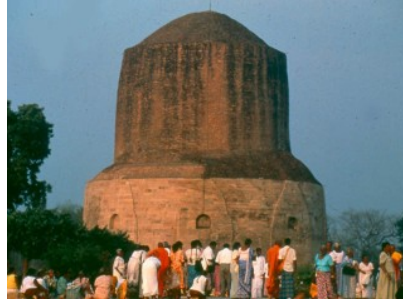


## In the Footsteps of the Buddha

Mountain Lamp Community invites you to join Jack Duffy, Roshi, and Eileen Kiera, Dharmacarya, on a pilgrimage to India. We'll be accompanied and guided by Shantum Seth, Dharmacarya, in the Footsteps of the Buddha. Please join us for this most remarkable pilgrimage with three respected teachers.



Reclining Buddha at Kushinagar



Dhamekh Stupa at Sarnath



Vulture Peak in Rajgir



Bodhi Temple, Bodhi Gaya



Nalanda

We **set forth** with the aspiration to meet our original teacher in his homeland, and to find his insight as our own, in our own hearts. We'll travel together as a Sangha in India, walking the paths, climbing the mountains, and sitting in the forests where the Buddha lived and taught. Through Dharma talks with Eileen, Jack and Shantum, we'll experience the cultural **and physical** context and places of the Buddha's life and teachings, and we'll meet the men and women of the Sangha who practiced, and embodied the Ancient Path alongside the Buddha.

We will return **home**, having experienced the wisdom of an ancient tradition as a living basis for our own practice of meditation and mindfulness, seeing our practice with new eyes and bringing the light of awakening back to our home, our town, our friends and beloved ones.

*November 4th-19th, 2014*

*Please read on for more information about the journey, teachers and fees*

*For registration contact [ml-info@mountainlamp.org](mailto:ml-info@mountainlamp.org)*

## General Itinerary

This journey will begin in New Delhi on the 4<sup>th</sup> of November 2014 at 11:30am. After some Delhi exploration we will take an evening flight to Varanasi. Thereafter we travel by our own private coach to Bodh Gaya, Nalanda/Rajgir, Vaishali, Kushinagar, Lumbini, Kapilavastu and Sravasti. From Sravasti we go to Lucknow and fly to Delhi. We will be back in Delhi in the evening of the 19<sup>th</sup> of November 2014, where the tour ends. You should book your departure flight for either late night of the 19<sup>th</sup> of November or early morning of the 20<sup>th</sup> of November 2014.

**For those who take the Agra option**, we travel by a day train from Lucknow to Agra on the 9<sup>th</sup> of November to visit the Taj Mahal. We will spend one night in Agra and will return to Delhi at 10:30pm on the 19<sup>th</sup> of November. You should book your departure flight for either late night of 19<sup>th</sup> November or early morning of 20<sup>th</sup> November 2014.

**For those who take the Caves option**, we fly from Delhi to Aurangabad in the morning of November 20<sup>th</sup>. We will spend two nights in Aurangabad visiting Ajanta and Ellora and will return to Delhi in the evening of November 22<sup>nd</sup>. You should book your departure flight for either late night of 22<sup>nd</sup> November or early morning of 23<sup>rd</sup> November 2014.

## Where We Will Go.....

In Delhi, we will visit the place where Mahatma Gandhi, the *father of India*, lived and died. This is a wonderful place to begin the pilgrimage. Gandhi personified a unique way of politics where it became an exercise of ethical living. He was a man open to all cultures and religions but with deep faith in his own.

Our journey will take us across the plains of the River Ganges to Bodh Gaya, where the Buddha attained enlightenment, and the Deer Park at Sarnath, where he gave his first teachings. We will visit his favorite meditation places such as Vulture Peak in Rajgir, the Jeta Grove at Sravasti (where he spent 24 rainy season retreats), and Kushinagar, where he passed away. We will also visit Lumbini, where he was born, and the palace at Kapilavastu, where he spent his childhood. Aside from visiting the places where the Buddha lived, we will visit monasteries, temples and shrines. The trip includes visits to homes of locals in cities and villages, a gentle 8-kilometer walk to the Dungasiri Mountain (Mahakala Cave) where the Buddha practiced his austerities. We would meet environmental and social activists and visit the homes of both the homes of the poor and the privileged to get a sense of contemporary India. We would combine this with the underpinnings of the Buddha's teachings, and some of the places he lived and visited so we can examine what we are witnessing and experiencing both from an external and internal perspective.

In Varanasi we will also take a boat ride on the Ganges at sunrise.

The pilgrimage is an unforgettable opportunity to explore areas that few tourists visit and to see and experience aspects of contemporary Indian life that, in many ways, have not changed since the time of the Buddha. We invite you to join 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. Join us on this journey through a fascinating and mysterious India – as we walk in the footsteps of the Buddha.

India is very diverse in culture, language and environment. The Buddha lived and traveled along the Indo-Gangetic plains in Northern India. Besides New Delhi, the pilgrimage visits two states of northern India, Uttar Pradesh and Bihar.

