Lama Alive
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Taos Pueblo Land Acknowledgment

It is respectful to recognize the unique and enduring relationship that exists between Indigenous peoples and their traditional territories. I acknowledge that I am on the historic homeland of the Red Willow people within the original territory of Taos Pueblo. This acknowledgment will obligate as a reminder of my ongoing efforts to respectfully recognize, honor, reconcile and partner with the Red Willow people whose land and water I benefit from in this great valley today.
With membership consensus behind us, and fall meetings newly completed, it seems this year that autumn has decided to forgo its usual sprint into winter and instead adopt a leisurely saunter. The crisp air feels like it anticipates the impending snow almost as much as we do and the sparse beauty of bare trees enfold our forming circle.

We said goodbye to many residents this last year, and welcomed even more. Seven of us are continuing on and eleven more joined to give us what is likely the largest circle since the fire. We have the first full family in residence in quite a while, and three children of former residents as part of the circle. We have singers, builders, artists, architects, and as yet, no end to inspiration and energy. In this circle coalescing as our larger community comes together in new ways, I see how the deep roots of Lama’s past support the tall trunks carrying it’s future, and allow for the broader reach of it’s branches and leaves.

Lama is still an interesting mirror for the world at large. We are not different in opening our arms cautiously after long separation, and continuing to ask how wide it is wise to stretch them. We’re also asking with renewed fervor the same questions as many; how have we participated in oppression, how can we become more aware, and how can we move together into the new future that is being called for on every level. In this time of vivid transformation, how do we hold to ourselves and each other and preserve that which serves while relinquishing that which does not?

Passions here wax and wane as our needs change and circles reform. Another focus we find now in ascendance is sustainability. Our renewed relationship with the land has us working on fire mitigation, and watching with concern our water consumption. The last few years have seen the spring appear less fruitful than in the past, so we’re both praying and acting to treat our water as well as it has treated us. We’re also working with the gardens, and feeding ourselves more from what we have grown here. As we look forward to hosting retreats again next summer (inshallah), we also wonder if we can change how we hold ourselves and that space to be more harmonious with the needs and capacity of the land.

The whole time I’ve been at Lama has felt special, even momentous, like we were on a precipice. The present is no different, and I now suspect the past wasn’t either. I have deep trust in this great body to meet the significance of this moment with grace, courage, and relentless love. After all, what else are we here for?

Jamil Paurel
"This year was a year of growth and experimentation. I learned from the land and the earth about being. I learned patience and persistence. I learned the different ways of giving and taking. I learned the cycles of the earth, the soil and beans. Lots of love and sharing. Lots of time with my hands in the dirt."
-Billy Winters

"I first arrived at Lama to become a summer steward in 2015. I was, at that point in my life, a wide-eyed 19-year-old, with an immense passion (in its infancy) for sustainability and growing food, learning about and experimenting with spirituality beyond my Hindu upbringing, and of course, FOOD! I spent much of that summer in sheer awe of this place. The land, which, to me, includes the neighboring forests and mountains, the delicious meals offered to us, and the myriad of ways to connect with my fellow stewards, all might as well have been the gunpowder which sparked my loving relationship with the Foundation."
-Daniel Rozel

"Grateful to be a part of this web of Lama life, slowly weaving my string with the fingers of the mountain I dance in the morning light, collecting dew and washing myself. This land gives us everything we need. I am here to challenge individualism and deepen what it means to live relationally."
-Rashidah

"Some poor, phoneless fool is probably sitting on a mountain somewhere totally unaware of how angry and scared he's supposed to be. I consider myself lucky enough to have become that phoneless fool."
-Nate Hail

"I first came to Lama in the Fall of 2020 for a 10 day hermitage and fell in love with the land. Walking onto it felt like I had been here before, like I was coming home, and I knew immediately I would be back. The magic of the mountain called me. I came back for a summer stewardship and fell in love with Lama's spiritual practices and then I fell in love with the beautiful souls of the community. (people and cats). Being here is healing to my heart and my soul in innumerable ways and I am immensely grateful to be a lama bean."
-Kathy Eads

"Like you, I am music. I love showing people around who have never been to Lama before. It helps me remember the wonderful things that I take for granted here and how miserable I often make myself in such a wonderful place. How silly!"
-Paolo Rossi

