

**Change Your Mind, Change Your Life – a three day teaching and practice program in North India with Jetsunma Tenzin Palmo**

“When our mind is happy, we feel happy – however wretched our surroundings. When we are depressed, it doesn’t matter even if we are living in a palace. Since happiness and unhappiness mainly depend on the mind, it makes good sense to learn to cultivate a mind that is peaceful and aware.”

*Jetsunma Tenzin Palmo speaking on the topic of the three day teaching program*

The central feature of this two week visit to north India is a private three day teaching with Jetsunma Tenzin Palmo. Jetsunma has given the topic of the teachings as ‘Change Your Mind, Change Your Life’. The program will focus on basic Mahamudra type meditation practice, along with techniques to cultivate awareness and mindfulness in our daily life. *Jetsunma Tenzin Palmo has recently completed her last major international teaching tour and will now spend most of her time in India at the Dongyu Gatsal Ling Nunnery, so this is a rare opportunity to participate in teachings. Furthermore the group is limited to approximately 20 participants, giving us an intimate teaching/learning environment.*

In addition to the teachings, we will spend time in Dharamsala, the home in exile of His Holiness the Dalai Lama and a large Tibetan community. Here we visit some of the many organisations and institutions that have been created in order to support the Tibetan Diaspora, including Tibetan Buddhist monasteries and nunneries, schools and orphanages, teaching centres and museums. With free time to enjoy the beauty of the Himalayan setting and explore the town and surroundings at your own pace, as well as organised activities which will afford interaction with local Tibetan and Indian friends, our two weeks will be full of good company, wonderment and joyful practice.

Accompanying the group will be Lincoln Harris, formerly a group tour leader in Dharamsala and India, and more recently based in Australia working as the director of India Unbound, a travel company specialising in travel to India. Assisting Lincoln with accommodation and transport arrangements for the trip is a team of local staff based in Delhi and Dharamsala.

The trip will have more the feel of a group of friends travelling together to receive teachings and further their practice, rather than a tightly scripted tour. Accommodation is basic – clean and simple and with en suite bathroom.

*All proceeds will be donated to the Dongyu Gatsal Ling, the nunnery that Jetsunma Tenzin Palmo has established to enable young women from the border regions of India and Tibet to fulfil their spiritual and intellectual potential. Please see below for more information on Jetsunma Tenzin Palmo and the Dongyu Gatsal Ling, or visit [www.tenzinpalmo.com](http://www.tenzinpalmo.com)*

## Itinerary

Sunday 14 March arrive Delhi

On arrival you will be met and transferred to the hotel. Once everyone has arrived, we will gather together to meet each other and discuss the coming few days.

Monday 15 March Delhi

Today we will head out for a day of sightseeing in Delhi, with private transport and a local guide to assist us. A walk in Old Delhi, visit to Gandhi's resting place, visit to the modern Baha'i temple and some of Delhi's amazing ancient monuments and historical sites will provide us a small sample of the richness and diversity that this vast city has to offer. Late afternoon return to the hotel for a freshen up before transfer to Delhi station to board an overnight train to Pathankot

Tuesday 16 March Dharamsala

Arrive Pathankot, transfer to McLeod Ganj (Dharamsala). For lunch we have our first try of Tibetan food; spend the afternoon familiarising ourselves with McLeod, including the short Lingkhor walk (through thousands of prayer flags and stones and many prayer wheels to spin!) around the Dalai Lama's residence and Namgyal monastery.

Wednesday 17 March Dharamsala

Morning visit to the museum of Tibetan exile, an at times emotionally moving display of photos, information and artwork relating to the Chinese invasion of Tibet and subsequent exodus of Tibetans from their homeland. Afterwards we visit the gumpa and monastery of His Holiness the Dalai Lama – here the monks can be seen going about their monastic life, including the vigorous debating sessions which are an important part of their training. After lunch free or optional visit to Men See Khan (Tibetan astro-medical institute) and the library of Tibetan works and archives.

Thursday 18 March Dharamsala

Day free for your own activities and explorations. There are many casual classes on offer in McLeod, such as cooking and yoga classes. There are also often documentaries being screened about Tibet and Tibetan Buddhism. The other option is to take a walk in the local area, to explore the hilly area around McLeod Ganj (Lincoln will accompany the walk so there is no chance of getting lost!).

Friday 19 March Dharamsala

After breakfast visit Nyingtob Ling, a home for disadvantaged Tibetan children, where Lincoln will make a contribution on behalf of sponsors from Australia. Located close to Nyingtob Ling is Norbulinka, a centre for the preservation of Tibetan culture, where we can see thanka being painting and other workshops in action. Lunch at the Norbulinka café. After lunch there might be the opportunity to share a public audience with His Holiness the 17<sup>th</sup> Karmapa, head of the Kagyu school of Tibetan Buddhism (to be confirmed).

Saturday 20 March Dharamsala – Bir

Transfer 2 hours to Bir, with a stop en route at Dongyu Gatsal Ling, the nunnery founded by Jetsunma Tenzin Palmo (now her place of residence). Hopefully Jetsunma will be on hand to show us the nunnery and the ongoing work. Continue on a short way to Bir; afternoon free to settle in to our accommodation at Deer Park, where the teachings with Jetsunma will be held over the next couple days.