India's cities stand in large contrast to her villages and have their own interesting (if seemingly chaotic) lifestyle. Varanasi 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. Kushinagar, Sravasti and Rajgir are smaller towns and relatively quiet, giving the pilgrims the opportunity to absorb the nuances of the local culture and society.

## About the Teachers

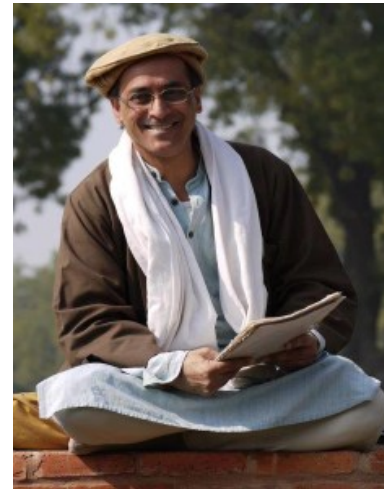
**Jack Duffy**



**Eileen Kiera**



**Shantum Seth**



### **Jack Duffy**

Jack Duffy was given permission to teach by Robert Aitken Roshi in January 1992 and was given independent teaching status and the title of Roshi in the formal Transmission Ceremony 5 years later. Jack has been a student of Aitken Roshi since 1981 and has studied with other teachers, including Joan Rieck and Thich Nhat Hanh. He brings his roles of spouse, father, and psychotherapist, as well as years of endangered species work and wilderness wanderings, to his teaching.

### **Eileen Kiera**

Eileen Kiera is an ecologist by training and a vegetable gardener by passion, but the practice and support of the Dharma has been her primary focus for the past 24 years. She's a student of Thich Nhat Hanh and Robert Aitken, Roshi. Thich Nhat Hanh acknowledged her as a dharma teacher in 1990, and since then she's led retreats in many places in the U.S., Europe and Australia. Her primary commitment, however, is to support the maturing of Dharma practice near her home in the Pacific Northwest. She is also happy to be the mother of a now adult daughter living in Portland. Eileen lives with her husband in the mountains east of Bellingham at Wild Rose Farm, the rural practice center of Mountain Lamp Community.

### **Shantum Seth**

Shantum Seth, an ordained dharma teacher, has been leading pilgrimages "In the Footsteps of the Buddha" since 1988, when he organized the pilgrimage for his teacher, Vietnamese Zen Master, Thich Nhat Hanh. Shantum graduated in Development Studies, with his thesis in Gandhian Economics and has been an advisor to the United Nations on volunteering, peace, and social development issues for more than 15 years. He has co-authored books such as *Walking with the Buddha* and been a consultant for films like BBC-Discovery's *Life of the Buddha* and BBC-PBS's *The Story of India*.

At each pilgrimage site along the way, Shantum will tell stories of the Buddha's life and give teachings to help us understand the Buddha as a human being, the drama of his life and the significance of what he taught. We will schedule time for daily sitting and walking meditation, regular discussions, and contemplative time for ourselves. The creation of a traveling sangha will be an important aspect of this trip, giving the journey a greater cohesiveness and building a sense of support for those seeking to deepen their practice.

## Registration Information and Fees

To register please contact [ml-info@mountainlamp.org](mailto:ml-info@mountainlamp.org)

The cost for the pilgrimage “In the Footsteps of the Buddha” (November 4 – November 18, 2014) is US **\$5500** based on double occupancy, including a **\$500 deposit** to hold your space. The single room supplement is an additional US **\$1920**.

The cost of the Agra option (November 18 – 19, 2014) is U.S. **\$395** based on double occupancy. The single room supplement is an additional US **\$120**. The tour price includes guide services, transportation, meals, monument entrance fees, bottled water and lodging arrangements for the duration of the Agra option.

The cost of The Exquisite Caves option (November 20– 22, 2014) is U.S. **\$1350** based on double occupancy. The single room supplement is an additional U.S. **\$355**. The tour price includes guide services, transportation, meals, monument entrance fees, bottled water and lodging arrangements for the duration of the Caves option.

*The tour **price includes**: airport transfers and escort services in New Delhi, guide services, transportation inside India, monument entrance fees, all meals, bottled water and lodging arrangements for the duration of the pilgrimage. All registration fees are payable in US dollars or the equivalent in GBP, Euro etc.*

*Please note that **the cost does not cover**:*

*International airfare to and from New Delhi, visas and other international arrangements, any extra days spent in India beyond the dates of the pilgrimage, excess baggage fees on the flights, phone calls and faxes during the pilgrimage, laundry during the pilgrimage or medical and other insurance coverage such as travel insurance.*

As the good hotels are limited at the Buddhist sites, and sometimes a few groups arrive on the same day, it may be difficult for hotels to provide a single room, and in some very exceptional circumstances, even a twin-sharing basis is unavailable. We ask for your understanding if this circumstance should arise.