

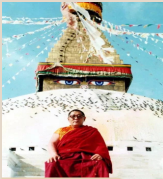


Yishin Norbu Memorial Pilgrimage 2024

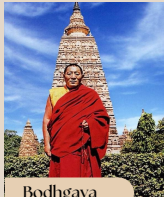
如意宝纪念朝圣之旅

Embark on a pilgrimage in search of H.H. Jigme Phuntsok, receiving his blessings along the way

踏上追寻法王如意宝晋美彭措的朝圣之路，沐浴圣恩，获赐加持！



Boudhanath



Bodhgaya



Asura Cave

Website: www.yishinnorbu.org

E-mail: info@yishinnorbu.org

ཀུན་གྱི་ལམ་ལུགས་ལ་
གནད་པོ་བཟུང་ལུགས་ལུགས་

**Do not lose your own path,
do not disturb the minds of others.**

莫舍己道，勿扰他心。



Tsewang
Foundation

27-JAN-2024 – 15-FEB -2024

Nepal 尼泊尔

27TH JAN 2024 - 5TH FEB 2024

2024年1月27日 - 2024年2月5日

DATE	TIME	ACTIVITY
Katmandu加德满都		
Day 1 第一天 27TH JAN 1月27日	N/A 时间不定	GUESTS ARRIVAL AT TRIBHUWAN INTERNATIONAL AIRPORT 朝圣者抵达加德满都特里布万国际机场
		HOTEL CHECK-IN AND DINNER AT 8PM 入住酒店，用晚餐（晚上8点）
Katmandu加德满都		
	7AM - 8AM	BREAKFAST AT HOTEL 酒店早餐

8:30AM-9AM	START FROM HOTEL TO PHARPING 从酒店出发前往帕平 <u>(扬列雪Yanglesho)</u>
10AM-11AM	AUDIENCE OF KHENCHEN NAMDROL AT PHARPING. Khenchen Namdrol Tshering Rinpoche will give oral transmissions of (The Single Mind Kila Practice, Part of the 'Neck-Pouch Dagger' (Purba Gulkhukma) Cycle by HH Jigme Phuntsok 在帕平拜见堪布南珠（法王如意宝的心子【七轮宝数众】之一），堪布南珠将口传法王如意宝的伏藏【项戴金刚橛修法】
1PM-2PM	LUNCH AT PHARPING 在帕平用午餐
2PM-2:30PM	VISIT TO DROLMA RANGJUNG(SELF RISEN TARA STATUE) 参观卓玛让琼（度母自生像）

Day 2
第二天

28TH
JAN
1月28
日

2:30PM
- 3PM

VISIT ASURA CAVE OF GURU
PADMASAMBHAVA, The Single Mind Kīla
Practice, Part of the 'Neck-Pouch Dagger'
(Purba Gulkhukma) Cycle practice at
Ausra cave

参观莲花生大士的阿苏拉山洞
(是法王取出【项戴金刚橛修
法】的地方)，并在此修持普巴
金刚

3PM-
3:30PM

VISIT DORJE PHAKMO STATUE
(VAJRAYOGINI)
参观多杰帕卧佛母雕像 (金
刚瑜伽母)

3:30PM
-4PM

STOP AT TAUDAHA LAKE
在宝剑湖 (文殊菩萨智慧
湖) 停留

5PM-
5:30P
M

RETURN BACK TO HOTEL
返回酒店

6PM-
7PM

TEACHING AT HOTEL BY SPECIAL
GUESTS/RINPOCHE
PRACTICE CHOD/MEDITATION ETC.
在酒店参加特别嘉宾演讲/仁
波切授课，修持断法/打坐等

7PM-
8:30PM

DINNER AND SHORT PRAYER
SESSION AT HOTEL
酒店晚餐和简短祈祷

Katmandu加德满都

7AM-
8AM

BREAKFAST AT HOTEL
酒店早餐

Day 3
第三天

8:30AM
-9AM

WALK TOWARD H.H DUDJOM
RINPOCHE MONASTERY AND
PRAYER SESSION FOR AN HOUR AND
THEN VISIT DZONANG MONASTERY
AND PRAY FOR AN HOUR
步行前往敦珠仁波切寺祈福
(1小时)

