



IN THE FOOTSTEPS

Transformative
journeys to India

Organizers



DISCOVER THE HEART OF INDIA AND ITS TEACHINGS THROUGH THREE UNFORGETTABLE JOURNEYS. YOU CAN PARTICIPATE IN ONE, TWO OR ALL OF THEM:

- **In the Footsteps of Buddha**. Journey through the places in India and Nepal where the Buddha lived. From January 2nd to 11th.
- **In the Footsteps of Gandhi**. Stay at the Gandhi Ashram in Ahmedabad. January 12th-21st.
- **In the Footsteps of Utopia**. Stay in Auroville and Tiruvanamalai. January 22nd-31st.

Aimed at people of all ages in good health.
Small group (maximum 12 people per group)



THE ESSENCE OF THE JOURNEY

The main intention of this journey is to facilitate the search for a greater connection with ourselves, with others, and with Nature, while learning from the lives of Buddha, Gandhi, Sri Aurobindo, and other historical and contemporary social leaders.

It is not a traditional organized journey; it is a journey oriented to connect with our essence, to experience collective wisdom and co-creation, and to serve communities and the planet. It is also a journey open to the emergent aspect of life and to the gifts that we will discover together along the way.

The journey will be facilitated and accompanied by people from Espacio Ubuntu and El Buen Vivir, with more than 10 years of experience in international journeys and with deep knowledge of India.



THE BUDDHA WAS A PRINCE WHO RENOUNCED THE RICHES OF THE PALACE TO UNDERSTAND THE ROOTS OF SUFFERING AND SEEK TRUE HAPPINESS.

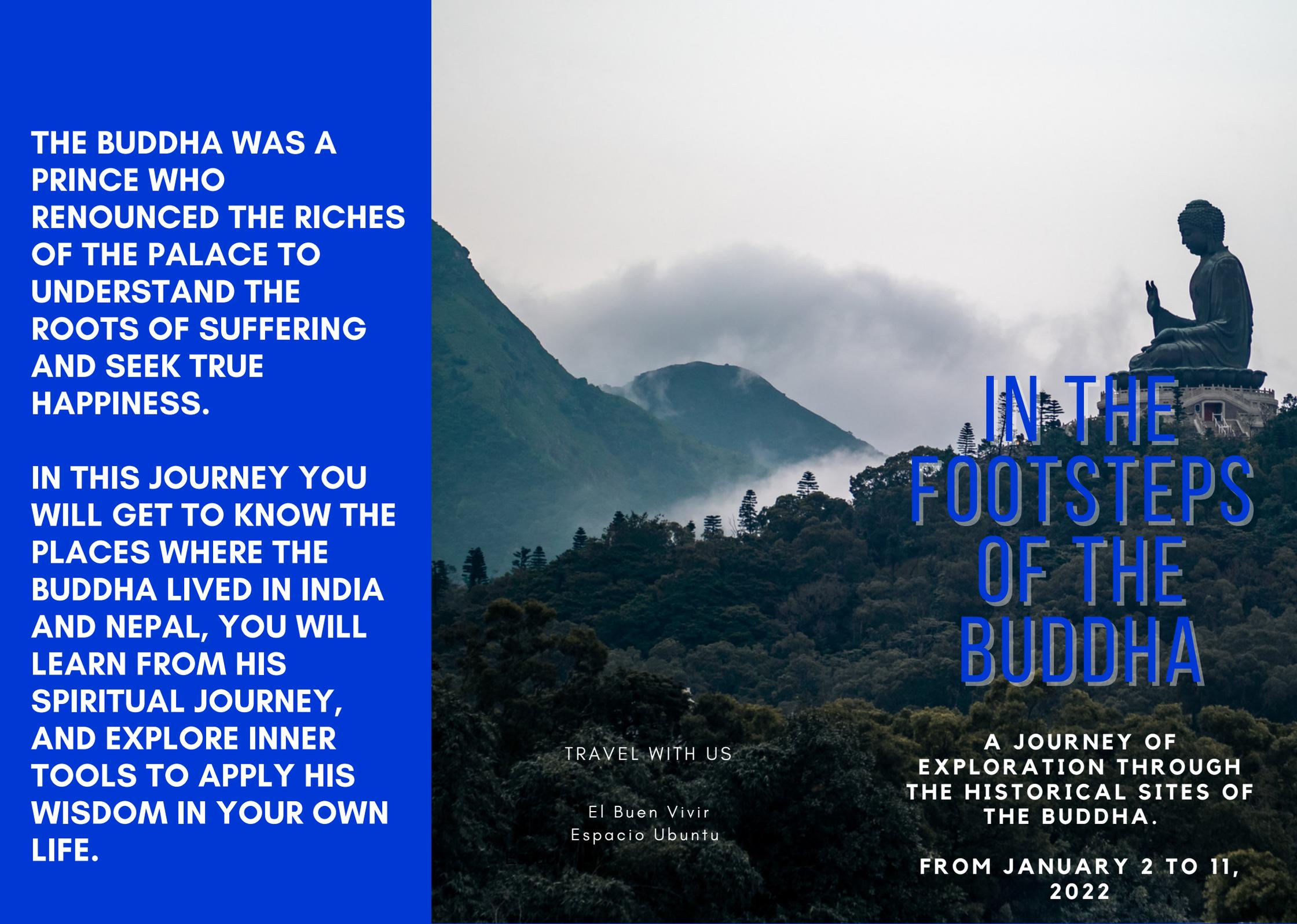
IN THIS JOURNEY YOU WILL GET TO KNOW THE PLACES WHERE THE BUDDHA LIVED IN INDIA AND NEPAL, YOU WILL LEARN FROM HIS SPIRITUAL JOURNEY, AND EXPLORE INNER TOOLS TO APPLY HIS WISDOM IN YOUR OWN LIFE.

