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Footsteps of the Buddha

February 15~March 2, 2018
photographs by Olivia Bartlett



Traveling the Buddhapath
Helping establish the here and now
Each present--a traveling Sangha
Blythe



Early morning air pollution in Delhi

Hotel Crown Plaza buffet



Dwellings and farms on the dry Yamuna riverbed

Children in queue for museum













करती है। तथापि, शिव की सौम्य और शांत मुखाकृति ब्रह्माण्ड पर उनके पूरे नियंत्रण को दर्शाती है।

NATARAJA

Nataraja, the Lord of Dance, represents the five essential acts of Shiva: creation, preservation, destruction, veiling, and grace. The dance he performs is called the Anandi Tandava or the "rince of bliss. He is believed to have danced the world into existence; only to dance it back into existence as part of the cyclical concept of time in India. In his mountain home of Kailasa in the Himalayas, Shiva is said to have invented 328 types of dances, commonly seen as the 208 Anandas or groups of Indian classical dance. Shiva dances in triumph of defeating demons or for the pleasure of his consort.

The image of Nataraja is bedecked with three eyes and four arms. The front left hand is depicted in abhaya- hasta or the Gop- hasta pose thrown on the right side, while the rear one, holds agni (fire) denoting the power of destruction. His front right hand is in abhaya- mudra (symbolizing protection) and the one at the back holds a damru (hand-drum), symbolizing power of creation. On the forearm of his hand is placed the Bhujanga Vahya. Left leg of Nataraja is raised diagonally to the right one with his foot up in the air, denoting the path of salvation. Shiva tramples the demon Apasmrapurusha (the image of ignorance) with his right leg.

Adorning the head of the lord is a jata- mukuta, embellished with the river goddess Ganga, a snake, jewels, flowers, a crescent moon and a human skull. Strands of his hair spread horizontally on either side of his head representing his vigorous dance within a circular prabhavandita (aureole) framed with five-tipped flames representing the oscillating universe. Shiva's expressions are however serene and calm signifying complete control over the universe.



Artifact representing the caravan which carried 8 portions of Buddha relics throughout King Ashoka's kingdom and to other countries.

Vishnu





श्री. रव. के भ्रम बन रहे' ने इस को। जी के श्रेय। श्री। यह जो मे मारे सत को का की नाम जय

Gandhi Smriti

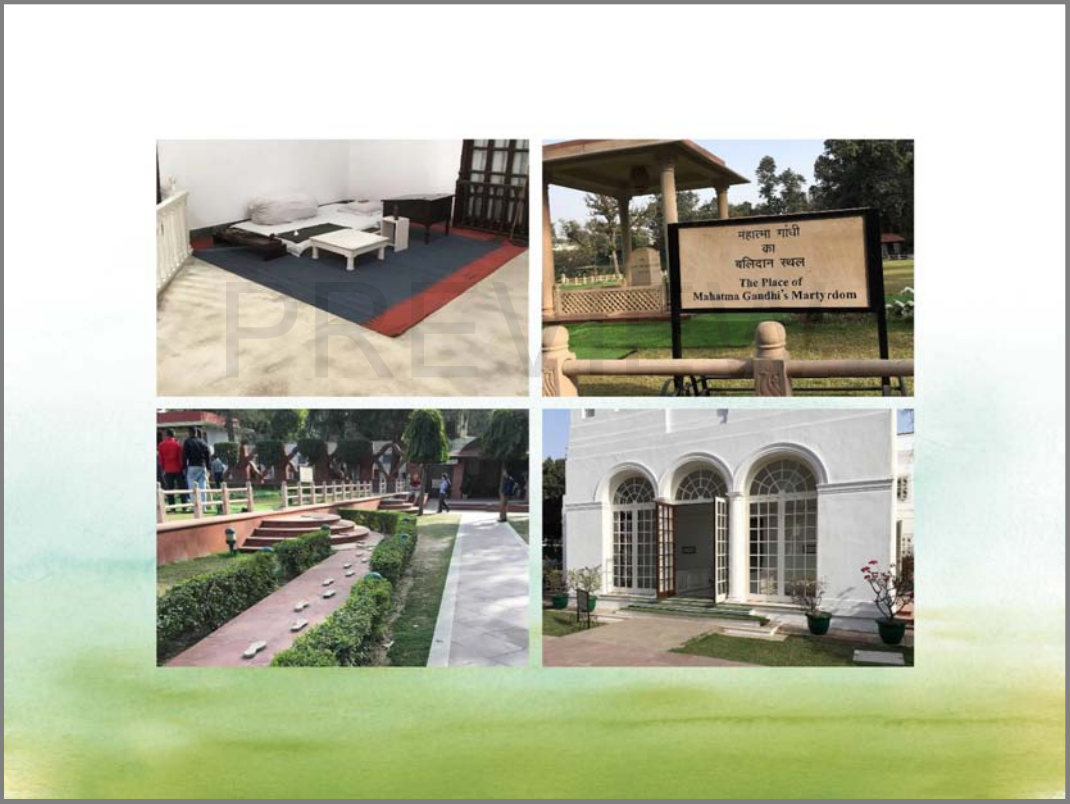
This national memorial honours the virtues of truth, non-violence, unity and equality.

