stored throughout the year. In addition, I continue to learn about wild harvesting food and medicine. My major goal is to hone this knowledge until I can understand clearly how to grow or obtain all one's own food needs locally. This may seem a tall order, but perhaps not that inconceivable, considering that I would simply be relearning what our ancestors practiced and then adding to it all the resources and knowledge available to me today. If I can inspire others, then I feel this is the most revolutionary thing I can do in my life.

The internship will be offered again in 2012. Check the website for more information.

[Permaculture Internship Information.](#)



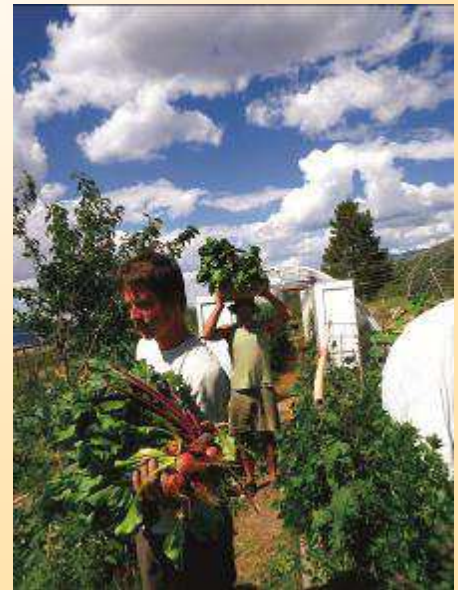
Add Your Memories -- *The Oral History Library* wants to provide a way for people to add their observations, comments and memories to the archived script of the Lama Genesis/Lama Incarnations reading. Works produced by and from oral histories are, by their very nature, subjective and shaped by the vagaries of memory and the selection of text by the creator of the work.

Some have noted that their memories and recollections differ from the portrayal of the people and incidents in the reading, or that important events and themes were not shown.

Therefore, I strongly urge everyone who would like to add to the reading to send a letter with their comments and memories to the address below. This letter, which needs to be signed, will be archived for historic preservation with the original script and become an important part of The Lama Collection at the University.

Please send your letters to: Beth Silbergleit, Archivist, UNM, Center for SW Research, MSC05 3020, Albuquerque, NM, 87131. Please send a copy of the letter to: Ammi Kohn, The Lama Foundation Library of Oral History and Memory POB 532, Crestone, CO, 81131. Thank you for adding to the archives.

Since 2005, Ammi has devoted countless hours and interviewed hundreds of Lama beloveds as his SEVA, his gift, to the Foundation. All net proceeds of the book will go to Lama Foundation. Much gratitude and best wishes on the book Ammi. Mazel tov!



Lama Foundation

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Greetings,

We hope you enjoyed this digital issue of Lama Alive!

The hard copy is at the printer. You will be getting it in your mailbox towards the end of the month.

Are you getting our snail mailings? If not, please contact me with your information taos@lamafoundation.org. If you are not sure, I would be happy to check to see if we have your correct information. Please also let me know if you are getting duplicate mailings. Thank you.

We also make periodic emailings throughout the year with information or special events that are happening on the Mountain. Please provide your email if you would like to be included.

Blessings,
Jan Cross
Fundraising Director

*Love everyone
Serve everyone
Remember God*

Neem Karoli Baba

*During this busy time of the year, we hope you are well
and surrounded by loved ones.*

*Much love and many blessings from the Mountain!
Megan, Joe, Emma, Seth, Clif, Sebastian, Michele,
Snow, Phoebe, Aaron, and Bobby*

Namaste!

Summer 2012 - Tentative Program Schedule

May 16-Oct. 1	- Land Internship	July 11-23	- Global Youth Leadership Initiative
May 21-27	- Community Camp	August 5	- Visitor's Day
May 23-28	- UNM Sacred Sites	August 7-12	- Women's Singing in Circle
May 27	- Opening/Visitor's Day	August 15-19	- Sufi Sesshin w/Pir Shabda Kahn
June 1-16	- Permaculture Design Certification	August 22-27	- Homesteading Conference
June 20-24	- Annual Meeting	August 31-Sept. 3	- Lama Family Reunion
June 26-July 1	- Church of Conscious Harmony	September 13-21	- Vast Silence w/Asha Greer
July 1-7	- Contemplative Environmental Studies	September 23	- Closing/Visitor's Day