TRAVEL WITH US

El Buen Vivir
Espacio Ubuntu

A JOURNEY OF EXPLORATION THROUGH THE HISTORICAL SITES OF THE BUDDHA.

**FROM JANUARY 2 TO 11,
2022**



IN THE FOOTSTEPS OF THE BUDDHA

THE JOURNEY

A 10-day trip in India and Nepal visiting the key places in the life of the Buddha on his path to true happiness. The trip starts in Varanasi on January 2 and we will end in Lucknow on January 11. We will stay in suitable places, without luxuries and, whenever possible, we will travel by public transport.

MAIN VISITS

- Lumbini (Nepal) - Buddha's Birthplace
- Bodhgaya (India) - Buddha's place of enlightenment
- Sarnath (India) - Place where Buddha imparted his first teachings
- Kushinagar (India) - Buddha's place of death.

Stops will be made at other places of interest such as Nalanda University. Travel dates will be tailored to the health of the group and the final program will be provided in November.

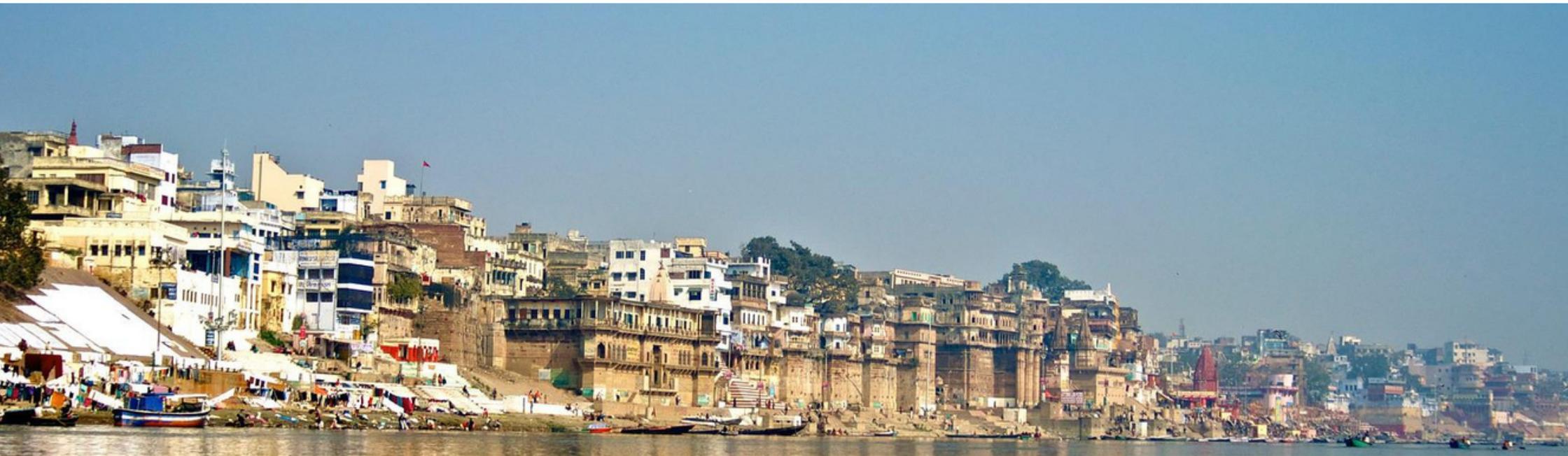
BEYOND THE TERRITORY

In addition to visiting historical sites, we will learn about Buddhism and spend time internalizing the teachings. Every day we will dedicate at least one hour to self-care activities (meditation and yoga) and reflection (on the aspects of Buddha's life being discussed that day), which we will adapt according to the circumstances.

