



Bhakti Bharat
JOURNEY WITHIN

ATMA KRIYA YOGA IMMERSION

in The Abode of Liberation

**JOURNEY TO NEPAL
WITH SWAMI TULSIDAS**

September, 11-20, 2024



The programme may change due to weather, road conditions or other unforeseen circumstances. The start time of the programme activities is indicated approximately.



Bhakti Bharat
JOURNEY WITHIN

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GUIDES

Swami Tulsidas

Swami Tulsidas has taught yoga and meditation in over 21 countries, to over 8,000 people worldwide through a variety of classes, workshops, trainings, and retreats. He learned directly under the guidance of Paramahansa Vishwananda, who brought Atma Kriya Yoga to the world through the Grace of Mahavatar Babaji. He is an expert teacher, speaker, and spiritual confidant, using his experience and wisdom to guide seekers on their own journey to the Divine.





Hiranmayi

Hiranmayi, originally from South Africa, is a Yoga Teacher, Ayurvedic Practitioner and Brahmacharini initiated by her Guru, Paramahansa Vishwananda. In the past learning from teachers like Dr. Vasant Lad, running her own Ayurvedic practice, as well as teaching Yoga and Ayurveda in United States, currently she lives in her Guru's ashram in Vrindavan. From the moment she met her Guru in 2003, her journey with its ups and downs has been a journey of continuous self acceptance and spiritual growth. She is passionate about sharing the love of God and how through her Guru's teachings we can find God simply in our every day life.



