

Lama Alive

2019-2020



Contemplation is life itself, fully awake, fully active, and fully aware that it is alive. It is spiritual wonder. It is spontaneous awe at the sacredness of life, of being. It is gratitude for life, for awareness, and for being. It is a vivid realization of the fact that life and being in us proceed from an invisible, transcendent, and infinitely abundant source.

- Thomas Merton

Memories for the Future

By Tracy Cates
Fundraiser and *Lama Alive* editor

The sound of wind blowing through the pines is one of my strongest sensory memories from my residency at Lama. That and the clear tones of phantom time-keeping bells (long after they’d been struck) ringing through the ponderosas, as if their song and the wind had decided to linger for a dance. In the early 90’s, when I had found my way, with the help of friends, to Lama, the forests towered over us. I used to walk the land tasting pine needles-- there was one fir tree, just above the *Intensive Studies Center*, that had sweet, citrus-like needles that reminded me of fruit punch.

Present-time Lama winds sweep across the mountain, rustling the leaves of the scrub oak and aspens, and whistling through the young ponderosas, grown up from seedlings planted post Hondo Fire (1996). The wind pries at sealed seams of (mostly) well-built structures, shooting up the starred roofs of the Dome and the waiting-to-be-restored "Old" Kitchen. And it challenges us who walk the land to stay focused.

We, lovers of Lama, are loved in return by this magnificent mountain. She gives us water, expansive vision, reflective forces of nature that mirror our souls’ raw journeys, earth supporting the weight of our bodies, and, for many, a home.

While we could all agree easily on our love for this land, we often struggle as a community with our individual opinions of how things “should” be, debating logistics, finances, priorities, responsibilities, and our unique places in and out of the world. Decision-making by consensus means diving deeply into communication, even when we’re weary, and the process pushes the limits of our patience. The result is the cultivation of skills less common “out in the world”: the ability to actively listen, to respect opinions that differ from our own, and to creatively address the needs of the whole

while honoring our own. Collectively we have done this for over 5 decades.

From afar, which is where I sit now, The wind in the pines echoes that of the mountain 80 miles north. As I pour myself into the creation of this publication, I imagine myself a storyteller, stringing together writings from our greater community, with the intention of evoking the *feeling* of Lama, while reflecting outwardly how important a link each of us are in this evolution.

Every memory that I have, all my experiences on the mountain, were a culmination of environmental and human influences. Where we go next as a community will be up to us. How we choose to live will create the memories of future generations. Let us wield this power wisely.



Lama Foundation • PO Box 240 • San Cristobal, NM 87564-0240
575-586-1269 • info@lamafoundation.org • www.lamafoundation.org

Photo credits: (front & back covers) Tim Geurkink; (left) Buddha flag- Bobby Burke; (below) Shabbat gathering- Tim Geurkink

In this Issue of Lama Alive

Page 4
Waiting for the Outbreath
A letter to the community by Kestrel Alexander
Page 5 - 6
Community Kitchen Renovation
Heat at last!
Page 7
A Continuing Source
Lama Spring: History and Gratitude, By Bird

Pages 8 - 9
Meet our new Resident Circle
Their stories of Lama
Page 10
Artist In Residence: The Very Idea
By Zuleikha
Page 11
Living Systems
By Ben Haggard
Pages 12 - 13
The Historic Kitchen Rebuild Project
Rendering & details
by Stephen Eckert & Jade Polizzi
Pages 14 - 15
Fundraising for Sacred Space
A push toward groundbreaking

Pages 16 - 17
Flag Mountain Cottage Industries: Thriving
By Ravi Babcock
Pages 18 - 19
Lama Mountain Cottage Industries
New offerings: more sustainable, local, and higher quality!
Pages 20 - 21
Thank you!
To all who have given to Lama this past year
Pages 22 - 23
Mark Your Calendars...
The summer lineup so far, schedule subject to changes

A Note From Our Steward Guardians

Dear Reader,
What you see on these pages provides a snapshot of the past year and our ever-changing circle. To those of you who found yourselves at Lama last summer, thank you. To everyone who was unable to join us, we hope these images supply you with the love of Lama Mountain. As you begin to prepare for next summer, consider serving with us again! Whether you identified as Summer Staff, or Steward, Retreatant or Teacher, Visitor or Resident, or perhaps simply a secret admirer, we would love to see you walk up the portal steps. If it's been months, years or decades, inquire about stewardship!* Email us at stewards@lamafoundation.org.

We look forward to living with you soon.
Ingrid and George

*See page 23 for a full description of our Stewardship Program



Waiting for the Out-Breath

A Letter to the Community
from Resident and Coordinator, Kestrel Alexander

A year at Lama Foundation is often spoken of as consisting of two seasons rather than four--summer and winter. Open and closed. Inner work and outer work. Inhalation and exhalation. If autumn and spring exist, they do so primarily as transitions from summer to winter and winter to summer, respectively. Perhaps they are analogous then to the pause at the top of an inhale and again at the bottom of an exhale.

By all rights, as I write this we should be in the midst of such a "pause." The oak bestrewn mountain is awash in the colors of autumn. We have served our final retreat of the season. A new circle has formed, and we are now preparing for seasonal meetings. All the external indicators line up. Yet, "pause" is not quite the word I would use to describe this time, lest it was the kind of pause one experiences whilst holding their breath for just a little longer than is comfortable... and then a little longer. If indeed this is a pause, it is one ripe with anticipation.

Beginning mere moments after we had cleaned the kitchen from the lunch served at Closing Day, stewards, residents, and Lama beloveds alike gathered in the kitchen and began relocating every plate, bowl, and cup; every utensil, baking sheet, and oven mitt. It was all moved outside onto the Portal, placed in plastic bins, or set aside as essential for our interim outdoor kitchen. Shortly thereafter, we pulled out pry bars and sledgehammers and began dismantling cabinetry and countertops.

By early the next day, we had utterly emptied the kitchen. Standing in the midst of the destruction, looking upon



Photo by Kaia Friton

barren walls and floors where familiar kitchen items had once been stored (though never very reliably), I reflected that for more than 20 years this kitchen

If indeed this is a pause, it is one ripe with anticipation.

had served countless residents, stewards, and retreatants and in less than 20 hours, it was reduced to a pile of debris in place of the iconic octagonal kitchen table. It was a shining example of the power and capability of community when set upon a single goal, yet the speed with which it had all occurred beset my heart a kind of whiplash.