"Rejoice because every place is here and every moment is now"

Buddha

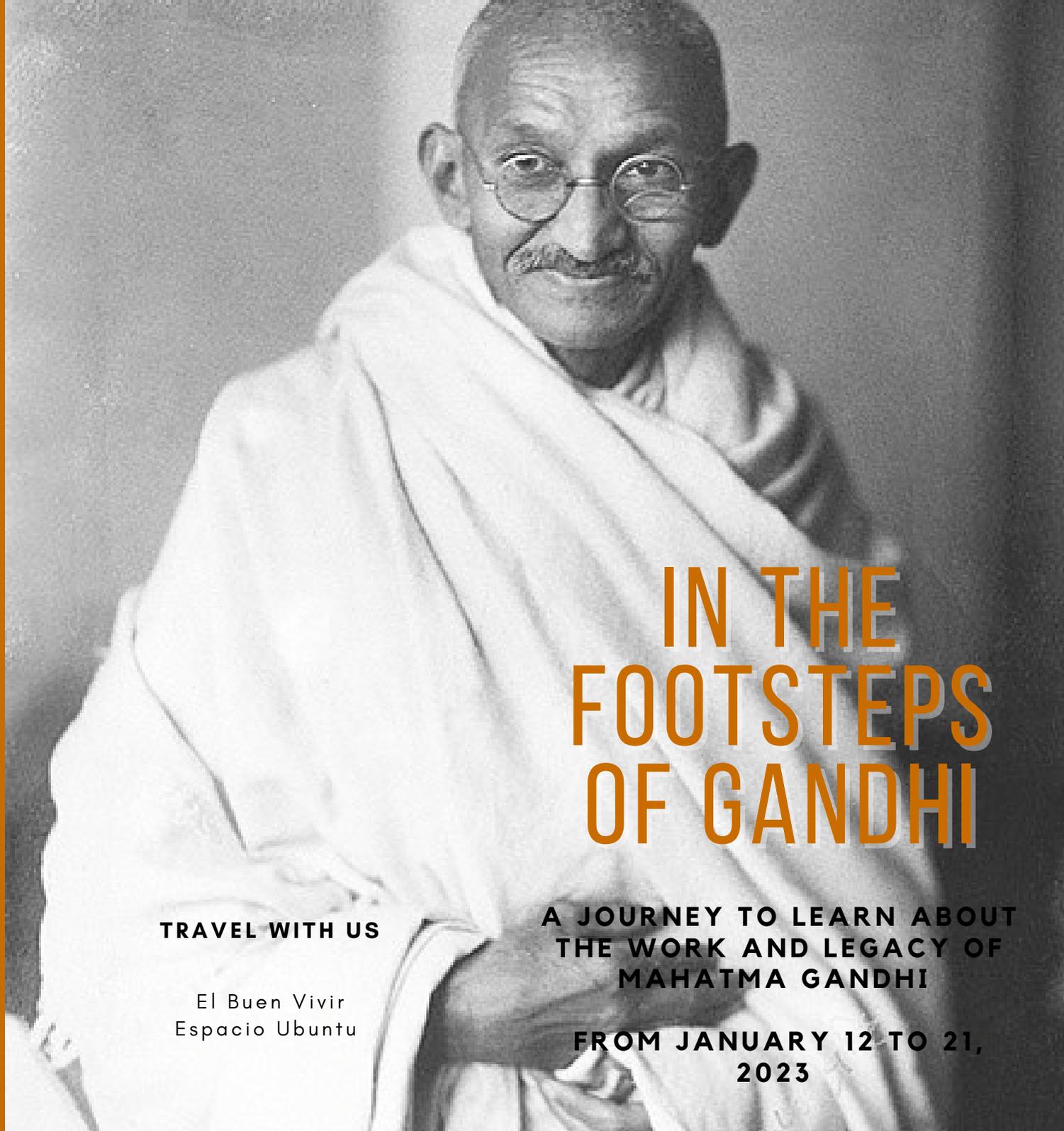
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A JOURNEY TO DISCOVER THE ESSENCE OF BUDDHISM

MAHATMA GANDHI NEEDS NO INTRODUCTION. BEYOND BEING A LEADER OF THE INDIAN PEOPLE AND BEING CONSIDERED THE FATHER OF THE COUNTRY, GANDHI STANDS OUT FOR HIS ACTIVISM THROUGH THE NONVIOLENT CIVIL DISOBEDIENCE MOVEMENT.

IN THIS JOURNEY WE WILL LEARN ABOUT HIS LEGACY THROUGH HIS ASHRAM, AND BY FOLLOWING HIS STEPS IN THE SALT MARCH.



