



**Bhakti Bharat**  
JOURNEY WITHIN

DISCOVERING  
**YOU** NIVERSE  
*Journey into the Himalayas*



# ROUTE

*Pantnagar - Bhimtal – Neem Karoli Baba Ashram – Kasar Devi  
– Patal Bhuvaneshwar – Dunagiri – Babaji Cave – Pantnagar*





*Day 1 - 21 September*

# THE JOURNEY BEGINS

**10:50** - Departure from Delhi to Pantnagar

**11:50** - Arrival in Pantnagar

**12.30** - Lunch in Pantnagar

*Drive to Bhimtal (1.5 hours on the way)*

**15:00** - Check-in at the hotel & lunch

**16:00** - Meeting & Introduction

**19:00** - Dinner and rest

**21:00** - Evening Meditation





*Day 2 - 22 September, Autumn Equinox*

# HARMONISING YOUNIVERSE

**08:30** - Breakfast

**10:00** - Sri Yantra Workshop

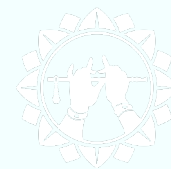
**14:30** - Lunch

**16:00** - Visit to Bhimeshwar Mahadev  
& boat ride on the lake

**19:00** - Dinner at the hotel

**20:30** - Sri Yantra Meditation





## *Sri Yantra Workshop with Govindadas*

Autumn equinox is the time to harmonise our inner universe - and what could be a more beautiful way to do so than through interactive meditation with Sri Yantra? On this day you will explore with Govindadas the secrets of this ancient sacred diagram, which holds the energy of Divine Mother herself, and you will learn how to meditate with Sri Yantra to balance your chakras, and facilitate a deeper connection with your spiritual self. This is also a perfect time to prepare yourself spiritually for the rest of your journey and set your intention.

## *Bhimeshwar Mahadev & Bhimtal Lake*

Bhimeshwar Mahadev is a powerful Shiva Temple located on the picturesque shore of Bhimtal Lake. Once, Bhima (one of the 5 Pandava brothers) was climbing a mountain during the exile. Suddenly, a divine voice came from the sky and said that if he wanted to be remembered for generations, he should build a Shiva Temple here with complete devotion. Thus, Bhima erected the temple here. Also, he hit the mountain with his mace, so that the river Ganga poured out of it and formed the Bhimtal Lake.





*Day 3 - 23 September*

# CONNECTING WITH SHAKTI

**08:30** - Check out & breakfast

**09:30** - Leave to Kasar Devi (3 hours drive)

*On the way: visit to Kakrighat & Kainchi Dham*

**13:00** - Lunch (on the way)

**15:00** - Visit to Kasar Devi Temple  
& Sri Yantra meditation there

**18:30** - Check in the hotel & dinner







*Day 4 - 24 September*

# FINDING SHIVA WITHIN

- 08:30** - Breakfast & checkout
- 09:30** - Leave to Patal Bhuvaneshwar  
(3.5 hours drive)
- 13:30** - Lunch in the hotel
- 15:00** - Visit to Patal Bhuvaneshwar
- 19:30** - Dinner & rest





