



SARNATH INTERNATIONAL NYINGMA INSTITUTE

# The Four Noble Truths Seminar and Pilgrimage

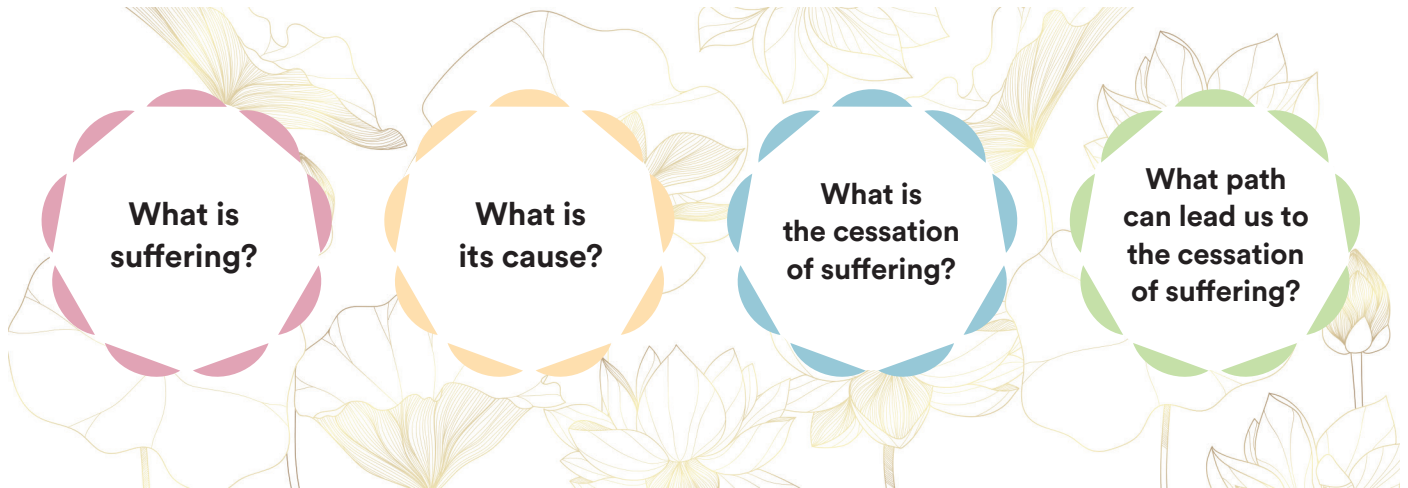
January 5-19, 2024

Sarnath, Rajgir, Nalanda and Bodhgaya, in Northern India



## Introduction

**What relevance does a teaching from the Buddha over 2,500 years ago hold for us today? Not one of us has been spared from suffering. These truths directly resonate with the experiences of all sentient beings. We come together to contemplate the roots of suffering and explore a path forward. Join us at SINI to delve into this transformative journey.**



## Program Description

SINI's Four Noble Truths Program presents a unique opportunity to connect with the Tibetan monastic tradition in a profound way. Former participants have commented on the program's accessible format and life-changing experience of learning with monks at sacred sites of the Buddha's life.

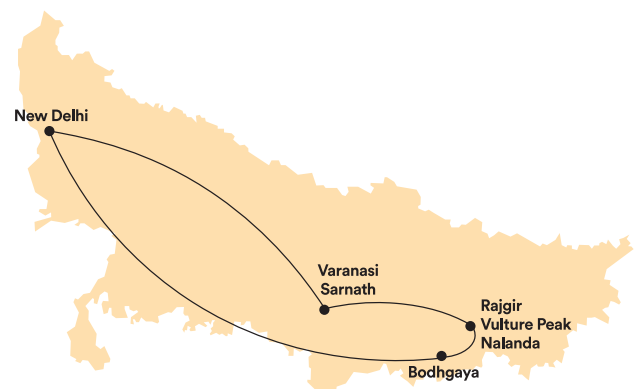
This pilgrimage program combines study and practice rooted in the words of the Buddha. The enlightened insights known as the Four Noble Truths, were taught by the Buddha in Sarnath. These truths, sometimes referred to as the elephant's footprint, are considered so great, vast, and profound, that all other footprints, or the Buddha's teachings, may fit inside.

These teachings that have remained the cornerstone of all Buddhist teaching, are brought into a contemporary context through reflective inquiry, aimed at understanding the root causes of suffering.

As a learning and exchange program, this pilgrimage provides SINI's Khenpos and teachers with valuable opportunities to deliver Dharma talks and engage in discussions in English.

### Pilgrimage Map

SINI's signature FNT program provides an opportunity to delve deeply into the most foundational Buddhist teachings at the places where they were delivered 2500 years ago.





## Pilgrimage Itinerary

Arrival at Varanasi Airport and hotel check-in on January 4

January 5 - 9

### Sarnath

- Opening Ceremony at Sarnath International Nyingma Institute
- Dharma talks on the Four Noble Truths by resident Khenpos
- Review sessions, yoga, chanting, and meditation instruction
- Shared meals with monastics
- Boat tour on the Ganges and guided city walk in Varanasi
- 5 nights at a comfortable hotel in Sarnath

January 10

### Rajgir

- Travel from Sarnath to Rajgir
- 2 nights at a comfortable hotel in Rajgir

January 11

### Vulture Peak

- Reading of the Heart Sutra, chanting, and meditation

### Nalanda

- Guided tour of the archeological site of Nalanda University

January 12 - 19

### Bodhgaya

- Travel from Rajgir to Bodhgaya
- Personal practice at Mahabodhi Temple
- Assistance with offerings to the Assembly
- Manjushri Namasangiti Sanskrit Chanting Ceremony
- Closing ceremony and dedication
- 7 nights at a comfortable hotel in Bodhgaya
- Departure from Gaya Airport



**“Right now you are that ripe potential goodness. You need not hold back. Open it up fully and celebrate: develop confidence and self-sufficiency. This is your freedom of choice. You may ask: how do I do it? When does it happen? And I say: anytime, anyhow.” — Tarthang Rinpoche**

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## **The Four Noble Truths Seminar and Pilgrimage**

**January 5-19, 2024**

**Sarnath, Rajgir, Nalanda and Bodhgaya, in Northern India**

### **Comfort and Ease Option: US \$2,950 per person**

Experience a 14-day pilgrimage program led by Tibetan Buddhist monastics: all-inclusive with teachings, materials, local transportation, site fees, experienced tour guides, and shared accommodations in comfortable hotels. Single room supplement may apply.

### **Yogi Option: US \$500 per person**

Immerse yourself in the seminar's profound teachings offered at SINI and travel as a fellow pilgrim. With this budget-friendly option you arrange your own room, board, and transportation.

Both options invite those with an interest in self-exploration and experienced practitioners alike to embark with us on this transformative journey. All proceeds from this program go directly to supporting SINI's mission.

**Registration deadlines:**

**Register by December 5**, for the Comfort & Ease Option

**Register by December 25**, for the Yogi Option

**Registration at:** <https://site.corsizio.com/c/65136e474109b15242f41542>

Feel free to reach out to SINI International Program Coordinator Renate Marx at [renate.marx@sinibridge.org](mailto:renate.marx@sinibridge.org) if you have any questions or need assistance with registration.



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