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Buddhism – the Thread That Binds Leh and Thailand [By Sanjana Singh](#)

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Leh is situated in the state of Kashmir and is one of the most beautiful places on earth. In fact, its pristine beauty has earned it the name “Moon Land”. The name is not without reason. If you have seen pictures of the moon and if you take a Leh Ladakh tour, you can notice the similarity. The large expanses of barren lands and high peaks are reminiscent of the only satellite of earth. The many lakes which are found in Leh can be related to the craters on the moon. When you compare the two pictures, the similarity is striking. People are sparse here. In fact, if you spend put up a tent on the barren expanses at the foot of the mountains, you might pass an entire day without catching sight of a single person. In short, you will not find a more serene and tranquil natural magnificent anywhere in the world.

Bangkok, on the other hand is a completely different place. In complete contrast to the barren lands of Leh and Laddakh, Thailand is a place bustling with activity, green forested expanses, swaying fertile rice fields, well developed urban metropolitan culture and lots of lovely and happening beaches. Bangkok, the capital of Thailand, is a great place for shopping and houses merchandize of every kind and international brands. The streams of Bangkok are home to the floating markets, which are a highlight of Thailand tourism. But what strikes the tourists here is the huge crowds of people who form one of the most irregular and chaotic population in the world. The traffic is haywire and people are everywhere. Despite the chaos, tourists fall in love with Bangkok because of the amazing hospitality offered by the people here. The Thais regard guests as gifts of Gods and ensure that their guests are well taken care of.

So, what can be similar between the Moon Land and a place which is a bee hive of activity? There is an aspect which is beyond the materialism of our commercial world – spirituality. The deep rooted spirituality and truths of Buddhist are what binds these two completely diverse places in a single thread. Be it Thailand tourism or a Leh Ladakh tour, you will find Buddhist monasteries scattered all over the place. A visit to these places can be very refreshing and rejuvenating. In fact, you can plan your Bangkok tour or a Leh Ladakh tour as a retreat and find immense solace by meditating in the Buddhist centers of spiritual magnanimity.

Bangkok tour is famous for visits to the Buddhist spiritual centers. In addition to visits to the Buddhist monasteries, you should plan to spend some time in the meditation centers. Meditation centers are scattered all over Thailand, with several of them being right in the capital city. When you step into the doors of these monasteries, they take you miles away from the chaotic life which exists just beyond their doors. A visit to these centers can be the best decision in your Bangkok tour. Thailand tourism is famed for these centers of spiritual realization. Leh Ladakh tour also has equally enchanting Buddhist centers, although in a slightly scaled down form. Nevertheless, the spiritual energy which you feel here is second to none.

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A visit to the spiritual centers of Thailand and Leh is a great idea because the trip is completely relaxing and rejuvenating. a [Bangkok tour](#) and a [Leh tour](#) offer great opportunities for you to relax yourself. a [Thailand tourism](#) lists a number of spiritual centers where you can spend some quality

time. Tour operators can customize your trips to accommodate your interests.

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