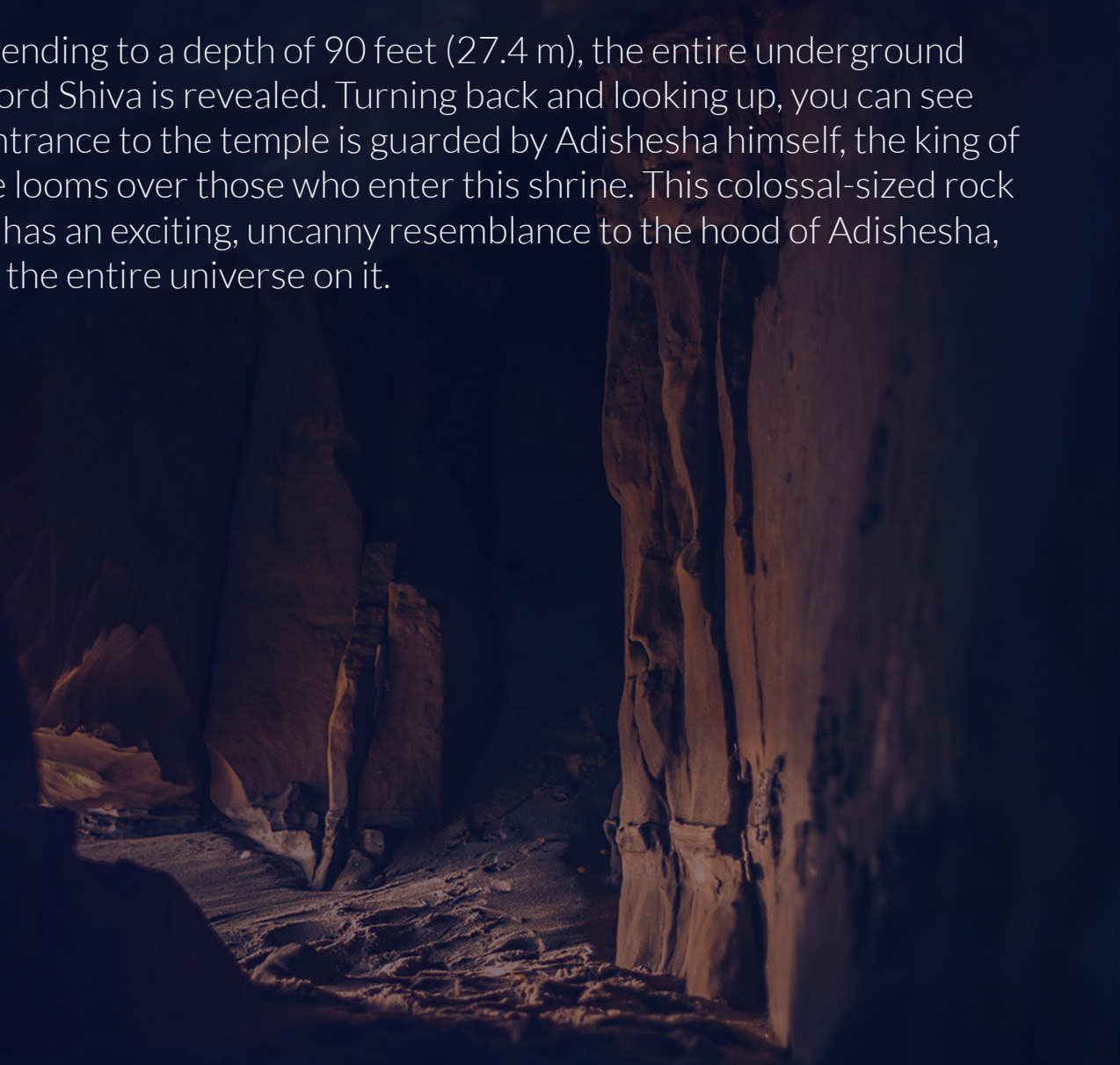


## *Patal Bhuvaneshwar Temple*

Patal Bhuvaneshwar is a very ancient cave temple. *'This amazing cave is as old as the earth itself,'* says the inscription near the temple. A mention of the temple is found in the Skanda Purana: *'One who wants to feel the presence of the eternal power should come to the sacred Bhuvaneshwar, located near the confluence of Ramganga, Sarayu and Gupt Ganga.'*

The Patal Bhuvaneshwar cave temple is not just one cave, but a series of interconnected caves. To get into the temple, you need to walk, and sometimes even crawl, through an underground tunnel, holding onto massive chains. The tunnel is quite narrow but it has lighting. The descent itself is a thrilling and unforgettable experience that prepares one to meet Mahadev. This is the only way in and out of the temple.

After descending to a depth of 90 feet (27.4 m), the entire underground world of Lord Shiva is revealed. Turning back and looking up, you can see that the entrance to the temple is guarded by Adishesha himself, the king of snakes. He looms over those who enter this shrine. This colossal-sized rock formation has an exciting, uncanny resemblance to the hood of Adishesha, who holds the entire universe on it.





