

*JOURNEY TO INDIA*  
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**THE DIVINE SOURCES OF INDIA**

A 19-day journey taking you to the divine Indian cities of Haridwar,  
Rishikesh, Dharamshala and Amritsar.

Departure dates:

15<sup>th</sup> January '2018 to 2<sup>nd</sup> February'2018



Dharamshala.

This journey has been put together from the core of Indian thought to experience the nation's yogic and spiritual range.

Brief description of this journey

IINDIA: - In India, religions are distinguished by a diversity of different religious beliefs and practices, though the objective is similar. This journey, therefore, has been designed to acquaint you with the wisdom of three of India's core religions: Hinduism, Buddhism and Sikhism.

For ages, spirituality has had a profound presence in Indian religious life. Both yoga and meditation are powerful tools for steadying the feeble body and calming the disturbed mind. This journey, therefore, is a combination of touring India, meeting local people, observing the daily rituals of different faiths and traditions, with yoga and meditation classes being provided at suitable places.

Throughout this journey, you will travel by private comfortable cars, stay at high-end hotels and enjoy Indian vegetarian feasts, while attending yoga and meditation classes at regular opportunities.

### A brief description of the three main faiths and destinations

#### Hinduism

The essence of Hinduism is that all souls of living individuals have been created by the Spirit Brahma and that it is the wish of each soul finally to return to Brahma,cleansed of all impurities and sins of this world.

To observe how this concept is embodied in the day-to-day lives of Indians, we



will visit Haridwar, Situated along the banks of the River Ganges, the sacred Hindu River. The River Ganges is revered as a Mother by Indians; each morning and evening you will witness how thousands of people are struggling to balance their dharma and karma (duties and actions in life) on the Ghats (Banks) of the River Ganges. Prayer,





survival, life and death go hand in hand, with the ultimate idea of getting moksha: freedom from this world.



Our next destination is the city of Rishikesh. This is located on the banks of

River Ganges in the foothills of Himalayas. It is known as the gateway to the Grahwal Himalayas and as the yoga capital city of the world. We take a few days' break here to do meditation and yoga under the guidance of one of the disciples of Yoga Guru Swami Ramdev.



We are visiting the city of Varanasi, This is one of the holiest of Hindu cities and a centre of pilgrimage, considered to be a giver of salvation by the Hindu faith. The Kumbh Mella pilgrimage of faith takes place here once every twelve years.



Buddhism  
Buddhism is a faith that fits into a variety of traditions, beliefs and practices

largely based on the teachings attributed to Siddhartha Gautama, who is commonly known as the Buddha, meaning ‘the awakened one’. Buddha is recognized by Buddhists as an awakened or enlightened teacher who shared his insights to help living beings end their suffering. This is achieved by eliminating ignorance and craving through understanding, with the ultimate goal of attaining the sublime state of nirvana.



This journey will take us through the main Buddhist seat, which is Dharamsala,

His Holiness the Dalai Lama has his residence in Dharamshala. If we are lucky enough, we may perhaps meet

the Dalai Lama during his discourse. Dharamshala is also home to thousands of Tibetan Refugees.



Another place we will visit is Bodhgya.

It was in Bodhgya that Buddha attained enlightenment under the Mahabodi tree, This is an, important pilgrimage site for Buddhists.

Then we will also visit close-by Sarnath, not far from Varanasi, situated at the confluence of Rivers



Ganges and Varuna. Sarnath is renowned for ancient Buddhist shrines and stupas. We will be having private meditation classes here with a Buddhist priest.

### Sikhism

The Sikhs are followers of their ten Gurus (Guru meaning ‘spiritually privileged’). The chain of gurus begins with Guru Nanak and ends with Guru Gobind Singh. Guru Nanak established the first vision of God at an early age and ordered his disciples to spread peace, mainly between Hindus and Muslims.

Our Journey includes visiting Amritsar,



a city in the Punjab. Amritsar is famous for its Golden temple, which is popularly known as Sri Harmandir sahib. It is the holiest Gurdwara of Sikhism and houses sacred scriptures of the Sikh religion. Each day around 100,000 people are fed free at the golden temple.

For a detailed itinerary with prices and conditions, please contact Virender Prakash

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