



FALLOUT: RECOVERING FROM ABUSE IN TIBETAN BUDDHISM

Fallout is the memoir of one woman's journey from ignorance of the reports of physical, emotional and sexual abuse by Sogyal Rinpoche, spiritual teacher of the Rigpa Tibetan Buddhist community, to the realisation of the depth of the trauma suffered by survivors, and how certain beliefs and assumptions enables such abuse. It's also a tribute to the healing power of the *What Now?* virtual support group, and the compassion, wisdom, and resilience of its members.

Tahlia shares some of the insights and knowledge she gained during her role as one of the facilitators of the group, the challenges she and others faced, and the realisations she came to in light of her discoveries. The book is a personal record of psychological processing, showing the consequences of spiritual abuse for an ordinary member of an abusive, high-demand religious group. It is also a cautionary tale for students and potential students of any guru-centred spiritual group.

REVIEWS

'Written with spiritual insight, emotional literacy, and common sense, this down-to-earth, wise, and healing book should be read by anyone who is thinking of joining, is part of, or thinking of leaving a religious group of any kind.'
Geoffrey Beatson, psychotherapist.

'Tahlia dispels the myth of enlightenment-by-abuse with compassion, penetrating wisdom and a clear-headed vision.'
Dr Jack Wicks.

ABOUT THE AUTHOR

Editor and metaphysical-fiction author Tahlia Newland has published seven novels, one book of short stories, a non-fiction book on writing and one on meditation. She devoted twenty years of her life to the study and practice of Tibetan Buddhism, twelve of those years in partial home retreat. She lives in the Australian bush with a husband and a couple of Burmese cats.



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EVENT:

'A compelling account of what can go wrong in any religious group.'

- Barbara Scott Emmett, author of *The Land Beyond Goodbye*