12:30P
M-1PM

LUNCH AT HAOPIN HOTPOT
在HAOPIN火锅用午餐

2PM-
2:30PM

VISIT BOTONG GONPO PROTECTOR
AT TUDIKHEL
前往图地刻尔 (TUDIKHEL), 朝拜
博通贡布护法(BOTONG GONPO)

29TH JAN 1月29 日	2:30P M- 5PM	VISIT SWAYAMBHUNATH TEMPLE(MONKEY TEMPLE) BY BUS, THEN RETURN BACK TO HOTEL 乘坐巴士前往 <u>香根寺</u> (猴庙) 参观, 然后返回酒店
	5PM- 5:30P M	TEACHING AT HOTEL BY SPECIAL GUESTS/RINPOCHE PRACTICE CHOD/MEDITATION ETC. 在酒店参加特别嘉宾演讲/仁波切授课, 修持断法/打坐等
	7PM- 8:30P M	DINNER AND SHORT PRAYER SESSION AT HOTEL 酒店晚餐和简短祈祷

Katmandu加德满都

	7AM- 8AM	BREAKFAST AT HOTEL 酒店早餐
	8:30A M- 9AM	START FROM HOTEL TO TAKMOLUJIN (PLACE WHERE BUDDHA SACRIFICED HIS BODY TO TIGRRES) 从酒店出发前往达莫鲁津 TAKMOLUJIN (佛陀向老虎施身的地方)

Day 4 第四天 30th JAN 1月30 日	12:30P M- 1:30P M	LOCAL NEPALI FOOD LUNCH AT NAMOBUDDHA 在南摩菩提用尼泊尔当地美 食午餐
	2PM- 5PM	VISIT DROLMA SUNGJONMA (TARA STATUE) AND RETURN BACK TO HOTEL 参观度母松赞玛（度母塑 像），然后返回酒店
	5PM	TEACHING AT HOTEL BY SPECIAL GUESTS/RINPOCHE PRACTICE CHOD/MEDITATION ETC. 在酒店参加特别嘉宾演讲/ 仁波切授课，修持断法/打 坐等
	7PM- 8:30P M	DINNER AND SHORT PRAYER SESSION AT HOTEL 酒店晚餐和简短祈祷

Katmandu加德满都

	7AM- 8AM	BREAKFAST AT HOTEL 酒店早餐
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Day 5
第五天

31ST
JAN
1月31日

9:30AM
-12PM

VISIT H.E CHOKYI NYIMA RINPOCHE
AT KA-NYING SHEDRUB LING
MONASTERY
前往迦宁舍卓林寺，拜见尊贵的秋吉尼玛仁波切

12:00P
M

LUNCH AT MONASTERY/UTPALA
CAFÉ
在寺庙或乌特帕拉咖啡馆用午餐

1:30PM

REST AT HOTEL/ SIGHT SEEING
AROUND TOWN
在酒店休息或在城里观光

5PM

TEACHING AT HOTEL BY SPECIAL
GUESTS/RINPOCHE
PRACTICE CHOD/MEDITATION ETC.
在酒店参加特别嘉宾演讲/
仁波切授课，修持断法/打坐等

7PM-
8:30PM

DINNER AND SHORT PRAYER
SESSION AT HOTEL
酒店晚餐和简短祈祷

Katmandu加德满都

Day 6 第六天 1ST FEB 2月1 日	7AM- 8AM	BREAKFAST AT HOTEL 酒店早餐
	9AM	YISHIN NORBU MEMORIAL DHARMA TRANSLATION HOUSE SECOND TRANSLATORS CONFERENCE AND CEREMONY AT KA-NYING SHEDRUB LING MONASTERY. TRANSLATING THE FOUR VOLUMES OF COLLECTED WORKS OF H.H JIGME PHUNTSOK FROM TIBETAN TO ENGLISH. H.E CHOKYI NYIMA RINPOCHE WILL BE BLESSING US WITH HIS PRESENCE AS THE CHIEF GUEST ALONG WITH FEW OTHER RINPOCHES. RINPOCHE WILL TALK ON THE LIFE ON H.H JIGME PHUNTSOK RINPOCHE AND THE SACRED DANCE OF LINGDRO DECHEN ROLMO WILL BE PERFORMED. 第二届如意宝法王纪念翻译大会及庆典在迦宁舍卓林寺举行。会议将围绕法王如意宝晋美彭措的四卷著作集翻译（从藏文翻译成英文）展开研讨。尊贵的秋吉尼玛仁波切将亲临大会担任主要嘉宾，其他几位仁波切也将到场。仁波切们将分享法王如意宝的生平故事。会场还将呈现藏传佛教传统中具有殊胜意义的朗卓大乐金刚舞妙音（由当地民众表演）。
	12PM- 1PM	LUNCH AT KA-NYING SHEDRUB LING MONASTERY 在迦宁舍卓林寺用午餐
	2PM	CHOKYI NYIMA RINPOCHE WILL GIVE TEACHING ON DZOGCHEN AND MAHAMUDRA 秋吉尼玛仁波切讲授大圆满与大手印法
5PM	TEACHING AT HOTEL BY SPECIAL GUESTS/RINPOCHE PRACTICE CHOD/MEDITATION ETC. 在酒店参加特别嘉宾演讲/仁波切授课，修持断法/打坐等	

