

Advanced Praise for *Wisdom Rising*:

“Like our mother Tara who knew she could attain enlightenment in a woman’s body, *Wisdom Rising* is a stunning call to women to trust our bodies and beings to manifest the energy, vision, and spirit to heal and transform these terrible times. A book full of wisdom, experience, stories, dakinis, mandalas, practices and possibility.”

—Eve Ensler author of *The Vagina Monologues*

“Drawing on Tibetan teachings, *Wisdom Rising* transmits the potential and power of feminine wholeness. Lama Tsultrim Allione uses life stories, her own and others, to demonstrate that this potency is alive in the contemporary scene. The overall effect is a highly practical and usable guide, one broad in scope and deep in understanding. Those who adopt the practices offered here, women and men alike, may indeed feel their wisdom rising and act as forces for healing in the world.”

—Sharon Salzberg, author of *Real Happiness* and *Real Love*

“What a timely message of empowerment and hope! Lama Tsultrim Allione, one of the foremost pioneers of bringing Buddhism to the West, guides us on an inspiring journey into the heart of Tibetan Buddhism—the sacred principle of the awakened feminine. Allione masterfully shows us the secret to harnessing the energy of the dakini within, through contemporary stories, personal experience, and age-old wisdom.”

—Michaela Haas, PhD, author of *Dakini Power* and *Bouncing Forward*

“*Wisdom Rising* gives us a fascinating exploration of the divine feminine as embodied in the mandala of the five Wisdom Dakinis. Lama Tsultrim Allione skillfully elucidates how these Buddha families encompass both our habitual neuroses and the method to transform these negative emotions into their corresponding wisdom energies. She supplies clear guidance on the practice of the Wisdom Dakinis along with heartfelt advice on how to practice for maximum effect. We should be deeply grateful that these traditional Tibetan methods are now presented in a creative manner that can be fully utilized by those coming from a non-Himalayan background. This book is a valuable contribution to our understanding of both the Wisdom Dakini energies and the mandala principle in general.”

—Jetsunma Tenzin Palmo, author of *Into the Heart of Life*

“The degradation of women, domination of marginalized populations and destruction of the natural world cannot be separated: Our most essential work is awakening the sacred feminine. In her timely and groundbreaking book, Lama Tsultrim shows us a pathway that transforms emotions into illuminating wisdom, and empowers us to bring healing to our world. These teachings are medicine for our times—please read and let them free your heart.”

—Tara Brach, Author of *Radical Acceptance* and *True Refuge*

“In this magnificent teaching memoir, Lama Tsultrim writes: “We must learn to leave something when we take something.” Lama Tsultrim has taken gems from her long immersion in the Tibetan Buddhist tradition, and leaves us this guide for spiritual life, emotional healing, and—if we follow her fierce, feminine lead—restoration of Mother Earth.”

—Elizabeth Lesser, Cofounder of Omega Institute, author of *Broken Open* and *Marrow*