

## Mount Kailash

Mount Kailash is not an impossible destination. But yes it is difficult while gradually the facilities coming up advanced every following day the journey is easier than the previous day.

We went in June 2005. We went via Kathmandu. The expectations of an easy tour were shattered soon after we left Kathmandu. The level of toilets facility etc had been growing from bad to worse as we approached Mt Kailash. They had tent toilets with no sanitation. The appetite had been reducing. At the peak none of us was able to take even hot tomato soup.

I had thought of taking a bath in Mansarovar lake. At 2 degree centigrade it seemed I shall not be able to do it.

We stayed in rest house which were close to the lake. But the proximity to lake had persuaded passengers to leave their garbage nearby so the lake in our proximity was far from clean. It was scaring to put even my feet inside.

I came back. I thought for kitchen this water cannot be used. I went to chef. He agreed that they go 5 kms away to fetch water. I requested him to join and he agreed. We reached the spot of good water in Lake. I volunteered to fetch water. They had no objection. Soon my body warmed up. After 15 minutes I was able to take good dips in the lake. A very satisfying experience.

Mount Kailash is a 6,638 m (21,778 ft around 3/4<sup>th</sup> height of Mt Everest 8,848 m (29,029 ft) high peak in the Kailash Range (Gangdisê Mountains), which forms part of

the Transhimalaya in the Tibet Autonomous Region of China. The mountain is located near Lake Manasarovar and Lake Rakshastal, close to the source of some of the longest Asian rivers: the Indus, Sutlej, Brahmaputra, and Karnali also known as Ghaghara (a tributary of the Ganges) in India. Mount Kailash is considered to be sacred in four religions, Bon Buddhism, Hinduism and Jainism.

“ If we conquer this mountain, then we conquer something in people's souls. I would suggest they go and climb something a little harder. Kailas is not so high and not so hard.<sup>[25]</sup>”



In Hinduism



An illustration depicting the Hindu holy family of Shiva

In Hinduism, it is traditionally recognized as the abode of Lord Shiva, who resided there along with his consort goddess Parvati and their children, lord Ganesh and lord Kartikeya.

According to Charles Allen, one description in the Vishnu Purana of the mountain states that its four faces are made of crystal, ruby, gold, and lapis lazuli.<sup>[7]</sup> It is a pillar of the world and is located at the heart of six mountain ranges symbolizing a lotus.<sup>[7]</sup>

In Jainism



Rishabhadeva attained nirvana on Mount Kailash

According to Jain scriptures, Ashtapada, the mountain next to Mt. Kailash, is the site where the first Jain Tirthankara, Rishabhadeva attained moksha (liberation).<sup>[8]</sup> In Jain tradition, it is believed that after Rishabhdeva attained nirvana, his son emperor Bharata Chakravartin had constructed three stupas and twenty four shrines of the 24 tirthankaras over there with their idols studded with precious stones and named it Sinhnishdha.

In Jain tradition the 24th and last Tirthankara, Vardhamana Mahavira was taken to the summit of Meru by Indra shortly after his birth, after putting his mother Queen Trishala into deep slumber. There he was bathed and anointed with precious unctions.<sup>[10][11]</sup>

In Buddhism



Thangka depicting Mount Kailash

Mount Kailash (Kailasa) is known as Mount Meru in Buddhist texts. It is central to its cosmology, and a major pilgrimage site for some Buddhist traditions.<sup>[12]</sup>

Vajrayana Buddhists believe that Mount Kailash is the home of the buddha Cakrasamvara (also known as Demchok),<sup>[13]</sup> who represents supreme bliss.

