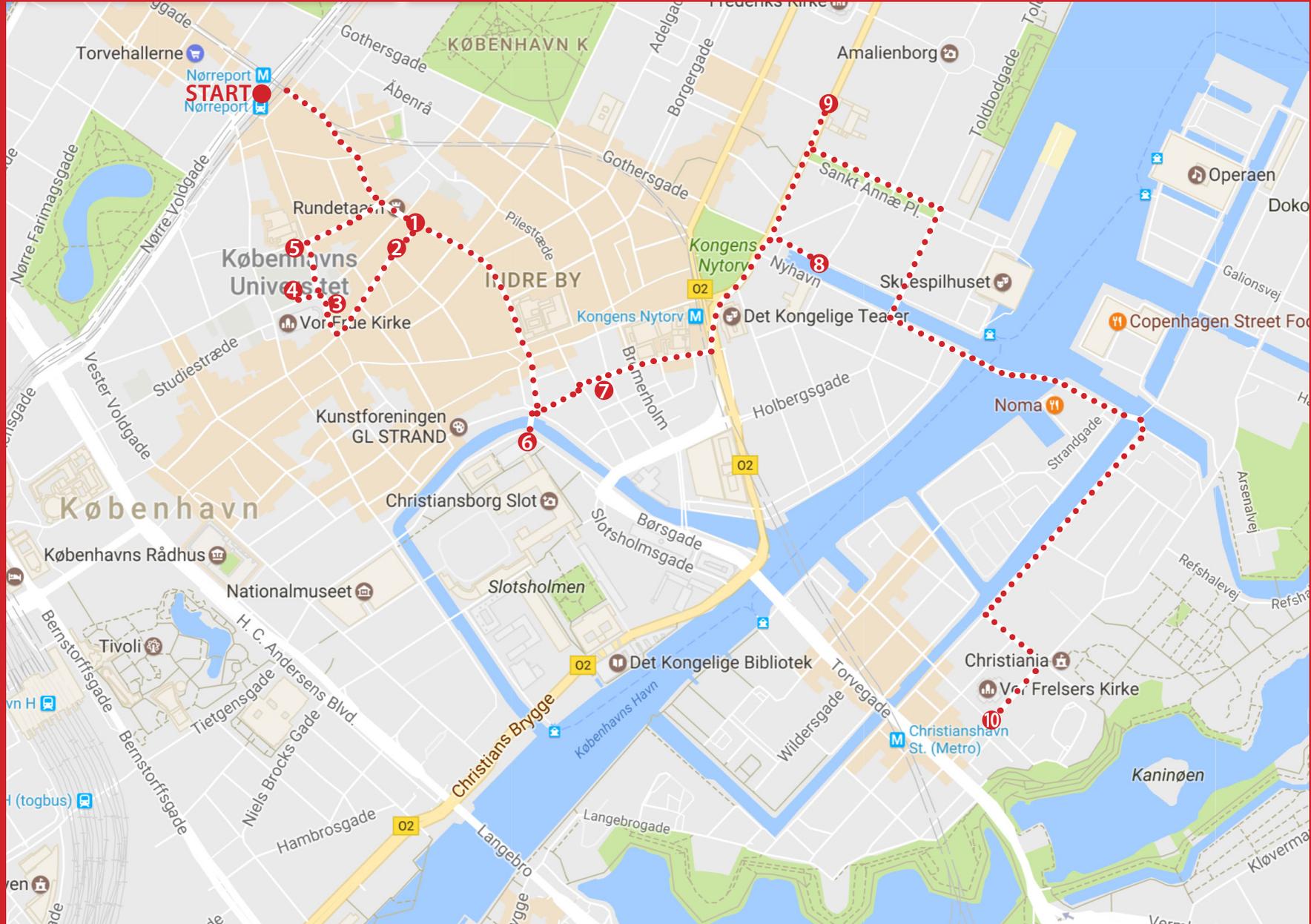
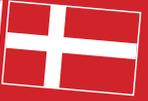
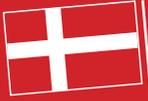


'BE YOUR OWN GUIDING LIGHT' TOUR

Sightseeing through Lama Ole & Hannah's old Copenhagen



As a good starting point for this tour, one can get off at Nørreport station and just walk through the suggested order of numbers. At a good pace, one can make it from 1 to 10, as shown in a map, in approximately 2 hours (counting also with stops to take pictures, enjoy the view and have a local beer in no. 8 – Café Nick). If one has extra time one can walk afterwards to no. 11 crossing the bridge from Nyhavn to Christianshavn or taking the metro just one stop from Kongens Nytorv to Christianshavn. Enjoy and as we say in Denmark: 'Rigtig god tur!!!' :)

1 'The Inner Universe' Exhibition

(Købmagergade 48, 3rd floor)

Shortly after Ole and Hannah came back from the East in 1972, they participated in this exhibition that went on for a few weeks. Each room was dedicated to different spiritual practices and they got the last room, painted already in Tibetan colours, so they just put up some thangkas, showed some pictures on slides and shared their experiences in the East. In one of the other rooms they noticed a hindu guru guiding meditations in English and got the idea to translate the meditations to Danish and our Western languages. The man organising this exhibition decided to support their activity and offered them the basement of his building around the corner to meet on a regular basis for free. This came to be the first Diamond Way Buddhist center in Denmark.

