

Benchen and Back: A Pilgrimage in Kham and Tibet



Benchen and Back - A Pilgrimage in Kham and Tibet

by Alex Wilding

★★★★☆ 4.5 out of 5

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In the summer of 2019, I embarked on a pilgrimage to Benchen Monastery in Kham, Tibet. I had been practicing Tibetan Buddhism for several years and had always dreamed of visiting this sacred place. Benchen Monastery is one of the most important monasteries in the Nyingma tradition of Tibetan Buddhism, and it is known for its beautiful scenery and its rich history.

My pilgrimage took me through some of the most remote and beautiful countryside in Tibet. I traveled by foot, by horse, and by car, and I encountered a wide variety of people and cultures along the way. I learned about the history of Tibet, the culture of the Tibetan people, and the practice of Tibetan Buddhism.

This book is a record of my pilgrimage. I hope that it will inspire others to make their own pilgrimage to Tibet, and that it will help to promote understanding and appreciation of Tibetan culture and Buddhism.

Chapter 1: The Journey Begins

My journey began in the city of Chengdu, the capital of Sichuan Province in China. From Chengdu, I took a bus to the town of Kangding, which is the gateway to Kham. Kangding is a bustling town with a population of around 100,000 people. It is home to a number of Tibetan monasteries and temples, and it is a popular starting point for treks into the Tibetan countryside.

From Kangding, I hired a car to take me to Benchen Monastery. The drive took about four hours, and it was a beautiful journey. We passed through lush green valleys, snow-capped mountains, and Tibetan villages.

I arrived at Benchen Monastery in the late afternoon. The monastery is located in a remote valley, and it is surrounded by beautiful mountains. The monastery complex is large and impressive, and it is home to hundreds of monks and nuns.

Chapter 2: Life at Benchen Monastery

I spent the next three weeks at Benchen Monastery. I attended daily prayers, I studied Tibetan Buddhism with a teacher, and I explored the surrounding countryside. I also had the opportunity to meet with some of the high lamas of the monastery, including the abbot, His Holiness Kyabje Tenga Rinpoche.

Life at Benchen Monastery was simple and peaceful. The monks and nuns lived a life of devotion and service, and they were always kind and welcoming to me. I learned a great deal about Tibetan Buddhism during my time at Benchen Monastery, and I came away with a deep appreciation for the culture and people of Tibet.

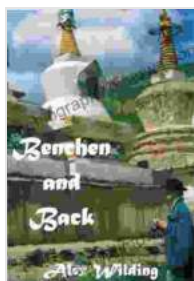
Chapter 3: The Journey Back

After three weeks, it was time for me to say goodbye to Benchen Monastery and to begin the journey back home. I said goodbye to my teacher and to the friends I had made at the monastery, and I set off on foot down the valley.

The journey back was more difficult than the journey there had been. I was tired and sore from my time at the monastery, and the weather was hot and humid. But I was also filled with a sense of peace and joy. I had had an amazing experience at Benchen Monastery, and I was grateful for the opportunity to have visited this sacred place.

I hope that this book has given you a glimpse into the world of Tibetan Buddhism and the culture of Tibet. I encourage you to learn more about this fascinating religion and culture, and I hope that you will one day have the opportunity to visit Tibet for yourself.

Thank you for reading!



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