*Day 5 - 25 September*

# THE PATH OF A YOGI

- 08:30** - Breakfast & checkout
- 09:30** - Leave to Dunagiri (6 hours drive)
- 13:00** - Lunch on the way
- 16:00** - Check in
- 18:00** - Dinner
- 19:00** - Atma Kriya Yoga Course begins





## *Dunagiri*

Dunagiri hill, nestled in picturesque landscape of serene Himalayan region, is known as a place of great power or a *shaktipeetha*. It is here that the cave of Mahavatar Babaji is located, where the great, immortal yogi used to meditate and where he gave kriya yoga to mankind for the first time. What could be a better place to learn this powerful yogic practice?

### *Atma Kriya Yoga with Achala*

Atma Kriya Yoga is not just a traditional meditation or yoga practice. It is a masterfully crafted series of kriyas, techniques which combine meditation, science of breath, visualisation, mantras, mudras and working on your chakras, with a single purpose: to uplift your entire being and fine-tune it to the frequency of the Divine. It is like a daily inner pilgrimage through the layers of your heart to meet with your soul, face to face.

Atma Kriya Yoga is also the yoga of surrender. It is the yoga of surrendering our lower nature and all of our thoughts and actions to the Soul. And it's the yoga of surrendering the Soul to the Divine within us. It is an incredibly precious tool for spiritual transformation and living a soul-centered life, which you will learn during this journey and take with you back home.





*Day 6 - 26 September*

# SACRED VIBRATIONS

- 08:00** - Breakfast
- 09:00** - Visit to Dunagiri Temple  
& japa walk on the way back
- 13:00** - Lunch
- 14:30** - Atma Kriya Yoga Course
- 18:30** - Dinner
- 20:00** - Stargazing & Meditation





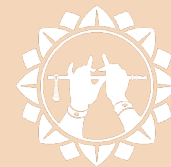
## *Dunagiri Devi Temple*

This powerful temple on top of Dunagiri hill is a powerful *shaktipeetha* and abode of Goddess in the form of Vaishnavi, the granter of liberation. There is no deity in this temple, for the Divine Mother is believed to reside there in the form of sacred sound.

There are 360 steps leading up to the temple, representing 360 degrees of the zodiac. Above each step there is a row of bells, which every pilgrim rings while climbing up the stairs. The very experience of walking up those stairs in silence, while being immersed in the purifying vibration of echoing bells, is otherworldly. It is like your whole energy body is being cleansed before you reach the abode of the Goddess.

On top of the hill there is also a sacred place where Mahavatar Babaji himself along with Lahiri Mahashaya used to meditate and practice *kriya yoga* together.

We will meditate here, do a joint practice of Atma Kriya Yoga and receive the blessing from the Saint who lives in a small cave directly opposite the temple, and whom Devi, according to him, constantly visits.



*Day 7 - 27 September*

# GOING DEEPER WITHIN

**08:00** - Breakfast

**09:00** - Japa walk to Pandhukoli Ashram

**13:00** - Lunch

**14:30** - Atma Kriya Yoga Course

**18:30** - Dinner

**20:00** - Stargazing & Meditation





## *Pandhukholi*

Surrounded by breathtaking views, Pandhukoli is the dwelling place of the five Pandava brother during their journey to the Himalayas after the battle of Kurukshetra. Here, they lived and meditated. The top of the mountain now has an ashram where sadhus live. A saint from the Dunagiri Devi Temple lived here for a long time where it is said Mahavatar Babaji once appeared to him.

