

## **Compassion and Wisdom**

### **A Special Opportunity to Deepen Your Spiritual Practice in India**

**January 19 - 31, 2020**

Join Geshe Lobsang Tenzin Negi, Emory University professor and Spiritual Director of Drepung Loseling Monastery, Inc., for a very special opportunity to deepen your understanding of compassion and wisdom. This unique immersion experience at Drepung Loseling Monastery in India combines concentrated meditation practice, guest teachings by Drepung Loseling's renowned masters, and guided discussions—all in a retreat setting honoring the Nalanda tradition.

Nalanda University was one of the world's oldest centers of academic inquiry, similar in stature to the West's Cambridge and Oxford. For more than 1000 years in ancient India, Nalanda produced many of the greatest masters of both Indian Buddhism and secular knowledge, laying the foundation of a historic intellectual tradition spanning philosophy, logic, ethics and contemplative practice. The cross-cultural, interreligious, and interdisciplinary approach of Nalanda University was diligently preserved in Tibet after Nalanda's destruction by invaders in the 13<sup>th</sup> century and since its establishment in the early 15<sup>th</sup> century, Drepung Loseling Monastery has been renowned throughout the Tibetan world as "the second Nalanda."

When Tibet was invaded by Communist China in 1959, His Holiness the Dalai Lama and thousands of Tibetans went into exile in India. Drepung Loseling was reestablished, once again preserving Nalanda's magnificent legacy of inquiry, debate, and contemplative practice. During the retreat, Geshe Lobsang will be joined at various times by a number of the monastery's master teachers and practitioners who will offer in depth teachings and essential guidance for practice. This is a rare opportunity to learn about the cultivation of wisdom and compassion firsthand from the venerable teachers of Drepung Loseling—both the elder masters representing the last generation trained in Tibet, and a younger generation of distinguished teachers upholding this legacy.

In the Tibetan tradition, wisdom and compassion are often likened to the two wings of a bird—just as a bird needs two wings to fly, you must develop wisdom and compassion simultaneously. Wisdom is a correct understanding of reality and compassion is the desire for all beings to be liberated from the causes of suffering—and both are necessary for a happy, peaceful and meaningful life. Today, modern scientific research is increasingly demonstrating the benefits of practicing meditation, compassion and discernment as advocated by the Tibetan tradition for centuries. Greater wellbeing is promoted through improved awareness and emotional regulation, greater physical and psychological resilience, stronger social connection, and the ability to respond compassionately to others without succumbing to burnout.

While at Drepung Loseling, the group will be hosted at the new Meditation and Science Center, a modern facility with a magnificent view of the monastery's main prayer hall. All guest rooms are equipped with attached, western-style bathrooms, air conditioning, hot water heaters, electricity, and wifi. The center also has laundry facilities, a small store for sundries, and a lovely dining hall, where participants are served three meals and tea breaks each day. The center is a short walk from Drepung Loseling's main prayer hall, a modern medical clinic, a café serving ice cream and cold drinks, and shopping for Tibetan-made handicrafts and ritual items. The Men-Tsee-Khang Tibetan Medical Center also has a facility nearby.

Upon completion of the retreat, participants will then make the journey to Ajanta and Ellora to meditate and practice at this fascinating and beautiful UNESCO World Heritage site. A collection of temples carved out of rock faces beginning in the second century BCE, they are sacred sites where Buddhist meditation masters practiced for centuries. A wonderful way to culminate your spiritual journey, Ajanta and Ellora are located in the Aurangabad district of Maharashtra state and feature beautiful paintings and huge carved Buddhas.

Please click on this link to see a video about a past winter retreat at Drepung Loseling and hear what the participants had to say about their experience:

<https://youtu.be/FoYRLOCTzMM>

## **Itinerary**

### **January 19**

Depart Mumbai for monastery in afternoon, you will be received at Hubli airport with bus transfer to monastery to arrive early evening.

### **January 20**

Rest and orientation

### **January 21-28**

Retreat with optional cultural activities (e.g. visit to nunnery, monastic winter debates, attending puja, etc.)

### **January 29**

Travel to Aurangabad

### **January 30**

Visit Ajanta Caves, overnight Aurangabad

### **January 31**

Visit Ellora Caves, travel to Mumbai. Refresh at hotel for early am departures

### **February 1**

Depart Mumbai approximately 1am-3am; arrive US afternoon

## **Fees and Program**

**The fee of \$2995.00 per person for this extensive program includes:**

- retreat led by Geshe Lobsang Tenzin Negi
- all airfare inside India (Mumbai to Hubli, Hubli to Aurangabad, Aurangabad to Mumbai)
- ten nights of accommodation and all meals at Drepung Loseling (choice of single or double room)
- two nights, 4 star hotel in Aurangabad
- one night, 4 star hotel in Mumbai before departure
- ground transportation
- admissions to Ajanta and Ellora
- Protected Area Permits necessary to visit Drepung Loseling
- Program coordination and logistical assistance
- A tax-deductible donation of \$1000 to Drepung Loseling Monastery, Inc. to support programs at the Meditation and Science Center

### **Participants are responsible for:**

- **procuring their own Indian visa**
- **international airfare (arriving and departing Mumbai)**
- **hotel in Mumbai upon arrival (we will provide suggested accommodation with a negotiated discount, breakfast, and airport transfers)**
- **meals in route/not mentioned above**
- **pocket money**
- **health insurance and immunizations**
- **trip insurance.**

**Participants should be in general good health.** (Please discuss any mobility limitations with us before registering.) Vegetarian food options are always available, and gluten-free items are typically available. (As southern Indian cuisine uses clarified butter and cream in many vegetarian dishes, we unfortunately cannot guarantee vegan options). You should carry all routine medication, contact lens supplies, eyeglass prescription, etc. with you.

**Participants will receive extensive instructions** regarding logistics, visas, packing, suggested immunizations, etc.

**Please plan to arrive in Mumbai no later than the wee hours of 1/19 flights departing on 1/17 will arrive between 10pm on 1/18 and 3am on 1/19** due to the 9½ hour clock shift forward. **If you want a complete day to rest upon arrival, we suggest departing on 1/16 and booking two nights of hotel in Mumbai upon arrival.** You will be able to arrive back in the US on Saturday, February 1.

**The fee for the retreat is \$2995 per person of which \$1000 is tax deductible.**

**There is a 3% discount if paying by cash or check (\$2905/person)**

**Fees are payable to: Drepung Loseling Monastery, Inc. in Atlanta.**

**Mailing Address: P.O. Box 191931 Atlanta, GA 31119**

***Due to the time required to apply for and receive the PAP (protected area permit), and to secure domestic air tickets and accommodations for a group, please register by September 15 with payment in full due on or before September 15, 2019. As a minimum of 15 participants are needed, please wait to book your airfare until the retreat has been confirmed on September 15. Cancellation after payment has been made and before January 1 will result in a 50% refund. No refunds can be given after January 1. You may wish to purchase trip insurance from a reliable source.***

***All participants will be required to submit information for the PAP application by September 15, 2019 in the correct format or we cannot guarantee your PAP. You will also be required to sign a liability waiver.***

- [\*\*Link to Registration Form\*\*](#)
- [\*\*Link to Mandatory Liability Waiver\*\*](#)
- [\*\*Link to Protect-Area-Permit-Form-and-Instructions-2020\*\*](#)