IN THE FOOTSTEPS OF GANDHI

TRAVEL WITH US

El Buen Vivir
Espacio Ubuntu

**A JOURNEY TO LEARN ABOUT
THE WORK AND LEGACY OF
MAHATMA GANDHI**

**FROM JANUARY 12 TO 21,
2023**

THE JOURNEY

This 10-day trip is focused on learning about Gandhi's life, especially his principle of non-violence, Ahimsa, and how his teachings survive and multiply today in the social ecosystem around his ashram in Ahmedabad (Gujarat state). This journey allows us to learn about the projects launched under the inspiration of his teachings and to follow in his footsteps in one of the milestones of Indian history: the Salt March.

VISITAS PRINCIPALES

Most of the time we will be in the vicinity of the Gandhi Ashram in Ahmedabad, where we will meet people, spaces and organizations that continue his legacy, working for social justice and communal harmony, with local and global impact. Some of these projects are the Seva Café, Manav Sadhna, or the amazing retreat center: ESI-Sughad. We will also put ourselves in the Satyagrahis shoes by walking part of the path they covered in the historic Salt March.

BEYOND THE TERRITORY

In this journey we will also take care of our personal time and space, and we will be able to experience collective wisdom, among ourselves and with local people. Every day we will dedicate at least one hour to activities of self-care and collaborative reflection whose times and places we will adapt to the group process.

"Be the change you want to see in the world"

Gandhi

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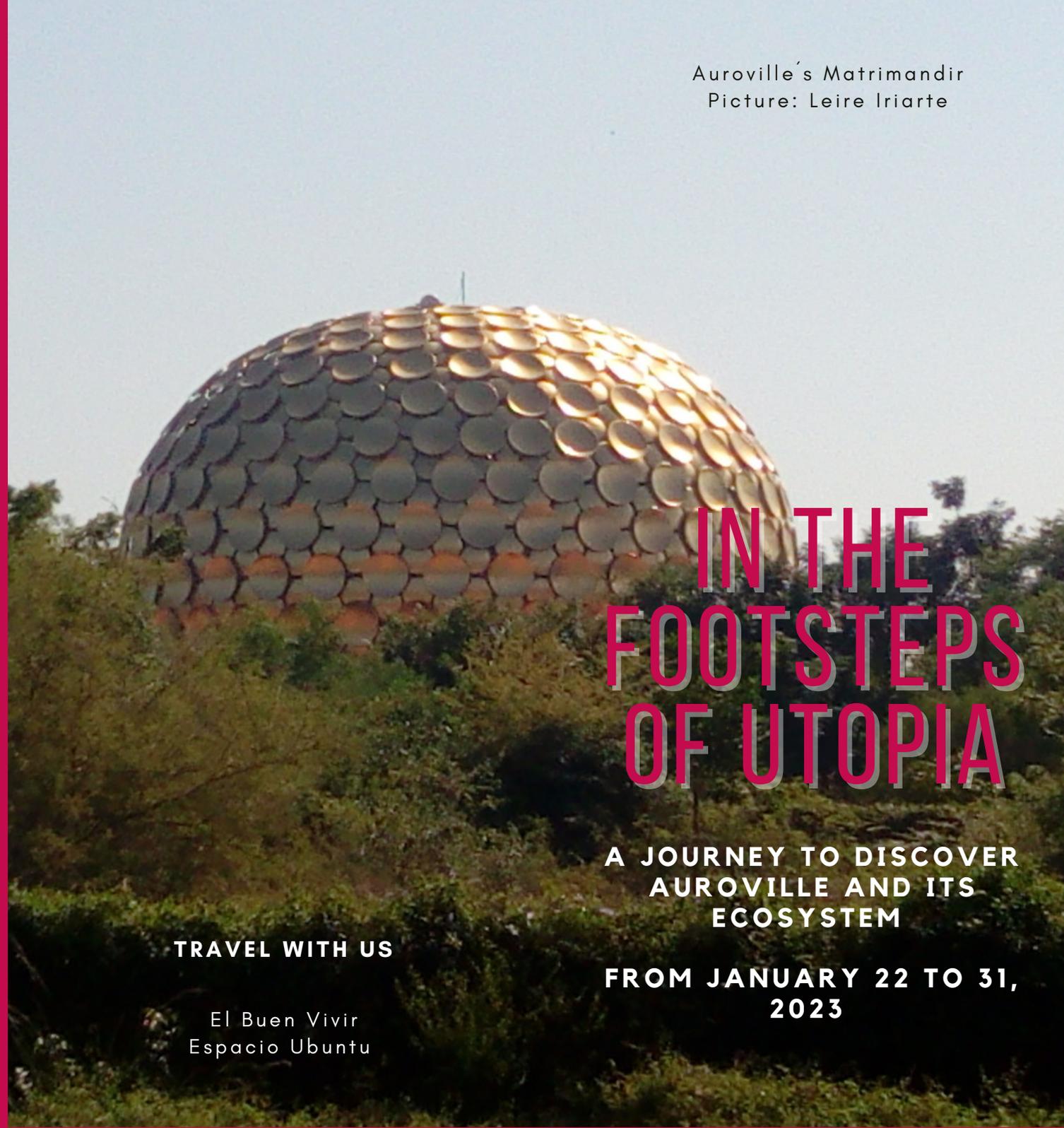