But perhaps I get ahead of myself and a little more context would be helpful. You see, as well as the community center kitchen has served over the years, it has never been a warm space in the winter. In fact, it's fair to say that it's downright frigid at times. The answer then? Radiant floor heating.

Which, to make a long story short, means a new floor, which means new cabinets, which means new countertops, and hell, while we're at it, let's toss in some new sinks too. Oh, and a new stove. Effectively, it will be a new kitchen.

Needless to say, this is no minor undertaking, and the residents have been plugging in and helping with the project as often as we can whilst doing all the things that normally happen during this time of year. Jackhammering and membership consensus. Swinging mattocks and Heart Club. Painting walls, polishing the floor, and putting Lama's extensive infrastructure to bed for the winter. All the while, watching the temperature drop and crossing our fingers that we'll soon have a warm indoor kitchen to cook in before the first snow.

In the middle of October, and after experiencing a number of setbacks (common for projects of this scale), we're still awaiting that glorious, much anticipated moment, when we can all collectively exhale. There are likely a few more weeks of work ahead of us, yet spirits are high and our ability to creatively adjust to new developments has been admirable. But goodness, friends, what an exhale it will be! And when we do, it will be in a gorgeous and warm new kitchen.

I've heard it said that God never gives us anything we can't handle--it's always just the right amount of challenge to keep us growing. Mind you, I'm not one for spiritual platitudes--life's too cunning and complex to reduce to convenient catch phrases--yet there's something in this that rings true for this time at Lama.

Last year we had a circle of 8 residents and this year, all 8 of those residents have decided to stay for another year, something which is virtually unheard of in Lama's history. In addition to those 8, we've welcomed Ingrid and Martin into the circle, giving us a total of 10 residents for the coming year.

There is a strength, stability, maturity, and depth of rapport and connection in this circle that I am humbled by, and proud to be a part of. I think that as a circle, and as a greater community, we're steadily building our capacity to do great and beautiful things here at Lama, for this circle and for the unknown circles to come. Perhaps, too, we are expanding our ability to address the pressing issues of our time as a species. Whatever the case, I would say that the challenges Lama experiences are a reflection of our ability to meet them.

...the challenges Lama experiences are a reflection of our ability to meet them.

Dear friend, among the many lessons Lama has offered me in my time here, the lesson that I needn't do it alone is particularly poignant... if not especially difficult to master. The work we do here, we certainly do not do alone. I am constantly reminded of the astounding network of love, support, and care that exists for this land, this community, and this wondrous thing called Lama Foundation. Thank you for being part of this with me.

I hope we'll soon get to sit at the kitchen table together, marvel at the beautiful new cabinetry and counter tops, and you can join me in a hefty exhale through a wide smile.

Photos on pages 4 - 5 by Kaia Friton

Community Kitchen Renovations

Immediately following our summer season this year, we broke ground on the community kitchen renovation. Among other things, we winter residents wanted to heat the space. Solar powered, radiant floor heat made the most sense, which would required removing cabinetry and appliances, and digging up the floor. We took this opportunity to implement greater changes, which would make the kitchen more functional for retreat cooking, while maintaining a "homey" feel for the intimate winter communities to come.

As with most renovation projects, unforeseen setbacks arose, and work that we had hoped would be complete by early November, we now anticipate to finish in December. That said, we are pleased to announce the following upgrades to our existing community kitchen... (continued on page 6)





...(continued from page 5)

The Community Kitchen Renovation includes:

- Installation of radiant floor heating system, including five new solar panels installed above the greenhouse and a new 120 gallon water heater installed in the solar attic.
- New concrete kitchen floor
- New oak/maple cabinetry
- Stainless steel counter tops in some areas
- Granite counter tops and back-splashes
- A new stove, ceiling fan, speed racks, and other appliances
- Greenhouse roof repaired after rot was discovered.

Thank you to everyone who put their love and backbone into this much needed renovation project:

Project Manager: Ray Bernhardt

Roof and heating: Bird, Clif Bain, Dan Stewart, Paul DeLapa

Kitchen Design Committee: Kaia Friton, Jamil Paurel, Elaine Surya, Nasima Bernhardt, Davy Vargo and Fatima Rigsby

Painting: Kestrel Alexander

Help with moving out and deconstruction: all Residents, many Summer Stewards, Paul Wapner and Diane Singerman

Cabinetry: George Weiss

Stainless steel: David Zimmerman

And to Taos Sunrise Builders for providing us supplies to finish the floor

New on the Mountain

Tent Platforms by CU Boulder

Led by Jade Polizzi and Stephen Eckert, a class from CU Boulder designed and built two tent platforms in the Steward campgrounds, above the old garden. As always, this group's work was not only practical, but beautiful. We are extremely grateful to all the students, to Jade and Stephen, and to CU Boulder for this long-term relationship.

Rebuilt Septic Drain (aka: Leach) Field

It was a notable year for upgrades on the land, with the kitchen renovations leading the way. In the midst of this work, we discovered that the septic drain field, which processes the waste water from the Community Center, needed to be rebuilt. The work done, this less glamorous upgrade is not much to look at, but is one the of the many ways we maintain harmony with the land.

Photos: (top) Tim Geurkink, portal;
(right) Spencer Foon, tent platforms



Too often, people think that solving the world's problems is based on conquering the earth, rather than touching the earth, touching the ground.

- Chogyam Trungpa Rinpoche

A Continuing Source

The Lama Spring: History and Gratitude

By Resident and Treasurer, Bird

Our spring is a place of blessing, simple and beautiful, sweet and nourishing.

The Lama Foundation community was born on Lama mountain, midwifed by spiritual seekers wanting a deeper connection with themselves, with Nature, and with something numinous, greater than themselves. Through artist and meditation teacher, Herman Rednick, they were led to this amazing place of ponderosa pine, piñon, and juniper forests, with vestiges of a previously established building foundation, and a small spring.

The spring at that moment, in the late 1960's, had been diminished by cattle owners, who had attempted, some 20 years earlier, to bulldoze it into a better place for their livestock; instead they had crushed the protective silt-clay layer above the aquifer and buried the flow. Two of Lama's founders, Barbara Durkee, (now Asha Greer), and Jonathan Altman, painstakingly dug it out by hand to restore its abundant gifts. At some point later, master stonemason, Tomas Lipps, built the beautiful stone enclosure that still protects the spring today.

