

Albuquerque Karma Thegsum Choling Tibetan Buddhist Center presents

Lama Lodro Lhamo

July 24-26, 2026, Fri-Sun

Milarepa's Songs of Renunciation

The yogi Milarepa is a well-known and important figure in Tibetan Buddhism. During his many years of solitary meditation practice in remote and mountainous locations, he composed "The Hundred Thousand Songs of Liberation" including several "Songs of Renunciation". These describe a radical approach to working with and transforming the mind in the midst of suffering and hardship.



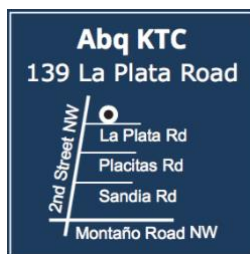
Lama Lodro Lhamo will talk about Milarepa's background as well as teach us the Songs themselves, some of which we will actually sing. She is the President of the monastery Karma Triyana Dharmachakra, the North America seat of the 17th Karmapa who is the head of the Karma Kagyu lineage of Tibetan Buddhism. Lama Lodro Lhamo completed three three-year retreats at Karme Ling Retreat Center and received her full bhikshuni (nun) ordination in 2008. She is also the women's retreat master at Karme Ling and has a Master's degree in Buddhist Studies from Columbia University.



July 24, Fri 6 pm MDT

July 25 and 26, Sat and Sun 10 am-noon and 2-4 pm MDT

Location: ABQ KTC, 139 La Plata NW, Albuquerque, NM



Building in the back
Please park on the north side of the street

Suggested donation for each is \$15/session, but no one will be turned away for lack of funds.



Lama is available for a limited number of interviews/Q&A. To schedule, contact us at info@abqktc.org or 505-343-0692 to schedule.

<https://us06web.zoom.us/j/83588385306?pwd=3BjSt0iUm1S6GIQWmeGoeNtG3QOaHa.1>

Zoom meeting ID 835 8838 5306, passcode 347351

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