The hallowed house, which treasures many cherished memories of the last days of Mahatma Gandhi now forms a part of our national heritage. The walls of the building reverberate with his message, "All men are brothers".

Gandhi's life and teaching have left an indelible mark on human history and the purpose of preserving this memorial is to foster and propagate his ideals.

On the morning of September 9, 1947, Gandhi arrived in Delhi from Calcutta to purge the city of the communal virus and to "do or die". He planted himself alone, amidst the raging torrent and listened to the tales of woe of the embittered and the uprooted. He had stayed here several times in the past but the last 144 days of his life spent here are more important in the nation's history. He has left a rich legacy of speeches and writings.

The epic life of the father of the nation ended here on Friday, January 30, 1948. He fell a martyr to the bullets of the assassin on the prayer ground of the assassin on his lips at 5:17 pm. with Rama's name on his lips in death as in life.



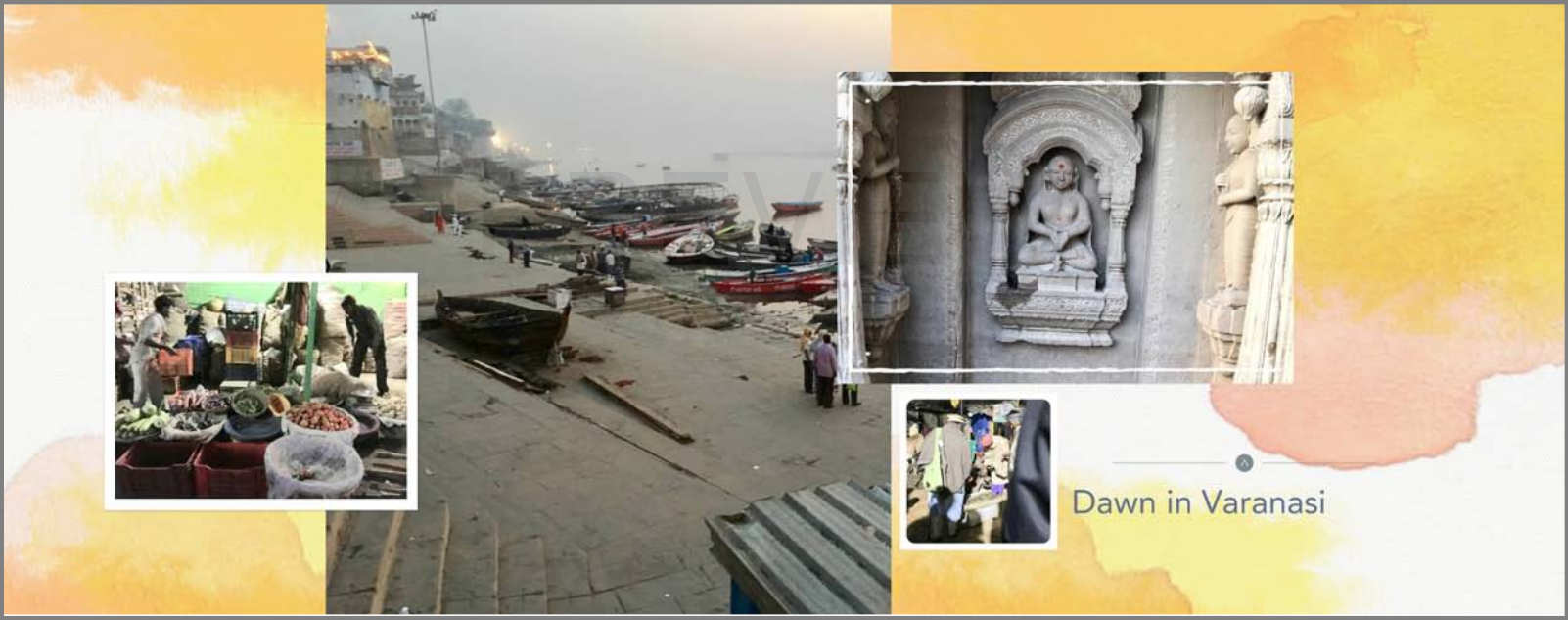




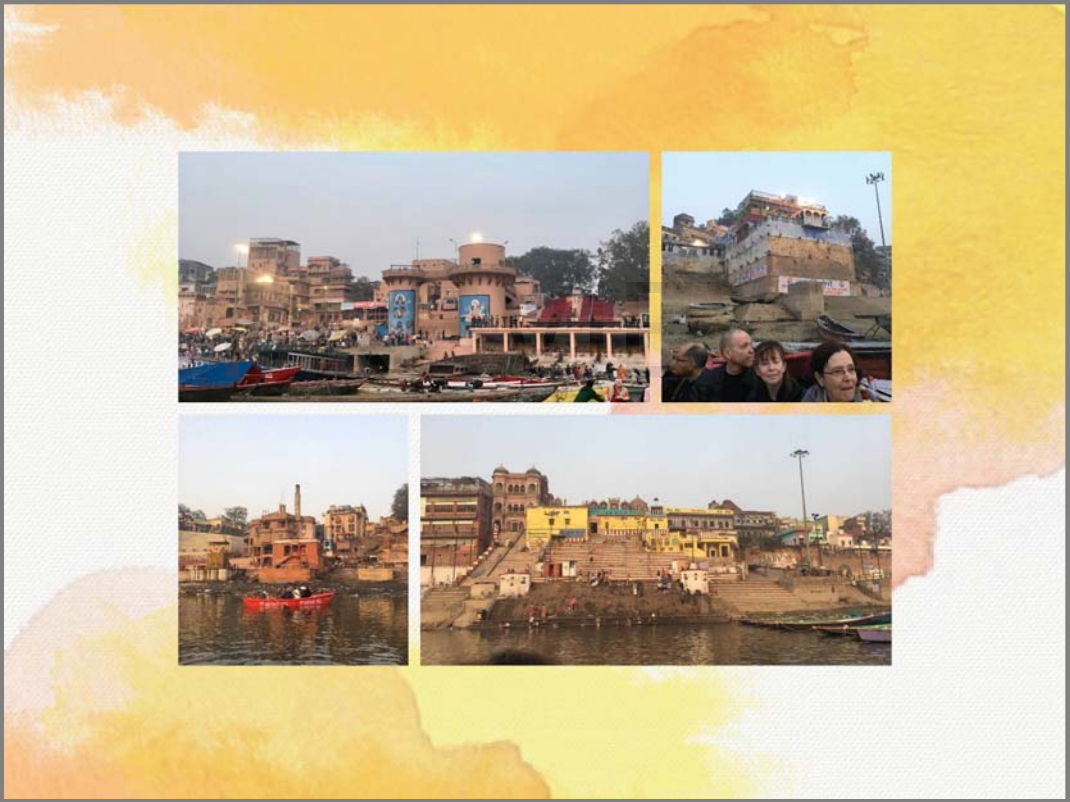
India Gate
World War 1 memorial
74,000+ Indian soldiers died