"Devotional detective deep diving to counteract collective amnesia. Dedicated to sensing the thread between nightly performances and our collective scripts, facilitating the regaining of agency over our dreaming capacities. Today my gender is holographic silver. I am a 3rd generation Argentinean, from Jewish, Italian, and Basque descent. By learning to work with the plantitas and curación, my roots regenerate. My practice gets down with lunar magic and explores hybrids between dance, drawing, linguistics and games."
-Lin Diagonales
"When I leave this body, there still am I. When I am a god, there still am I. When I am all of creation, there still am I. Where is this I? Who am I?"
- Holmes Bryant

"It's 6:30 am, you walk out of your small earthen home. The moon is shining like a floodlight illuminating the path to the dome. The morning before sit passes by while you are nestled in the window nook of the library reading. A warm cup of coffee steams to your right while the sun lights up the western mesa before crowning Flag Mountain. Every morning this ritual, every morning this reverse illumination of the world. Beauty everywhere."
- George Marshall

"Call me Maryam, or Merm. Whichever is easiest for you to remember. I used to be an artist. I might still be an artist. Lately, I've been on a trip about the Earth and how to save it. I think I'm an idealist; I want to learn and love and do all the things. Lama has been helping me deal with that."
- Maryam von Briesen

"Hi Lama lovers! I'm Sam. a lover of laughter, bebop, and massage. I came to Lama to break out of my comfort zone; to cultivate healthier habits in myself and deepen relationships with the people around me! My parents met here 25 years ago, and soon had me, so I was bound to end up back here again. Love to my grandmother Asha; my mom, Maia; my stepmother, Aurora; my dad, Kevin, and to the many others who made my life possible!"
- Sam Warren

"Before coming to Lama, I was looking for an extremely specific job that most likely doesn't exist. While I didn't come to Lama to find work, I found everything I would be wanting out of that specific job and more. Living in community for the last few months has opened my eyes to understanding what I really need in life. I hope more people will get to experience what I have so far."
- Dean Behary

"Six winters and roughly as many lifetimes ago I showed up on the mountain looking for refuge and healing. In that time I've found a family larger than I could have imagined, opportunities to serve and to grow beyond number, and joy and challenges too profound to articulate."
- Jamil Paurel

"I was born in a place with little water, and stayed. "Agua es Vida" was a lullaby and a slogan. Now I am in a place with even less water. My family and I are delighted to face this dryness with a terrific circle of loving people."
- Shay Solomon

"Te (they/them), I'm a song-carrier and wild lover of earth who is originally from Ramaytush Ohlone land (San Francisco). I have a background in theater and theology, and when not thinking about ritual performance art, I like to have my hands in the soil growing food. Want to know the origins of some of your favorite Lama songs? Ask me!"
- Te
“A Bean sees, a Bean does.”

While living at the Lama Foundation, I have heard this saying over and over, but how far does that intention go? I believe this phrase applies, not only while living on the mountain, but wherever we go as Lama Beans.

While I strive to be more sustainable and equitable for the community around me, my impact can be greatly increased by sharing with those beyond the mountain...

Our current circle provides support and fosters growth for each other. Several of us also volunteer at the La Lama Volunteer Fire Department to be first responders. As stakeholders in Northern New Mexico, we lend our hands to TiLT, a community incubator that currently focuses on converting plastics into building materials.

We share meals with the Taos Men’s Shelter. We are a part of La Coalición de Taos, a collective dedicated to preserving the multiple cultures in Taos. And we work with and learn from Daniel “Ryno” Herrera, who is converting his mobile home park in Questa into a transitional housing community.

For the greater Lama community, we host virtual Heart Club, Shabbat, and Lama Tea, to bring Lama to those who can’t physically be with us. And our Equity and Inclusion Team* has led the way for our wider circle to discuss topics such as gender inequality and racism, and how we can create a more equitable community.

What we do is beautiful. The intention of being involved in the greater community helped me fall in love with Lama and contributed to my desire to become a resident. Our circle is passionate about outreach and we hope that our efforts will create a resilient and sustainable pathway to outreach for future circles to follow.

After graduating with a degree in Environmental Design, with a focus on Sustainable Planning and Urban Design, I came to Lama in the Summer of 2021 as a steward, partly to “do research” on how community works and to see what parts of Lama I could easily plug into my future career in community development. The more time I spent here, the more I realized that Lama is a laboratory, and the only way to truly learn what we can take from Lama to other parts of the world is to test our concepts.

