What is a ‘spiritual journey’? What does this term mean to Omalaya? What is our vision?

Take a journey with Omalaya and you will be introduced to the extraordinary life of the spirit by an expert guide - be it a recognised Buddhist master, a shaman from an ancient lineage or a layperson of inspiring compassion. All of our guides are eager to share their beliefs with Westerners, to promote their rich, endangered culture and to light the way to knowledge and wisdom.

Omalaya’s journeys are based on unique encounters and authentic activities, designed to help you forge personal connections with inspiring people, places, and cultures. Rather than simply observing, we invite you to immerse yourself in a series of unique experiences.

Omalaya will also introduce you to historic Himalayan sites brimming with sacred energy - sites visited by Buddhist masters at key moments on their paths, sites of ancient tradition, and landscapes of infinite beauty... You will be awakened to a world of opportunity for spiritual development.

Salaries and donations given to our guides and experts help sustain them on a day-to-day basis but also benefit their communities and thus safeguard their heritage.

The profound concept of sharing and transmission, of giving and receiving, lies at the root of all Asian philosophies. Omalaya puts this into practice, offering mutual encounters with guides, local experts and communities, our travel team and other members of your group.
Our exclusive Kalachakra 2017 tour offers a rare opportunity to attend the Dalai Lama's sacred Kalachakra initiation in Bodhgaya. This rite of passage will open the hearts of pilgrims to tantric teachings in the beautiful surroundings of Bodhgaya's sacred land.

Under the expert guidance of Geshe Tsering and a local Tibetan guide, you will embark upon a personal spiritual journey to receive the Kalachakra initiation and teachings.

Whether you are a practising Buddhist or an interested observer, you will be given the opportunity to gain intimate insight into the applications of the Buddha's teachings. Participation in evening review sessions will help you to unravel the secrets of the Tantra and integrate your experience into daily life.

Attend the Dalai Lama's teachings and receive a heartfelt introduction to Buddhism.

Attend the Kalachakra initiation in the most sacred Buddhist location.

Participate in evening review sessions with Geshe Tsering.

Enjoy authentic encounters with a female Tibetan shaman, a yogi, a Rinpoche, and an amchi (doctor of Tibetan medicine).

Your Kalachakra Tour:

Heart of Kalachakra Tour with Geshe Tsering

Your experience:

Dates:
2nd to 15th January 2017

Bookings & inquiries:
registration@omalayatravel.com
www.omalayatravel.com
Program Summary

Day 1: Arrival in Delhi.
Monday, January 2, 2017

Day 2: Delhi-Bodhgaya. Discovery of the Buddha’s Awakening place.
Tuesday, January 3, 2017

Day 3 to Day 4: Kalachakra ritual preparation.
Wednesday, January 4, 2017 to Thursday, January 5, 2017

Day 5 to Day 7: Kalachakra preliminary and review teachings.
Friday, January 6, 2017 to Sunday, January 8, 2017

Day 8: Kalachakra ritual and Offer dancing.
Monday, January 9, 2017

Day 9 to Day 12: Kalachakra Initiation.
Tuesday, January 10, 2017 to Friday, January 13, 2017

Saturday, January 14, 2017

Day 14: Last moments in India.
Sunday, January 15, 2017

Dates:
2nd to 15th January 2017

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Dates:
2nd to 15th January 2017
Our partner Hotel

Hotel Royal Residency, Bodhgaya
TripAdvisor Traveller’s Choice Winner

The tour includes eleven nights’ stay at the four-star Hotel Royal Residency. Ranked by TripAdvisor as Bodhgaya’s number one hotel, the Royal Residency provides easy access to Mahabodhi temple and the Kalachakra teaching ground. Furnished to a high standard, each room is equipped with two bathrooms. The hotel is most often frequented by Japanese pilgrims following the Buddha’s path.

