

Monday 19 September 2016

Lama Tsultrim Allione

Talk: Feeding Your Demons



Lama Tsultrim Allione, author and international teacher, was ordained as a Tibetan nun in 1970 by His Holiness the 16th Karmapa at the age of 22. At the age of 26, after four years as a nun, she returned her monastic vows, then married, and subsequently had three children. While raising her children she earned a Master's degree in Buddhist Studies/Women's Studies from Antioch University and wrote *Women of Wisdom*, a groundbreaking book on the lives

of great Tibetan women practitioners. Lama Tsultrim also authored *Feeding Your Demons: Ancient Wisdom for Resolving Inner Conflict*. This National Bestseller is based on Lama Tsultrim's pioneering technique based on Chöd using five steps to nurture the parts of ourselves we normally fight against.

In 1993 she founded Tara Mandala an international community centred at Tara Mandala Retreat Centre, a 700-acre centre with a 3-story mandala shaped temple at its centre (www.taramandala.org). For many years, she has focused on the teachings from the lineage of Machig Labdrön, the 11th century Tibetan yogini who founded the Chöd lineage. In 2009 Lama Tsultrim Allione was selected by an esteemed committee of scholars and practitioners to receive the international "Outstanding Woman in Buddhism" Award given in Bangkok, Thailand. In 2007 while traveling in Tibet she was recognised by the resident lama at Machig Labdrön's monastery, Zangri Khamar, as an emanation of Machig Labdrön. In 2012 the empowerment of Machig Labdrön was bestowed on her by HH the 17th Karmapa.

Chair: Neil Douglas-Klotz.

St Mark's Church, 7 Castle Terrace, Edinburgh, EH1 2DP.

Registration: 6.30pm-7pm. Event: 7pm-9pm approximately.

Cost: £14/£12 (Concessions)/£5 (Students).

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