

JOURNEY TO THE LAND OF SHIVA THROUGH THE JUNGIAN LENS

Sponsored by the C.G. Jung Foundation of New York

Guest Faculty – Ashok Bedi M.D., Jungian Psychoanalyst

January 9 to 22, 2015

The C.G. Jung Foundation of New York is proud to sponsor the 10th anniversary educational tour of India in January 2015. This trip is an opportunity to see India through the lens of analytical psychology. It will allow tour members to perceive the archetypal depths of life and psyche that Indians knew and expressed in their myth and art, and to understand how the experience and expression of these archetypal dimensions greatly influenced culture and civilization. We are honored to have once again as our guest faculty Dr. Ashok Bedi.

Ashok Bedi, M.D., is a psychiatrist and Jungian analyst. He is a member of the Royal College of Psychiatrists of Great Britain; Distinguished Life Fellow of the American Psychiatric Association; clinical professor of psychiatry at the Medical College of Wisconsin; and is the President of the Carl G. Jung Institute of Chicago. He is in private practice of Psychiatry and Jungian Psychoanalysis in Milwaukee (414 219 9039). Dr. Bedi is the liaison for the International Association for Analytical Psychology (IAAP) for developing Jungian training programs in India, where he travels annually to teach, train, and consult with the Jungian Developing groups at several centers including those in Ahmedabad, Mumbai, and Bangalore.

Trained in Medicine, Psychiatry and Psychoanalysis in India, Great Britain and the US, Dr. Bedi is interested in the emerging frontiers of Spirituality and Healing and the synapses of the Mind, Body, Soul and Spirit. Ashok Bedi's fourth book, *Crossing the Healing Zone: From Illness to Wellness* was published last year by Ibis Press, a division of Nicolas-Hays, Inc. His previous books are *Awaken the Slumbering Goddess: The Latent Code of the Hindu Goddess Archetypes* (BookSurge, 2007), *Retire Your Family Karma: Decode Your Family Pattern and Find Your Soul Path* (Nicolas-Hays, Inc., 2003), and *Path to the Soul* (Samuel Weiser, Inc., 2000). These and his other upcoming presentations can be previewed at his website www.pathtothesoul.com



Join us in our tenth annual trip to “Jungian Encounter with the Soul of India.” This year, we will engage the mystery of South India which blends the Pre-Aryan Dravidian culture with the Aryan, Hindu, Buddhist and Christian traditions of India. This land of Saint Thomas, Shiva, Arjuna, Buddha, Yoga, Ayurveda and Sri Arbindo, offers a mirror to the soul of its participants. India has a unique capacity to cut through the ego and reflect back to us our sense of transcendence. To those who are seeking a soul experience, it holds a potential of deeper knowing. To Carl Jung, it reflected back an instruction to return to the West and complete his Alchemical Opus. What mystery about your soul will you uncover? What prescriptions from your transcendence will you receive? Stay open to the response from the soul mirror called India! We invite you on this soulful adventure into your own depths and the mysteries of the oldest, continuous, living civilization.

If you want to learn the greatest lesson India can teach you, wrap yourself in the cloak of your moral superiority, go to the Black Pagoda of Konarak, sit down in the shadow of the mighty ruin that is still covered with the most amazing collection of obscenities, read Murray's cunning old Handbook for India, which tells you how to be properly shocked by this lamentable state of affairs, and how you should go into the temples in the evening, because in the lamplight they look if possible "more [and how beautifully!] wicked"; and then analyze carefully and with the utmost honesty all your reactions, feelings, and thoughts. It will take you quite a while, but in the end, if you have done good work, you will have learned something about yourself, and about the white man in general, which you have probably never heard from anyone else. I think, if you can afford it, a trip to India is on the whole most edifying and, from a psychological point of view, most advisable, although it may give you considerable headaches (Jung, CW. Volume 10, para 1013).

We begin our encounter with India in Chennai (Madras) where among other sites we visit the Basilica of Santhome which was built in the 10th century on the burial site of Saint Thomas, one of the 12 apostles who came to India in the 1st century AD shortly after the death of Jesus Christ.

