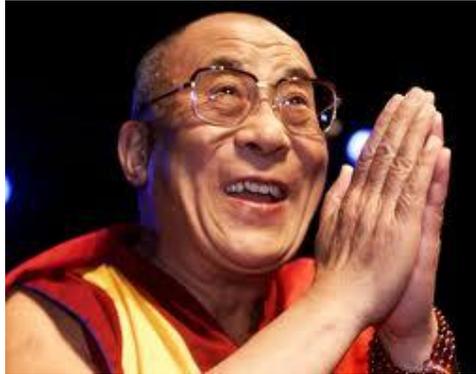


DREAMING THE DHARMA – MEET LIVING MASTERS

Teachings & Transmissions from His Holiness the Dalai Lama

at the Tsuklakhang Temple in Dharamsala, India



and Tenzin Palmo the iconic nun of “Cave in the Snow”

at Dongyu Gatsal Ling her nunnery



28 September – 6 October 2019

in the Kangra Valley, Himachal Pradesh, India

With optional extra journey to Sikkim with Gyaltsab Rinpoche

MAIN PILGRIMAGE to KANGRA VALLEY

“The Kangra valley has for thousands of years been home to masters of enlightenment. The renowned yogi Tilopa inhabited a waterfront cave and the Tantric Buddha Padmasambhava – Guru Rinpoche - transformed fire into water and left footprints on the rock. So it is a valley long accustomed to miraculous display and there is radiance in the air, a sparkle in the water, a lightness like laughter in the elements.”

Norma Levine describes this magical valley accurately in her book *The blessing power of the Buddhas*.

The focus of this pilgrimage will be to meet Great Living Masters and to visit sacred places of pilgrimage. The snowy Himalayas as backdrop to green valleys and sparkling streams. In between there is time to enjoy beautiful scenery, walks, shopping for books, shawls, dharma objects, jewellery and much more.

September 28 (sat) Arrive in Delhi in morning. Dayroom at Broadway Hotel to freshen up. Delicious early dinner at Kashmiri restaurant **Chor Bizarre**. Board overnight train for Patankhot.

September 29 (sun) Arrive early morning at Patankhot station. Met by our jeep drivers who will be with us for 3 days. Breakfast on the river bank. Check in near Palampur at **Taragarh Palace**, a grand old-style Raj home.

Visit **Jetsunma Tenzin Palmo** at her fabulously modern nunnery **Dongyu Gatsal Ling**. Jetsunma will do a Q&A session with us. Established in 2000, the exquisite temple has just been consecrated and we will lunch at their Dragon Café (Drukpa Kagyu = the Dragon lineage). We can join with Tara prayers and meditation at 6am.

We will also visit Tenzin Palmo's root teacher: **Khamtrul Rinpoche** at **Tashi Jong**, the home of the **Togden yogis**. Tenzin Palmo is training some of the nuns to take forth the near-extinct tradition of **Togdenma**.

It is a rare and unforgettable journey to visit such a place and experience the living dharma of these dedicated practitioners.

After scenic drive, visit spectacular **Palpung Sherab Ling** (Realm of Wisdom) the home of **The 12th Kentin Tai Situpa**

September 30 (mon) We arrive in **Dharamsala, Macleod Ganj** and check into The Pride Surya Mountain Resort – all rooms with fine views over the valley and 10 minutes from the main temple. We register for the teaching of His Holiness.

October 2-5 (wed-sat) HEART OF PILGRIMAGE

Four mornings of teachings and empowerment by the 14th Dalai Lama.

Theme to be announced.

As His Holiness now in his 83rd year is frail, he is keeping public appearances to a minimum. This will be a great privilege to sit at the feet of this Great Compassion Master one more time.

The snowy Himalayas – the Dhauladhar range - as backdrop to green valleys and sparkling streams. There will be time to enjoy beautiful scenery, walks, shopping for dharma objects, books, shawls, jewellery etc. We will *kora* round the temple complex (the *Tsuklag-khang*) of **HH Dalai Lama** and offer Chenrezig prayers. Optional outings: **Tibetan Library & Archives** – the erudite head Geshe Lakhdor; visit the home of the **Nechung Oracle; Tibetan Astrological & Medical Institute** (*Men-see-khang*): you can get your horoscope done; **Norbulinka** the famous art institute where you can see thanka painters and woodcarvers at work in beautiful gardens; the **Tibetan Children's Village** (TCV) providing education and craft training for 1000s of mostly orphaned children

October 5 (sat) Depart late afternoon for train station at Patankhot. Overnight train.

October 6 (sun) Arrive Delhi early morning. Freshen up and breakfast at modern Hotel Ibis at Aeroport city.

Options: Depart to Indira Gandhi International Delhi airport for flights home.

OR Fly to Varanasi or Sikkim.

EXTENSION OPTION : SIKKIM a hidden sacred *beyul*

Empowerments by the 12th Gyaltsab Rinpoche and visit to Darjeeling

6-13 October – 7 more nights (8 days)

Fly from Delhi to Bagdogra and travel by jeep through picturesque Teesta river pass to Ralang in Sikkim.



The **12th Gyaltsab Rinpoche** is respected and renowned as one of the Greatest Living Masters. Rinpoche will offer high empowerments at his monastery at **Ralang**, called Palchen Chöling - “Dharma Place of Great Splendour”. The transmissions known as Chikshey Kundrol (Liberating All by Knowing One).

These will enable you to do certain practices, or can be taken as blessings. The extent of the empowerments is 14 days, and we can stay for some days or for all. We stay at the wondrous **Tathagata Resort** (Buddha Park) with all rooms looking onto the majestic Buddha statue with as backdrop the snowy Himalayas.

Sikkim nestles at the feet of Kanchenjunga the 3rd highest Himalayan peak. Described as a *beyul* – a hidden sacred space. Enjoy the crisp air of the Himalayas. Wonderful landscapes, waterfalls, forests, walks – very far from the bustling crowd.

Visit **Tashiding** with fluttering blessing flags, **Pemayantse**, a living tantric art gallery and sacred Guru Rinpoche caves. Drive via breath-taking roads to **Darjeeling**, famous tea-station high up in the mountains. Stay at The Elgin, an elegant heritage hotel.



View from Buddha Park Hotel

Please note that Noble Silence is recommended for some of the pilgrimage

Rajiv Mehra and Uday Tours in Delhi for Indian land arrangements
are travel partners with **Dreaming the Dharma Journeys**.

Please feel welcome to call me with any questions about itinerary and booking information.

With warmest wishes

Erika van Greunen – Karma ö Jinma

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