



Lama Alive

Summer 2023

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



- 2 A story of Lama
- 4 Being here:
 - The land*
 - Stewardship*
 - Hermitage*
 - Visiting*
 - Residency*
- 9 Summer schedule
- 19 Being in the world:
 - Online offerings*
 - Cottage Industries*
 - Life after Lama*
- 22 Preparing for your visit
and other info

A story of *Lama*



Anyone who has ever been to Lama has their unique story, perhaps of feeling seen or being moved, awakened, or inspired. Mine began with my first greeting:

pulling up the long, bumpy, winding dirt road one sunny afternoon alongside a whimsical structure, the “old kitchen,” where a small buoyant woman emerged beaming like the sun itself. “Welcome to Lama!” she said, hugging me as if she’d known me my whole life. At the end of that week of fresh mountain air, unfamiliar spiritual practices, simple delicious vegetarian food, and newly discovered family, I found myself standing in the center of the eight-sided dining room above that kitchen, encircled by Beloveds singing Traveler’s blessings. As tears rolled down my face, all I knew was I’d rarely, if ever, felt so seen and loved.

Lama is a place of stories, and people, and time, and their intersections. It’s a place too where tales of spirit and timelessness, mystery and transformation, are often heard. Oh yes, there are facts: a fifty-five year old intentional community rising toward a vision of a new and better world in the fitful 1960’s; a bold experiment in inter-spirituality with multiple religious practices sharing space, revealing common truths and different ways of “knowing”; a seemingly magical spring spilling cool abundant water amidst the aspen grove; and, a seasonal flow of seekers, visionaries,

wanderers, healers, explorers, and pilgrims venturing 8,600 feet above sea level, dumbstruck by technicolor western sunsets, humbled by monsoon rainstorms, snow, and wind, awed by night skies brimming with stars.

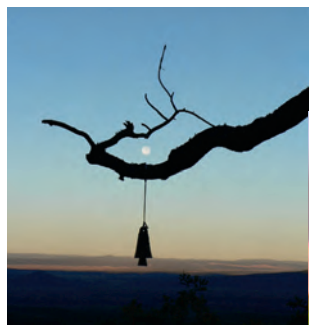
More than facts, I think it's the mystery of this place that so deeply moves and confounds everyone who ventures here. How could this be? Random strangers, choosing to belong, and chosen via consensus to become residents, shepherds of the Foundation; their task, holding the light of possibility, love, and prayerful devotion in an unbroken succession of "circles." Together as individuals, couples, and families, they chart a unique way through a "time outside of time." En route, lives are transformed, often indelibly marked with a sense of spiritual home while awakening to ways of living with difference, loving through hurts and missteps, and communicating authentically with kindness.

Over the decades since I first found my footing on Lama Mountain, I've enjoyed a bounty in deepening friendships, no small legacy from a few summer and winter visits. Now, living a thousand miles west, my weeks are highlighted by a uniquely Lama Shabbat ritual on Zoom. Each Friday at about sunset I log in to join a growing virtual community of Lama Beans (affectionate term for those who've lived at Lama) and other Beloveds. Together we find inspiration in community, contemporary Torah interpretations and Lama's "meeting of the ways," and the treasure of spiritual companionship.