2 The First Buddhist Center

(Skindergade 3)

If the big gate is open, one can enter the courtyard and access the basement through the first door to the right and still appreciate the beam paintings and pillars that are well preserved, in what is now a storage room for a private building. This place hosted our first gumpa from 1973 to 1975 and was visited by Dalai Lama, Kalu Rinpoché and the 16th Karmapa during this time. During his visit in 1974, the 16th Karmapa insisted that they should find a new place. Three days after he left Denmark, the building was flooded with waste waters and it was clear what to do. Our actual buddhist center in Svanemøllevvej 56 was purchased then.

3 The Boxing Club

(Fiolstræde 2 – the grey low building after the Italian restaurant on the corner)

Lama Ole used to come here regularly to box for 4 years during his university days. He calls it 'The Academic Danish Boxing Club'.

4 University of Copenhagen

(Frue Plads 4)

It was while they were both studying at this university that Lama Ole and Hannah met again, after many years apart – since they used to live on the same street and play together as children. Their first meeting here happened at the university canteen, known as "The Cannibal" - a funny myth said that occasionally they would cook a student in their kitchen. One can access the university canteen through the gate A after the main entrance. After crossing this gate "The Canibal" is located all the way to the back, in the last building to the left, on the basement level.

5 Lama Ole & Bjørn's old apartment

(Fiolstræde 16, 2nd floor)

Here Ole and his brother Bjørn lived during their wild university years. Sometimes they would use the water pipe outside the building to climb up or slide down instead of using the stairs.

6 Højbro Bridge

(connecting Gammel Strand and Vindebrogade)

During one of his psychedelic experiments in the 60's, Lama Ole realized here the nature of emptiness. He said, standing on this bridge while overlooking Thorvaldsen's Museum in front, "Things are!" and everything became very solid. Then he said "Things are not!" and all its walls and windows became transparent to him. This he repeated six times with the same results. This bridge is located next to the Absalon statue in Højbro Plads and right in front of the Danish Parliament.

7 Café Nick

(Nikolajgade 20)

One of Lama Ole and his brother Bjørn's favourite bars, during their wild days. It is nowadays one of the few authentic old school bars remaining in Copenhagen. Here they used to engage in a lot of fights. They say each opponent used to put some Danish crowns on the bar and go outside to fight. Whoever won would drink in the bar for all that money afterwards, but they often ended up sharing anyway.

8 Hong Kong Bar

(Nyhavn 7)

Another one of Ole and Bjørn's old fighting places, located in the now picturesque Nyhavn. 20 years ago, this harbour area was much more rough than today. Especially this bar was open 24/7, but very often someone would announce shouting "The Nydahls are coming!" while spotting Ole and Bjørn approaching – which meant trouble – and they would close the bar doors for them.

9 The Odd Fellow Palæet

(Bredgade 28)

Here is where the 16th Karmapa gave the black crown ceremony in 1974, to an audience of approximately 2000 people. The original building where this ceremony took place, was located in the back of the main one and some years after it burned down. Nowadays there is a backyard instead.

10 Our Saviors Church

(Skt Annæ Gade 29)

It is located very close to Christiania and to where Ole and Hannah lived before and right after coming back from the East – in a building that does not exist anymore. On one of their LSD trips, Lama Ole and Hannah climbed up the stairs of its high tower one night and seriously discussed in the way down "Should we take the stairs or should we fly?" - Lama Ole has commented on this later that luckily they chose the stairs.

If one has extra time...

Here are some other choices to explore in our wonderful Copenhagen, taking no. 10 as starting point:

Walk back through Nyhavn harbour, cross the pedestrian and bicycle bridge – maybe in combination to eating at the popular Street Food place in Papirøen – and heading towards **Christianshavn harbour**. Walk by their channel towards no. 11, **Our Saviours church** – one can climb up the stairs of the tower and have a **great view of Copenhagen** for the entrance fee of 40 dkk – and visit the free town of **Christiania** afterwards.

Walk a bit ahead towards the **Queen's palace (Amalienborg)**, passing the **Marble church**, and then walk by the sea from the big channel to the left, right in front of the Opera House, towards Langelinie, where the **Little Mermaid** is located and where there is a big Japanese Sakura Festival going on exactly this weekend. In this area one can also see **Geffion Statue**, **Churchill park by the Anglican church**, **Kastellet Fortress and hang out in the cozy Café Toldboden** with comfortable beach chairs to seat in the sun and have something to drink by the sea.

Walk back to Nyhavn harbour and take one of the **Channel Tours by boat** – 1 hour guided tour in English, German and Danish through Copenhagen big and small channels and seeing a lot of the Copenhagen historical and cultural life from the water. The one called 'Netto Bådene' leaving from the right side of the harbour is the one with better price (40 dkk)

Walk back through Nyhavn, go to the right in the big channel and walk by the sea towards the **Royal Danish Library (The Black Diamond)**, where Lama Ole gave many public lectures in the past. Before reaching the Black Diamond one can turn to the right in Børsgade (as if walking towards no. 7) and enjoy the **Stock Exchange building (Børsen)** with its **dragon tower**, **Holmen's church and the Danish Parliament**, where one can walk around the **Frederiksholms' Channel** or through the inner **square of the Parliament** towards the **National Museum**, with Danish history exhibitions with free entrance fee. From there one can also continue to **Glyptoteket and Tivoli Gardens**, one of the oldest and cosiest amusement park in Europe.

One can also combine the buddhist sightseeing places with some touristic ones. One can visit, for example, the **Rosenborg Castle and gardens**, located in the area close to Nørreport station. And in the way to no. 1 one can also visit the **Round Tower** in Købmagergade, with a beautiful view of Copenhagen from the tower (40 dkk).