At the St. Thomas Day celebration in New Delhi on December 18, 1955, Dr. Rajendra Prasad, the then President of India, said: "St. Thomas came to India when many of the countries of Europe had not yet become Christian, and so those Indians who trace their Christianity to him have a longer history and a higher ancestry than that of Christians of many of the European countries.

Our journey continues to Pondicherry, the former capital of French territories in India which was established in 1674. It is the site of the Arbundio Ashram and the location of the popular movie “Life of Pie”. Driving south we visit the sacred Chidambaram Temple where Lord Shiva is believed to have performed his cosmic dance, a traditional temple town where history merges with mythology. The focal point of the town is the awe-inspiring Natraja Temple built in the 9th century to honor their patron deity, Our study tour will focus on the Trinity of the archetypes of the Hindu Gods: Shiva who destroys the dysfunctional aspects of the Psyche tempered by his consort Shakti, Brahma the creator who then steps in to invoke new creation in the Psyche with the support of his consort Sarasvati – the goddess archetype of arts and academics and Vishnu the preserver of the Psyche’s new order with help of his consort goddess Laxmi – the archetype of peace, prosperity and plenty. The cycle of destruction, new creation and consolidation plays

out in individuals and culture as a timeless and eternal process in the individuation of the personal and the collective psyche. We will explore the myths and culture, archetypes and the arts, festivals and rituals of India that constitute the living matrix of contemporary Indian psyche.

We will experience the unique blend of the mundane and profane, with the sacred and the transcendent. I invite you to immerse yourself into this land of contrasts, conflicts and unique synthesis of the human spirit. Explore South India and its timeless spirit with the unique Jungian lens of Analytical psychology under the guidance of the trinity of Jungian analyst Ashok Bedi, M.D., Master chef & cultural guide Usha Bedi of the Dancing Ganesha fame and alchemist Regine Oesch-Aiyer, the Indophile with her unique blend of her Swiss precision with the perpetual Indian chaos!

Usha Bedi of Milwaukee, Wisconsin honed her unique Indian contemporary cuisine by blending her ancestral Ayurvedic culinary principles with her experience of cooking in England and the United States. For ten years she was the Chef and owner of the highly acclaimed, chic Indian restaurant in the fashionable East side of Milwaukee, the Dancing Ganesha. She is presently on a sabbatical, while working on her book about Indian cuisine from a holistic perspective.

Regine Oesch-Aiyer, the founder of Mindful Journeys was brought up and educated in Switzerland and the United States. She spent twenty years as a senior executive for Consumer Travel at American Express Company. Twelve years ago she set out on her own mindful journey to explore a new direction in the field of art, a long simmering passion. She co-founded and curated New York's Agama Gallery in Manhattan. In 2003 she decided to put all her experiences together to focus on a larger vision combining travel, art and humanitarian interest. This was the founding of Mindful Journeys. She is also the founder of the Meenakshi Foundation, a public charity providing scholarships and job training to underprivileged girls and young women in urban and rural South India. Regine has been traveling to India for over thirty years and now lives part of the year outside Bangalore in South India.

This educational program is intended both for the general public and for professionals. It is being co-sponsored by the National Association for the Advancement of Psychoanalysis (NAAP) and the C.G. Jung Foundation for Analytical Psychology. The NAAP is approved by the American Psychological Association to sponsor continuing education for psychologists. The NAAP maintains responsibility for this program and its content. 15 CEUs are offered for the 10 days of instruction. The program is subject to change without notice. For further credit information and related administrative processing fee, please call the C.G. Jung Foundation offices at 212-697-6430.



Please note that the size of the group will be limited. Therefore, it is important that you register early in order to secure space for yourself and your friends. For more information on this exciting journey, please visit www.mindfuljourneys.com and check the entire itinerary under "Journeys" and/or call 212-203-1239 for more information. We will be pleased to have you join us for this special educational venture.

Itinerary

January 9-10, 2015 U.S. to Chennai

Arrive Chennai late night of the second day.

We will be met at arrival by our representative at the Chennai Airport and transferred to your hotel, **Vivanta Taj Connemara** <http://www.vivantabytaj.com/connemara-chennai/overview.html> Dinner at the Raintree Restaurant in the hotel.

January 11, 2015 Chennai

After breakfast we meet for an introductory lecture with Dr. Bedi, followed by sightseeing of Chennai late morning and afternoon.

