

Lama
Alive

Autumn 2015



Mountain Musings

This poem is not metered
Or beautiful or smart
But I hope it gives a gist
Of Lama's happenings and heart.

The circle's strong and mighty
A caring, laughing crew
We're a twelve-pointed star
With three little gurus.

Now we residents explore
The depths of Lama ocean
With laughter, tears, and silence
Through service and devotion.

The summer was a blessing
Of friends and sun and praise
Retreats and things successful
Love supporting days of craze.

The stewards were fantastic
Carrying the wheel
To serve our beloved home
Cooks and cleans at every meal!

We honor the trustees
For their love and dedication
When times have turned tough
They've been my medication!

Hard work on the Dargah project
Continues in all weather

by Rebecca Rodger (Coordinator)

We pray as this continues
We may move forward now together.

The Governance Committee:
Four women hard at work
Considering our systems
Out of love for all our folk.

Gathering each month,
So here at Lama you can be
Comfy in warm beds
The Guest Housing Committee.

The mountain is now resting
Leaves falling for this year
But for zikrs and Shabbats
She still welcomes you here.

And I'm still here at our Lama
And will do the best I can
To serve each and every one who comes
Family, friend, or fan!

Next summer is exciting,
New adventures waiting there.
For now we will move inward
And join the sleeping bears.

There are so many to thank
Those who serve, and send their light
Thank you, thank you, thank you
We love you and goodnight.

*Blessings to our departing residents: Caitlin Peerson, Rachel Halder, Angela Galen and Daein Kang.
May your journeys be full of Spirit. You will always be held in our hearts.*

Lama Foundation Mission Statement

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.

This issue of Lama Alive

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Front Cover Photo: Marissa Macias

Back Cover Photo: Marissa Macias

Thank you!



The 2015 Resident Circle (from left to right, top to bottom)

Clif: *As I step into my 4th year of residency, I feel a deepening into gratitude and service for this magical place.*

Lily: *Suckled in the Sierra. Raised in the Rockies. Been all around this great big world. Landing at Lama feels cozy in my bones. I'm here to heal, sing, learn subtler and subtler.*

Jamil: *I'm happy to finally live at the greatest place I know. Looking forward to the challenges and gifts, tiny and large, that the next year will offer.*

Bird: *Still happy to be here. Thanks for Lama!*

Holmes: *I come to Lama from Seattle, Washington. Heart weeping with joy.*

Ayesha: *Here I am a Lama Bean... began as a chickpea... cooked awhile in Boston, simmered in Portland, and returned to the motherland with Love and Gratitude.*

Nathalia: *The day you stop running, is the Day you arrive. So Here I am! Lama Mama mountain embrace softly whispers: Stop Chasing shadows and enjoy the Ride.*

Siddhartha: *When I first arrived at snow-covered Lama as a steward, I was in transition from Austin to a new life in Tucson. I had no intention of staying for more than a couple weeks. To my great fortune, I now find myself swept up with the majestic spirit of the mountain as a resident!*

Rebecca: *Rest easy because everything changes ceaselessly and Freedom abounds in this house. Riding oceans' deep green, everyone returns. Love to you all!*

Megan: *Freshly in love with Lama. Joyfully back home. Fifth year and first year at once. In awe of this circle's care for my daughter, Pema.*

Aspen: *Gratitude is my attitude. The mother of two bright sons, Hawk and Moses, I am grateful to call Lama home as we honor historical spiritual ties to the Foundation and its sacred spring.*

Jessie: *I feel blessed! I am excited for another year of growth sponsored by Lama's mystery school and anticipate an opportunity for increased transformation. I have high hopes for this year's circle.*

**Lama Alive
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Construction Begins on the Dargah

by Austin Ravi Babcock

Construction began on Murshid Sam's Dargah in August, the result of much preparation. A written contract was signed by Lama Foundation and Sufi Ruhaniat International (SRI) in March, both boards of trustees working hard to flesh out the agreement. The project manager, Malik Braun, has been at Lama since early August and I am deeply impressed by his ability to hold Lama's interests in his heart.

I am serving as the Lama-SRI liaison, and Jai Cross is serving as the land remediation advisor. Rebecca Rodger, Lama Coordinator, is keeping abreast of construction and informing the residents and others of progress. Together, we are overseeing the entire construction process and providing reports to the trustees.

As many know, deciding to move forward with the Dargah has been heart-rending for Lama. Genuine differences continue to exist about the wisdom of the project. It feels good to report that things have nevertheless unfolded in beautiful ways. Many came to the Dargah before construction to offer prayers and consecrate the site, and various beans have visited the Dargah to lovingly witness construction and wish the project well. Many people are working to ensure that the project unfolds in ways that respect the Lama community, Sam's legacy, the mountain, and the wider world of which the Dargah is part.



In mid-August, physical work began, clearing a path for access, and identifying trees for transplant. Along with being liaison for the project, I have also worked hand in hand with the crew since mid-August. This has been physically demanding, but a blessing for me. Although the appearance of the Dargah has changed, I still feel that special feeling I have always felt there.