Living in stewardship, in right relationship, with the land and water is essential to spiritual and community well-being, and to our local wildlife. The force of human and environmental impact on the spring has continued to require care and dedication. Pipes transporting water to our Community Center and wash house are buried 4 feet deep to prevent freezing during intense winters. In the late 80's, during a Ram Dass retreat,

an originally built 20,000-gallon cement cistern sprung a leak. While repairing the leak, the community had to truck up water to serve the over 150 people on the land. And the truck overturned on the way up! Directly following the devastation of the 1996 Hondo Fire, the community, aided by AmeriCorps volunteers, jumped into action. They worked relentlessly, in ash and mud, to establish erosion control and protect the spring and its local watershed.



Photo by Kaia Friton

Local indigenous people have speculated that it may have been too cold here for permanent settlement, but those who hunted on and traveled through the land learned to share the spring's precious waters. A young Kiowa man told a story of bloody conflict that, once reconciled, led to the spring's legacy as a place of peace, where all were welcome to share in its bounty. Members of the Gomez family of Taos Pueblo, whose elders instructed and helped the founders of Lama to build its iconic Dome and prayer room, continue to visit and bless these generous waters.

Water is Life. It purifies, cleanses, revivifies, and nourishes. The spring is the source of life at Lama, for the earth and for all

who come. The earth gives its gift of life-generating water to all beings who come in need. Lama, in its small ways, also seeks to welcome and nourish all beings on their spiritual paths.

May we be truly grateful! And may all beings everywhere have access to safe, clean, life-giving water.

We are shaped and graced, fed and enlivened by all we love.

- Anonymous

Meet the Lama Resident Circle

We are delighted to announce that all eight of our 2018/2019 residents will be staying at Lama again this year. In addition, we welcome Ingrid Bell and Martin Fenn. In our last issue of Lama Alive, our residents introduced themselves by answering three questions: *Where did you live before you moved to Lama? What was your work in the world? How did you discover Lama and what inspired you to stay for a winter?* We posed these questions to new residents, Ingrid and Martin...

Ingrid
I lived in Boulder CO where I worked as a massage therapist and a dog sitter. The dream was to get my first "paying" canine massage client!
I discovered Lama through my good friend, Taylor. I first came as a summer steward in June 2018, and returned this summer.
I have heard people speak of the "calling" of Lama, and no matter how

ethereal it sounds, this is ultimately what also drew me in. One day in August, in a Sweat Lodge with Rahaman, I asked the land for guidance on whether to stay, and it said "Yes", so I followed suit.
Martin
Prior to coming to Lama I spent 17 years as a Realtor in Phoenix, AZ. I felt compelled to leave that chapter behind and seek out an intentional community that supported diverse

spiritual backgrounds and practices, where I could connect directly with Mother Nature.
I found Lama through extensive reading of Ram Dass and also much research on IC.org. I came originally to be a summer steward and to serve others. I had such an amazing and fulfilling experience in service to the retreatants and Lama in general that I felt compelled to stay and continue down this path of learning.

One Vivid Memory...

Kestrel
There is scarcely a memory that could top Kaia and my wedding day. Easily one of the most jubilant, meaningful, and raw days of my life. There is one moment from that day that sticks out, however. As Kaia and I walked down the hill from the dance circle after the ceremony we had a view of the whole of Lama central. The sun had just set casting everything on the mountain in a soft warm glow. Behind us there was a cavalcade of beloveds chatting and shaking rattles and noise-makers. My wife's hand in mine, my dearest friends and community near me, and the whole of Lama played out before me in all its beauty and glory... I recall being filled with such an overwhelming sense of contentment and joy--the feeling of wanting for absolutely nothing and total satisfaction with the present. I was smiling so much my cheeks ached.

Kaia
It was my first week as a Summer Steward. I was sitting at the Spring where Practice and Tuning was to be held, my spine surrendered to the slender trunk of an aspen tree. As wind wove through the thicket, the aspens rustled and swayed. My trunk swayed too, guided by the aspen bole that held and pressed my back with the gentleness of a dear friend. Forward. And back. Forward. And back...
That evening I attended my first zikr. I was instructed to lean forward. "La." And back. "Ilaha." Forward. "Il." And back. "Allah." Forward. And back...
Jamil
It was the first morning of my watch and I awoke earlier than usual. When I stepped outside my door and looked west, my breath was taken by the overwhelming beauty of a purple horizon, full moon still visible in the pre-dawn light, and the shadow of the mountain spilling across the gorge. I stood a few moments in slack-jawed wonder and crisp morning air, then went to ring the wake-up bells.



From left to right: Kestrel, Kaia, Jamil, Karen, George, Holmes, Ingrid, Daniel, Bird, Martin

Photo by Paul Delapa

Karen
I lived at the Lama Foundation for 4 months during the summer of 1988. Most of my seva was spent in the kitchen (now referred to as the 'old kitchen'). Upon arriving as a steward for the summer of 2018, the only thing I recognized, besides the dome complex, was the old kitchen. I stood in front of the doors for a moment, then entered. And wept. The aroma of muffins, freshly ground coffee and other breakfast delights filled my olfactory memory banks, and I felt like I had come home.

George
I awoke one winter's morning to find two feet of snow on the ground and flakes still falling. With it being the weekend, I had no place to be and not a thing to do. After making a fire in the woodstove I began shoveling a path through the clouds to Lama Central. Due to the temperature outside, I could not bear to shovel for too long and after making a bit of progress I turned around to warm by the fire again. Before heading inside I saw Daniel stepping out of his house to begin his own path.

Throughout the rest of the morning whenever I departed my abode, Daniel would return to his and whenever I, tired and chilled, retreated to my fireplace and my book I would see Daniel emerge to begin where I left off. In quiet camaraderie, we cleared a path to Lama Central by 1 pm, just in time for breakfast.

Holmes
Coyotes yapping in the cool morning air. Wind swishing through the pines. Autumn oak leaves rustle now and then. Silence.
Ingrid
During the Tipi ceremony this year I chose to sit out, joining a small group who were huddled around the fire right outside the tipi. Watching the illuminated tipi and swaying silhouettes against the starry night sky was timeless and unforgettable, especially shared with my fellow stewards.

Daniel
Guided by my desire for adventure on a winter morning, I enthusiastically took an excursion into our neighboring woods, pausing at the spring, acknowledging its presence and offering silent gratitude. The loop trail proved to be immeasurably nurturing that day. As usual, I couldn't help but pause frequently to gaze at the ocean of snow surrounding me, glistening with the luminous rays of the Sun. I savored the stillness and embraced Lama's magnificence patiently, before returning to Earth with the next crunchy steps back towards Lama, my hunger sated.

