

NĀMARŪPA NARMADA YATRA

*Salutations to Devi Narmada. Your river-body, illumined with sacred drops of water,
flows with mischievous playfulness, bending with waves. Your sacred water has the
divine power to transform those who are prone to hatred, born of sins.
You put an end to the fear of the messenger of death by giving Your protective armor.
O Devi Narmada, I bow down to Your lotus feet, please give me Your Refuge.*

Narmada Ashtakam Verse 1



The ancients knew that walking around sources of positive energy would charge one with the same positive energy. The **Narmada** is worshiped as a goddess; the tradition of Her circumambulation is called **Narmada Parikrama**. The Parikrama is an adventurous spiritual journey around the sacred river through hills, dense forests, gorges, ravines, rocky patches, caves, plateaus, and plains. It is a religious pilgrimage involving visits to temples, ghats, shrines and villages. It is a form of devotion to please Ma Narmada who takes care and looks after the hardships and needs of all those who undertake the Parikrama. She is a living deity with whom pilgrims interact and communicate on mental and spiritual levels. **Narmada Parikrama** is believed to grant boons to householders, siddhis to renunciates, peace to troubled souls, worldly possessions to those in need, and happiness to all. **Narm-da** means one that gives happiness and joy.



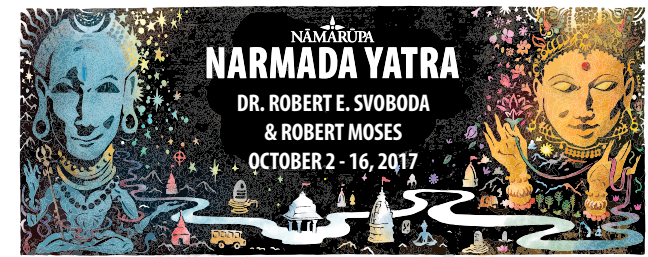
Join **DR. ROBERT E. SVOBODA** and **ROBERT MOSES**
from **OCTOBER 2 - 16, 2017** on the
NĀMARŪPA NARMADA YATRA





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Narmada Parikrama involves walking alongside the river from her origin at Amarkantak to the sea, crossing to the other side, and walking back to the origin. Properly done, it involves walking 2,624 km, taking 3 years, 3 months and 13 days. Narmada is the flow of spiritual consciousness in the heart of India, historically older than the Ganga. Small groups of Parikramavasi travel along Narmada carrying their belongings with them. People claim that their lives have seen dramatic changes during and after the Parikrama. It is believed that a Parikramavasi's wishes, made on the banks of Narmada, come true; his or her hopes are fulfilled.

The **Nāmarūpa Narmada Yatra** will follow the traditional Parikrama—except by plane, bus, boat, and some walking—taking only 13 days—days filled with satsang, yoga practice, temple darshans, discussions, meditation and exploration!

❁ Please join us on Nāmarūpa's first Narmada Yatra ❁

Dr. Robert Svoboda is the first Westerner to graduate from a college of Ayurveda and be licensed to practice Ayurveda in India. During and after his formal Ayurvedic training, he was tutored in Ayurveda, Yoga, Jyotish, Tantra and other forms of classical Indian lore by his mentor, the Aghori Vimalananda.

Robert Moses studied, lived, and taught Yoga and Vedanta with his guru, Swami Vishnudevananda for over 20 years. Swamiji instructed him to "Take people around India!"

Radhakunda das is a senior disciple of Radhanath Swami and a devout Krishna Bhakta. He has been enthusiastically serving all Nāmarūpa yatras as guide since 2007.

Shadow Yoga classes will be held early each morning.

Salutations to Devi Narmada. You confer Your divine touch to the lowly fish merged in Your holy waters; You take away the weight of the sins in this age of Kali; You are the foremost among all tirthas (pilgrimage); You confer happiness to the many fishes, tortoises, crocodiles, geese, and chakra birds dwelling in Your water. O Devi Narmada, I bow down to Your lotus feet, Please give me Your Refuge.

