

# BETWEEN SACRED SOUND AND SILENCE

the songlines weave the sacred path of your Soul

with LELAMA SJAMAR and ANCIENT COUNCILS OF LIGHT AND CREATION

Our Itinerary from 10 – 23 November 2015



**Tue 10.11 Arriving in India – Bangalore – Hotel MGM Mark Whitefield**  
[www.mgm-hotels.com](http://www.mgm-hotels.com)

5 – 7 pm Welcome Circle in the Heart of Sacred Sound and Silence  
7 – 8.30 pm Evening group dinner at hotel to connect and celebrate our sacred journey together.

(You may like to make your own arrangements to arrive one or few days earlier to acclimatize, explore and shop)

Part of the group will receive their Nadi reading today. Please advise us of your arrival time, so we may include your reading in the schedule at a time that is convenient for you.

Nadi Palm Leaf Reading – A sacred reading of the Ancient Palm Leaf records of your soul's journey, past present and future, recorded in ancient times by Yogi Sages. Nadi may offer you a perspective on your place within the world, like a blueprint for the Songline of your Soul.



Thousands of years ago, in deep meditation, ancient yogic sages, Saphtharishis, had the power to look into the past, present and future of

the entire Universe. They wrote the life information of souls who were to incarnate in the future on palm leaves that were handed down from generation to generation, with the knowledge of how to read and interpret them.

A palm leaf reading (known in India as "Nadi" or "lifestream" readings) is done by a highly trained sage, who knows how to find, read, and interpret each person's individual leaf that is of divine origin. It is said you will receive your Nadi if it is your destiny to get the leaf identified and predictions known. If you are called to this, your leaf will be there.

You can read about this ancient and powerful art:

<http://www.nadiastrologyindia.com/history/>

### **Wed 11.11 Bangalore to Thiruvannamalai - Hotel Sparsa Resort**

[www.sparsaresorts.com](http://www.sparsaresorts.com)

6 – 7 am Between Sacred Sound and Silence program at hotel  
New Moon – Diwali – Sunrise Ceremony Honoring our Ancestors (6-9am  
good time to start auspicious new work)

7 – 8 am Breakfast – check out at 11 am

Nadi - Palm Leaf Reading for the rest of the group  
Lunch at own arrangement

1 pm Travel to Thiruvannamalai – 5 hr bus ride  
Sparsa Resort in Thiruvannamalai is very close to Mt Arunachala



6 – 7 pm Dinner at hotel

7.30 – 8.30 pm – Between Sacred Sound and Silence program at hotel  
Commencement Ceremony for New Beginnings – setting our intentions  
Watch the Firework from the roof of the hotel for Diwali, Festival of Light

### **Thu 12.11 Arunachala**

5.30 – 8.30 am – Pradakshana with our guide Saran  
We will walk the Inner Path at the foot of Mt Arunachala – This is a sacred walking meditation in Sound and Silence in the Stargate that is anchored in the Earth around the base of the mountain. It is an easy flat path through the jungle. Magic!



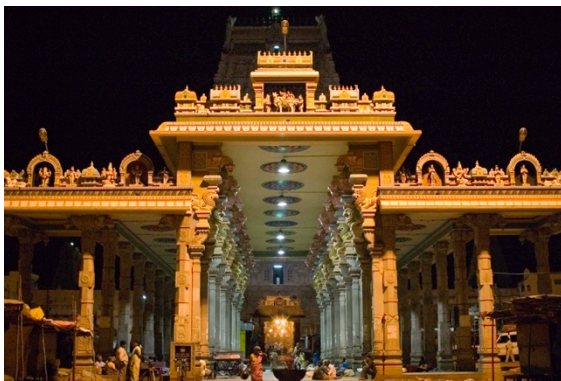
9 – 10 am Breakfast

10.30 – 12.30 pm Between Sacred Sound and Silence program at hotel – detailed program will follow

12.30 – 2 pm Lunch at hotel

2 – 4 pm Between Sacred Sound and Silence program at hotel

4 – 7 pm Sunset journey with Saran to the holy Shiva (Arunachaleswarar) Temple (1.5hr), Ramana Maharshi Ashram (.5hr) and complete with a visit to the market in town



Dinner at own arrangement

### **Fri 13.11      Arunachala**

6 – 7 am Breakfast at hotel – possibly earlier for 6 am sunrise start?

