



Lama Ole Nydahl

Lama Ole's synthesis of modern style and ancient wisdom has demystified Buddhist teachings for thousands of students around the world. His approach is joyful and uncompromising. He is not always politically correct, but his motivation is clearly always for the benefit of others. He is unconventional but at the same time one of the most effective and influential Western teachers to emerge from the Karma Kagyu lineage of Tibetan Buddhism

While on their honeymoon in 1968, Ole and his wife Hannah (1946-2007) met the 16th Karmapa, one of the greatest Buddhist Masters of the 20th century. Through the Karmapa's influence, the young couple ended their wild ways, and were among his first western students.

After completing a rigorous three years of training in the Himalayas under the instruction of the 16th Karmapa and other realised teachers, the Karmapa asked them to travel and help bring Vajrayana (which translates as Diamond Way) Buddhist teachings to the West. With an increasing band of friends and helpers, they have travelled constantly since 1972 sharing the timeless Buddhist teachings on the nature of mind with idealistic Westerners.

Over the years, Lama Ole has established more than 600 lay (non-monastic) Diamond Way centres around the world. Participants at these centres learn the Buddha's teachings and practice meditations that are completely relevant to an active Western lifestyle.

Born in 1941, Lama Ole is a Danish Lama (Buddhist teacher) who rides motorbikes and skydives in his spare time. His colourful history includes time as a boxer, a smuggler as well as a university PhD student.

Lama Ole's dynamic style is influenced by a keen interest in contemporary developments in science and world events, a practical sensibility and most importantly, a wish that the profound Buddhist path of the Diamond Way is made accessible to intelligent and critical western minds.

He delivers authentic Buddhist teachings with humour and a common-sense approach that belie the depth of the transmission he represents – it sounds so simple because it is, yet his words will resonate long after the 'meeting of minds' occurs.

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

Lama Ole has given numerous print, television and radio interviews and is the author of several books, which have been translated into many languages.



www.lama-ole-nydahl.org
for more about Lama Ole Nydahl

**Diamond Way Buddhist
Centres of Australia**

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Karma Kagyu Lineage

The Karma Kagyu lineage is one of the four major schools of Tibetan Buddhism. It is a lineage of direct oral transmission from teacher to student, and treasures meditation and one's view in life as a means to attain enlightenment.

The Karma Kagyu methods originate from the historical Buddha, Shakyamuni, and were given to his closest students. They were later passed on through the Indian Mahasiddhas: Tilopa, Naropa and Maitripa. After Muslim conquerors destroyed the Indian culture around 1000AD, the teachings lived on through the famous Tibetan yogis Marpa and Milarepa. In the 12th century, Gampopa taught the first Gyalwa Karmapa, whose successive incarnations have kept these teachings alive.

The Gyalwa Karmapa is the head of the Karma Kagyu lineage. The Karmapa was the first recognised reincarnation in Tibetan history and is revered for his spiritual power throughout Tibet. Second to the Karmapa is the Sharmarpa, who acts as the lineage holder between the Karmapa's incarnations. The Karmapas and the Sharmapas are known as the Black Hat and Red Hat Karmapas, and their minds are considered inseparable.

The 16th Gyalwa Karmapa, Rangjung Rigpe Dorje, fled the Chinese invasion of Tibet in 1959 and thus secured the survival of the Karma Kagyu lineage. With the help of his Western students, he brought the unique teachings about the nature of mind to the West. He is legendary for his joyfulness, profound insight, and powerful presence.

The transmission of the lineage continues today with Gyalwa Karmapa Trinlay Thaye Dorje, who in 1994 at the age of ten, was recognised as the 17th Karmapa by Kunzig Shamar Rinpoche. In December 1999, he embarked on his first international teaching tour and gave initiations to over 15,000 of his students in Europe and Southeast Asia.



The 16th Karmapa, Rangjung Rigpe Dorje



The 17th Karmapa, Trinlay Thaye Dorje



The 14th Sharmarpa, Mipam Chökyi Lodrö

www.karmapa.org
www.sharmapa.org
www.diamondway.org.au

for more about
the Karma Kagyu lineage

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Buddhism

The historical Buddha Shakyamuni gave 84,000 teachings for people to reach enlightenment. His methods include meditation, the study of philosophy, psychology, skilful debate, and above all, the cultivation of a pure view in all situations. All Buddhist methods develop mind's inherent richness and clarity, enabling people of varying interests and abilities to avoid suffering and find lasting happiness.