The concept I am interested in testing is how to bring Lama to those who don’t have the privilege to be here. Lama saved my life. I feel that I must share what I am learning from this circle with future circles. I feel that I must share what I am learning with those who want to learn. I feel that I must share what I am learning, because if I do not, what am I doing this for?

*Many thanks to the Equity Team: Willow Brook, Elise Fernandez, Assana Rae, Miryam Levi, Kasey Mitchell, John Combs, and Mira Geroy

Photo By Spencer Foon
What is this land? Who does it belong to? How can we give back to the soil, the trees, the plants? How can we play a beneficial role in these cycles and systems and create real sustainability for this place?

Last year’s Land Team, Paolo, Dan, Monika Denise, and I asked these questions, and worked together to weave our own ideas, understandings, and visions together to create abundance and beauty for the land and the community.

I am constantly being drawn in by the land, taught, and reshaped by it. Going out each day to observe the small changes that were happening is what gave me peace and hope throughout the summer. The small sprouts in the ground setting out another leaf, zucchini flowers being pollinated and growing, tomatoes slowly wrapping around the string above. I was seeing all of these tiny changes every day. It was a practice of patience. Letting things grow on their own time, and being witness to it all.

The abundance of spring and summer rains this year made the land come to life like I had never seen it before. Vegetables and fruits were coming into the kitchen faster than we could eat them!

We all learned a lot from the land this year, and now that we’ve witnessed the changing of the seasons and the cycles of Lama, we’re excited to plant more perennials, and plants that will continue to sustain Lama for many years to come. We begin this year with a passionate team of six: Paolo, Dan, and myself staying on, and Lin, Te, and Maryam joining. There is much inspiration and dedication to continue shifting our lens and actions toward sustainability, and I’m excited to see what change and new growth this year will bring.

Billy Winters
BRAVE SENSITIVITY  By Rashida

Who do we really serve? Who really feels welcome here? This past year, our circle began the deep dive into looking at our privilege, both institutionally and individually, and acknowledging our shortcomings in the ways we have, and still do, support marginalized bodies. This capitalist, militaristic, separatist way of Western life is not serving us, and we are not separate from it. Where are our blind spots? What assumptions are our beliefs based on? And how might we shift our perspectives to embrace a broader spectrum of knowledge? How might deconstructing our conditioning help us live our mission statement with better integrity? And how might it bring us closer together as a community, and as a society?

I am deeply grateful for our 2020/2021 circle, all who laid the groundwork before us, and all who will come after. I am especially thankful to Elise Fernandez and Willow Brook for how they have given themselves to this work and through that given this work to this land, helping us break new ground and turn new soil. I am thankful to Mona Haydar and Anita Rodriguez for helping us plant new seeds, and to the many other hands and hearts who have come together to help serve and take hands in this challenging work of brave sensitivity. It has not been easy. Lama Foundation and this land, thanks to the Red Willow and Kiowa peoples, and thanks to our founders Asha Greer and Nooruddeen Durkee, continues to open the hearts (and the wings) of all who are drawn here, and I have full faith that it always will. May we know this work as a mark of unity. May we understand the importance of looking at the shadows of our history.

Toward the One.

Help Support those who support us

La Coalicion: lacooaliciondetaos.com
TiLT: taostilt.org
Shoutout Mona Haydar: MonaHaydar.com
Join us at Lama: info@lamafoundation.org
Hosting the only in-person retreat, Teen Mindfulness, was the highlight of the Lama summer. Exuberant laughter, precious silence, tender cries, music and song, and communion with nature echoed across the mountain for our four days together. Mama Lama held the retreat through an unforgettable experience of refuge, reunion with sangha, and remembering how to be together after a year of COVID. The theme of the retreat was sangha and we deepened and built spiritual friendship that will hopefully last lifetimes. Days were filled with morning yoga, meditation, forest bathing, the Way of Tea, seva in the garden and flag, silence, and mindful walking. These remarkable teens are our hope and our future and it was an honor to serve in this way. We hope to see you again next year and look forward to welcoming new faces too!

