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Spiritual leader unveils Buddhist history, teachings

By: **Scott Kerbs**

The UNLV community was offered the opportunity to attend the first discussion in Las Vegas by a fully qualified lama of the Buddhist religion Tuesday.

Lama Ole Nydahl, one of the world's best-known western Buddhist teachers, set out to educate the attendees on the teachings and history of the Karma Kagyu Buddhist tradition.

According to his personal Web site, Nydahl has founded over 450 meditation and study centers around the world.

He has also been trained by "some of the most prolific lamas in the Kagyu lineage," according to diamondway.org, a Web site dedicated to the Karma Kagyu teachings of Buddhism.

Nydahl donned jeans and a polo shirt and sat cross-legged on the stage.

"Last time I was here in Las Vegas, I bet 20 dollars and won 100, but my friends spent it all," he said jokingly.

Nydahl went on to discuss the history of Buddha and ancient India.

"Buddha's logic is all about helping people in general," he said. "There is no dogma attached to his teachings."

Later in the presentation, he went on to discuss what the dalai lama has referred to as "The art of happiness."

"We are all searching for happiness all of the time," he said.

He went on to note that "sickness and death are inevitable, but we must strive for happiness in the short time we have."



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Nydahl later turned his attention to the practice of meditation and how one can "become a very happy individual" through meditating.

He later stated that meditation can help one attain a more efficient way of sleeping.

"I am able to reach the deepest level of sleep in 46 seconds," he said, "but I am a lazy bum."

As the chuckles from his comedic remark faded, he allowed the audience an opportunity to ask him questions about the teachings and history of Buddhism.

Nydahl decided to end his appearance by holding a short meditation session.

The crowd could participate in the meditation if they chose to.

The crowd sat peacefully, as some of the audience members decided to join the lama in his state of meditation.

More information about Nydahl and the teachings of Buddha along with a listing of his upcoming events can be found by visiting lama-ole-nydahl.org.