In Buddhism, one distinguishes between three main 'vehicles.' They are Hinayana, Mahayana, and Vajrayana.

Hinayana (or The Small Vehicle) places great importance on calming and focusing the mind. The goal is liberation from the suffering of conditioned existence or samsara. This occurs through realising that the 'self' has no lasting nature. Without this understanding, liberation cannot be reached. This form of Buddhism emphasises the avoidance of all harmful actions.

Mahayana (or The Great Vehicle) is especially useful for people living full lives in society. It holds vast teachings on Buddhist philosophy and psychology, and aims for full enlightenment through the development of compassion and wisdom. The teachings explain that situations, thoughts and feelings change all the time, and thus, are ultimately empty of any lasting reality.

Zen Buddhism is related to the Great Vehicle. In the practice of Zen, one simplifies one's life, sits for long periods of time in a non-distracted state, and ponders paradoxical questions known as koans. These methods help to free mind from habitual intellectual tendencies and allow spontaneous insights to arise.

Vajrayana is Buddha's ultimate teaching. By using methods with and without form, he initiated his students into the experience of their inherent Buddha nature. In the Diamond Way, the teacher is the direct link to enlightenment, and is considered as important as the Buddha himself. The view is that all phenomena are inherently pure, and that enlightenment is our natural state. What makes Diamond Way unique is the variety of methods to attain full enlightenment.

Throughout history, Buddhism has influenced and become part of many different cultures. It is currently developing and making its mark in the West, proving its timeless relevance. The late Bhutanese meditation master, Lopon Tsechu Rinpoche said, "In each culture, the teachings of the Buddha find the form that best suits them. You can compare it to a raw diamond: on red cloth it shines red, on a blue cloth it looks blue. Regardless, the diamond stays the same."



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Diamond Way Buddhism in Australia

There are currently 14 centres in Australia, in most major cities and some regional areas. Lama Ole Nydahl founded and directs these and more than six hundred Diamond Way Karma Kagyu Buddhist groups and centres worldwide. All the centres are under the spiritual guidance of the 17th Gyalwa Karmapa, Trinlay Thaye Dorje.

The people running the centres and taking part in the centres' activities are lay Buddhist practitioners. They work or study, while integrating Diamond Way teachings and meditation into their daily lives. Members share responsibility for guiding group meditations and giving explanations about Buddhism. Their work is unpaid and based on idealism and friendship. Some students also give public talks and interviews about Buddhism on radio and television.

The main practice in all the Diamond Way Buddhist Centres around the world is the Guru Yoga meditation on the 16th Karmapa. This meditation is guided in English, uses visualisation and mantra recitation, and lasts about twenty minutes. There is a relaxed social atmosphere in the centres, questions are encouraged, and practitioners share readings, teachings and videos. These weekly meditation evenings are open to the public.

Diamond Way centres work together to organise retreats, lectures and workshops throughout the year. Lama Ole Nydahl guides an annual retreat and teaching programme within Australia, including: meditation, Phowa (Conscious Dying), Mahamudra (The Great Seal), and Ngondro (The Foundational Practices). In addition, other travelling lay teachers regularly provide explanations and give lectures and workshops in the centres.

The centres are financed mainly with the help of voluntary membership contributions. All surplus from courses and public lectures is used for Diamond Way Buddhist projects in Australia and around the world.



www.diamondway.org.au

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Phowa, the Practice of “Conscious Dying”

One of Lama Ole Nydahl’s areas of expertise is teaching Phowa, the practice of conscious dying. This practice is the last of the Six Yogas (energy teachings) of Naropa, and is one of the most profound teachings in Tibetan Buddhism.

The goal of Phowa is to learn to transfer the consciousness at the moment of death to a state of highest bliss. Lama Ole is one of the few Buddhist lamas empowered to teach the Phowa practice. Lama Ole has taught Phowa to over 50,000 people at more than 150 meditation courses around the world.

