

# SPIRITUAL JOURNEY

(Following the Footsteps of Lord Buddha)  
September 30 to October 19, 2017

**Saturday, Sep 30:** Fly from LAX or NYC to Nagpur, India

Footsteps of the Buddha Tour takes you into a spiritual journey through time as you retrace the footsteps of Lord Buddha. A meditation on the road, this tour traverses through four significant pilgrimage sites marking various epochs of Buddha's life- Lumbini (birth place of Buddha), Kushinagar (death site of Buddha), Bodhgaya (Buddha attained enlightenment) and Sarnath (Buddha's first sermon). Discover the universal truths and acquire the divine Buddhist wisdom as you travel through Southern Nepal, Gangetic plains of Northern India and pay homage to the sanctified Buddhist sites. Additionally, to walking in the path of the Buddha you will have the rare opportunity to see the living practice of Buddhism with our visit to Bhandara, a Tibetan Refugee village in India. Here you will stay in the local monastery, eat traditional Tibetan food participate in the enthronement ceremony of their reincarnated spiritual leader. This is a rare and sacred event few will ever experience in lifetime.

**Sunday, Oct 1:** (22 Hour flight)

**Monday, Oct 2:** Continue travel by private bus from Nagpur to Bhandara Tibetan Settlement (3.5 hrs. drive)

**Tuesday, Oct 3:** Bhandara, Tibetan Village  
*Rest, Relax and wander the village. Opportunities for yoga, meditation, and kirtan will be available throughout the stay.*

**Wednesday, Oct 4:** Bhandara, Tibetan Village  
*\*Enthronement Ceremony, the traditional ceremony of the reincarnation of the 7th Gurchung Rinpoche Lodoe Palzor Sangpo.*

**Thursday, Oct 5:** Bhandara, Tibetan Village  
*\*Enthronement Ceremony will be held on the auspicious 14th and 15th days of the 8th lunar month according to the Tibetan Bird Year 2144.*

**Friday, Oct 6:** Bhandara, Tibetan Village  
*\*Rest, Relax and wander the village.*

- Saturday, Oct 7:** Travel **Bhandara to Nagpur** (3.5 hr. drive)  
Fly from **Nagpur to Delhi** (1 hr. 40 min. flight)  
Fly from **Delhi to Kathmandu, Nepal** (1 hr. 30 min. flight)
- Sunday, Oct 8:** **Kathmandu, Nepal**  
*\*Nepal's capital, is a vibrant, noisy city packed full of history, palaces, temples and great shopping. Seven UNESCO World Heritage sites in the Kathmandu valley alone*
- Monday, Oct 9:** **Kathmandu, Nepal**  
*\*Boudhanath Stupa - One of the largest and most sacred stupas in the world. (UNESCO World Heritage Site) \* Swayambhunath Stupa - The dome represents the earth while the 13-tiered beehive structure symbolizes the 13 stages that humans pass through to achieve nirvana.*
- Tuesday, Oct. 10:** **Kathmandu, Nepal**  
*\*Durbar Square - Ancient square crowded with palaces and temples since 1,000 AD. (UNESCO World Heritage Site)*
- Wednesday, Oct. 11:** Travel **Kathmandu to Lumbini, Nepal** (7 hrs. drive)  
*\*Lumbini is the birthplace of Lord Buddha, attracting spiritual seekers from around the World for centuries. (UNESCO World Heritage Site)*
- Thursday, Oct. 12:** Travel **Lumbini, Nepal to Kushinagar, India** (4.5 hrs. drive)  
*\*The final resting place of Buddha, where he attained parinirvana, or nirvana after death in which reincarnation is no longer necessary.*
- Friday, Oct. 13:** Travel **Kushinagar to Nalanda** (7 hrs. drive)  
*\* Nalanda University is one of the first universities in the world. It was founded in the 5th century and was reported to have been visited by the Buddha during his lifetime. At its peak in the 7th century it held some 10,000 students and 2,000 teachers when visited by the Chinese scholar Xuan Zang. (UNESCO World Heritage Site)*
- Saturday, Oct. 14:** Travel **Nalanda to Rajgir** (30 minute drive)  
*\*The Buddha retreated here often to reflect at the Jivakamaravana Monastery in their beautiful orchard. The teachings of Buddha were penned down here. Also known as a health resort with its warm water ponds full of medicinal properties.*
- Sunday, Oct. 15:** Travel **Rajgir to Bodhgaya** (2 hrs. drive)

*\*It is the site where Prince Siddhartha attained enlightenment beneath the bodhi tree 2600 years ago and became Buddha. The same bodhi tree is still there to this day and is the most revered of all Buddhist sacred sites. (UNESCO World Heritage Site)*

**Monday, Oct. 16:**

**Bodhgaya**

*\* Considered the most important of the main four pilgrimage sites. Visit the Great Buddha Statue and the Mahabodhi Temple.*

**Tuesday, Oct. 17:**

**Travel Bodhgaya to Varanasi (5 hrs. drive)**

*\*the oldest continuously inhabited cities in the world, with settlements dating back to the 11th century BC.*

**Wednesday, Oct. 18:**

**Varanasi**

***Varanasi**, once known as **Benares** or **Kashi**, is a historical city in northern India. The city is sacred to Hindus and Jains and one of the oldest continuously inhabited cities in the world, with settlements dating back to the 11th century BC. Many Hindus believe that dying in Varanasi brings salvation/nirvana and so they make the trip to the city when they realize that they are close to death. However, the scene of pilgrims doing their devotions in the River Ganga at sunrise set against the backdrop of the centuries old temples is probably one of the most impressive sights in the world. In the sacred geography of India, Varanasi is known as the “microcosm of India”. Ayurveda treatment is common in Varanasi and you can take classes to learn the techniques*

**Thursday, Oct. 19:**

**Sarnath, Varanasi**

*\***Sarnath** is a city located 13 kilometers north-east of Varanasi. The deer park in Sarnath is where Gautama Buddha came to preach his message of the middle way to nirvana after he achieved enlightenment at Bodhgaya, and gave his famous first sermon here. In the 3rd century BC, Emperor Ashoka. However, soon after, Buddhism went into decline and, when Muslim invaders sacked the city in the late 12th century, Sarnath disappeared altogether. It was ‘rediscovered’ by British archaeologists in 1835.*

**Friday, Oct. 20:**

**Travel from Varanasi to home or your next adventure!**

## **HOW MUCH?**

\$5,640 USD

\$1,000 - Deposit to hold spot (tax deductible 501 (C) receipt)

\$4,640 - Due August 31, 2017

## **WHAT IS INCLUDED?**

Trip to be narrated by Tibetan Buddhist Lama, offering his historical and Buddhist insight to our journey and personal development. Yoga, Kirtan & Meditation offered

\*\*\* All Travel Includes:

- \*Flights LAX or NYC to Delhi or Mumbai, India
- \*Flights within India and Nepal
- \*All road travel on chartered bus
- \*Private cabins for the night train
- \*All meals, accommodations, guide & entrance fees.

Payments made through PayPal @ [tibt-handicrafts.com](http://tibt-handicrafts.com)

Contact tour info Susan (949) 499-3681, Pam (949) 573-7104

Additional Questions contact Tenpa (714) 342-7998

\*\*\* seats limited.