

# Lama Alive

2021-2022







# Contents

- 03 Letter From the Coordinator - *by Jamil Paurel*
- 04 Resident Bios - *in their own words*
- 06 Community Outreach - *by Dean Behary*
- 07 Land & Garden - *by Billy Winters*
- 08 Brave Sensitivity - *by Rashida*
- 09 A Beautiful Reuniting - *by Willow Brook*
- 10 On-Land Offerings
- 11 Online Offerings
- 12 Summer Photos
- 14 Sustainability and the Lama Spring - *by Maryam von Briesen*
- 15 The Bear Hermitage - *an interview with Shay Solomon, by Maryam von Briesen*
- 16 Early Summer Yarrow Oxymel Recipe - *by Lin Diagonales*
- 17 Rafi's Take on Lama Life - *by Rafi and Nigel*
- 18 The Creation of Be Here Now - *Interviews with Asha Greer and Noura Durkee, Written by Maryam von Briesen, edited by Siddiq von Briesen*
- 20 Acknowledgements
- 23 Cottage Industry - *by Willow Brook*

## 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 oblige 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.



# LETTER FROM THE COORDINATOR

Photo By Spencer Foon

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 enfolds 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



# RESIDENT

"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



Photo from left to right. top: Rafi, Dean, Holmes, Nate, Sam, Jona, George; mid: Paolo, Te, Billy, Dan, Lin; bottom: Nigel, Merm, Rashida, Kathy, Shay, Jamil

"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



# BIOS

"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

"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 step-mother, Aurora; my dad, Kevin, and to the many others who made my life possible!"  
-Sam Warren

"I remember my first day at Lama. Yogi Shanti Swaroop, my teacher, was looking for miracles. We drove up the mountain and met Bird, who when asked about miracles without much fuss pointed us towards the Springhouse and the Hanuman that survived the fire. Yogi was satisfied and I was in love."  
-Nigel Valdez

"It's 6:30 am, you walk out of your small earthen home. The moon is shining like a flood light 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 Marschall

"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

"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





# Community Outreach

by Dean Behary

## “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?

Photo By Spencer Foon

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







Fire Mitigation with Ben Haggard, photo by Tracy Cates



*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?*

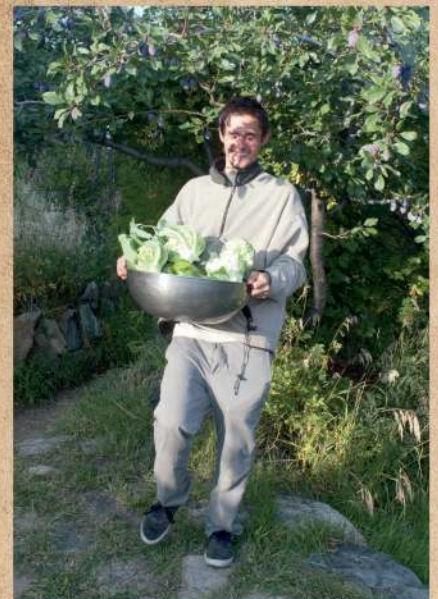
Last year's *Land Team*, Paolo, Dan, Monika Denise, and I asked these questions, and worked together to weave our own ideas, understandings, and visions together to create abundance and beauty for the land and the community.

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.*



"Feed Everyone"  
Neem Karoli Baba



Going to feed the people for a panel  
hosted by La Coalicion De Taos



Rewombing  
w/ Mona Haydar



Western Sufism  
and Willow Brook



Anti-Oppression Workshop  
with Corey Evans

Photo By Assana Rae Halder



*Help Support those  
who support us*

La Coalicion: [lacoaliciondetaos.com](http://lacoaliciondetaos.com)

TiLT: [taostilt.org](http://taostilt.org)

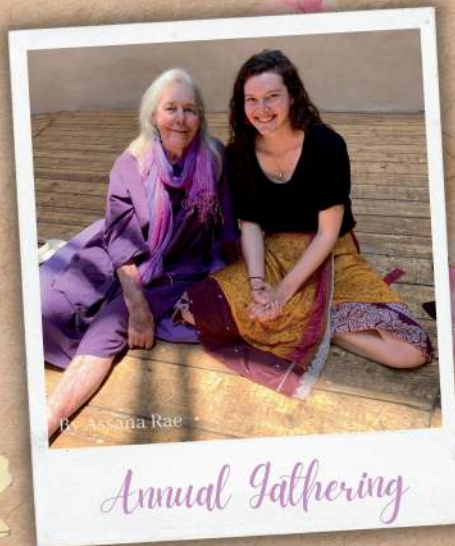
Shoutout Mona Haydar: [MonaHaydar.com](http://MonaHaydar.com)

Join us at Lama: [info@lamafoundation.org](mailto:info@lamafoundation.org)





## A Beautiful Re- Uniting



Annual Gathering



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

## Teen Mindfulness







# On-Land Offerings

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](http://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.