The practice of Phowa is a very direct method involving visualisation and mantra. This intensive instruction usually takes about five days in a retreat setting, and brings about physical and mental transformations by opening the central energy channel in the body. Phowa is not only of great benefit at the time of death, but also provides inner confidence in daily life. Those who have completed the retreat report that the fear of death dissolves and fears in life diminish. The practice also includes methods to help others at their time of death.

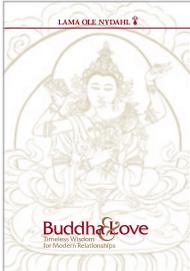


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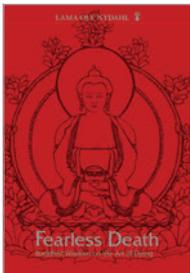
Publications by Lama Ole Nydahl



Buddha & Love: Timeless Wisdom for Modern Relationships (2012)

ISBN 13: 978-1-937061-84-5

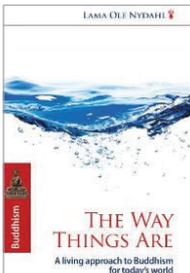
Buddha & Love explains how a Buddhist approach to relationships can help us to relax our minds, break bad habits, and use relationships to grow ourselves and benefit everyone around us.



Fearless Death: Buddhist Wisdom on the Art of Dying (2012)

ISBN 13: 978-0-9752954-1-0

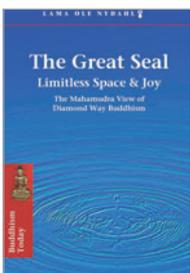
For centuries Tibetan Buddhist masters have uncovered joy and meaning in the dying process. For them death is not a mystery. They know what will happen and see it as a great chance for spiritual development. Fearless Death makes their teachings accessible to the modern West.



The Way Things Are (2008)

ISBN 1-846940-42-7

More than a Buddhist textbook, The Way Things Are is a living transmission of Buddha's deep wisdom, given by a Western Buddhist master.



The Great Seal: Limitless Space and Joy (2004)

ISBN 0-975-2954-0-3

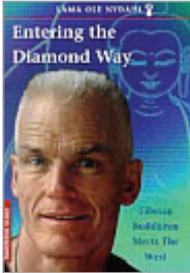
A commentary on the 14th century wishing prayer for the attainment of ultimate insight into the nature of reality. This Mahamudra prayer was composed by the third Karmapa Rangjung Dorje (1284-1339).

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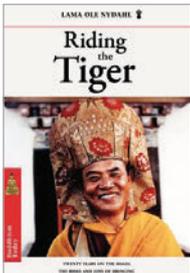
Publications by Lama Ole Nydahl



Entering the Diamond Way (1999)

ISBN 0-931892-03-1

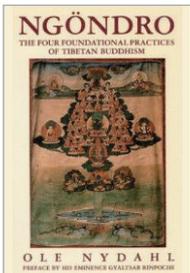
The story and spiritual odyssey of Ole and Hannah Nydahl who in 1969 became the first Western students of the great Tibetan master, the 16th Gyalwa Karmapa.



Riding the Tiger (1992)

ISBN 0-931892-67-8

Picking up where “Entering the Diamond Way” left off, this is the inside story of the further development of Tibetan Buddhism in the West.



Ngondro (1990)

ISBN 0-931892-23-6

Ngondro means “something which precedes,” and are the preliminary practices in Tibetan Buddhism. In a direct and very practical way, Lama Ole explains these methods that help to purify negativity and the accumulate merit and wisdom. They bring forth mind’s fullest potential, while removing the veils which keep us from experiencing and expressing our enlightened nature.

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Australian Diamond Way Centres

There are now 14 Diamond Way Buddhist meditation centres across Australia.

These are just a few of the seven hundred Diamond Way Buddhist groups and centres worldwide founded by Lama Ole Nydahl, and under the spiritual guidance of the 17th Gyalwa Karmapa, Trinlay Thaye Dorje.

For further information, locations and contact details, visit: www.diamondway.org.au/centres

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