Bird
I was Kitchen Guardian in 1996, the time of the devastating Hondo fire that burnt away much of the ponderosa and juniper forest and most of Lama's many quaint homey structures. Fortunately, the Dome

complex, with our beautiful prayer room, and the Old Kitchen survived to enable us to begin again. One of our most urgent concerns at that time was to stabilize our beloved spring, now threatened with burial by avalanches of mud sweeping down the ashy, deforested mountain above it. I remember our devoted kitchen team making many meals those first few weeks after we returned, and the heart-inspiring sight of the many, many dedicated volunteers returning exhausted and covered head to foot in ash, again and again, day after rigorous day, to share food, stories, camaraderie, and the faith that Lama could be renewed.

Martin
On the first day of my arrival on May 13th, I met Jamil and Kaia. Jamil gave me a basic tour of the main community areas including the kitchen and dome and adjacent community spaces, and we made our way back up the portal just in time for the sun to set. We stood there and watched one of the most amazing, awe inspiring sunsets that I've ever seen in my life. It was a very powerful 15 minutes. The beauty was so intense that it literally dropped me to my knees in gratitude and prayer, and tears just automatically flowed. Incredibly powerful introduction to Lama for me it was. I knew in that moment that I was in the right place at the right time, fully present.



Photos: (left) Kaia & Kestrel's wedding; (background) Native American Church Ceremony. Both images by Nate Hail

Artist-in-Residence: The Very Idea

By Zuleikha

I am a Storydancer. I dance stories from around the world, sing poetry from the mystics with my own melodies, and I love teaching and sharing with people through the instrument of the human body in movement. Last year I embarked on a journey that I have thought much about over the years: an Artist-in-Residency at Lama Foundation.

The term "Artist-in-Residence" first came into my life when I held this title for the State of New Mexico. My job was to travel all around the state, visiting and working in almost all of the schools. I would perform for many

Art in all of its many forms is a window to the heart and soul of the Great Creative.

hundreds of students at a time in one or two assembly programs a day and then teach classes. Sometimes I would go to a school for a few days or a week or a different school every day. After many years of bringing *living movement art* to the schools in New Mexico, I held residencies around the

US, and then around the world. It is always inspiring and exhilarating to share this expression. Art in all of its many forms is a window to the heart and soul of the Great Creative.

To be an Artist-in-Residence requires a willingness to share the experience with others, which is equally as important as the art itself. The artist must connect to the uniqueness of the place they are in, while practicing their art and sharing with those who live there.

For decades now, I have been a friend and teacher/performer at Lama Foundation. I have long thought that Master Artists might have a place in community in much the way that Master Teachers do. That spiritual communities, like Lama, might invite artists to practice and share, and to feel the quality of Divine Nature in nature; to support and be supported by the community. I broached the idea with a Lama Board member, and she encouraged me to speak with the coordinator.

Good ideas often take time to manifest. During the weeks around the Annual Meeting and Community Gathering, 2018, we were able to launch this first Artist in Residency at Lama. I made a schedule for myself that included practicing movement, being in nature and attending the morning check-in with the community. Often in the "art world," artists are in their *own world*, *separate*, *special*, and perhaps feeling unknown. I learned for myself that being an Artist-in-Residence at Lama includes learning communication skills and being with people. It is a great practice.

I am kind of a shy person yet I love to share ideas and group-work with people. To be willing to meet with community members without any *agreement of belief* has become a wonderful experience and has given deeper meaning to my practice of Artist-in-Residence. I have found value in connecting with people and being willing to learn from them, which has



given a good balance to the inspiration I feel while alone in nature at Lama.

This year I completed my second Artist-in-Residence at Lama. My time there gave me a deeper understanding of this program. A practice of creating, sharing and teaching can also be a process of development for the artist. This can translate into practical reality in life and in the world. Although it may not seem like a *retreat* in the traditional sense of the word, it is a kind of layered commitment to our art, the community, and the ground we walk upon. It is the way we weave our individual practice into the understanding of generosity. This could include a performance, or teaching/sharing in an open 'playshop' or an evening of group music.

Being an Artist-in-Residence at Lama has enriched my heart. From the comments of my new friends, there is a sense of feeling closer. And for those who want to dabble in something new and unknown, they can have a good time too. It is a kind of, as they say, "win-win."

It is an honor to be a part of a living vision and to pave the way for future artists at Lama. There are many forms of art. To practice bringing art into the light of nature in a place where people practice the *art of being* ~ what a gift!

Visit Zuleikha's websites:
www.thestorydancerproject.org
www.storydancer.com

Photos: (left) Zuleikha sharing her work at Lama, photo by Spencer Foon; Top: Zuleikha' collaborative performance in the Rumi Concert

Living Systems

By Ben Haggard

For several years now I've helped Lama's Board of Trustees to use living systems thinking in their work on behalf of the foundation. The trustees meet regularly to address the needs of Lama. Between these meetings, I join them for a session where we step back from their regular work and attempt to see a bigger picture.

This has been an ongoing and open-ended process of inquiry. Rather than trying to come to specific answers, we try to see big questions in a new way. For example, we've explored the question, "What is Lama's unique role in the world at this moment in history? What is the world calling for from us? How are we going to need to grow and evolve in order to respond to this call?"

To be able to work on this question, we first had to ask ourselves, "What is the essence of Lama? What is our unique contribution to the lives of the people we touch?" The trustees found this question so enriching that they brought it into the annual gathering for the community at large to reflect on.

Working on questions like these has several effects. First, it lifts us out of the problems and issues that need attention, in order to remember why we're doing all of this in the first place. That is, it helps us to remain purposeful in our activities.

Second, it supports consensus by providing us with a basis for reconciling differences of opinion and approach. It allows us to ask ourselves, "How do we resolve this difference in a way that is consistent with and strengthens our essence as a community? And does the action we propose to take make us more able to fulfill the role we are called to play in the world?"

Third, it helps keep us from becoming too self-absorbed. I believe that our health as a community has a lot to do with our ability to see the big picture and make meaningful contributions in the world. This is our basis for

attracting residents, ensuring the resources we need to be viable, and entering into strong partnerships with neighbors, like-minded communities, and other institutions.

