Look for our 2012 Summer Program Brochure in early January and consult our website [www.lamafoundation.org](http://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

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.
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 GYLI’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. :)
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.

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 respite, 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

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!

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.

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.

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.”

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!

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
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!
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 "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

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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.

Click here for more information on this important project.
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.

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.

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.

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!
Thank you!

For caring! For your monetary and in-kind donations, for your physical donations, for your 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 Auaman • 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 Bartellette • Mary Shaffa & Abdul Aziz Bartley • Olaj Anrjun Bassett & Susan Haugen-Bassett • Shama Beach • Lora & Kevin Bear • Gary Beavers • Brenda Bleeley • Ronald & Carolyn Behnke • Jacky Bellman • Steve Berlyn • Asha & Andrea Uwais Bernard • Farishta Janice Bibeau • David Habib Bishop • Judith Blaise • Tawwaba Samia Jennifer Bloch • Thomas & Sara Bluefeather • Michele Bocia & Lewis Sawatzky • Fadhilla Nancy Bradley • Lee Braun • Azim Devin Breise & Ruth Leivers • Eleanor Briseno • Louis & Jane Brodnick • Peter Brodnik • Joy Brook • Wendy Brooks • David Brown • Roy T Bruno • Carolynn Bryain • Amrita Huwla Burdick • Bobby Burke • Deborah Butterfly • Donna Calame • Lissa Callirhoe & Harlan Van Camp • Bob Campbell & Melissa Russo • William & Marie Carman • Daniel Carmona • T. Bruce Carpenter • Mariola Paen & Renato Cascioli • Lori Cohen & Paolo Caserta • Mikal Ceronowski • Karen Chamberlain-Heller • Helen Chantler & Marc Choyt • Terry Chastain • Katherine Chudoba & David Powelson • Jung Chung • Julia R. Claus • Liz Clemmer • Alicia Clyde • Ahad Cobb & Mary Rose Bennett • Crystal Cobra • Elizabeth Coe • Elizabeth Coburn • Gloria Colín • Lyndsi Comins • Douglas Conwell • Jack Cormier • Anna Cosentino • Nancy Costea • Melissa Crabtree • Jai & Jan Cross • Judy Cutler • Sulis Cutler • Candace Parvati d’Obrenovic • Talitha Daddona • Raya Daizandah • Cindy Rea Daniell • Janice Daugherty • Charles & Stephanie Davis • Paul & Mary Davis • Rev Doris Davis • Terry Davis & Bruce Holthouse • Mino & Fusako de Angelis • Annie Degen • Melanie DeMore • Deborah & Robert Denome • Matt DePinto • Douglas & Lucinda Dirks • Fred Dittrich • Cynthia Dixon • Mark Dixon & Sandy Fazio • Robert Dohr • Michael Donlan • Phil Dougan • Sara Dougas • Eva Dragos • David B Eames • Talie Elohy • Reverend Christy Engels • Merrybelle England • Nancy Enright • Cathrine Estar • Julie Esterly • Jason Etherington • Douglas Etelson • Leslie Everett • Jim & Dorothy Fadiman • Chris Fairchild • Richard Falk & Qahira Falk-Allen • Lynn A Farquhar • Alice, Paul & Jenny Fehlau • Marsha Feinhandler • Janice Jemila Felisko • Marigold Fine & Jim Stanford • Charles Fisher • Nora Fisher • Jaclyn Fleming • Felicia Flower Gironda • David Fore • Bob Forshay • Frank Fox • David Franz • Regan Frulo & Lothar Puewseaug • Deborah Freed • Candace Freeland • Danielle Freeman • Michael Freeman & Amy Stein • Justin & Linda Friedmann • Donna Gaddie & Mark Choko • John & Aline Galm • Teresa Gardner • Percyne Gardner & Kim Kirkpatrick • Herbert & Frances Garn • Beth Garrigue • Terry Gartwheat • Sybil Gaylord • Agatha Gelderloos • Rosemary Gerber • Rhoda Gilman • Karima Gayle Gilmore & Ozzie Curlee • Natalie Goldberg • Rick Gomes • Rose Gatewood & Japer Gomez • Pablo Gonzalez & Megumi Fujimaru • Marcia Graham • Mary Beth Granberry • Karen Gray & Hugh Littlebury • Dr Lucinda Green • Katharine Green • Phoebe Greenberg • Rand Greenfield • Asha Greer • Olga Gressot • Robert Griffin • Julie Grossman • Irena Raina Grygorowicz • Amy Guy • Gregory Gutin • Ben Haggard • Charlie Hall • Deanne Hall • Foster Hall • Richard, Beki & Margaret Halpin • Sylvia Clarke Hamilton • Richard Hammer • Hajiqa Jeri Anne Hampton • Dru Handy • Linda Hansen • John & Joyce Harlin • Dimid Hay • Terrie Heibel • Judith Henry • Mark Herzog • Eric Hesselberrth • Cori Rahima Wadud Hetzel • Mark & Christine Hickman • Linda Hodapp • Beth Hoffman • William Hogan • Joy Holloway • Susan Holmes • Lucy Holt • Jean Hoots & Bruce Frostick • Mark & Robert Hovis • Satyadev Tom Hui • Theresa Hulce • Elaine Humphrey • Jim Hunt • Robin Hunter • Susan Israel • Jan Jahn • Tiffany Jana • Rose Ann James • Sita Jamieson • Judith Jensen • Katherine Sophia Jensen • Beth Johnson • Bob & Pat Johnson • Mansur Johnson • Mariel Margery Johnson • Vicky Jost • Shabda Kahn • Joan Kaiser • Kenneth Kalata • Juliette S Karow, M.D. • Brooks Kasson • Amy Katz • Kehar Kaur • Steve & Molly Curry Kemble • Dianne Rashidah Kerlin • Siri Neal Khalsa • Susan Kiel • Jamil Klbride & Karin Arielle • Gord Kilbury • Jeffery S King • Sandra King • Randall Klarin • Terry Klein • Dana Klepper • Anni Kohn • Janet Kolzow • Jeffrey Kosiorek • Joanna Koslowsky • David Kramer • Amanda Kraft • Steve & Julie Krajacic • Elizabeth Ann Kuhn • Jason Lacoeste • Veronica Lake • Stephen Landau • Carol Langford • Donna Lanoff • William & Judith Lanyi • Deirdre LaPenna • Kathryn Lawrence & Keith Akers • James Inayat Leff • Katrina Lehman • Teresita Leonz • Cynthia Letton • Miryam Levy • Susan Lime • Karla Linden • Richard Lindley & Gracie Belle Broussard • Carol Lo Castro • Priscilla Logan & Michael Mandell • Frank Loweree • Paula Lozar • Ferol Ludwig • Patricia Lund • Darvesha MacDonald • Richard Mahler • Anne Marie Mal • Lisa Mandelstein • Kate Mann & Jeff Salmon Allison • James E Marienthal • Susan Marks Mahon • Richard Markov • Kelly Martin • Margaret Mason • Mary Ann Matheson & Cassim Dunn • Kathryn Hafiza Mathieu • Samuel Meyer & Bill Cobb • Virginia & Robert Joe McClary • Alice McClelland • Jillean McCommons & Patrick Soule • Sarah Mc Culloch • Earnest & Nancy McDaniel • Michelena Naud, Joseph & Naia McPherson • Atallah William Meacham & Alia Patricia Michael • Liliana Mejia • Ian Melnick • Laura Meltser • Judith Metz • Guthrie Miller • Janice Miller • Deborah Milosevich • Sanjar and Nazia Moizizandi • Sharon Monday • Brenda Morgan • Sara Morgan • Chien Moto • Molly Moyer & Ronnie Storey • Kate Munger • Stephani-lila Murdoch • Lawrence Muscut • Bette Kay Myerson • Jennifer Neal & Chris Ormand • Mary Neikirk • Ayla Nereoc • Peggy Nes • Alan & Deniese Newman • Sharon Niederman • Whitney Molly Nieman • Elizabeth Nobles • Lorraine Williams Norby • Julie Norem-Hawley • Edwin Ned O’Malia • John F O’Regan • Lucy Oliver & Thomas Rightmyer • Eric Oliksen • Shanti Overley • Nur Karima Alicia Patrice & Daniel Kennedy • Richard Patrick • T R Patterson & Dais Schrock • Jack Paxton • Julie Peet • Gyana Pendleton • David Perrigo • Sabura Deborah Perry • Shiva Perry • Franklin & Linda Peters • Karen & Stan Peterson • Michelle Pike • Paul Pitetti • Richard Pollens & Kristina Deime • Cynthia Ann Polutanovich • Lalo Porto • Cleo Post • Devin Powell • Joy Powell