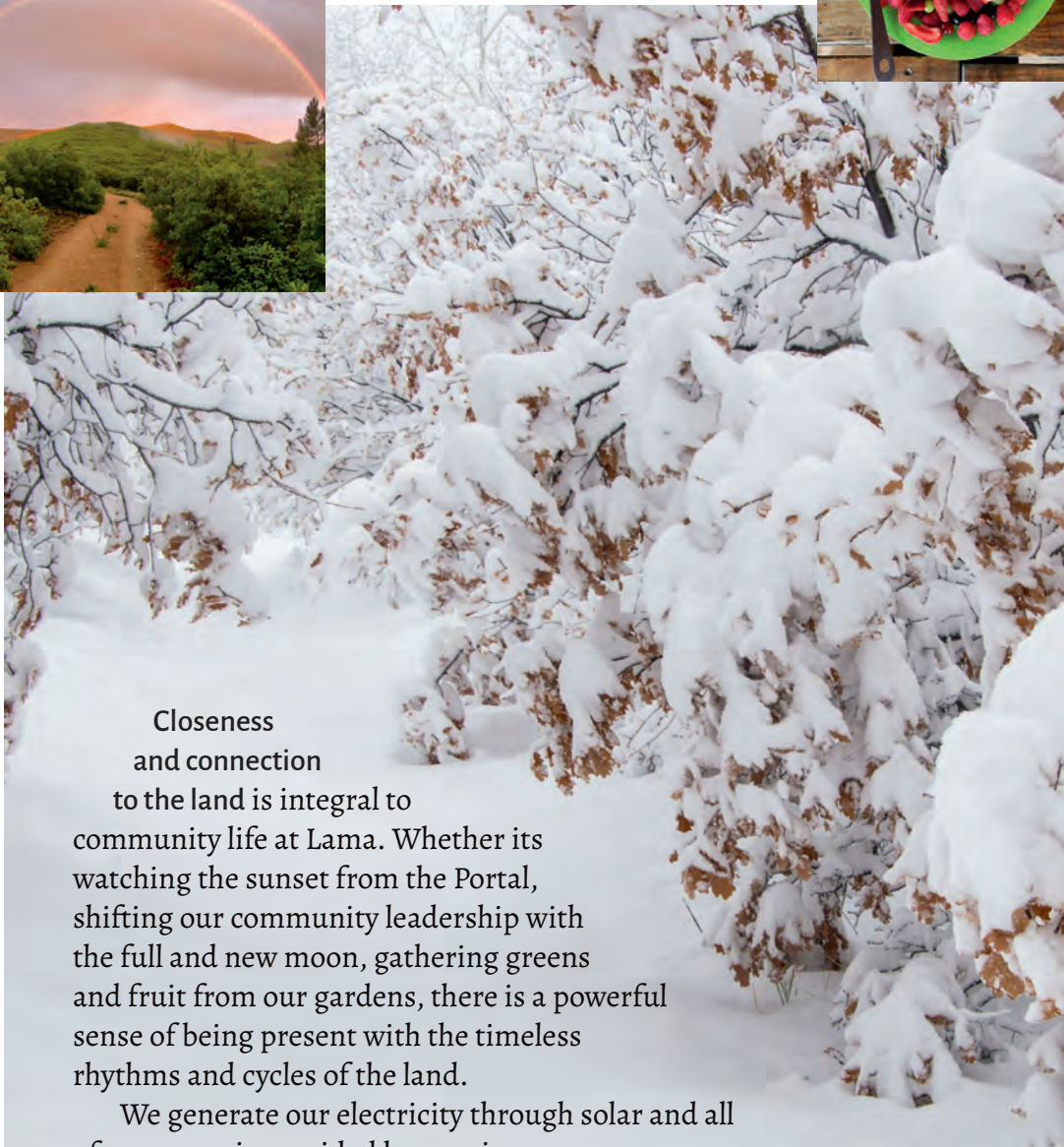
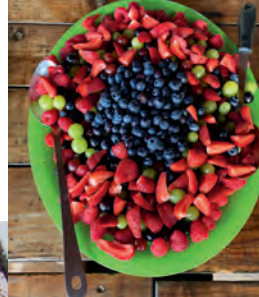
If you are newly discovering Lama, we welcome you with a conviction that your heart has led you to a different sort of place. May Lama serve as an invitation to remember who you truly are, and a gracious threshold on your unique path. We hope you are able to join us, whether for a day, weekend retreat, hermitage, a month of summer stewardship, or via an online offering. Be warned, there are many stories of people finding their way to Lama, some by accident, others following a thread, and being called to stay on the Mountain, sometimes for years.

So then, what will be *your* story of Lama?

— Paul DeLapa



Being here: *The land*



Closeness
and connection
to the land is integral to
community life at Lama. Whether its
watching the sunset from the Portal,
shifting our community leadership with
the full and new moon, gathering greens
and fruit from our gardens, there is a powerful
sense of being present with the timeless
rhythms and cycles of the land.

We generate our electricity through solar and all
of our water is provided by a spring –
which many would say is the most sacred
place on the land. We continue to develop
a conscientious and humble relationship
with these precious resources.