Narmada Ashtakam Verse 2

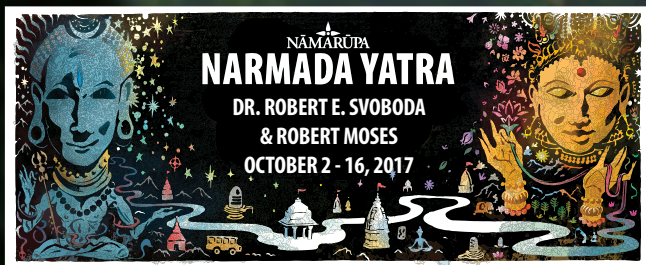


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Salutations to Devi Narmada. Your river-body is deep and overflowing, Your waters remove the sins of the earth and flow with great force, making a loud reverberating sound, splitting asunder mountains of distress, the distress which brings our downfall. In the heat of this world, You provide the place of rest and assure great fearlessness; You gave the place of refuge on Your banks to the son of Rishi Mrikandu (Markandeya). O Devi Narmada, I bow down to Your lotus feet, Please give me Your Refuge.

Narmada Ashtakam Verse 3



Salutations to Devi Narmada. O Devi, after I have seen Your divine water, my attachment to the worldly life has indeed vanished, Your water, which is revered by the son of Rishi Mrikandu (Markandeya), Rishi Shaunaka, and the enemies of the Asuras (i.e. Devas), Your Water which is a protective shield against the sorrows of the ocean of worldly existence, caused by repeated births in this ocean of Samsara, O Devi Narmada, I bow down to Your lotus feet, Please give me Your Refuge.

Narmada Ashtakam Verse 4



Sri Yantra Maha Meru Temple, Amarkantak

NARMADA YATRA ITINERARY • OCTOBER 2-16, 2017

A traditional Narmada Parikrama Yatra takes 3 years, 3 months and 13 days. We are leaving out the 3 years and 3 months and will complete it in 13 days. Please arrive in Mumbai no later than October 2.

October 2 Monday Mumbai - Arrival Pre-Parikrama day

We'll pick you up from Mumbai's Chhatrapati Shivaji International Airport and bring you to LaLiT Hotel near the domestic airport to take rest and get ready for the Narmada Yatra. Check-in after 1 PM.

3 Tuesday Mumbai - Indore - Ujjain Parikrama day 1

After breakfast, proceed to Mumbai Domestic Airport for flight to Indore. Check-in at Shipra Residency, Ujjain. After lunch travel to Mahakaleshwar, one of the 12 Jyotirlingams for puja. Visit Kaal Bhairav, an important temple for Kapalika and Aghora sects. Visit ISKCON Ujjain Temple and Sandipani Muni Ashram.

4 Wednesday Ujjain - Omkareshwar via Indore Parikrama day 2

In Indore visit Rajawada, Lalbagh Palace, Annapurna Mandir, Kanch Mandir and Bada Ganapati Mandir. Check-in at Narmada Resort. An auspicious day to bless our Narmada Yatra by bathing at the Triveni Sangam. Visit Omkareshwar temple, another of the 12 Jyotirlingams, on the island of Mandhata in the Narmada.

5 Thursday Omkareshwar - Maheshwar Parikrama day 3

Temple visits then check-in at Narmada Retreat. Visit ghats, tem-

ples (over 100!) and Rajawada. Boating at Sahastradhara.

6 Friday Maheshwar - Mandu Parikrama day 4

Sightseeing in historical Mandu with palaces, forts and temples. Return to Maheshwar for boating on the Narmada and night halt.

7 Saturday Maheshwar - Bhopal Parikrama day 5

After breakfast travel to Bhopal, a green city of a hundred lakes and take lunch on the way in Dodi. Check-in at Palash Residency. Visit the Tribal Museum. Take rest.

8 Sunday Bhopal via Sanchi - Jabalpur Parikrama day 6

Visit the Brahman and Ret ghats. Have darshan at the Jagatguru Sankaracarya Temple. Check in at Kalchuri Residency in Jabalpur.

9 Monday Jabalpur - BedhaGhat - Amarkantak Parikrama day 7

Travel from Jabalpur to BhedaGhat, Marble Rocks and Dhuandhar Falls and Chaunsath Yogini temple, Lunch in BhedaGhat then on to Amarkantak and check-in at Holiday Homes.

