

# Manasa Sarovar – Kailash Yathra

**... a celestial Journey in life!**

27th May-10th June 2012



If you wish to associate with Godly work, please visit [www.abhayafoundation.org](http://www.abhayafoundation.org)

# Back Ground

The scriptures stress the importance of pilgrimage. From time immemorial, saints, sages and princes have all embarked on pilgrimages. Every temple has its own divine history to speak of. The place of pilgrimage possesses three-fold attributes — the presiding deity, water and abode. Thinking that such pilgrimage would purify the body, mind and soul, I decided to undertake annual pilgrimage. As of now, I had the fortune of visiting almost all the sacred places in the country since young age. This time with GOD's grace, I thought of visiting Mt Kailash. I took this pilgrimage with 2 thoughts... one is praying for Universal Peace & another wish is seeking divine blessings for "abhaya Home of Happiness" ([www.abhayafoundation.org](http://www.abhayafoundation.org))

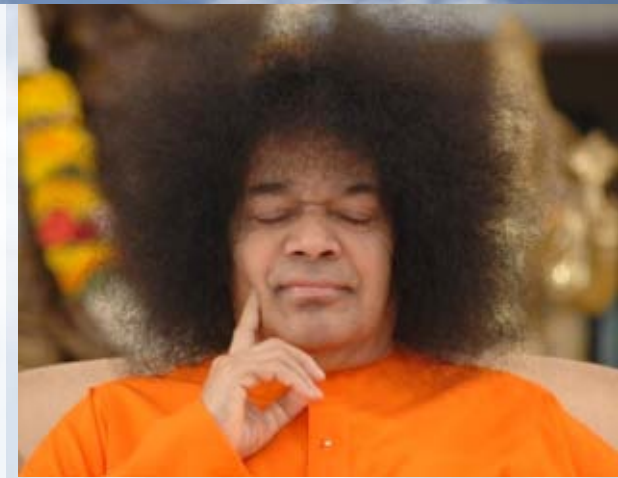
Mount Kailasa is believed by Hindus to be the home of Siva and his wife Parvati. The mountain of Hindu lore is believed to have a number of sacred properties. Kailasa is said to be at the center of six mountain ranges, forming a lotus, and it is also said to be the source of four sacred rivers flowing into India. Lord Shiva is believed to sit atop Mount Kailasa in meditation, which allows him to dissolve the world of illusion and to observe all that is happening in the world.

Pilgrimage to Kailasa was once an extraordinarily difficult venture for all of us, and it was considered the greatest pilgrimage that could be made in one's life. While some extreme ascetics still opt to make the entire journey on foot, through several high Himalayan passes, it is now much more common for pilgrims to fly to Kathmandu, and take vehicles to the Tibetan town of Darchen, before setting off on foot for the last leg of the journey.

The mountain is one of the holiest sites on the planet, held sacred by more than half a billion people, and revered for its beauty by anyone who witnesses it, especially during sunset. The mountain forms a powerful landscape, spiritually and physically.

My loving salutations at thy lotus feet of Bhagawan Sri Sathya Sai Baba as whatever I am today... it is because of life HE infused in to the body. HE is the source of energy in my life for carrying all that good work in the country.


Thank You



My sincere thanks to **Parents**  
**Sri SS Rangaiah & Smt Rajeswari**

CA SN Rangaiah (Elder Brother), Smt Revathi & Sri Mohan Gupta (Sister & Brother in – law), Sri S Srinivasa (Younger Brother) who encouraged me for taking up such a journey. But for their moral & financial support this journey could not have been successful. Their love and care made me to feel blessed to have such FAMILY. It gave me confidence that, I must live for people in need.



 My respectful obeisance before my employer NCC Group and its Senior Executives who sanctioned leave for 12 days for taking up this divine journey. Without their kind hearted empathy, I could not have made up my mind to proceed. Long live NCC.



My heartily thanks to hundreds of friends who caringly sent greetings and wishes for the journey.

Also thank Southern Travels through whom I have undertaken the Journey.

# Best Wishes

I feel very happy to hear that you are going to Manasa sarovar. Wonderful, once you return from there, please share photos and your experiences... Have a good and pleasant journey... still I am in US and am doing fine – **CA Hari Krishna Desu, Chartered Accountant.**

Wish you happy, prosperous, comfortable and safe journey. May God bless you. – **C A B.V. Prasad, GM (Finance), NCC Group, Hyderabad**

Happy Journey – **CS Ahalada Rao, Director, B5 Consulting, Hyderabad**

Happy Journey! Uncle – **Gayatri Keerthi, CA Student.**

Wish you happy & safe journey ! - **Anusha Jaladi, TCS, Hyderabad**

Have a Happy and safe Journey – **Keerthi Murthi, Infosys, Bangalore**

Wish you all the very best and wishing you a fruitful and divine yathra – **KV Ramakrishna, KOTAK Investments, Mumbai**

