



# Buddhapath/Eleven Directions

## PLACES TO VISIT

Shakyamuni Buddha discovered the truth of overcoming suffering and bringing happiness to the individual, family and society. Before he died, the Buddha suggested that it would be of great benefit to those who are interested in his teachings to make a pilgrimage to the places associated with his life.

This 13-day journey will begin at noon on the new moon day in the historic capital city of **Delhi**, on Monday, April 8, 2024.

We shall have a tour of the city that spans both banks of the Yamuna river. Dharmacharya **Shantum Seth** (a senior ordained teacher, and founder of Buddhapath, who has been leading pilgrimages since his first pilgrimage with Thich Nhat Hanh in 1988) will guide us and offer an orientation talk.



*Ghats on the river Ganga, Varanasi*



*Transmitting the 5 Mindfulness Trainings on Vulture Peak*



*Circumambulating the stupa, Sarnath*



*Dhamekh Stupa, Sarnath*



# Buddhapath/Eleven Directions



*In Sujata's Village, the girl who offered Buddha some rice-milk*



*Walking where the Buddha walked*

The next day, we will fly to Varanasi. In Varanasi, the 'City of Light' we will visit the banks of the Ganges River where the Hindu faithful come to wash away their bad karma. We shall visit the Deer Park in **Sarnath** where the Buddha met his first five disciples and offered his teachings on the Four Noble Truths, the Eight-Fold Path and Non-Self, thereby 'turning the wheel of the Dharma', that continues to turn, 2,600 years later.

Thereafter we shall continue in our own private coach to **Bodh Gaya** where Siddhartha Gautama awakened to become the Buddha. We shall visit the Mahabodhi Temple, sit under the Bodhi Tree and visit the seven sites he visited after his enlightenment. We shall also walk across the countryside to the caves where the Buddha practiced austerities and to the village of Sujata, the young girl who offered him rice and milk when he was starving to death.

We shall journey on to **Rajgir**, the capital of the Magadha kingdom at the time of the Buddha. We will stop at Jethian, where the Buddha met with King Bimbisara, visit the Bamboo Grove, the first land donated to the sangha, climb to his favorite meditation place, Vulture Peak and walk to the Saptarni Caves, where the first Buddhist council was held, via the Hot Springs that he bathed at. We shall visit **Nalanda** the site of the famous university from the 5th to 12th centuries CE where a lot of Mahayana teachings were developed, including being the source of the Manifestation school lineage of the Order of Inter-being.

We then travel across the Ganges to **Vaishali**, where the first nuns were ordained, and the Buddha spent his last rain retreat.

Next, we move to **Kushinagar**, where the Buddha passed away, and visit the stupas and temples to mark the spots of his last teachings, death and cremation. En-route, we pass **Kesariya**, where there was the largest stupa in the world and where it is thought the Buddha delivered the Kalama sutra. We continue to **Sravasti**, where the Buddha spent 24 of his rain retreats. We shall visit the famous Jeta Grove where the Buddha offered many teachings, including the Anapanasati Sutra, on the Full Awareness of Breathing, and the old city where he converted the dreaded terrorist, Angulimala to the path of peacefulness. These places are very moving and allow us to experience what the Buddha did and internalize his teachings.

The next morning, **Saturday 20 April, 2024**, from Sravasti we will go to **Lucknow** to take a flight back to **Delhi**, when the pilgrimage ends. **You should book your departure flight on the evening/night of April 20, 2024.**

**Some who want can opt for extension journeys to the Taj Mahal and the Ajanta/Ellora caves.**



# Buddhapath/Eleven Directions



*The Plum Village pilgrims in Bodh Gaya, 2023*



*Mahabodhi Temple, Bodh Gaya*

India's cities stand in contrast to her villages and have their own interesting (if seemingly chaotic) lifestyle. Varanasi/Sarnath and Bodh Gaya are both significant pilgrimage sites, having their own distinct character and personality. In these places we get a closer view of how modern and traditional India co-exist. Rajgir, Nalanda, Vaishali, Kushinagar, Sravasti is a smaller town and relatively quiet, giving the pilgrims the opportunity to absorb the nuances of the local culture and society. We shall take many opportunities to take extended walks so as to be more grounded and touch the earth and life unfolding around us more deeply.