10 Tuesday Amarkantak Parikrama day 8

Source of the holy Narmada and known as Tirthraj, "King of Pilgrimages". Visit Kapildhara Temple and waterfall.

11 Wednesday Amarkantak - Kanha Parikrama day 9

Travel to Kanha and check-in at Baghira Jungle Resort or Mocha Hotel. Lunch and rest then sightseeing at Kanha Tiger Reserve which has an incredible array of fauna and flora.

12 Thursday Kanha Parikrama day 10

The Kanha Tiger Reserve is the largest national park in Madhya Pradesh. We will go on morning and evening safaris.

13 Friday Kanha - Pachmarhi Parikramaday 11

Breakfast at respective places. Travel to Pachmarhi. Lunch on the way at MP Tourism, Rukhad. Continue journey to Pachmarhi. Check-in at Champak Bungalow.

14 Saturday Pachmarhi Parikrama day 12

Sightseeing in Pachmarhi, a hill station in the Satpura Range. Drive in Maruti Gypsy jeeps to visit caves and waterfalls.

15 Sunday via Bhimbetka - Bhojpur - Bhopal Parikrama day 13

After breakfast travel to Bhimbetka rock shelters. Visit Bhojpur's temples and palaces. Check in at Palash Residency, Bhopal.

16 Monday Bhopal to Mumbai Final day

From Bhopal to Indore Airport with packed breakfast. Flight Indore to Mumbai at 1.00 pm. Reach Mumbai by 3.00 pm. Afternoon flight to Mumbai Domestic Airport. Farewell.

Note: If you are taking an international flight on Monday 16th., please book from 9.00 PM onwards. If you wish to stay longer you will need accommodation from the afternoon of October 16.

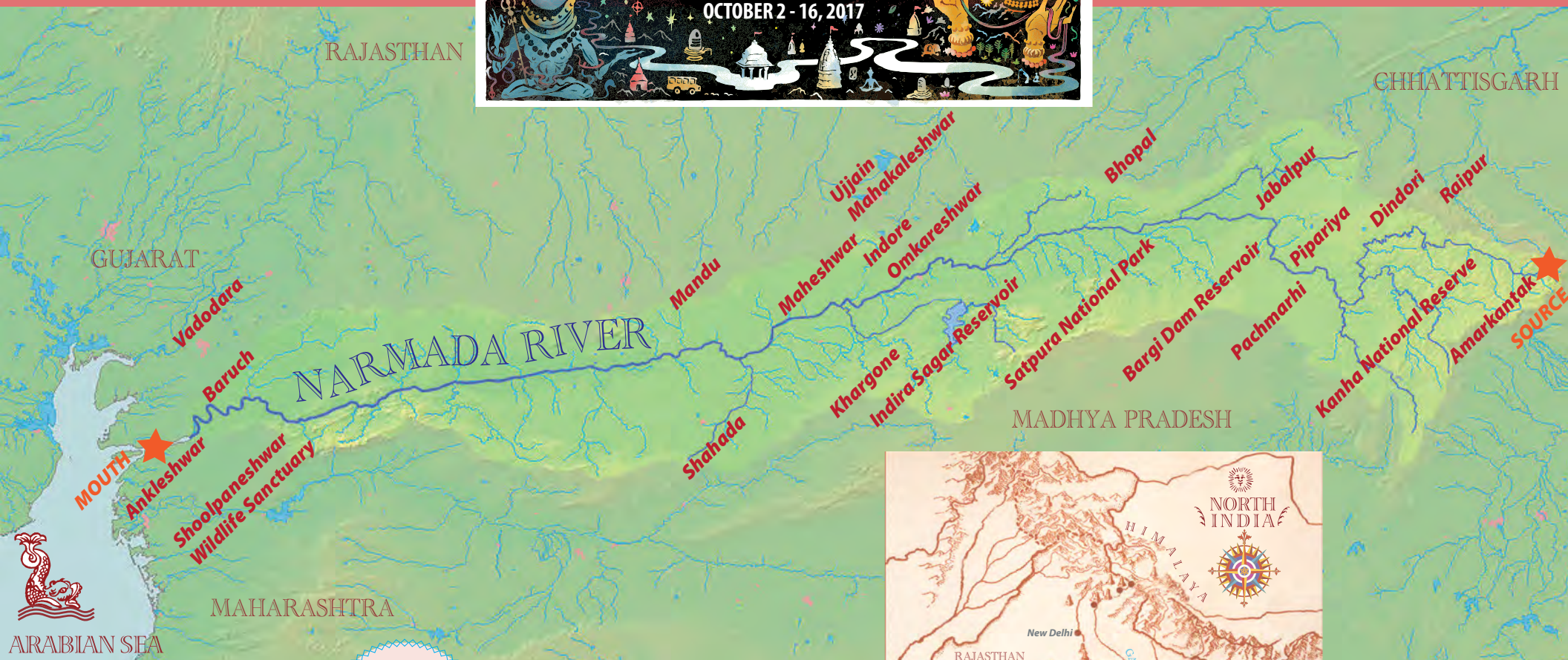
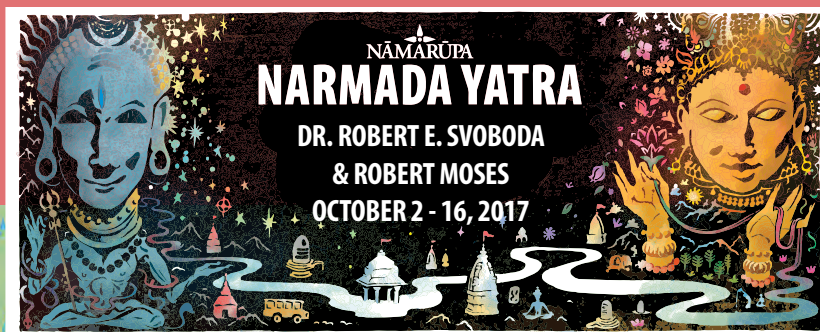
Keep in touch: Itinerary is subject to change 🌟

