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Dolma

Center for Dharma Practice

Monthly Publication

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From The Editor's Desk

BEYOND THE FADED YEAR: SEEKING THE PATH OF RENEWAL

Happy New Year to our dear friends and dedicated readers! And to you our newest members, a very warm soulful welcome. We are indeed delighted that you have joined us. As guest Editor it is my distinct pleasure and honour to open the doors of Dolma in this the first month of 2026. A few days ago, we bade farewell to 2025- with all the joys, challenges, transitions that we navigated. These have now become memories in the arsenal of our soul. Memories that will continue to live on within us as we stridently move into this new year of promise.

For some of us the old year ended with decreased energy, we were perhaps faltering in focus wishing that we did not feel so weary. For others, the holidays may have brought some emotional upheavals. So, it is indeed a welcome relief to all of us that we have the opportunity once again to move beyond the past as we seek the Renewal of our spirit. As we do so we strive to renew our connection to our families, places of work, loved ones and indeed every facet of our existence that beckons for regeneration.

Science tells us that every seven years, all of the cells in our bodies are replaced and indeed we are somehow made new, for every seven years there is a fresh dispensation of cells in our bodies. Likewise, our red blood cells undergo changes every, one hundred and twenty days, giving way to new red blood cells that contribute to the important task of keeping us alive.

Renewal therefore is a theme of life that pervades every aspect of human existence. Deeply rooted in our consciousness, it carries with it the understanding that for renewal to take place something has to die. Death here is to be understood philosophically and herein we are referring to the death of old traits, aspects of our way of relating to the world that doesn't serve the greater harmony of our existence. To undergo renewal of the self means shedding the hate, the anger, the undue chronic attachment to the mundane trinkets of existence. It means giving up the temporal for the things eternal.

In this the first month of the year I believe we have a golden opportunity to renew, to recreate and regenerate ourselves. For like Janus the Roman god of two faces, we hold the memories of the faded year with one, while looking towards 2026 with the other- a face of optimism, hope and renewed purpose. As we do so let us strive to re-create ourselves with the ever-present aspiration to genuinely express Perfect Peace and Sincere Love for our world and for all sentient beings.

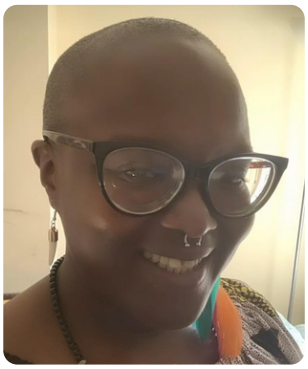
May this first issue of 2026 serve as a companion for your own journey of regeneration. Together, let us shed what no longer serves us and embrace the 'Perfect Peace' that awaits

Roger Calliste

Spirituality & Art

ART AS THE HOME OF THE DIVINE

By Eden Rose



For me, art and spirituality meet in presence, when I open and allow.

I have come to experience art and spirituality as deeply intertwined, with creative expression becoming one of the ways spirituality finds form.

My healing journey reconnected me with my voice — a place of refuge, restoration, and remembrance. I first encountered this through singing hymns in school assemblies and later through praise and worship, where presence became both a hiding place and a healing place. When aligned with that frequency, awareness of place fell away, leaving only sound moving freely. In those moments, presence carried experience beyond circumstance and back into wholeness.

From this remembering, sound healing emerged naturally. Practice deepened through sound, leading to teachers, sacred spaces, and cultures across the world — from London to Bali and Nepal — guided not by ambition but by alignment. Instruments shaped by devoted hands, such as Himalayan sound bowls and frame drums, reflect how craft infused with love becomes spirituality manifest in physical form.

Through voice, rhythm, and creative expression, presence is practiced and shared. When grounded and heart-open, art no longer requires effort. Intention may open the field, but what moves through is shaped by presence rather than control. In this way, what heals one can also become healing for others.

Sound becomes sadhana. Art becomes discipline. Creativity becomes the bridge — between breath and silence, earth and sky, self and Source.

Pathfinder's Series

Nikhil Vatika

ANCIENT TEACHINGS FOR MODERN TIMES

The Pathfinder's Series has long featured 17th, 18th, and 19th century mystics, yogis, spiritualists, and researchers. This month is different. Amongst us is a living master, a yogi of immense significance, and the root guru of our director. Reserved, humble, unassuming, and of youthful countenance, Yogi Brahmanand has steadfastly devoted his waking hours to teaching and disseminating ancient knowledge and rare siddha practices that, hitherto, were kept secret. Nikhil Vatika, a spiritual research center and charitable trust, established by Yogi Brahmanand five years ago in Haridwar, India, is a spiritual research center that has brought mystical treasures to the common folk with its incomparable range and depth of literary material and teachings. Its digital library includes more than 70,000 books, many of them rare, including unpublished material and manuscripts written in Sanskrit and Hindi, while some 25,000 are available in English.

