

Pilgrimage to India and Nepal with Chaphur Rinpoche

April 6– April 23, 2016



Greetings to everyone! We are excited to announce our plan to travel as a group to Nepal and India for a spiritual pilgrimage. This journey will be made in April 2016 under the guidance of our beloved teacher Chaphur Rinpoche. Our hope is that this trip will give everyone a personal and rich experience at the most important Yungdrung böen Monasteries and other pilgrimage sites outside of Tibet. We will visit the monasteries of Menri and Triten Norbutse as well as other sacred landmarks in India and Nepal.

Menri Monastery, India: April 6 – 14, 2016

Day 1-- April 6 - Arrival in New Delhi. You will be met at the airport and assisted in getting transportation to the hotel during the time range when most participants are arriving.

Day 2-- April 7 -

Enjoy the picturesque 6-hour train or bus ride from New Delhi to Solan Himachal. Solan is located at the foot of the magnificent Himalayan Mountains of Northern India. At an elevation of 1600 meters, it is very close to the Tibetan Village of Dolanji and Menri Monastery. We will either stay at the Monastery's guesthouse or at local hotels.



Day 3-- April 8-- After a leisurely breakfast, participants will meet with the spiritual leader of the böen world, H.H. 33rd Menri Trizin Lungtok Tenpai Nyima Rinpoche. We will also have audience with the principal teacher of Menri Monastery, H.E. Menri Lopen Rinpoche. This is a very auspicious beginning of our pilgrimage!

Here, we will have the opportunity to participate in long life prayers and associated rituals for H.H Menri Trizin and H.E. Menri Lopen. This is an especially important year for

this practice, which means that we will not be alone in our prayers. We will be joined by bönpos from around the world – either in person, or in spirit.



Day 4-- April 9- We will walk across the river to spend time visiting the new bön nunnery that is currently under construction. Redna Menling or "Land of Precious Medicine," is located in a pristine setting across the river from Menri

Monastery. It is the only bön nunnery in India and one of only a handful in the world.

This nunnery houses and instructs bönpo women from Tibet and its' borderlands.

Recently Redna Menling has opened its own dialectic school. It offers the same



curriculum

as the traditional monastic geshe program, and allows participants to pursue the equivalent of a western PHD in bön spiritual practice and theory. We will be able to talk with some of the nuns there and if scheduling permits, we will join them in practice. Here we can also visit the beautiful temple in which they practice.

Participants also have the option of visiting the Central School for Tibetans, which is a Tibetan

School that teaches up to the tenth grade.

Day 5-6 --April 10-11 Teaching: We will receive Dzogchen teachings from Menri Lopon Trinley Nyima Rinpoche. More details to follow!

Day 7-- April 12 We will explore the capital city of Himachal Pradesh, **Shimla**.



Day 8-- April 13 After breakfast and saying our goodbyes, we will drive back to Delhi from the Himalayan mountains. A lunch stop will be made en

route.

***Day 9 -- April 14* Lotus Temple:** The Lotus Temple, located in New Delhi, India, is a Bahá'í House of Worship completed in 1986. Recognizable by its flowerlike shape, it serves as Bahai's Mother Temple on the Indian subcontinent and has become a prominent tourist attraction in the city. This temple has won numerous architectural awards and been featured in hundreds of newspaper and magazine articles. We will make a stop there.

Triten Norbutse Monastery, Nepal: April 15-23

Day 10-- April 15 A transport will take us to New Delhi airport for a 90 minute scenic flight to Kathmandu, Nepal. There we will stay at the **Hotel Vajra** at Swayambunath. The hotel is within easy walking distance of both Kathmandu's center and Triten-Norbutse-monastery. Shortly after our arrival, we will visit the Swayambhunath Stupa. There will be free time to explore Kathmandu.

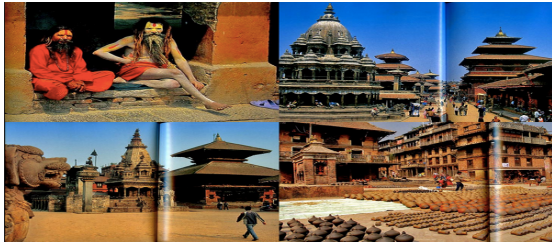
Afterwards, we will visit Swayambhunath otherwise known as the **Monkey Temple**. With its large stupa and other Buddhist and Hindu iconography, it is one of the most sacred of the seven UNESCO World Heritage Sites in the Kathmandu Valley. The panoramic view of Kathmandu from the hill is well worth the climb. Everywhere throughout the temple there are religious practices taking place, including the lighting of butter lamps, the tossing of marigold flowers into the pond and chiming of bells. Ancient carvings can be seen everywhere. The temple is not only crowded with tourists but also monkeys. Be sure to hold onto your hats and sunglasses though nothing is cuter than a monkey in a hat and sunglasses.