Being here: *Stewardship*

In summer, Stewards join the Lama community from all over the world and stay for as little as two weeks to the whole

length of the summer. Stewardship is the best way to become familiar with community life at Lama. As a Steward you can expect to offer seva (selfless service) in the kitchen and gardens, help print prayer flags, and participate in special land and building projects. You'll also participate in weekly events and community practices, enjoy meals on the Portal with your fellow community members, and have ample time to hike, explore, connect with others, and develop or tend to your own spiritual practice.

Tuition is \$300–500 sliding scale per month, or \$75–125 per week. Visit our website to learn more and submit an application.



“Everyday is so full of doing and discovering...by the time I was here a month, it was hard to remember that I hadn't been born and raised here.

Cynthia Polutanovich, Summer Steward



Being here: *Hermitage*

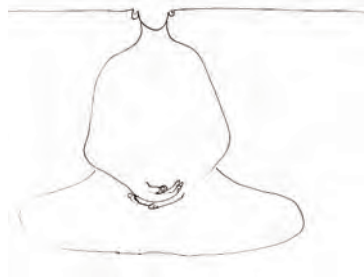
We have two unique spaces available for hermitage, the Maqbara and the Bear. Stays in a hermitage can be a minimum of two nights up to many weeks, depending on the nature and purpose of the retreat. We may be able to accommodate longer retreats by special request.

Our nightly rate of \$45–85 is on a sliding scale to allow those with fewer resources the opportunity to benefit from this profound practice.



*As the morning unfolds,
I sit, breathe, feel the warmth
of the mug in my hands, watch
the light of dawn slowly stretch
across the mesa, spilling into the
Rio Grande Gorge below.
Something settles and relaxes in
my chest...In this moment,
nothing needs to change
and I am flushed with
thankfulness to be alive.*

Kestrel Alexander, hermit





Being here: *Visiting*

A visit to Lama can be as brief as an afternoon or as long as a week.

SCHEDULE A DAY OR OVERNIGHT VISIT. During your stay, you're encouraged to join us for as many of our regular community activities and practices as you would like. The visitor's fee is \$25–50 (sliding scale) per day, which includes meals and a campsite. Indoor housing is an additional cost and may be limited in availability. To schedule your visit, please visit our website to submit a visitor request form.

COME UP FOR OUR PRACTICE EVENINGS. Dinner is served at 6 pm and the program begins at 7 pm. Please call before 3 pm on the day you intend to join us so we know how many to cook for.

- **Thursday Zhihr**, a Sufi practice of remembrance, weaves together repetition of sacred Arabic phrases, rhythmic movement, breath, and sometimes music.
- **Friday Shabbat**, the Jewish sabbath, which we've done since Lama's earliest years. It's often a blend of celebration and contemplation where we let go of the busy week and open our arms wide to the simple and profound joys of life and beingness.

**JOIN US FOR A
VISITOR'S DAY.**
See page 11 for more
information.





Being here: *Residency*



Living as a resident in service to the Lama Foundation can be a profound, life-changing experience. Each autumn, a new resident circle forms to care for the land and buildings and tend to the spirit of the Foundation through the winter and into the next summer on behalf of the greater Lama family.

The responsibilities of maintaining every aspect of a community and retreat center are divided amongst residents, and though often daunting, the rewards are also deep and lasting. Residents are invited into a rich and dynamic community-living curriculum that challenges them to develop spiritually, emotionally, and interpersonally. They

learn consensus agreement building, conflict transformation, tools for conscious communication, and are encouraged to develop deep relationships with personal and community spiritual practice.

Residency is a full year commitment and begins with Summer Stewardship. To allow for the opportunity for everyone to get to know each other, we ask those interested in residency to arrive at Lama before August 1st. The earlier one can arrive, the better.





Summer schedule

- MAY 22–27 Community Camp
- MAY 28 Opening Day
- JUNE 1–4 Yoga Meditation Retreat
- JUNE 8–11 Teen Mindfulness
- JUNE 15–18 Annual Gathering
- JUNE 28–JULY 2 Sufi Sesshin
- JULY 5–10 Church of Conscious Harmony (*private event*)
- JULY 15 Visitor's Day
- JULY 20–23 Spiritual Space in a Corporate Landscape
- AUGUST 8–13 Women Singing in Circle
- AUGUST 17–20 Swim in the River of Blessings
- AUG 27–SEP 1 Tai Chi with Heloise Gold (*private event*)
- SEPTEMBER 17 Closing Day