It is one of the best and the oldest four-star hotel in Bodhgaya.

www.theroyalresidency.co

Your Teacher and Expert Guide: Geshe Tsering

Geshe Tsering teaches the Buddhist philosophy classes at Library of Tibetan Works and Archives, India since 2014.

He was born in Kham Drango, Tibet. He began his religious studies at the age of eighteen with his uncle at Rasang mountain retreat in Tibet. He then continued to study Buddhist philosophy in Drango Monastery for five years. He fled Tibet in 1988 and studied Buddhism for the next 25 years in Drepung Monastic University in south India. He received his Geshe Lharampa degree from the same university in 2013. After that he studied tantra at Gyume Tantric University for one year. He was invited to teach at the LTWA in 2014.

Your Interpreter: Dr Chok Tenzin Monlam

Dr. Chok Tenzin Monlam is the head of the Research and Translation Department of Library of Tibetan Works and Archives, India. He has been doing research on teaching-learning methods for Tibetan as a foreign language since 2001 and has been using his findings to teach students since he joined the Library of Tibetan Works and Archives in 2007. In 2012, he taught Tibetan language at the Summer Language Program at the University of Virginia.

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“The initiation to the Kalachakra is one of the most important ... because it takes everything into account: the body and the human mind, and the whole external aspect – cosmic and astrological. We firmly believe in its power to reduce conflict and we believe it is capable of creating ... peace of spirit and therefore peace in the world.”

-- His Holiness the 14th Dalai Lama
**DAY 1: ARRIVAL IN DELHI.**
**MONDAY, JANUARY 2, 2017**
Arrive in Delhi and check in hotel. Take rest.

**DAY 2: DELHI. BODHGAYA.**
**TUESDAY, JANUARY 3, 2017**
Fly to Bodhgaya and check in the hotel.

After, you will join Geshe Tsering on a visit to the sacred **Mahabodhi Temple**, where Prince Siddhartha meditated under the bodhi tree and attained nirvana more than 2,500 years ago, thus becoming the Buddha. Learn to recite the Heart Sutra and join hundreds of pilgrims in prayer for compassion and world peace.

**DAY 3 - DAY 4: BODHGAYA.**
**WEDNESDAY, JANUARY 4, 2017 TO THURSDAY, JANUARY 5, 2017**
**KALACHAKRA RITUAL PREPARATION**
For two days, you will participate in the **Kalachakra Ritual Preparation** and the accompanying prayers.

You will also visit the sites of **Nalanda**, where you can see the ruins of the oldest Buddhist university and **Rajgir**, also known as the «Vultures Peak» where the Buddha spent few years of his life.

**DAY 5 TO DAY 7: BODHGAYA.**
**FRIDAY, JANUARY 6, 2017 TO SUNDAY, JANUARY 8, 2017**
**KALACHAKRA PRELIMINARY AND REVIEW TEACHINGS**
The Dalai Lama considers the preliminary teachings to be more important than the Kalachakra initiation itself.

Kalachakra 2017 preliminary teachings His Holiness will give on **Shantideva's A Guide to the Bodhisattva's Way of Life (chodjug)** and **Kamalashila’s The Middling States of Meditation (gomrim barpa)**.

**Chodjug** is the ancient text and it was composed by Saint/Scholar Shantideva of Nalanda University for developing compassion and experience of Void Nature. The Guide to Bodhisattva's Way of Life (chodjug) is the favourite text from which His Holiness had taught to everyone of us from the beggar to king with the same passion as a teacher, spiritual friend and fellow human being.

**Kamalashila’s The Middling States of Meditation (Gomrim barpa)** is foundation of all the meditation practice in Tibet until now.

Each evening, Geshe Tsering will recap and discuss the concepts recounted by His Holiness earlier in the day.

**DAY 8: BODHGAYA.**
**MONDAY, JANUARY 9, 2017**
**KALACHAKRA RITUAL AND OFFER DANCING**
Today you will participate in the Kalachakra ritual and offering dance. After, you could enjoy a free day in Bodhgaya.
Over the next four days, you will participate in the Kalachakra initiation – a profoundly rich experience where dance, monastic prayer and sacred relics intertwine in the build-up to one of the highest Buddhist ceremonies.