There are numerous sites in the region associated with Padmasambhava, whose tantric practices in holy sites around Tibet are credited with finally establishing Buddhism as the main religion of the country in the 7th–8th century AD

It is said that Milarepa (c. 1052 – c. 1135), champion of Vajrayana, arrived in Tibet to challenge Naro Bönchung, champion of the Bön religion of Tibet. The two magicians engaged in a terrifying sorcerers' battle, but neither was able to gain a decisive advantage. Finally, it was agreed that whoever could reach the summit of Kailash most rapidly would be the victor. While Naro Bönchung sat on magic drum and soared up the slope, Milarepa's followers were dumbfounded to see him sitting still and meditating. Yet when Naro Bönchung was nearly at the top, Milarepa suddenly moved into action and overtook him by riding on sunlight, thus winning the contest. He did, however, fling a handful of snow on to the top of a nearby mountain, since known as Bönri, bequeathing it to the Bönpo and thereby ensuring continued Bönpo connections with the region.

In Bön

Bön, a religion native to Tibet, maintain that the entire mystical region and Kailash, which they call the "nine-story Swastika Mountain",

Here are the 10 important spiritual facts about Mt. Kailash.

### 1. The Kailash parikrama or the sacred circumambulation

Hindus pay reverence to Mount Kailash as a throne of Lord Shiva, the great Tirtha and the ultimate pilgrimage site on earth. It is considered most auspicious to make a religious pilgrimage around its fifty-three kilometers circuit which is also known as Kailash Parikrama.

### 2. A place for finding the ultimate nirvana

Jains refer to Mount Kailash as Mt. Asthapada and believe that their religious founder, Rishavdev, attained Nirvana – The Ultimate Happiness there.

### 3. The Buddhist connection

Buddhists have named Mount Kailash Garu Rimpoche, meaning “precious jewel of snow” and a gigantic mandala. According to the legend it is the abode of Chakra Samvara and Guru Rinpoche – Padma Sambhava, who brought Buddhism to Tibet and beyond.

#### 4. Dwelling of the wise one

In Tibetan Buddhism it is believed that Mt Kailash is the dwelling place of Chakra Samvara Demchog (the Wheel of Bliss) and his consort, Dorje Phagmo. It is also venerated as the abode of one of the great Tibetan yogi – Milarepa.

#### 5. Kora: circumambulation for the pursuit of spirituality

Buddhist pilgrims perambulate clockwise around the mountain and it is called Kailash Kora. Kailash Kora has the greatest spiritual significance for the Buddhists.

#### 6. The amazing beliefs

In Tibet’s pre-Buddhist, Shamanic Bon religion, Mt Kailash is abode of Sky Goddess Sipaimen, and is in the form of a giant Mandala that is the central point of all Tantra Rituals and Forces. The founder of Bon Religion, Tonpa Shenrab Miwoche is believed to live on Mt Kailash, which is considered as nine- story Swastika Mountain, and the axis mundi – the central pillar of the world. The Bonpo Pilgrims walk counter-clockwise around the Mt Kailash.

#### 7. The sacred lakes that adds to the charm

In fact, the entire region of Mt. Kailash has religious significance. The region also includes the two turquoise-blue, pristine high-altitude lakes of Mansarovar and Rakshesa.

#### 8. Source of the four major rivers

Another uniqueness contributing to the mystical and spiritual aspects of Kailash is that four most sacred rivers of the Indian sub-continent begin from here – Sutlej, Karnili, Brahmaputra and Indus. The end of these rivers is more than 2,000 kilometers apart, yet they all have their source within hundred kilometers of Mt. Kailash.