Visit our website
lamafoundation.org
for registration info and
teacher photos and bios



Community Camp

WITH LAMA RESIDENTS AND GUESTS TEACHERS
MAY 22–27 ☉ \$125–375 SLIDING SCALE

Do you want more community in your life? During this retreat we'll give you a taste of what it's like to live in a community, and offer some of the ways we work to share space in a good way, physically and energetically. Our time together will include:

- Group participation in a variety of spiritual practices, facilitated by Lama residents and wider community. We hope you'll find ways here to help connect to spirit, and to a higher power and purpose.
- Workshops on consensus agreement building, conflict transformation, and mindfulness.
- Integration with the physical plane via hiking, forest bathing, and animal watching, as well as getting our hands dirty in work (and redefining what "work" even means!) while incorporating techniques learned from the practices and workshops listed above.

The Lama Foundation, sometimes referred to as "The School of Lama," is located on Lama Mountain, next to the Carson National Forest, near the town of Taos, New Mexico. This foundation is many things: many people call it their spiritual home. Come see it for yourself!





Visitor's Days

MAY 28, JULY 15, SEPTEMBER 17 ☉ SUGGESTED DONATION \$20

Join us for a day of food, community, and collective spiritual practice as we celebrate the opportunity to share the magic of Lama with others. Whether you're a seasoned Lama Bean or if you've never been to Lama before, this is a great way to connect with the mountain and community.

11:30 am: Lama Foundation history and tour

12:30 pm: Lunch

2:00 – 4:00 pm: Kirtan, Dances of Universal Peace, and/or other practices





Yoga Meditation Retreat

WITH KOBUSSHIN MCLEOD AND LOU MCCALL

JUNE 1-4 ☉ \$275

Kobusshin calls her style of Buddhism, Zen Light, which is distinct from the rigid discipline for which Zen is often known. Although this is a silent retreat, it will not have the strict inflexibility that can take the fun out of Noble Silence. The ancients discovered the practice of hatha yoga to assist them in their meditation practice. To this purpose, Lou McCall will lead yoga to complement the Zen practices of sitting and walking. Together, the teachers have almost 100 years of combined experience in Buddhism, meditation, and yoga! This is an eclectic silent retreat that includes an optional Saturday evening kirtan, which is open to the public as are Lama's evening offerings of Zikr and Shabbat.



Teen Mindfulness

WITH WILLOW BROOK, PAOLO CASERTA, KIRRY NELSON & OTHERS
JUNE 8–11 ☉ \$400 (SCHOLARSHIPS AVAILABLE)

Mindfulness practice is a life skill, one that benefits people of all ages. For teens especially, this form of compassion to oneself and the world can make all the difference in an often challenging stage of life. Meditation relieves anxiety, provides clarity and gives us a sense of confidence in ourselves. It also tunes us into other people and increases empathy. Mindfulness and meditation are skills that require practice to develop yet require no special ability.

Join our dedicated teachers in the breathtaking mountains at Lama Foundation for three days of mindfulness cultivation and practice. This is our fourth annual retreat for youth, focused on developing basic meditation techniques through exercises that concentrate our whole being. Activities include seated and walking meditation, hiking, yoga, tai chi, communication development, and more. We will enjoy evening campfires, daily community service (seva), time for socializing, and time to rest.



Annual Gathering

JUNE 15–18 ☉ BY DONATION

Lama Beans, gather for an extended weekend of group practice and celebration. During this time our official Lama bodies will present on what they've been up to this year, with time for discussion and conversation.

If it's been some time since you joined us for Annual Gathering (formerly Annual Meeting), you are warmly and excitedly encouraged to join us again. In recent years, our Annual Gathering of Lama friends and beloveds, Continuing Members and Trustees, Free Associates, and Residents, has become a precious opportunity to be reminded of our deep love and lasting affinity with Lama.

This year you can expect more time to engage in shared spiritual practice and more time to connect with those friendly Lama faces you haven't seen or spoken to in a few years. We will still have an opportunity to hear an update on the state of the Foundation and to discuss issues and topics that are currently alive and relevant. If you've been feeling a little estranged from Lama, or in need of some inspiration from the mountain, please join us, and give yourself the opportunity to fall in love with Lama all over again.