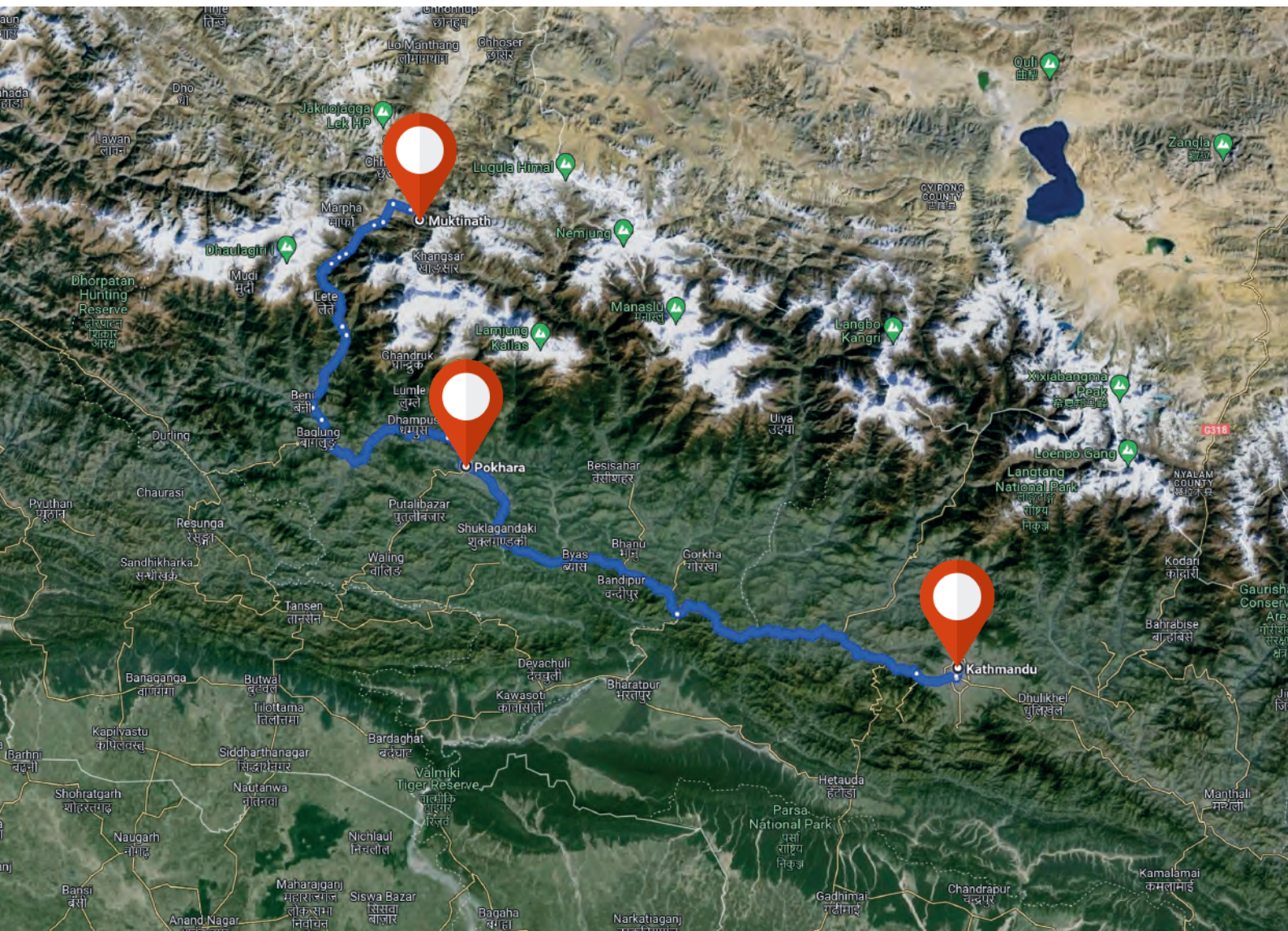
Thakur Humagain

Licensed tourist guide in Nepal for more than 10 years, Thakur received his education at the Tribhuvan University in Kathmandu. Thakur was born into a religious Hindu Brahmin family, so the relationship with God has always been an important part of his life. He is an expert in such sacred texts as Srimad Bhagavatam, Puranas and the Bhagavad Gita. Since 2012, Thakur has been a disciple of Paramahansa Vishwananda. Having been on the spiritual path for more than 20 years, he specialises in organising journeys for residents of non-Asian countries to the holy places of India and Nepal.



ROUTE

Kathmandu – Pokhara – Muktinath – Pokhara – Kathmandu



We welcome your questions and are always ready to answer by numbers:

+91 9557338457

Hiranmayi, travel organizer and guide

+351 939993196

Hari Sundari dasi, assistant



TRAVEL PROGRAMME





Day 1

September 11, Wednesday

Arrival in Kathmandu. Check-in at the hotel and rest. Satsang with Swami Tulsidas.



Day 2

September 12, Thursday

Atma Kriya Yoga with Swami. Visit to two self-manifested Stupas, legendary Patan the Golden Temple. Then we will visit Shivapuri Baba Ashram and his samadhi, Pashupatinath Temple and see arati on the bank of the Bagmati River.



BOUDDHANATH STUPA

Bouddhanath is the center of Tibetan Buddhism. It is one of the holiest places of the Kathmandu Valley for Buddhists and Hindus and is one of the largest stupas in the world. Boudhanath is included in the UNESCO World Heritage List.

The Stupa is located on the outskirts of Kathmandu, and around it there are many monasteries. The Stupa was built in the 6th century and played a major role in laying the path from Tibet to India as many pilgrims stopped here along their way. Hundreds of pilgrims daily strive to honor the Stupa, walking around it clockwise while turning the surrounding prayer wheels.





SWAYAMBHUNATH STUPA

The Swayambhunath Stupa is one of the holiest places in Buddhism. The date when this stupa appeared is mysteriously unknown. The Stupa is Swayambhu, self-manifested. Legend has it that many thousands of years ago there was a huge lake in the Kathmandu Valley, where the primordial Buddha dropped a lotus seed on a small island in the middle of the lake. From the lotus over that grew, a crystal stupa emerged. Bodhisattva Manjushri, the embodiment of wisdom, gave people access to the stupa as narrated in a famous legend. Once, while ying over the lake, Manjushri saw the crystal stupa and, cutting a mountain range with a sword, drained the lake so that people could access it.



The original crystal stupa is hidden inside the stupa that is currently available for the public to visit. Since then, scientists have confirmed that in ancient times, the Kathmandu Valley was indeed a lake, and that about 100,000 years ago, the water left this lake through the Chobar Gorge. Additionally, behind the Stupa, one will find a temple dedicated to Goddess Hariti, the protector of children.





Patan

Patan, a city of artisans, is a new arts paradise best known for its rich cultural heritage. The city is rich in temples and is home to an ancient royal palace, which was used for coronations and is guarded by a statue of Hanuman soaked in cinnabar. We will visit the Krishna Temple built by the enlightened king Siddhi Narasimha Malla.

