

Reasons to be Cheerful

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In a time of great financial uncertainty it's easy to fall into a sense of gloom as we all consider having to cut back on the little luxuries we've become accustomed to. But do we really need to feel so negative during the credit crunch?

Buddhists have long understood that lasting happiness really does come from within!! Many of our fears are a result of worries about things we've done in the past or about speculating about things that have yet to happen; But this preoccupation with the past and future often obscures many of the unique opportunities for happiness that are present right now!!

Lama Ole Nydahl, the first Western student of the 16th Karmapa, one of the great Buddhist masters of all time, arrives in Liverpool for a weekend course on how we can all practice meditation to gain a greater insight into the Art of the Moment!! It is an especially exciting opportunity during Liverpool's year as European Capital of Culture that Lama Ole has chosen to take time out of his busy teaching schedule to share his wisdom and experience with us over an entire weekend of lectures.

Lama Ole will explain how Buddhist meditators over the centuries have relied and worked with that one thing that no credit crunch can ever take away from us, the unfettered richness of our own minds! He says: "Even the longest car does not experience any happiness. Happiness is experienced by our own mind. Thus, understanding mind should be the most important thing to us."

The Art of the Moment lectures take place over the weekend of 11th-12th October 2008 at the Contemporary Urban Centre, 41 –51 Greenland Street, (at the corner with Jamaica Street), Liverpool L1 0BS, and are open to anyone wishing to learn more about Buddhist meditation.

For further information and ticketing prices please contact; Diamond Way Buddhism UK – Liverpool, 0151 222 3543, email: liverpool@dwbuk.org or visit liverpool.dwbuk.org.

The main purpose of the Diamond Way Buddhism UK - Liverpool is to provide access to the living tradition of Diamond Way Buddhism of the Karma Kagyu Lineage, one of the four main lineages of Tibetan Buddhism.

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[You can find this press release here](#)