



A MEDITATION SO INTENSE, IT LEAVES A HOLE IN YOUR HEAD

Lama Ole Nydahl a Buddhist Teacher trained in the Tibetan tradition, teaches a type of meditation that may seem unusual to those in the West.

At the end of the retreat in which this meditation is taught, he checks the heads of participants for a sign: a small hole that appears near the crown – if the meditation has been successful.

And as exotic as this practice may sound, it has a relatively wide following, certainly not confined to the East. In fact, Nydahl has successfully taught the meditation, and left holes in the heads, of over 90,000 people worldwide.

Why so many people would want to meditate this intensely is a story in itself.

THE LAMA WHO HELPS PEOPLE GET OVER THEIR FEARS OF DEATH

In the Tibetan Buddhist tradition, the meditation Nydahl teaches is known as “Phowa”, or “conscious dying.” It is used by meditators at the time of death – or to help others through the dying process. The small hole at the top of the head is believed to be where consciousness escapes the body at the moment of death. Once people experience learning this meditation themselves, they often remark that their own fears of death decrease dramatically.

Lama Ole was trained in this practice by the high lamas of Tibet, and he is one of the few Western teachers that is an acknowledged master of it.

ANNOUNCING THE RELEASE OF FEARLESS DEATH: BUDDHIST WISDOM ON THE ART OF DYING

Diamond Way Press has just released Lama Ole Nydahl’s new book (his 9th in English), which introduces the “Phowa” or “conscious dying” meditation practice. It also covers research in the field of Near Death Experiences (NDE), and provides a roadmap that leads the reader through “the undiscovered country” step-by-step, and points to what comes next. It is informed not only by rare Buddhist teachings, but by the author’s own life experiences and the many he’s helped over the years.

NATIONAL SPEAKING TOUR BEGINS WITH SYMPOSIUM ON DEATH, DYING AND TRANSFORMATION

The release of **Fearless Death** will be accompanied by a speaking tour spanning the US and Canada, beginning in May and ending in early June. The tour will begin in Houston with a public talk followed the next day with a symposium in which Nydahl joins a panel discussion of noted experts in the field of end-of-life care, including such notables as **Dr. Janice Holden, Dr. Susan Lieberman, and Dr. Gus Krucke, MD.**

As a Buddhist teacher and author, Nydahl is known for his skill in making classical Buddhist teachings and techniques practical for those in the West. He has established over 600 centers



in 50 countries and counseled thousands of students on dealing with the death process.

US TOUR SCHEDULE OF PUBLIC TALKS:

May 20: Houston, TX

May 22: New York, NY

May 28: Portland, OR

For more press information or to schedule an interview with Lama Ole Nydahl, please visit or contact:

fearlessdeathbook.com/newsroom

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