-Willow Brook
Come Summer, we welcome visitors and guests to join us for Shabbat every Friday Evening and Zikr every Thursday evening.
Just give us a ring and come join us for dinner and song! (575)-586-1269

Our Retreat Schedule for the Summer of 2022 is still in the process of being created, please stay posted for more info at lamafoundation.org/events

In the Winter Months, we pause to look inward and to come together as a community. Much of the season is closed to visitors.
Please call ahead of time to make visiting requests.

Snow

Let Thy knowledge cover my heart as the snow covers the ground.
Let my heart melt in Thy light as the snow before the sun.
Let my heart show the purity of snow in the path of righteousness.
Pour on me Thy eternal life as snow on earth.
Make my heart delighted by the snowfall of Thy knowledge of Truth.
As Lama shifted with the rest of the world in response to COVID-19, we questioned how to continue serving our community in a safe way. Though we know nothing can quite meet being on this land, some very special conglomerations of people and inspiration came to life thanks to this new Zoom reality! *Lama Tea, Heart Club,* and *Shabbat* have been hosted virtually regularly throughout these seasons, creating beautiful space to continue coming together from afar, with mutual desire to deepen our presence and share our love.

**Join us at lamafoundation.org/events**

In my own hands I hold a bowl of tea: I see all of nature represented in its green color. Closing my eyes I find green mountains and pure water within my own heart. Silently sitting alone, drinking tea. I feel these become part of me. Sharing this bowl of tea with others, they, too, become one with it and nature. That we can find a lasting tranquility in our own selves in the company of others is the paradox that is the Way of Tea.

-Hounsai Daisosho-sama, Urasenke 13th generation Grand Tea Master
Sustainability and the Lama Spring

It was near the end of the summer when we had to shut down the outdoor dishwashing station (otherwise known as the car wash), limit ourselves to one shower per week, and be more conscious of every drop of water we consumed. The main cistern, fed by the spring, is low, and the spring itself has been low for a while. This isn’t the first year it’s happened, and it likely won’t be the last.

Reflecting on the part of our mission that claims sustainability and service to the land, we ask ourselves, “does using outhouses, running solar panels, and collecting rain water really classify us as sustainable? Even if we’re mindful of sustainability, are we actually living it?”

We have begun to ask ourselves these questions for a better understanding of how we might do better, as a community, and as a society: “what do we really need to be comfortable, happy, and healthy, and what do we think we need? How far can we stretch ourselves to properly examine that question? How can we continue to financially support ourselves in a capitalist society, without contributing to a culture of over-consumption, exponential growth, and exploitation of slave labor and the Earth? How can we distribute the information in this newsletter while being mindful of this topic? How can we harvest water in a way that doesn’t dramatically impact those who need water down the hill, and doesn’t negatively impact the trees and the animals? How can Lama provide for people on this land in the future, with respect to all these questions?”

I often think to myself, “If I can’t do it, how can I expect others to? If we at Lama can’t do it, how can we expect a whole society to?” It’s easier to limit showers and walk with body odor when everyone else is doing the same, how can we apply these concepts in situations where it’s not considered appropriate to stink? How can we influence the expectations of society in a way that destroys exploitative practices?

Now these are just a lot of questions. It’s easy to look at the situation of scarcity we’re experiencing at Lama now with distress, but I think it’s a great opportunity for us to really evaluate our needs, to become accustomed to the possibility of a future with less, and to learn how we can live without the comforts we’ve come to expect.

We’re in the planning stages of building cisterns to catch rain water under every roof. We’re discussing the carrying capacity of the land, and how we can continue to share the beauty of Lama, while being kind to the Earth it exists on. We have dreams of building bridges between the kitchen and the garden, of finding more ways to foster connections between each person on the land and the land itself: beyond the beauty of what is seen, but through education about its functions and needs as well. We recognize that it usually costs more to buy food that’s grown locally and organically, but maybe we could save some of that money by burning less wood. There is a constant give and take to be evaluated.

As I write this I realize it’s night time, and I’m using the lights to see inside. When I leave, I’ll go back to my house and take off the boots I could afford, because they aren’t handmade and meant to last a lifetime. I’ll light a fire so I can be warm, burning purchased wood and releasing carbon into the air. I’ll read a book made of paper from trees, next to a lamp using solar power that comes from panels made with sulfuric acid and acetone, and I’ll drink spring water from my reusable plastic water bottle made with fossil fuels.

We could never survive without some form of sustenance that we get from the Earth, so rather than cease to exist, how can we be sure that every time we borrow from the Earth, we are only borrowing? How can we repay it, serve it, and be stewards to it? It is our home, after all.