7PM:8:
30PM

DINNER AND SHORT PRAYER
SESSION AT HOTEL
酒店晚餐和简短祈祷

Katmandu加德满都

7AM-
8AM

BREAKFAST AT HOTEL
酒店早餐

8:30A
M-
12PM

CONFERENCE AT KA-NYING
SHEDRUBLING MONASTERY/
DEVOTEES CAN REST AT HOTEL OR
GO FOR SHOPPING AROUND TOWN
翻译大会在迦宁舍卓林寺继
续举行，朝圣者可以在酒店
休息或在城里购物

Day 7
第七
天

12PM-
1PM

LUNCH AT KA-NYING SHEDRUB LING
MONASTERY
在迦宁舍卓林寺用午餐

2ND
FEB
2月2
日

3PM-
4:30P
M

CONCECRATION OF PRAYER FLAGS
AND PAINTING OF BOUDHANATH
STUPA BY EVERYONE
所有人为经幡和博德哈纳大
佛塔涂漆开光

5PM

TEACHING AT HOTEL BY SPECIAL GUESTS/RINPOCHE
PRACTICE CHOD/MEDITATION ETC.
在酒店参加特别嘉宾演讲/仁波切授课，修持断法/打坐等

7PM-
8:30P
M

DINNER AND SHORT PRAYER SESSION AT HOTEL
酒店晚餐和简短祈祷

Katmandu加德满都

Day 8
第八天

7AM

BREAKFAST AT HOTEL
酒店早餐

NA

FULL DAY FOR SHOPPING
全天购物

3RD
FEB
2月3日

7PM-
8:30P
M

DINNER AND SHORT PRAYER SESSION AT HOTEL
酒店晚餐和简短祈祷

Katmandu加德满都- LUMBINI蓝毗尼

Day 9
第九天

4TH
FEB
2月4日

12PM

TAKE BUS FROM LUMBINI AIRPORT TO TILAKURAKOT, KAPILVASTU (location of the ancient Shakyani city of Kapilavastu, where Gautama Buddha spent the first 29 years of his life.)

从蓝毗尼机场乘坐巴士前往提劳拉科特，迦毗罗卫城（古代释迦族城市迦毗罗卫城的位置，佛陀在那里度过了他生命中的前29年）

3:30P
M

50MIN BUS RIDE TO MAYA DEVI TEMPLE AT LUMBINI

乘坐 50 分钟巴士前往摩耶夫人庙（佛陀诞生的地方）

5PM

TEACHING AT HOTEL BY SPECIAL GUESTS/RINPOCHE
PRACTICE CHOD/MEDITATION ETC.

在酒店参加特别嘉宾演讲/仁波切授课，修持断法/打坐等

7-
8:30P
M

DINNER AND PRAYER SESSION AT HOTEL

酒店晚餐和简短祈祷

LUMBINI蓝毗尼- KUSHINAGAR印度拘尸那揭罗

Day 10 第十天 5TH FEB 2月5日	7AM	BREAKFAST AT HOTEL 酒店早餐
	8:30A M	WALK TO MAYA DEVI TEMPLE AND PRAYER SESSION (a site considered the birthplace of Gautam Buddha) 步行前往玛雅德威寺祈愿 (这是被认为是释迦牟尼佛诞生地的地方)
	12PM	LUNCH AT HOTEL 酒店午餐
	2PM	START BUS RIDE TO KUSHINAGAR, INDIA (DEVOTEES NOT TRAVELLING TO INDIA WILL BE FLYING BACK TO KATHMANDU) 乘坐巴士前往印度的拘尸那揭罗 (未前往印度的朝圣者将返回加德满都乘飞机)
	5:30P M	HOTEL CHECK-IN 入住印度库纳尔的酒店