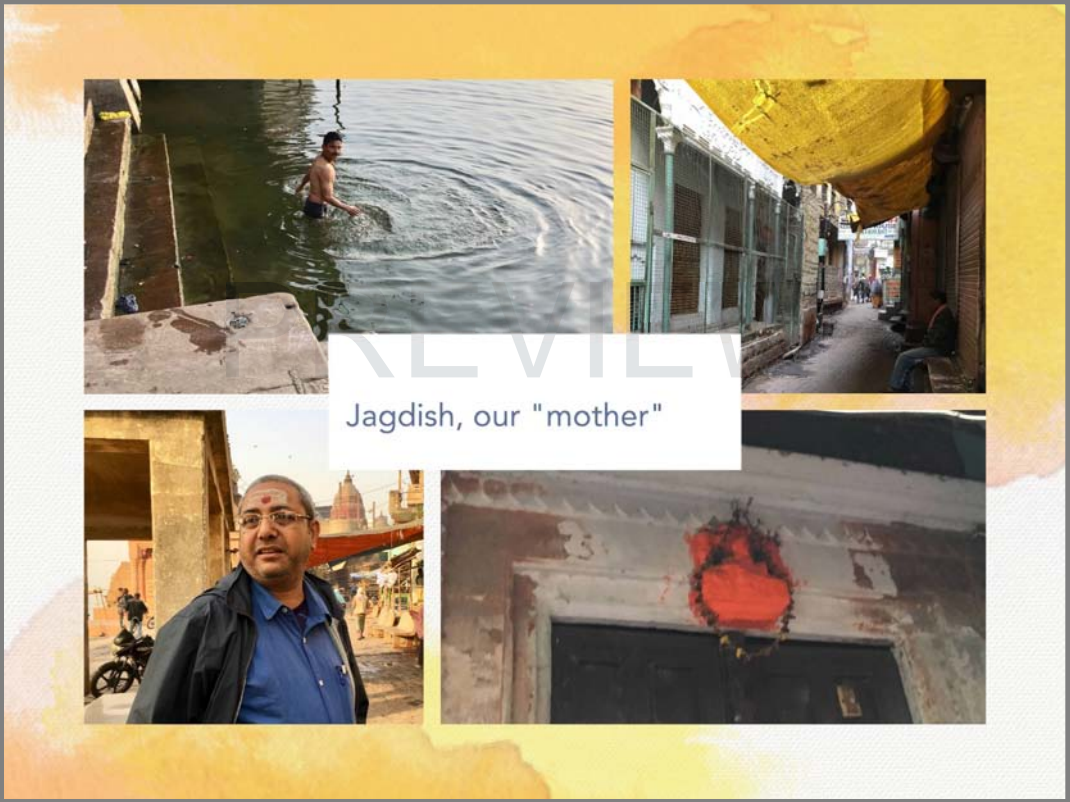


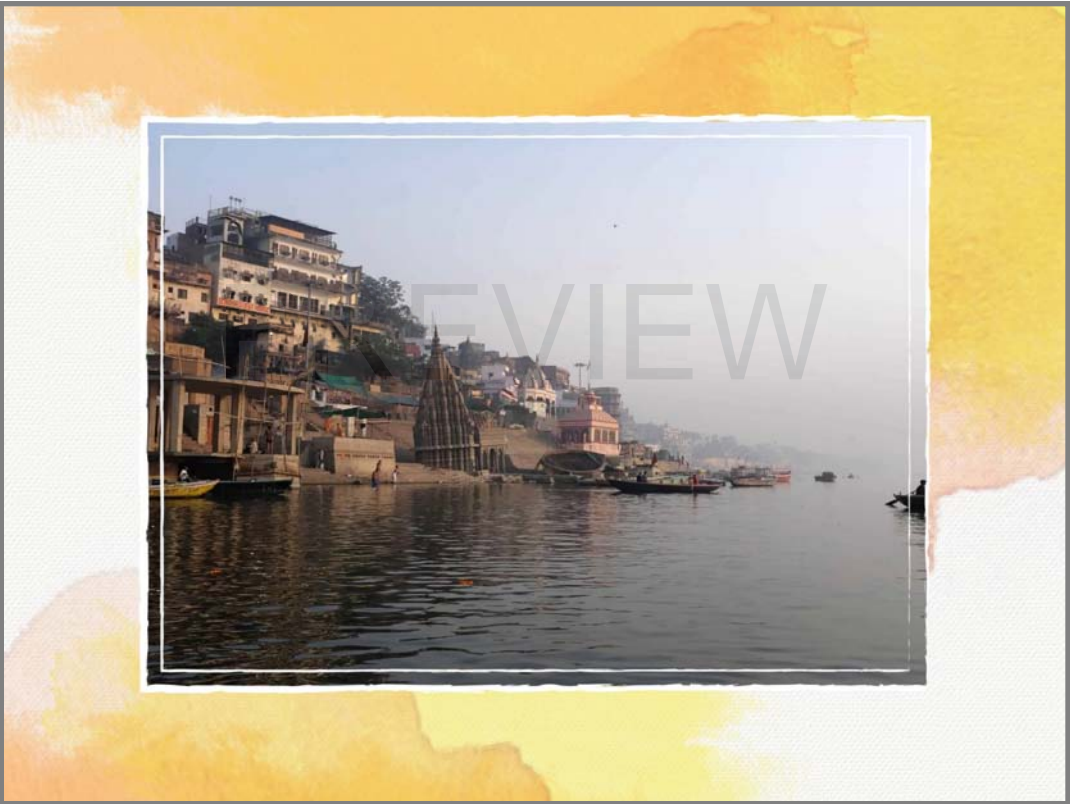


Dawn in Varanasi









*Mindfully I walk,
Earth, birds, prayers, faith, chants, breeze,
Step by step I walk,
You invite the bell,
My thoughts are stilled,
This moment is now.
Lori*









Mahabodhi Temple
Bodhgaya, Bihar





There are four places the sight of which will arouse strong emotions in those with faith. Here the Tathagata was born [Lumbini.] Here the Tathagata attained enlightenment [Bodhi tree, Bodhgaya.] Here the Tathagata set in motion the Wheel of Dhamma [Sarnath.] Here the Tathagata attained final Nirvana [Kushinagar]....
DN 16



The Queen Mother of Bhutan
on pilgrimage





Bodhgaya is the "navel of the earth"
to Buddhists

PREVIEW

*Cool morning mist
red sun rising
verdant fields unfold
a distant chant
the whole is calm
a crane floats by
friends in the sky
