



## Namo Buddha day tour - 1 Days

Namo Buddha, also called **Tamko Lu Jin** in Tibetan, is one of the significant Buddhist pilgrimage sites situated in a picturesque location in the Kavre district of Nepal. The term "Namo Buddha" translates to "Hail to Buddha" or "Homage to the Buddha" in English. The word "Namo" reflects "with utmost respect, honor, and admiration". That's why, it is used before announcing the name of Buddhas and Bodhisattvas. It is believed that, it was built in **4000 BC ago** by king in the memories of his youngest son. It has to say that the youngest son was the avatar of Lord Buddha, he selflessly offered his own body to a starving tigress and her cubs. Furthermore, according to the ancient Buddhist tradition, Namo Buddha is linked to one of the Buddhas' previous lives when he was a prince named **Mahastva**. The significance of Namo Buddha is rooted in the Mahayana Buddhist text called the Jataka Tales and it is often referred to as the "Great sacrifice".

### Short story about Namo Buddha

Very long time ago a king ruled a small village with 5000 people. He had three sons. Two elder sons were very talented in martial arts and strong and the younger son was very bright and kind. One day, the King, Queen and their sons went to visit some places for relaxation with their troops. They found a beautiful place with great scenery, so they decided to stay there. After spending some time with their family three princes were gone for a hunt. A little far from their camp they found a tigress. Two elder brothers were ready to take down the tigress. Younger brother told them that it is completely wrong to kill. Brothers agreed and decided not to kill. They again looked into the tigress's den, she was suffering from pain and hunger. She even cannot lift her head. She had 5 cubs who were also hungry. So, Prince decided to return to the camp. While returning, the younger prince thought that he lived a long life but if that tigress did not find anything to eat then she along with her children will die very soon. So, he decided to help them by sacrificing his body. Then the younger prince told their brother to go to the camp and he will catch up later. The younger prince returns to the tigress's den and he sacrificed himself to her and her children. On the other hand, their brothers return to their camp. They knew that their younger brother will go to the tigress's place so king sent troops to find his beloved son. They found ripped clothes and some of the bones and nails that the tigress leaves there. After king and his family heard that the tigress had eaten their beloved son they started to cry in sadness.

Later, the younger prince was reborn as a Great Courage. He wondered what he has done to be reborn in the celestial realm of **Tushita heaven**. He saw that their family were in a pain because of his death. He thought with this unhappiness they would be in a trouble. So, he flew from space to sky to console his parents and brothers not to cry he said that "do not be unhappy life and death is part of the life it is a natural thing please do not be unhappy." After few words with them he disappeared from there. After that they collected their son's bones, nails and some clothes in a small box and buried in the same place. And later they built a stupa over there. People were scared to go there because of the fear of tigers. So, people of that place named it "Namo Buddhaya" which means I take refuge in the Buddha.

### Why you should visit Namo Buddha?

It is a beautiful and peaceful place which gives you refreshment from your daily hectic life. It is only 40 km away from Kathmandu. Therefore, you can complete the trip within a day by returning back to Kathmandu or stay overnight there. It is an easy and fast hike from Kathmandu. The cinematic view of **Himalaya range** and the surrounding countryside from the Namo Buddha gives you joy. You will also get a chance to witness the daily life of Buddhist monks.



and visiting the stupa adorned with colorful Buddhist prayer flags offer a serene atmosphere. Similarly, you can interact with the locals and learn their culture, and traditions as well as taste traditional Nepali cuisine. Enjoying a meal in the vicinity of Namu Buddha can be a culturally enriching experience.

#### Thrangu Tashi Yangtse Monastery

This monastery was established in the 1970s by [Khyabje Thrangu Rinpoche](#) that attracts pilgrims, tourists, and practitioners. He established this monastery for study about Buddhist Philosophy, to bring peace around people. We can see many monks around this monastery.

#### Shedra

Shedra is an institute of Buddhism. It is like a university or philosophy school. We can see Shedra in Namu Buddha.

#### Panauti

Panauti is a small village located in [Kavre District](#). If you want to go to Namu Buddha you can go through here. It is called that this village was established on a single rock so an earthquake cannot harm this village. You can visit here Panauti museum, [Mahadev temple](#) etc. We can also explore Newari culture. We can get to know about their religion festivals and cultures. People celebrate here Makar Mela festival in every 12 years in the middle of the January. You can reach Namu Buddha in 1 or 2 hours from here.

#### **Best time to visit Namu Buddha**

You can visit Namu Buddha anytime weather and season won't be a problem to visit. But if you want to see a picturesque scenery of mountains, [flora and fauna](#) then March, April, October and November will be the best months.



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## **PRICE INCLUDES**

- **Pick up and drop by private vehicles**
- **One experienced and qualified English speaking guide**
- **All taxes and company service charge**

## **PRICE EXCLUDES**

- **International airfare and visa fees**
- **Lunch and dinner in Kathmandu**
- **Personal expenses of bar and beverage bills, wifi, bottle of water, or any other things which are not mentioned by the company**
- **Your trekking gears and extra nights in a certain destination**
- **Your travel insurance which should include the emergency rescue**
- **Tips for your guide**