7PM

DINNER AND PRAYER SESSION AT
HOTEL

酒店晚餐和简短祈祷

India 印度

6TH FEB 2024 - 15TH FEB 2024
2024年2月6日 - 2024年2月15日

DATE	TIME	ACTIVITY
KUSHINAGAR拘尸那揭罗 - VARANASI 瓦拉纳西		
	7AM	BREAKFAST AT HOTEL 酒店早餐

Day 11 第十一天 6TH FEB 2月6 日	8:30-9AM	VISIT MAHAPARINIRVAHAN TEMPLE (BUDDHIST TEMPLE IN KUSHINAGAR, INDIA WHICH IS SAID TO BE THE PLACE WHERE GAUTAM BUDDHA ATTAINED MAHAPARINIRVAHAN) 参观大涅槃寺 (释迦牟尼大般涅槃的地方)
	1PM	LUNCH AT HOTEL 酒店午餐
	2PM	BUS RIDE TO VARANASI (6HOURS APPROX 240KM) 乘坐巴士前往 <u>瓦拉纳西</u> (大约6小时, 240公里)
	8PM	HOTEL CHECK-IN AT VARANASI AND DINNER 入住瓦拉纳西的酒店, 晚餐

VARANASI 瓦拉纳西

	7:30A M	BREAKFAST 酒店早餐

Day
12
第十二天

7TH
FEB
2月7
日

9AM	VISIT SARNATH (SITE WHERE BUDDHA FIRST TAUGHT THE DHARMA AFTER ENLIGHTENMENT) 参观鹿野苑 (佛陀证悟后初转法轮的地方)
1PM	LUNCH 午餐
2:30P M	VISIT TO SARNATH INTERNATIONAL NYIGMA INSTITUTE AND RETURN TO HOTEL 参观鹿野苑国际宁玛佛学院，然后返回酒店
5:30P M	TEACHING AT HOTEL BY SPECIAL GUESTS/RINPOCHE PRACTICE CHOD/MEDITATION ETC. 在酒店参加特别嘉宾演讲/仁波切授课，修持断法/打坐等
7:30P M	DINNER AND SHORT PRAYER SESSION 酒店晚餐和简短祈祷

VARANASI 瓦拉纳西 - BODHGAYA 菩提迦耶

Day 13 第十三天 8TH FEB 2月8日	N/A	BREAKFAST AT HOTEL 酒店早餐
	6:30A M	MORNING BOAT RIDE IN RIVER GANGA <u>恒河</u> 清晨的划船之旅
	12PM	LUNCH AND RETURN TO HOTEL AND REST 午餐后返回酒店休息
	2PM	BUS RIDE TO BODHGAYA (255KM APPROX 6HOURS) 乘坐巴士前往 <u>菩提迦耶</u> (大 约 255公里, 6小时车程)
	7:30- 8PM	HOTEL CHECK-IN AND DINNER 入住酒店, 晚餐

BODHGAYA 菩提迦耶

Day 14
第十四天

9TH
FEB
2月9
日

7AM

BREAKFAST AT HOTEL
酒店早餐

8:30A
M

BODHGAYA PILGRIMAGE DAY 1:
- Dungeshwari cave (Buddha meditated for years)
- lodruk kawa (Buddha spent six years practicing asceticism)
- Sujata milk offering site
- Sujata Durba
菩提迦耶朝圣第一天:
- 顿格什瓦里洞穴 (佛陀打坐的地方)
- 洛卓克卡瓦 (佛陀苦行六年之地)
- 牧羊女苏贾塔供养佛陀乳糜的地方
- 苏贾塔纪念塔