*As spirit grows,
so do the demands
that are placed on it.*

Finally, it reminds us that we need to continue to grow—as individuals and as a community. As spirit grows, so do the demands that are placed on it. Lama has always been a school and a crucible for the development of consciousness. How is this vital work moving out into the world at this time? How do we deepen our understanding of the effect we have had and are there ways to amplify it?

With regard to this last question, I want to offer my own personal perspective. I believe that Lama's resident body is a small, albeit highly visible, part of a much larger entity, made up of the many people who have worked and lived there over the years. Because the residents are *in the fire*, as it were, we put a lot of our attention on holding space for them to continue the ongoing experiment of Lama.

But there is another very important aspect of our collective work. Lama meets the world through the lives of its members-- residents, staff, and visitors alike-- after they leave the mountain, living as teachers, artisans, devotees, leaders, entrepreneurs, and so many other roles. Seeing this helps me better understand Lama as a living system. From my perspective, it is where this system has its greatest and most enduring impact. The question of Lama's role in the world opens up when we take into account the network of people whose lives have been transformed by their time on the mountain. How can we better celebrate and support their ongoing work as part of our overall mission?

*Ben is a co-founder of Regenesi, in Santa Fe: regenesisgroup.com. He is a former resident of and long-time friend to Lama
Photo (right) by Zipporah Lomax*



Reimagining Our Historic Kitchen, Anew

Architectural rendering by *Caddis Collaborative*:
Stephen Eckert and Jade Polizzi

A two-story, multi-purpose structure, insulated and heated for year-round use by guests, residents, retreatants, and stewards alike...

- Skylight replaced with new metal curb, double pane glass
- Over-framed roof with 3" of spray foam roof insulation
- Extended 'eyebrows' at 8 roof corners for enhanced rain dispersal
- New triple pane windows. Aluminum clad wood interior, fixed panel in the middle with operable side windows
- New triple pane, aluminum clad, wood windows. 4 over 4 double hung operable
- Anasazi stone base veneer, 2' high, enhances durability and beauty
- Storage closet to match south stair case, accessed from main level

- New metal roof
- New double-pane accent windows
- New covered walk that cascades down the stairs, stairs open on the sides to allow easy snow removal
- Wood timber framed roof structure
- New front double doors in similar 8-point star design
- Under stair storage
- New Shou sugi ban charred wood siding
- Radiant floor heat
- All new foundation



Fundraising for Sacred Space...

With both the hands-on and fiscal support of so many generous folks, like yourselves, we are on our way toward rebuilding the structure we once called the Kitchen. In its new iteration we will have a highly functional, centrally located, multi purpose space, well insulated, and heated for year-round use.

This structure has been, in many ways, the heart of Lama-- an anchor, a keystone, a place of deep nourishment-- from the very beginning. Its reclamation will invigorate the surrounding area, re-magnetizing this central location.

In October, 2018 we launched our *Enliven, Connect, Rebuild Campaign* and raised over \$43,000. The generous participation of our extended community was inspiring! Thank you all who participated. The old structure is now stabilized and our plans for rebuilding are almost complete. We are revitalizing the best of the old and bringing in a few much-needed improvements.

To "break ground" we need to raise at least \$100,000 more. This will enable us, among other things, to put in a foundation, replace the posts and walls, windows and doors, and stabilize, insulate and add durable metal to the beautiful *zome* roof. Following this, we will be fundraising for another \$100,000 to complete the internal and infrastructural details. With your help we will begin the reconstruction in 2021.

Holding focus for this project:

Stephen Eckert & Jade Polizzi: Architectural plans/ sketches

William Druc : Structural engineering design

Ray Bernhardt: General contractor, design and build of front doors

Myles Saigh: Design and construction

Bird: Resident project liaison

Tracy Cates: Fundraiser



What our community loves about this renovation:

"It's the heart, soul and food of Lama, and it survived the fire!"

"A new generation of people will be able to have a relationship with this important structure."

"It's such a special location and needs to be a living part of Lama, not abandoned!"

"It revitalizes the triangular relationship of the Dome, this structure, and the Community Center"

"There is Renewal across the land, both physical, spiritual, and interpersonal. It's exciting!"

"This is a new beginning, a reclaiming of the structure and its surrounding area."

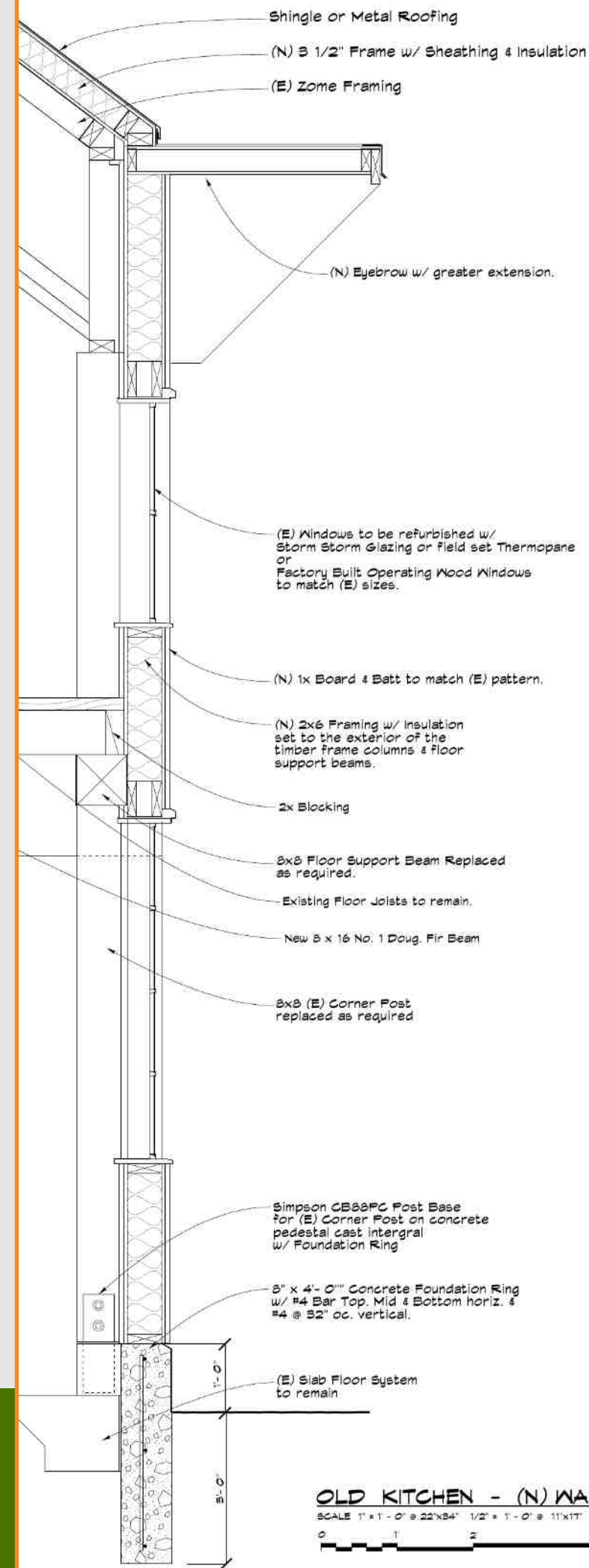
"I'm excited by all the potential uses of the new space: for meetings, practice, art, extra housing when needed... and it's easily accessible."