Photo by Willow Brook

*A Nature Meditation from Hazrat Inayat Khan*

## 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.



# Online Offerings



Photo By Tracy Cates

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](https://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 15th generation Grand Tea Master











Join us as a Steward for the Summer of 2022!  
Visit: [lamafoundation.org/ways-to-be-here/summer-steward/](https://lamafoundation.org/ways-to-be-here/summer-steward/)



# 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](mailto:shay@lamafoundation.org)





# The Bear Hermitage

An Interview with Shay Solomon

By Maryam von Briesen



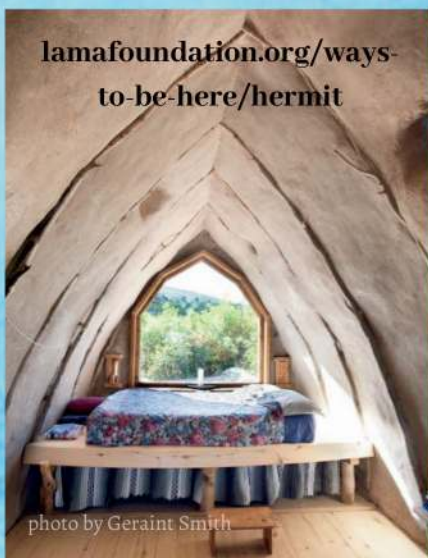
*"We began stacking the bales the same day a young, cinnamon-colored black bear was shot and killed at Lama. We named and dedicated the hermitage for the bear, in the hope that all beings may have habitat and security, and that those who come to the hermitage will reflect on their place and impact on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





# 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

## MAKING IT SACRED



THIS (CHOPPING WOOD AND CARRYING WATER)  
IS KARMA YOGA... THE YOGA OF DAILY LIFE.  
THE WAY TO DO IT IS: DO WHAT YOU DO  
BUT DEDICATE THE FRUITS OF THE WORK

TO ME ॐ

THAT'S THE MOST ESOTERIC WAY OF SAYING IT.

ANOTHER WAY OF SAYING IT IS: DO IT  
WITHOUT ATTACHMENT. ANOTHER WAY OF  
SAYING IT IS: TOTAL RENUNCIATION!

NOW THAT DOESN'T MEAN YOU GO UP TO A MOUNTAIN  
AND LIVE IN A CAVE. IT MEANS THAT YOU RENOUNCE  
ATTACHMENT EVEN TO YOUR OWN DESIRES. IT MEANS  
YOU DO WHAT YOU DO BECAUSE  
THAT'S WHAT THE HARMONY  
OF THE UNIVERSE REQUIRES.

IF I AM A POTTER I MAKE POTS  
BUT WHO IS MAKING THE POTS?  
I AM NOT UNDER THE ILLUSION  
THAT I AM MAKING THE POTS.

POTS ARE.  
THE POTTER IS.  
I AM A  
HOLLOW  
BAMBOO

ॐ54

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 hysterics 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](http://store.lamafoundation.org/products/be-here-now-audio-stories)

IN MY CASE I KEPT  
READING THE BOOKS BUT  
I DIDN'T UNDERSTAND  
THEM. THEY WERE  
YELLING THE SECRETS  
BUT I COULDN'T HEAR  
THEM BECAUSE I WAS  
LOOKING AT THEM FROM  
THE WRONG PLACE!  
THAT WAS MY PROBLEM  
AND I COULDN'T GET MY  
HEAD INTO THE RIGHT PLACE  
I STILL WANTED TO KNOW  
I KNEW. SEE? I WAS STILL  
WESTERN RATIONAL MAN  
SO I WENT AND I LOOKED  
AND LOOKED AND LOOKED  
AND AS LONG AS I LOOKED  
LIKE A RATIONAL MAN  
LOOKING- I DIDN'T FIND  
ANYTHING. I JUST FOUND  
MY OWN S H A D O W  
ALL THE TIME THATS  
ALL YOU EVER FIND:  
YOUR SELF

YOU ONLY READ TO YOURSELF  
YOU ONLY TALK TO YOURSELF  
YOU ONLY KNOW YOURSELF  
THATS ALL THERE IS!  
STRANGELY  
ENOUGH !