GOD bless you and pray for all mankind – **Ravinder, Sai Youth, Hyderabad**

May Sai always with you and wish you all the Best – **Aruna Pradeep Reddy, Secretary, Sai Seva Sangh, Hyderabad**

We all wish you a happy journey and darshan – **S Chakradhar, MD, Sri Vijetha Engineers**

Wish you a happy and pleasant journey. May GOD Bless you – **CS GV Reddy, IL&FS Engineering Co, Hyderabad**

Happy journey and may Sai bless you – **M. Udaybaskar Reddy, Narayana Hrudayalaya, Hyderabad**

Wish you a happy journey, we pray to GOD to grant you Darshan and blessings for carrying out Good Work – **CS Jinesh Kumar, PS Rao & Associates, Hyderabad**

May God always be with you and make your wish come true. Wish you a great experience safe journey – **Ramakrishna, Partner, SVS Credits, Bangalore**

Happy journey Balachandra garu, enjoy the beauty of GOD and eternal peace – **CS Sastry, PS Rao & Associates, Hyderabad**

Wishing you a happy journey – **Suneetha, Lecturer, Hyderabad**

Oh! All the best & Happy Shubh Yathra – **CS Venkat, KMC Constructions, Hyderabad**

Bala! All the best for your selfless service – **Dr. Krishna Kumar, Sai Youth, Hyderabad**

I wish your holy trip to Manasa Sarovar, a grand success. Wish you a very happy and safe journey & all the best. Bring the fragrance of Lord Shiva – **CCS Raju, PS to Chairman, NCC Group**

All the Best & Happy journey – **CS Venkat Ramana Reddy, Priya Cements, Hyderabad**

Please accept our best wishes for your yathra. I am sure the mankind would be benefited from this Yathra – **BS Gupta & Family, Bangalore**

Good works... great works... godly works, keep it up and all the best – **CS Ramakanth, NCC Group, Hyderabad**

Wish you a happy spiritual journey and pray GOD to give you great spiritual experience over there – **M. Rajasekhar, TCS, Bangalore**

Dear Bala! Let you have wonderful days ahead – **Srikumar G, Director, ICOMM, Hyderabad**

Praying Bhagawan Baba to be with you during yathra – **T.Madhusudhana Rao, LIC, Hindupur**

Wish you a safe journey, fortunate are those who get to see the abode of GOD – **Dr. P Harish, MD, Vasudev Hospital, Bellary**

Hi! Bala, sairam!!... all the very best, have a fantastic and blissful darshan of Mount Kailash and peaceful manasa sarovar. God bless you – **K Raju, Brand Consultant, Delhi**

Wish you a happy journey – **CA Umesh, Chartered Accountant, Hyderabad**

GOD bless you and wishing you a holy pilgrimage – **Narayana Babu, Sakshi TV**

I wish you all the best. Please pray the almighty for universal peace and brotherhood – **CS M Adinarayana, NATCO Pharma, Hyderabad**

Wish you a happy journey and we wish your prayers reach almighty for the peace – **Gowripathi Rao, GMR Group, Bangalore**

Happy to hear the news. Wish you a happy journey and may the divine blessing be showered on all of us and lead us to better lives in helping the people. Sairam – **Avinash Vemula, Hyderabad**

GOD be with you and glad to know this. Wish you a Happy Journey, love – **CS P Jagannatham, Corporate Consultant, Hyderabad**

All the best and take care of health – **CS Shujath Bin Ali, Chairman, Hyderabad Chapter of ICSI**

All our Best wishes for your yathra. Please do include us especially Azra in your prayers. God is within you... no doubt! And we are with you in all your godly endeavors. – **CS Rashida H Andenwala, Managing Partner, R&A Associates, Hyderabad**

Wish you all the Best. You are one of the fortunate God has bestowed an opportunity of HIS Darshan – **CA GK Agrawal, Gyanender & Associates, Delhi**

Please pray on my behalf too... for universal peace and also grant me enough spirit to support people around us. I wish you a very blissful journey – **CS G Thirupal, Corporate Consultant, Bangalore**

GOD is with you and us. Happy, holy yathra – **CS Vasudeva Rao, NCC Group, Hyderabad**

May GOD be with you during your yathra and may you come back safe, more spiritually charged, physically fit to carry on the Godly Work – **EJP Prasad, abhaya Foundation, Hyderabad**

# Significance of the Journey

While keeping GOD in my H.E.A.R.T and HIS work in HANDS, praying for universal peace & success of abhaya Home of Happiness, I decided to proceed to Manasa Sarovar - Kailash Yathra from 27th May – 10th June'12. 4th June being full moon day, it became further sacred to have Parikrama of Mt. Kailash on that day.