According to legend and historical sources, Lord Krishna, in His child form, appeared in dreams to the king over several days. After consulting the priests, the king ordered the construction of a temple on the same spot where he used to see Lord Krishna dancing. We will also visit the stone slab where King Sidhi Narasimha meditated.



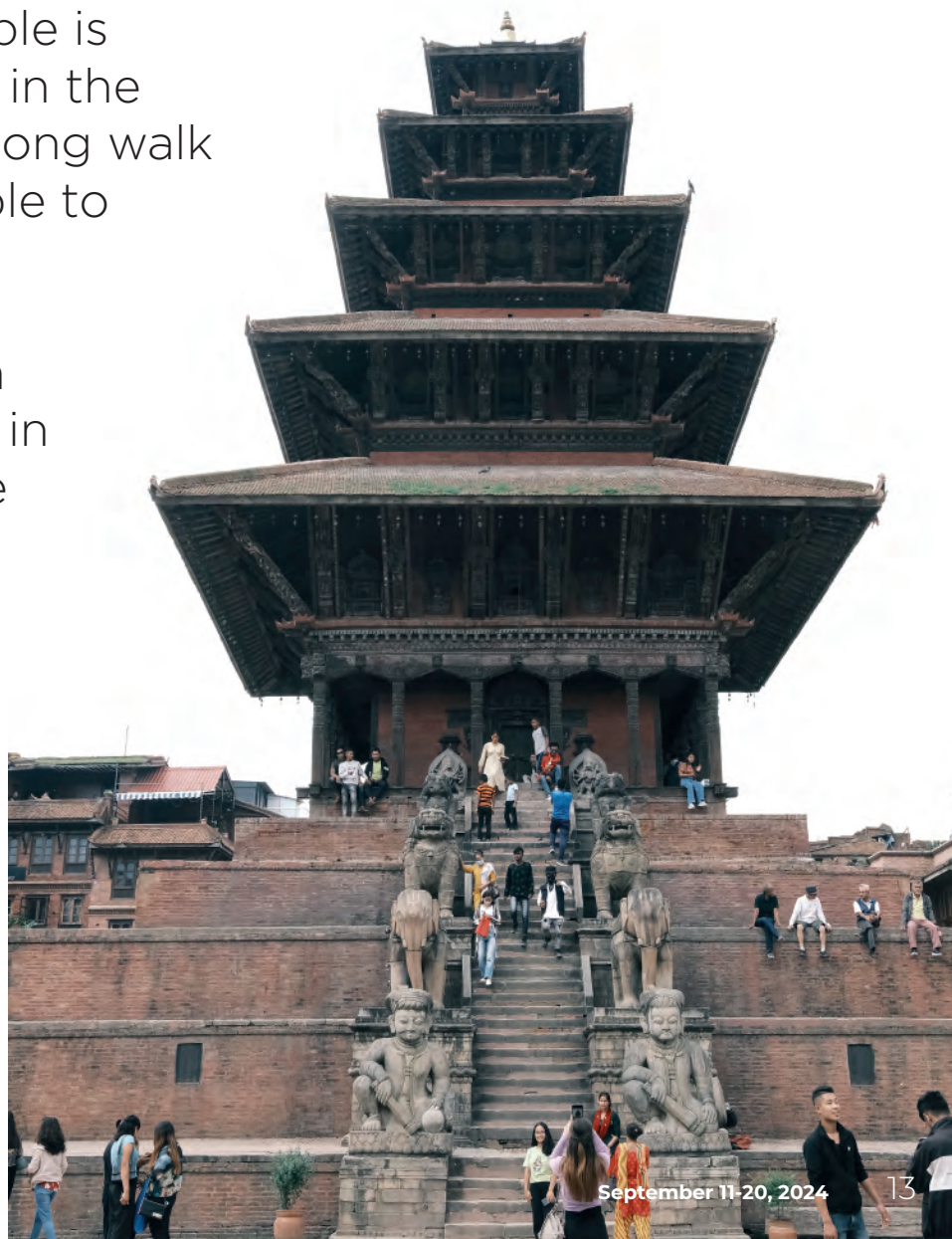
KUMBHESHWAR MAHADEV TEMPLE



The Temple was built in the 14th century. It is located 200 meters from the northern part of the Durbar Square in Patan. The Temple is known for its unusual architecture and beautiful wood carvings. It seems that the five-story vault is floating in the air, and sometimes it's hard to believe that this seemingly unstable wooden structure has been standing for several centuries.