7 – 12 noon Ramana Cave with Saran (.5hr walk from Ramana Ashram)  
This is the cave where Ramana Maharshi sat in the light and meditated for many years. It is his lineage and legacy that is held in the mountain. We will meditate here in Silence.

Seven Spring Cave (1 hr walk from Ramana Cave)

This cave holds special, highly healing energies. The Healing Waters are used to cleanse. The cave has three entrances and when the wind

moves through, one can hear the universal sound Aum.  
Here will receive a Puja with Saran + our Between Sacred Sound and Silence program (2hr)



Lunch on the way back

2 – 5 pm Between Sacred Sound and Silence program at hotel  
5 pm Enjoy the sunset with the mountain

7 – 8 pm Dinner at hotel

### **Sat 14.11 Arunachala – offering**

6 – 7 am Breakfast at hotel – possibly earlier for 6 am sunrise start?

7 – 12 noon Siddha Cave with Saran

We walk from the hotel a 1 hr easy walk on the Mt

This cave is the home of the Siddhas, the oldest monks, from the beginning of creation. Yoga, Ayurveda, technologies all birthed from these immortal monks. They move into different incarnations and stay with the mountain to fulfill people's prayers and wishes. On the Mt we find the Samadhi, burial place for the enlightened master, the Siddha.



We will receive our Between Sacred Sound and Silence program at this cave, and give an offering

12.30 - 2 pm Lunch at the hotel – possible late check out at lunchtime?

### **2 pm Thiruvannamalai to Bangalore - Hotel**

Travel to Bangalore – 5 hr bus ride

Dinner on the way

**Sun 15.11 Bangalore to Varanasi – Hotel Clarks Hotel**

[www.clarkshotels.com](http://www.clarkshotels.com)

9 am Breakfast at hotel and check out

Flight from Bangalore to Varanasi

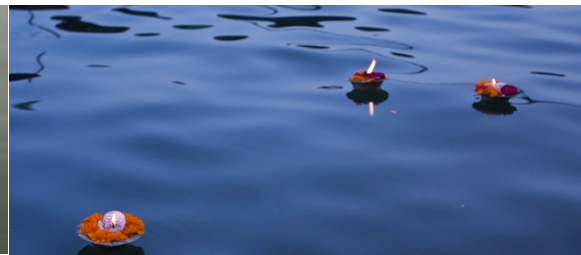
9 pm Arriving in Varanasi – settle in/rest/explore in own time

7 – 8 pm Dinner at hotel



**Mon 16.11 Varanasi**

5.30 – 7.30 am Sunrise boat ride + Shakti meditation on the Ganga



8 – 9 am Breakfast at hotel

9.30 – 12.30 pm Between Sacred Sound and Silence program at hotel

12.30 – 2 pm Lunch at hotel

2 – 5 pm Between Sacred Sound and Silence program at hotel

Evening: Follow your guidance - You are welcome to go to the old city after our afternoon session, or you can take time to relax, journal, rest

Dinner at own arrangement

**Tue 17.11 Varanasi**

5.30 – 7.30 am Sunrise boat ride + meditation on the Ganga



7.30 – 8 am Packed breakfast to take with us

8.30 – 10.30 am We will visit the Manikarnika Ghat + Vishwanath temple  
Fire Ceremony + meditation

Manikarnika is the sacred Ghat where souls are liberated from the body, and the body is burned on the funeral pyres.

Vishwanath Temple Varanasi - It is believed that here the first Jyotirlinga, the fiery pillar of light by which Shiva manifested his supremacy, broke through the earth's crust and flared towards the heavens.

