

# Pilgrimage to Nepal with Chaphur Rinpoche

April 15– April 23, 2016

## **\*Triten Norbutse Monastery, Nepal: April 15-23\***

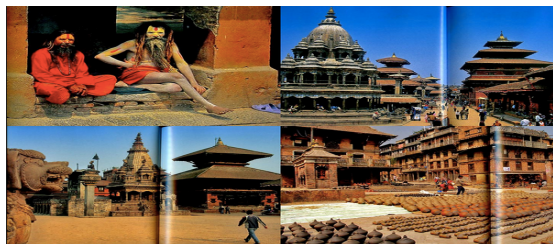
**\*Day 1-- April 15\*** Arrival in Kathmandu. You will be met at the airport and assisted in getting transportation to the hotel during the time range when most participants are arriving.

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 2 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 Shakto-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 3 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 4--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 5-- April 19th\*** **Early morning visit to the Triten Norbutse monastery:** After lunch we will meet with Lopon Tenzin Namdak Rinpoche or alternatively, we will visit the Boudhanath Stupa and Tibetan market.



The original Tritten 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 Tritten Norbutse. However, in 1987 Tritten 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 6-7 --April 20-21\*** -- Teaching: We will receive Dzogchen teachings from Khenpos and Geshes. More details to follow!

**\*Day 8 --April 21\***– We will participate in the celebrations and long-life prayers for H.E. Menri Yongdzin Lupon Rinpoche at Tritten monastery in Nepal.

**\*Day 9-- 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.

