

Board Visioning Meeting

Sat, September 16

The meeting is open to everyone.

10 am <> Meditation
(individual practice)

11 am <> **Meeting**

12 pm <> Shared Potluck Lunch

1 pm <> **Meeting**

with plan to finish by 2 pm

Please note- the visioning meeting is intended to help us create a plan or a guide for how we might accomplish all our visioning for the coming few years.

Phowa Practice (for Ourselves)

Thu, October 5 at 8 pm

Only for those who have completed a Phowa course with Lama Ole.

Please do not forget to bring your booklet.

Important Websites

[DW. Edmonton - Website](#)

[DW. Edmonton - Meetup](#)

[DW. Edmonton - Facebook](#)

[DW. North America](#)

[DW. EVENTS North America](#)

[DW. Worldwide](#)

[DW. H.G. the 17th Karmapa](#)

[DW. Lama Ole Nydahl](#)

[DW. Recommended Books](#)

[DW. Videos](#)

[DW. Europe Center](#)

[DW. Buddhist Network](#)

E-Newsletter: Download on diamondway.org/edmonton

Special Events

Foundations of Buddhist Meditation 2017 *

Mondays September 4 to October 2 <> 8 pm

Sep 4 <> Overview of Buddhism

Sep 11 <> The Meaning of Buddhist Refuge

Sep 18 <> The Four Basic Thoughts

Sep 25 <> Right Motivation for Buddhist Practice

Oct 2 <> Buddhist Meditation Methods & Starting a Daily Practice

Every lecture is followed by a Guided Meditation with Opportunity for Q&A. **Recommended for Newcomers**

* *Donation: \$30 for all 5 Lectures, or \$6 for one Lecture.*

Lectures & Meditation, October 3 & 4 with Klaus Neukirchen from Germany

We are pleased to announce that Klaus Neukirchen, a Diamond Way Buddhist teacher originally from Germany, will be in Edmonton.

Klaus will speak about Buddhism in general and our main meditation methods. <> [Read more...](#)

Tue, October 3

8 pm <> Lecture* with Klaus Neukirchen:

"Total Confidence in Diamond Way"

Wed, October 4

5:00 pm <> Meditation (personal practice)

6:30 pm <> Potluck Dinner, all welcome to bring a dish

8:00 pm <> Lecture* with Klaus Neukirchen:

"Buddhist Meditation for Beginners: Introducing Diamond Way Buddhism"

Every lecture is followed by 16th Karmapa meditation.

* *Suggested donation for each lecture: \$10*

October 1 & 2 <> Klaus will also be in Calgary, AB

Learn How to Meditate

Sat, November 4 & 11 <> 1 – 3 pm

You are new to Diamond Way Buddhism and want to start your individual meditate practice? These two Saturdays will be an excellent opportunity to learn how to meditate.

Regular Program

Wednesdays <> 8 pm

A short introduction on a Buddhist topic, followed by a guided meditation with opportunity for Q&A.

1st Wed of each month <> 8 pm

Introduction to Buddhism, followed by guided meditation with opportunity for Q&A.

We begin the evening with a basic introduction to Diamond Way Buddhism. **Recommended for Newcomers.**

Sundays <> Start at 10 am

Individual meditation practice, only for people who started their Ngondro.

Stay Connected

Cross Canadian Meditation

1st Wednesday of each month

at 6 pm MDT (Mountain Time Zone)

For Diamond Way practitioner who cannot make it to a centre. Registration in advance is needed.

Dakini Night (meditation with women in the sangha) **Last Tuesday of the month at 7 pm MDT** (Mountain Time Zone)

Please contact us for details.

Edmonton Diamond Way Buddhist Centre

Contact: +1 (780) 455-5488 or edmonton@diamondway.org

Location: 13015 117 Ave. NW
Edmonton, AB T5M 3H6
diamondway.org/edmonton

“The understanding we get from meditation gives us strength in life, and life experience makes us stronger in meditation.” —Lama Ole Nydahl

TRAINING THE PURE VIEW

New Year's Course 2017/18 with Gabi Volenko

Thu, December 28 - Mon, January 1 <> [Read full program...](#)

January 3 & 4, 2018 <> [Gabi Volenko in Calgary, AB](#)

Transcript of Lama Ole's speech to his students during the Diamond Way Buddhism Summer Course at the Europe Center in Immenstadt, Germany on **13.08.2017**

"Never give up! Never stop looking for the very best! Never stop yourself making a step to be kind to others!

Never stand there saying: "I am doing quite well middle size!" You have to be top size. Kindness and braveness - this is what the Buddhas expect from us and what Karmapa and Rinpoche expect from us, and I'll kick your behinds if you don't give it!

The world is a difficult place and changes many, many times!

Therefore, every day: take refuge, think about your transmission lineage, think about our great Lamas that give us an example of what can be done with a human life.

Every day is the first day of the rest of your life! It is really important that you make every day count!

Go step by step. That you don't see somebody to be too difficult, but you make a few good wishes for them if you have no time for something else.

And that you are good examples! That you are brave! That you are happy! That you give energy to others! That you bless others with all the things you have and get here!

That we share this out... We are very lucky people. There are not many people around the world like us. Due to our lineage and the kindness of our teachers we have things in our hands, we are very gifted, very rich, we can do many things! So, do it!"

Diamond Way practitioners!

Edmonton live in centre has a **one bedroom apartment available for rent**. We have an amazing gompas and cafe for social gatherings and meals. Experience dharma life with us!

Contact: janice.newton@gmail.com