The Temple is dedicated to Lord Shiva in the form of Kumbheshwar Mahadev, 'god with a vessel of water'. To the left of the Temple there is a lake that is filled from underground springs originating in Gosain Kund, a sacred lake in the mountains 43 km from the Temple. So, to take an ablution in the lake near the Temple is equivalent to ablution in the Gosain Kund, a week-long walk to which is not available to everyone.

There is a Shivalingam cast in silver and gold in the Temple, and at the entrance to the Temple there is a murti Nandi, a bull – a faithful servant of Shiva, who is always focused on his master and always looks at him.





SHIVAPURI Baba Samadhi

Sri Shivapuri Baba, an enlightened sage and ascetic, was born with a smile on his face in 1826 in Malabar, Kerala State, India. His grandfather was a famous astrologist and a Yogi, and, when he heard that the child had smiled as soon as he had been born, he declared that his grandson would become a great Yogi, and so it happened.

Shivapuri Baba became god-realized after years of strict penances, and then he started his great travel around the world. He visited, mainly by foot, Afghanistan, Iran, Saudi Arabia, Russia, Japan, China, England and other countries. Queen Victoria met Baba 18 times, when he lived in London at her palace. He knew Ramakrishna Paramahansa, Sri Shirdi Sai Baba, Madame Curie and Albert Einstein. Baba stayed at Leo Tolstoy's place in Moscow, and, rumor has it, Tolstoy did not want to let him go, so Baba had to secretly escape his place.

Baba spent the last 37 years of his life in Nepal and obtained the Shivapuri Baba name from the Shivapuri Hill, where he settled down. His daily routine was very simple. Every morning he would sit outside near his hut and accept visitors. Most part of the day, he would spend meditating, and had very few meals.

Shivapuri Baba lived 137 years and went to Samadhi early in the morning in 1961.



The place of his Samadhi is hidden deep in the jungle. Trees and monkeys make noise around, but inside the building that had been built on the spot of Baba's hut, there is silence and invisible presence of the saint can be felt. People from around the world come there to stay with him and meditate in his presence.

PASHUPATINATH TEMPLE



This famous Temple of Shiva is located in the capital of Nepal and included in the UNESCO World Heritage Sites List. The main Temple was built in the 17th century, but the story of Pashupatinath, the oldest Hindu temple in Kathmandu, started long before the construction of the main Temple.

The name 'Pashupatinath' originates from the incarnation of Lord Shiva in the form of Pashupati, Lord of Animals. Once, Lord Shiva and his consort Parvati came to Earth in the form of deer.



They liked this beautiful place so much, that they decided to stay there for eternity. When other gods and goddesses asked them to return to their Heavenly abode, they refused, and a fight between them started. During this fight, Lord Shiva, in the form of a deer, lost one of his antlers. This antler was worshipped as the first lingam at Pashupatinath.

The first building of the Temple was erected in the 5th century, and the Temple has been rebuilt several times since then. Today, the Temple complex consists of numerous temples.

Ritual cremations are held near the entrance to the main Temple on the bank of the Bagmati River. It is believed that those who are cremated near this abode of Shiva, will meet their loved ones on their eternal path. A large murti of Nandi bull, the greatest devotee of Shiva, will meet us near the main entrance to the Temple. Near the Temple complex, on the banks of Bagmati, an evening arati takes place.







Day 3

September 13, Friday

Fly to Pokhara - a city with an incredible view of the Himalayas. Visit to Gupteshwor Cave and self-manifested Shivalingam, Davies Falls and underground flowing water fall. Boat ride and visit small island temple dedicated to Goddess Barahi.

POKHARA

Pokhara is a city in the center of Nepal, 200 kilometers away from Kathmandu. Here, we will see the picturesque view of the Himalayas. This city is located 900 meters above sea level. Many trekking routes to the Annapurna Mountain range start here. Mount Annapurna is one of the ten highest mountains on Earth and yet the most unreachable for climbers. Annapurna is the incarnation of Parvati, the consort of Lord Shiva on Earth.