# Thank you!

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

Aaron Bryson and Ula Mach-Bryson, Aaron Godlaski, Abigail Highlad, Adam Gildar, Adele Wood, Adeline Teoh, Adena Shoshan, Aileen Socrates, Alex Robertson, Alexander Aris, Alexandra van den Berg, Alexis Tatarsky, Alicia Bonnet, Alicia Ephraim, Alina Gote, Alison Cohee, Allan Sindelar, Allison Duncan, Amanda Jacques, Amanda Ott, Ambz Kear, Amira Jones, Ammi Kohn, Amrita Burdick, Ana Gheysen, Ananda Garlichs, Ananda Reese, Andrea de Cleyre, Andrea Wakely, Andreas Karelas, Andy Chiaraluce, Andy Weeks, Angelica Gibson, Angelina Carpenter, Ann Meade, Annalouiza Armendariz, Annat Provo, Anne Silver, Annette and Richard Rubin, Ariel Bushnell, Arlene Watkins, Arline Simmons, Arwah Mbarak, Arwen Scarlata, Asha and Uwais Bernard, Ashley Traut, Assana Rae Halder, Ata'allah William Meacham and Alia Patricia Michael, Athena Huckaby, Austin Gallant, Ava du Coudray, Ayesha Graham-Henning, Ayumi Janis, Azima Lila Forest, Aziza Barker, Barbara Grover, Barbara Jacobson, Ben Haggard and Joe Miron, Beth Garrigus, Beth Searcey, Bette K Myerson, Bettina Lancaster, Bobbi Shapiro, Bodhitara Searles, Bonnie Benjamin, Boyanna Trayanova, Brad Learmonth, Brady Hogan, Brenda Gasior, Brenda Morgan, Brenna Olivier, Bryn Morgan, Caitlin Cimino, Caitlin Peerson, Calvin Fentress, Candace Famiglietti, Carl Dziuk, Carla Larson, Carol Chambers, Carol Engberg, Carol Lynn, Carol Plaia, Carol Russell, Carolina Salinas, Caroline Carter, Caroline Goff, Carolyn Bryan, Cassandra Tucci, Catherine Harding, Cathy Lamenzo, Cathy O'Shea, Cay Crow, Celcily Sabato, Chad and Toru Oba, Chandra Anania, Chandrashekar Vittalbabu, Charlee Myers, Charles Newman, Charlotte Leek, Cheryl Botts, Cheryl Dickard, Cheryl Odom, Chien and Corliss Motto, Chris Fairchild, Chris Snyder, Christena Cleveland, Christian Tagliapietra, Christine Dimmick, Christopher Golding, Christopher Gore, Chrystie Richardson, Cindy Bishop, Clair Brown, Clarity Saigh, Clifton Coughlin, Colette Lafia, Connor and Tracey Stephens, Conrad Cooper, Corina McKendry, Cortney Johnson, Corey Evans, Cory Marchasin, Courtney Lurie, Cynthia R Daniell, Cynthia West, Daniel Kirchhof, Danielle Freeman, Davi Vargo, David Bronstein, David Guthertz, David Jenkins, David Matthews, David Maxfield, Daway Chou-Ren, Dean Behary and Momma Dida, Grandma Maji, Aunt Naila, and Aunt Fiddy, Dean Olson, Deborah Carrithers, Debra Hoffman, Debra McDonald, Denise Green, Denise Sacks, Dennis Collentine, Diana Adkins, Diana Piloyan Boudjikianian, Diana Rico, Diana Zepeda, Diane Rosenthal, Dominika Wasilewska, Donna Calame, Donna Chamisa, Donna Cohen, Donna Contreras-Wetherbee, Donna LeFurgey, Donna Peizer, Dorothy Moloney, Dotty O'Donnell, Douglas Conwell, Dr. Neil Douglas-Klotz, Dr. Nan Littleton, Dylan Trachtman, Edmund and Lynn Galusky, Edmundo Jaramillo, Edward Bilek, Elaine Surya, Eleanor Briseno, Eliezer Sobel, Elinor and Morton Wapner, Elise Fernandez, Elise Mason, Elise Miller, Elizabeth and Paul Clemmer, Elizabeth Coe, Elizabeth Hilkemeyer, Elizabeth K Williams, Elizabeth Upton, Elizabeth Waldron, Elizabeth Walker,