12:30P
M

LUNCH AND RESUME PILGRIMAGE
午餐后继续朝圣

6PM

BACK TO HOTEL
返回酒店

7PM

DINNER AND PRAYER SESSION
酒店晚餐和简短祈祷

BODHGAYA 菩提迦耶

Day 15 第十五天 10TH FEB 2月10 日	7AM	BREAKFAST AT HOTEL 酒店早餐
	8:30A M	BODHGAYA PILGRIMAGE DAY 2: - Rajgir (Chariot Wheel Marks, Gridhakuta Hill) - Nalanda University - Nalanda museum - Bhimbisara jail and few others in the way 菩提迦耶朝圣第二天: - 王舍城 - 那兰陀大学 - 那兰陀博物馆 - 频婆娑罗王监狱遗址及途 中的其他地方
	1PM	LUNCH AND RESUME PILGRIMAGE 午餐后继续朝圣
	6PM	RETURN TO HOTEL 返回酒店

7PM

DINNER AT HOTEL AND PRAYER
SESSION
酒店晚餐和简短祈祷

BODHGAYA 菩提迦耶

5:30A
M

EARLY MORNING WATER OFFERING
AT MAHABODHI TEMPLE
SURROUNDINGS
清晨在菩提迦耶摩诃菩提寺
进行水供

7AM

BREAKFAST AT HOTEL
酒店早餐

9:30A
M

VISIT MAHABODHI TEMPLE IN
BODHGAYA, OFFERINGS AND PRAYER
INSIDE THE TEMPLE
参观菩提迦耶的摩诃菩提
寺，献供和祈祷

12:30P
M

LUNCH
午餐

Day
16
第十六天

11TH
FEB
2月11
日

2PM	NEARBY MONASTERIES AND TOURIST ATTRACTION CENTRES 参观附近的寺院和旅游景点
5PM	TEACHING AT HOTEL BY SPECIAL GUESTS/RINPOCHE PRACTICE CHOD/MEDITATION ETC. 在酒店参加特别嘉宾演讲/仁 波切授课，修持断法/打坐等
7PM	DINNER AND SHORT PRAYER SESSION 酒店晚餐和简短祈祷

BODHGAYA 菩提迦耶

7AM	BREAKFAST AT HOTEL 酒店早餐
8:30A M	CELEBRATING THE 91TH BIRTHDAY OF H.H. JIGME PHUNTSOK 庆祝法王如意宝诞辰91周年
1PM	LUNCH 午餐

Day 17 第十七天 12TH FEB 2月12 日	2:30P M	MAHABODHI TEMPLE AND PRAYER INFRONT OF BODHI TREE (SITE WHERE BUDDHA ACHIEVED ENLIGHTENMENT) 菩提迦耶摩诃菩提寺，在菩 提树前祈祷（佛陀证悟的地 方）
	6PM	RETURN TO HOTEL 返回酒店
	7PM	DINNER AT HOTEL AND PRAYER SESSION 酒店晚餐和简短祈祷

BODHGAYA 菩提迦耶

	7:30A M	BREAKFAST 酒店早餐
	9AM	MAHABODHI TEMPLE FOR PRAYER/ CIRCUMAMBULATION/ MEDITATION 菩提迦耶的摩诃菩提寺，绕 寺、祈祷和打坐

Day 18 第十八天 13TH FEB 2月13 日	12:30P M	LUNCH AND REST 午餐后休息
	3PM	CIRCUMAMBULATION/ PRAYER AROUND THE TEMPLE/ MEDITATION 绕寺、祈祷和打坐
	5PM	TEACHING AT HOTEL BY SPECIAL GUESTS/RINPOCHE PRACTICE CHOD/MEDITATION ETC. 在酒店参加特别嘉宾演讲/仁 波切授课，修持断法/打坐等
	7PM	DINNER AND PRAYER SESSION 酒店晚餐和简短祈祷

BODHGAYA 菩提迦耶

	7AM	BREAKFAST AT HOTEL 酒店早餐
	9AM	MAHABODHI TEMPLE FOR PRAYER/ CIRCUMAMBULATION/ MEDITATION 菩提迦耶的摩诃菩提寺，绕寺、祈祷和 打坐

Day 19 第十 九天 14TH FEB 2月14 日	12:30P M	LUNCH AND REST 午餐后休息
	3PM	CIRCUMAMBULATION/ PRAYER AROUND THE TEMPLE/ MEDITATION 绕寺、祈祷和打坐
	5PM	TEACHING AT HOTEL BY SPECIAL GUESTS/RINPOCHE PRACTICE CHOD/MEDITATION ETC. 在酒店参加特别嘉宾演讲/ 仁波切授课，修持断法/打 坐等
	7PM	DINNER AND SHORT PRAYER SESSION 酒店晚餐和简短祈祷

BODHGAYA 菩提迦耶 – Return返回

	7AM	BREAKFAST 早餐

Day
20
第二
十天

15TH
FEB
2月15
日

8AM

**BUS RIDE TO BODHGAYA AIRPORT
AND FLY TO DELHI AIRPORT
(10:45AM FLIGHT)**

乘坐巴士前往菩提迦耶机
场，然后搭乘飞往德里机场
的航班（上午**10:45**出发）

My Notes

01 February 2024

A series of horizontal dashed lines for writing notes, arranged in a regular pattern across the page.

