



CHENREZIG INSTITUTE
A Centre for Buddhist Study,
Meditation, Retreat & Practice

www.chenrezig.com.au

in association with

ekno
experience
discover the difference

invite you to a

*Pilgrimage with Geshe Jamyang to
Buddha's Sites in India & Nepal.*

3-15 December 2012

With add on Kathmandu Valley, Nepal

16-21 December 2012

Ekno Experience Tours & Travel Pty Ltd ABN 51 121 148 427

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About Chenrezig Institute

Chenrezig Institute is part of the FPMT organization and was one of the first centres of Tibetan Buddhism to be established in the western world. In 1974 a month long meditation course, the first ever of its kind, was conducted by Lama Thubten Yeshe and Lama Zopa Rinpoche in nearby Diamond Valley, Mooloolah in Queensland. This now historic course attracted approximately 200 people from all across Australia, many of whom went on to play key roles in establishing and running centres in other states of Australia, and indeed the world.

During the course many students decided they wanted the opportunity for ongoing study and so the Eudlo property was donated by four of the Lamas' students so that a meditation centre could be established. This rather barren plot of land, lying fallow, became what is now the lush sub-tropical environment of Chenrezig Institute. This transformation from one-time cattle grazing land to thriving centre for Tibetan Buddhist education and practice was made possible by the hard work of countless volunteer students and visitors over many years.

Geshe Jamyang



Geshe Lobsang Jamyang came to Chenrezig Institute in 2005 to take on the role of assistant teacher for the on-going Buddhist Studies Programme and as the main teacher of the general programme.

Born in 1966, Geshe Jamyang took ordination at the age of 16. He studied for 4 years in Kardze Monastery under the renowned master Lobsang Jamyang (of the same name). At the age of 22 he joined Sera-Je monastery in South India. Geshe Tashi Tsering was Geshe Jamyang's first main teacher in India and he has been guided by Geshe-la ever since. (Geshe Tashi Tsering is the main teacher at Chenrezig Institute).

Having studied for another 18 years, Geshe Jamyang attained the highest degree in Buddhist philosophy. He then spent an additional year in Gyume Tantric monastery in which he mastered practice and rituals of the tantric tradition.

Having completed his studies, Geshe Jamyang became the main teacher in Drolma-Ling nunnery – one of the leading nunneries in India, teaching philosophy and debating skills in a unique study system emphasising a non-sectarian approach.

Geshe Jamyang then accepted Geshe Tashi Tsering's invitation to come to Chenrezig Institute in order to enhance the study program.

Buddha's Sites – Northern India

Buddhism - founded in North India, is not a religion but a system of philosophy and code of morality. With 6.6 million Buddhists in the country, there are countless Temples, Gompas and its monuments associated with Buddhism.

Lumbini, Nepal is where the Buddha was born, Bodhgaya, India was where he attained full enlightenment, and Sarnath was where he turned the wheel of Dharma twelve times, and finally the Buddha entered into Parinirvana." (The Buddha) in Kushinagar. Hundreds of years have gone by, but architectural splendours, still standing resoundingly are ample testimonial of Buddhist philosophy and doctrines. It's all possible to come across with such splendours as we have for you the following tour plan.

Buddhist Festivals are the days for joy and celebration commemorating some significant events related to Lord Buddha. Apart from religious significance, Buddhist Festivals also impart an opportunity for people to meet and meditate in local temple or monastery. The principal Buddhist festivals celebrate 'the Three Jewels', the Buddha, the Dharma (the Buddhist Teaching), and the Sangha (the spiritual community).

Destinations – Varanasi

For Hindus, Varanasi is the holiest place on earth, believing that it is the chosen residence of Lord Shiva, who is said to abide in every nook and cranny of the city. The city draws pilgrims from around the world, to worship, to meditate, and above all to bathe in the sacred waters of the River Ganges. There are countless temples that stretch all along the riverside Ghats - sets of stone steps that lead down to the river. On the Ghats you find most of the city's activity. At dawn, early risers immerse themselves in the holy water, pilgrims flock to the temples, astrologers prepare to read palms or horoscopes and families carry the dead to their last rites by the holy river. Those who die in Varanasi are guaranteed liberation from the cycle of death and rebirth, no matter what they may have done in their lifetime. Each evening the Ghats come alive again when synchronized pujas (ceremonies) are performed and hundreds of leaf-boat lamps float down the river.