Maryam von Briesen

Can you help us achieve a more sustainable lifestyle here at Lama? Send your ideas to our sustainability committee shay@lamafoundation.org
The Bear Hermitage
An Interview with Shay Solomon
By Maryam von Briesen

"We began stacking the bales the same day a young, cinnamon-colored black bear was shot and killed at Lama. We named and dedicated the hermitage for the bear, in the hope that all beings may have habitat and security, and that those who come to the hermitage will reflect on their place and impact on the ecosystem." - Helen Rynaski

Built in 2000, many of those who have sought refuge within the Bear Hermitage have reflected on the feeling of being held in the womb of a divine mother; holding, healing, and teaching us before we are born back into the world. The ribs inside, made of aspen trees burned in the fire, resemble what one might imagine the inside of a rib cage would be. That, paired with the resemblance of the yoni shape of the structure, fits just the thought. I've asked Shay Solomon, who led the construction, to speak on her process and experience with this project.

"Our focus with the Bear was to minimize the carbon footprint, and the embodied carbon. We mainly used trash and materials that were native to our site. I had worked on Michael Freeman’s amazing site, building the Teacher's House before the [Hondo] fire-- we worked in silence, had meditation breaks, he served tea. We used some toxic materials in that house, but thanks to the meditative spirit, I have only good memories of the toxins. I wanted to build a non-toxic, natural building at Lama in this meditative way. I was mostly leading woman-only building crews at that time.

Nine women from three continents worked in silence for eight weeks. No one else was allowed in, with one exception. Build Here Now (a retreat) started shortly after we dug the foundation. To refill it with rubble, anyone who wanted joined a procession at 5 AM, following this Irish woman, Fiona, who was banging a drum, down to the site to stand in a line in silence, and pass rocks down the two-minute walk of a path. Sixty people lined up. One person got mad because someone started putting all the little rocks together when passing them, rather than passing each one individually, with love, as they were doing with the large rocks. One of the contractors who came for Build Here Now said later, crying, ‘I never really looked at the material that I built with before, I just pushed it around where I wanted it.’

When building this hermitage we were testing some new ideas. I told the Circle, ‘This building is only going to last for ten years.’ Physical permanence is overrated. I believe in ephemeral construction and in creating a culture that lets younger people build, and buildings that degrade and don’t leave a trace. That was our premise. When this degrades it shouldn’t leave anything that will be toxic to the future.”

[lamafoundation.org/ways-to-be-here/hermit]
Early Summer Yarrow Oxymel
A Recipe from Lin Diagonales

Achillea millefolium, Wild Yarrow
can be identified by its many small and feathery leaves, with tiny five petal flower clusters that are usually white or pinkish. Inspired by the white yarrow flowers that sprouted all over Lama Mountain this summer, this Yarrow Oxymel is intended to encourage embodied learning and intimacy with the plant’s protective qualities. Oxymel refers to an herbal infusion in honey and vinegar, a medicine that has its origins in Persia and Greece. Yarrow has multiple properties like anti-microbial and anti-inflammatory, can be chewed up and applied to wounds to stop excessive bleeding, and is used in traditional magical practices for its protective qualities. Yarrow assists us in establishing good boundaries and a sense of protection.

Recipe
- On the new moon, gather a sterilized jar, a bottle of Organic Apple Cider Vinegar (with Mother), some Raw Local Honey and the dried Yarrow flowers.
- Holding in your heart your intention, fill up to 3/4 of the jar with the flowers, while lightly warming the Apple Cider Vinegar and Honey together.
- For measurements use a ratio of 1 to 4 -plant matter to vinegar & honey. The vinegar to honey ratio is 2 to 1 approximately but experimentation is encouraged.
- Cover the Yarrow with the liquid, about two inches above the plant matter. Label with the date, species, and intention. Let steep for an entire moon cycle (28 days) in a cool dark place.
- Periodically give the jar a loving shake. At the next new moon, strain the oxymel well, pressing on the plant matter thoroughly. Divide the oxymels in empty sterilized droppers if you so desire.
- Oxymels must be used within one year of straining and can be stored in a cool shaded spot or the refrigerator.