Sri Ramakrishna Paramahansa while talking about the path way to God, advised devotees and sadhaks to practice the following in life carefully:

1. Ekaantha Vaasa ( living in solitude)
2. Sathsanga (being in good company)
3. Theertha Yathra (going for pilgrimage)
4. Seva (serving the needy in the country)

My travel is aimed to accomplish all the above with Kailash Yathra.



## abhaya Home of Happiness

It is an initiative of abhaya Foundation solely dedicated to rescuing and rebuilding the lives of the destitute and dying people on the streets of Hyderabad. The vision is to accommodate and care for more than 500 destitute who is otherwise un-cared in the society and lying on the roads in most inhumane and unhygienic circumstances. It is a place of solace and shelter for people who are suffering from chronicle and critical deceases like AIDS, Cancer and Kidney failures besides many who are mentally challenged. These residents who were once disowned by their families and doomed to fend for them will find happiness and hope at this home and they all will have a new reason to live. Abhaya Home of Happiness will be a turning point for the destitute people in Andhra Pradesh in specific and in India in general. Abhaya Foundation has laying true foundation for the transformation of lives of those on the streets.

[www.abhayafoundation.org](http://www.abhayafoundation.org)

## The costly affair

Till now whatever pilgrimages, I undertook... the cost was well within my reach , may be couple of months Salary savings. But this time Kailash Yathra thrown a challenge to my pocket. It costed me close to Rs.1.30 lakhs (I was conservative in spending the amount). It is almost my annual saving. I had to check alternatives. But, my Brothers & Sister very caringly provided financial support to take up this Yathra. I bow before them for making my dream a reality. Further Smt Saraswathy Aunty, Smt Lakshmi Janardhan and others also lent their hands of help.

## 5 essentials of Kailash Yathra

The Kailash Yathra this time, made me to realise 5 essentials which are needed for those who wish to take up such tedious journeys in life. **They are Mental fitness, Physical fitness, Financial fitness, Spiritual Strength & Godly blessings.** Even if one misses in 5, then the journey will not be successful as I have seen this with my own eyes during the journey. There were 80 pilgrims in the group, but just 8 pilgrims could complete Parikrama by foot and another 10 people completed their Parikrama by horses. the reasons are lack of one of the above mentioned essentials. I suggest one should surely have these essentials to have successful journey.

## The most needed things for Yathra



Pocket knife 1, Camera and extra films, Binocular (optional) 1, Sun block cream and lip salve 1, Water bottle of 1.5 litres 1, Trekking stick 1, belt poach 1, needed medicines, first aid kit, Reading materials etc.,

backpack (bag for a day use) 1, Good well worn-in walking shoes 2, Slipper 1, Wool shirts 3, Cotton shirts 4, Regular underwear 6, Thermal wear 2 pairs, Woollen trousers 4, Wind and rain gear with hood 1, Woollen cap 1, monkey cap 1, Gloves 2, Sun hat 1, Woollen and cotton socks 6, Sweaters 2, Towel 4, Track suit 1, Toilet kit & Toilet paper 1, Flash light / torch with extra batteries 1, Sun glass 1,

## Hyderabad – Kathmandu with Smt & CS SJ Rao

For the first time, I crossed the borders of this holy mother land in life. I got to get the clearance of passport before hand, to travel to Kathmandu (the Capital of Nepal, Only Hindu Country in the world) to proceed to Kailash Yathra. I pray fully flied to Delhi International Airport from Hyderabad on 27th May 2012 and thereafter to Kathmanadu (Tribhuvan International Airport) on the same day.



I had the fortune of companionship of Smt & CS SJ Rao (Soma C o n s t r u c t i o n s , Hyderabad) in entire journey. They took care of me like their own family member. Their love and care towards me made me to bow before them many a times. Love they have for each other as husband and wife is something very inspiring to understand in life. I was amazed to see their caring relation and blessed to have them in the journey.

## Disconnected with world...



Though initially, I thought that I can have roaming facility to my mobile and internet connectivity for my lap top... many suggested that it may not be workable thought. With lots of courage I decided not to have such connectivity. Furthermore, on crossing the Kathmandu, there was no net work. This lead to disconnecting myself with the world

around for 16 days in life and this is the first step towards GOD's abode, it was successfully done by me. Though it was little difficult to digest... It really made me to focus only on GODly abode... the Kailash.

I suggest the same thing for all those who wish to take up such journey... for being connected to GOD.

## Sacred places of worship at Kathmandu

While we stayed at Kathmandu for 3 days during start and conclusion of Yathra, we all had the fortune of going around and seeing the most sacred places of worship in the hill town. I just tried to briefly narrate stories behind such places in the following paras for the benefit of readers.



## Bhouth Stupa

This is one of the oldest and the biggest Buddhist monuments ever built in Nepal, Bouddhanath is an imposing structure standing some 36 meters. The Stupa stands on the massive three level Mandala style platform surrounded by colorful private family houses. The basic feature of this great stupa is very much like those of Swayambhunath stupa except its finial displaying. It is much bigger than Swayambhunath Stupa and lies on the valley floor where former one stands on the hilltop. This stupa is said to have been built in 5th century AD.