Sunday 21 March Bir

Teachings - day 1. The format will be a morning and an afternoon session of teachings, with free time either side of the sessions.

Monday 22 March Bir

Teachings day 2

Tuesday 23 March Bir

Teachings day 3

Wednesday 24 March Bir/Tashi Jong

Attend the Guru Padmasambhava dances at Tashi Jong. A description of which is given as: Some monks at Khampagar are studying Buddhist philosophy, and training in ritual activities and practicing different tantric rituals. Annually they perform ritual dances called Cham, generally known as 'lama dances'. Cham is a tantric meditative practice adopting the form of very special dances, where the practitioners perform in full costume according to each particular ritual. Cham dances originated from visions of Guru Padma-sambhava and his eight emanations by Kunga Tendzin, the 3rd Khamtrul Rinpoche. They may be viewed by the general public.

Thursday 25 March Bir – Delhi

During the day we can attend the Lama dances or have free time to enjoy our final day in this special spot. Late afternoon transfer to the train station for overnight journey to Delhi.

Friday 26 March depart Delhi

Arrive Delhi and transfer to the hotel for day use/wash and change before individual transfers to the airport for flights home.

The price per person using a single room is **\$3300** (Australian dollars)

The price per person sharing a twin or double room is **\$3000**

Price includes:

- Room with breakfast in Delhi, Dharamsala and at Deer Park in Bir
- All meals at Deer Park
- Individual car transfers for arrival and departure at Delhi airport, including meeting and assistance on arrival
- Sightseeing and railway station transfers by air conditioned coach
- All necessary transport in and around Dharamsala, Bir and Tashi Jong including transfers to and from Pathankot train station
- English speaking local guide in Delhi
- Train trip Delhi – Dharamsala – Delhi in air conditioned sleeper carriage
- 6 rooms to share between the group for wash and change in Delhi before departure
- All vehicle and land taxes
- Trip coordinated and accompanied by Lincoln Harris

Not included:

- International flights
- Tips, portage and other personal items such as drinks or laundry
- Camera fees at sightseeing places in Delhi

*Please contact Lincoln if you would like to join the trip but are not in a position to pay the full fee*

### Optional visit to Agra and the Taj Mahal

Friday 26 March

Arrive Delhi and transfer to Agra (5 hours); afternoon visit Agra Fort with a local English speaking guide

Saturday 27 March

Dawn visit to Taj Mahal with local guide. Return to hotel for breakfast. Morning free before afternoon return drive to Delhi and transfer to airport for flight

The cost of the visit to Agra is **\$250** per person based on a shared vehicle between four people. The cost will change depending on how many people share the vehicle. The cost includes:

- a single room at Park Plaza Agra with breakfast
- Air conditioned transport with English speaking driver
- local guide to visit the Taj Mahal and Agra Fort

Not included

- tips or entry and camera fees at the monuments.

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### *About Jetsunma Tenzin Palmo*

Jetsunma Tenzin Palmo was raised in London and whilst in her teens she became a Buddhist. In 1964, at the age of twenty, she decided to go to India to pursue her spiritual path.

There she met her Guru, His Eminence the 8th Khamtrul Rinpoche, a great Drukpa Kagyu lama, and became one of the first Westerners to be ordained as a Tibetan Buddhist nun. She remained with Khamtrul Rinpoche and his community in Himachal Pradesh, northern India, for six years and then he directed her to the Himalayan valley of Lahaul in order to undertake more intensive practice. Tenzin Palmo stayed in a small monastery there for several years, remaining in retreat during the long winter months. Then, seeking more seclusion and better conditions for practice, she found a nearby cave where she remained for another 12 years, the last 3 years in strict retreat. She left India in 1988 and went to stay in Italy where she taught at various Dharma centres.

Before H.E. Khamtrul Rinpoche passed away in 1980, he had on several occasions requested Tenzin Palmo to start a nunnery. She understood the importance of this and remembers when in 1993, the Lamas of the Khampagar monastery in Himachal Pradesh India again made the request. This time Tenzin Palmo was ready to take on the formidable task and she began slowly raising interest worldwide.

In January 2000 the first nuns arrived and in 2001 the construction of Dongyu Gatsal Ling Nunnery began and is now, with the ongoing construction of the traditional Temple, nearing completion.

In February 2008 Tenzin Palmo was given the rare title of **Jetsunma**, which means Venerable Master, by His Holiness the 12th Gualwang Drukpa, Head of the Drukpa Kagyu lineage in recognition of her spiritual achievements as a nun and her efforts in promoting the status of female practitioners in Tibetan Buddhism.

Tenzin Palmo spends most of the year at Dongyu Gatsal Ling Nunnery and occasionally gives teachings to raise awareness of DGL nuns and the nunnery.

To find out more about Jetsunma Tenzin Palmo's life, read Vicki Mackenzie's biography *Cave in the Snow* published by Bloomsbury, and see the 'Cave in the Snow' DVD directed by Liz Thompson. Please also visit [www.tenzinpalmo.com](http://www.tenzinpalmo.com) for more information