A JOURNEY TO EXPERIENCE GANDHI'S TEACHINGS AND LEGACY

Auroville's Matrimandir
Picture: Leire Iriarte

**AUROVILLE IS A
COMMUNITY IN
SOUTHERN INDIA
BRINGING TOGETHER
MULTIPLE PROJECTS
WITH TRANSFORMATIVE
SOCIAL IMPACT. IT IS
AN INITIATIVE UNDER
THE AUSPICES OF
UNITED NATIONS WHICH
BEGAN MORE THAN 50
YEARS AGO.**

**ON THIS JOURNEY WE
WILL GET TO KNOW
DIVERSE VIEWS AND
PROPOSALS ALIGNED
WITH THE VISION OF A
BETTER WORLD FOR ALL.**



IN THE FOOTSTEPS OF UTOPIA

**A JOURNEY TO DISCOVER
AUROVILLE AND ITS
ECOSYSTEM**

TRAVEL WITH US

El Buen Vivir
Espacio Ubuntu

**FROM JANUARY 22 TO 31,
2023**

THE JOURNEY

Auroville is the materialization of the vision that Mirra Alfassa ("The Mother") and Sri Aurobindo (spiritual master) developed: "There must exist on Earth an inalienable place, a place that does not belong to any nation, a place where all beings of good will, sincere in their aspirations, can live freely as citizens of the world". The purpose of this journey is to experience this exciting and innovative spiritual project, to meet the people who bring it to life, and to learn from their experiences and inspirations.

MAIN VISITS

In Pondicherry we will visit the Sri Aurobindo Ashram, from where we will transfer to Auroville where we will stay. During the stay we will enjoy meetings with the inhabitants of Auroville, experience meditations in the Matrimandir and visit different projects such as the Sadhana Forest. From Auroville we will drive to Tiruvannamalai to visit the Ramana Maharsi Ashram and climb the sacred mountain of Arunachala.

BEYOND THE TERRITORY

As in the other journeys, we will take care of individual and collective spaces and times. In addition, we will continue to explore the power of collective wisdom and community, in circles that will serve to strengthen our ties and give us tools for the future.

"The best way to express gratitude to the Divine is to simply be happy"

The Mother- Mirra Alfassa

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Mandala painted on the ground in the vicinity of Auroville
Photo: Leire Iriarte

A JOURNEY TO EXPERIENCE A PLACE THAT IS CHANGING THE WORLD

TRAVEL ARRANGEMENTS

The journey is organized by Espacio Ubuntu and El Buen Vivir. One person from each team will accompany the trip and will be in charge of facilitating accommodations, restaurants, transportation (between the start and end of the trip), entrance fees to the different places, and the activities of care and self-reflection. Each participant will have to organize his or her international travel (purchase his or her airline ticket, travel insurance, check that he or she meets health requirements and obtain a visa). It is important to take some precautions and prepare well before going to India, especially in relation to health issues and obtaining a visa. Your Ministry of Foreign Affairs will have more info about this. The organizing team can provide you guidance and help with the necessary arrangements.

RESERVES AND CONTACT

To make your reservation, please fill out this form. Reservations are confirmed in order of registration until all available places are filled.

For any questions or comments write us:
hola@elbuenvivir.org
contacto@espacioubuntu.eu

COSTS

It is estimated that the fixed costs for the trip will be between 800 and 1000 euros (international trip, visa, vaccinations, insurance...).

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Accommodation, meals and local transportation for each part of the trip is estimated to cost between 600-800 euros per trip. The exact costs will depend on the group's decisions about food and activities.