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THE DECCAN IS DOWN HERE



Traditionally accepted rules for the Narmada Parikrama, posted here for your interest and to give an idea of the sanctity of the pilgrimage. We will not follow them all to the letter!

1. The Parikrama can be started from any point along the banks of Narmada to return to the same point after complete circumambulation. Omkareshwar and Amarkantak have become popular places to commence. Keep Narmada to the right side while moving along the river.
2. Before commencing, worship Narmada and take a resolution for completing the Parikrama by arranging a special prayer known as 'Mai ki Kadahi' (mother's cooking pan) involving cooking Halwa, offering it to Maa Narmada and distributing it as prasad.
3. A Parikramavasi should shave the head and beard before starting and should not shave or cut nails till the Parikrama is complete.

4. The Parikramavasi should worship Narmada twice a day. When Parikrama route takes one away from the shore of Narmada one should carry Narmada water and offer prayers to it.

5. One should not use soap, oils, or perfumes for a bath or for washing clothes in the waters of Narmada. One should use the clean soil on the banks of Narmada for cleaning and washing purposes during the Parikrama. Always have the deepest respect for Maa Narmada.

6. A Parikramavasi should follow brahmacharya and remain like a vanaprasthi during the Parikrama. One should abstain from lies and wrong deeds, stay quiet, not criticize others, and behave with an attitude of humility towards all.

7. A Parikramavasi should walk on the banks of Narmada, never cross her, and not even go to islands in Narmada. However the tributaries can be crossed once as it becomes inevitable.