laugh and cry
here a sparkling rainbow
of great majesty
a parade of Devi
suddenly before me
you could have stayed
outside my heart
breathing India
chanting India
singing India
our joyful Sangha.
If you think our journey done
we have only just begun.*

Chis



Famous Benares silk











Flowers always in pots,
not planted in the
ground





Jagdish saved the day with a meal during an hours long traffic jam.

A way to reuse excreta is to dry it on a wall then use as fuel.



A traveling Sangha:

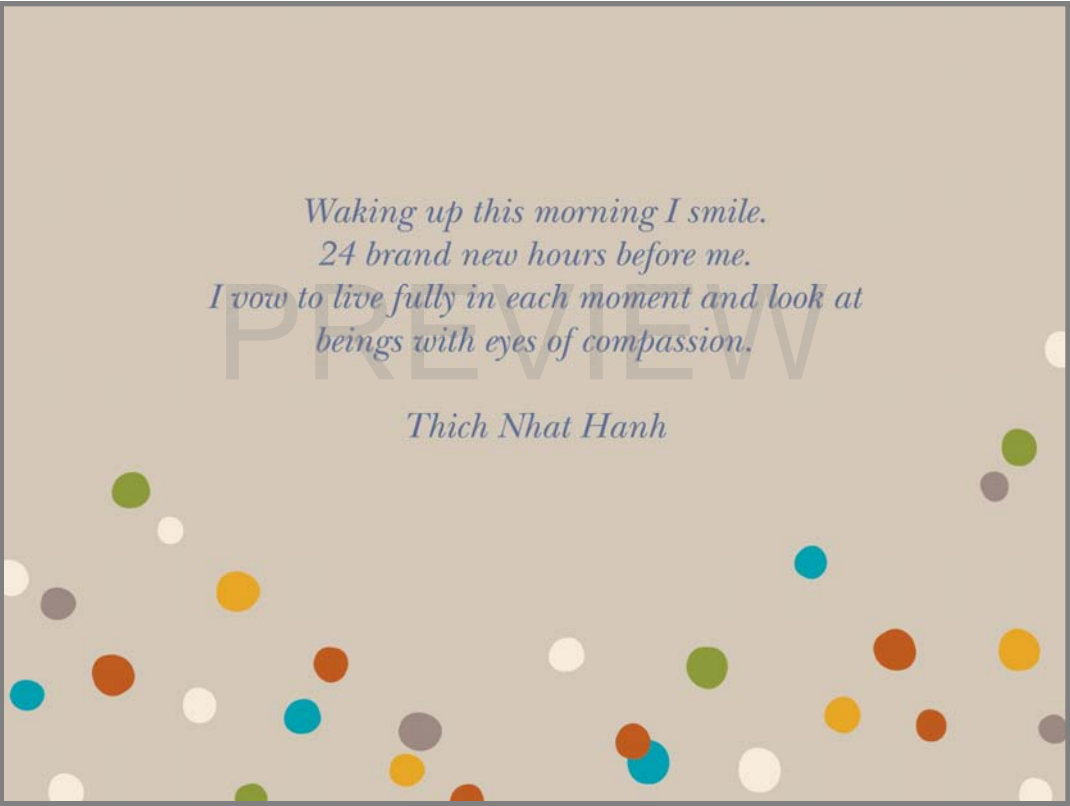
"Ten days were needed for them all to reach [Rajgir]. Each morning, they begged in small villages and ate silently in the forests or fields. When they finished eating, they began to walk again, traveling in their own small groups. The sight of bhikkhus walking quietly and slowly made a deep impression on all who saw them."