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Individually, we are one drop. Together, we are an ocean.

Ryunosuke Satoro
Special thanks and gratitude to so, so many.

To name a few:

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 Renaut, Fatima Rigsby, Paul Wapner, and Latifa Weinman.

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/Keeopsake 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

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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.

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Ways You Can Help

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.

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.

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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 Freezer
Energy-Efficient Industrial Refrigerator
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
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.

**Wish List**

**Kitchen**
- Counter-Mounted, Industrial Can Opener
- Large Tea Kettles, Tea Strainers/Balls
- New Dish Towels
- Large, Solid Stainless Steel Spoons
- Stainless Steel Mixing Bowls
- (3) Bottles Oregon Grape Root
- Mason Jars/Canning Supplies
- Stainless Steel Mixing Bowls
- Large, Solid Stainless Steel Spoons
- Mugs/Bowls (no cracks)
- Counter-Mounted, Industrial Can Opener
- Good Quality Towels & Washcloths
- Wood Stoves
- Energy-Efficient LED LCD's (15W or less)
- Low-Profile, Energy-Efficient Desktop PCs

**Resident Care**
- Donations for Snow Boots Fund
- Warm Socks, Gloves, Mittens
- Hypoallergenic Queen Comforter
- Firm Queen Mattress
- 3-6 Gallon BPA-Free Water Jugs
- Stackable/Folding Chairs
- Down Comforters (Queen/Double)
- Double Beds and Futons
- Low-Profile, Energy-Efficient Desktop PCs

**Sacred Spaces/Office**
- Double Beds and Futons
- Down Comforters (Queen/Double)
- Blankets/Sheets (Queen/Double)
- Stackable/Folding Chairs
- Curtains & Curtain Rods
- Small Desks, Chairs & Dressers
- Wood Stoves
- Good Quality Towels & Washcloths
- Office Chairs
- Energy-Efficient LED LCD's (15W or less)

**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.

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 amnikohnoralhistory2005@yahoo.com.


(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 pride 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, Albuq, 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!
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

Summer 2012 - Tentative Program Schedule

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