## Pashupathinath Temple

is one of the most significant Hindu temples of Lord Shiva in the world, located on the banks of the Bagmati River in the eastern part of Kathmandu. Temple served as the seat of the national deity, Lord Pashupatinath, (Nepal is a secular country). The temple is one of the 275 Paadal Petra Sthalams (Holy Abodes of Shiva on the continent). Hindus alone are allowed to enter the temple premises. Non-Hindu visitors are allowed to have a look at the temple from the other bank of Bagmati river. Kedaranath gives us the glimpses of back of Lord Shiva and Pashupathinath provide us the divine darshan of 4 faces of Lord Shiva. It was divine experience to see innumerable small temples and Shiva Lingams all around Pashupathinath Temple and more over it looked like Kashi for me.



## Guhyeswari Temple

We visited this sacred temple which is dedicated to the Goddess Parvati. According to legend the wife of Lord Shiva, Parvati, sacrificed her life by burning herself to death in her father's ritual fire. Lord Shiva chose to wander the world, carrying the body of his dead wife. As he passed over the spot where the Guhyeswari Temple is located today it is said that her 'yoni', or female sex symbol, fell to the earth. In the year 1653 King Pratap

Malla built the magnificent Temple. This temple represented the female force that Parvati was the very embodiment of. The actual temple does not house any idles but there is a holy pit where divine jal comes out with a sound. Many believe this to be the temple to go to in order to pray for marital fidelity and further marriages do not suffer.





**Jal Narayanan**

Long back a farmer while cultivating the land they struck the Deity and immediately afterwards blood began to filter from the ground and thus the deity of Budhanilkantha emerged from the underground. Deep below at the base of the Shivapuri Hill within the Kathmandu Valley on the northern end, lies the mystical Buddhanilkantha Temple, meaning "old blue-throat", as also called Jal Narayan.

Just 9 km away from the main city. The Deity of Lord Vishnu lies prominently at 5 meters in length inside a tank 13 meters long giving the impression of floating. It is thought that the Deity is approximately 1500 years old. A fascinating feature of the Lord Vishnu Deity is his large frame carved out of a single block of stone. When described he embodies many fascinating features and all symbolic in their own right. But it is through the four hands that you will find four symbols of Vishnu which are the: chakra or disc, conch-shell, lotus flower and the club. His legs are crossed with his sleeping body resting on the coils of Ananta: the cosmic serpent and his 11 hooded heads. This is one of the most blissful, sattvic shrines I've ever visited. I had the feeling of witnessing the Milky Ocean itself, with Lord Vishnu sleeping on his Shesha bed.

While passing through the borders of Nepal, we could see the tallest Shiva statue in the world, constructed on the financial support of Kamal Jain. The statue is constructed at Chhitpol-5, Kailaskut hill in Bhaktapur. The construction took 6 years and involved 100 Nepali and skilled labors from India. The construction of foundation alone took two years. To protect the statue from natural factors like sun,



**Tallest Shiva Statue**

wind, and rain, it is coated with zinc. It is further coated with copper on top of zinc coating. The outer cover of the statue contain 6000 kgs of zinc and copper. This is 144 feet statute from the basement and supposed to be tallest Hindu Idles in the world. It looks like Lord Shiva over seeing us while we proceeding to His abode in Tibet.

## Preparatory meeting & special baggage

Though, the trip is being booked with Southern Travels, they have tied up the journey with Nepal based Heritage Tours. On reaching Kathmandu, we being received by the representatives of Heritage Team. They surely have the required experience and expertise. Mr.Narayan Bhat, MD of the Company provided a brief for all the pilgrims at the Hotel for nearly an hour or so. He introduced the Team leader, Sherpas (the accompanying staff during the



yathra). Thinking that his communication may not be understood by many pilgrims, I took the opportunity to translate it in Telugu/ Kannada for the team and it was a successful attempt there by entire group got to know about me at the first instance. All our baggage being asked to shift to special duffle bags provided by them for easy transportation.



## Crossing the borders Nepal – China/Tibet

Most of our energies drained away by the time we reach Nepal – Tibet border due to the long drives, road conditions, poor transport facilities and also weather. Full energy will be discharged further before reaching Manasa Sarovar as it involved very tedious journey in different planes and travel through ghat roads.





## Daily Sathsang

I really had the fortune of engaging myself in Sathsang wherever there is a possibility of meeting more than one pilgrim. I felt this is very essential in the journey and will add life to forward journey. Hence I always made it a point in the pilgrimage to have godly discussions and deliberations with the co pilgrims. The same was highly appreciated by one

and all irrespective of caste, cadre, age, region and religion. This may be the one reason I had full strength during entire journey and many people got connected to me and ongoing good work. there were almost 80 people, 15 sherpas, 20 drivers and in total it was a big team all along. People of different attitudes were present in the journey... LOVE was the only channel of communication from my end and it clicked all the time.