*'In meditation, when the mind is calm, you have a personal contact with the Divine, not outside, but within you. And this inner contact is the most wonderful and the most powerful contact you can ever have.'*

- Paramahansa Vishwananda





*Day 8 - 28 September, Indira Ekadashi*

# BLESSINGS OF THE MASTERS

**08:30** - Breakfast

**09:30** - Japa walk to Mahavatar Babaji's Cave  
& Shaktipath in the cave

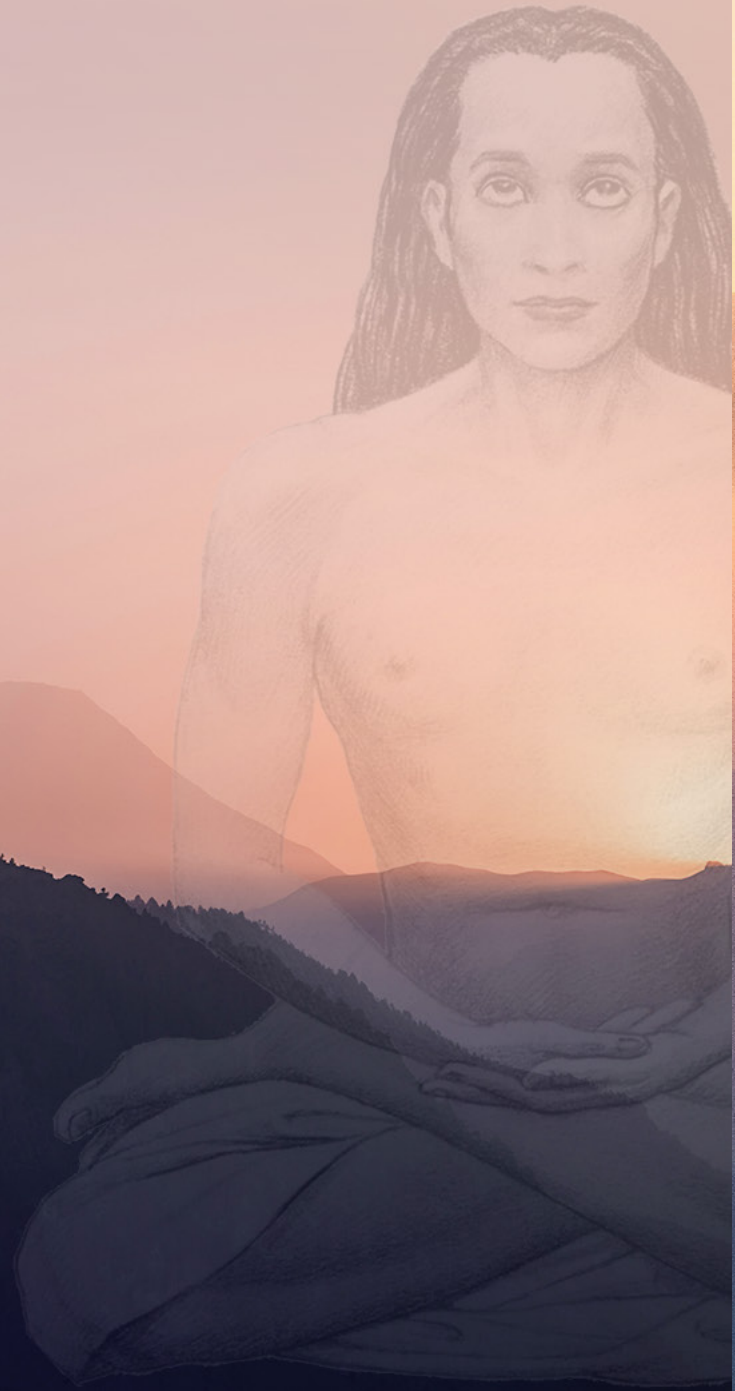
**13:00** - Lunch

**15:00** - OM Chanting

**16:30** - Sharing of experiences

**18:30** - Dinner

**20:00** - Final Meditation









*Day 9 - 29 September*

## **BACK HOME**

**06:00** - Check out & snack

**06:30** - Drive back to Haldwani or Pantnagar

*Let your own journey begin*

Every end is the new beginning. And no one can remain the same after going on a pilgrimage. This spiritual journey is designed to not only inspire you to reconnect with your spiritual self, but to empower you with spiritual tools, which you take with you into your daily life. Like Paramahansa Vishwananda says, the most important pilgrimage is the one from mind to heart. And that is the pilgrimage which, from now on, you can take daily with the help of Atma Kriya Yoga and Sri Yantra meditation.