Some believe that the Lord resides here and is the giver of liberation and happiness. The one who prays and worships Vishweshwar (Shiva) with devotion attains all his desires and one who incessantly recites his name attains all siddhis (virtues) and finally gets liberated (enlightened).



Explore the city and Lunch at own arrangement - 1.30 pm back at hotel  
2 – 6 pm Between Sacred Sound and Silence program at hotel

6.30 – 7.30 pm Dinner at hotel

8 – 9 pm Sound Healing with Yamala and Voidal Mothers/Fathers –  
Integration and grounding of the transformations

### **Wed 18.11 Varanasi**

7 – 8 am Breakfast at hotel

8.30 – 12 pm Between Sacred Sound and Silence program at hotel

12 – 1 pm Lunch at hotel

1 – 3 pm Between Sacred Sound and Silence program at hotel

3 – 7 pm Visit Sarnath, the place where Buddha gave his first teachings



### Aarti, Ancient Fire Ritual to God at Dashashwamedh Ghat on the Ganga

Aarti is a sacred fire ceremony, performed and sung as a purificatory blessing to develop the highest love for God. "Aa" means "towards or to", and "rati" means "right or virtue" in Sanskrit. The 'Aarti plate' is circulated and songs of praise are sung to the deva. Devotees cup their hands over the flame and then raise their palms to their forehead.



Aarti is for faithful followers to become immersed in God's divine form in a spirit of humility and gratitude, symbolizing the five elements: 1) space (Akash), 2) wind (Vayu), 3) light (Tej), 4) water (Jal), and 5) earth (Pruthvi).



Dinner at own arrangement – exploring the city/shopping

**Thu 19.11 Varanasi to Bodhgaya - Hotel Royal Residency**  
<http://www.theroyalresidency.co.in>

7 - 8 am Breakfast at hotel + check out

8 am Travel to Bodhgaya – 5 hr bus ride

Lunch on the way, Arrive in Bodhgaya, check in and rest/relax/explore

4 - 6 pm Maha Bodhi Temple first meditation connection (5 pm sunset)

This is the place where Buddha gave his teachings and discourse for the seekers and initiates of light, the monks.



7 – 8.30 pm Dinner at hotel

**Fri 20.11 Bodhgaya**

6 – 8 am Dawn meditation at Maha Bodhi Tree



8 – 9 am Breakfast at hotel

9.30 – 12.30 pm Between Sacred Sound and Silence program at hotel

12.30 – 2 pm Lunch at hotel

2 – 5 pm Between Sacred Sound and Silence program at hotel

Optional 5 pm sunset at Maha Bodhi Tree



Dinner at own arrangement

### **Sat 21.11 Bodhgaya**

6 – 7 am breakfast

7 am Bus to Rajgir – a 3 hr ride through the most amazing country, along little clusters of village life.



We will visit the Saptaparni Caves where Buddha sat for 12 yrs and the Peace Stupa on Gridhakuta Hill

Lunch on the way - Dip in Lake on the way back

We may possibly stop at Tapodharma/Lakshmi Narayan Mandir hotsprings

6.30 – 7.30 pm Dinner at Hotel

8 – 9 pm Sound Healing with Yamala and Voidal Mothers/Fathers

### **Sun 22.11 Bodhgaya**

6 – 8 am Sunrise Meditation at Maha Bodhi Tree (optional)



8 – 9 am breakfast

9 – 12.30 pm Between Sacred Sound and Silence program at hotel  
Draw a sacred code to ground this new beginning in honour of our

Remembrance of our place/purpose in the greater web of creation

Lunch at own arrangement

2 – 4 pm Completion Ceremony in Gratitude to the Ancestors and Masters of Light and Sound and our Divine Voice at hotel

4 – 5.30 pm Offering and grounding our code into the Earth at the Maha Bodhi Tree