## Roads...



Majority of the length of roads from Nepal is very good high way roads... barring few hundreds of kilometres. Some times travel was on High Roads, some times on ghat section, some times river sides, other time it was on terrain / dry lands... in total, most of our time was spent on travel.

Katmandu to Nyalam (3700 mts. - 157kms.) - This is the first day of the Yatra. We had our breakfast at Katmandu and left to China border by reserved tourist coach. It took about 6 hours. Our agent completed customs formalities and check into Tibet... it was really tough time to wait there at the border for more than 6 hours for various reasons, the Tibet was an autonomous part of China. We all being allotted a Land Cruiser (very decent vehicle with 4 Wheel Drive which will accommodate 4 pilgrims) and in about 20 vehicles we proceeded to Nyalam we stayed there for that night and the entire team started feeling chilled had to shift to 3 layer clothing... hot water drinking... wool blankets etc.,

Nyalam to Paryang (4500mts. - 230kms) - After breakfast we proceeded to Paryang which is about 8 hours journey. We had our lunch served during the journey on the road side. We further stayed night in a guesthouse.

Paryang (4500mts. - 240kms) to Mansarovar - After breakfast we travelled to Mansarovar for about 8 hours during the day. We all stayed at the bank of the Mansarovar Lake the Mt. above sea level. It was real joyful night seeing the sun set at the lake. Many people around performed many rituals, Pooja and hawan to the satisfaction of their inner being.

## Holy bath at Manasa Sarovar

Lake Mansarovar is sprawling below only 30km from Mount Kailash, the beautiful, serene and the sacred lake it was (4580m), The circumference of Mansarovar is about 88-km, its depth is 90m and total area is 320-sq-kms. According to mythology it was originated from the mind of Brahma. I took holy bath in the lake and later circumambulated the lake. It look unbelievably fascinating on moonlit nights on 2nd June 2012.... an eternal ambience pervades the atmosphere.



The ritual bath is supposed to provide Brahma's paradise and grant salvation and I drunk the holy waters as such act relinquishes the sins of a hundred lifetimes. I got the privilege of taking bath in the Manasa Sarovar for the first time in the entire group and there after one by one started. The waters were like ice and I had to have lot of courage and determination to take bath.

I offered my prayers to Lord Ganesh. I offered my salutations to the lake, Mt Kailash and thereafter did Gayathri Jap, chanted Mruthunjaya Manthra, Shanthi Mantra. And it was real bath which provided solace to the body and soul as there was no proper bath for the 4 days continuously before that day. More over it is a holy bath in life.





## Panchamukhi Rudraaksha

I never had a thought of purchasing Rudraakshas in life till now, for a reason unknown to me. But it was divine experience for me to find a Pancha Mukhi Rudraksha while coming out of the Manasa Sarovar. I was astonished and spell bound to find such a sacred gift of lord Shiva post my bathing at lake. I hold it to my heart and folded my hands to the lord and joyfully came out of the lake.



## Replica of Mt Kailash

As many people already told that pebbles in the lake and sands to be collected as each stone is treated as "Shivlinga" for giving to the near and dear. I was wonderstruck to find a replica of Mt Kailash on the sands of lake. I felt amazed to have yet another gift of Lord Shiva. I decided to place these 2 gifts at the foundation laying site at abhaya Home of Happiness invoking Lord's blessings for the Project.



Situated at an elevation of 14,900 feet, we have seen the Rakshash Tal which is at a distance of around 10 km from Mansarovar Lake. It is one of the highest fresh water lakes in the world. Rakshas Tal, also known as "Ravan Kund" as King Ravan took bath here and started penance for years seeking boons from Lord Shiva... this may be the reason why no one take a dip in Rakshas Tal as its not auspicious.

## Mansarovar to Darchen (4600mts. - 110kms.)

We further proceeded Darchen and stayed there in the night. By the time we reached the foot hills of Mt Kailash, everyone in the group got exhausted and fell sick due to various reasons.

Though it was informed to all of us about altitude sickness at the time of booking the trip itself (altitude sickness affects anyone of any age after reaching the altitudes of over 5000 meters), I was not so keen to know more about it, as I thought it may not affect me. But by the time, I moved to the room at the guest house... I felt like I am not comfortable as I too had sickness in my body.