Elizabeth Woodbury, Ellen Rose, Elysia Green, Emily Field, Emily McCay, Emily Mente, Emily Moore, Emily Nelson, Emily Winkler, Eric Albrecht, Eric Wuesthoff, Erica Ekrem, Erin Bower, Erin Wolfe, Evan Looper, Eve Bratman, Eve Ilsen, Fadhilla Bradley, Fazilee Buechel, Francy Milner, Gary Beavers, Gary Driver, Gary Nicholson, George Marschall, Georgia Gersh, Geshe Tenzin Damchoe, Gilbert Renault, Ginger Lee, Glen Carlberg, Greg Weeks, Guillermo Stein, Hafiz Leland, Hanifah Murfin, Hans Siddiq and Sakina von Briesen, Harry and Mary Kenney, Heather Nuanes, Heidi Swevens, Helen Greenspan, Helen Highland, Herbert and Frances Garn, Hilal Sala, Ildiko Fox, Imtiaz Rangwala, Inta Carpenter, Irit Umani, Iscah Carey, Jacqueline May, Jacqueline Shukla, Jade Polizzi and Stephen Eckert, Jai and Jan Cross, Jaime Berrian, Jaimee Gentile, James Cumming, James Mellor (Riverstone), James Shoupe, James Traynor, Jamila Knox, Jan Waldmann, Jane (Ramabai) Booser-Gorman, Jane Ellen Nickell, Janet LaFaille, Janet Strickler, Janice Ledgerwood, Janice Levi, Janice Pezzoli, Janine Walter, Jared Logan, Jasper Gomez, Jean and Steve Kenin, Jean-Luc Oicle, Jeanie Bukowski, Jeannette Scott, Jeffrey King, Jenna Jackson, Jenna Paulden, Jennifer McErlean, Jennifer Medina-Summers, Jennifer Reyff, Jeri Anne Hampton, Jerrilyn Zavada, Jessica and Steve Zeller, Jessica Jacobson, Jessica Reneau, Jill and Michael Scher, Jill Martinez, Jim Hunt, Jo Smith, Joan Greenfield, Joan Harrington, Joan Kaiser, Jodi Golden-Lund, Jodie Rain, Joe Cronemeyer, Joe Thwaites, Joel Kapp, John and Alyne Galm, John Anderson, John Combs, John O'Regan, John Sherburne and Sara Crovitz, John Stocke, Jonathan and Kathleen Altman and The Altman Foundation, Jonathan Scharfman, Joseph Lightman, Joseph Salack and James Bailey, Judith Henry, Judith Hoilett, Judith Srigley, Judith Tarbet, Judy Ballinger, Judy Gordon, Julia Jarvis, Julia Papps, Julia Storberg-Walker, Julia Vazquez and Marika Watt, Julie A Von Pelz, Julie Forrest, Julie Freeman, Julie Grossman, Julie Harrigan, Julie Jilani Esterly, Julie Tato, Juuso Jokiniemi, Jyoti Brook, Kaisa Barthuli, Kalama Reuter, Kali McFarland, Kandee Klein, Karen Marquis, Karen Tarnower, Karin Arielle, Karin Lubin, Kasey Mitchell and Anna Hrybyk, Kat Maier, Kate Cooke, Kate Shane, Katharine Schuyler, Katherine Brown, Katherine Cary, Katherine Johnson, Katherine Martin, Katherine Millersdaughter, Kathleen Eagan, Kathleen Ritchie, Kathryn Caldwell, Kathryn Hankinson, Kathy Eads, Kathy Lyons and Austin Ravi Babcock, Kati Roske, Katie Michael-Sanchez, Kaye Savage, Kelt Lamb, Kelly Klingler, Kelly Thompson, Kerry Parsons, Kestrel Alexander, Kevin Padilla, Kieren de la Rue, Kim Cary, Kima Nelson, Kira Kull, Kirry Nelson, Kolya Braun-Greiner, Kris Nelson, Kristen Vaughan, Kristy Robinson, Larkin Eriksson, Larry Daloz, Latifa Till, Laura Binstock, Laura Cowan, Laurel Marks, Lauren Deutsch, Lawrence and Beverly Wiesner, Layla June, Le'ema Kathleen Graham, Leah Adams, Leah Fried, LeeAnn Love, Lesley Linton, Lex Gillan, Lia Bello, Liana Salima Rael, Lily Jewel, Lin Diagonales, Lin Talusky, Lina Kaisey,