The initiation is a rite of passage for all monks, nuns, and pilgrims. The teachings will unveil the Kalachakra mandala and the kingdom of Shambala – the source of compassion, purification and peace. The Dalai Lama will offer instruction to draw all people on to the path of wisdom.

The initiation will be in three parts, with further explanation by Geshe Tsering in the evenings.

**PART ONE: REBIRTH**

Experience ‘rebirth’ amongst thousands of Buddhist devotees. Before the Dalai Lama commences the Kalachakra initiation, the Vajra Master must request permission from the gods, goddesses, and local spirits to use their home – the Kalachakra mandala. During this first ritual, you will observe monks dressed in brocade tantric tiaras and bone jewellery performing sacred dances to connect with the energy of the Kalachakra deities.

**PART TWO: ENTRY – BEING AT ONE WITH THE MANDALA**

You will participate in a pledge to free all beings from the cycle of duality. Monks will distribute red headbands to the devotees, who will place them across their foreheads. The removal of the headbands represents the purification of our negativities and our entry into the mandala. Endowed with clear, compassionate motivation, you will be ready to receive the Kalachakra initiation.

Next you will participate in a meditation on the theme of the nature of ‘emptiness’, with a mirror symbolizing the purification of consciousness.

The Dalai Lama will conduct seven symbolic initiations, providing a full commentary on each of his movements and gestures.

- **The Water Initiation** symbolises the first bath given to a newborn baby by its mother, to purify the five bodily elements of earth, water, fire, wind and space, and transform them into deities. The Dalai Lama represents this by pouring water into a consecrated vessel.

- **The Crown Initiation** is associated with tying the hair on the top of a child’s head. The hair represents the thousand of the threads that binds us to duality, which we cut when taking monastic vows. By knotting the hair at the crown of the head, one is freed from ‘seizure’ and ‘appropriation’.

- **The Silk Ribbon Initiation** cleanses the psycho-physical defilements that circulate in our autonomic nervous system, which determines motor-neuro function of the joints and the act of walking.

- **The Vajra and Bell Initiation** symbolises a child’s acquisition of laughter and the ability to articulate sounds. It is linked to the enunciation of ideas via speech and is represented by the Dalai Lama’s ringing of bells.

- **The Conduct Initiation** corresponds to the teaching of a child as he/she discovers the world of the senses. It represents the realisation of emptiness.

- **The Name Initiation** symbolises a child’s naming ceremony, and purifies our faculties of action.

- **The Permission Initiation** corresponds to the lessons that a father teaches his child. The lessons we receive enable us to act appropriately. This final initiation empowers us to benefit others by teaching the Dharma, which in turn frees us from pain.

The ritual will conclude with a meditation on the theme of emptiness, as represented by a mirror – the symbol of purified consciousness.
Saturday, January 14, 2017

Long Life Prayer

A long-life prayer ceremony will be dedicated to the Dalai Lama. Devotees believe that when a spiritual master dies, it is because many beings from another realm have prayed that he may come to teach them. To postpone this moment, an effigy representing the Dalai Lama will be offered as a substitute master and teacher. The Dalai Lama will then be presented with offerings, prayers, and dances by the Tibetan and local communities.

In the afternoon, we will take you flight back to Delhi.

Day 14: Delhi.
Sunday, January 15, 2017

Your international flight home.

Namasté, Tashi Delek, and enjoy your trip!

Dates: 2nd to 15th January 2017

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MEET AN AMCHI (DOCTOR OF TIBETAN MEDICINE):

Amchis are traditional holders of knowledge of the Tibetan art and science of healing – the longest surviving uninterrupted medical system in human civilisation, which includes traditional medicine, astronomy, and astrology. The core motivation of an amchi is the well-being and happiness of the patient.