## Tough decision to do Parikrama by foot

I was confused and scared due to sever head ache. I really did not understand whom to consult. If I say I am sick, then team leader may not advise to take up the further yathra. If I proceed without telling the fact then, it may be dangerous for life. Thinking in multiple directions, I started meditating on Lord Sai saying that my urge is to do Parikrama by foot and it is HE who can give me strength. Started praying with a single point focus. I begged the Lord to clear the head ache in an hour if HE wish my success. I really do not know how it happened, all the pain disappeared in an hour. I felt it was a GOD's will to proceed further. Happily prepared for the 3 day long Parikrama (meaning there is no second for this Pradakshina of the Lord)



## Yamadwar

Early in the morning after finishing the breakfast at the base camp, about 40 members proceeded for Parikrama. We all reached Yamdwar (door step of Lord of Death) and I felt like it is the place where everyone need to take the permission of the Lord Yama for completing the Parikrama without his calling in between.

The moment we finished our prayers at Yamadwar... very unexpectedly there was snow fall around the place... many of the pilgrims were to be seen screaming and running around. Everyone in the team were in dual mind set as to whether to proceed further or go back. Almost everyone started discussing the matter with their co pilgrims. In front of our eyes, scores of pilgrims belong to other travel houses to be seen returning from their Parikrama stating that there is heavy snow fall in the mountains.

But, my heart said that I must go forward with unwavering faith as the Lord already gave permission in the previous night. So thinking that I proceeded... hailing Jaikar for Lord Shiva. There were at least 20 people returned from that point. I was one among 8 people who started Parikrama by foot.



## Pramathaganas – Lord Siva's companions

As we proceeded from India to Mt Kailash, we thought that our personalities will be in same state of condition. But as we travelled from Nepal, we realised that our personalities are slowly changed like unknown people. No bathing, no cleanliness, no oil, no shaving, no toilets, no proper food, no comforts, no sleep, no language... all these made us to realise that we are slowly becoming SoulDears of Lord Shiva while trying to reach his abode (Pramathaganas)



## Sherpas... Serpents!!



The special appreciation had to be placed on record for the tireless job done by Nepali Sherpas whose energy in serving the pilgrims lead for the success of the tour. Their commitment and passion was very inspiring. They used to serve us in most difficult weathers and terrains. The food, beverages, hot water, sweets, guidance, support everything was marvellous and but for their good work, we could not have completed yathra successfully. They were like Serpents of Lord Shiva showing the way forward.

## Porters – Supporters

Most important thing for all those who wish to have their Parikrama is engaging a porter. For me it was not expected as I just thought it would be easy to carry the back pack considering the experience of trekking for Kedarnath, Amarnath, Vaishno Devi etc., previously. But when I have seen the size of my back pack and the distance of 42kms that needs to be covered, I realised the importance of engaging a porter for 3 days. Then it was little costly affair. I had shell down close to Rs.5000/-, but it was essential for a comfortable Parikrama. More over they were like supporters / porters for entire trekking where we have no one around to lend their hand.



## Yaks (Lord's own vehicle)



We can see Yaks (bulls) all around the places transporting the luggage in the mountains and felt they are the Vehicles of Lord Shiva. They were looking like Nandeeswaras for my eyes. They gave me strength to take up the yathra.

## Chenzu my companion

There was lottery system by which local people provided the services of porters to pilgrims. I was wonderstruck at this development and then I was further shocked to see a lady porter got connected to my luggage and my trekking. She was a mother of 3 kids! She took charge of my baggage. She was holding jasmala in her hand and kept the baggage on her shoulders. She just looked like Mother Parvathi for me as she started showing the way forward. She cared me with lots of compassion; though we do not have common language to communicate to each other... she took care of me at every single point. Couple of times I was falling down, she was holding my body with her right hand. Every day I used to bow before her in the morning and evening seeing Divine Mother in her form. I just thought to give her good tips (it was a mistake) and tried honestly. She just disappeared without even informing me. I called her aloud at pitch of my voice, but could not find her after I touched her feet with reverence at concluding point.



## The form of the formless



## Mount Kailash

Mount Kailash, where Shiva and Parvati lie together in bliss and where eternity meshes with time, lies hidden at the western end of the Great Himalayas. All of the pilgrim routes to the "precious jewel of eternal snow" cross at least one pass above 17,000 feet...



Kailash stands alone, behind a sea of mountains where Tibet and India meet, its four faces to the four directions, with a great river flowing from each: the Indus, Brahmaputra, Sutlej, and Karnali, a tributary of the holy Ganga. Here is the abode of Shiva, where the waters of heaven pass through the god's matted hair and become healing springs; the tirtha, the place where the waters meet, the focus of all Hindu pilgrimage. It looks like Shivalinga from birds view point... it is real feast to see the Mount Kailash.

## Lord Ganesha

If the focus is on Lord and we chant HIS name on lips... we are all bound to have divine vision of various forms of gods and goddesses during our Parikrama. The very first day I could see such vision to start with Lord Ganesh. It was real divine experience to have darshan of Lord Ganesh, the elephant headed god and the son of Lord Shiva & Parvathi. I felt like... the journey would be trouble free with his Darshan.





