



FOR IMMEDIATE RELEASE:

Lama Ole Nydahl in New Zealand *Lectures with a meditation master*

Diamond Way Buddhism New Zealand is pleased to announce a rare opportunity for the public to learn from an internationally recognised meditation master, [Lama Ole Nydahl](#). Lama Ole will be giving a single public lecture in Christchurch, Wellington and Auckland, entitled "Meditation for a Joyful Life".

17 March, Christchurch: 7.30pm at The Atrium, 455 Hagley Avenue.

20 March, Wellington: 7.00pm at Hotel Wellington, 223 Cuba Street.

21 March, Auckland: 7.30pm at the Jubilee Hall (Jubilee Building), 545 Parnell Road.

Lama Ole Nydahl is one of the few Westerners fully qualified as a lama and meditation teacher in the Karma Kagyu Buddhist tradition. In 1969, Ole Nydahl and his wife Hannah became the first Western students of H.H. the 16th Gyalwa Karmapa.

After completing three years of Buddhist philosophy studies and intensive meditation training – including the transmission for a unique Diamond Way Buddhist practice called Conscious Dying (Tib. Phowa) – Lama Ole began teaching Buddhism in Europe at the request of the 16th Karmapa.

Lama Ole has been a major driving force in bringing Buddhism to the West, and to date has established more than 620 Diamond Way Buddhist centers in 44 countries.

He is the author of several books including Buddha and Love, The Way Things Are, The Great Seal, Riding the Tiger and Entering the Diamond Way. His latest book, Death and Rebirth, already out in many other languages will be published in English in early 2013.

Diamond Way Buddhism is a lay organisation of the Karma Kagyu lineage, one of the four major schools of Tibetan Buddhism. Our goal is to present the traditional teachings in a modern setting, for Western people with everyday lives. Our teachings and methods are clear and practical, non dogmatic, and encourage inquiring minds.

Latest information can be found on the [Diamond Way Buddhism NZ website](#).

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NZ press kit: <http://www.buddhism.org.nz/press/>