Old Path White Clouds, p. 180
Thich Nhat Hanh



*Waking up this morning I smile.
24 brand new hours before me.
I vow to live fully in each moment and look at
beings with eyes of compassion.*

Thich Nhat Hanh













Hindu temple in the fields
and aftermath of rituals



Sujata offered rice porridge to the emaciated Shakyamuni after his six years of ascetic practice.





Western toilets built by Thai entrepreneurs

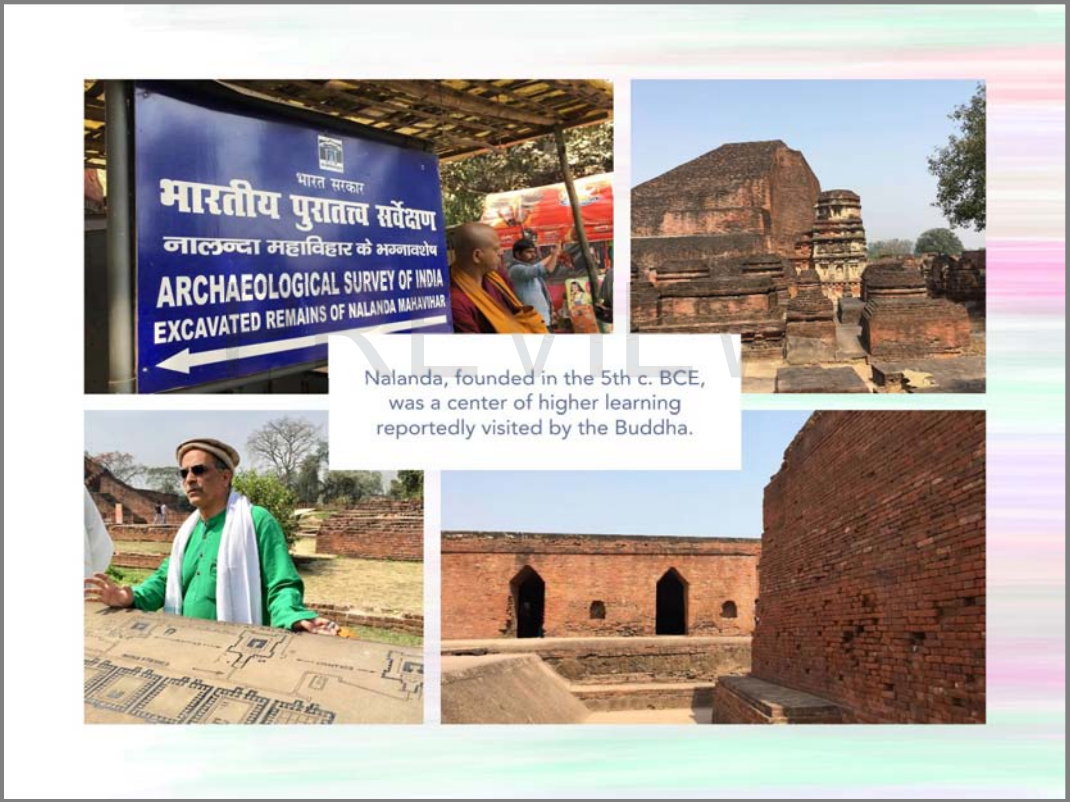
The Middle Way

One string, too tightly strained, gave a harsh and unpleasant sound; the second, not strained enough, had no resonance; the third, moderately stretched, gave forth the sweetest music.

