

Tracy Phillips: Bhutan



Photo: Courtesy of Tracy Phillips

Tracy Phillips has built a career around an intense preoccupation with culture, creativity, causes, and cultivating communities. Her programming and advocacy agency, aptly named **Ppurpose**, has produced passion projects like **Deeply Curious Co**—a page and community dedicated to helping people on their self-discovery and wellbeing journey—and **Group Therapy**—purposeful, spirited community events that encourage people to learn, be, celebrate, and grow. Tracy’s deep interest in well-being and being in the service of growth and compassion have led her to train clients as a developmental coach since 2021, focusing on “inner unfoldment for outer transformation”.

What's an unusual destination you've been to?

Bhutan.

When were you there and why did you decide to visit?

I've visited twice, the first time in 2007 and again in 2019 because of how untouched it is—72 percent of it still covered by forest—and its long and deep history with dharma.

What is your recommended trip duration?

A week at least if you'd like to travel more central and visit more towns as the country is spread out. The first time I had four days and only stayed in Paro, the city closest to the airport. I knew I had to go back to see more.

What would you recommend visitors to see and do there?

This is a place that's more about being than doing. It's like stepping into another time, full of raw, natural beauty and a distinct culture and way of life that's more focused on inner than outer development. It's being in nature and visiting the many sacred sites, where great teachers within the dharma traditions have been and practised. Connect and feel the energy and the peace; this is not the place to go for modern trappings of any kind.

What do you love about the place?

Its peace, its respect of nature, and dharma that's totally integrated into its culture.

What was the most memorable experience from your trip?

The last time I was there, I did a [neykor meditation trip organised by Druk Asia](#), a spiritual pilgrimage. It was amazing to be brought around by a Rinpoche and given teachings in distinctive nature spots and temples—some high in the clouds in view of the Himalayas, some we had to hike to, like Tiger's Nest—all while making friends with street dogs and drinking tea in guest houses along the way. Because of the lack of modernisation, the traditional dress that is commonplace, and sports like archery (a favourite pastime)—there is a dream-like quality that makes Bhutan so memorable to me.