GUPTESHWAR CAVE

Davis Falls or, as the locals call it, Patale Chango, which means 'underground waterfall', falls from the surface of the earth into the Gupteshwar Mahadev Cave. The most wonderful view of the waterfall, as well as the stunning beauty of the stone vaults can be seen from underground.

The Gupteshwar Mahadev Cave is one of the oldest in Southeast Asia. Gupteshwar Mahadev means 'The Hidden God', based on the fact that the miraculous Lingam was found in the depths of the cave. There are different opinions about the origin of the Lingam. Some believe that He was naturally carved by drops of water underground, while others are sure that he is a Swayambhu, a self-manifested Lingam.

TAL BARAHI TEMPLE

This temple is also called the Lake Temple. It has been established in honor of Barahi, the goddess who is an incarnation of Goddess Durga. The word 'Barahi' or 'Varahi' means 'boar'. The goddess took this form to fight mighty demons and killed them with her tusks.



After the fight, she went to the Pokhara Valley and wanted to stay there. As of that time, this form of Durga has been an important deity for the Hindus in Nepal. The Temple is a two-storey pagoda standing on a small island on Phewa Lake. Both Hindus and Buddhists come here to worship the goddess.





Day 4

September 14, Saturday

Drive towards Sarangkot Tower and Shiva Temple for sunrise and see panoramic view of Machchapuchchre and Annapurna Range. Atma Kriya Yoga common practice in open air in Sarangkot. Visit to Divine Mother Temple and Wite Pagoda.

SARANGKOT

Sarangkot is an amazing place to visit. From the top of the mountain tourists have an incredible view. The peak of Sarangkot is the highest point in the vicinity of Pokhara (1590 m). From this height, you can observe the Great Himalayan Range, the Pokhara Valley and Phewa Lake. The picturesque Lake Phewa, part of the Annapurna National Park, is a real treasure of Nepal. In clear weather, Annapurna Mountain – one of the highest mountains of the Himalayan range and the most dangerous for climbing – is reflected in the surface of the lake. There is an island on the lake with the Tal Barahi Temple. It is a small and colorful temple, surrounded by water from all sides. It is pleasant to stroll around the island on foot or take a boat.



MACHCHAPUCHCHRE

Machchapuchchre is a mountain about 7000 meters high that is part of the Annapurna massif. The name is translated as 'fish tail'. These places are considered the most untouched on Earth, and it is believed that Shiva takes rest here. This mountain has been banned from climbing; however, one can visit a camp at 3700 meters and walk around.



VINDHYAVASINI TEMPLE

It is the oldest temple in Pokhara, with a flow of pilgrims arriving here from all over the world. According to the legend, the king of Kaski, Siddhi Narayan Shah, once saw a dream about establishing a temple for goddess Vindhyavasini (a form of Durga that appeared when king Kansa wanted to kill the eighth child of Devaki and Vasudeva). So, the king sent his men to India to get a murti of the goddess. On the way back, the men set a camp for the night in the current location of the Temple. When they wanted to resume their journey the next morning, they could not lift the murti from the ground. When he heard about this, the king ordered to establish the Temple on that same place.





Day 5

September 15, Sunday

Drive towards Jomsom in jeeps. Visit to Rupse Water Falls and Galeshwar Dham - the place where King Bharat spent his three continuous lives.





JOMSOM

Jomsom is located to the North of Pokhara, on both shores of Kali-Gandaki River, at an altitude of 2760 meters above sea level. Kali-Gandaki River flows in the same-name gorge, the deepest gorge in the world. Here live the sacred Shaligrams, incarnation of Lord Narayana in the form of ancient ammonites. Scientists estimate that the ammonites from the Kali-Gandaki waterway are 140-165 million years old. Two Himalayan giants are located on both sides of the gorge: Dhaulagiri Mountain (8167 meters) to the West, and Annapurna (8091) to the East. Because of the depth of the gorge, it is always very windy here, except for mornings.

The valley makes an indelible impression with its beauty and scale. In dry times, it looks like a completely flat 'ribbon' with several lacy streams shining under the mountain sun. However, during the rainy season, Kali-Gandaki spills over the entire valley. Kali-Gandaki Gorge has been used as a trade route between Nepal and Tibet for ages, and today it is used as a footpath between Pokhara and Muktinath.