My Notes

07 February 2024

A series of horizontal dashed lines for writing notes.

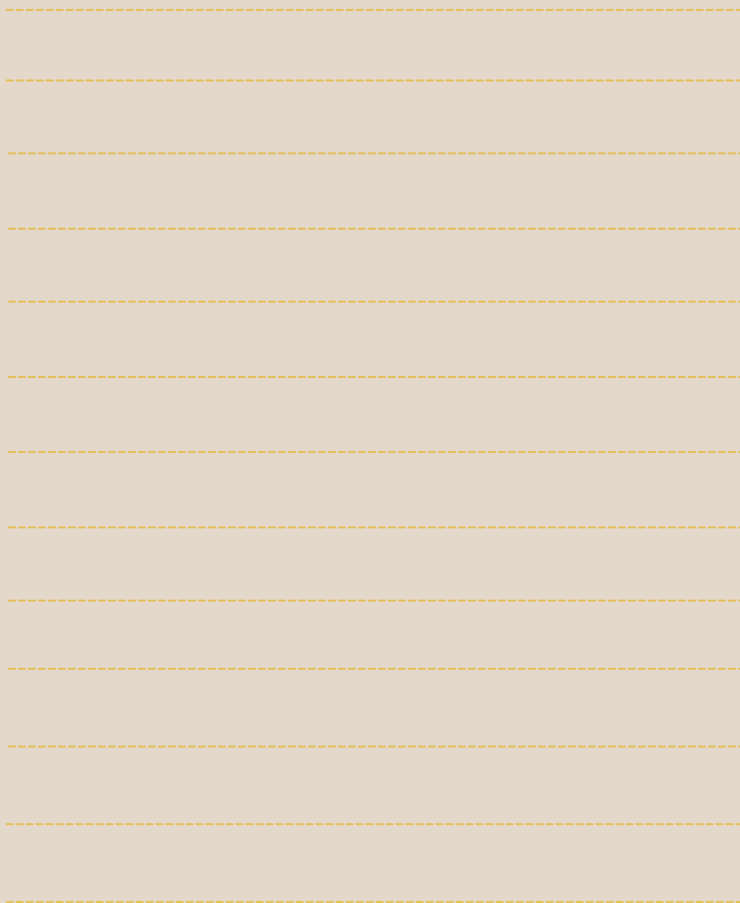
My Notes

08 February 2024

A series of horizontal dashed lines for writing notes. The lines are evenly spaced and extend across the width of the page, providing a guide for writing.