CHENNAI formerly known as Madras, is the state capital of Tamil Nadu and the gateway to the rich and varied culture of the South Indian peninsula. Originally a cluster of hamlets along the Coromandel Coast, the city developed its cohesive shape under the British. Today it is South India's commercial and cultural capital and a dynamic mix of the old and new, with its stately colonial structures and modern high-rises.

We visit the Kapeeshwar Temple, the site of a great Pallava port in the 7th and 8th centuries. The temple is a fine example of 8th century Pallavan architecture and is the oldest temple in the city.

Afternoon sightseeing of San Thome Cathedral, the burial site of Saint Thomas, one of the 12 apostles who came to India. We drive along the Marina to Fort Saint George, Britain's first bastion in India and visit the bronze collection at the National Art Gallery.

Dinner at the **Peshawri Restaurant** at the Grand Chola Hotel.



January 12, 2015 Chennai to Pondicherry

This morning after breakfast we drive to Pondicherry with a stop at Mahabalipuram.

MAHABALIPURAM was a major port town built in the 7th century. World famous for its shore temples, Mahabalipuram, was the second capital of the Pallava kings of Kanchipuram.

After lunch continue our drive to Pondicherry where we check into **Palais de Mahé** <http://www.cgearth.com/palaisdemahé> located in the heart of the French Quarter and a few steps away from the famed Promenade. With grand spacious rooms and ochre colonnades, the interiors will transport us to the era of high French power on the Coromandel.

January 13, 2015 Pondicherry

After breakfast and our morning lecture we explore the former capital of French territories in India.

Pondicherry was established in 1674. Often described as a sleepy French provincial town, it retains a distinct Gallic flavor. French is still spoken amongst the older residents and stately colonial mansions stand in tree-lined streets that are still known by their colonial names.

We drive to Auroville to visit the Matrimandir, a golden metallic sphere.

After lunch we visit the Aurobindo Ashram, Pondicherry's best known landmark and founded by Aurobindo, a former freedom fighter.

Dinner at our hotel.

January 14, 2015 Pondicherry to Kumbakonam

After breakfast we depart for Chitabaram, a two hour drive to the sacred temple where Shiva is believed to have performed his cosmic dance. It is a traditional temple town where history merges with mythology.

The focal point of the town is the awe-inspiring Natiraja Temple built in the 9th century to honor their patron deity, Shiva as Nataraja, the "Lord of the Dance".

We continue our journey to Kumbakonam and check into **Mantra Resort** <http://www.mantraveppathur.com/>
Dinner in the hotel

January 15, 2015 Kumbakonam

After breakfast, morning lecture with Dr. Bedi. After lunch time for a swim in the lovely pool or Ayurvedic massages in the spa. Early evening talk before our special dinner at the hotel.

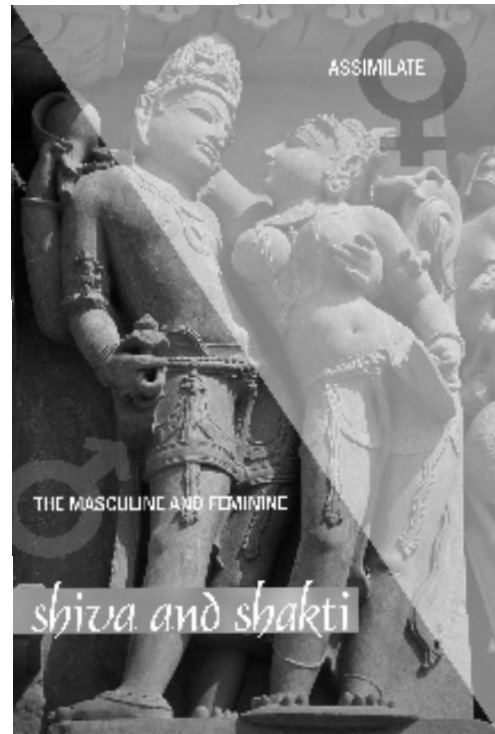
January 16, 2015 Kumbakonam to Madurai

After breakfast we drive to Tanjore to visit the Brihadeshwara Temple.