Jaleshwar Mahadev Temple

Jaleshwar Dham is a temple that almost no one knows about, but with an incredible history. The Srimad Bhagavatam describes several significant events associated with Jaleshwar Dham, such as a place where King Bharata meditated. Here you can also find an incredibly large Shaligram, an incarnation of Lord Vishnu Himself.

Rupse Water Falls

The nature of these places differs markedly from the main part of the Himalayas of Nepal. Only low green mountains of the Himalayas are visible, while the giant mountains with snow-covered peaks are hidden. The trees are generously hung with garlands of vines, the ground is covered with flowers, and large butterflies fly everywhere. Here we will visit the Tatopani hot springs and Rupse Water Fall.



Day 6

September 16, Monday

Leave for Muktinath - 'the place of salvation of the soul. Visit to main shrine of Muktinath, Om-Chanting and Atma Kriya Yoga with Swamiji.





MUKTINATH

Hindus call the valley of Muktinath 'Mukti Kshetra' – 'place of the salvation of the soul'. It is one of the 51 Shakti-pithas. So far, out of 51 total, only a few Shakti-pithas have been discovered, one of which is located in the Muktinath Valley, where Sati's forehead fell. Buddhists have a different name for this site, called 'Chumig Gyatsa', which in Tibetan means 'one hundred sacred waters'. At the Temple of Muktinath, there are 108 sacred springs of Muktidhara. It is said that bathing in these springs can grant liberation.

Sri Muktinath means 'Lord of Liberation'. It is one of the 8 main temples of Lord Vishnu. The Temple exterior is very small and modest, but inside is a spectacular human-sized murti of Sri Vishnu made of pure gold.

In Muktinath there is an eternal non-man-made fire, which was brought here by Lord Brahma to conduct yajna. When Lord Vishnu petrified and took the form of Shaligrams, pralaya began, the world began to collapse. Then Brahma descended to Earth to perform yajna and save the world. In the very place where Brahma performed the ritual, the fire remained forever. And next to the fire there is a snake of water without beginning and end, which winds without leaving wet traces. This is the hair of Lord Shiva, who was also present at this yajna.



KAGBENI

The legendary Kagbeni Village on the shore of Kali-Gandaki is the gateway to the once forbidden kingdom of Upper Mustang. Historically, this territory belonged to Tibet and was closed for a long time. Only since 2008 Kagbeni has become accessible to travelers.

The village is located on a territory sacred to the Hindus – Shaligram Kshetra in the Kali-Gandaki Valley.



Day 7

September 17, Tuesday

Drive towards Pokhara. Enroute stop on Kali-Gandaki Valley. Free time for shopping in Pokhara.





Day 8

September 18, Wednesday

Flight to Khatmandu. Visit Bhaktapur and several incredible temples.

