



Julie Tato is a regular guest speaker at Taos Mountain Sangha, and in Santa Fe & Albuquerque. She has practiced meditation since 1988, primarily Vipassana, with Sharon Salzberg, Marcia Rose, and many others, including Ven. Tsoknyi Rinpoche. Also an instructor of Mindfulness-Based Stress Reduction, she has a particular interest in Lovingkindness meditation and in practice in daily life. Julie also teaches meditation with youth, parents, those recovering from loss, at the Lama Foundation. She has lived, worked, & practiced in spiritual community, including many years at the Lama Foundation near Taos and at the Insight Meditation Society in Massachusetts. Julie also works providing spiritual care at Taos Hospice.

She is also, to borrow a phrase from her friend Mirabai Starr, “spiritually promiscuous”, being a devotee of Neem Karoli Baba, the Blessed Virgin Mary, White Tara, Murshid Samuel Lewis, as well as the Buddha!

Lately she is inspired by the exciting confluence of Buddhism and activism of Zen priest Rev. angel Kyodo Williams.