# ...Thank you!

Linda and Justin Friedman, Linda Bailly, Linda Bonnefoy-Lev, Linda Federico-DeGeest, Linda Lappin, Linda Leah Rauch, Linda Marshall, Linda Roberts, Linda Sparrowe, Lindsay Sledge, Lisa Edmonds, Lisa Gorman, Lisa Mandelstein, Lisa Reynolds, Liz Gaden, Loretta Spencer, Lori Cohen and Paolo Caserta, Lori Fuller, Lori Wilson, Lucy Oliver and Thomas Rightmyer, Lune Marie Trecaso, Luz Martinez, M. Kathaleen Snell, Maggie Fitch, Malik Braun, Maline Taylor, Malini Ranganathan, Mallory Adams, Marcia Rahmana Rowe, Margaret Nes, Margaret Rossi, Maria Borovnik, Mariam Beth Rodger, Marian McKone, Marianne Rowe, Marianne Spitzform, Maribel Arce, Mariel Johnson, Marigold Fine and Jim Stanford, Marika McClenahan, Marilyn Harris, Mario Quintana, Marjorie Kamine, Mark and Christine Hickman, Mark Dixon and Sandy Fazio, Marleen Trader, Marlene Elliott, Martin Evans, Mary and Harry Kenney, Mary Ann Matheson, Mary Bean, Mary Cavett, Mary Coleman, Mary DeMeo, Mary Fox, Mary McCloy, Mary Neikirk, Mary Richardson, Mary Stewart, Maryam von Briesen, MarySue Williams, Matt Dietrichson, Matthew Heyse-Moore, Matthew Obst, Maureen Cotton, Maxwell Om Jaya, McKenzie Casad, Megan Bollen, Megan White, Meghan Crough, Melissa Fleck, Meredith Fucci, Michael Helling, Michael Schumacher, Michaela Snow, Michele Boccia and Lewis Sawatzky, Michele Pike, Michelle Bloodworth, Michelle Hockersmith, Michelle Massie, Michelle Wallhagen, Mika Kraemer, Mike Tidwell, Miles Hinton, Mira Geroy and Tom Kondo, Mirabai Starr and Gunga Das, Miryam Levy, Molly Rosen, Mona Haydar, Safi, Rumi, and Sebastian Robbins, Monica Rodriguez, Monika-Denise Burkholder, Moona, Nancy and John Halder, Nancy Bavis, Nancy Champion, Nancy Waring, Nanda Wilson and Perry Di Benedetto, Naomi Yoder, Nathan Freewind, New Pell, Nick Berg, Nicolas Campaigne, Nidia Arguedas, Nigel Valdez and Shay Solomon, Nikeesha Breeze, Nina Love, Nina Peterson, Nina Silfverberg, Nischal Neupane, Nizamuddin William Robinson, Norbert and Elizabeth Sperlich, Norishia Jalal, NurAna Naomi Wilansky, O'lga Georgianna Reid, Olivia Pepper, Omar MSai, Paige Rozanski, Pam Lozoff, Papadas Rayfield, Pat McCabe, Patricia Cawthon, Patricia Duncan, Patricia Philippe, Patrick Gharrity, Paul DeLapa, Paul Doherty, Paul Wapner and Diane Singerman, Paula Claycomb, Pedro Engel, Peggy Chung and Nat Wilson, Petaluma Livelli, Phil Dougan, Philip Armour, Pia Kohler, Piyush Juneja, Polly Barton, Polly Branch, Polly Hays, Purly Rae Gates, Qahir Peco, Rachel Becker, Rachel Wheeler, Rahima Eaton, Rand Greenfield, Randall