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Lama Ole Nydahl Liverpool 11th to 12th October 2008 Press Release

Reasons to be Cheerful

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 come from 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 on 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 <http://liverpool.dwbuk.org>.

Press Contacts: DWB-Liverpool • Peter Malinowski • 077 2914 0026 • peter@dwbuk.org
• or Steve Owen • 077 9133 2462 • stevieo@hotmail.com
• press kit: <http://liverpool.dwbuk.org/press>

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61 Newsham Drive, Liverpool, L6 7UQ • <http://liverpool.dwbuk.org> • Phone: +44 151 222 3543 • liverpool@dwbuk.org





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 close to 600 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 Great Seal*. (2004, Firewheel Publishing); *The Way Things Are* (2008, O-Books).

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