Harvesting Yarrow
For the highest medicinal potency, harvest in the spring or early summer. Sit during the daytime by a Wild Yarrow plant and make an offering of song or prayer, stating your intention for harvesting the medicine. Listen to which flower clusters are wanting to be part of the concoction and harvest them, ideally on a full moon. Bundle them up and hang them to dry for around two weeks.

Taking Oxymel
For ingesting, you can take a dropperful up to three times a day or place a dropperful in a cup of tea or warm water.

Remember, building relationships with plants takes time and willingness and consistency is key to receiving the wisdom of the plant.
RAFI’S TAKE ON LAMA LIFE

A Song About Meetings by Rafi and Nigel (PaPa)

Blah blah blah blah blah, my turn!
Blah blah blah blah blah, my turn!
Blah blah blah blah blah, my turn!
DING!
*deep breath in*
*deep breath out*
and repeat

RAFI: I like Lama.
PAPA: Why?
RAFI: It’s fun. There are lots of trees and snow in the winter. There are people who are very nice.
PAPA: Oh?
RAFI: They play with me. Sometimes they read to me. Sometimes Sam lets me drill holes in the workshop.
PAPA: What’s the best thing you’ve done so far this winter?
RAFI: Playing soccer in the dome! Oh, and I made a furniture fort with Sam.
MAMA: What are your 3 favorite places at Lama?
RAFI: The Dome - it’s fun to run around in the dome. The Kitchen because that’s where the people are. The Spring because it’s pretty there, and I love the stone work.
PAPA: Is there anything you don’t like about Lama?
RAFI: [pauses] Oh! I don’t like meetings. [pauses] That’s the only thing I don’t like.
PAPA: Is there anything you are looking forward to this winter?
RAFI: Hmm... The snow, sledding, snow ball fights with Dean. I don’t know anything else, but we’ll see.
The Creation of Be Here Now

Outtakes from interviews done with Asha Greer and Noura Durkee
Written by Maryam von Briesen
Edited by Siddiq von Briesen

While Steve and Barbara Durkee (Nooruddeen and Asha) looked for land to establish their own community, Richard Alpert (Ram Dass) was in India studying under his guru, Maharaji. Having met Barbara at Stanford and establishing a friendship with the couple, Ram Dass came back to the United States and began teaching. Transcripts of his lectures provided enough material for a book, and so he and Steve conceived the "Bindu to Ojas" box. The book, "Be Here Now," followed later as an afterthought. While Steve designed the cover and did much of the visionary and logistical work, he, Barbara, Joe Bonner, Sarada Singer, Susan Ross, and Frances von Briesen (Noura Durkee) were the artists. The community assembled the various components of the box, and mailed them out.

It went like this: Steve would take the content that Ram Dass collected/wrote and break it into sentences that would make up a page. In the library the artists would read the “page of the day”, someone would take it, and the next day there’d be another page. They bought rubber stamps of two different fonts at the dime store, and created the original pages on big pieces of butcher paper that were about three to four feet long and two or three feet wide. Amongst the artists, everyone got their page finished in a day or two, because at the time, that was all they worked on. The original drawings were sized down and brought to a printer, and once they were printed and folded in book signatures, everyone helped tie the signatures together as a community project.
Barbara, now Asha, said, “It was very peaceful. Nobody had an ego investment in it because we were not in this for money, we were really into it for service and were planning to make it completely anonymous. I mean we were doing something that we felt pretty idealistic about, and basically that’s exactly what we were doing in terms of Lama also.”

The first printings were done by subscription, and the boxes were put together in the library during winter. As the boxes were done, they were piled around the dome against the walls.

In an interview done for the 50th anniversary of “Be Here Now,” Asha spoke of an experience she had during all this, after Murshid Sam’s death; “I just walked and I stood at the door and there was this coffin in the middle of the dome under the skylights and then there were all these “Bindu to Ojas Be Here Now” boxes there. And it was just one of those kinds of times at Lama where you’re just ‘Where am I? What is happening here? What is going on? There is really something outrageous happening.”

She also spoke of some of her own work in the book, “My favorite page that I illustrated was The Library, the story of the ego. I just had the greatest time, I couldn’t believe how many book titles I could think of that were totally about me. Looking back, I must have been a fabulous narcissist. To have been able to do that, I was in hysteric’s the whole time. I did some more abstract ones. I took a lot of the ones that nobody else was interested in. I was the model for the Divine Mother, I drew the face and then Noura drew the body. Modeling nude in the library. I also did Khali.”