and Elizabeth Weingarten, Randall Klarin, Ray and Nasima Bernhardt, Rebecca Crumbacher, Rebecca Juan, Rebecca Rabia Nunley, Rebecca Stair, Rebecca Sturgeon, Rebecca Zambrano, Red Willow Farm, Reed and Elizabeth Munira, Regina Walther, Retha Wright, Richard Fagan, Richard Falk and Francine Falk-Allen, Richard Hammer, Richard Kramer, Rick Murphy, Rico Zook, Rita Daniels, Rita Hall, Rivala Garcia, Robert and Christina Dohr, Robert and Linda Attiyeh, Robert Barnaby, Robin Wolff, Robyn Brentano, Ron Aryeh Margolis, Ron Voorhees, Rose and Joseph James, Rosemary Gerber, Rowenna Williams, Ruth Mulligan, Ryckje Wagner, Saffron Wells, Safire Rose and Rev. Christy Engels, Salima DeMots, Samuel and Cynthea Caughron, Samuel Berne and Susan Drobeck, Samuel Jerkins, Samuel Lee, Sandra Marroquin-Evans, Sandy Scrivner, Sanjar Moinizandi and Nazy Zahedi, Sanjay Makhijani, Sara Goetz, Sara Madsen, Sára Rain, Sarah A Maninger, Sarah Bailey, Sarah Guita, Sarah Hartzell, Sarah McHale, Sarah McKay, Sarah Menzies, Sarfaraz Knight, Sarita Sahni, Satyadev Hui, Scott Youmans, Shaffia Laue and Ralph Bauer, Shahar Fearing, Shams Kevin O'Brien, Shannon Gorres, Shannon Mariotti, Shari Bence, Sharon Corcoran, Shawnee West, Sheila Fling, Sheila Petrucci, Shellie Steckel Sheppard, Shelly Moeller, Shira Bartelette, Shira S, Shivani Sivagurunathan, Shoshana Finacom, Sierro Vista, Sita Jamieson-Caddle, Sondra Byrnes, Sophie Rixe, Spencer Foon, Stephanie Smolarski, Sue Klein, Sully Joseph G Sullivan, Susan Hagstrom, Susan Haugen, Susan Pang, Susan Stewart, Susan Thiele, Susan Werner, Suzette Baer, Sylvia Clarke Hamilton, Tajali Sheppard, Tara Brinduse, Tatiana Havill, Tawwaba Bloch, Taylor McDonald, Tazeen Ayub, Ted Ryle, Terence Gurley, Teresa Gardner, Teresa Hanlon, Terra Tiffany and Mark Chopin, Terry Davis and Bruce Holthouse, Tessa Thulien, Theresa and Jon Sapunar, Theresa Taggart, Thomas Manes, Thomas Renault and Peder Loberg, Tien Furgason, Tiina Mäkelä, Tim Geurkink, Tina Fields, TJ and Jared, Todd Beckwith, Tom Giles, Tony Louderbough, Traci Minton, Tracy, Joe, Miles, and Keira Cates, Trew Bennett, Trudy Sable, Tsukina Blessing, Uli Nau-Wess, Vakil Shomer, Vanna Nicks, Varda Brahms, Veronica Valles, Vickie MacArthur, Virginia Seiser, Walia Giesecke, Ward Schultz, Waris Wilson, Wendy Daray, Wendy Flaherty, Willi Singleton, William Brown, Willow Brook, Win Murray, YuQi Zeng, Zachary Steiner, Zarifah Demcho-Wagor and Earl Wagor, Zarifah Spain, Zarina Hagen, Zia Laboff, Zoe Secord, Zoie LaMure, Zubin Goldman and Frances Kay Blues, Zuleikha



