# Following in the Steps of the 10th Master

A Journey to the sacred places associated with the lives of Guru Gobind Singh and Mai Bhago Kaur



# From March 2nd to 20th, 2023

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#### **YATRA INDIA**

#### "FOLLOWING IN THE STEPS OF THE TENTH MASTER"

#### A JOURNEY OF INSPIRATION

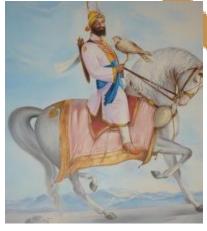
We invite you to be a part of this incredible and exclusive group journey following in the steps of Guru Gobind Singh, tenth Master of Sikh Dharma and creator of the Khalsa, and Mai Bhago Kaur, his personal bodyguard and first female Saint Warrior of the Dharma.

This is going to be a unique opportunity to visit the most important sites associated with the life of the Tenth Master, from his birth to his death, as well as the most significant historical places associated with the birth and development of the Khalsa.

We will also visit the sacred city of Amritsar, we will spend time at the Golden Temple, holiest of shrines in the world of Sikh-Dharma, and Miri Piri Academy, the school founded by Siri Singh Sahib Yogi Bhajan to educate and inspire our youth to be the conscious leaders of tomorrow.

#### THE SAINT WARRIOR

## **GURU GOBIND SINGH**



Centuries ago, the native population of India suffered under the fanatic and oppressive regime known as the Mughal Empire.

During the regime of that Empire, a revolutionary spiritual and social movement emerged in Northern India, teaching and standing for the basic human rights, including the freedom to practice one's religion of choice, the equality of men and women, and the right to earn an honest livelihood, while at the same time sharing one's earnings with those less fortunate.

This movement was founded by a great spiritual teacher named Guru Nanak (1469-1539) and spanned the lives of nine successive spiritual teachers/leaders over the course of 240 years. Based on meditation, social awareness and, finally, the incorporation of its own unique martial tradition of "defending, but not attacking," the movement became known as Sikh Dharma. ("Sikh" meaning Disciple; "Dharma" meaning Way of Life).







During the time of Guru Gobind Singh (1666-1708), the Mughal Empire's oppression reached new and terrifying depths. However, in the regions under the protection of Guru Gobind Singh, people felt free to practice their own religion, ignore the caste system, treat women with utmost respect and work and trade freely with each other.

The Tenth Master was undoubtedly one of the most evolved, visionary and impactful spirits that has ever set foot on this planet. He was a great poet, philosopher, statesman, warrior and leader. He was handsome, athletic, intellectually brilliant, and of course, incomparably charismatic.

Guru Gobind Singh lived at a time and place of great social injustice, intolerance and religious hypocrisy. He taught and advocated a form of spirituality that not only gave us the tools to reach the heights of human consciousness, but also asked us to be the most evolved and involved citizens we could possibly be in the community of mankind.

To this end, he created a spiritual brotherhood and sisterhood called "Khalsa", or "Pure Ones," whose initiated members would commit them selves to live the teachings and lifestyle of the Guru at the highest possible level. Men and women dedicated to living in equality and peace, but at the same time willing to fight and even sacrifice their own lives if necessary in order to protect both their own community and other innocent communities from injustice and tyranny.

The original copies of the Adi Granth compiled by Guru Gobind Singh's great-grandfather, Guru Arjan, were destroyed during the great wars of that time. Guru Gobind Singh then dictated the entire Adi Granth by memory, including in it the poetry of his father, Guru Teg Bahadur. The result was the creation of Siri Guru Granth Sahib, the Sikh Holy Book we cherish as the center of our faith to this day

At the end of his life in 1708, Guru Gobind Singh passed the mantle of the Guruship to Siri Guru Granth Sahib. This concluded the epoch of Guru taking the form of a human life and began the current epoch of Guru taking the form of "Shabad Guru," the Guru's Word now being the spiritual light and guide for the Sikh community.







## **MAI BHAGO KAUR**



Mai Bhago Kaur was born at the end of the seventeenth century in a town called Jhabal, on the outskirts of Amritsar, in present-day Northern India.

Her father Malo Shah trained and fought under the sixth Sikh Master, Guru Hargobind (1595-1644).

Mai Bhago received martial arts training. However, in her younger years, she did not participate in any battle we know of.

At one point in Sikh history, 40 men from the Guru's army, including Mai Bhago's husband Nidhan Singh Patti, refused to continue defending the legacy of Guru Gobind Singh against the Mughal oppression because frankly the were afraid to die.

