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Lama Ole Nydahl Liverpool December 7th 2007 Press Release

Parachute to know your mind

Observe your mind in free fall! This is the message of the Danish Buddhist Lama Ole Nydahl, who is going to visit Liverpool on 7th of December. When introducing his students to the unlimited qualities of mind, one of Lama Ole's unconventional methods is to take them for parachuting. In this way, he says, one can get access to the fearless joy that is waiting in ones mind to be discovered.

After spending several years in the Himalayas to learn from some of the highest teachers of Tibetan Buddhism, Lama Ole Nydahl and his late wife Hannah have used the last 35 years to establish more than 550 Buddhist meditation centres around the world. During his one-day visit to the UK he will stay at the Diamond Way Buddhist centre in Liverpool to meet his students and will also give a public talk, entitled "Buddhism for everyday life". With charisma, joyfulness and a touch of dry Danish humour Lama Ole makes Buddhism accessible to people in the middle of their busy lives. With his unconventional style he points directly to the amazing qualities of mind, explaining that the source of real happiness is the mind itself.

Peter Malinowski, trustee of the charity Diamond Way Buddhism UK explains: "We are very excited to welcome Lama Ole again. Our centre in Liverpool feels especially honoured, as he will be visiting the UK for only one day. Many friends have been very busy preparing for this event and we will do our best to make the hundreds of visitors we expect from the whole UK and many places in Europe feel very welcome here in Liverpool. I would encourage everybody who is interested in the timeless wisdom of Buddhism not to miss this rare opportunity to meet a highly realised and very accessible buddhist teacher."

The public lecture with Lama Ole Nydahl will take place on Friday 07 December at 7.30pm in the Cornerstone Building at Hope at Everton, Haigh Street (off Shaw Street). Tickets are available on the door for £8 (£6 concessions).

For more information visit: www.dwbuk.org or call 0151 222 3543

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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. 17th 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 16th 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 16th 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 16th 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 17th 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.



About Lama Ole Nydahl

Lama Ole Nydahl is one of the few Westerners fully qualified as a lama and meditation teacher in the Karma Kagyu Buddhist tradition. In 1972, after completing three years of intensive meditation training, Lama Ole began teaching Buddhism in Europe at the request of the 16th Gyalwa Karmapa, Rangjung Rigpe Dorje, the spiritual head of the Karma Kagyu school of Tibetan Buddhism. He has since transmitted the blessing of the lineage in a different city nearly every day, travelling and teaching worldwide. His depth of knowledge and dynamic teachings inspire thousands of people at his lectures and retreats in North and South America, the UK, Europe, Australia, New Zealand, Russia and Asia.

Lama Ole captivates his audience with charisma and joyfulness, and he challenges people's concepts of life and Buddhism in an unorthodox manner. He has been a major driving force in bringing Buddhism to the West, and to date has established more than five hundred and fifty Diamond Way Buddhist centres in forty-four countries around the world. His unique synthesis of modern style and ancient wisdom helped create the largest body of students practicing Diamond Way Buddhist methods in the West.

Lama Ole holds the transmission for a unique Diamond Way Buddhist practice called Phowa (conscious dying). Since 1987, he has taught this practice to over 50,000 people in retreats around the world.

Lama Ole Nydahl has given numerous print, television and radio interviews, and he is the author of several books translated into most major languages. His English titles include: *Entering the Diamond Way* (1985); *Ngondro* (1990); *Mahamudra* (1990); *Riding the Tiger* (1992); *The Nature of Mind* (1993); *The Way Things Are* (1996, Blue Dolphin Publishing, Inc.) *The Great Seal*. (2004, Firewheel Publishing)

www.lama-ole-nydahl.org

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