

Geshe Sonam Gurung & John Jackson
& Amchi Khedup Loden Gurung

Living Lineage Journey

Between Fire and Healing



24th – 27th
May
2026

Greece
Crete
Amiras



A Journey into the Sacred Heart of Crete

A 4-Day Cultural & Spiritual Pilgrimage with our Teachers

Deepen your retreat experience by joining Geshe Sonam Gurung, John Jackson and Amchi Khedup Loden Gurung for a 4-day journey of contemplation among the powerful spiritual and natural sites of Crete.

This is not a tour, but a fully immersive practice journey into the soul of the island.

Our Mindful Approach to Travel: This itinerary has been mindfully designed. Each destination was carefully chosen not only for its profound spiritual energy but also for its location relative to our home base in Amiras. This ensures we minimize our travel time and maximize our time for practice, reflection, and immersion at these sacred sites.

The Daily Rhythm of Our Practice

To ensure our journey is a deeply immersive spiritual experience, our pilgrimage is woven with continuous opportunities for practice and reflection:

- * Three Daily Meditations: We will ground our experience with guided meditation sessions in the morning at Amiras, on-site at a sacred location, and each evening upon our return.
- * Teachings Throughout the Day: Our teachers will offer spontaneous insights and commentary as we travel, connecting the profound history and energy of the land to our own inner path.
- Expert Historical Guidance: We will be accompanied by a professional local guide who will share the rich history, mythology, and cultural significance of each site in English, providing a fascinating context for our spiritual practice.
- * Evening Q&A Sessions: Each evening, we will gather for a dedicated Q&A session to discuss the day's experiences, clarify teachings, and deepen our collective understanding.
- * Spiritual Preparation: The journey will formally begin with a dedicated preparation session to align our motivation and open our hearts to the experiences ahead.
- * Our Home Base: We will return to the stability and quiet comfort of our base in Amiras each evening.
- * Mindful Cuisine: We will honor our Buddhist principles by enjoying three delicious vegetarian Cretan meals each day. Breakfast and dinner will be served at our home base in Amiras, while our lunch will be on the road.

For more information and bookings,
please visit agapecrete.com/program/ or contact events@agapecrete.com



Our Itinerary of Intention

Day 1: The Heart of Minoan Civilization

Morning

After meditation, our pilgrimage takes us to the legendary **Palace of Knossos**, the vibrant center of the Minoan world.

Acknowledging that we will be sharing this popular site with many others, we will approach our visit as a practice in mindful presence amidst activity. Our focus will be on sensing the deep history and the mythological echoes of this labyrinthine palace.

Lunch

We will have a vegetarian lunch in the Heraklion area.

Afternoon

To truly understand Knossos, we will proceed to the magnificent **Heraklion Archaeological Museum**. Here, away from the crowds and the sun, the stunning original frescoes, sacred objects, and intricate pottery are preserved. This quiet, focused environment provides the perfect setting for our on-site contemplation, allowing the true spirit of the Minoan culture to reveal itself.

Evening

Return to Amiras for our evening meditation, dinner, and a Q&A session with the teachers.

Day 2: The True Hermit's Path & The Libyan Sea

Morning

Today we embark on a genuine pilgrimage into the sacred Asterousia mountains, a range known for its wild beauty and long history of ascetics. The journey itself, made possible by our 4x4 vehicles, is a practice in mindfulness as we navigate the dramatic landscape. The final descent on a winding, unpaved road is our transition from the world into a place of deep retreat.

Lunch

We will enjoy a picnic on the remote beach of the monastery.

Afternoon

Our path leads us to **Koudoumas Monastery**, a secluded sanctuary nestled at the end of a gorge on its own remote beach. We are visiting this sacred place because its profound isolation—a place few travelers ever reach—creates an atmosphere of incredible peace. Here, the combination of mountain and sea energy is uniquely purifying. We will hold our afternoon meditation in this profound stillness, with time for personal contemplation and a swim at **Koudoumas Beach**.

Evening

The mindful journey back up the mountain and through the rugged landscape will complete our day's pilgrimage as we return to Amiras for evening meditation, dinner, and Q&A.

