

The Mandala of the Enlightened Feminine

Tsultrim Allione



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The Tibetan Buddhist tradition includes exotic tales about fearless female "sky dancers" or "wisdom *dakinis*" who dance in limitless space and act as messengers, guides, and protectors. These five *dakinis* manifest the feminine wisdom energy, bringing strength, power, and transformation to our lives. In *The Mandala of the Enlightened Feminine*, Tsultrim Allione (one of the first women to be ordained a Buddhist nun over 30 years ago) guides listeners through 12 rich sessions of meditations and visualizations to learn how to embody these archetypes of enlightenment and experience their transformative powers.

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