

"There are four places, the sight of which will arouse strong emotions in those with faith. Here the Tathagata was born... Here the Tathagata attained enlightenment.....Here the Tathagata set in motion the Wheel of the Dharma... Here the Tathagata attained final Nirvana. And, the monk, the nun, the layman or laywoman who has faith should visit these places."

- The Buddha

IN THE FOOTSTEPS OF THE BUDDHA

A Pilgrimage to India and Nepal

with Dharmacharya Shantum Seth and the Monastics in the Plum Village tradition

Blue Cliff Monastery pilgrimage

September 22 - October 5, 2018 (14 days)

***Sponsorship:** This is a special pilgrimage for the Blue Cliff community. For every 8 people who sign up to come on the pilgrimage, the price includes the sponsorship of one monastic to come on the pilgrimage, including international airfare to and from India.*

The Buddha lived and travelled along the plains of the Ganges. Besides the historic city of **Delhi**, where we visit the house where Mahatma Gandhi was martyred, we shall visit two states of northern India, Uttar Pradesh and Bihar, and go into southern Nepal. Our journey will take us to the **Deer Park at Sarnath**, where the Buddha gave his first teachings; **Bodh Gaya**, where the Buddha attained enlightenment; **Kushinagar**, where he passed away, and **Lumbini** where he was born. We will visit his favourite meditation place, **Vulture Peak in Rajgir**; take a gentle walk across the countryside in the village of Sujata, the young girl who offered him rice and milk when he was starving to death; **Sravasti** where he spent 24 rain retreats; **Kapilavastu**, where he spent the first 29 years of his life; **Vaishali**, where the first nuns were ordained; **Kesariya**, where the largest stupa in the world is; and **Nalanda**, the site of the famous university from the 5th to 12th centuries where a lot of Mahayana teachings were developed.

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, have not changed since the time of the Buddha. We invite you to journey with other practitioners, including monastics from the Plum Village tradition, 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.

For more information:

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"With each step and breath the Buddha comes alive. Shantum's knowledge, insight and humour brings joy to those journeying with him in the footsteps of the Buddha."

-Thich Nhat Hanh