Sufi Sesshin

WITH PIR SHABDA KHAN, MURSHIDA DARVESHA MACDONALD,
AND SHEIKH GAYAN LONG

JUNE 28 — JULY 2 ☉ \$475

*The Dances of Universal Peace and Zikr are an excellent way
to prepare for meditation, and meditation is an excellent way
to prepare for the Dances of Universal Peace and Zikr.*

— Murshid Samuel Lewis

Join us for five days of Silent Meditation alternating with Zikr and Dances of Universal Peace, integrating active practice with meditation, a deep and joyful experience.

This potent practice combines the power and resonance of the Zikr Circle /Dance Circle with the profound calm and abiding insight of the meditative state. It is our goal that this integrative approach will move us toward a grounded balance of Serenity, Insight, and Awareness. The teachings and transmission of Hazrat Inayat Khan and Murshid Samuel Lewis will be woven into the context of the retreat.

Sufi Sesshin fees provide only minimal support for the teachers — there will be an opportunity to give “dana” (further financial generosity) at the retreat.



Spiritual Space in a Corporate Landscape

WITH THOMAS RENAULT & GREG HONEY

JULY 20 – 23 ☉ \$1500

How do we bring spiritual presence and practice into the high-paced technology realm? How do we re-balance self with endless work? Is there a place for courageous authenticity?

We invite individuals in the corporate and technology fields to come live at Lama for three fertile days in July. The community follows a simple and ancient pattern of daily life that helps the heart, head, and body engage and restore. With facilitation, we will move through cycles of concepts and experiences, tools and integration time. All pointed to freeing up each person's spiritual space so you can return to the corporate landscape without sacrificing this precious space. Indeed, it can become the essential growth component for you and the surrounding landscape.

- Participants will receive necessary pre-work to prepare — no more than 30 minutes.
- A dedicated support-person will be available to you for logistics, available accommodation and transportation (from either Denver (5 hours) or Albuquerque Airport (3 hours)).
- During the 3 days, executive coaches will be available to support each individual through their process.
- 3 coaching sessions are available for up to 3 months afterwards to further support integration of tools and practices.



Women Singing in Circle

WITH MELANIE DEMORE, TERRY GARTHWAITE, KATE MUNGER & BECKY REARDON

BASIC: AUGUST 9–13 ☉ \$540-840*

EXTENDED: AUGUST 8–13 ☉ \$675-975*

**Sliding scale, costs beyond base amount will be donated to teachers*

Led by four celebrated singer/songwriter/teachers, this retreat is a daily immersion in the joys of singing harmony in the incomparable acoustics of Lama's spacious adobe dome. We'll be learning songs and rounds celebrating life, holding up community, opening hearts, encouraging resistance, and entertaining playfulness. Special sessions feature offerings based on each teacher's unique musical paths. Sight-reading is not necessary, although written music will be provided for many of the songs.

One evening, the participants usually invite Lama staff to come to the dome and be serenaded by lullabies. And traditionally the last evening is a free-wheeling salon where retreatants can share songs, skits, and dances with their sister singers.

This retreat was in its 16th year before COVID forced a hiatus in 2020. Mel, Kate, Terry and Becky are overjoyed to be able to return to the mountain this summer and sing in circle live again.





Swim in the River of Blessings

WITH MARIAM BAKER & FRIENDS

AUGUST 17 – 20 ☀ \$325 – \$425 (SLIDING SCALE)

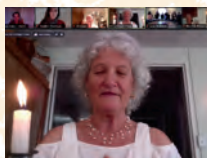
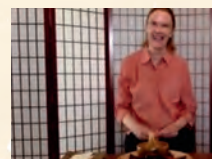
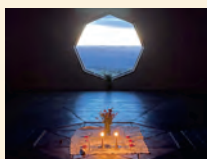
This is an intensive opportunity to let the *“beauty we love be what we dare!”* And to make it real with experiential practice as we join in our journey beyond the binary, relaxing into mystery, and manifesting beauty.

We’ll explore both shadow and light as we turn with the planets and the larger cosmos. We’ll turn as the earth and moon turn, circling what we love.

There will be time for communion, conversation, music, movement, turning, dances, walks, dream-telling, storytelling, Sufi SoulWork, and plenty of play. Additionally, we’ll explore the connection between Sufism and quantum physics.

Join us in the co-creative process, culminating in our Sunday closure with the Rainbow Sema.