Steve Torres carefully carved the access road in late August, and Scott MacHardy, the contractor for this phase, oversaw excavation around the Dargah. His crew completed two eight-sided footers that surround the gravesite. Carefully digging and working in these conditions made this a truly monumental feat. The final step is to pour the slab, so there will be a continuous floor from the footer to the perimeter around the existing stone mound. The slab will provide protection for the foundation through winter, when we will close down the site and the access-way.



In laying out the project up to the National Forest, it became clear that the stone mound would not be centered in the Dargah, as originally planned. The Forest Service came up with GPS to ensure that we did not encroach on their land. After carefully exploring this important detail with both boards of trustees, it was decided to continue with the stone mound unmoved. This was a painful decision since the sacred geometry of the Dargah was compromised. However, not moving the mound felt most appropriate to maintain the sanctity of the Dargah's presence and preserve the decades-long outpouring of prayers, tears, and well wishes from those who have visited the site.

The main phase of construction will commence next year, when the above ground structure is expected to be completed. Malik and Rebecca are narrowing down the construction schedule, which will likely begin in spring and proceed in phases so as to minimize disruptions to Lama's summer. This is a complicated project, because of complex construction details and heart-sensitivity. As I go up the mountain each morning, I find a neat and well cared for workspace. There is a calm and peaceful feeling, shared by all who are at work here. Everyone who comes up - truck drivers, laborers, building inspectors - express gratitude for this unique project, and I feel a deep respect for Murshid Sam in my heart in all the moments that I am there.

Autumnal Dargah Remediation Report

by Jai Cross

I love ponderosa pines. I appreciate their majestic growth, the way their branches spread widely, how their long needles move and whisper in the breeze, their furrowed and aromatic bark, but it's more than just an appreciation of their natural beauty. I feel a special affinity with this particular tribe of forest trees, something of a close personal relationship. So it was a great blessing to head up the land restoration team at Lama Foundation which planted thousands of bare root ponderosa seedlings after the Hondo Fire.

I was called to duty again this year as the land remediation advisor for the Dargah project. The 700 foot long construction route was designed with three primary factors in mind - providing direct access to the building site, staying on contour when possible to reduce erosion, and avoiding pine trees. I think that it was very successful in all three categories.



The ponderosas growing in the path of the temporary road were transplanted. Steve Torres used the two-foot bucket on his uni-loader to first dig a hole to receive the transplant and then to scoop out a large root ball around the pine. We liberally sprinkled peat moss into the freshly dug hole, poured in ten gallons of water, planted the tree while adding still more water, and constructed a generously-sized basin filled with wood chips to increase water retention.



In all, we moved 21 trees - 19 ponderosas that were planted as bare-root seedlings after the fire, one small blue spruce near the dance circle, and one taller ponderosa near the Dargah. Of the 19 that Lama planted after the fire, only six were taller than four feet. The average trunk diameter as measured eighteen inches above the ground was only 1.3 inches, so we are mostly dealing with fairly small trees. Nonetheless, each tree received diligent attention and repeated prayers. I carefully selected each relocation site, ensuring that it would be protected from vehicles, receive ample sunlight, and have adequate growing space. Many of these pines had been growing in dense oak thickets, and their slow growth rates were probably due to their intense competition for water and light.



I water the trees weekly from a water tank in the back of a pick-up truck. In the first five weeks, I hauled over 4,000 gallons of water, enough to water some other ponderosas along the access route that were not transplanted. This weekly watering will continue until cold weather sets in and snow closes down the roadway. But even during the winter, I will bring water up during warm periods and then resume my weekly watering schedule in the spring.

Erosion control has been a project concern from the very beginning. Due to careful planning and Malik's oversight, the access route's deepest bank cut is about four feet in height (for less than ten feet of the total roadway length), and most of the upslope bank is less than two feet high. Exposed soils on the downslope side were covered with oak branches to protect them from erosion. Several series of temporary water diversions will be placed across the temporary road once construction stops for the winter. Malik, Ravi, and I are periodically reviewing on-site conditions to ensure that erosion is minimal.

I look forward to when we can gather and dance and pray at the Dargah without any thoughts of irrigation and construction. But that day is many gallons away...

To Build Community, an Economy of Gifts

by [Charles Eisenstein](#)



Wherever I go and ask people what is missing from their lives, the most common answer (if they are not impoverished or seriously ill) is "community." What happened to community? Why don't we have it any more? There are many reasons - the layout of suburbs, the disappearance of public space, the automobile and the television, the mobility of people and jobs. If you trace the "whys" a few levels down, they all implicate the money system.

More directly posed: community is nearly impossible in a highly monetized society like our own. That is because community is woven from gifts, which is why poor people often have stronger communities than rich people. If you are financially independent, then you don't depend on your neighbors - or on any specific person - for anything. You can just pay someone to do it, or pay someone else to do it.

In former times, people depended for all of life's necessities and pleasures on people they knew personally. If you alienated the local blacksmith, brewer, or doctor, there was no replacement. Your quality of life would be much lower. If you alienated your neighbors then you might not have help if you sprained your ankle during harvest. Community was not an add-on to life, it was a way of life. Today, with only slight exaggeration, we could say we don't need anyone. I don't need the farmer who grew my food - I can pay someone else to do it. I don't need the mechanic who fixed my car, the trucker who brought my shoes to the store, or any of the people who produced any of the things I use. I need someone to do their jobs, but not the unique individual people. They are replaceable and, by the same token, so am I.