BHAKTAPUR

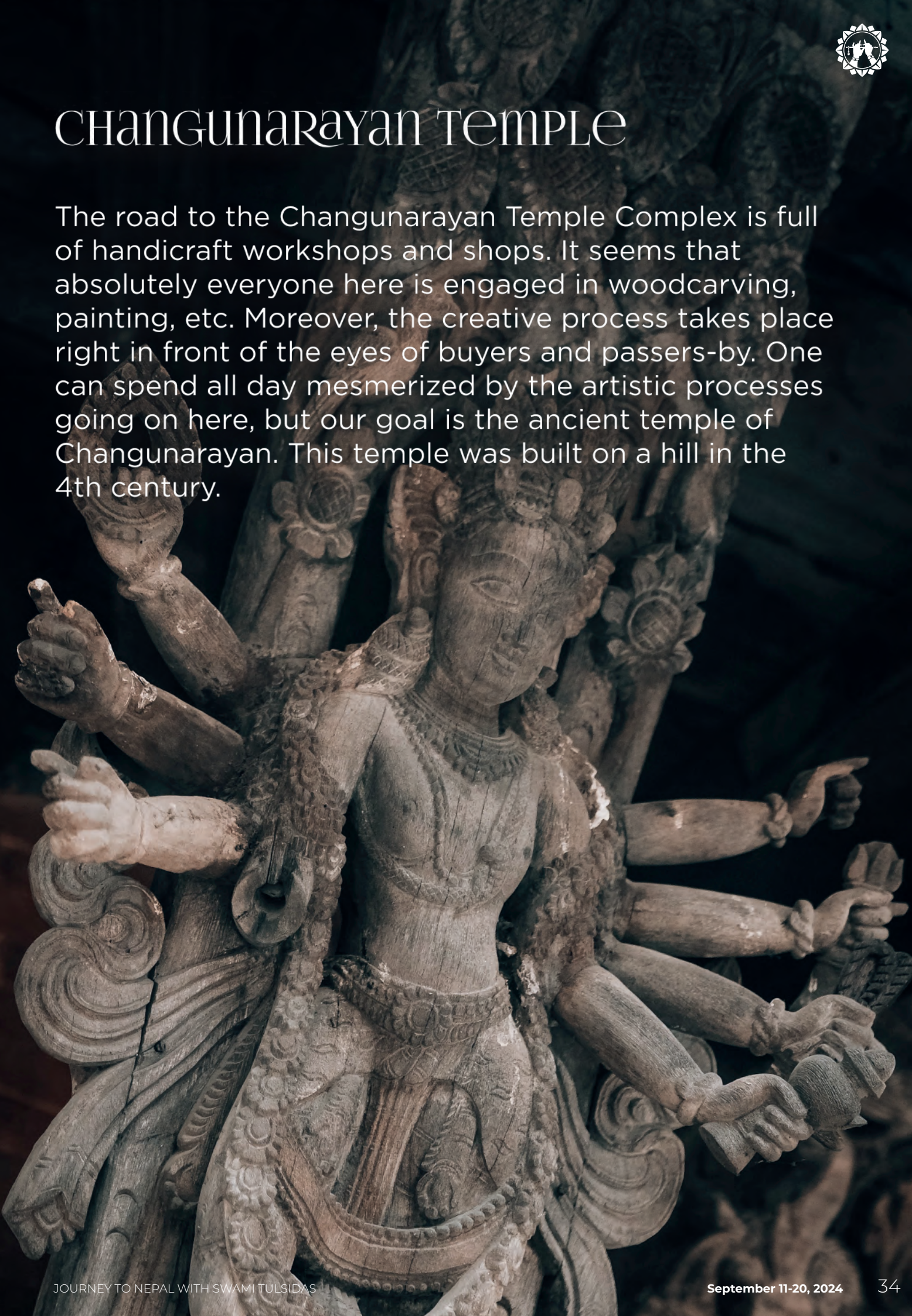
Bhaktapur is the smallest city of Nepal located only 13 kilometers away from Kathmandu. In 12-15th centuries, this city was the capital, and nowadays it is one of the most visited locations in the country. This ancient city is famous for its art, colorful festivals, traditional dances and Newari culture. Newars are inhabitants of the Kathmandu Valley, who have authentic language, cuisine and traditions.





CHANGUNARAYAN TEMPLE

The road to the Changunarayan Temple Complex is full of handicraft workshops and shops. It seems that absolutely everyone here is engaged in woodcarving, painting, etc. Moreover, the creative process takes place right in front of the eyes of buyers and passers-by. One can spend all day mesmerized by the artistic processes going on here, but our goal is the ancient temple of Changunarayan. This temple was built on a hill in the 4th century.





Day 9 September 19, Thursday

Visit to Doleshwar Mahadev Temple and the Ashram and Samadhi of Swami Visuddha Dev. Meditation in the Resort.

DOLESHWAR MAHADEV TEMPLE

Doleshwar Mahadev Temple is located 20 kilometers from Kathmandu, but has a close connection with Kedarnath, located in the Indian Himalayas.

Mahabharata narrates that after winning the holy battle on Kurukshetra, the Pandava brothers went to Varanasi, the city of Shiva, to pray to Mahadev to redeem the sin of fratricide. Shiva, however, disguised himself in the form of a bull and ran to the Himalayas. The Pandavas recognised the Lord and started chasing after him. They reached Shiva in Kedarnath. Mahadev decided to hide under the earth from them but Bhima caught the mighty bull's back.



Therefore, Mahadev failed to timely escape and left his hump outside, and partially manifested in other places of the Himalayas. In Bhaktapur, the bull's head of Mahadev remained above the ground. Shiva was touched by the determination of the Pandavas and blessed them, forgiving all their sins.





Day 10

September 20, Friday

Atma Kriya Yoga with Swami Tulsidas.
Abhisekam to Paranitya Narasimha.
Free time to explore Kathmandu and for shopping.





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+351 939993196
+91 9557338457