

Bio Karl Brunnhölzl

Dr. Karl Brunnhölzl worked for 20 years as a physician and is a Buddhist since 1983. From 1988–1998, he received his training in Buddhist philosophy and meditation as well as Tibetan language mainly at *Marpa Institute For Translators* in Kathmandu, Nepal (director: Khenpo Tsültrim Gyamtso Rinpoche). He also studied Tibetology, Buddhology, and Sanskrit at Hamburg University, Germany (1988–1990 and 2001–2005). Since 1989, Karl served as a translator, interpreter, and Buddhist teacher mainly in Europe, India, and Nepal. Since 1999, he has acted as one of the main translators and teachers at *Nitartha Institute* (director: Dzogchen Ponlop Rinpoche) in the USA, Canada, and Germany. From 2000–2007, he also taught regularly at the Vidyadhara Institute in Gampo Abbey (Canada).

In 2005, Karl was appointed by Dzogche Ponlop Rinpoche as one of five Western teachers of the Nalandabodhi sangha and received the title “Mitra” (“spiritual friend”). He also teaches weekend seminars and Nitartha Institute courses in Nalandabodhi centers in the USA, Canada, and Mexico as well as other locations.

Karl is the (co-)author and translator of more than twenty books on Buddhism in English and German, such as *The Heart Attack Sutra* (Snow Lion Publications), *A Lullaby to Awaken the Heart*, and *Sounds of Innate Freedom* (Wisdom Publications).

Karl is at home in all aspects of Buddhism, but his main interests are Mahamudra, the teachings on buddha nature, songs of realization (dohās), and Yogācāra. In particular, he is dedicated to the works of the Karmapas and other major Kagyü masters in order to make their timeless and authentic teachings available to many contemporary audiences through study and practice.