Join us on this journey through a fascinating and mysterious India – as we walk 'In the Footsteps of the Buddha'. The pilgrimage is an unforgettable opportunity to explore areas that few tourists visit and to see and experience aspects of Indian life that, in many ways, that have not changed since the time of the Buddha. We invite you to journey with other practitioners on a transformative journey that will allow you to touch an ancient culture and civilization, and experience the life of the Buddha through the places he lived and taught. We have curated three pilgrimages for Thich Nhat Hanh, and many for the Plum Village sanghas. As we walk on the Buddha's Path, we also walk in the footsteps of Thay and the Sangha.

## **We have optional Post-Pilgrimage Options:**

### **Building Love** - Agra, the *Taj Mahal and Agra Fort* April 20-21, 2024

Agra was the capital of the great Mughals. Emperor Akbar, was the sponsor of the phenomenal *Agra Fort*. His grandson Shah Jahan built the beautiful monument to love, the *Taj Mahal*, as a mausoleum for his beloved wife Mumtaz Mahal. Both these monuments are UNESCO World Heritage sites.

### The **Exquisite Caves**– *Ajanta & Ellora* (beginning and ending in Delhi) April 21-April 24, 2024

*Ajanta*





# Buddhpath/Eleven Directions

---

Ajanta is situated near Aurangabad. Beginning in the 2nd century BCE and continuing for 900 years, twenty nine monumental rock cut monoliths were chipped out of a horseshoe shaped cliff by hammer and chisel. The early followers of the Buddha created an isolated haven, shrouded in the darkness of the caves where they could meditate in peace. The exquisite Buddhist paintings and sculptures created by using simple tools in the glow of lamps rank among the world's most important cultural treasures and the area has been declared a World Heritage site by UNESCO. Although the Jataka Tales form the main theme of the paintings, also depicted are scenes from contemporary courtly life all demonstrating a startling degree of sophistication. In the Ajanta paintings we see the brilliant union between sacred and secular art.

## *Ellora*

Ellora Caves: Nearby is Maharashtra state's most phenomenal ancient monument, the Ellora caves which carried on the legacy of Ajanta from the 7th century CE and was subjected to Buddhist, Jain and Hindu influences. The sculptures at Ellora are massive in form and the entire spectrum of carvings pulsates with life and energy. The incredible Hindu temple of Kailash which is carved out of a hillside is the world's largest rock cut monolith. Ellora too, is a World Heritage site declared by UNESCO.

**For those who take the optional journey to the Ajanta and Ellora Caves,** (both UNESCO World Heritage sites) we fly from Delhi to Aurangabad on April 22, 2024. We will spend two nights in Aurangabad visiting Ajanta and Ellora and will return to Delhi on April 24, 2024.

You should book your departure flight for either late night of April 24, 2024. or early morning of April 25, 2024

## **DAILY SCHEDULE & SPECIAL EXCURSIONS**

Our retreat schedule will include daily sitting and walking meditation, often starting with a morning meditation at one of the Buddhist sites. This will be followed by breakfast at the hotel, after which we'll visit one of the Buddhist sites listed below in the itinerary. The Indian guides and monastics will offer talks at the sites in the context of the Buddha's life and teachings, and what was happening in the area many centuries ago. Pilgrims will have some time at the site itself, after which we will have lunch. We'll rest after lunch, after which we may visit another site associated with the Buddha or go to a village, school, home and meet with interesting people etc. We return to the hotel by evening in time for dinner. The monastics will lead us in many of the practices.

On the days we travel, the itinerary will vary slightly, and there will be some flexibility depending on the size, needs, and interest of the group.