Sarnath - Situated 10 km from Varanasi is the site where Buddha delivered his first sermon to his five disciples, preaching the middle path for attaining 'Nirvana'. Realising the sanctity of the site, emperor Ashoka, in the 3rd century B.C. built some of the finest monuments and legacies.

Set in well maintained gardens, Sarnath's ruins are a pleasant place to stroll amongst or meditate in. The most conspicuous structure at Sarnath is the Dhamekha Stupa. This is believed to be the spot where the Buddha delivered his first sermon. Dhamekha seems to be a distorted form of Dharma Chakra which means turning the wheel of the Dharma. It is also said that at this spot the five ascetics who left Gautama Buddha in Bodhgaya used to live in huts. The original stupa was constructed by Ashoka. The present size of the stupa is 31.3 m high and 28.3 m in diameter. The lower portion of the stupa is covered completely with beautifully carved stones.

The Dhamekha stupa is considered to be the sacred place where the voice of Buddhism was first heard. Many dignitaries of Buddhist countries visit this place for circumambulation of this sacred stupa and to worship the Buddha. Tibetan Buddhists circumambulate it chanting the mantra 'Om mani padme hum'. The first discourse of the Buddha was on the 'Wheel of Law'. The wheel symbolises samsara (world), the eternal round of existence which goes on and on, life after life because of ceaseless cravings and desire.

Shravasti

Savatthi was the capital city of the kingdom of Kosala, and its king was called Pasenadi, who was a disciple of Buddha. In the Buddha's day, there were fifty seven thousand families in Savatthi, and that it was the chief city in the country of Kasi Kosala.

The Buddha passed the greater part of his monastic life in Savatthi. His first visit to Savatthi was at the invitation of Anathapindika, whom he met in Rajagaha. The main monasteries in Sravasti were the Jetavana and the Pubbarama. Savatthi also contained the monastery of Rajakarama, built by Pasenadi, opposite Jetavana.

The main stupa in Sravasti is Anathapindika's Stupa. Sravasti is the place where Buddha lived the longest amount of time, and it is the place where he gave the largest amount of discourses and instructions.

Bodhgaya

This is where Prince Gautama attained enlightenment under the sacred Asvatta tree (Bodhi tree) and became known as Lord Buddha. This is one of the four most sacred pilgrimage places for the Buddhists. The other three important places are his place of birth at Lumbini, Nepal; the site of his first lecture at Sarnath, near Varanasi; and the place where he left his body at Kushinagar, near Gorakhpur. Buddhists from all over the world have built temples here in Bodhgaya. The Dalai Lama often spends time here. Tibetan pilgrims come here for the winter from Dharamshala.

Bodhgaya is a place which should be visited or seen by a person of devotion and which would cause awareness of the nature of impermanence. Since 1953, Bodhgaya has been developed as an international place of pilgrimage. Buddhists from Sri Lanka, Thailand, Burma, Tibet, Bhutan and Japan have established monasteries and temples within easy walking distance of the Mahabodhi compound. The site of the enlightenment now attracts Buddhists and tourists from all over the world. At any time during the cooler months between December and March, a visitor to Bodhgaya can observe a continual stream of Indian and international pilgrims walking the roads or arriving in buses, circumambulating the temple, performing prostrations and offering prayers in a multitude of languages.

Rajgir

Rajgir (meaning 'house of the king'), was the ancient capital city of the Magadha kings until the 5th century BC when Ajatsatru moved the capital to Pataliputra. Forty-six km from Bodhgaya, the town is sacred to the memory of the founders of both Buddhism and

Jainism and houses historical remains like the cyclopean wall and marks engraved in rocks.

Rajgir is an important Buddhist pilgrimage site since the Buddha spent 12 years here, and the first Buddhist council after the Buddha was hosted here at the Saptarni caves.

Griddhakuta or Vulture's Peak

This was the place where the Lord Buddha set in motion his second wheel of Dharma and for three months every year during the rainy season, preached many inspiring sermons to his disciples. The Buddha Sangha of Japan have constructed a massive modern stupa, the Shanti Stupa (Peace Pagoda), at the top of the hill in commemoration. A bridle path leads up to the hill but it is much more fun to take the Aerial Chairlift which operates every day except Thursday.

Kushinagar

Kushinagar is one of the principal centers of Buddhist pilgrimage is the place of Mahaparinirvana. The monuments of Kushinagar are situated in three distinct places comprising in the main site of the Nirvana Temple houses over 6-meter long statue of the reclining Buddha. The image was unearthed during the excavations in 1876. An inscription below dates the statue to the 5th century BC Mathakaur shrine is black stone image of Lord Buddha was also recovered here.