It is known that when her husband returned home and told his warrior wife what he had done, she became furious. She ordered him to stay and take care of the house while she entered the battle herself, to defend the way of life that most mattered to her.

Mai Bhago mounted her horse, armed for the battle ahead. Her husband, ashamed of his actions, quickly joined her. It is said that they next traveled to the homes of the other deserters, Mai Bhago asking the wives to kick their husbands out of their homes if they refused to participate in the battle ahead. Some of the wives even put on their own battle armor; ready to fight themselves if their husbands did not step forward. The men recognized their wrong and reaffirmed their duty to protect the Guru.

After weeks of battle, the Mughal army, 16,000 soldiers strong, were already exhausted and thirsty, not being able to go much further. Guru Gobind Singh and his small group of bodyguards had eluded capture and were in hiding. Mai Bhago and the 40 repentant disciples now accompanying her, knew where Guru Gobind Singh and his men were and were intent on protecting their lives.

They fixed their camp in front of a well in a city called Khidrana. The well was the only source of water reported in the area and the 16,000 Mughal soldiers, now dying of thirst, headed in that direction in order to survive.

The Mughals did not know that the well was in fact dry and that there was no water to be had there. Mai Bhago and her 40 men created a trap. They spread their clothes among the trees to make it look like they had more people than they really did and made the Mughal troops fight bitterly to get to the well.







Mai Bhago and the Sikhs knew it was basically a suicide mission, but they wanted to distract the Mughal troops long enough to grant a safe haven to Guru Gobind Singh, who had taken his position in a nearby jungle.

The battle roared fiercely. The form of martial arts that the Sikhs practiced allowed a solitary man to defend himself successfully against dozens, if not hundreds of opponents at a time. But even so, the odds were very much against the Sikhs. Many Mughal soldiers fell during the battle, but in the end, all the Sikh men were killed ("The Forty Liberated Ones").

When the Mughal troops finally reached the well and realized that it was dry, they panicked and mutinied. The Mughal leaders assumed that Guru Gobind Singh was among the dead on the battlefield, but they did not wait around long enough to confirm that. Instead, they immediately left in search of another source of water.

Mai Bhago was the only Sikh survivor of the battle. She became, by order of Guru Gobind Singh, his personal bodyguard. Her bravery and strength marked one of the turning points in Sikh history. Ultimately, she helped save the life of the Guru and the Mission of the Dharma.







## TRAVEL FACILITATORS

#### HARI NAM SINGH KHALSA



Hari Nam Singh Khalsa is a renowned spiritual teacher, who has given workshops and personal consultations to thousands of people around the world, including the United States, Latin America, Europe, Africa and Asia.

He had the honor and privilege of having been personally trained for almost 30 years by Siri Singh Sahib Yogi Bhajan, the legendary spiritual master who introduced Kundalini Yoga and Sikh Dharma to the Western World in the late 1960s.

Hari Nam Singh is a Lead Teacher Trainer under the auspices of the Kundalini Research Institute. He is also a Minister of Sikh Dharma, as well as a member of the Khalsa Council, the governing body of Sikh Dharma.

Hari Nam Singh is the author of "Khalsa Consciousness," a book dedicated to describing the essence and mission of the Khalsa Spiritual Path (available online at amazon.com or <a href="http://www.khalsaconsciousnessproject.com/khalsa-consciousness-book.html">http://www.khalsaconsciousnessproject.com/khalsa-consciousness-book.html</a>)

Hari Nam Singh is also founder and director of the Khalsa Consciousness Project, dedicated to facilitating individual and global liberation according to the worldview, spiritual technology and code of conduct synthesized by Guru Gobind Singh more than 300 years ago.

Born and raised in New York, Hari Nam Singh earned academic degrees in Political Science, Law, Finance and Psychological Counseling. At one time or other, he has been a lawyer, financial investment advisor, professional photographer, martial artist and even a taxi driver in New York City.

He is well known for his passion, humor, story telling, clarity in communication and strong commitment to the ideals of the spiritual path he walks.

"Spirituality is not an escape from life, but rather that very thing that gives purpose, enjoyment and nobility to everything we engage in as a human being".

http://www.khalsaconsciousnessproject.com/







## HAR TIRATH KAUR KHALSA



Singh Yogi Bhajan.

Har Tirath Kaur Khalsa founded Centro Caminos Al Infinito in 2009. She directs the Ashram Luján and is in charge of Gurdwara Sahib Sri Guru Gobind Singh expanding the mission of the Khalsa and the teachings of Sikh Dharma in her role as International Minister.

She has founded and has been the first President of the Association of Teachers of Kundalini Yoga and Meditation of Argentina (APKY).

