

# Mystic-Asia

in Tibet



“In a thousand Ages of the Gods I could not tell thee the Glory of the Kailash.... just as the dew is dried by the morning sun, so are the sins of mankind by the sight of the Kailash”

- Skanda Purana

**N**ot for the fainthearted, an adventure to Mount Kailash is fully appreciated by those who truly wish to enjoy the essence of such an experience. Its sheer beauty and magnificence beckons the pilgrim and traveler alike. The journey is not a test of physical strength. What is required is heartfelt devotion, mental resolve and a burning desire to experience the Divine. It is a journey through breathtaking landscapes, sacred mountains and tranquil lakes, which creates serenity and peace..... Time seems to stand still reinforcing our belief in the Supreme Creator.....Nature.



## THE GLORY OF MOUNT KAILASH

Soaring 22,000 feet above sea level and rising from the shores of the sacred Mansarovar Lake, Mount Kailash (or "Precious Jewel of the Snows"), is located in Western Tibet and is the world's most holy and venerated mountain.

Revered by millions, it is a sacred site for four religions- the Hindus, Buddhists, Jains and the Bonpos (an indigenous pre-Buddhist animist group). It is believed that making a pilgrimage to this holy mountain releases a seeker from the bondages of life's delusions and has the power to change the seeker's relationship with the Divine.

For the Hindus the legend of Mount Kailash is deeply embedded in the myths of ancient Asia and is believed to be the birthplace and also the place where Lord Shiva gained enlightenment. Legend has it that Lord Shiva's deep meditation atop the mountain could only be distracted by the beauty of his consort Goddess Parvati, where they lived together in Divine bliss practicing severe ascetic austerities as well as in Divine Tantric union. The mountain is believed to be the central pillar for life, its roots in hell and its summit kissing the heavens.

Buddhists, on the other hand, call this revered Mountain Kang Rimpoche and for the Tibetans a journey to Mount Kailash signifies their personal journeys through life, from darkness to light, from selfishness to a greater connectedness with life. Buddhists recommend that this journey be done at least once in a lifetime. Lord Buddha and the 12th century Buddhist sage Milarepa are both said to have visited the Holy mountain.

## The Journey

For this challenging yet exciting thirteen-day adventure, be prepared to remain away from modern luxuries and instead open the doors of your heart to some of the most beautiful natural landscapes you will have seen in your life. We will take you through undulating green valleys, sacred lakes, enigmatic tantric caves, rough treks, mountain plane and helicopter rides, jeep rides and if we are lucky we may be able to see local performances of shamanic rituals and chants. Throughout the journey we will be accompanied by local sherpas and several pilgrims from the Bonpa tradition saying their prayers as they trek along to reach the heights of their final destination. On reaching our base camp in Darchen on day 5 there will be an optional 4- day trek across the Dolma-La Pass at 16,000 ft above sea level for those who wish to complete the outer circumambulation of the sacred Mountain. For the less adventurous, a three day stop will be organized by the revered Lake Mansarovar.



### Swami Anubhavananda

This will be Swami Anubhavananda's second trip to Mount Kailash. He has kindly graced us with his time and will guide us spiritually through this journey.

Swami Anubhavananda is a teacher of Vedanta and devotes his entire life to bringing the knowledge of the ancient wisdom of the Indian Scriptures to the people through his unique style of using wit, humour and laughter. His teachings take him all over the world such as the US, Europe, Australia, South Africa etc. His motto is "Be Happy".

For more info please check [www.behappyinc.org](http://www.behappyinc.org)



### Mala Barua

Mala Barua launched Mystic-Asia in 2007. The objective of this company is to share the ancient wisdom and rich spiritual heritage of India with others. She has lived in London, Hong Kong and Singapore and currently resides in New Delhi, India. She creates interesting and unusual retreats with a spiritual bent in exotic parts of Asia and keeps her groups small so that the richness of the experience is not diluted. With the growing demand for knowledge in the healing and spiritual world she hopes to be a bridge through which authentic spiritual teachings can be reached to more and more people. Mala is a keen practitioner of Yoga, Pranayam, Meditation and Tai Chi.





## INVESTMENT

Rs 1,50,000 for Indian nationals  
US\$ 3500 + US\$ 700 (for special permits) for non-Indian passport holders

## INVESTMENT INCLUDES

- all accommodation for 11 nights on twin share basis
- all vegetarian meals cooked by the local sherpas
- sightseeing tours in Kathmandu, Nepal
- airport transfers to and from Kathmandu airport
- all domestic airfares and airport taxes as per itinerary
- Tibet/China Visa fees and other permits
- All transportation for 11 days
- Sleeping bags, gamow bags and oxygen cylinders for all groups
- Chinese speaking guides throughout the journey

## INVESTMENT DOES NOT INCLUDE

- International airport taxes
- Tibet urgent visa fees
- Extra costs which may arise due to prolonged delays of flights etc due to unforeseen circumstances such as bad weather, government regulations, curfews etc which are beyond the control of Mystic-Asia
- Personal expenses, tips and gratuities
- Down jackets
- Insurance against loss of baggage, medical, accident, death and other calamities

## ACCOMODATION

In Kathmandu, a 5-star category hotel will be provided on twin share basis. In Tibet the guest houses are very basic. While on the parikrama, two-man high altitude tents will be provided. No laundry services are available while in Tibet.

Additional information will be given after registration. The group is limited to 30 persons so please book early.

For registration please contact the following:



Contact:

Mala Barua

Email: [mala@mystic-asia.in](mailto:mala@mystic-asia.in)

Phone No.: +91 9811086976

Address: A 53, Nizamuddin East, New Delhi 110013, India

[www.mystic-asia.in](http://www.mystic-asia.in)