Lumbini

Lumbini is the place Lord Buddha - the apostle of peace and the light of Asia - was born in 623 BC. Located in the flat plains of south-Western Nepal and the foothills of Churia range , Lumbini and its surrounding area is endowed with a rich natural setting of fauna and favourable agricultural environ. Historically, the region is an exquisite treasure-trove of ancient ruins and antiquities, dating back to pre-Christian era. The site, described as a beautiful garden in the Buddha's time still retains its legendary charm and beauty.

Lumbini is situated at the foothills of the Himalayas in modern Nepal.

**ITINERARY OF BUDDHA'S SITES WITH
GESHE JAMYANG TO INDIA & NEPAL
12 days – 11 nights
3-15 December 2012**

3 Dec 12 Day 01: Arrive Delhi. Transfer from International Airport to hotel in Delhi. **Overnight Delhi.**

4 Dec 12 Day 02: Full day of sightseeing New Delhi – India Gate, Rajpath and Secretariat Buildings, Indira Gandhi Memorial Museum. Old Delhi – Humayun's Tomb, Red Fort & spice market. **Overnight train to Varanasi.**

5 Dec 12 Day 03: Varanasi. Arrive early morning and check into your hotel. Sightseeing trip in Main Ghat area and Vishwanath Temple. Evening puja on the Ganges. **Overnight Varanasi.**

6 Dec 12 Day 04: Sarnath – Sunrise boat ride on the Ganges. After breakfast leave for a visit Sarnath – Dhamekh Stupa and Buddhist ruins, Chaukhandi Stupa, Mulganda Kuti Vihar. Teaching by Geshe Jamyang at site. Return late afternoon. Evening at leisure. **Overnight Varanasi**

7 Dec 12 Day 05: Bodhgaya – Morning drive to Bodhgaya. Arrive early afternoon and check into hotel. Afternoon visit to the Mahabodhi Temple – the most important Buddhist place in the world. Evening teaching with Geshe Jamyang. **Overnight Bodhgaya.**

8 Dec 12 Day 06: Day in Bodhgaya. Morning prayers and short teaching by Geshe Jamyang . Rest of day spent relaxing and meditating at the Mahabodhi Stupa/free time. **Overnight Bodhgaya**

9 Dec 12 Day 07: Day in Bodhgaya. Morning prayers and short teaching by Geshe Jamyang . Rest of day spent relaxing and meditating at the Mahabodhi Stupa/free time. **Overnight Bodhgaya**

10 Dec 12 Day 08: Depart for Rajgir. Leave early morning to visit Rajgir where we take the chairlift to visit Vultures Peak and the Japanese Stupa. Geshe Jamyang will give a teaching at the top of Vultures Peak. In the afternoon we will visit Nalanda University (the home to the great Buddhist scholars). Late afternoon drive to Patna. **Overnight Patna.**

11 Dec 12 Day 09: Kushinagar. After breakfast drive to Kushinagar via Vaishali. Vaishali is an important pilgrimage place as it is where 500 women were ordained by the Buddha. Kushinagar is an important pilgrimage location as that is where Buddha passed away. Visit the ruins of the Makutbandhan Stupa and the statue of the reclining Buddha **Overnight Monastery in Kushinagar.**

12 Dec 12 Day 10: Morning visit to the reclining Buddha and teaching from Geshe Jamyang. Late morning we drive towards the border of Nepal. We arrive late afternoon in Lumbini. Evening teaching with Geshe Jamyang **Overnight Lumbini.**

13 Dec 12 Day 10: Morning sightseeing around Lumbini. Visit the Sacred Garden (the birthplace of Buddha) the Peace Stupa, the Japanese, Thai and Myanmar Temple. Evening teaching with Geshe Jamyang. **Overnight Lumbini**

14 Dec 12 Day 11: Drive to Kathmandu. Spend the day driving through the Nepali countryside enroute to Kathmandu. Arrive late afternoon. **Overnight Kathmandu.**

15 Dec 12 Day 12: After breakfast a visit Pashupati Nath and Swambhunath (a Buddhist monastery) and Kopan Monastery. Spend time circumambulating the Bodhanath Stupa or prepare for international flight home.