That is one reason for the superficiality of many social gatherings. How authentic can it be, when the unconscious knowledge, "I don't need you," lurks under the surface? When we get together to consume - food, drink, or entertainment - do we draw on the gifts of anyone present? Anyone can consume. Intimacy comes from co-creation, not co-consumption, and it is different from liking or disliking someone. But in a monetized society, our creativity usually happens in specialized domains, for money.

To forge community then, we must do more than simply get people together. While that is a start, soon we get tired of just talking, and we want to do something, to create something. It is a very tepid community indeed, when the only need being met is the need to air opinions and feel that we are right, that we get it, and isn't it too bad that other people don't.

Community is woven from gifts. Unlike today's market system, where scarcity compels competition, and more for me is less for you, in a gift economy the opposite holds. People in a gift culture pass on their surplus rather than accumulating it. Your good fortune is my good fortune, and more for you is more for me. Wealth circulates, gravitating toward the greatest need, and people know that their gifts will eventually come back to them, albeit often in a new form. Such a community might be called a "circle of the gift."

Fortunately, the monetization of life has reached its peak in our time, and is beginning a long and permanent receding (of which economic "recession" is an aspect). Both out of desire and necessity, we are poised at a critical moment of opportunity to reclaim gift culture, and to build true community. The reclamation is part of a larger shift of human consciousness, a larger reunion with nature, earth, ourselves and each other. Our independence is an illusion. We are not actually independent or "financially secure" - we are just as dependent as before, only on strangers and impersonal systems, and these systems are fragile.

On the fringes of political and environmental movements, recognition is growing that society and the planet can no longer sustain further growth. Expansion in the realm of monetized goods and services ultimately comes from the conversion of nature into commodities and the conversion of social relationships into professional services. Why don't we need each other? It is because all the gift relationships upon which we once depended are now paid services. They have been converted into service work. But what is there left to convert? Whether fossil fuels, topsoil, aquifers, the atmosphere's capacity to absorb waste; whether it is food, clothing, shelter, medicine, music, or our cultural bequest of stories and ideas, nearly all have become commodities. Unless we find yet new realms of nature to convert into goods, unless we find even more functions of human life to commoditize, our days of economic growth are numbered. What room for growth remains - as in today's anemic economic recovery - comes only at an increasing cost to nature and society.

A gift economy also hastens the demise of the present economic system. Any bit of nature or human relationship that we preserve or reclaim from the commodity world is one bit less that is available to sell.

Today, we direct huge efforts toward protecting the forests, whereas two generations ago people devoted themselves exclusively to efficient clearcutting. Similarly, many of us seek to limit pollution, to protect the waters, to preserve the wetlands. These efforts put a brake on economic growth beyond the limit of the environment. We no longer seek merely to take from the planet, but to give back. This is a transition from a mother-child relationship to earth, to a co-creative partnership where giving and receiving find balance.

The same transition to the gift is underway in the social realm. Many of us no longer aspire to financial independence, where we have so much money we needn't depend on anyone. We yearn instead for community. We don't want to live in a commodity world. We want things created for love and beauty, things that connect us more deeply to the people around us. We desire to be interdependent, not independent.

Reclaiming our gift-based commonwealth now can also mitigate the severity of the coming economic transition. We have done grievous damage to earth, but vast wealth remains. There is still richness in the soil, water and cultures of this planet. Each piece we keep from the market becomes a vibrant resource in the transition to gift economy. Further, gifts contribute to a reservoir of gratitude that will see us through hard times. Gifts inspire gratitude, and generosity is infectious. In the coming times, we will need the generosity and magnanimity of many people. To put it simply: to form the community we seek, we need to need each other.

Adapted with permission from an [article](#) originally published in Yes! Magazine.

Gift Economy at Lama

The language of gift economics is new to Lama, but the concept of gift and non-monetary exchange has been an integral part since our inception. Lama has thrived for nearly fifty years on the tangible, and often intangible, exchange of support that each of us give and receive. In 2014, Lama's expenses totaled \$220,349, a modest sum when you consider the hundreds of people that find sustenance here every year. Seva, or selfless service, is at the core of this economy, and we feel it in everything we do - whether serving a meal with heart, planting tomato starts in the greenhouse, or welcoming a new arrival. None of us are paid for these acts, and so the bulk of the work we do at Lama remains outside the financial market. If we paid each other for our efforts, our annual budget would soar and undoubtedly the quality of life at Lama would plummet.

In September 2016, Lama will host an event with Charles Eisenstein and several other gift economy experts. The focus will be on how the average person can live and access gift culture in our daily lives.



Archiving Be Here Now

Be Here Now was first published by Lama Foundation in 1971. The original copies, hand-printed by Lama residents, were distributed widely and quickly became an icon of spiritual awakening. Now, over forty years since its creation, this enigmatic book has sold over two million copies, traveled the world many times, and continues to inspire a new generation. The story of Richard Alpert's evolution into Ram Dass and the teachings of Neem Karoli Baba have been remembered.