They include works on astrology, mantra, tantra, Ayurveda and yoga. Bemoaning the loss of many ancient texts, Yogi Brahmanand's mission is unbending: "Our aim is to conserve all the ancient treasures in digital format so that it becomes a rich heritage for coming generations." He continues, "So much hard work has been done to make this possible. We have moved from different ashrams all over India, especially in Haridwar and Rishikesh requesting rare books and hand written texts. Our goal is to build the world's biggest spiritual library."

The modus operandi of Nikhil Vatika is fostering spiritual development. This includes natural healing through a myriad of arcane practices including the use of gemstones and crystals including Navapashanam Gutika - a rare stone that has measurable electric effects with remarkable healing properties. Yogi Brahmanand refers to this stone as the most astonishing life-giving elixir in the world. His many courses range from alchemy to Tantra, Sri Vidya, and a range of yogic practices delivered via one-on-one, group, and online platforms. During these sessions, sadhaks (students) receive initiation, shaktipat (energy transference) and darshan (vision of deities). May we recognize the Herculean contribution of Yogi Brahmanand to the field of spirituality.



Yogi Brahmanand

Yogi Brahmanand - In his own words:

“Meditation is a beautiful observation of the moment Bring your thoughts to your higher self, and open your mind to your God.”

“A new era of authentic spiritual learning begins here.” “May you receive not only wealth of the hand, but also wealth of the heart and spirit.”
Email: yogibrahmanand29@gmail.com
Website: www.nikhilvatika.com

The Spoken Word

PHOENIX
Primawatee Teeluck Dharry



Primawatee Teeluck Dharry

Morose
Defeated
Repeatedly
Depression
A feeling of loss
Fatalism bleeds through
Our every endeavor
But that Eureka Moment
Ineffable
As if by magic
The Phoenix
A blessing of past merits they say
I know not
Or the painstaking path we opt to follow
Guidance of the guru, another view
Maybe
Certain is that we let go, forgive
Graciously, we love
Compassionate
Selfless
The past, present, and future
A light shines through the times
The pain, the sadness - transmuted
A memory
Long behind us

Forgotten
The Phoenix
A new vigor
An unspeakable energy
Flowing within
Non-combative
Navigating the travails of life
So seamlessly
The Phoenix
Wiser, we are
A beacon for all
A renewal like none other
Abounds
Forevermore

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RE-MEMBERING THE SOUL
ANCIENT WISDOM FOR MODERN RENEWAL

By Roger Calliste

Many years ago, during my first journey to Egypt, I visited the very imposing and grand temple of Karnak. There, under the sweltering heat of the midday sun, I wandered off, veering into the surrounding desert landscape. Pausing for a much-needed rest under a lonesome tree, the sight of a beetle moving a small ball of perfectly rounded dung caught my attention. My newfound friend continued unaware of my presence in unwavering persistence to a destination he alone knew. It suddenly dawned upon me that here I was witnessing the action of what the ancient Egyptians regarded as Khepri, the scarab of renewal. Here the beetle was moving the dung in a perfect ball, an earthly reflection of the sun.

In the ancient Egyptian mythos, renewal permeates the three mythic realms. In the sky, the solar disc serves as the ultimate symbol of the eternal return. The earth, where the beetle—called Scarab by the ancient Egyptians—embodies the celestial sun. And finally, the realm of the underworld where the sun mythically descends each night, rising again each morning renewed and regenerated.



Image of Khepri being raised by Nun into the eastern sky at dawn- the renewed form of Ra.

Another mythological image germane to consideration is Osiris, the Egyptian god who was murdered by his jealous brother and cut into fourteen pieces. These pieces represent the parts of ourselves we lose when we face trauma or "dis-memberment." Yet, Osiris rose again, becoming regenerated with the aid of his wife Isis. Henceforth, he becomes the Lord of Regeneration and Renewal. In these two instances, Khepri and Osiris represent cosmic archetypes that undergo destruction, decimation, and change, eventually rising into a higher functioning expression of their previous existence.

In our own lives, we may have undergone great trials and tribulations where everything unraveled before us. Like Osiris, we became dis-membered and dis-jointed, losing our sense of harmony and understanding of the unified Self.

