

# FINDING HOPE IN TROUBLING TIMES: A BUDDHIST PERSPECTIVE

**THURSDAY, SEPTEMBER 28**

6-8p.m.

Fullerton Lobby  
of the Theatre School

War. Terrorism. Climate change. Political divisiveness. Daily news headlines don't bring much cheer, but are we really living in a world of doom and gloom? American nun Thubten Chodron shares Buddhist mind-training methods that help us to cultivate a realistic perspective and draw strength, courage and hope in all situations.

Venerable Thubten Chodron is an author, teacher, and the founder and abbess of Sravasti Abbey, the only Tibetan Buddhist training monastery for Western nuns and monks in the US. Ordained as a Tibetan Buddhist nun in 1977, she has studied extensively with His Holiness the Dalai Lama and received full ordination as a bhikshuni in 1986. She has published many books on Buddhist philosophy and meditation, and is currently co-authoring with the Dalai Lama a multi-volume series of teachings, The Library of Wisdom and Compassion.

This event is sponsored by the Center for Religion, Culture, and Community at DePaul University.



DEPAUL UNIVERSITY

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