This year, Lama began a conversation with the Love, Serve, Remember Foundation (LSRF), an organization supporting the work of Ram Dass, to archive and preserve the original artwork. The artwork, currently in Lama's possession, will likely be digitally archived by Barry Norris Studio in Taos. LSRF will generously cover the cost, and the digital images will be shared with Lama and LSRF. The details of this collaboration are currently being discussed at Lama Council. No official decision has yet been made, and the original artworks will remain in Lama's possession until then. The long term preservation of the originals is also currently under consideration. A conversation has begun with the New York Public Library about archiving them in a controlled environment at their facility, where Timothy Leary's archives are now being housed, along with other documents relating to Ram Dass's legacy.



University of Colorado Does it Again

In three years, the University of Colorado has built a cluster of three new guest residences at Lama. The most recent, completed this summer, has been dubbed the Sky Hut. Thanks to Jade Polizzi and Stephen Eckert for leading this fabulous collaboration, and thanks to the whole crew for helping Lama realize this vision: Ben Bell, Sara Bryant, Rob Connolly-Siben, Jim Cook, Lexi Dentino, Scott Ehrlich, Spencer Hsu, Alex Konieczny, Ivan Medina, Miko Newell, Paige Schavey, Mike Trentacosti, Kevin Vu, Yasmine Yacubu, Chi Zhang.

Guest Housing Update

Two years ago, Lama kicked off a major initiative to provide guest housing and amenities like toilets, showers and basic comforts to visitors, retreatants and returning Lama Beans. Hundreds of people have contributed to this effort, and we are grateful to have your support. Like the Sky Hut, we have already taken some steps, but there is still much more to do.

This spring, we formed a Guest Housing Committee to oversee this effort with a consistent vision. The goal is to draft a master plan for guest housing, and bring it to Lama Council in April 2016. The proposal will include a site plan, recommended buildings and projects, repairs, and a list of priorities. The details of specific projects will require further approval from Lama Council. Some projects, like the Sky Hut and the Old Kitchen renovation, are developing concurrently.



New compost toilet at ISC thanks to Shay Salomon and the women's carpentry workshop.



New "car wash" thanks to Larry Wiesner and Mark Dixon.

The current vision for guest housing includes private rooms, dormitory space, and simple spaces like the Bungalow and Ram Dass Bus, all of which have come to serve valuable niches for returning beans and guests. It is important, perhaps, to state clearly that it is no one's goal to increase the number of people at Lama, and that this effort is intended to serve all manner of folks who come to Lama, not simply retreatants. We have tentative numbers for the total number of guest spaces (both existing and new) we would like to see at Lama: 12 Dorm Spaces, 14 Private Rooms, 6-12 Alternative Simple Spaces.

The area between and including the Old Kitchen and the yurt will be a primary focus for guest housing. We expect to relocate the Baca Bus, and beautify the pinon and juniper courtyard between the bus's current location and the Old Kitchen. In the summer of 2016, we expect to build new showers near the present day Sauna.



New benches at the ISC thanks to David Vargo and Haqiqa Hampton.

The following is a list of possible projects. Our next goal is to begin to flesh out the details of these projects and to sort them by priority.

- New showers to replace upper showers
- Renovate Old Kitchen
- 5 room guest center east of Old Kitchen
- Convert Tree House to dorms
- 2 new residences to replace Tree House
- Central compost toilet (i.e. Dew Drop)
- 2 duplexes along path to ISC
- Reclaim and relocate smoker's circle
- Convert sun yurt to media center
- Convert Old Lamassary to healing space
- Reclaim and beautify courtyard between Old Kitchen and Baca Bus (move Baca Bus)
- Utilize donated yurts
- 2nd large cistern to increase water storage
- Restore 2nd arc of rooms at ISC Sanctuary
- Renovate or rebuild women's yurt for dorms



Summer Stewardship

by Willow Brook

Every morning at Lama, I awoke to the sound of aspen leaves. I started my days by walking barefoot through the grove, hearing the birds sing, admiring the roses, and splashing my face with spring water on my way to central. I came to Lama to heal.

My intention for my three weeks as a steward was to reconnect with the stillness in myself, the place that grows when I make the choice to watch the sunset at the end of each day. Healing isn't always pretty, but those three weeks were the most beautiful of my year. I arrived with a bag of memories to unpack and I knew that Lama would provide the heartfelt space I needed to do so.

The first week I relied on coffee to keep me moving, but I figured Murshid Sam would approve. I began to integrate with the community when I started happily serving the permaculture retreat. Nights were filled with music and stories with new friends from all corners of the world. My seva hours were joyfully spent in the kitchen losing myself in delicious creation. By week two I felt in the flow: laughing as I cooked granola, vacuuming out the recycling shed with determination, visiting Sam every other day, and even leading zikr. As a university art student, printing Lama's flags was the ultimate marriage of my passions and an affirmation of my purpose at Lama.