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Day 3: Southern Minoan Spirit & Ancient Wisdom

Morning

Having experienced the grandeur of Knossos, our purpose today is to connect with the Minoan spirit in a more raw and contemplative setting. Our journey takes us back to the tranquil Messara Plain, beginning at Gortyna, where we will witness the evolution of societal consciousness, from the famous ancient Law Code to the ruins of the [Basilica of Saint Titus](#)

Lunch

We will savor a delicious vegetarian meal at a traditional local taverna.

Afternoon

Our pilgrimage continues to the [Minoan Palace of Phaistos](#). Phaistos is un-restored, less crowded, and its magnificent, open setting provides a peaceful atmosphere for our mid-day silent meditation. We will conclude our day with a gentle swim at [Matala Beach](#).

Evening

Return to Amiras for our evening meditation, dinner, and a Q&A session with the teachers.

Day 4: Life, Death & Rebirth

Morning

Our final day serves as a powerful culmination of our themes. We will journey east to the [Zakros Gorge](#) for a contemplative walk. This gorge was a sacred place where the Minoans laid their ancestors to rest, making a walk through it a direct opportunity to contemplate impermanence and life's transitions.

Lunch

The gorge opens to the sea where the [Minoan Palace of Zakros](#) once thrived. Here we will have a farewell lunch together at a seaside taverna.

Afternoon

We will hold our final practice session amidst the ruins of the Palace. A final, gentle swim at the beautiful [Kato Zakros Beach](#) will offer a moment of closure before our journey back.

Evening

Return to Amiras to dedicate the merit of our journey together during our final meditation and Q&A.

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Practical Details

Dates

May 24th - 27th, 2026

Journey Fee

€600 per person

Included

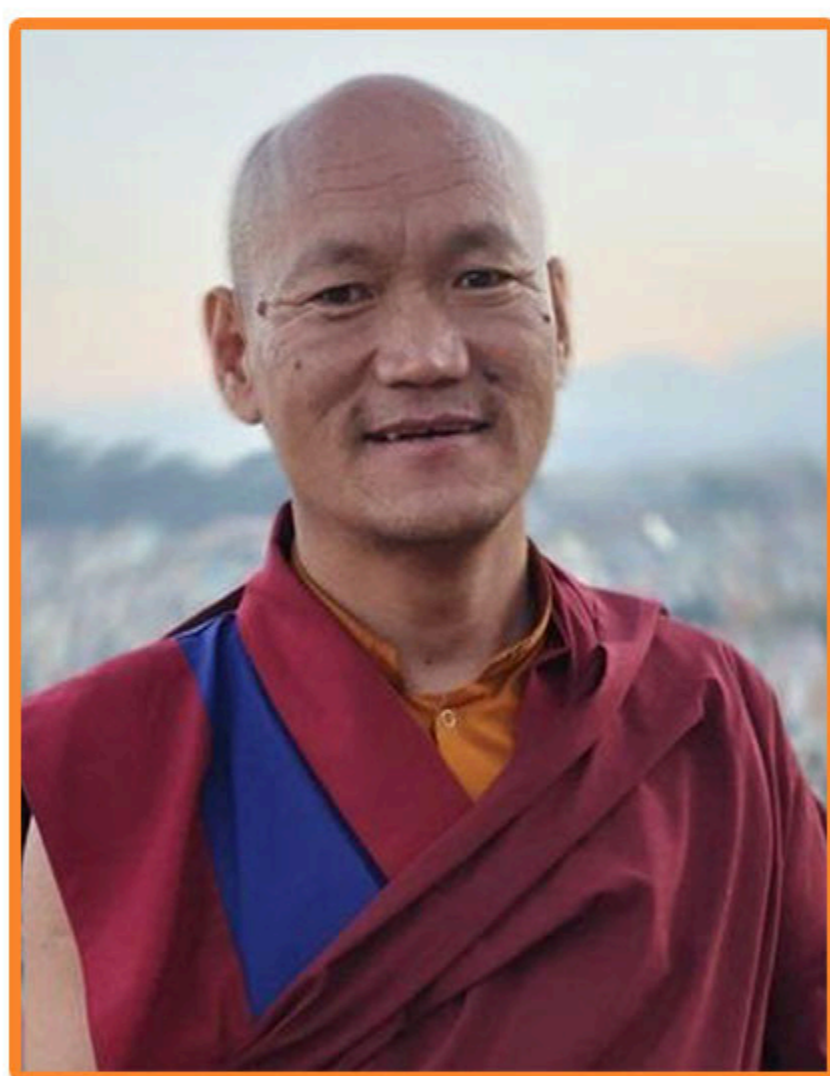
The fee covers all transportation, three vegetarian meals per day, and all teachings / guidance.