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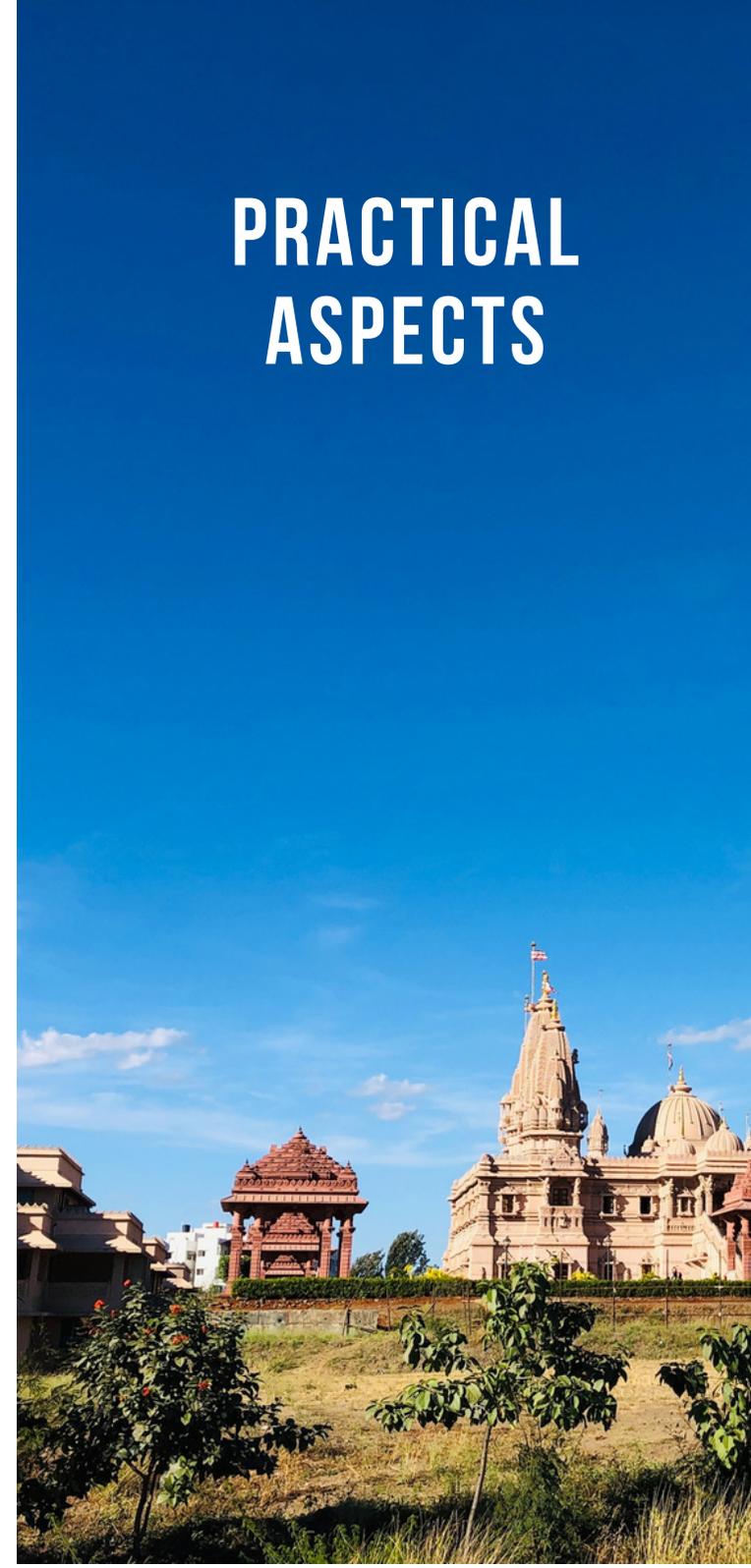
The reference contribution for the accompaniment (organization, logistics, activities...) is 400-500 € for one trip, 750-850 € for two trips and 1050-1150 € for three trips, which can be adapted to particular needs. Part of these contributions will be used for other social projects.