Adapted, Anguttara Nikaya, trans. N. Thera



Often part of a monastic complex, stupas are commemorative structures containing relics and always have a pradakhshina (meditation path) around them.

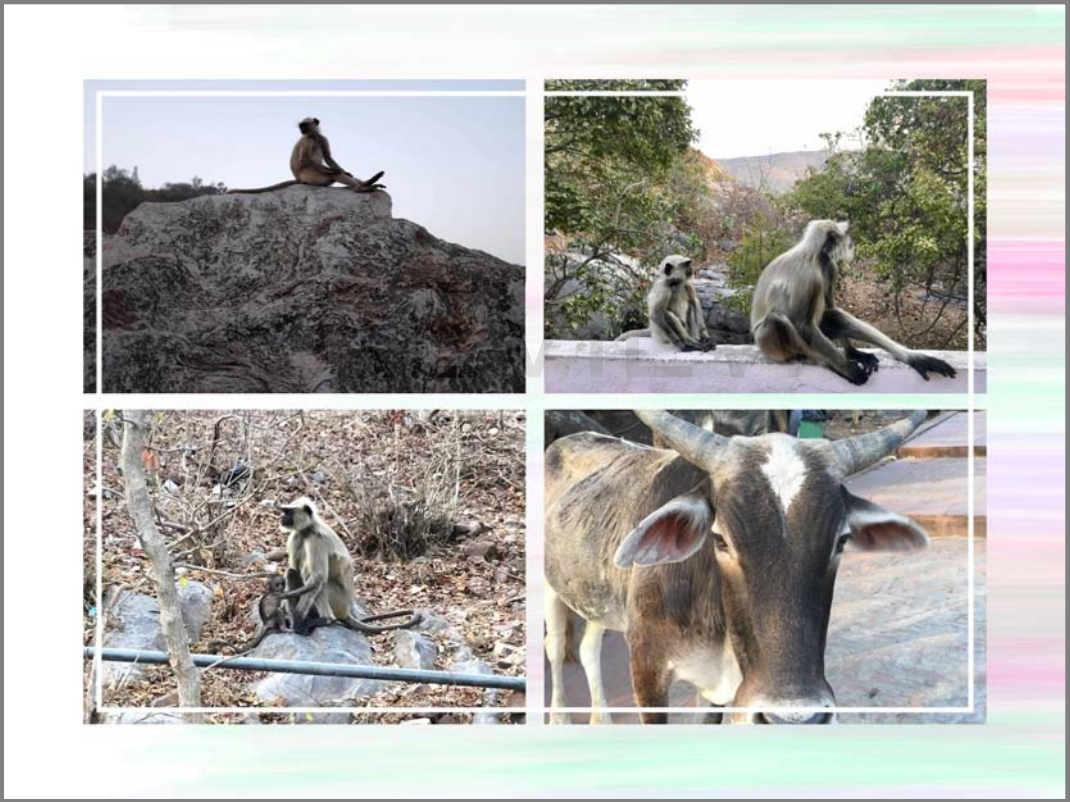




Rajgir and Vulture Peak, Bihar.

Mentioned in the Pali Canon as the site of the discourses Heart Sutta, Lotus Sutta,
Prajnaparamita Suttas.

Followers were asked to meditate here at sunset, which we did.