"It makes me happy that we are using higher, more efficient building standards."

Photos (left & above) by Ahad Cobb; rendering (right) by Caddis Collaborative

Organic buildings are the strength and lightness of the spiders' spinning, buildings qualified by light, bred by native character to environment, married to the ground."

- Frank Lloyd Wright



Help us reach our goal!
<http://www.lamafoundation.org/donate>

Flag Mountain Cottage Industries: Thriving!

By Ravi Babcock

As a 2005 Lama resident, I took a central role in rebuilding Flag Mountain Cottage Industries. I was responsible for the new building to house “Flag”: a design, Lama Council approval, sourcing building materials, and getting it all built. I was a newbie to building projects, and it rocked my world. That said, sacred-building became my main Lama curriculum, and these days I feel great pride when I visit the bustling Flag building.

In 2005, the flag guardianship was quite demanding, moving from space to space in Lama Central, with each summer’s push to print! print! print! I remember group-muslin-ripping in the Dome, and some very dedicated flag guardians. While flag was in the Old Kitchen, Papadas’ prayer-beads mysteriously disappeared from the altar; he found them months later in a rat-nest!

Nevertheless, Lama’s prayer flags still inspired us, and people kept buying them. Asha Greer’s original idea of hand making sun-exposed printing screens of various sacred images had grown into a booming income, but the 1996 fire destroyed the Flag building. Toward rebuilding, Lama fundraising had \$30K in hand, and the natural building programs (Build Here Now! week-long mega-gatherings, and natural building apprenticeships) brought numerous talents and ideas up the mountain each summer. The goal of rebuilding Flag was to create a Cottage Industry to ease financial pressure off of the summer programs. We needed spaces for: material storage, silk-screen production, new product development and production, office, and retail. It was a lot. As for myself, I looked forward to having Lama Foundation t-shirts.

Natural-building masters Steve Kemble and Mollie Curry —who met at a Build Here Now! retreat in 2001 and are now happily married— led inspiring 7-week natural-building apprenticeship programs in 2006 and



2007 which focused on Flag. (They also took a much-appreciated sauna-building detour in 2007!) During the 2005-6 winter, in the lead-up to the spring 2006 groundbreaking, I remember that Steve was there for me, time after time, to go through building and design details. Reflecting back on this time, Steve says, “Personally, I can’t imagine a better place and situation to teach our first natural building apprenticeship together. I am forever grateful for the inspiration and grounding that we received those summers.”

I designed Flag with Continuing Member Ruth Ross, her final service project to Lama. We created a straw-bale building heated by passive solar gain and an active-solar radiant-floor system, or “a no firewood gathering” building. Ruthie loved the idea of printing flags while barefoot on the warm radiant floor as it snowed outside. Rick Murphy poured the cement slab and Joseph Lightman erected the post and beam.



Photo credits, from above, clockwise: Hanuman flag by Salman Lee; Flag Mountain by Ahad Cobb; plaster relief in CI by Peggy Chung; (Four at bottom) Builders, Steve Kemble and Mollie Curry, phases of construction and the crew, all by Ravi Babcock.



I spent 2006-8 building Flag as a resident, and after I left the resident circle, finish work continued. Some beautiful things happened! I love the indoor-tree wall plaster and cloudy sky-ceiling in the main room, as well as the “Hanuman’s Eyes” artwork (one of the prayer flags) on the ceiling of the office. Further, Sebastian Robbins installed a shower for the residents in the utility room as part of the radiant floor system. I feel the love of many hands each time I am in the Flag building. Lama buildings are truly special in this way.

As I transitioned out of the resident circle, Clif Coughlin transitioned in. It was “perfect Lama timing” because he brought a business-vision for Flag. Over the past 10 years, Clif has completely rebuilt the flag-printing process, greatly expanded the artwork, introduced new products such as t-shirts, prayer-beads (and of course, chocolate!), created a fun and sassy advertising presentation to Lama retreats, and recently had constructed a new on-line retail space. Flag now utilizes data-tracking software, serves a growing number of long-term customers, and is busy year-around. Even with hiring workers from outside of the resident circle (due to the continuous demands of fulfilling orders), Flag brings in a sizable profit for Lama Foundation. Clif has built Flag into a modern Cottage Industry and is currently working to take it to the next level and even further out into the world. Stay tuned!

How is Flag doing now? Well, I saw Ram Dass wearing a Flag t-shirt this past summer when he was in town. “Ram sun” design, of course. As for myself, I can finally have as many Lama t-shirts as I want, although now I hope someday, I can buy a tie-dyed one! I have at least 10 t-shirts so far and look forward to my first Lama-hoodie.



COMING SOON:

- ★ **Prayer flags** with attached strings, to create your own string sets!
- ★ **Eco-friendly**, made in the U.S.A. apparel and fabric for prayer flags.
- ★ **Tie-dyed shirts** from hand-made, plant-based dyes, using our classic designs.



Store.LamaFoundation.Org



Lama Foundation Cottage Industries

Aligned with the mission of Lama Foundation, LFCI is sourcing more sustainable, ethically sourced, and higher quality materials for prayer flags and apparel. Visit our website to stay up to date on the latest Lama-inspired treasures!

Give a double-gift for the holidays by supporting Lama Foundation AND giving beautiful, hand-made, spirit-infused gifts to your loved ones. Stay tuned for our Holiday Clearance Sale! store.lamafoundation.org



Drawing by Steve Waldvogel

All proceeds from sales will go to the Historic Kitchen Renovation Project



Photos by Peggy Chung





Thank You! ★

With deepest gratitude to those who have donated money, goods, services, time, and energy to sustaining, growing, and developing Lama Foundation this past year...