If you’re interested in hearing more audio about the creation of Be Here Now and more, go to store.lamafoundation.org/products/be-here-now-audio-stories
Thank you!

For your generosity. You've given in so many ways. Our community is stronger for all our relations.

Thank you!

Thank you!

Lama Council

Trustees

Continuing Members

Free Associates
Ahad Gabb, Ammi Koh, Ben Haggard, Charlie Hall, Chien Motto, Dona Sey, Ela Ramos, Eva Leveton, Frank Fox, Gary Greenstein, Gilbert Renault, Gracelynn Brousseau, Heather Ferris, Jai Cross, Jamil Kilbridge, Jan Cross, Jim Dixon, Joseph Lightman, Joseph McPherson, Joseph Salack, Karin Arielle, Ken Kalata, Mary Neikirk, Mia Zimman, Michelle Naud McPherson, Richard Lindley, Shay Solomon, Thomas Renault

Summer Stewards
Alex Robertson, Ammar Provo, Austin Gallant, Clarity Saigh, Dean Behary, Eden Wengler, Emma Manobianco, Fel Agrelius, Gracyelle Brousseau, Johannah Hansen, Jona Valdez-Solomon, Kathy Eads, Libby Reyff, Lin Diagonales, Maryam von Briesen, Matthew Obst, Nate Hall, Nigel Valdez, Norishia Jalal, Paul DeLapa, Rafl Valdez-Solomon, Ray and Nasima Bernhardt, Richard Lindley, Robert Greenberg, Samuel Warren, Sarah McKay, Saryadev (Dr. Tom Hui), Shannon Wallace, Shay Solomon, Siddhartha, Spencer Foon, Sully Sullivan, Te Martin

New Resident Body
Bill Winters, Daniel Rozel, Dean Behary, George Marschall, Holmes Bryant, Jamil Paurel, Kathy Eads, Kima Rashida Nelson, Lin Diagonales, Maryam von Briesen, Nate Hall, Nigel Valdez, Shay Solomon, Jona and Rafl, Paolo Rossi, Sam Warren, Te Martin

Departing Residents
This past year has been a time of transitions and introspection. Our community has been rich with perspective, deep conversations, and life changes. We are so grateful for those who have found a home on the mountain, and who have given of their time, talents, and hearts. We want to offer our deepest appreciation and love to those residents who have left Lama this past year...

Elle Fernandez
Willow Brook
Jules Friton
Kestrel Alexander
Lune Trecaso
Monika-Denise Burkholder
Zach Steiner
Sasha the Cat

We are so grateful to each of you, for your love, service, wisdom, joy, and honesty. May your paths be colorful, may The Way be open, may the wind be always at your back...

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blessings on the breeze
Creating the "Be Here Now" Commemorative Box

By Willow Brook

The Flag Team, made up of Willow, Elle, Rashida, and Lune, conjured up a project to celebrate the 50th anniversary of Be Here Now, with 500 limited-edition Be Here Now Collectors Boxes. This box set is inspired by the original Bindu to Ojas Box of 1971, created by Ram Dass and Lama Residents.

The collectors box is an ode to the original, with screen printed Be Here Now (cover), Meeting of the Ways (inside top), and Lama Seal (bottom). A search into 1971 in the library display case brought back to life the original Bindu to Ojas print, and a 2021 version of Painted Cakes Reading List, inspired by the current residents, and the racial justice uprisings.

In an effort to share the sacred land with beloveds who couldn't visit, we collected and hand-wrapped offerings of assorted plants and rocks.

We knew we wanted to create a new flag, and after polling the Trustees and Residents, we chose The Divine Dance because it felt like a representation of the times during the wild era of Covid; no one going anywhere, just stuck here with ourselves, dancing together, but apart.

Included in the box is a recording of an interview done with Asha about the community's artistic process of creating the original book. Surya Incense supplied altar pieces, and we created stickers from our favorite pages, tucking them next to a booklet that details a brief history of Lama's journey, and honoring Ram Dass and Nooruddeen.

It was a stretch to hand-make 500 boxes in between the many things that ask for our attention at Lama. Community flag practices in the mornings and between meetings pulled us through. May the memories live on!

See more of what we have to offer at store.lamafoundation.org
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.

Photo by Jonathan H. Lee
Thank you!

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