Yet, through our will and determination, and with the help of friends and loved ones, we were able to re-member our self, putting the seemingly disparate parts of us back together in balance and harmony. This re-membrance is the soul's ability to achieve self-knowledge, which leads to deep and purposeful realization.

Whilst Osiris receives aid from others in his re-membering, the message of Khepri is a bit different. Khepri's root name is Kheper, an Egyptian word meaning "to come into being". In my observation of the beetle, I saw that it was moving the dungball by itself; there was no help. For me, the dungball represents the entire gamut of our psychic life which we have not dealt with. The dungball contains our psychic refuse—the "rubbish" hidden in the backrooms of our consciousness. This dead weight of our existence requires tending, and only the individual "I" can perform that work. Thus, the scarab represents our ability to re-create ourselves and renew our being. Its continuous movement across the sands is demonstrative of perseverance and determination towards renewal. It is therefore up to each of us to begin working on the various aspects of our lives that we choose not to re-member.

While the scarab teaches us the persistent work required on the surface of our lives, the solar journey through the Amduat reveals the deeper, hidden transformations that occur within the silence of our own inner depths. The third realm of renewal centres on the Amduat, the hidden realm of the underworld, understood as that liminal space where the sun god Atum descends every night to undergo alchemical transformation during the twelve hours of the night. Like the sun god, each human being makes this journey each night, traversing the twelve hours where we undergo the transformation of the self, becoming renewed and reborn each morning even as the young Khepri.
Esoterically, the Amduat stresses that knowledge or Gnosis of the hidden names and sacred images of this mysterious realm will lead to enlightenment. The traveler of the Amduat becomes a true Gnostic. Through self-knowledge, they are liberated from destructive, irrational forces and corruption, rising as a being reconstituted in divine consciousness.
One of the ways in which we can begin a daily renewal is a very simple exercise called the Evening Review. Simply put, before allowing yourself to be lulled into the realm of dreams and as you are lying on your bed, begin to reflect on your day. To do this, you begin with the most recent event or experience first and then work backwards, taking yourself back to the start of the day. During your remembrance of each event, ask yourself if the situation was handled in the best possible way. Look at each event or situation you encountered with honesty and openness. This simple exercise is one of the keys to moving your "dungball"—the contents of the psyche needing attention along. It causes us all to re-member the self even as Osiris was re-membered. Ultimately, as we review the day, we descend into the Duat with the divine assurance that we will rise regenerated in the new dawn as Khepri, the renewed self of Ra.



Roger Calliste

Roger has been teaching meditation and allied spiritual disciplines for more than thirty years. He is the Director of Studies of the House of the Ibis, an esoteric organisation dedicated to the harmonious integration of the knowledge and teachings of contemporary living with the ancient wisdom of the world's spiritual traditions.

Roger has presented at international conferences in the United Kingdom, the United States, Mexico and Trinidad and Tobago, the land of his birth. He holds academic qualifications from the University of the West Indies and has also pursued post-graduate studies in Psychosynthesis at the Psychosynthesis and Education Trust in London.

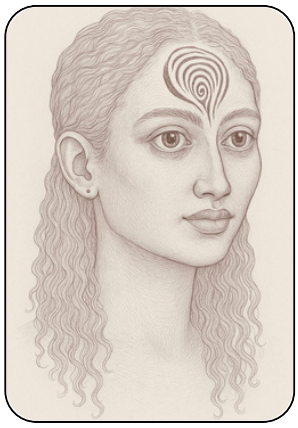
For further information on the work of the House of the Ibis please email:

