

Tuesday November 25<sup>th</sup>

Sunday evening's dinner didn't settle with me very well and my sleep was pretty fitful. There were no actual stomach pains but just an unsettling that kept me in/out of sleep. I had crazy little pieces of dreams like my legs wouldn't work right, I forgot where I lived and Kane was about 5-6 years old....pretty goofy stuff.

I didn't get up until around 8:30 when Kara and I went out for breakfast. I had a hot chocolate to soothe my stomach but still didn't feel great. We walked around for a couple of hours before heading back. I was pretty tired and climbed into bed and kind of slept until about 4 or 5. I was pretty wiped out. Kara went out roaming while I was resting and found a little shop to custom make her a few things for gifts.

Around 5:30 we went out for dinner, I was looking for a good soup, something light. We found the Home Place and they had a pretty good mushroom soup, Kara had fresh fish from the lake just behind us. On the way back we stopped at an organics store and I got some great teas and soaps and coffee incense (was highly recommended). We soon off to bed to try and get some rest.

I woke up 3-4 times last night with the bed soaked with my sweats. Something was working its way out thru this process. This morning I felt much better although wasn't in a rush to get up. When I finally got moving and went to shower there was hot water! It has been a while since this was available, what a pleasure after a night of sweating. Kara couldn't pass this up either so we both took advantage of the gift.

The day before we had found a German bakery that we decided to visit this morning. I had a chocolate croissant and black tea. How very spoiled and western but it was great.

We next decided to visit the world renowned Peace Stupa that sits atop the mountain above Pokhara. We could have taken a boat across the lake and then hiked about 45 minutes up the mountain but you know, I really wanted the easy way at this point. We hired a taxi to take us up to the footpath which is then only a 10 minutes walk to the stupa. The giant circular stupa has four depictions, oriented to the four directions, of the Buddha and illustrates four holy sites attributed to his life. The first site is at Sarnath where he gave his first sermon; the second is a resting Buddha in a holy grove of Mallas at Kusinava encouraging worldly people to realize the nature of life; the third is Buddhagaya, the symbol of enlightenment and is represented by the Buddha under the Bhodi tree; and the fourth is at Lumbini, the birthplace of the Buddha. This is a monument and symbol of peace to/for the world. It is a wonderful space in which to contemplate our role in this play of life and the work towards a peaceful existence.

As we came back into town we hopped out of the cab at the far end of the Lakeside area so we could walk back and browse the shops and just watch the scene. The days have been sunny and warm and the pace of life as it should be, unhurried and non-stressful. Surprisingly we ran into Hari Gurung, The Rotary Club President from Damauli, he is here for a conference. We are going to try and get together at some point. We stopped for

lunch at the Moondance (Van Morrison) Café. They actually had ice tea with ice...a first in Nepal, topped with a fresh sprig of mint. Kara was so excited she photographed it! I had a great bowl of spinach soup while Kara had a pizza. I know this is pretty mundane reading but it is where we are at the moment.

We have a full day left before we begin our long journey home. As usual I am torn between wanting to stay and knowing the comfort of being home. I do miss my friends and family but know they are safe.

So until another time....

Peace