

The Ultimate Guide to the Benchen And Back Pilgrimage In Kham And Tibet

Welcome to the ultimate guide to the Benchen And Back Pilgrimage in Kham and Tibet! Strap on your hiking boots, grab your camera, and get ready for an unforgettable spiritual journey through breathtaking landscapes, ancient monasteries, and vibrant Tibetan culture.

Are you ready to embark on a pilgrimage that will not only challenge your physical endurance but also nourish your soul? The Benchen And Back Pilgrimage is a once-in-a-lifetime opportunity to experience the rich spiritual heritage of Kham and Tibet while immersing yourself in stunning natural beauty.

What is the Benchen And Back Pilgrimage?

The Benchen And Back Pilgrimage is a sacred journey that takes you through some of the most spiritually significant sites in Kham and Tibet. This pilgrimage is based on the teachings and practices of the Benchen Monastery and offers participants a chance to deepen their understanding of Buddhism, connect with ancient traditions, and achieve personal transformation.



Benchen and Back - A Pilgrimage in Kham and

Tibet by Alex Wilding (Kindle Edition)

★★★★☆ 4.5 out of 5

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Enhanced typesetting : Enabled

Print length : 145 pages

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Screen Reader : Supported



Route and Highlights

The pilgrimage begins at the renowned Benchen Monastery in Kham, where you will receive blessings and guidance from the resident lamas. From there, you will embark on a challenging trek through the stunning landscapes of the Tibetan Plateau, crossing high-altitude passes, serene lakes, and rugged mountain valleys.

As you journey through this sacred land, you will encounter numerous monasteries, each with its own unique history and significance. From the iconic Jokhang Temple in Lhasa to the remote mountain monasteries of Dzogchen and Gongkar, you will witness the devotion and spirituality embedded in every stone and prayer flag.

The Spiritual Experience

The Benchen And Back Pilgrimage is not just a physical journey; it is a deeply transformative spiritual experience. As you traverse the ancient pilgrimage trails, you will have the opportunity to engage in meditation, prayers, and rituals, guided by experienced lamas and masters.

Through these practices, you will gain insights into the profound wisdom of Buddhism, cultivate inner peace and compassion, and connect with the divine presence that permeates this sacred land. Whether you're a seasoned practitioner or new to Buddhist philosophy, this pilgrimage offers an inclusive environment for personal growth and exploration.

Preparing for the Pilgrimage

Embarking on the Benchen And Back Pilgrimage requires careful preparation to ensure a safe and rewarding experience. Here are some essential tips to consider:

Physical Conditioning

The pilgrimage involves trekking at high altitudes and covering long distances over challenging terrains. It is crucial to engage in regular physical exercise and build your endurance and stamina before embarking on this journey. Consult with your healthcare professional for personalized advice and training recommendations.

Packing Essentials

When it comes to packing, it's important to strike a balance between essentials and minimizing weight. Some crucial items include sturdy hiking boots, layered clothing for varying weather conditions, a reliable backpack, a good-quality sleeping bag, and personal medical supplies. Don't forget to pack a camera to capture the awe-inspiring landscapes you'll encounter!

The Benchen And Back Pilgrimage in Kham and Tibet is an extraordinary opportunity for spiritual seekers and adventure enthusiasts alike. It offers a harmonious blend of physical challenge, cultural immersion, and profound spiritual experiences, leaving participants with a deep sense of fulfillment and connection to the divine.

So, are you ready to embark on this transformative journey of a lifetime? Pack your bags, open your heart, and get ready to create everlasting memories on the Benchen And Back Pilgrimage in Kham and Tibet!



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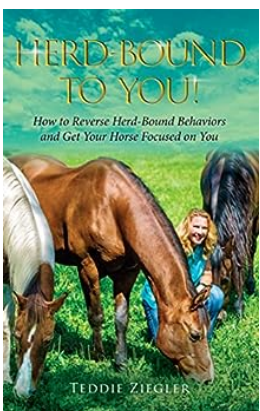
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In 1992 Lama Chime Rinpoche, a Kagyu Lama, spiritual director of Marpa House near Saffron Walden in England, took a group of his students on a pilgrimage to his home monastery of Benchen in Kham, eastern Tibet – the first group of westerners ever to have permission to enter that region. The journey continued to Lhasa and to Tsurphu where the young 17th Karmapa was preparing for his enthronement. This is a journal of that trip, and offers a unique insight into a remarkable time and place.

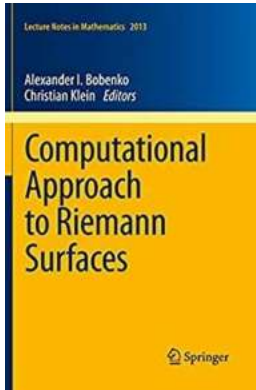
It was written, and originally published on paper, at Chime Rinpoche's request.

The German translation by Rosi Fuchs, "Benchen und Zurück" is included!



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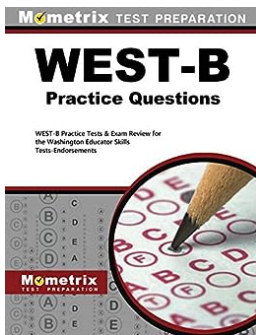
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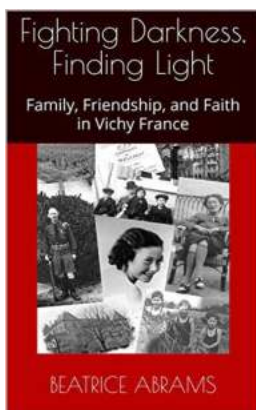
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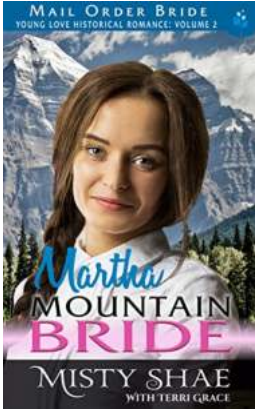
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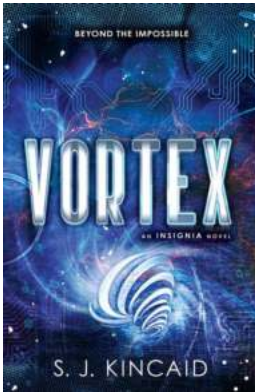
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