

Saga Dawa

Forgiveness

Buddhism and Hinduism

Mount Kailash, Tibet

May to June 2018

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It was a delicate moment in my life. I needed to restore my enthusiasm, my essence, the strength that moves me forward, the magic that makes me live. Beginning a new stage in my life, leaving the stuff that brings me to that moment behind.

To do so, I thought it was necessary, so to speak, to find something as important as forgiveness, for my part, to myself. That was the reason I decided to undertake the *kora*, a pilgrimage/penitence in Mount Kailash, known as Khang Rinpotché or Precious Jewel of the Snows. It is said that, around it, "stones pray". According to Buddhism and Hinduism, running it down opens the door to forgiveness and purifies the negative karma.

I went there during Sawa Dawa, the most sacred month for Buddhists. They commemorate Buddha's birth, enlightenment and death (*parinirvana*) at the age of 80. According to tradition, such events took place during the nights when there is a full moon in the fourth lunar month of the year, the first one in the Hindu calendar.