

Shopping for Nirvana in India



by Anita Rosenberg

Spiritual Adventures

Inside this deck find 50 “*Shopping for Nirvana*” spirited activities. Nirvana is about the objects you collect, the people you meet and the experiences you have. Join me - Anita Rosenberg, global traveler, Feng Shui expert and photographer as I take you from the **Welcome Ceremony** in the Thar Desert where I drank opium juice from a shaman's hands and got slightly loopy to the **Agni Pooja Sunset Fire Ritual** at Dashashwamedh Ghat in Varanasi, which made my hair smell like incense for days! This is not your parents travel guide...

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Karmic Connection of a Purchase



Purse Lady at Dobi Ghat in Mumbai

Shopping is about collecting memories,
moments and stories.

A British lady I met at the Rohet Garh gift shop shared her shopping philosophy, *"When you walk away from a shop - undecided - only to return later when you realize you can't live without something, you've broken the cosmic karmic connection. It's never the same and you end up with buyer's remorse."*

ANITA'S TIP: buy on the spot or walk away and don't go back.

WHERE TO SHOP:

Carpet & Textile House-Natwara House,
Old Amer Rd. Jaipur +91-141-2635716

Rohet Garh-heritage property, Rohet,
Rajasthan Ph:(02936) 268231

Dhobi Ghat purse lady: find her at Saat
Rasta near Mahalaxmi Station in Mumbai

Magical Red String



Priest tying red string at Opium Ceremony

Sacred Red Thread

Red strings are popular and I wanted one too. At the Welcome Ceremony in the Thar Desert, there was chanting and preparation of the opium juice and I can't believe I drank it out of the shaman's hands. I specifically asked for a red string which he tied around my wrist while reciting sacred prayers. It was a very magical experience and I left slightly loopy.
Conclusion: no more opium juice for me!

ANITA'S TIP: red string (mauli or kalava) is tied on the right wrist of men and left wrist of women. Wear until it naturally breaks or falls off.

WHERE TO GET A RED STRING:

Welcome Ceremony - Dsoudhi near Rohet in the Thar Desert

Laxmi Temple - Delhi (Birla Mandir) have guide ask a priest for red string blessing

Finding Nirvana at Gem Palace



Me with Sanjay of Gem Palace in Jaipur

City of Jewels

Established in 1852 by the Kasliwal family of Jaipur, Gem Palace is “the place” to buy gem stones. For 8 generations they were court jewelers to the Moghul emperors so it was top on my list for birthday jewelry. The owner showed me diamond earrings worth millions, *“If these don’t bring you nirvana I have bigger ones!”* I truly found nirvana at Gem Palace with Sanjay Kasliwal who also invited me to a Durga Festival and dinner at his private table in the uber chic Rambagh Palace!

WHERE TO SHOP:

Gem Palace - Mizra Ismail Rd, Jaipur

www.gempalacejaipur.com

Ph:+911412374175 owner: Sanjay Kasliwal

Amrapali - Panch Batti, MI Rd. Jaipur

www.amrapalijewels.com

(multiple locations-loved Delhi store)

Take a Tea Break



Chai at the Udaipur Market

Story of Indian Tea

There's always time for chai. It was the only street food I dared try. There was no set price, just pay whatever you desire. In India, there is a tea component to everything from shopping to dining. Between 1600-1857 tea was the main export by the **East India Company**. Today, India is the second-largest producer of tea. Once I tasted fresh Indian tea, I was hooked.

ANITA'S TIP: the word chai means tea so if you are ordering what we call chai in the West - it is called masala in India.

KNOW YOUR INDIAN TEA:

Assam - largest tea producing region

Darjeeling - champagne of black teas

Masala - black tea spiced with cardamon and ginger

Consult a Fortune Teller



Mr. Vijay Agrawal reading my palm in Agra

Karma & Dharma

One of my favorite books is *A Fortune Teller Told Me*, so when I saw that Mr. Vijay Agrawal, Barbella to the stars, was booking readings at the Gateway Hotel in Agra, I signed up. After an elegant dinner at the Oberoi Hotel I made a bee-line for Mr. Vijay who was waiting for me in the lobby. A barbella in India is a fortune teller, Vedic Astrologer and Palm Reader all wrapped up into one. Famous for his readings of the future he stared into my eyes whole holding my left palm up and told me about my karma!

ANITA'S TIP: have your fotune told by a trusted expert.

WHO TO SEE:

Gateway Hotel in Agra - Mr. Vijay Agrawal, vijay.astro@gmail.com

Love at the Taj with a Raj



Taj Mahal at sunrise

City of Love

The crown jewel of India is the famous **Taj Mahal**. Entering the main gate at 6am along with masses of tourists (mostly Indian) you walk through a long dark tunnel and there it is in all its glory - the Taj Mahal! You rush to the hot spots where everyone poses to get the best picture. Politely tap or shove people out of your way or you will get stranger's bald heads and shoulders in your shot. This is your once-in-a-lifetime moment!

RUDYARD KIPLING 1907 QUOTE:

"Each must view the Taj for himself with his own eyes, working out his own interpretation of the sight."

TAJ FACTS: took 20,000 workers 22 years to complete in 1653. Built by Mughal emperor Shah Jahan 15 years after the death of his favorite wife, Mumtaz Mahal.

Rajasthan



Northern India is the Rajasthan Region

Land of Kings

Rajasthan is the vast and expansive region in northern India. Nowhere else in the world is beauty, romance and chivalry more revered. It is the home of one of the world's oldest mountain ranges, the **Aravalli Range** and the inhospitable **Thar Desert**. A first visit to India is all about the famous sites in Rajasthan.

HOW: short flights and a roadtrip.

SUGGESTED CITIES:

Delhi - Capital of India

Varanasi - Holy of Holy Cities

Agra - City of Love & the Taj Mahal

Jaipur - the Pink City

Jodhpur - the Blue City

Ranakpur - Thar Desert & Tiger Reserve

Udaipur - Fairy Tale City of Lakes

Mumbai - Home of Bollywood