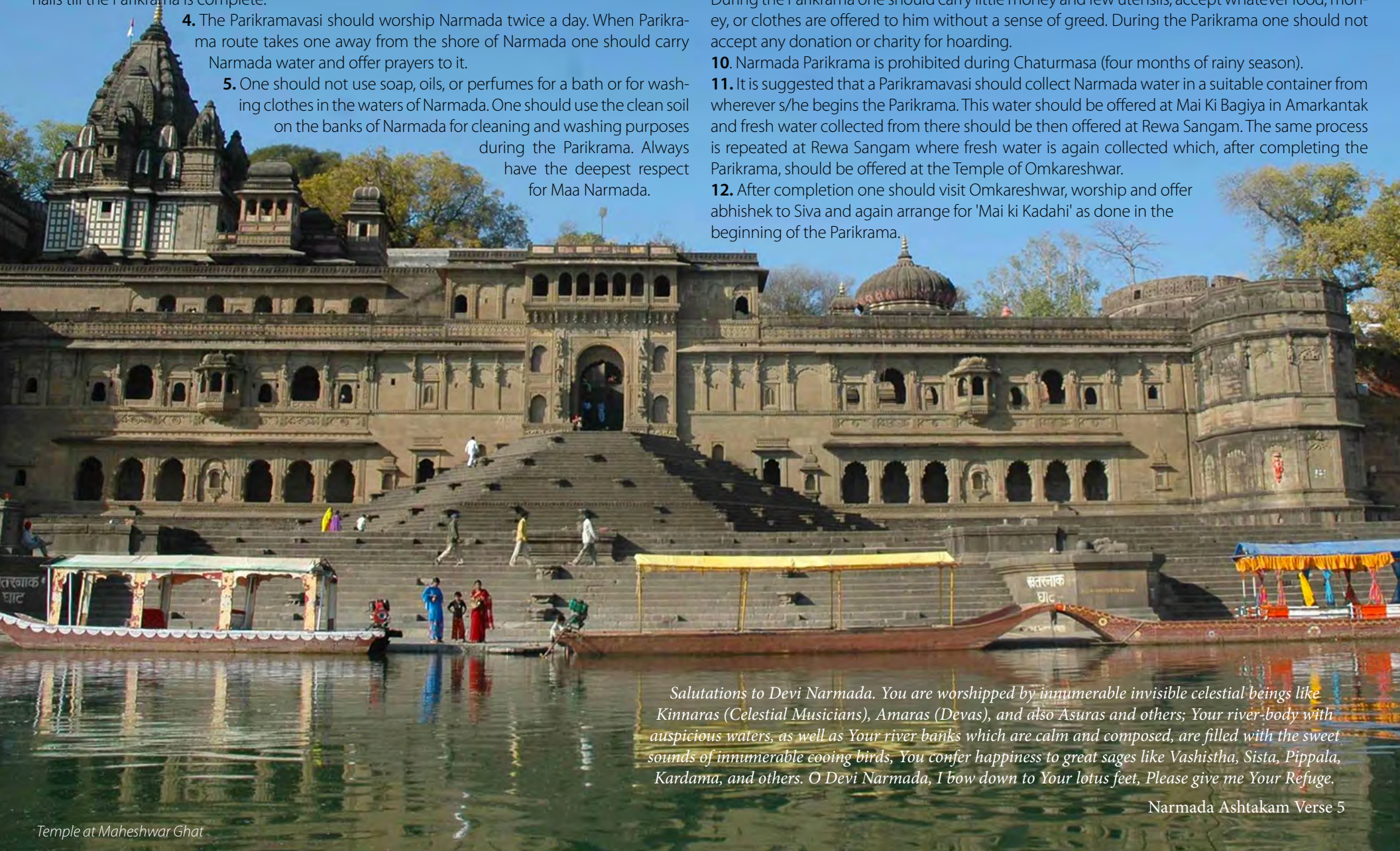
8. During the Parikrama, one should remain within 5 miles of the river on the southern banks and within 7.5 miles of the river on the northern banks.

9. A Parikramavasi should walk barefoot, eat whatever food is offered to him by temples, shrines, and charitable social institutions, drink Narmada water and sleep wherever he can find shelter. During the Parikrama one should carry little money and few utensils, accept whatever food, money, or clothes are offered to him without a sense of greed. During the Parikrama one should not accept any donation or charity for hoarding.

10. Narmada Parikrama is prohibited during Chaturmasa (four months of rainy season).

11. It is suggested that a Parikramavasi should collect Narmada water in a suitable container from wherever s/he begins the Parikrama. This water should be offered at Mai Ki Bagiya in Amarkantak and fresh water collected from there should be then offered at Rewa Sangam. The same process is repeated at Rewa Sangam where fresh water is again collected which, after completing the Parikrama, should be offered at the Temple of Omkareshwar.

12. After completion one should visit Omkareshwar, worship and offer abhishek to Siva and again arrange for 'Mai ki Kadahi' as done in the beginning of the Parikrama.