The people at Lama are truly a family. During my stay I came to be with the deeper parts of myself and I had the support of a community to do so. Each individual has such an incredible story that I didn't even need to hear; these people already had an inherent importance in my life. The friends that I found at Lama will forever be my brothers and sisters. During my time at Lama I also learned the true value of spending time alone in nature. Some of my sweetest memories of the summer are in my own company on the mountain with my water bottle and an open heart. This is the balance: honoring myself so that I can bring my whole heart to my community.

My stewardship at Lama reminded me to be humble in times of sickness, to ask for help when I needed it, and gave me space to unpack memories of my heart. Reflecting back, I remember the sweet warmth of laughter, tasty, nourishing food in my belly, and the gentle embrace of friends that became family. There were so many other incredible opportunities too. I remember the night Shimshai did a magnificent performance at the roundhouse, and how, during my last night on the mountain, I danced my heart out as Aykanna played in the dome.

Lama still lives in me everyday. Nuggets of information from the permaculture retreat follow me. *Be Here Now* lives on my bedside table, and Lama flags hang around my home. I have since recreated many of the recipes, explored Kundalini yoga, and every time I take a shower I wish for the solar shower among the oak trees. When I am sitting in my university classes, remembering Lama gives me hope that there is a way to put right action into practice. The Lama Foundation demonstrates that there is a way to live life in community with nature and integrate spiritual practice. When I look back at my journal from that time, I see that my space returned. I was able to sort through the baggage in my heart and allow for clarity and love to return to my life. I feel incredibly blessed to have served the Lama Foundation and I look forward to my return. I send deep gratitude to those who continue to serve our Lama Mama.

10 Ways You Can Help Lama Foundation

- 1) [Make a tax-deductible Donation](#)
- 2) [Attend a Retreat or Visit](#)
- 3) Volunteer at Lama
- 4) [Buy Lama's Prayer Flags](#)
- 5) [Hermitage at Lama](#)
- 6) [Become a Summer Steward](#)
- 7) Donate Goods or Services
- 8) Donate Stocks or Securities
- 9) Tell Your Friends about Lama
- 10) Include Lama in Your Estate Plans



20th Anniversary Lama Fire Reunion in 2016

Return of the Refried Beans

by Scott Shuker

As most readers know and will likely never forget, Lama was devastated by a wildfire on May 5, 1996. On that infamous day, 7600 acres of forest, both on private and public land, were burned due to years of drought, high winds, and a careless resident burning trash in San Cristobal. At least fifteen buildings on Lama's property were razed as was every acre of land. But the dome, and several other buildings survived, as did the ability of the land to regenerate. We carried on. I was a member of the resident circle at the time and it was a very traumatic yet transformational experience for me. Without a doubt, it solidified my bond with the mountain and the community for all time. Though it seems like yesterday - the memories are so vivid - the event happened nearly 20 years ago. The young, spiritual, idealistic back-to-the-landers we were at the time are now middle-aged, some with adult children (like Sadie Rothgeb who was a baby then).

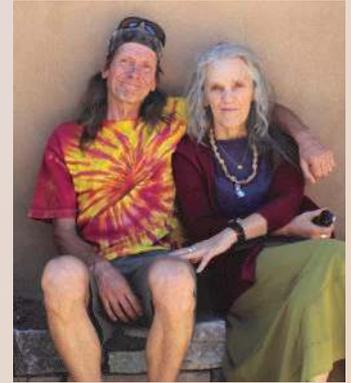
Lama's resilience has been astonishing and we now thrive like never before. This is cause for celebration! The resident circle from that time, which I lovingly refer to as *The Refried Beans*, has planned a reunion on the mountain for all in the summer of 2016. The last time so many of us were together on the mountain was about ten years ago, by mere coincidence. Many of us have been feeling the need to reform, reconnect and remember. Thanks to Facebook, we have been able to create the time for us to do just that (thanks for getting the ball rolling Cathy Royder and John Combs). This will be a gathering of prayer, play, remembrance, service, appreciation of the land, and rest. Though it is focused on and by the '95-'96 resident circle, this retreat will be inclusive to all who feel the call to participate. Unfortunately, one member of that circle, Rabia Hunter, will be there in spirit only.

We will be gathering from June 21-24. The agenda is being formulated but will likely include a '95-'96 Resident Circle gathering, a slide presentation, seva on the land, ceremonies, and a number of surprises. Stay tuned to the website and future emails for more details. We invite you to consider making the time next summer to attend, especially if you were there during the "time of cleansing." If you are interested in contributing to this wonderful event in some way, please contact me at scotdasdesign@outlook.com or Andrew Weeks at andrewsweeks99@gmail.com with your ideas and we will try to incorporate them as best we can. I truly hope to see all of you again next summer to celebrate 20 years of resilience!