ENCOUNTER WITH A YOGI:

An opportunity to experience the yogic tradition in action. A yogi is a person who has dedicated his/her life to meditation and contemplation in solitary retreat, with only occasional contact with the outside world. The yogi will sing songs of the beloved Yogi Milarepa and perform an energetic chod session, exploring the roots of the inner feelings of the ‘self’.

SESSION WITH A LHAMO (SHAMAN ORACLE):

A lhamo is a renowned person consulted as an oracle healer by Buddhists, Hindus and Muslims throughout the Himalayan region. Lhamos (or Ihaps, when referring to female shamans) commune with both good and bad spirits by entering into a state of trance. They are experts in communication beyond the human realm and may perform blessings, divinations and healing sessions whilst in a state of trance.

Note:

Meetings with yogis, shamans, Rinpoches and amchis, and visits to Rajgir, Nalanda and Mahakala cave will depend upon the final Kalachakra timetable.

Bookings & inquiries: registration@omalayatravel.com www.omalayatravel.com

Dates:
2nd to 15th January 2017
LOCATION:
The Kalachakra 2017 initiation will be held at the Kalachakra ground near Mahabodhi Temple, Bodhgaya, in the state of Bihar.

ORGANISER:
The Department of Religion and Culture of the Central Tibetan Administration will be the main organiser and sponsor of the Kalachakra teachings.

KALACHAKRA IN BODHGAYA:
Since 1954, His Holiness has led a total of 33 Kalachakra initiations. Four have been held in Bodhgaya, in 1974, 1985, 2003 and 2012.

TEACHINGS:
The subject of the teachings will be announced in due course. Teaching hours are decided one or two days in advance.

HIGHLIGHTS:
Tibetans will dedicate a long-life prayer ceremony to the Dalai Lama.

REGISTRATION:
In general, the Dalai Lama’s teachings in India are free and open to the public. At present, there is a requirement to register to attend the Kalachakra initiation. We will assist you in obtaining a permit, for which you will need to present your passport and two passport-sized photos. Teaching hours are decided one or two days prior to the event.

SEATING:
Our team will arrange seating for you in the English translation area during the Kalachakra teachings and initiation. In India, seating is usually on the ground. The convention amongst Tibetans is to mark a spot on the first day with a cushion or piece of cloth, and to keep to it for the duration.

TRANSLATION:
The Dalai Lama teaches primarily in Tibetan. During most of his teachings in India, official translation into English and a few other languages is provided via FM radio, depending on the availability of approved translators. You are advised to bring a pocket-sized FM radio or MP3 player with radio. Please note that mobile phones are not permitted inside the teaching area.
**Duration:** 14 Days

**Dates:** 2nd to 15th January 2017

**Price:** 3450 USD / person (flights Delhi-Gaya-Delhi included)

**Included**
- Breakfast.
- All transfers to/from Airports and hotels.
- All transportations throughout the itinerary.
- Entry fees to all sites included in the itinerary.
- The guidance of Geshe Tsering from Day 2 to Day 13.
- An english-speaking guide throughout the trip.
- Honorarium for Geshe Tsering.
- Assistance for Registration for the Kalachakra teachings and initiation.
- Mineral Water (one bottle per person per day).

**Not Included**
- Single supplement: 1450 USD.
- International flights to Delhi (although we are happy to provide assistance with ticket booking).
- Visa fees (It is your responsibility to obtain your own visa prior to travel).
- Cancellation/travel Insurance (it is compulsory to have travel insurance including cover for medical repatriation).
- Beverages.
- Lunch and dinner.
- Personal expenditure and tips for local drivers, hotel staff and guides (100 USD).

**Accommodation**
- 11 nights in Bodhgaya in 4**** hotel.
- 2 nights in Delhi in 5***** hotel.

**Transportation**
- By air Delhi to Bodhgaya and Bodhgaya to Delhi.
- By AC Deluxe Bus or Taxi Innova for the rest of the trip.

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