

# Lama Karma Chopal



# Sand Mandala



**May 9<sup>th</sup>-12<sup>th</sup>, 2025**

**Fri 3-4:30 pm**

**Sat and Sun 9:30-11:30 am and 2-4:30 pm**

**Mon 10 am**

**Albuquerque Karma Thegsum Choling  
Tibetan Buddhist Center  
139 La Plata NW, Albuquerque NM**

*Join us as we assist Lama Chopal in constructing the sand mandala of Chenrezig, a bodhisattva of compassion. The mandala has many levels of meaning, representing, among other things, the celestial dwelling, the elements and energies that make up the universe and our own bodies, and the aspects of transcendent wisdom that together comprise the character and activity of enlightened mind. In constructing the mandala, we invoke this power and wisdom into our lives, and in dissolving it, we acknowledge the change and impermanence that pervades all worldly existence. We will dissolve the mandala with a puja on the last session Monday morning. People may come and go during the other sessions.*

*Lama Chopal has studied Tibetan art and Buddhist practice with many of the greatest teachers of our time.*

**Suggested donation: \$15 per session (no one will be turned away for lack of funds)**

**For more information, call 505-343-0692 or visit our website at [www.abqktc.org](http://www.abqktc.org) or our Facebook page Karma Thegsum Choling Albuquerque.**

