



Lama Ole Nydahl

Venezuela, 26th of April, 2015

Precious friends,

From a time of pain:

What has struck Nepal is a singular catastrophe hitting one of the last countries in the world with an unbroken centuries-old Himalayan culture. Many Western Buddhists today made their first contacts with the great masters of Tibetan Buddhism among these historical buildings.

Now that thousands of people have died and the unique monuments are to a high degree destroyed by a series of earthquakes, it is for us, who have the capacity to help, to do our best.

Please remember the dead in your wishes and the countless people who lost their beloved ones or were seriously hurt. They need all the good energy we can send.

For those of us who had the good fortune to spend years in magical Nepal, let us never forget the absolute view that we received and keep it growing in us. Its continuation is the greatest of gifts to share with a searching world.

Yours, Lama Ole

A handwritten signature in blue ink that reads "Lama Ole Nydahl". The signature is fluid and cursive.