## Saintly mountains

We can see different forms of mountains as if they are all under penance in the abode seeking the darshan of Lord Shiva. I heard locals says that all those mountains where ice is being formed/ attracted they are treated as saintly people in penance and those without ice are supposed to be demonic in nature waiting for Lords' blessings since ages.

## Weather...

It was a challenge for physical body to face the cold weather in such high altitude. I have seen many people fell sick and returned due to weather without completing the Parikrama. All the seasons can be seen at the same time here at Mt Kailash... the summer, Rain, Fog, Snow, Wind... everything together made a different weather for all of us. It was a memorable time in life.

## Focus!

It has been explained, one will be with the Divine if he contemplates on HIS name and form (Bramhavid - Bramhiva Bhavathi:) and I could see myself with divine ambiance.



## Hoisting the flag at the peak

Someone told me that we need to hoist a flag on the top of the hills Dolma – La which would keep the Generation of ours will fly high in the world.

## Gourikund

While proceeding downwards from Dolma - La (Dolma Pass), a steep descent to Gouri Kund at 5608 m, also called the Lake of compassion as referred to in the Shiva Purana this is the setting for the legend of Parvati and how Ganesh acquired his elephant head bathing in the emerald waters of the kund. I could collect the holy waters for ladies... as drinking of such holy water would provide

them fidelity and grant good children. It was very difficult to go near the lake as it was deep inside the valley and not even touched the water even after going there with difficulty as the water was in frozen state



## Leaving the old cloths ... signifying leaving bad habits!

While crossing dolma – la, there was a mountain where people throwing old cloths at the peak. I realised that while visiting the most holy place on the planet, the abode of Lord Shiva, one has to honestly leave all age old bad habits similar to throwing old cloths. Hence I tried honestly to leave my bad habits and qualities along with throwing old cloth.

## Body conscience at "0" level

“Deha Bhranathi” at ZERO level by the time I started Parikrama as all that is odd and un acceptable for the body is to be experience in the travel. There was absolutely no body sense... everything around to be seen and realised as GOD and nothing else. I do not think such state of mind will come to us when we live in this world in Hyderabad happily staying at Home. This is finest point I could realise in Kailash Yathra.



## 3 days of walking

We took 3 days to circle Mount Kailash, a walk of just over 42kms. Every step was holy with prayers and praise of those who have walked the way before, for more years than humankind can recall...



### Day1- 10kms walk

Darchen to Diraphuk (4890mts. - 12kms.) - This is the first day of Kailash Parikrama. We started our journey after breakfast and packed lunch. We could start at around 12PM. I have to walk continuously for about 6 hours. We stayed at Diraphuk in the tent during the night we had been served hot tea/ soup and the dinner.

### Day2 - 22kms walk



Diraphuk to Zhulthulphuk (4790mts. - 22kms.) - This day is very sensitive and we have to pass Dolma-La Pass, which is 5400 mts, The weather was highly unpredictable at the peak and at any time snowstorm can fall. So we tried to start our journey as early as possible. We again broke our walk in the evening around 7PM after 10 hours tedious Parikrama for the day at Zhulthulphuk in tent.

### Day3 - 10kms walk

Zhulthulphuk to Darchen – We all started at around 8AM on 3rd day and walked down the last part of Parikrama which is about 10kms and took couple of hours to reach Darchen.

## Un believable devotion of Tibetens

I have seen some of the Tibetan devotees making circumambulations of Mount Kailash, they prostrate themselves, rising to walk the length of one prostration and then once again falling to the ground. To circle the mountain in this way may take up about 30 days of patient and meditative movement. These pilgrims may then turn and return, rapt in their awareness of the eternal. The way has no beginning and no end.



### Eating...



The purpose of me booking the trip with Southern Travels was basically because of South Indian Vegetarian Food during the travel. But, in reality I could not enjoy eating food though it was good due to prevailing weather conditions around. I further realised that all that stuff such as dry fruits and snacks packed from Hyderabad in no way attracted taste buds of Tung. Better we avoid over eating and it is advisable to have just 30% of our regular intake during the Yathra.



## Tent life – Dent in life

3 days staying in the tarpaulin tents... again a matter of different experience. The cold weather during the nights coupled with snow fall lead all to a disturbed sleep. Very less we used to sleep during the night and more during the day journey in the vehicles.

## Sleeping bags

Though the travel agency provide sleeping bags for sleeping in the hills during Parikrama, it was not at all comfortable for sleep for an obvious reason that we are not accustomed to sleep in the bags.

I wondered about the soldiers in hilly regions who make use of sleeping bags guarding mother land at the borders! I just saluted them in my heart and prayed for their well being for the grate sacrifices they were doing for safeguarding the country.



## Nature Call . . . all in the nature!

I forgot to take bath for almost a week due to odd weather in the travel. I could not even brush for couple of days. I could utmost used mouthwash to clean the mouth. Further, I used to go for toilet once in 2 days. Everything is under open sky. The water is cold at some times... it is not available in plenty some occasions. Whatever may be the reason... it made me see the ZERO level for bodily comfort.