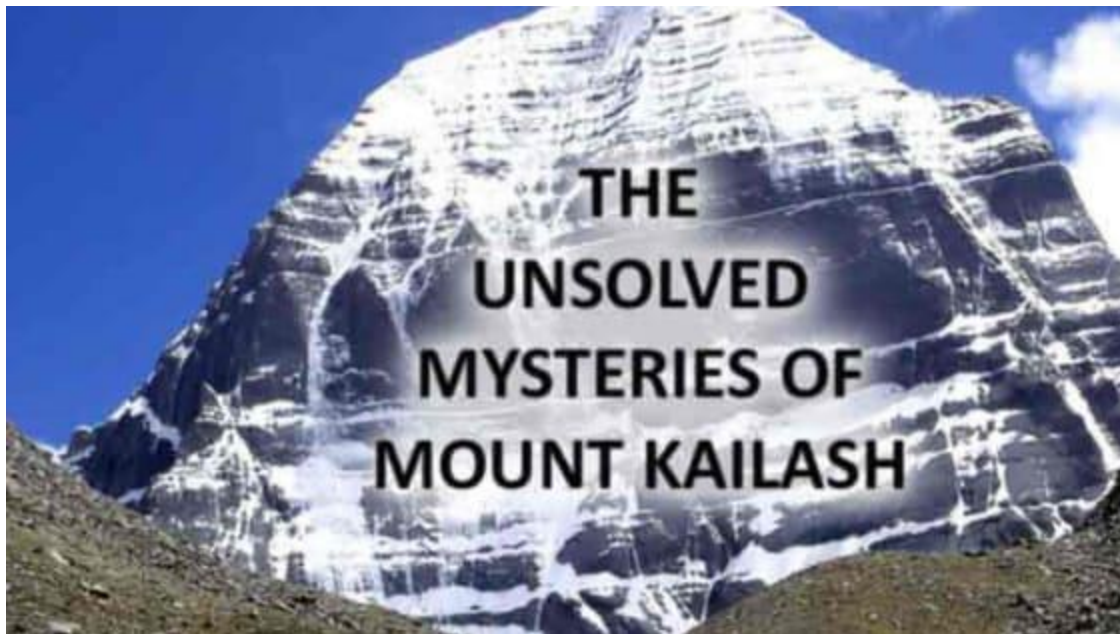
## 9. Naturally rewarding journey of a lifetime

Mt. Kailash, the holy region, is known as navel of the universe, attracting scholars and researchers from all over the world. Mt. Kailash (also known as the 'Sumeru Parbat' in Hindu epics) provides a spiritually enriching, naturally unique and a truly rewarding journey of a life-time.

## 10. Of legends, myths and ancient traditions

Every object in this area is sacred and related to many of the legends and mythical stories from ancient scriptures and oral traditions.

Mount Kailash so magical, so majestic, so serene, and so tranquil makes her existence timelessly sprinkling the aura of spirituality throughout the Himalayan region.



1: Who lives at Kailash?



The Hindus consider the Kailash Parvat is the abode of great Lord Shiva and his wife Parvati. The Tibetan Buddhist believes that Kailash is the abode of the tantric meditational deity Demchog. Jains consider the Kailash as the site at which their first Tirthankar attained nirvana. All of them have a different perspective about who lives at Kailash and that makes this more mysterious.

The Tibetan, Hindus and Jains hiker from the world go over oh their holy mountain for revolving around it. While reaching near the mountain it attracts and the attractions is physically felt.

## 2: Geographical location of Kailash Parvat

According to some strange disbelief, axis mundi is the center of earth and the connection between the physical world to the spiritual world.

According to science, it is on the axis of the earth and to keep all living being alive it maintains the atmosphere. Its location is in synchronization with all other ancient monuments in the universe and earth poles. And it is located at an exact 6666 km from the monument of Stonehenge.

## 3: How Mount Kailash Changes Position?



Even though numbers of people tried to climb on Kailash Parvat but till now no one gets succeeds, because according to some strange theory the mountain keep changes its position for those who want to climb it. Afterward, many people's journeys have failed to climb its peak.

That is the reason behind that till the 21st century no one reaches the peak of the mountain. Keeps changing position make it more strange and scary.

#### 4: The Mysterious shapes of Manasarovar and other lakes



The word Manasarovar comes from Sanskrit and a combination of two words Mans means mind and Sarovar means lake.

This Sarovar is popular for its amazing beauty and the color of the water that changes blue from around the shores to emerald green at the center. These 2 lakes are like yang and ying.

The Manasarovar lake is one of the freshwater lakes in the world but strange as well because of it round like the sun. This lake is very sincere and calms irrespective of weather.

The lower lake Rakhasht Tal is the devils lakes which is one of the biggest saltwater lake and its shape like the moon. The other two lakes represent solar and lunar forces, bad and good energy respectively.