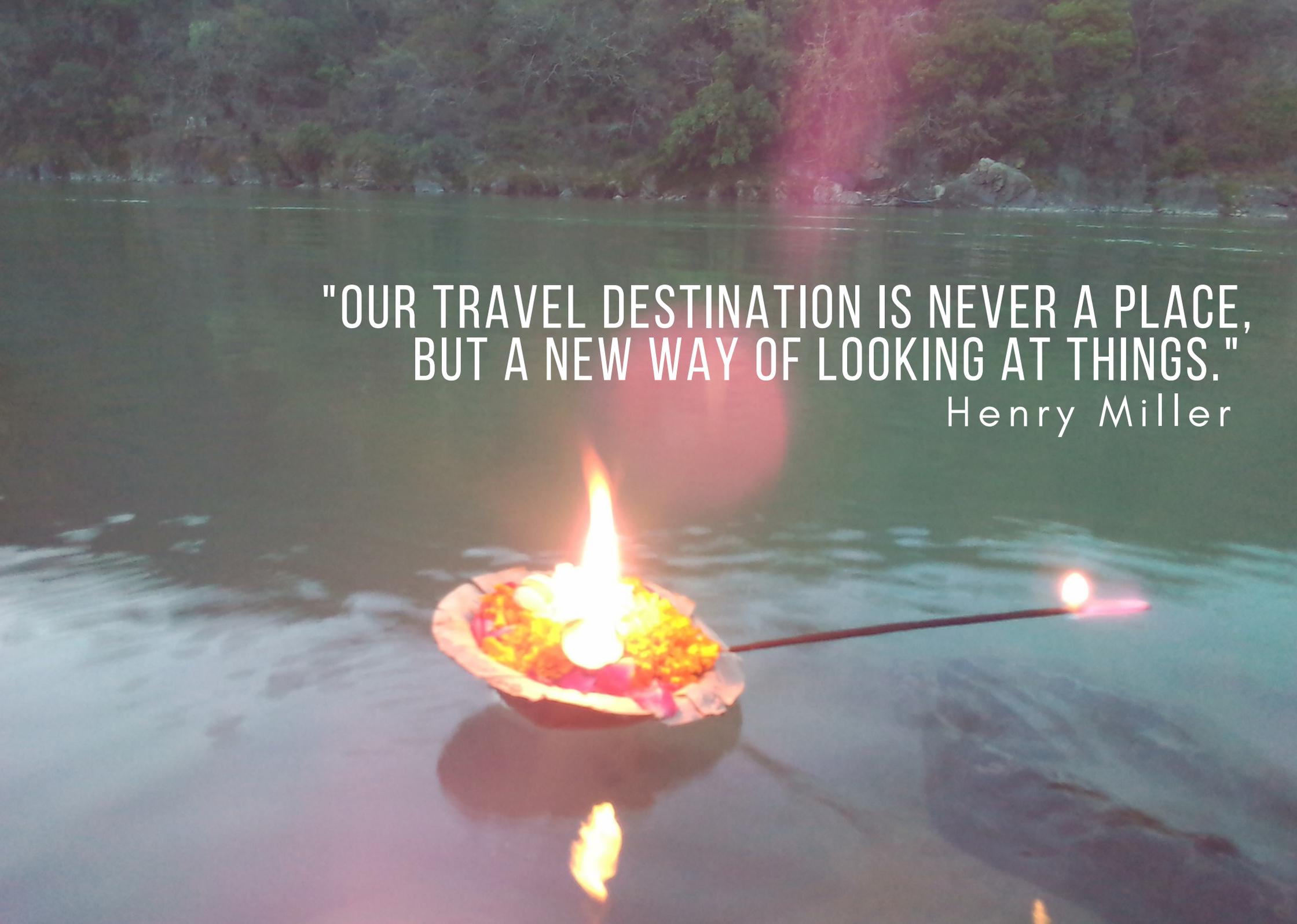
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In total the expected expenses are:
2,000 - 2,300 € for one trip (10 days).
2.750 - 3.450 € for two trips (20 days).
3.850 - 4.550 € for three trips (1 month).

If you have trouble meeting this budget and need ideas or help, please contact us.

PRACTICAL ASPECTS



A photograph of a river at night. In the foreground, a small, round, earthenware diya (oil lamp) floats on the water. The diya is filled with yellow and orange flowers and has a bright flame. A long, thin stick with a small flame at the end is positioned horizontally across the water, extending from the diya towards the right. The background shows a dark, forested hillside under a night sky. The overall mood is serene and contemplative.

"OUR TRAVEL DESTINATION IS NEVER A PLACE,
BUT A NEW WAY OF LOOKING AT THINGS."
Henry Miller

An aerial photograph of a mountain peak, likely Arunachala, covered in a large, colorful floral garland (mala) of white, yellow, and red flowers. The peak is surrounded by a vast valley with green fields, a winding river, and a small town. The sky is clear and blue.

MORE INFORMATION ABOUT THE JOURNEY

VTiruvanmalai view from the
top of the sacred mountain
of Arunachala after a Shiva
celebration.

Photo: Leire Iriarte

INDIA. AN INTENSE AND BEAUTIFUL LAND

It is very difficult to summarize India in a few words. India is many things. Sometimes it is the land of slums, material poverty, dirt and pollution. Many times it is the land of spirituality, devotional service and the greatest love. India is the land of all religions, the land of social innovation and vitality, the land of meditation and karma, the land of Jiddu Krishnamurti or Rabindranath Tagore. It is also the land of Gandhi, Buddha and many other yogis and yoginis who have explored the paths of personal transformation.

Today, this baggage is intermingled with the look to a promising future, to an integration between the material and the spiritual, with the increase in life expectancy, the strengthening of a growing middle class, or the emergence of inspiring projects that combine spirituality and social impact. At the same time, it is not trivial to be aware that nowadays some inter-religious conflicts affecting minorities are reappearing, and political extremism is on the rise, as in other countries, because India is not isolated from the global consciousness.

India is also a melting pot of cultures, gastronomy and traditions; in almost every village and every household there are different nuances that awaken all the senses.