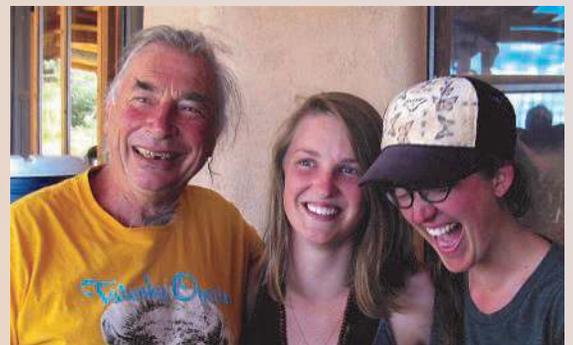
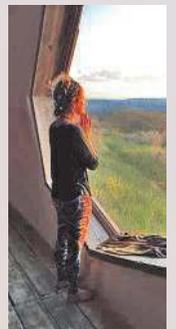
Lama Foundation's 50th Anniversary in 2017

In 2017, Lama will celebrate its 50th Anniversary. Plans are forming for a major reunion, and we hope you can make it. Interested in helping to plan and organize this event? Write us at info@lamafoundation.org.

We will announce dates and plans as soon as possible.



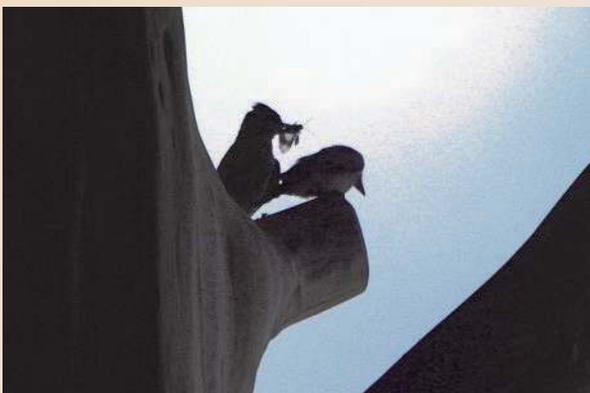
Summer 2015



To our loving family of supporters - we feel held in your gentle arms. Thank you for the many ways you make Lama come alive.

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Congratulations to our 2015 Raffle Winners!

- **Grand Prize - Jennifer Avian**
- **Second Prize - Zahira Rabinowitz**
- **Third Prize - Chien Motto**
- **Fourth Prize - Mark Dixon**
- **Fifth Prize - Manisha Anantharaman**
- **6th Prize - Isabel Ribe**

Thanks to everyone who participated!

Becky Reardon ∞ Elizabeth Reed ∞ Thomas Renault ∞ Gilbert Renault ∞ Peter Renault ∞ Robert Rich ∞ Joe Richey & Anne Becher ∞ Fatima Rigsby ∞ Jacquelin Riley ∞ Sebastian & Safi Robins & Mona Haydar ∞ Beth Rodger ∞ Rebecca Rodger ∞ Emily Rose ∞ Lia Lynn Rosen & Melanie Baise ∞ Carl Rosenberg ∞ Kathryn Sky & Dennis Roshay ∞ Liam Wadud Rutan ∞ Sophia Sacks ∞ Kiri Chand Saftler ∞ Myles Saigh ∞ Joseph Salack ∞ Shay, Jonah & Rafael Salomon & Nigel Valdez ∞ Theresa & Jon Sapunar ∞ Aslan Scott & Kathy Sattler ∞ Jonathan Scharfman ∞ Lorraine Schechter ∞ Jill & Michael Scher ∞ Aaron Schreiber ∞ Ward Schultz ∞ Lila Schulz ∞ Bernell Scott ∞ Francis Scully ∞ Laura Seagraves ∞ Dona Seay ∞ Lucas Sego ∞ Roger Sencer ∞ Bobbi Shapiro ∞ Roberta Sharples ∞ John Sherburne & Sara Crovitz ∞ Vakil Forest Shomer ∞ Val Shourt ∞ Scott Thomas Shuker ∞ Lila Sideras & Evaristo Barajas ∞ Susan Ida Smith ∞ Kerry L Smith ∞ Brandon Snoy ∞ Victoria Sojourn-Prince ∞ Sue-Anne Solem ∞ Sun Son ∞ Larry Ali Kadr Sousley ∞ Norbert & Elizabeth Sperlich ∞ Martha Stampfer ∞ Ellie Starishevsky ∞ Mirabai Starr & Ganga Das Little ∞ Tajali Shellie Steckel-Sheppard ∞ William Stehl ∞ Becky Sterpka ∞ Alvin & Ann Stevens ∞ Patricia Stigliani ∞ Suzanne Stone ∞ Markus Stringer ∞ Cathy & Doug Strubel ∞ Sully Sullivan ∞ Elaine Surya ∞ Julie Sutherland ∞ Charles Maboud Swierkosz & Tara Andrea Brunjes-Swierkosz ∞ Julie Tato ∞ Janet Tiegerman ∞ Kellie Tikkun ∞ Kathy Tornquist ∞ Helen Tracy ∞ Wendy Trafford & Chuck McKenna ∞ Linda Shakura Trageser ∞ Father William Treacy ∞ Kim Treiber & Chipper Thompson ∞ Steven & Nina Ulrich ∞ Irit Umani ∞ Michael Valdez ∞ Gale Vance ∞ Mary Vandenberg Green ∞ David Vargo ∞ Peter Vennewitz ∞ Siddiq Hans & Sakina von Briesen ∞ Ruth Von Goertz ∞ Tom Wallace ∞ Patricia and Ron Walsh ∞ Paul Wapner & Diane Singerman ∞ Nathan Wehrly ∞ Latifa & Abd al-Hayy Weinman ∞ Waduda Wendy Welsh ∞ April Werner ∞ Linda Tarana Wesley ∞ Steve Wesson ∞ Mary Jo Whiteman ∞ Jill Wichlens & Rich Gabriel ∞ Suzanne Wierbinski ∞ Larry & Beverly Wiesner ∞ Stewart E Wiggers ∞ Rafia Marian Wilcox ∞ Dianne Gary Williams ∞ Dona May Willoughby ∞ Genevieve Windsor ∞ Alane Hadiya Witt-Lajeunesse ∞ Lewis and Joan Wood ∞ Kathy & Ray Wooten ∞ Rosie Wright ∞ Todd Wynward ∞ Eileen Alia & Joel Yager ∞ Steve & Jessie Zeller ∞ Karen Ziegler ∞ Marin Ziegler ∞ Aimee Zivin ∞ Melvin & Susan Zwillenberg