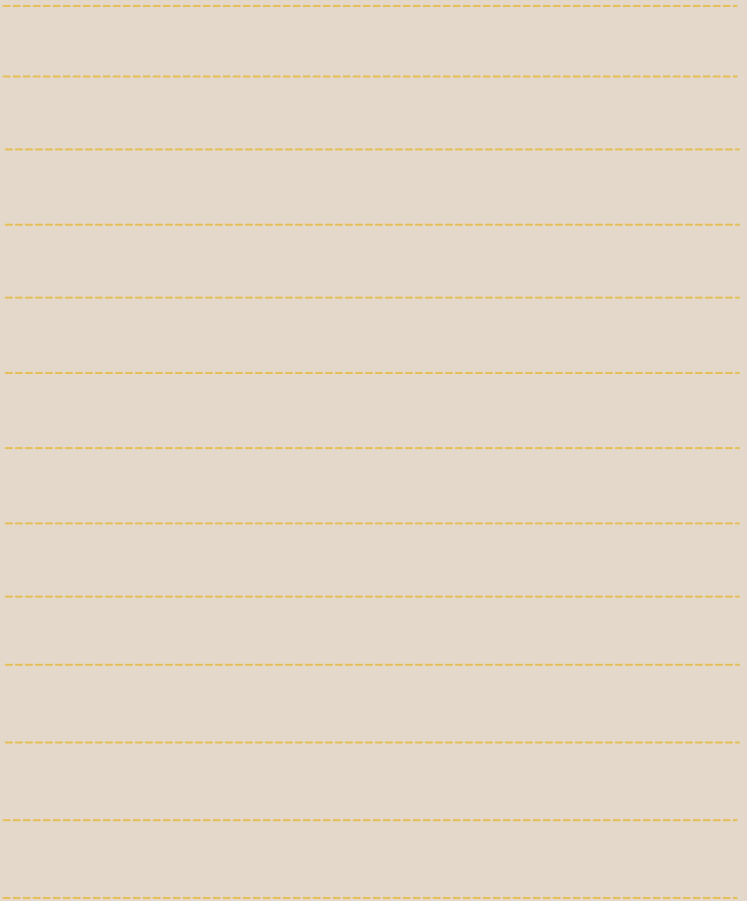
My Notes

09 February 2024

A series of 17 horizontal dashed lines in a light yellow color, spaced evenly down the page, providing a guide for writing notes.

My Notes

11 February 2024



The page contains 16 horizontal dashed lines, evenly spaced, intended for writing notes. These lines are located below the date and extend across the width of the page.

My Notes

12 February 2024

A series of 15 horizontal dashed lines, evenly spaced, extending across the width of the page, providing a template for handwritten notes.

My Notes

13 February 2024

A series of 15 horizontal dashed yellow lines providing space for handwritten notes.

My Notes

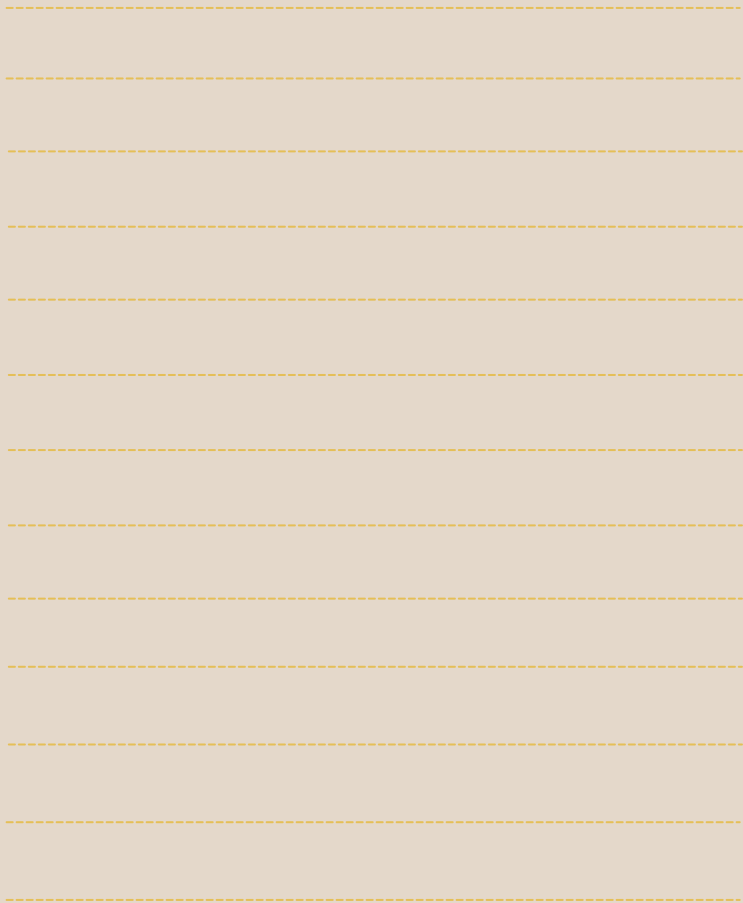
14 February 2024

A series of horizontal dashed lines for writing notes, spanning the width of the page. There are 15 lines in total, evenly spaced, providing a guide for handwriting.

My Notes

The page features a series of 16 horizontal dashed lines, evenly spaced, extending across the width of the page, providing a template for writing notes.

My Notes

The page contains 15 horizontal dashed lines, evenly spaced, extending across most of the width of the page. These lines are intended for writing notes. The background is a light cream color, and the title "My Notes" is centered at the top in a brown, rounded font.