

The Mandala of the Enlightened Feminine Retreat

Saturday May 15th, 11:00 a.m. ~ Wednesday May 19th, 4:00 p.m.

Facilitated by: Ellen Booth Church

Held at: Occidental Arts and Ecology Center, Occidental, Ca.



The Mandala of the Enlightened Feminine creates a sacred geography within the psyche, which uses embodiment as a means for transformation. The Mandala has as its basic structure, a center and four directions, which are represented by the five 'dakinis': five energies, directions, colors, seed syllables, emotions, psychological types, and most importantly five wisdoms.

We will experience through meditation with colors, sound, the elements, and wisdom dakinis, how to use our human emotions of anger, pride, craving, ambition, and dullness as the seeds for transformation.

The Tibetan Buddhist tradition carries tales about fearless female Mandala, we will experience this feminine wisdom energy, bringing strength, power, and clarity into our lives.

This 5-day retreat will include:

- ~ An in-depth exploration of the Dakini Principle
- ~ Working with the Mandala as a road map for transformation
- ~ Guided meditations in nature with the five elements
- ~ An exploration using our encumbered emotions as transformational tools
- ~ Transmission and detailed teachings of the Dakini Mandala as a daily practice

This is a residential retreat

Retreat Fees for Facilities, Meals & Lodging: \$465

Suggested Dana for the Teacher: \$ 200 – \$150

Dana (generosity) is offered to teachers for their time and service to the Dharma at the end of the retreat.



Ellen Booth Church (Yeshe Chopel) is a 25-year practitioner of Tibetan Buddhism, teacher for Key West Tara Mandala, and a former professor of Education at The State University of New York. She has assisted her teacher, Lama Tsultrim Allione at Tara Mandala. Ellen has just returned from teaching a Mandala of the Enlightened Feminine Retreat in Germany.

The Mandala of the Enlightened Feminine Retreat is based on the Work of Lama Tsultrim Allione, founder of Tara Mandala and author of "Women of Wisdom" and "Feeding Your Demons"

For registration or more information contact Michelle Vesser,

michellemcv@gmail.com (707) 874-9609

Produced through the West Sonoma County Kapala Mandala Sangha

~ all genders welcome ~