#### 5: Time Travel on Kailash Parvat



Many passengers reported that time travels quickly around the Kailash Parvat which is not witnessed anywhere in the world.

Many Hikers have reported that they feel like their nails and hairs are growing quickly within 12 hours. But in the normal environment, the same growth of hair and nails takes 2 around week time. I don't believe in this except that it feels that the time is running fast.

This is very strange, isn't it?

#### 6: Man-Made Pyramid



According to one Russian theory, “Mount Kailash could be the biggest ancient Man-Made pyramid, the center of an entire complex of the smaller pyramid (100 in total) and is linked with Pyramid of **Giza** and **Teotihuacan**.

This complex and furthermore might be the center of the world that connecting other monuments or sites from where the paranormal activities have been observed.

#### 7: Importance of Kailash Parikrama

Kailash Parvat is one of the most mysterious, religious and scary mountains at the same time one of the holiest as well, the circumambulation of which has for a long time or conceivably numerous centuries remained a crucial journey, symbolizing the life's phases of death, refinement, and resurrection.

Jains and Buddhist refer to this circumambulation as Kora and Hindus refer as parikrama. A single circumambulation is equaled to the one turn of the wheel of life and will clean away the guilt of whole life. But the circumambulation of Kailash parvat is difficult because the mountain is difficult to access and dangerous.

#### 8: The magical Gauri Kund

Gauri Kund that is also known as Lake of Compassion, a water body which lies in transit while going on downwards from Dolma.

This lake is famous as **Parvati Sarovar** where goddess Parvati had procured her child **Ganesha**.

Goddess Parvati had framed her child Lord Ganesh from the cleanser foam of her body and breathed life into it.

#### 9: A link between Earth to Heaven

According to Hinduism, Buddhism and Jainism Mount Kailash could be the gateway to heaven. And Vedas also describe the same that Mount Kailash is a link between earth to heaven. If we consider the story of Mahabharata then Pandavas along with Draupadi are believed to have achieved moksha while trekking up the top, with one of them tumbling off before achieving the summit.

#### 10: Om Parvat



Om Parvat is one more unsolved mystery which is interesting, as the snow falls on the peak and takes the state of OM.

#### 11: Formation of Swastika

At the time of sunset, the mountain is said to cast a shadow, which has a striking likeness to the religious symbol of Swastika, which is rated as an auspicious sign by Hindus.

## 12. The Yam Dwar

Yam Dwar is one of the most prominent destinations in the Kailash Manasarovar Yatra which is situated in Tarboche which is 30 minutes drive from Darchen.

The meaning of Yam Dwar is “The Gateway of God of Death”. It is also known as Chorten Kang Ngyi which means two legged stupas in Tibet. Yam Dwar is more associated with heaven and the soul.

## 13. No Mortals allowed to climb atop Mount Kailash

According to some ancient text, no one allowed to climb atop mount Kailash where among the cloud is home of Lord Shiva. And who dare to climb to the top of Mount Kailash to see the face of god will be put to death.