Cost: A\$ \$2,995 from Delhi to Kathmandu

**ITINERARY OF ADD ON KATHMANDU & KATHMANDU
VALLEY, NEPAL
6 days – 5 nights
16-21 December 2012**

16 Dec 12 Day 1: Attend teachings Kopan Monastery. **Overnight Boudnath, Kathmandu**

17 Dec 12 Day 2: Cultural Tour of Bhaktapur and Nagarkot. Leave for Bhaktapur by private car. Your tour of Bhaktapur will visit an ancient Newari town, the Royal Palace, Golden Gate as well as other noted sights. Visit Changu Narayan Temple, a fine example of the 4th century Nepali pagoda shaped temple and the oldest temple in Kathmandu Valley. Drive to Nagarkot and enjoy a stunning sunset view of the Himalayas (weather permitting). **Overnight Nagarkot**

18 Dec 12 Day 3: Kathmandu Valley Sightseeing. Leave Nagarkot after witnessing sunrise over the Himalayas. Leave for Dhulikhel by private car where you will visit Nammo Buddha. It is one of the most important Buddhist pilgrimage sites in Nepal and one of the holiest in the world. It is known as the place where the Buddha, in a previous life as a prince, gave his body to a starving tigress and her cubs. There is a very old temple in the village of Nammo Buddha which you will also visit. **Overnight Dhulikhel**

19 Dec 12 Day 4: Return to Kathmandu and stop enroute at Patan. After lunch you will take a tour of Patan, including the Krishna Temple, Golden Temple, local markets, the art museum and the Tibetan Refugee Camp. **Overnight Boudnath, Kathmandu**

20 Dec 12 Day 5: Take an early morning mountain flight over the Himalayas (Optional extra). Spend the day relaxing around Boudhnath stupa and last minute shopping. **Overnight Boudnath, Kathmandu**

21 Dec 12 Day 6: Departure. Tour arrangements end at the hotel in Kathmandu.

Cost: A\$1,250 ex Kathmandu

**Buddha's Sites plus Kathmandu Valley, Nepal - A\$3,995
(early bird discount till 31 March 2012 A\$3,750)**

Includes

Fully accompanied by Geshe Jamyang and translator Yaki Platt
Met and returned to Delhi Airport by your Western guides' representative
All transfers and travel by A/C train and private vehicles
Services of an Australian guide
All attractions and entrance fees as per itinerary
Breakfast and dinner
Teachings with Geshe Jamyang

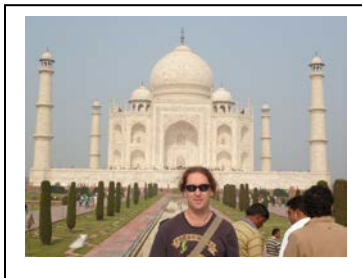
Excludes

Airfares to and from India and Nepal
Indian & Nepali visas
Travel Insurance (compulsory)
Occasional optional items not identified in itinerary description
Tipping and personal expenses
Bottled water and other beverages not included with meals

The proceeds of this tour will be donated to Chenrezig Institute so that they may continue their work offering affordable retreat accommodation, spiritual and educational programs to Buddhist practitioners.

We look forward to your company on this very special pilgrimage with Geshe Jamyang to Buddhist sites in India & Nepal

Group Leaders



Yaki Platt has been the translator for Geshe Jamyang in Chenrezig Institute since 2006. He is originally from Israel and trained for 2 years through the FMPT Translator's program in Dharamsala India. During his time in India he travelled extensively in India and also spent time in Tibet at the end of his translator program.



Sharon Thrupp, Ekno Experience Director. She is an Australian and has lived and worked as a tour operator in India for the past 7 years. While living in Australia, she spent most of her holidays travelling to far flung places travelling and trekking. She has also spent time living and working in the UK, Japan and Nepal and spent most of her spare time getting to know those countries by travelling independently and in groups.

Sharon is a Buddhist and is passionate about India and the Himalaya region and has spent a lot of time trekking at high altitudes in the mountains of Nepal, Tibet and India.

Booking Form

Chenrezig's Buddha's Site's & Teaching Tour, India

3-15/16-21 December 2012

Please complete one form per person. If you do not have a passport, complete this form as if you were applying for one. WE REQUIRE ALL DETAILS AS PER YOUR PASSPORT

PASSENGER INFORMATION (full names as per passport)

Family Name:

Title:

Given Names:

Gender:

Date of Birth:

Telephone (Home):

Telephone (Business):

Mobile:

Email Address:

Address (Home):

Nationality:

Passport No:

Expiry Date:

Special dietary requirements:

Single supplement required:

Room Type: Twin

Share with:

Accommodation requests: (e.g. Smoking or non-smoking)

Indicate if you will be joining for the add on to Nepal:

Emergency contact details

Name:

Telephone:

Relationship to passenger:

DECLARATION: I have read, understood and agree to abide by the booking conditions as listed on the reverse of this form.