houseoftheibis@gmail.com

Bat Kol
Teachings by Carlos

Intuitively conveyed by Guru Konchok

YOUR TWO ANGELS

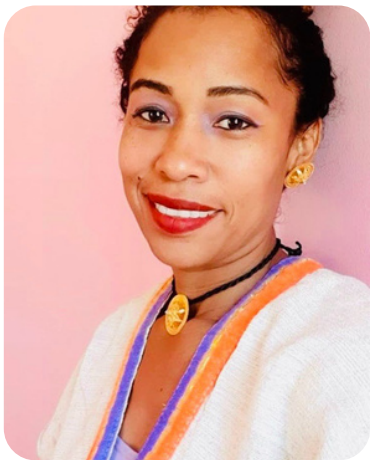


Carlos - An artist's impression

Amid the drive for material supremacy you find yourself teetering on the brink of personal fragmentation. Still, the spark of God is never fully extinguished and with every flicker you are pulled back from the crucible of self-destruction. This internal tug-of-war, frankly, has characterized man's journey through the ages. A good angel on the right shoulder, the fiend on the left, a proverbial explanation of this struggle. Nothing short of factual I say - and a dilemma if ever there was one. But every trial, every temptation is a blessing unto you, for is there a better way to grow? You will invariably triumph if you but weather the stormy waves. There's no escaping it for it is the journey of every soul. Not one of you will escape the harshness of this reality, not even the best among you. As heat is applied to raw gold ore, so you are dragged through the dregs of life before you can glimpse its enduring beauty. This is the alchemy of life - from lead to gold - the journeying of spirit from ignorance to enlightenment. So be ever grateful for tempestuous times. Shun them not! For they are vital to your spiritual growth. Let dharma guide you. Listen to truth wherever it is spoken for blessed is that tongue. And read the scriptures that are scribed with a divine pen. They are nutrients for the soul. Grieve not in loss, for in loss you learn the transformative power of detachment. Worry not for the next meal for the blessed will never beg bread. Be gracious in good times and bad times for you will know temperance. Be the Job of this time; and as your nights follow your days, rest assured that your need will be taken away.

ZHABS TOG
(SERVICE)

From Trauma to Freedom
A Reflection on Healing, Ancestral Wisdom, and Remembering Wholeness



Shola Ayuso

For many years, I lived as though my body were a vessel of captivity holding memories I did not choose and patterns that felt far older than my own lifetime. Like many seekers, I believed healing meant transcending pain. What I eventually came to understand is that true healing begins when we stop resisting and learn to listen.

When I turned toward my story with compassion rather than judgment, something sacred began to unfold. I heard the quiet guidance of my ancestors, reminding me that even our deepest wounds carry wisdom meant to lead us back to ourselves. Through reflection, ritual, and conscious breath, I remembered a truth long forgotten: I was never broken only temporarily disconnected from my inherent wholeness.

I still carry my history, but it no longer defines or confines me. It has become a teacher. I am no longer bound by trauma; I walk now as a student of transformation. Each day, I choose balance over survival, presence over fear, and peace over inherited patterns.

What I have endured now informs how I serve. My lived experience has deepened my capacity to listen, to hold space with reverence, and to meet others exactly where they are. What once felt heavy has become a bridge connecting my healing to the healing of others.

I no longer conceal my scars. I honor them as living testimony that transformation is possible. They remind me, and those I walk alongside, that pain is not the final authority. Growth is. Love is.

In choosing to rise, I choose to serve with humility, integrity, and devotion. My healing no longer belongs to me alone; it moves outward as medicine, as witness, as hope.

If you are moving through your own season of healing, know this: you do not need to erase your past to reclaim your freedom. Liberation comes from remembering who you are beneath the pain. Even now, wholeness is available to you.

Hope lives in the sacred act of choosing yourself again and again. And that choice, no matter how small, holds the power to transform everything.

With love and remembrance,
Ifashola

End-of-life Reflections

SYSTEM UPGRADE

Anna Ellis



Anna Ellis

Renewal is an activity we should consistently participate in. There is no specific time or place to do so, though it is my opinion it should start from within. Each breath is a gift and also a reminder of our mortality. Something never to lead us in the process is worry.

I recently heard a quote and it lead to one of the greatest misgivings of human nature - not allowing love due to concern regarding what others may think. While the speaker was referencing interpersonal relationships, perhaps it is helpful to take it a step further. How often do we fear the act of getting to know ourselves? Without searching the depths of our souls, it is incredibly difficult to grow. In not doing so, are we truly able to accomplish our spiritual tasks? A productive relationship with oneself is a precursor to healthy relationships with other living beings and the Universe itself. Taking time to review and process one's own experiences and behaviors paves a pathway to renewal and revitalization.

As we enter a new year, I encourage readers to consider past changes and those to come. Transitioning from the Lunar Year of the Snake to the Lunar Year of the Horse can be an amazing time to revive ourselves. Much like the snake, we must take the time to shed what no longer serves us. Parts of ourselves never fully leave or die, rather they serve much like the rind of a ripened fruit – peeling away to reveal a bountiful version of our newer and truer selves. And as the horse does, we are able to gallop ahead to the next step of our journey.



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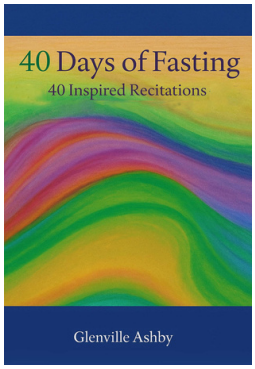

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