...We recognize and honor your love for this land and community, and for the important roles you each play in upholding Lama's mission... ★

Alexandra van den Berg, Alf Watt, Alicia Bonnet, Amrita Burdick, Amy Yeung, Andrea Saraswati Burke, Andrew Utman, Andy Yasin Gold, Ann Griffin, Annat Provo, Asha & Uwais Bernard, Asha Greer, Asher Lafonde, Barakat Bryan, Barbara Hume, Basira King, Bernie Wuestefeld, Beth Rodger, Bette Myerson, Bobbi Shapiro, Brady Hogan, Brock Anderson, Carol Crews, Carol Giesecke, Carol Langford, Caroline Goff, Caton Roberts, Charles Johnson, Charlmaine Ferguson, Chris Uihlein, Christopher Briggs, Christy Engels, Church of Conscious Harmony, Cid Backer, Cid's Market, Claudia Meyers, Clif Coughlin, Cliff Bane, CU Boulder Design & Build Class, Dana Lightsey, Danielle Freeman, Dave Powelson & Kathy Chudoba, David Fore, David Franz, David Jenkins, David Pascale, Davy Vargo, Debra Hoffman, Devin Powell, Dorota Orosz, Dr. Jay O Casey, Edmundo Jaramillo, Elaine Surya, Ella Ramos, Eric Doud, Erin Wolfe, Fadhilla Bradley, Farid Alan Schintzius, Fatima Rigsby, Gail Karr, George Marschall, Gilbert Renaut, Green Woman Herbals, Greg Weeks, Habib Bishop, Heather Johnson, Hermann Armenta, Holly Laberge, Insu Hyams, Irit Umani, iStumbler Labs, Jacqueline Grossmann & Douglas Soehren, Jacqueline May, Jade Polizzi & Stephen Eckert, Jai & Jan Cross, Janet Tiegerman, Jesse & Rabea Duncan, Jessica Brady Hogan, Joan Stango, Joel Kapp, John & Debra Stocke, John Babbs, Jonathan Scharfman, Jonathan & Kathleen Altman Foundation, Jordan Abu-Elhawa, Joseph Janoski, Joseph Salack, Joseph Sullivan, Joy Morris, Joy Powell, Julia Crowley, Julia Esterly, Karen Hammond, Karin Stanton, Kate O'Neill, Katherine Craer, Kathleen Azarnoff, Kathleen Franklin, Kellie Tikkun, Ken Kalata, Larry & Bev Weisner, Larry Weisner, Ley Line, Linda & Justin Freidman, Linda Lappin, Lissa Callirhoe, Louise Dobbs, Louise Gibson, Lucy Oliver, Malik Braun, Marie Carman, Mariel Johnson, Marigold Fine, Marion Heitzler, Mark Dixon, Mark Hovis, Mark Kacik, Mary & Paul Davis, Mary Ann Matheson & Cassim Dunn, Mary Hughes, Mary Neikirk, Melanie Anania, Merrybelle England, Michael Ricci, Michele Boccia, Mika Kraemer, Mira Geroy, Najat & Jaman Roberts, Nat Wilson, Neil Douglas-Klotz, Nettie Benjamin, Nina Peterson, Nizamuddin & Mariam Robinson, Papadas Reyfield, Patricia Cawthon, Paul Wapner & Diane Singerman, Peder Loberg, Philip Dougan, Philip Holliday, Polly Raye, Rahaman Brown, Ravi Babcock & Kathy Lyons, Ray & Nasima Bernhardt, Richard & Annette Rubin, Richard Lindley & Gracy Belle Broussard, Rick Murphy, Robb Rael and Get Framed, Ron North, Rosalind Pendleton, Salima Cobb, Samuel Baumann, Scott & Rebecca Steiner, Sean Murphy, Siddiq & Sakina Von Briessen, Sky Blue, Spencer Foon, St James Episcopal Church, Stacy George, Steven & Nina Ulrich, Sue Bartelette, Susan & Kei Pang, Susan & Stan Krcmar, Susan Keene, Susie Perkins, Tammy Wilson, Tawwaba Samia Jennifer Bloch, The DHO Community, The Ruhaniat Community, Theresa Sapunar, Thomas Renaut, Tim Geurkink, Todd Wynward, Tracey & Alan Stephens, Tracy Cates, Veronica Lake, Waduda Welsh, Ward Schultz, Water Turner-Carpenter, Weed Wesson, Wendy Welsh, William Meacham, Yael Routtenberg, Zuleikha ★

Lama Council

Miryam Levy, Julie Tato, Kestrel Alexander, Kaia Friton, Bird, Mira Geroy, Elaine Surya, Fatima Rigsby (alternate), Tracy Cates (alternate)

Trustees

Miryam Levy, Paul DeLapa, Aurora Durkee-Warren, Assana Rachel Halder, Daisy Neshoma Meyer, Kasey Mitchell, Jamil Paurel, Julie Tato, Irit Umani, and special thanks to non-trustee, Ben Haggard

Continuing Members

Abd al-Hayy Weinman, Asha Greer, Papa Das Rayfield, Beth Waldron, Bob Johnson, Clifton Coughlin, Daisy Neshoma Meyer, David Vargo, Rahaman Brown, Diana Adkins, Dylan Trachtman, Elaine Surya, Emma Avalos, Fatima Rigsby, Greg Weeks, Irit Umani, Rosie Varda Brahms, Joseph Brodnik, Julie Tato, Kathy Lyons, Katie Maedke-Hall, Kestrel Alexander, Kevin Warren, Latifa Weinman, Marigold Fine, Mary Ann Matheson, Megan White, Michelina Boccia, Mira Geroy, Mirabai Starr, Nasima Bernhardt, Pat Johnson, Rachel Halder, Ravi Babcock, Ray Bernhardt, Rebecca Rodger, Sakina Briesen, Sandra Basira King, Sara Morgan, Scott Shuker, Siddiq Briesen, Sita Jamieson Caddle, Steve Waldvogel, Tracy Cates

Free Associates

Ahad Cobb, Ammi Kohn, Ben Haggard, Charlie Hall, Chien Motto, Dona Seay, Ela Ramos, Eva Leveton,

Frank Fox, Gary Greenstein, GracyBelle Broussard, Heather Ferris, Jai Cross, Jamil Kilbride, Jan Cross, Jim Dixon, Joseph McPherson, Karin Arielle, Ken Kalata, Mary Neikirk, Mia Zimman, Michelena McPherson, Richard Lindley, Shay Salomon