Special Thanks To: Diana Adkins ∞ Jeff Allison ∞ Jonathan & Kathleen Altman Foundation ∞ Austin Ravi Babcock ∞ Jenny Bird ∞ David Habib Bishop ∞ Malik Lee Braun ∞ Gracybelle Broussard & Richard Lindley ∞ David Rahaman Brown ∞ Amrita Huwiya Burdick ∞ Bobby Burke ∞ Ellen Bush ∞ Piet Canin ∞ Judy Cardoza ∞ Mikal Ceronowski ∞ Katherine Chudoba & David Powelson ∞ Church of Conscious Harmony ∞ Ahad Cobb & Mary Rose Bennett ∞ Charles Cox ∞ Jai & Jan Cross ∞ Melanie DeMore ∞ Mark Dixon & Sandy Fazio ∞ Eric Doud ∞ Neil Douglas-Klotz ∞ Terry Karima Forman ∞ Danielle Freeman ∞ Terry Garthwaite ∞ Global Youth Leadership Institute ∞ Asha Greer ∞ Haqiqa Jeri Anne Hampton ∞ Neil & Brody Hogan ∞ Amina Rae Horton In loving memory of Baby Girl Diggs and with thanks to Murshid Sam and Rabbi Zalman Schachter ∞ Pat Johnson ∞ Mariel Margery Johnson ∞ Pir Shabda Kahn ∞ La Lama Neighborhood Association ∞ Daniel Ladinsky ∞ Carol Langford ∞ Patrick Habib Lee ∞ Austin Loberg ∞ Gayan Long ∞ Darvesha Victoria MacDonald ∞ Mary Ann Matheson ∞ Guthrie Miller ∞ Sharon Monday & Jack Paxton ∞ Sara Morgan ∞ Kate Munger ∞ Tansen O'Donohoe ∞ Ned O'Malia ∞ Sophia Gita Onnen ∞ Scott & Arina Pittman ∞ Jade Polizzi & Stephen Eckert ∞ Ram Dass ∞ Krishnadas Rayfield ∞ Becky Reardon ∞ Thomas Renault ∞ Gilbert Renault ∞ Fatima Rigsby ∞ Roots & Wings Community School ∞ Carl Rosenberg ∞ St. Benedict's Monastery ∞ Shay Salomon ∞ Jonathan Scharfman ∞ Dona Seay ∞ Roberta Sharples (Bird) ∞ Lila Sideras ∞ Mirabai Starr ∞ Tajali Shellie Steckel-Sheppard ∞ Sufi Ruhaniat International ∞ Taos Community Foundation ∞ Julie Tato ∞ Kellie Tikkun ∞ University of Colorado Program in Environmental Design ∞ David Vargo ∞ Siddiq Von Briesen ∞ Paul Wapner & Diane Singerman ∞ Latifa & Abd al-Hayy Weinman ∞ Linda Tarana Wesley ∞ Suzanne Wierbinski

Thanks to Our Beloved Board of Trustees

Thomas Renault, Paul Wapner, Mirabai Starr, Katie Maedke-Hall, Julie Tato, Rita Daniels and Miryam Levy.



A heartfelt welcome to Miryam Levy, who joined Lama's board this year. Miryam Levy first came to Lama in 1985 for a retreat with Rabbi Zalman Schachter-Shalomi. She returned the following spring and stayed as a resident until the fall of 1991, serving as Coordinator from 1988-1991. Born and raised in South Africa, Miryam finished high school in Washington, DC and came to New Mexico in 1975 as a young lawyer. Inspired by the eclectic spiritual practices she encountered at Lama, and the teachings of Reb Zalman, Miryam left New Mexico to study at the Jewish Renewal Life Center in Philadelphia. She helped manage Elat Chayyim, a Jewish Retreat Center in New York, and received clinical training in chaplaincy in Washington, DC and Philadelphia. In 2009 she received ordination as a Rabbinic Pastor from Aleph: Alliance for Jewish Renewal and returned to New Mexico, where she currently works as a chaplain at Christus St. Vincent Hospital in Santa Fe.