She is an Instructor of Kundalini Yoga and Meditation and Trainer of Instructors. She has organized since 2014 Instructor Trainings in addition to giving various workshops based on the teachings of SSS Harbhajan

She is a Holistic Therapist and Spiritual Consultant, with years of experience. As an Equine Therapist she provides Family Constellations and Horse Assisted Healing.

Facilitates Leadership Courses, Healing, and Women's Empowerment Retreats, such as the Women's Warrior of Light Camp, inspired by the path of the Khalsa created by Guru Gobind Singh, and the first female warrior saint, Mai Bhago.

Annually she organizes the Vaisakhi Festival and the Khalsa Retreat at Ashram Luján where, accompanied by several internationally renowned teachers, she shares teachings and practices from the times of the Guru such as Gatka, Archery, Gurmukhi, Horsemanship and Gurbani Kirtan.

She guides Spiritual Trips and Retreats around the world in centers of energy and cultural and spiritual richness such as the Yoga Retreat in Machu Picchu, Peru and the trip Following the footsteps of Guru Gobind Singh Ji in India and the Wellness Retreat in the Waterfalls of Iguazu.

She is a Gong Therapist, Reiki Master, Sat Nam Rasayan Healer among others. She currently provides the Training of Holistic Healers and Equine Therapists.

Har Tirath Kaur is an unabashed lover of music, nature and animals (especially horses). She has been trained in the performing arts as an actress and theater director. For years she has taught theater to both children and adults. She has also given instruction in the fields of public speaking, locution and radio work.

http://www.caminosalinfinito.com.ar







# THE TRIP TO INDIA



# DATE

✓ From March  $2^{nd}$  to  $20^{th}$ , 2023.

# **INCLUDES**

- √ 18 days
- ✓ Lodging
- ✓ 2 daily meals
- ✓ Local guide and tours
- ✓ Transfer between airport and hotel
- ✓ Land transportation
- ✓ Domestic flights (inside India)

# **DOES NOT INCLUDE**

- ✓ Tips. \$200 per person is calculated for the 18 days of the trip. This amount must be delivered to the organizers once they arrive in India.
- ✓ International flight tickets







#### **ITINERARY**

# Day 1: Arrival in Delhi

Everyone will be met at the airport and then taken to our hotel to rest and recover from the flight.

Night: Delhi

# Day 2: Delhi

Full-day excursion to Old Delhi and New Delhi, which will include visits to Gurdwara Bangla Sahib (related to the life of Guru Har Krishan), Gurdwara Sis Ganj Sahib and Gurdwara Rakab Ganj Sahib (both related to the martyrdom of Guru Teg Bahadur), Chandni Chowk (The Old City Market).

Night: Delhi

# Day 3: Delhi/Patna Sahib

Flight from Delhi to Patna. Visit Takhat Sri Patna Sahib, marking the spot where Guru Gobind Singh was born.

Night: Patna Sahib

# Day 4: Patna Sahib

Full day tour of local temples. Gurdwara Bal Leela Sahib, Gurdwara Kangan Ghaat Sahib, Gurdwara Guru ka Baag (jardín) Sahib, Gurdwara Gai Ghat Sahib, etc.

Night: Patna Sahib

# Day 5: Patna Sahib/Anandpur Sahib

Day trip. Flight from Patna to Chandigarh, then vehicle to Anandpur Sahib.

Night: Anandpur Sahib







# Day 6: Anandpur Sahib

Visit Takhat Sri Keshgarh Sahib (marking the spot where Guru Gobind Singh gave birth to the Khalsa), the impressive Khalsa Museum and other gurdwaras and important sites related to the lives of the last six Gurus.

Night: Anandpur Sahib

# Day 7: Anandpur Sahib

All day attending the huge and festive annual Holla Mohalla gathering in Anandpur Sahib, featuring parades, martial arts demonstrations and more.

Night: Anandpur Sahib

# Day 8: Anandpur Sahib

We will continue to visit important sites that mark the life of Guru Gobind Singh, including Gurdwara Bibhor Sahib, where he composed Benti Chaupal, and Guru Ka Lahore, where he was married.

Night: Anandpur Sahib

# Day 9: Anandpur Sahib/Mukatsar Sahib

Departure from Anandpur Sahib by vehicle to our next destination. Visit Takhat Sri Damdama Sahib where Guru Gobind Singh compiled the final edition of the Siri Guru Granth Sahib. Visit the temples and important sites in Mukatsar Sahib, where Mai Bhago Kaur and "The Forty Liberated" fought their historic battle.

