



**Karla Jackson-Brewer: Empowered/Sacred Feminine in Tibetan / Vajrayana Buddhism**



Karla Jackson-Brewer, M.S. has been a student of Lama Tsultrim Allione for 32 years and has founded Sine Qua Non: Allies in Healing, an Integrative Therapy Practice in New York City. She is an adjunct professor in the Women's and Gender Studies Department and the Africana Studies Department at Rutgers. Listen to her explain the main ideas of Buddhism and its feminine aspects. She also leads a Deity Practice, a visualisation with Green Tara.

**TOP EMBODIMENT TIP:** Breathe, stay in the present, claim this vehicle we need to use; just keep connecting to love and compassion.

A Wish to Relieve our Own Suffering and Suffering of All Beings: **Connecting to heart and heart-felt intention**

- Buddha was on a quest: “Why is there suffering in the world and is there a way to end it?”

Three Vehicles or Ways of Buddhism: **Embrace the world, cultivate compassion, or renounce it all?**

- Hinayana, the Small Vehicle, includes all the Buddha’s teachings. It’s a path of renunciation.
- Mahayana, the Great Vehicle, motivates the practice with compassion and for “liberation of all beings”.
- Vajrayana is the fastest, the way of a lightning bolt. It takes everything one meets in life as an exercise. For lay practitioners.

Emptiness, Luminosity, Awakened Heart : **In Buddhism, mind is the heart, not the head**

- Bodhisattva is an enlightened being who has decided to stay and help all beings reach enlightenment.
- Compassion is a way of walking in the world with an open heart and open mind, an awakened heart.
- We are luminous light beings. Luminosity connects everything. True nature, enlightened.

Interplay of Feminine and Masculine:

- **“Skillful means”** and compassion are perceived as masculine, and **wisdom (“great bliss”)** as feminine. You need meditative practices (skillful means) to experience wisdom, and wisdom to know how to practise.

The Feminine was Brought in by Tibetans: **The feminine principle manifests prajnaparamita, ancient wisdom**

- Green Tara’s image came so that people can practise expression of this transcended wisdom. Tara has 21 different aspects, expressions and superpowers, which all have different healing properties. She helps everybody.
- She is connected also to the universal “Great Mother” and “Womb of Totality”.
- Other feminine figures include Vajrayogini and the Dakinis - the fierce energy of transformation.

Resources

- ❖ **Books:** [Women of Wisdom by Lama Tsultrim](#)
- ❖ **Courses:** Wisdom Rising: <https://www.taramandala.org/wisdom-rising-online-course-packages/>
- ❖ **Website:** <https://www.taramandala.org/all-teachers/2030/karla-jackson-brewer/>
- ❖ **Email:** [NYC@taramandala.org](mailto:NYC@taramandala.org)



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