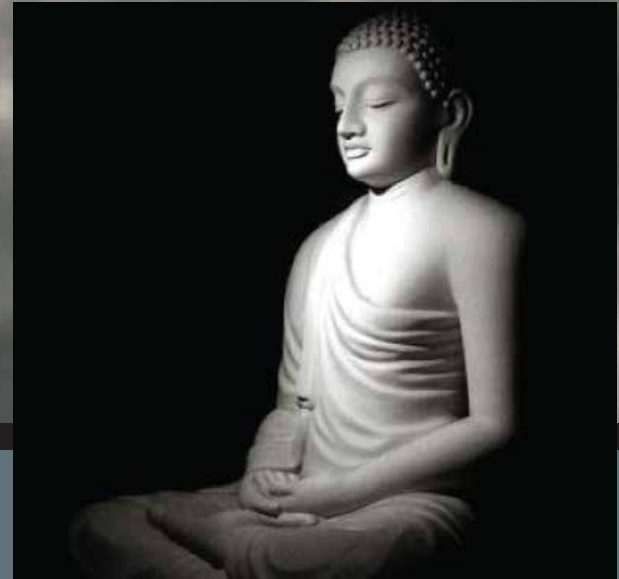


# Inner Peace in Troubling Times?



## Advice from the Buddhist Perspective



A Friday Evening Public Talk:  
**confidence, devotion, & practice:**  
**deepening your understanding of Buddhism**

**Khenpo Ugyen Tenzin**



from Karma Triyana Dharmachakra Monastery

A native of Bhutan, Khenpo Ugyen was trained at the Karma Shri Nalanda Institute at Rumtek Monastery in Sikkim, India.

**7PM Friday Nov 18**  
**UNM SUB\***  
**Room: Fiesta B**

\*Student Union Bldg  
donations accepted

Sponsored by Albuquerque KTC  
Tibetan Buddhist Center

**For More Information**

**[www.abqktc.org](http://www.abqktc.org)**

**[info@abqktc.org](mailto:info@abqktc.org)**

**505-343-0692**

And on SAT/SUN at KTC (Nov 19-20)

Khenpo will teach on:

- The meaning, requirements, and benefits of taking refuge.
- Advice on developing a daily practice (and why its important).