Shops





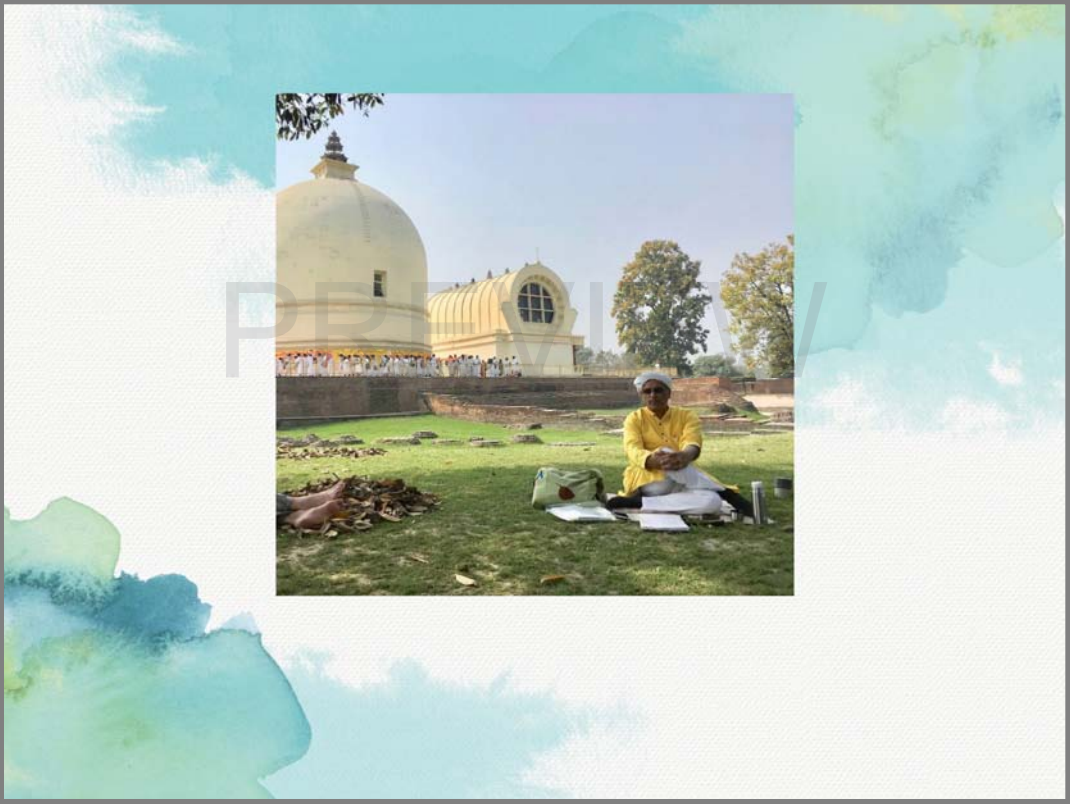
Buddhist King Ashoka erected columns, inscribed with Dhamma, throughout his kingdom.













Leaving India
Crossing into Nepal



Lumbini, Nepal, birthplace of the Buddha c. 623 BCE, now being developed as a pilgrimage center.

The West Monastic Zone

- 1. Sri Rupa Stupa
- 2. Central Stupa
- 3. Upper Terrace
- 4. Lower Terrace
- 5. The World Peace Council
- 6. The World Peace Council
- 7. The World Peace Council
- 8. The World Peace Council
- 9. The World Peace Council
- 10. The World Peace Council
- 11. The World Peace Council
- 12. The World Peace Council
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- 15. The World Peace Council
- 16. The World Peace Council
- 17. The World Peace Council
- 18. The World Peace Council
- 19. The World Peace Council
- 20. The World Peace Council

The East Monastic Zone

- 1. The East Monastic Zone
- 2. The East Monastic Zone
- 3. The East Monastic Zone
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- 20. The East Monastic Zone

LUMBINI DEVELOPMENT

Ministry of Culture, Tourism & Civil Aviation, Nepal





Our lunch stop: an indigo plantation during the British Raj, a maharajah's hunting lodge, a former Heritage Hotel





Jetavana Vihara at Sravasti, where the Buddha spent many years teaching during the rainy seasons. Transmission of Thich Nhat Hanh's Five Mindfulness Trainings occurred here.



A mango grove

The Three Refuges

*I take refuge in the Buddha,
the one who shows me the way in this life.*

*I take refuge in the Dhamma, the way of
understanding and love.*

*I take refuge in the Sangha, the community that
lives in harmony and awareness.*



woven silk, Delhi Crafts Museum



Holi, a playful Spring festival, is celebrated by dousing anyone and everyone with powdered colors.



Our closing circle. With his blessing, Shantum tied the colored string around our wrists, meaning we will take our teacher and the Dhamma with us. Then we read our insight poems.



Gratitude to Blythe, Chris, and Lori for use of their insight poems

to Frank for sharing his pictures
to Beverly for sharing her daily notes

to Shantum for his wisdom

*May you be safe from internal and
external harm.*

*May you have a calm, clear mind and
peaceful loving heart.*

*May you be physically strong, healthy, and
vital.*

*May you know love, joy, wonder, and
wisdom in this life ~ just as it is.*