And it is in those houses and in those villages where India shows its most transforming face, for its people are especially hospitable to strangers and never cease to surprise visitors with their friendly smiles, their constant invitations, or their grandiose welcomes in unknown villages.

India has the ability that few places still have: to never leave you indifferent.

BUDDHA. THE FOOTSTEPS OF A PRINCE

The historical Buddha and father of Buddhism was a prince born in Lumbini, what is now a small town in Nepal, some 2,600 years ago. Siddhartha Gautama, the name of the prince who eventually became the Buddha, was destined to be king of the Sakya, a path he renounced because he understood the nature of human suffering. After years of dedication and perseverance he reached the ultimate enlightenment, Buddhahood, at the age of 35. After attaining this state, he dedicated more than 40 years of the rest of his life to sharing the dharma, all that he had learned.

The journey "In the Footsteps of the Buddha" is three journeys in one: it is a journey through the key places of the Buddha's life in India and Nepal, it is a journey through the life of the Buddha, deepening in his experiences and teachings, and it is an inner journey in which we will connect with ourselves, reflect deeply, and explore our path, while we interact with other members of the group.

This journey allows us to make a vital pilgrimage towards true happiness, the complete happiness achieved by the Buddha. It is a spiritual journey so we can enrich our own path by learning from the Buddha's path, and also from the people who will be part of the journey. Although we pass through Nepal, most of the journey takes place in the land of India, which is probably the most spiritual and intense country in the world.

"In the Footsteps of Buddha" is a trip aimed at all curious people and eager for personal development, who want to know the essence of Buddhism and enjoy a journey of inner growth. It is aimed at people of all ages with a health status that allows them to travel to India.

GANDHI. THE FRUIT OF THE PAST, THE SEED OF THE FUTURE

Mahatma Gandhi: political and spiritual leader, activist referent, regenerator of nonviolence, representative of the underprivileged, and as one of his disciples said: "the fruit of all the spiritual traditions of India to date, and the seed of the society that will emerge in the future".

With the present will intertwine the past and the future in our days in and around Ahmedabad. We will look back at the life of Gandhi and other contemporaries, their examples, stories, practices and teachings. We will visit the Ashram where Gandhi lived for nearly 14 years, and glimpse the vast impact the Gandhian era has had on the area, where a century later projects and initiatives inspired by those seeds are still flourishing.

The ecosystem that expands around the Gandhi Ashram continues to grow and generate possibilities for people in the slums, as well as reflection and change for those who hold political and economic power, locally and globally. Most of the great international leaders have set foot in the Gandhi Ashram, for many, still today, 'the Heart of India'. We will also be able to recall one of India's most important historical moments, the famous Salt March, the culmination of decades of nonviolent work, which generated a social groundswell of timeless consequences.

Gandhi opened the door to a form of spirituality based on social commitment that has transcended into countless projects today, and that continues to inspire politicians, students, social workers... We will be able to visit some of the most relevant projects in the area and meet modern-day Gandhis who keep the flame of his transformative work alive.

AUROVILLE: A COURAGEOUS AND COMPREHENSIVE EXPERIMENT

Sixty years ago, Aurobindo and Mirra Alfasa, lived in an ashram in the city of Pondicherry, a few kilometers from the present Auroville. In their ashram they already had a school, different micro-enterprises, health services, etc. Even so, the experiment had not yet reached its full potential, as due to its size, many 'systems' were left out of the equation. Mirra Alfasa (The Mother) channeled the creation of a city focused on personal transformation and universal well-being: "There should be a place on earth that no nation could claim as its own, where all human beings of good will who had sincere aspiration could live freely as citizens of the world and obey only one authority, that of truth."

"In this place, children could grow and develop wholly without losing touch with their soul; training would be given, not for passing examinations or for obtaining certificates or positions, but for the enrichment of existing gifts and the creation of new ones. In this place, titles and ranks would be replaced by opportunities to serve and organize; the material needs of each would be provided for with equality, and intellectual, moral and spiritual superiority would be translated into the general organization, not by an increase of pleasures and powers in life but by an increase of duties and responsibilities. Beauty in all its artistic forms: painting, sculpture, music, literature, would be equally accessible to all, the power to participate in the joy they bring would be limited only by one's capacity and not by social or financial position. (...) In short, it would be a place where human relations, which are usually based almost exclusively on competition and conflict, would be replaced by relations that stimulate progress, collaboration and true fraternity..."

A vision of a different world, which manifests itself today in thoughts, paradigms and projects, inside and outside Auroville. A place full of beauty and inspiration, a journey towards utopia that will open our hearts and minds.

Detail of an offering in the
Ganges River as it passes
through Varanasi.
Photo: Leire Iriarte



Make your reservation through [this form](#).

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