Signature:

Date:

TERMS AND CONDITIONS

The acceptance of all reservations are subject to these booking conditions which form a contractual relationship between Ekno Experience Tours & Travels Pty Ltd (Ekno Experience) ABN 51 121 148 427 and its clients. It is important that clients understand these booking conditions before making a booking.

RESERVATIONS & PAYMENTS

To make a booking Ekno Experience requires names in full (as per passports) of all passengers, and a pre-departure contact phone number and a non-refundable deposit of AUD500 per person is due to Ekno Experience within 7 days. The balance is due 60 days prior to departure. Failure to pay by the due date may result in cancellation of the booking. For bookings made within 60 days of departure, payment in full is due immediately upon confirmation.

TRAVEL INSURANCE

We strongly recommend that a comprehensive travel insurance policy be purchased at the time of booking your tour. Contact Ekno Experience for details.

CANCELLATIONS & AMENDMENTS

Amendments to confirmed bookings will be subject to a fee of AUD50 per change. Within 60 days of departure and once documentation has been issued, amendments may also be subject to cancellation fees. Should you need to cancel a booking, notification in writing must be made to Ekno Experience. The following cancellation fees will apply:

- More than 60 days before departure: Deposit
- 60 to 30 days before departure: deposit plus 20% of the cost
- Less than 30 days before departure- 100% of all monies paid

No refund will be given for unused or cancelled services once travel has commenced.

PRICES

All prices are in Euros, United States dollars and Australian dollars, and are based on tariffs and exchange rates current as at 1 January 2011. Whilst considerable care has been taken in pricing the travel arrangements, circumstances may change to necessitate changes in itineraries and cost. Any increase must be borne by the client, notwithstanding that deposits or full monies may have already been paid.

GROUP DEPARTURES

Group departures are subject to minimum passenger numbers and Ekno Experience have the right to cancel, amend, offer alternative tours, or refunds to clients should the minimum number not be attained.

PASSPORT AND VISA

A valid passport is required for all international travel. A visa is required to enter India. Ekno Experience will not accept responsibility for passengers who fail to obtain correct travel documents.

GENERAL HEALTH REQUIREMENTS

International touring can involve a considerable amount of walking on uneven surfaces and stair climbing. To take full advantage of the itinerary it is important that all tour participants have a level of physical fitness that allows them to take part in all activities, without the need of assistance from others. In addition, we recommend that travelers seek

advice from a medical practitioner regarding current health requirements, if any, for the countries to be visited.

CONSULAR ADVICE

Please consult the official travel advice issued by the Foreign Affairs Department of your country. We recommend that you review this information both prior to making a booking and again prior to departure.

NOT INCLUDED IN TOUR PRICE

The tour price does not include travel insurance, passport and visa fees, excess baggage charges, gratuities, laundry, phone calls and other communication costs, drinks, meals not listed in the itinerary, and all items of a personal nature.

TRAVEL AND ACCOMMODATION

All forms of transportation and accommodation are provided by independent third parties, and standards and conditions may vary from what has been quoted. Ekno Experience has no control over such changes and makes no guarantee regarding this. Should any independent third party, service provider, hotelier or carrier cancel services or provide different services to those expressly mentioned by Ekno Experience, the client agrees to have no claim or cause of action whatsoever against Ekno Experience. All vouchers and tickets are issued subject to the terms and conditions specified by the suppliers and all services are subject to the laws of the country where the services are provided.

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Ekno Experience guarantees that the client obtains the travel, accommodation and other associated services contracted by the client. When presented with clear evidence that services paid for were not provided to the client that resulted in subsequent changes, delays, loss of services later in the planned itinerary, and it is proven that such altered services were due to negligence or willful mismanagement by Ekno Experience employees, then Ekno Experience, at its sole discretion, will determine the appropriate recovery action and/or compensation to be paid to the client. This will vary upon the circumstances but will be no less than the minimum cost required to recover from an element of failed service (paid to the client direct or to the ground operator responsible for correcting the situation) through to, but not exceeding, a full repayment to the client of the full cost paid by the client in the event of major disruption to contracted services whereupon it was impossible for the clients to continue with the contracted arrangements at all.

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