***Day 11 April 16* - Padmasambhava's meditation cave:** We will make several stops in the vicinity of Pharping which is located approximately 20 km (12 miles) south of Kathmandu. The Dakshinkali temple is known as a Hindu Shakti-peeth or power shrine. Buddhists also revere it as the seat where the Buddhist sage Padmasambhava attained enlightenment. Here it is said that Guru Rinpoche meditated for 12,000 years. Unlike many visited caves around Nepal, this cave is quite modest in size. However, it has a temple like atmosphere, with statues of Padmasambhava tucked inside every corner and an altar illuminated by scores of butter lamps. Here we will offer heart mantras and bardo prayers for those who lost their lives during the 2015 earthquakes.

Day 12 April 17- Traveling by jeep to **Patan and Bhaktapur**. We should reach Nagarkot in time to enjoy the Himalayan sunset and will spend the night at Vajra farm located partway up the mountain.

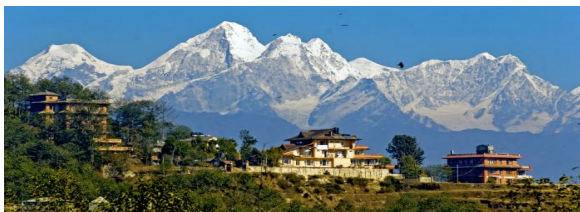
In addition to Kathmandu, Patan and Bhaktapur are considered to be the Kathmandu Valley's royal cities. Bhaktapur lies along the ancient trade route between India and Tibet, and is surrounded by mountains, which provide stunning views. It is known as the "City of Devotees", the "City of Culture", the 'Living Heritage", and "Nepal's Cultural Gem." This city is filled with



monuments, mostly terra-cotta with carved wood columns, palaces and temples with elaborate carvings, gilded roofs, and open courtyards. Pagodas and religious shrines abound.

Patan is a destination for fine art connoisseurs. It is filled with wood and stone carvings, metal statues and ornate architecture, including dozens of Buddhist and Hindu temples, and over 1200 monuments. This "City of Beauty" is known for its rich tradition of arts and handicrafts. Since ancient times, Pharping has served as a holy abode. **The evening we will go to Nagarkot.**

Day 13--April 18th We will spend the whole day at Vajra Organic Farm at Nagarkot located approximately 20 miles east of Kathmandu. At a height of 2,195 meters, the Nepalese inhabitants of Nagarkot can count Mount Everest as one of their nearest neighbors. Here approximately 3,500 hardy people carve out an existence on the slopes of the steep mountains. They have farmed here for centuries using a traditional terrace method, which prevents their crops from sliding down the mountainside. Here you will feel as if you are truly above the clouds.



There will be time for practice - Smoke offerings with the monks as well as meditation practice with Chaphur Rinpoche and others. Feel nurtured by the natural

beauty of village life, its clean air and pure water. After an unforgettable sunset (weather permitting), we will head back to Kathmandu at the Hotel Vajra.

***Day 14-- April 19th* Early morning visit to the Triten Norbutse monastery:** After lunch we will meet with Lupon Tenzin Namdak Rinpoche or alternatively, we will visit the Boudhanath Stupa and Tibetan market.

The original Triten Norbutse Monastery was established in the fourteenth century in central Tibet, but was completely destroyed during the Chinese Cultural Revolution.

Although it has since been partially rebuilt, there is no real possibility of studying in the Tibetan Triten Norbutse. However, in 1987 Triten Norbutse Monastery in Kathmandu, Nepal was established by H.E. Yongzin Lopön Tenzin Namdak Rinpoche on a hill facing the great



Stupa of Swayambhunath, Rinpoche's intention is to provide a full education and practice program in the bön tradition to the next generation of bönpos, both those living in areas of the Himalayan borderlands and to those arriving as refugees from Tibet.

This monastery is one of the two most important Yungdrung-bön monastic seats in exile. Here monks are provided with a complete education in bön theory and practice. On completion, a Geshe degree is awarded. The monastery is also a base for many social and creative activities that benefit

bönpos in Tibet and in exile and constitutes one of the most important institutions safeguarding the teachings of this tradition.

Day 15-16 --April 20-21 -- Teaching: We will receive Dzogchen teachings from Khenpos and Geshes. More details to follow!



Day 17 --April 21– We will participate in the celebrations and long-life prayers for H.E. Menri Yongdzin Lopon Rinpoche at Triten monastery in Nepal.

Day 18-- April 23- This will mark the conclusion of our schedule. If you want to continue your stay in Nepal or India, you are now free to leave the group and happily wander. Those who are returning to New Delhi to fly home or elsewhere will have a return flight booked to New Delhi as part of their package.



Gyalshen Institute
www.gyalshen.org