This retreat is open to all. Costumes, masks, and all playful fools of the One are invited!



*The shared ritual
The quiet depth we share
Togetherness*

— Karima Forman

Being in the world: *Online offerings*

Want to experience Lama but can't make it to the mountain? Join us for one of our regular online offerings:

SHABBAT – *Every Friday at 6:30 pm Mountain time*

Join the Lama community as we reflect on the last week, connect in shared practice and light the candles of the sabbath.

LAMA TEA – *First Thursday of each month, 2-3:15 pm Mountain time*

We welcome you to our cosy community of Japanese tea ceremony practitioners and lovers. Sessions usually involve making tea together, reflecting on our theme as it meanders through each of our lives, and writing poems.

Visit lamafoundation.org for instructions on how to join.





Being in the world: *Cottage Industries*

FLAG MOUNTAIN COTTAGE INDUSTRIES was created to support Lama's mission in the world through right livelihood. Our prayer flags are inspired by the rich tradition of Tibetan prayer flags though we've given them an interspiritual twist. The intention, however, is the same: prayers printed on flags, carried on the wind around the globe.

Alongside prayer flags, we've offered other products over the years: prayer beads, jewelry, cards, t-shirts, CDs, books, art prints and more. Now we're planning some new changes, from the sourcing of materials, to their transformation on the mountain, to the exchanges between us and you. We strive to incorporate awareness and care in every part of what we do, creating accessible, meaningful, unique, and healing products while continuing to support this foundation – this home to many. Tall order, right? But we try our best.

Lama's apparel in particular will undergo a big change. We will soon begin printing on reused clothing where possible. So if you have gently used clothing you can donate – blank t-shirts, long sleeves, sweatshirts, and hoodies especially – please ship it on over to: Flag Mountain Cottage Industries, PO Box 240, San Cristobal, NM, 87564.

Keep an eye out for updates on our website and in the monthly newsletter as we have other exciting projects in the works. We're grateful for your support of our little cottage industry. Thank you!



Being in the world:

Life after Lama

How has your experience of Lama informed your life and work in the world?

“Lama is a school where we acquire tools to help ourselves evolve and become more conscious.”

“Lama has affected all I am and all I do. The most important parts can not be put in words. I am a different person. I have gained the confidence to let my gifts shine and be shared through service in the world.”

“Often I arrive at Lama depleted and disconnected and when I leave I'm recharged and revitalized. Inspired to return into the world and spread this energy.”

“Vast love, engaging the world with deeper gratitude and practice. Living out of the box.”

We would love to hear how your time at Lama has informed your life in the world. Share your stories with us at taos@lamafoundation.org, and we may include them on an upcoming blog on our website.

THANK YOU!

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Photo Credits: Spencer Foon, Julia Friton, Jonathan H. Lee, Ayesha, Paul de Lapa, Tracy Cates, Willow Brook, and others. Have some photos of Lama you'd like to share? Send them to taos@lamafoundation.org

Preparing for Your Visit

- Come prepared to unplug; we place a high value on presence and connection in community and use of devices is limited to designated areas
- Lama's water comes from a spring and water is especially precious in the summer months. Come ready to help us conserve water by taking shorter/fewer showers and only using what you need
- We're situated at 8,600 feet elevation and it's not uncommon to experience a period of adjustment if you're coming from sea level. Feel free to contact us for tips on getting ready to live at high elevation.
- Be sure to bring sun protection; hats, sunscreen, etc.
- Visit our website for travel information, directions, and other helpful tidbits

Pricing

- Visitor: \$25–50 per day, includes meals & campsite
- Hermit: \$45–85 per night, includes accommodation, meals, and service (2 night minimum)
- Stewardship: \$300–500 per month or \$75–125 per week (2 week minimum)
- Private Housing: \$50–85 per night
- Dorm Housing: \$15–40 per night

A note about our sliding scale: We use a sliding scale wherever possible as a way to make Lama accessible to a wider range of people. We feel that you are best able to determine your financial means and contribute accordingly. Please make an honest and kind assessment of what you can happily offer – more if you have greater means, less if you have more limited means. We're grateful to have you in our community and appreciate your support.

Covid Protocol

We take great care to ensure the health and wellbeing of our community. Please visit our website for up-to-date information on covid protocols and procedures.

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