Salutations to Devi Narmada. You are worshipped by innumerable invisible celestial beings like Kinnaras (Celestial Musicians), Amaras (Devas), and also Asuras and others; Your river-body with auspicious waters, as well as Your river banks which are calm and composed, are filled with the sweet sounds of innumerable cooing birds, You confer happiness to great sages like Vashistha, Sista, Pippala, Kardama, and others. O Devi Narmada, I bow down to Your lotus feet, Please give me Your Refuge.

Narmada Ashtakam Verse 5

Salutations to Devi Narmada. Rishis Sanatkumara, Nachiketa, Kashyapa, and others, who are like the six-footed bee (since they seek the honey of divine communion), hold Your lotus feet in their hearts; bee-like sages Narada and others also hold Your lotus feet in their hearts. You confer happiness to Ravi (Sun), Indu (Moon), Ranti Deva and Devaraja (Indra) by making their works successful, O Devi Narmada, I bow down to Your lotus feet, Please give me Your Refuge.

Narmada Ashtakam Verse 6

Salutations to Devi Narmada. You cleanse innumerable invisible and visible sins with Your river-body, the banks of which are beautifully decorated with innumerable sarasas (cranes or swans), In that holy place, You give both bhukti (worldly prosperity) as well as mukti (liberation) to the series of living beings including animals (who take Your shelter). The presence of Brahma, Vishnu, and Shankara in Your Holy river-body provides a protective shield of blessings to the devotees). O Devi Narmada, I bow down to Your lotus feet, Please give me Your Refuge.

Narmada Ashtakam Verse 7



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Dhuandar Falls during monsoon.

Sadhana and daily schedule on the Nāmarūpa Narmada Yatra

Throughout the yatra, we hold early morning yoga classes. Beginners will be guided through the basics. Self-practice along with the group is also welcome. We will practice sitting meditation and pranayama as much as is practically possible. We discuss Advaita Vedanta, Ayurveda, and Yoga as well as tell stories of gods and goddesses. We immerse ourselves in devotion through darshan of the deities we visit. Where we can, we sit in silent meditation. Meals are vegetarian. We abstain from alcohol and narcotics and dress modestly. Days begin early with yoga class taught by a qualified teacher. After breakfast, we venture out on a temple visit and spend some time exploring the temples, doing kirtan and going for darshan. In the afternoons there is time to rest, reflect, or explore and shop. Our main meal is in the early evening. After that we sit for silent meditation and have talks about philosophy and aspects of the temple visits. Each locality has unique demands and changes to the schedule are often made.

Nāmarūpa Narmada Yatra guides

Dr. Robert E. Svoboda inspired us to undertake the **Narmada Yatra**. An advisor for **Nāmarūpa** since its inception, he continues to guide and inspire us with his brilliant discussions on all manner of subjects, especially, but in no way limited to Ayurveda and Jyotish. He has spent many, many years traveling throughout India and knows her customs and subtleties in depth. It will be a unique opportunity to go on yatra alongside Dr. Svoboda.

Robert Moses is a veteran guide of multiple yatras throughout India. Robert has spent much time learning and traveling in India since 1982, including many years as a renunciate student of Swami Vishnudevananda, teaching Yoga Teacher Training courses worldwide. He lives with his wife and three children in New Hampshire, USA. He is co-publisher, with Eddie Stern, of the journal **Nāmarūpa**.

Radhakunda das is a renunciate disciple of Sri Radhanath Swami of **Sri Sri Radha Gopinath Temple** in Chowpatty, Mumbai, and is our indispensable guide, ever ready with alternate plans as travel in India demands. He manages Sacred Journeys India which facilitates countless yatras for groups large and small all over India.

Included in the cost of \$2,500

We want to keep your expenses reasonable but your stay comfortable. Lodging will be Indian-style, comfortable but not luxurious. The cost is based on double occupancy rooms. **If you require a single room please contact us. There will be an extra charge.** Meals will be Indian vegetarian. Internal travel will be by comfortable vehicles (A/C mini-vans) and one flight. The cost includes accommodation, two full vegetarian meals and a light snack each day, individual and group pick-up from Mumbai International Airport and group drop off at Yatra's end.