# ...Thank you!

## Lama Council

George Marschall, Jamil Paurel, Holmes Bryant, Rashidah Kima Nelson, Elaine Surya, Mira Lyra Geroy, Nasima Bernhardt, Papa Das Rayfield, Tracy Cates, Miryam Levi, Irit Umani, Assana Rae Halder

## Trustees

Aurora Durkee-Warren, Daisy Meyer, Greg Weeks, Irit Umani, Julie Tato, Kasey Mitchell, Miryam Levi, Assana Rae Halder

## Continuing Members

Abd-al-Hayy Weinman, Asha Greer, Aurora Durkee-Warren, Austin Ravi Babcock, Basira Sandra King, Beth Waldron, Bob Johnson, Clifton Coughlin, Daisy Meyer, David Rahaman Brown, Davy Vargo, Diana Adkins, Dylan Trachtman, Elaine Surya, Emma Avalos, Fatima Pamela Rigsby, Greg Weeks, Irit Umani, Joe Brodnik, John Combs, Julie Tato, Kasey Mitchell, Kathy Lyons, Katie Maedke-Hall, Kestrel Alexander, Kevin Warren, Latifa Weinman, Lesley Maclean, Marigold Fine, Mary Ann Matheson, Megan White, Michele Boccia, Mira Lyra Geroy, Mirabai Starr, Nasima Faune Bernhardt, Papa Das Rayfield, Pat Johnson, Assana Rae Halder, Ray Bernhardt, Rebecca Rodger, Rita Daniels, Sakina von Briesen, Scott Shuker, Siddiq von Briesen, Sita Jamieson Caddle, Steve Waldvogel, Tracy Cates, Varda Rosie Brahms

## Free Associates

Ahad Cobb, Ammi Kohn, Ben Haggard, Charlie Hall, Chien Motto, Dona Seay, Ela Ramos, Eva Leveton, Frank Fox, Gary Greenstein, Gilbert Renault, GracyBelle Broussard, Heather Ferris, Jai Cross, Jamil Kilbride, Jan Cross, Jim Dixon, Joseph Lightman, Joseph McPherson, Joseph Salack, Karin Arielle, Ken Kalata, Mary Neikirk, Mia Zimman, Michelena Naud McPherson, Richard Lindley, Shay Salomon, Thomas Renault

## Summer Stewards

Alex Robertson, Annat Provo, Austin Gallant, Clarity Saigh, Dean Behary, Eden Wengler, Emma Manobianco, Fel Agrelius, Gracy Belle Broussard, Johannah Hansen, Jona Valdez-Solomon, Kathy Eads, Libby Reyff, Lin Diagonales, Maryam von Briesen, Matthew Obst, Nate Hail, Nigel Valdez, Norishia Jalal, Paul DeLapa, Rafi Valdez-Solomon, Ray and Nasima Bernhardt, Richard Lindley, Robert Greenberg, Samuel Warren, Sarah McKay, Satyadev (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 Hail, Nigel Valdez, Shay Solomon, Jona and Rafi, 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...

## Lama Alive contributors

**Design, layout, & editing:** Rashida Nelson, Maryam von Briesen, Siddiq von Briesen, Spencer Foon, and Tracy Cates

**Photography:** Assana Rae Halder, Jonathan H. Lee, Kathy Eads, Kathy Lyons, Lin Diagonales, Maryam von Briesen, Nigel Valdez, Rashida Nelson, Spencer Foon, Tracy Cates, Willow Brook

**Articles and Interviews:** Asha Greer, Billy Winters, Dean Behary, Jamil Paurel, Lin Diagonales, Maryam von Briesen, Nigel Valdez, Noura Durkee, Rafi Salomon-Valdez, Rashida Nelson, Shay Salomon, Siddiq von Briesen, Willow Brook

# 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**



Lama Foundation - PO Box 240 - San Cristobal, NM 87564  
575-586-1269 - [info@lamafoundation.org](mailto:info@lamafoundation.org)

Nonprofit Org.  
U.S. Postage Paid  
Oakland, CA  
Permit No. 259

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





Lama Foundation

PO Box 240

San Cristobal, NM 87564



Glue Flap



Lama Foundation is a unique refuge. A place where people of all ages, backgrounds, and of all traditions learn and grow with reverence for land and spirit.

**Your Donation Helps ♥ Thank You**

Amount:    \$50    \$100    Other \_\_\_\_\_    ☐ Check (Please make payable to Lama Foundation)

☐ Credit Card ( Visa or Master Card)    Credit Card # \_\_\_\_\_

☐ Make my credit card donation a monthly recurring donation.    Expires \_\_\_\_\_ 3-Digit Code \_\_\_\_\_

Signature \_\_\_\_\_

My donation is for    ☐ General Donation    ☐ Other \_\_\_\_\_

**Donate Online ♥ [www.lamafoundation.org](http://www.lamafoundation.org)**

Would you like us to include you or a loved one in our Prayers?

Name:

Intention:

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

This gift is in memory/honor of \_\_\_\_\_

☐ Please send me information on Lama Foundation's Endowment Fund

Lama Foundation is a 501(c)(3) non-profit. Your contribution is 100% tax deductible.

Glue Overlap