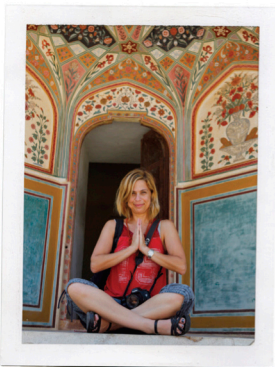


Shopping for Nirvana in India



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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www.AnitaRosenberg.com

Glam Dining



Dinner at Rambagh Palace in Jaipur

Nirvana Cuisine

BEST MEALS:

Rambagh Palace - Bhawani Singh Rd, Jaipur, partied like Maharajas with Gem Palace owner Sanjay at his “regular” table
www.tajhotels.com

Niros - oldest & best in Jaipur, Mirza Ismail Rd. www.niroidia.com

Ajit Bhawan - Palace Resort in Jodhpur great lunch, Euro crowd, tropical lush grounds www.ajitbhawan.com

Trishna - best prawns and garlic naan in Mumbai, Birla Mansion, Sai Baba Marg (next to Commerce House)

Oberoi Amarvilas - Taj East Gate, Agra - dined alone at romantic spot, chef invited me into kitchen, shrimp kerla was nirvana

Khyber at Fort - local spot in Mumbai
145 Mahatma Gandhi Rd.
khyberaccounts@vsnl.net

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

Ganesh Mania



Ganesh Shrine in Mumbai

India is the Land of Om!

India is also the Land of Ganesh and everyone who visits catches ***Ganesh Mania!*** Ganesh is the elephant-headed Hindu god of prosperity who removes obstacles and blesses new beginnings.

Ganesh Shopping Tips: look into his eyes. It's all about the expression. If he calls out to you and vibes you in, he's the one. You can never have too many Ganesh.

WHERE TO SHOP: road side stands, airport kiosks, bazaars, chic boutiques, hotel and temple gift shops
Mughar Bazaar-#5 Under-Safderjung Flyover-Jorbagh Aurobindo Marg, New Delhi Ph:24628892

Ashnish Nahar-1999 Naughara St in Kinari Bazaar, Chandni Chowk, Old Delhi +9810082442

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)

Oils, Incense & Rudraksha Beads



Pouring oils at Shankar Bros in Varanasi

Spiritual Souvenirs

India is known for its magical oils and incense, but you have to find good quality stuff. The guide took me to a shop in **Old Town Varanasi** where he also brought Goldie Hawn and told me she bought many oils. Hmmm... I purchased real India sandalwood incense, essential oils, masala spices and a rudraksha seed necklace that protects against negativity.

ESSENTIAL OILS:

Magra - makes room smell good

Shiva Flower - relaxes mind & body

Sandalwood - protection

OPM Flower - sleep

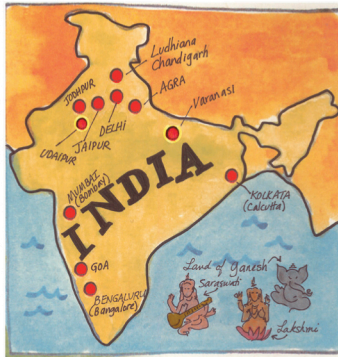
Amrit Dhara - clears sinus

WHERE TO SHOP:

Shankar Brother - D-5/3 Saraswati Phatak
near the Golden Temple, Varanasi

Ph: 09453883656

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

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

Temple Hopping



Prayers at the Jain Temple in Mumbai

Sacred Worship

Nirvana can be found at sampling the temples, sacred places and multitude of religions. Hindu, Sikh and Jain temples are open to visitors, while I am not sure if a Western woman can enter a Muslim Mosque - so I didn't even try. Most interesting is a working temple where you can observe devotees in prayer.

ANITA'S GUIDE: be prepared to remove shoes and tip the shoe watcher after putting them back on. Be respectful, each temple has their own rules.

WHERE TO GO:

Jain Temple (1904) - Ridge Rd. Malabar Hill, Mumbai

Babulnath Shiva Temple (1780) - 16, Babulnath Rd. Charni Rd. Mumbai

Incense Overload



Agni Pooja at Dashashwamedh Ghat

Sunset Ceremony

Varanasi is the Holy of Holy Cities and the **Angi Pooja** or worship of fire is the famous nightly ritual that puts the Ganges River to sleep. You will be swept up into a jungle of hawkers and beggars all rushing to the water's edge. The forty-five minute ceremony is hypnotic, cheesy and creepy all at the same time. It is incense overload and your hair will smell like smoke for days!

ANITA'S TIP:

Get a good seat. Pretend to be an important photographer and make your way to the front for VIP access.

WHERE TO GO:

Dashashwamedh Ghat - at sunset, Varanasi