Not Included in The Cost

Airfare to and from India (contact us for recommended flights), visa costs, airport taxes, tips, temple fees and offerings. Additional collections will be made for tipping bus drivers and assistants, and to engage local priests or guides. Drinking water, laundry and all personal requirements during the yatra are not included.

Reservations

To secure a place on the yatra we require a non-refundable deposit of **\$108** per person along with your registration form and a signed Travel Waiver. Once these are received, we will assist you with further information regarding international flights, visas, suggestions for on-going travel should you stay for a longer period, and other travel requirements. We also send a suggested reading list, a packing list, and good information about temple visits and travel in India.

Full payment will be due no later than July 1, 2017

Reservation Form & deposit payment: [Click here to register.](#)

Or you can print out the reservation form and waiver and mail with a check or money order payable to Nāmarūpa LLC. Mail to: Robert Moses P.O. Box 271 Dublin, NH 03444, USA. We will accept wire transfers in US \$. [Contact us](#) for our bank information.

Balance Payments: Only by check, money order, or wire. Banks charge fees which will be added to your payment if you pay by wire. A 50% refund, excluding deposit, will be made up to August 15, 2017. No refunds thereafter. Since the cost is based on group participation, no refunds can be made for any features not taken.

No refund if cancellation occurs while the yatra is in progress.

Visas

Tourist visas (or eVisas) are required for US citizens. Citizens of other countries please check. For more information see <https://indi-anvisaonline.gov.in>. You are responsible for your visa if required.

Health Concerns

Parts of the yatra are fairly strenuous and you will be subject to jet lag, varied climatic conditions, fairly bumpy, winding bus rides, dust and air pollution, very different food, crowds of people, unfamiliar sites and sounds. These all take their toll. On a subtler level, darshan in the temples and the sacred baths are often powerfully moving experiences and hidden feelings and emotions can be brought to the surface. These can be overwhelming for the first-timer to India, but Her incredible hospitality, warm humanity and abundant spirituality always come through and touch everyone in a deep and mysterious manner. Bring what comforts you in the way of any health needs or medications: anti-diarrhea tablets, mosquito repellent, sun block, basic first-aid items, etc. In case of emergencies, doctors and pharmacies can be found. If you have any medications that you need, you must bring them with you. Bottled water is always available for you to purchase. Contact us if you have any special health concerns.

Immunizations and Travel Waiver

No immunizations are required but several are recommended by the Atlanta CDC. Please read, sign, and return the travel waiver.

What to Bring

Bring only one check-in bag and one small carry-on backpack for day/overnight trips. We will send you a detailed packing list once you sign up. Passport and money must be kept secure in a neck pouch or money belt. Have a copy of the info and visa page of your passport. Call your bank to tell them that you are traveling in India. There are ATMs everywhere. Carry about \$200 US cash.

Nāmarūpa Categories of Indian Thought

An important aspect of the yatra will be to gather audio-visual and literary material that may appear in future issues of **Nāmarūpa**. Your ideas and input are very welcome. 🙏



Salutations to Devi Narmada. O, I only hear the sound of immortality, flowing down as Your river-body, originating from the matted hairs of Shankara, and filling Your river banks, There, everyone, whether kirata (mountain-tribe), suta (charioteer), vaddava (brahmin), pandita (learned and wise) or shattha (deceitful) gets purified within the dance of Your waters. By vigorously removing Paapa (sins) and Tapa (heat of the miseries of life) of all animals (including man), You confer that happiness born of purification. O Devi Narmada, I bow down to Your lotus feet, Please give me Your Refuge.

Narmada Ashtakam Verse 8

Salutations to Devi Narmada. Those who always, during three times of the day, recite this Narmadashtakam, they do not ever undergo misfortune; it becomes easy to obtain the great privilege of going to the abode of Mahesha, which is very difficult for an embodied being to attain, and those persons do not have to see the fearful world again (by taking birth).

Narmada Ashtakam Concluding verse.



Yatris on the Nāmarūpa Pancha Prayag Yatra in October 2016 about to take a holy dip in the Ganga at Har-ki-Puri, Haridwar during evening arati.



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