Huge hug and thank you to departing board member Fatima Rigsby. Fatima elected to step down after serving on Lama's board for over ten years, always with love, always with honesty and integrity. Whether as a resident, a continuing member, a trustee, or an excellent cook, whether for practical advice, a heartfelt connection, or simply a fabulous hug - she has been there for Lama again and again. Thank you. You will be in our hearts forever.

Flag Clearance Sale - 25% Off



Flag Mountain Cottage Industries is transitioning into a new phase in 2016. To make room for this exciting change, we are clearing our inventory of our traditional white muslin flags.

Now through the end of 2015,
take 25% off your entire purchase.

This may be your last chance to buy these traditional flags in the same sizes, colors and designs since Lama first printed them in 1969.

A New Path for Flag Mountain

In 2016 Lama will be releasing a new series of high-quality handmade products including colored flags, smaller flags, flag string sets, prayer beads, t-shirts and more. As always, our flags will be hand-printed here and infused with the prayers of the mountain.



**Stay tuned to our website for new
Flag Mountain products in 2016!**

To Order Prayer Flags

Pricing

- Prayer flags are \$5 each, unless noted.
- 25% will be taken off your total.
- \$5.50 flat shipping fee per order.

www.lamafoundation.org/prayer-flags

or

Mail a check or money order to:
Lama Foundation
PO Box 240
San Cristobal, NM 87564

Contact us at 575-586-1269 or flags@lamafoundation.org

Flag Clearance Sale - 25% Off



Buddha Banner
 "The Buddha sits on Yon San Mountain, picking flowers, transmitting Dharma."
 By Dr. Seo, esteemed Korean calligrapher.
 Black 19x48 \$11



Remember
 Purple & Blue
 26x19 \$9



Lung Ta
 Purple 19x26 \$6



Red Buddha
 Red 19x26 \$6



Standing Hanuman
 Red 19x26 \$6



Bismillah Bird
 Purple 19x26 \$6



Dhikr Boat
 Green 26x19 \$6

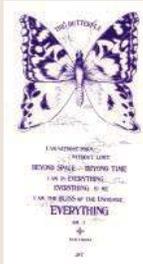


Yod Hay Vav Hay
 Purple 26x19 \$6

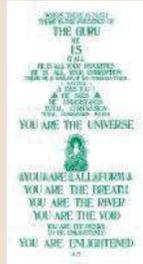
Flags from the pages of Be Here Now



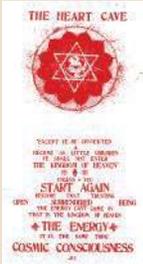
Namaste
 Red & Yellow
 26x19 \$9



The Butterfly
 Purple 19x26 \$8



The Guru
 Turquoise 19x26 \$8



Heart Cave
 Red 19x26 \$8



Metamorphosis
 Blue 19x26 \$8



In Tibetan tradition, prayer flags containing sacred images and texts are flown by the thousands, offering prayers for the peace and happiness of all beings with each gust of wind. Lama has expanded on this tradition, offering flags from eclectic and diverse spiritual traditions from all over the world.



Ram Sun
 Orange \$5



Celtic Cross
 Green \$5



Hamsa
 Purple \$5



Labyrinth
 Navy blue \$5



Dove
 Blue \$5



Green Tara
 Green \$5



Rain Cloud
 Navy Blue \$5



Hindi Om
 Purple \$5



Lama Seal
 Green \$5



Wave
 Navy Blue \$5



Allah
 Blue \$5



Allah's Glory
 Green \$5



Tibetan Om
 Brown \$5



Blue Buddha
 Blue \$5



Elkheart
 Green \$5



Yin Yang
 Black \$5



Sufi Heart & Wings
 Green \$5



Vast Luck
 Green \$5



Cranes
 Purple \$5



Flying Hanuman
 Red \$5



Brushed Heart
 Red \$5



Kali Yantra
 Purple \$5



Dew Drop
 Blue \$5



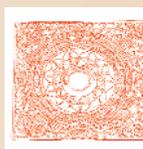
Hanuman Eyes
 Red \$5



Lotus Om
 Green \$5



Mantra of Amitabha
 Red \$5



Assembly of All Lama's Hearts
 Orange \$5



Meeting of the Ways
 Blue \$5



Om Mani Padme Hum
 Brown \$5



Blessed Virgin Mary
 Blue \$5

Lama Foundation

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www.lamafoundation.org



Lama Foundation Summer 2016

- | | | | |
|----------------|-----------------------------------|-----------------|---|
| May 23-29 | Community Camp | July 8-14 | Global Youth Leadership Institute |
| May 29 | Opening Visitors Day | July 24-30 | Contemplative Environmental Studies |
| June 1-15 | Permaculture Design Certification | August 2 | Resident and Steward Appreciation Day |
| June 1-21 | UC Boulder Design-Build Project | August 9-14 | Women Singing in Circle |
| June 21-24 | 20th Anniversary Fire Reunion | August 17-21 | Sufi Sesshin |
| June 24-26 | Annual Meeting | Aug 29 - Sept 4 | UC Riverside Sustainability Class |
| June 29-July 3 | Church of Conscious Harmony | September 13-18 | Gift Economics <i>with Charles Eisenstein</i> |
| June 29-July 3 | Family Camp | September 25 | Closing Visitor's Day |