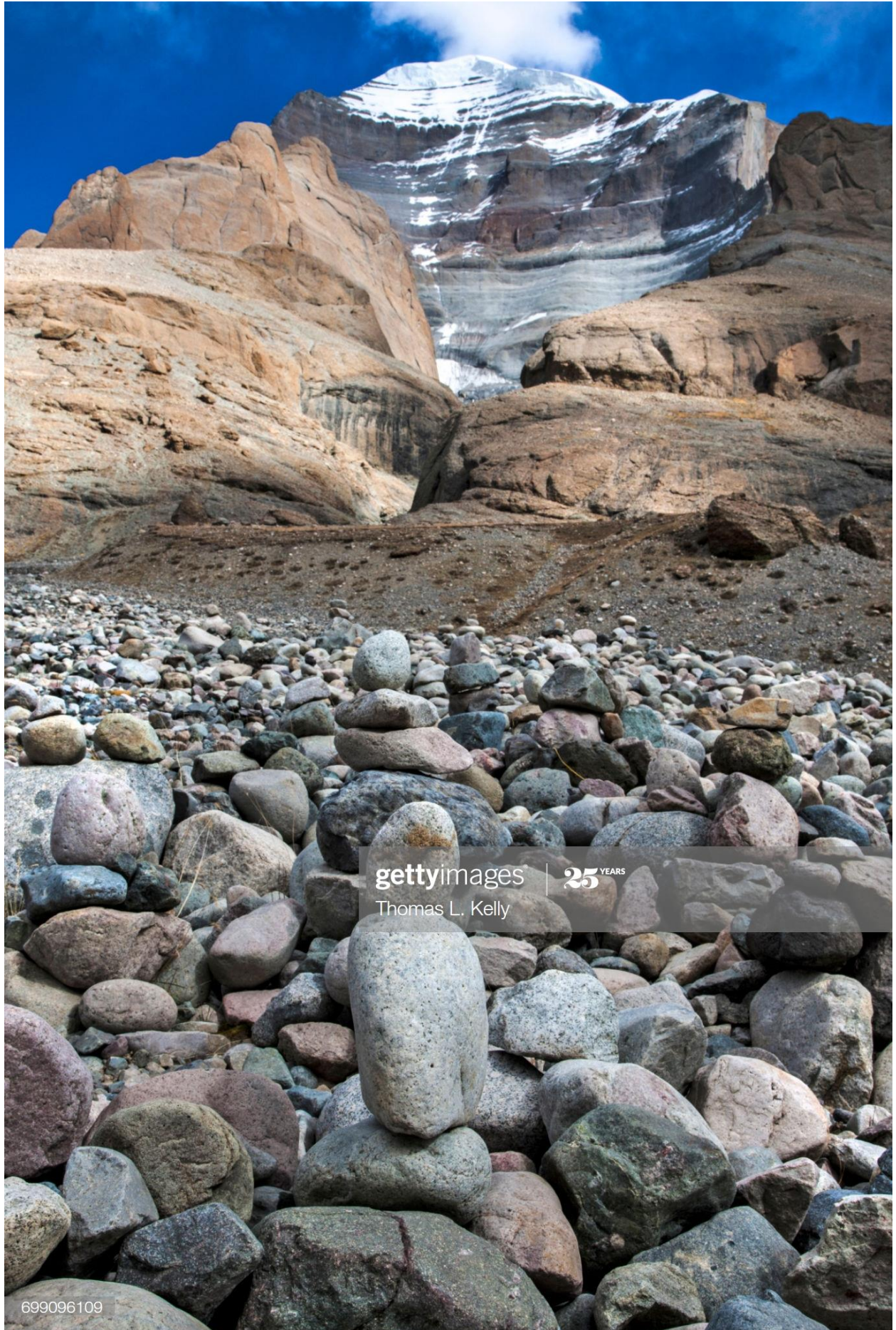


Golden Kailash - stock photo

Peak of Holy Mountain Kailash in Western Tibet at Sunrise



Pigrim Praying to Mount Kailash



gettyimages | 25 YEARS  
Thomas L. Kelly



## Stack On Stones below Mount Kailash

There is no temple in or around Kailash. Neither any priests. Prayers are offered just facing the mountain. People collect these stones and bring back home to be kept in home temple. These stones have divine vibrations.



Manasarovar Lake - early morning - stock photo **Lake Manasarovar** lies at 4,590 m (15,060 ft) above mean sea level, a relatively high elevation for a large fresh water **lake** on the mostly saline **lake**-studded **Tibetan** Plateau. **Lake Manasarovar** is relatively round in shape with the circumference of 88 km (54.7 mi).

Manasarovar Lake Western Tibet China near Mount Kailash - Indian Himalayas in background -early morning.



### Magnificent View of Mount Kailash

In this photograph and many others that Mt Kailash is always white snow clad even in summers. While the neighboring mountains are grey without any snow. This is miracle. The entire area around Kailash is without vegetation or trees. We see only yalks. Buddhist monasteries are there and monks live in them.

The vibrant colour of the Lake change with time and reflection of the Sun rays. I observed 5 different colours from different angles and at different times of the day.

