

Sarnath International Nyingma Institute

The mission of Sarnath International Nyingma Institute is to serve as a bridge of goodness between the East and West. One of the SINI primary programs is the study and translation of sacred texts in Pali, Tibetan, English, Sanskrit and Chinese for a resident group of abbots and monks. SINI also offers language courses and retreats to western students. www.sinibridge.org



The beautiful and peaceful campus of Sarnath International Nyingma Institute will be the home base and starting point of our program. In the first five days we will engage in highly interactive contemplation of the Four Noble Truths teachings presented by the Buddha 2500 years ago in the very same place.

Four Noble Truths

The Truth of Suffering – or dissatisfaction or frustration – is universal for sentient beings. You do not need to be Buddhist to be interested in its causes. The enlightened insights taught by the Buddha as the ‘Four Noble Truths’ invite us to investigate our own experience, hearts and minds to find the causes of suffering. This might be the only path that will lead to cessation of suffering for individuals and civilisations alike....

Four Noble Truths Program

Participants

All are welcome who want to learn more about themselves and the Dharma. Space is limited to 15 participants. Please register by November 16, 2018 to hold your spot.

Costs

Program costs: USD 2250
The price for this seminar and pilgrimage **includes** pick up and drop off service at Varanasi airport, seminar program led by SINI’s resident Khenpos, Tibetan-English translation as needed, monument entrance fees, pilgrimage transportation, tour guide, food, and lodging arrangements for the duration of the program.

excludes personal expenses

For more information

please contact Renate Marx
Sarnath International Nyingma Institute
sinibridge.programs@gmail.com
www.sinibridge.org



Four Noble Truths Seminar and Pilgrimage

January 1-14, 2019

Practice-Prayer-Pilgrimage
India



organised by:
Sarnath International Nyingma Institute



*What is suffering?
What is its cause?
What is its end?*

What is the path that leads to its end?

These questions form the core of this program's structure and are explored in nuanced and meaningful ways.

This unique program draws from both traditional sutra and commentary source material and helps to deepen our appreciation of its profound and timeless truth in our lives.

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

Four Noble Truths Seminar and Pilgrimage January 1-14, 2019

This two-week program includes an intensive seminar on the Four Noble Truths, participation in the Nyingma World Peace Ceremony in Bodh Gaya and pilgrimage to holy Buddhist places in Northern India.

Preliminary schedule:

Days 1-5

Learn where the Buddha first taught: Seminar on Four Noble Truths in Sarnath at the Sarnath International Nyingma Institute. Participants benefit from the rare opportunity to receive Dharma talks with our resident Khenpos and students and participate in small group discussions with SINI's resident monastics.

Days 6-7

Walk in the footsteps of the Buddha: visit the Jethian Valley, Rajgir and Nalanda University.

Days 8-12

Meditate where the Buddha clearly saw the nature of suffering: Participate in the Prayers for World Peace at the Nyingma Monlam Chenmo in Bodhgaya along side over 8000 monks, nuns, and practitioners.

Days 13-14

Visit Varanasi, known also as the City of Lights: see the Ganges river, the most sacred river of India, and return to Sarnath.

Costs: \$2,250



World Peace Ceremony

For the past 30 years Tarthang Tulku has sponsored the Nyingma Monlam Chenmo at Bodh Gaya, the site of the Buddha's Enlightenment. This ceremony, dedicated to world peace brings together thousands of Tibetan monks, nuns, lay people and pilgrims from Asia and around the world to pray for peace for all people. Throughout the ceremony, thousands of sacred texts printed by our sister organization Dharma Publishing will be offered to the assembly and to monasteries.

All proceeds from this program go directly to supporting the educational programs held at the Institute. Please confirm with your tax advisor how much of this program may be tax-deductible. For those who wish to help sponsor a person to join this program, please let us know as there may be some who wish to participate but are not able to cover the costs. We are looking to make this an excellent group of participants and hope to be as inclusive as possible and hope to be able to provide some scholarships for dedicated people who want to join but who may not have all the resources.