

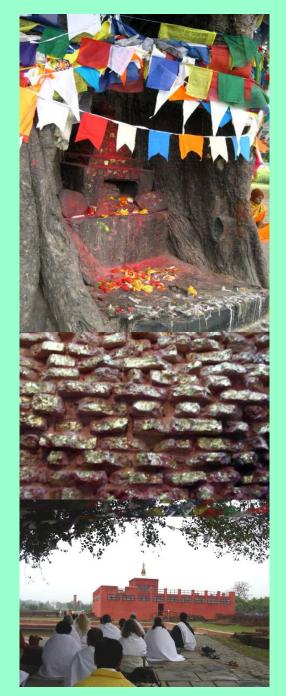
Lumbini, Nepal 1st March 2007

The birth place of the Buddha and almost the last of our pilgrimage steps.

"It's our birthday too! Happy Birthday!" said Venerable Sudhiro with a beaming smile.

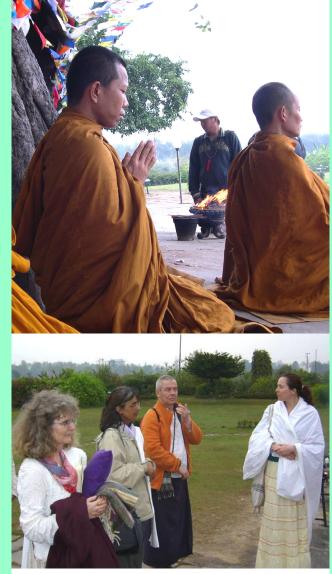






Finding, as usual, a quiet spot beneath a Bodhi tree to meditate. Our group of different nationalities, cultures, personalities bowing as one, chanting as one.









The wind is rustling the leaves causing them to drop down around us, as we sit, eyes closed, sun shining brightly, warmth and light everywhere.

Deep gratitude and happiness arise with a strong determination to let go completely of the past and share good things with others.





There is no better place in the world to be right now than here in Lumbini. Our pilgrimage together has made real the teachings in my heart. Thank you – all teachers and Dhamma friends in the past, the present and the future. **Words: Elizabeth Hassan 2007 Photographs: Les Callow, Jane Allen, Pascale and Zarine Katrak** Layout: Zarine Katrak



The Parami Group 2007