## Celestial Vision at Kailash

The best point in entire Parikrama was seeing Mt Kailash from various angels during the journey in the day, night, moon light, fog... every single vision is so divine. We could see Lord Shiva's four head with ash lines, we could see Mother's eyebrows, serpent at the top of the mountain, central line in the lingam, someone pouring the milk from the skies on the top of Kailahs, Shiva sitting in the meditation pose... all this one has to see and experience. Images are not going to make the point clear for anyone... seeing is believing.



# Shesh Nag

While reaching the final point, we could see the 5 headed serpent as if it is overseeing the pilgrims finishing Parikrama.



## Ceremonial Welcome

We were all being received ceremonial reception by Heritage Team along with Sherpas. It was altogether a different experience seeing the divine form and chanting divine name for 3 days. Though, body become tired, soul was afresh with experiences. We all being transported to Mansarovar again. This time it is supposed to be return journey enrooted to reach Kathmandu.

## Group photo



Though we tried to have a group photo at many places, we could not take it for 15 long days and it was on 15th day, we all could get one group photo. It came out well and left a long lasting impression in our heart. Thanks to Aditya Shiva Swamy and his family for making this happen. They are coming from Bangalore and one of the best families I ever seen in life. Pray GOD bless them always. Aditya would be keeping thousands of finest photographs he captured in pilgrimage for the benefit of all of us as soon as he is back to Bangalore after Mukthinath Tour.



## Back to India

Lots of Prayers in H.E.A.R.T, I returned to India and bowed before India the noble Land and experienced divine breeze of Mother and her care at Delhi and from there flew to Hyderabad on 10th June 2012.

# Happy coming back to Hyderabad with Wishes

Very happy to note that your trip to Kailash Manasa Sarovar went of very well and that it was memorable. I will take the details from you when we meet and make sincere attempt to go over there next year – **CS MV Srinivasa Murthy, CS & VP (Legal), NCC Group, Hyderabad**

I just thought of u and here comes your mail....You must have soaked in the spiritual magnificence of the holy land. It must have been pure bliss. - **Philip Joshua, Corporate Communications, NCC Group, Hyderabad**

Dear Bala, welcome back and great to know your trip went well. God bless and have a good day – **P Sumanth, MD, ICOMM, Hyderabad**

I would love to have the entire set of pictures/ videos. If it is not inconvenient for you to share the same, I would be grateful for your kind gesture. – **CA MN Sastry, GM (Finance & Accounts) NCC Group, Hyderabad**

Welcome to Hyderabad. Thanks for sharing the photos. I am looking for a detailed note on your tour like last year. - **CS Venkat Ramana Reddy, Priya Cements, Hyderabad**

Wonderful! By seeing you in kashaya angavastra, I am feeling as if I am seeing a true saint...god bless you. U also gave us an opportunity to see mount Kailash, through your pictures. You are always an inspiration to one and all and wish you undertake these type of tours, for more strength to the society and our project. – **Dr AG Ravindranatha Reddy, AGR Laws, Hyderabad**

I felt blissful with virtual view of Mount Kailas seeing your photo graphs. Thank you very much for sharing eternal joy with me. I am confident that we can accomplish all that is aimed by abhaya with blessings of God. – **CS Thirupal Gorige, Corporate Consultant, Bangalore**

Hope u had a great journey of the holy abode and a divine experience. I wanted to talk to you regarding the blog and website development of aHoH. I have a friend who can help us in doing this. We meet and talk how to do. – **CA M Aripita Reddy, Chartered Accountant, Hyderabad**

God is there always anna... great work and good work is god's work...hope you had a godly time at Manasarovar , I pray and wish every wish in your heart be fulfilled - **Murali Manohar Reddy Nandikonda, Sivam, Hyderabad**

I am really happy to see the picture of great divine Sikharam. The mountains covered with snow and appearing in white color... while all the surrounding mountains are appearing in black, in front of which, you sat. I am really delighted to watch it :) Thanks a lot for sending that rare wonder to me. - **CS Ramalaxmi, Capital IQ, Hyderabad**

I wish Abhaya "Home of Happiness" a Success - **Bhanuprakash Gopallaiah, Hyderabad.**

It is great to hear that you had a good Kailash Yathra. Wish you all the best for all the good deeds you are doing to make this world a better place to live. – **Raghu Varma Alluri, Associate Director, NCC Group, Hyderabad**

# Visit to abhaya HoH

The purpose of my holy trip is for Viswa Shanthi & Karyasidhi for abhaya Home of happiness at Hyderabad. Hence I proceeded to Ibrahimpattam in the early hours of 11th June'12 and reached the site at 6.30AM. Pray fully sparked the holy waters on the land and distributed Prasadam to those who were engaged in land development.



# Loakaa Samastha Sukhinobhavanthu

love & life

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