Night: Mukatsar

# Day 10: Mukatsar/Amritsar

Travel by car from Muktsar to Amritsar. Visit the Golden Temple at night, being present when Siri Guru Granth Sahib is lovingly carried to Akal Takhat Sahib in order to be put to bed for the evening.

Night: Amritsar







# Day 11: Amritsar

Tour the city of Amritsar, including Jalianwala Bagh, place of the massacre of innocent people, which turned out to be the turning point in the struggle for Indian independence from the British. Visit Gurdwara Tarn Taran Sahib, associated with the life of Guru Arjun, Gurdwara Goindwal Sahib, associated with the life of Guru Amar Das (site of the famous "84 Steps") and Sultanpur Lodhi, associated with the life of Guru Nanak.

Night: Amritsar

### Day 12: Amritsar

Visit Miri Piri Academy, the school founded by Siri Singh Sahib Yogi Bhajan to educate and inspire the children born into our lifestyle. Visit other important sites related to the life of the first five Gurus as well as experience many highlights of Punjabi cultural life.

Night: Amritsar

# Day 13: Amritsar

We plan to spend the entire day at the Golden Temple complex. We will perform seva in the Langar Hall (preparing and serving food) and on the Pakarma (washing the marble floors surrounding the temple). Free time to meditate at the Golden Temple, relax and shop.

Night: Amritsar

# Day 14: Amritsar/Bidar

Day trip. We will fly from Amritsar to Hyderabad. Night visit to Nanak Jhira.

Night: Bidar

# Day 15: Bidar/Nanded

We will travel by vehicle from Bidar to Nanded, along the way visiting the Mai Bhago Kaur Temple, ultimately arriving in Nanded and Takhat Sir Hazur Sahib, marking the place where Guru Gobind Singh left his worldly body.

Night: Nanded







### Day 16: Nanded

Full-day local tour, visiting gurdwaras and sites associated with the lives of Guru Gobind Singh and Mai Bhago Kaur.

Night: Nanded

# Day 17: Nanded

Day of meditation and relaxation where Guru Gobind Singh spent his last days and left this physical plane.

Night: Nanded

# Day 18: Nanded/Delhi

Those who have their international return flight that same evening (which usually depart very late that day or in the very early hours the next day) will stay in the Delhi airport. Those whose return flight leaves later the next day, will be put up in a Delhi hotel for the evening and transported back to the airport for their flight.

Night: Delhi

Day 19: Return / End of the trip.

#### **OPTIONAL**

Once our official group trip is over, those who wish to take a few more days in India, for example to visit Agra (Taj Mahal), Vrindavan (associated with the life of Hare Krishna), Varanasi (famous pilgrimage destination on the banks of the Ganges River), or Jaipur (exotic gateway to Rajastan with great shopping), we can help arrange that for you.









## **REQUIRED DOCUMENTATION**

It is the sole responsibility of each traveler to make sure that all required legal documentation is in order.

- ✓ To make the trip you will need to have proof of international travel insurance, including medical coverage. Before the start of the trip it is mandatory to send a copy of the policy to the organizers.
- ✓ Follow this link to get your entry visa to India:

  <a href="https://indianvisaonline.gov.in/evisa/tvoa.html">https://indianvisaonline.gov.in/evisa/tvoa.html</a>
  <a href="https://indianvisaonline.gov.in/evisa/tvoa.html">https://indianvisaonline.gov.in/evisaonline.gov.in/evisaonli

# **GENERAL CONDITIONS OF CONTRACT**

- ✓ All participants will be required to sign a written contract at the time of payment.
- ✓ The contract will state what will and will not be covered by the price of the trip.
- ✓ The contract will state that due to unforeseen circumstances, the actual itinerary may vary from the itinerary stated in the promotional material.
- ✓ The contract will state the rights and responsibilities of all parties concerned.
- ✓ The contract will include a waiver of liability clause absolving the organizers of the trip of any financial responsibility for the usual risks of international travel.

# **PRICE**

The total value of the trip is USD \$ 3000







# **PAYMENT METHODS AND RESERVATIONS**

We have limited places so it is very important to make reservations in advance to guarantee a place in this exclusive trip.

Reservations will be made as follows:

- ✓ 50% of total price due by **December 5, 2022**. Balance due by **February 6, 2023**.
- ✓ Payment by bank transfer or PayPal. (Bank account and PayPal account information to be provided upon request).
- ✓ Limited space available on this exclusive trip, so it is recommended that you make your reservation and pay your deposit as soon in advance as possible.

# **CONTACT**

If you require more information, contact us at our email: info@khalsaconsciousnessproject.com and/or info@caminosalinfinito.com.ar