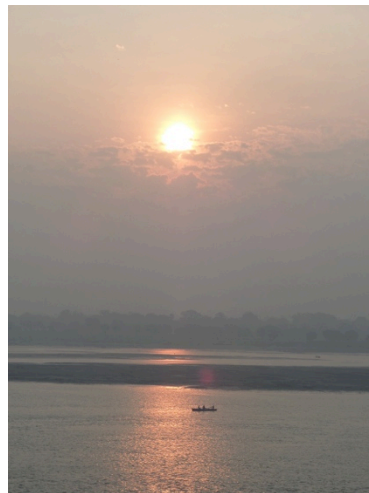
Dinner at hotel – group completion

### **Mon 23.11 Bodhgaya to Varanasi – completion of tour**

6 – 7 am Breakfast at hotel and check out

7 – 12 noon Return travel to Varanasi – 5 hr bus ride

'Between Sacred Sound and Silence our sacred songlines weave'  
Thank you so much! Blessed be your path!



You can arrange your onward travel from 3 pm, we can take you to the airport by 1 pm.

We recommend that you give yourself a few days for personal time to integrate and celebrate, prior to returning home, if you are able to. Wed 25.11 Full moon and Dev Diwali festival in Varanasi.





## **COST FOR THE SACRED SOUND AND SILENCE TOUR IN INDIA NOV 2015**

### **Teaching fees for Lelama Sjamar:**

AUD\$1,550

### **Price for the tour/accommodation package:**

Twin share or double room: AUD\$1,950 per person

Single room: AUD\$2,700

Potential supplement for domestic flight from Bangalore to Varanasi to be determined -

### **Included in the tour price:**

- Private ground transportation in a comfortable bus
- Hotels for 13 nights from 10 – 23 November 2015, the hotels are named in the itinerary with a website
- All breakfasts and one other meal per day, lunch or dinner, depending on the flow of the program

- A guide for the entire tour
- Local guide at Mt Arunachala
- Entrance to all temples and sites
- 2 time boat on the Ganga.

**Not included in the tour price:**

- International airfares.
- Travel insurance
- Visa
- 12 dinners or lunches – 1 meal each day is per own arrangement
- Beverages
- Gratuities (bellmen, waiters, cooks, guides, drivers)
- Tips - Approximation: 1. 1 Transport (driver) = \$2/day by Pax  
2. Every hotel \$1  
3. Guide \$8 – 10/day by Pax

**What to bring:**

- Comfortable walking shoes you can hike in, sandals
- Bodhgaya average high and low between 24 – 13 C night, with no rain
- Varanasi average high and low between 30 – 15 C, with 4% rain
- Tiruvannamalai average high and low between 28 – 21 C, with chance of rain
- Mostly clothes for mild to hot weather 15 – 30 C. light clothing for the day with a jumper or jacket or shawl at night and early morning
- Good camera and extra battery and memory card.
- Good flash light. 220/110V (plug) adaptor. 220V with 2 prong round or flat plug outlets.
- Insect repellent (you can buy it there if needed.)
- Sun block, sunglasses, hat.
- Binoculars
- Cushion/mat for meditation – stool/chair for those who wish this – we will be holding teaching sessions outside in the sacred portals, in nature.
- Alarm – in the morning we will be up early to seize the beauty of the sunrise.

**Notes:** All hikes will be at a leisurely pace and would qualify as moderate. Saran says he takes people of all ages without any problem. You have the option to stay at the hotel instead of participating on any hike, if necessary. However, many of the frequencies, blessings and part of the program will be received in direct contact in the portals.

More detail on the new teaching program Between Sacred Sound and Silence will come closer to the date.

**This Sacred Journey is co-created with us by:**

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[www.keralavoyage.com](http://www.keralavoyage.com);

Helpline: 00 91 88 79 75 04 27      VIKAS

\* Waiver – this itinerary is created with the utmost care. However we ask that you will be flexible with potential changes, due to spirit's guidance, or other circumstances. Thank you so much!