Residents

Kestrel Alexander, Bird, Kaia Friton, Jamil Paurel, Holmes Bryant, Daniel Rozel, Karen Rachel Tarnower, George Marschall, Ingrid Bell, Martin Fenn

Summer Stewards

Dave Baker-Robinson, Sage Banashek, Ingrid Bell, Becky Bessanson, Gracy Belle Broussard, Annat Provo, Rahaman Brown, Julia Crowley, Martin Fenn, Scout Fernandez, Sam Fritzsche, Tim Geurkink, Max Gregor, Nathalia Guerin, Habib Lee, James Leonard, Richard Lindley, Harry Mickalide, Rebekah Miller, Aaron Minnick, Lisa Powell, Mike Ricci, Marie Ringwald, Alex Robertson, Zach Steiner, Kate Stephens, Addy Sterett, Diego Topete, Chris Topete, Steve Waldvogel, Shannon Wallace, Larry Wiesner, Bill Winters, Sully Sullivan, Paul DeLapa ★

Fundraiser

Tracy Cates

Flag Mountain Cottage Industries

Clif Coughlin, Peggy Chung. Summer interns: Nate Hail, Alexa Kucera

Photos by Beth Garrigus





Save the Date!

A Peek at Summer 2020...

Our summer programs directory and registration, and full retreat details, will be published in the early Spring. For now, mark your calendars. We can't wait to see you next summer...

Opening and Closing Days

May 24 & September 13

A chance to spend the day on the mountain, have a tour, enjoy a vegetarian lunch, and an afternoon group practice in the dome.

Live Here Now

May 18 - 23

Be a part of *Live Here Now* and immerse yourself in life at Lama. Develop key skills for creating and living in community, harmoniously; share in group practices from our collective traditions; gather for daily *tuning* meetings, where we give each member of the circle a chance to be heard and to listen; and join in daily *seva* (selfless service) tasks, as we care for the land, each other, and our sacred spaces.

Live Here Now cultivates skills to bring out in the world. In addition to our daily practices, we will discuss and engage with relevant topics, such as consensus agreement building, non-violent communication, mindfulness instruction, and permaculture.

Many of our summer stewards begin their Lama journey with our community-building camp. It's an introduction to life at Lama that will nourish your heart, mind, body, and soul.

Teen Mindfulness

June 11 - 15

Mindfulness practice is a life skill, one that benefits us at any age. For teens especially, this form of compassion to oneself and the world around us can make all the difference in a typically challenging stage of development. Mindfulness and meditation relieves anxiety, provides clarity and perspective, gives us a sense of confidence in ourselves, and improves our sense of empathy for others. It is a skill that requires practice to develop, however it takes no special ability.

Activities include (but are not limited to) seated and moving meditation, hiking, yoga, tai chi, interactive practices, communication development, and creative processes. We will enjoy evening camp fires, daily community service (*seva*), time for socializing, and time to rest.

Annual Gathering

June 18 - 21

Formerly known as "Annual Meeting," this extended weekend has evolved into much-needed community building amongst residents, trustees, continuing members, free associates, and those who wish to join. Business meetings have been condensed, creating openings for more group practice, contemplation, creative collaborating, and celebration.

Elemental: Women's Gathering at Lama

June 25 - 28

Women-friends, Join us~ Come and warm your hearts. Let us gather together on Lama Mountain to celebrate, support, and heal our individual, collective, historic and future selves. Join Asha Greer, Zuleikha, Mona Haydar, Devi Lewis, Tracy Cates, and so many more, for this life-affirming retreat, Lama-style: Singing, dancing, playing, speaking, laughing, crying, being in silence, momentary, epic, acute or infinite, alone, together, for us, for the world.

Southwest Regional Intercommunity Summit

September 3 - 7

In partnership with fellow communities and with the help of the FIC (Foundation for Intentional Community), we are co-creating this exciting opportunity for networking and commingling among folks from diverse communities.

Through discussion and activities we will explore best practices, challenges and problem solving, and sharing resources. All participants and communities will benefit through learning from one another, by discovering our similarities and differences, and experiencing our strengths and weaknesses.

Our aim is to enrich each participating community and participant by providing an opportunity for collective reflection on the meaning and possibilities of community in our unique age..

Summer Stewardship & Residency

At the core of Lama lies its Summer Stewardship and year-round Residency programs.

The Summer Stewardship Program is a two-week (minimum) to summer-long intensive retreat – an opportunity to take a pause from ordinary life, to create and care for community and to look at Lama through a variety of lenses. Summer Stewards join with the year-round resident circle to form Lama Foundation's summer community. Summer Stewards include all ages and backgrounds, families and individuals.

The Lama "curriculum" offers opportunities to develop skills in community building; to deepen in self-awareness; to experience teachings from various spiritual traditions; and to apply those skills of awareness and experience to our work, our meetings, and our service.

Full-Time Residency at Lama Foundation is a one-year commitment from October through the end of the next year's summer program. Individuals who are considering year-round residence are encouraged to come on Opening Day, or as close to that as possible, and to stay for the duration of summer.

More Retreats at Lama:

Please visit our website for updates to the summer schedule. More retreats will be added.

*Schedule subject to changes.

LamaFoundation.org/Events

Photo credits: (left from top to bottom) - Beth Garrigus, Larry Wiesner, Tim Geurink, Greg Weeks (right from top to bottom) - Destiny Gowdy, Daisy Neshoma Meyer, Spencer Foon, Spencer Foon



Lama Foundation • PO Box 240 • San Cristobal, NM 87564-0240
575-586-1269 • info@lamafoundation.org • www.lamafoundation.org



Summer Schedule

(Full schedule will be published in the Spring)

- Opening Day
May 24th, 11:00 - 4:00 PM
- CU Boulder Design Build
May 30 - June 20 (closed retreat)
- Church of Conscious Harmony
June 4 - 10 (closed retreat)
- Teen Mindfulness
June 11 - 15
- Annual Gathering
June 18 - 21
- Elemental: Women's Gathering
June 25 - 28
- Global Youth Leadership Institute
July 7 - 12; 15 - 20 (closed retreat)
- Practice day July 25
- Women Singing in Circle
July 28 - August 2
- Southwest Regional
Inter-community Summit
(third annual)
September 3 - 7
- Closing Day
September 13th, 11:00 - 4:00 PM

Lama's Mission

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.