Not Included

The fee does not cover accommodation in Amiras or the entrance fees to archaeological sites and museums.

Please Note

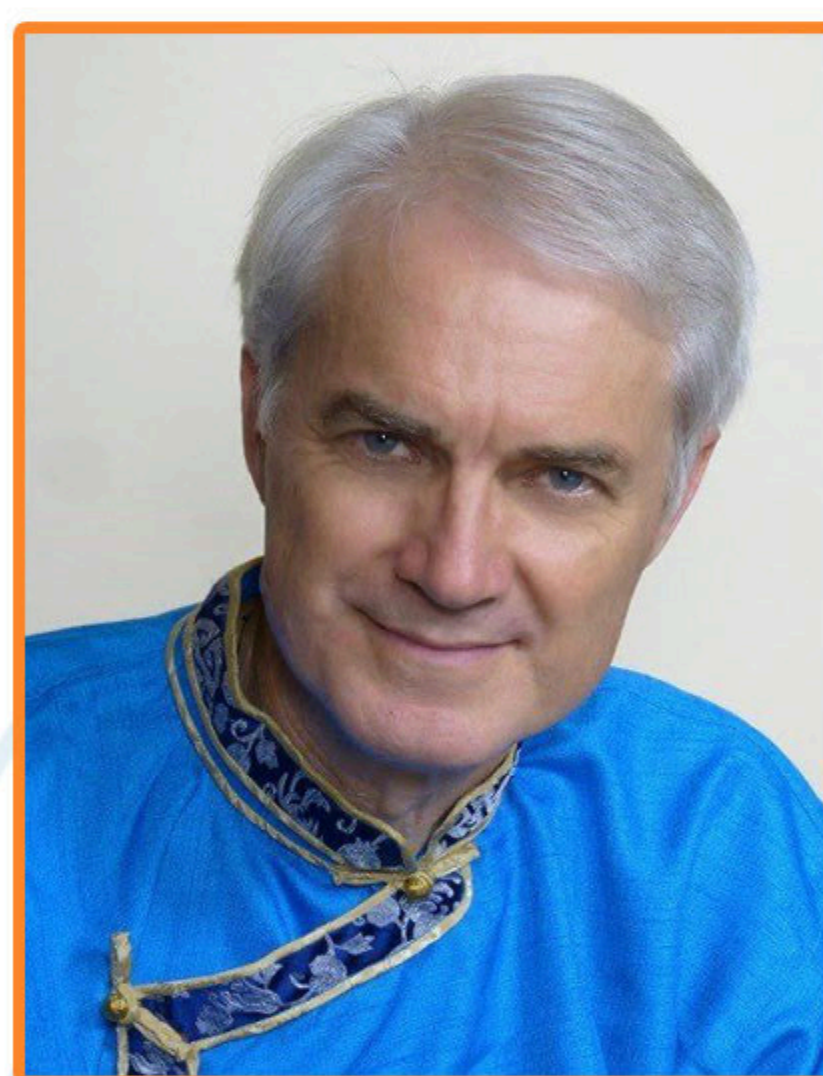
This itinerary is a heartfelt intention. However, all plans are subject to change due to weather, road conditions, or other unforeseen circumstances, even at the last minute. We appreciate your flexibility and trust.



Geshe Sonam Gurung



Dr. Amchi Khedup
Loden Gurung



John Jackson

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