



## Information for Editors

**Buddhism:** A system of teachings about the way things are – the nature of both inner and outer experiences. It has no beliefs as such; instead understanding is built on direct experience using meditation. Buddha lived over 2500 years ago in India and Nepal and is viewed as a great example rather than an idol.

**Diamond Way Buddhism:** The Diamond Way has its roots and keeps close contact with the Tibetan Karma Kagyu School, which emphasises pragmatic and practical methods and meditation. The head of the tradition is H.H. 17<sup>th</sup> Gyalwa Karmapa, Trinlay Thaye Dorje.

**Lama Ole Nydahl:** Lama Ole Nydahl is probably the best known Western Buddhist teacher. He and his wife Hannah met H.H. the 16<sup>th</sup> Karmapa while honeymooning in Nepal in 1968. They spent three years in the Himalayas as Karmapa's students receiving Buddhist teachings and developing the necessary experience in meditation.

In 1972, Lama Ole was asked by H.H. the 16<sup>th</sup> Karmapa to make Buddhism accessible to people in the West. He founded the first European Karma Kagyu centre in his hometown of Copenhagen, Denmark. Since then he has travelled around the world teaching in a different city almost every day.

He has now started over 550 meditation centres, used by thousands of friends. Since the 16<sup>th</sup> Karmapa's death in 1981, Lama Ole Nydahl has directed the Diamond Way Centres of the Karma Kagyu Lineage. This work continues under the spiritual guidance of H.H. the 17<sup>th</sup> Karmapa Thaye Dorje.

Lama Ole Nydahl is well known for his vivid and authentic Buddhist teachings, always with a touch of dry Danish humour. His lifestyle shows that spontaneous freshness and resting in one's mind belong together.