Tanjore today, this town's culture extends beyond temples and palaces, to encompass classical music and dance and is also a flourishing centre for bronze sculptures and paintings. This monumental granite temple dedicated to Shiva, the finest example of Chola architecture is now a UNESCO World Heritage site.

After lunch we continue our journey to Madurai where we check into the **Taj Gateway Hotel** <http://www.tajhotels.com/Taj-Holidays/India/Madurai/destinations-city.aspx> with a panoramic view of the Meenakshi Temple and the city.

Optional tour this evening to visit the **Meenakshi Temple**. Famed for its many carved and painted halls, this magnificent temple of goddess Meenakshi and Lord Sundaram (Shiva) has the tallest Gopuram (temple gateway) in the world.



January 17, 2015 Madurai to Travancore

After breakfast a five hour drive to Travancore brings us to **Anantya Travancore** <http://anantyaresorts.com/> a quiet lush tropical resort surrounded by lily and lotus ponds in the green hills of the Western Ghats overlooking Chittoor Lake.

January 18, 2015 Travancore

After a week of busy sightseeing we enjoy our Jungian retreat in this magical place with special time to listen and talk to Dr. Bedi. There will be time available to meet with Dr. Bedi for individual sessions.

Between lectures there is time for hikes to explore this beautiful region, take a swim, write in our journals or simply reflect in the serenity of the peaceful place.

January 19, 2015 Travancore

After breakfast we visit the Padmanabhapuram Palace which was once the capital of the state of Travancore.

Afternoon at leisure at Anantya or optional excursion to Kanyakumari. Drive to Kanyakumari, also known as Cape Comorin, the southernmost tip of the Indian subcontinent is where the Indian Ocean, Arabian Sea and the Bay of Bengal meet. Visit the Gandhi and Vivekananda Memorials.

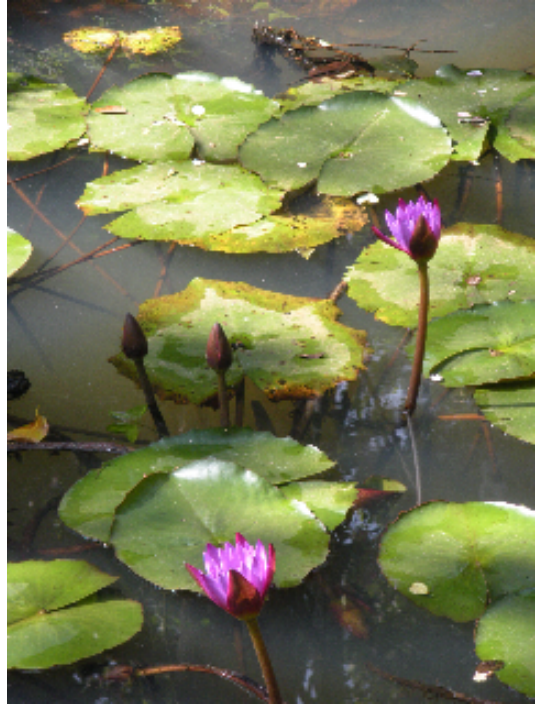
January 20, 2015 Travancore

After breakfast we meet for our last day of talks including our closing lecture.
Special farewell dinner.

January 21-22, 2015 India - U.S.

After breakfast transfer to Trivandrum airport for our flights home.

Post-trips to Cochin and the Backwaters available upon request



Tour Costs

Land Cost per person double occupancy \$4,795

Charitable Donation to the Jung Foundation New York \$200

Single Room Supplement \$900

International Airfare New York/ Chennai/ New York approx.\$1,400*

*subject to change and fuel surcharges

Land Cost Includes:

- Double/Twin accommodations in hotels mentioned in itinerary incl. taxes
- Breakfast and either lunch or dinner (two meals daily) as listed in the itinerary
- All ground transportation within India
- All sightseeing, entertainment and cultural activities listed or equivalent
- All group transfers within India
- English speaking tour escort and guides
- Gratuities

Not Included:

- Visa processing and travel insurance
- International air tickets
- Items of personal nature
- Alcoholic beverages and meals not listed in the itinerary
- Early arrival and late departure transfers

Air and Insurance Information

For those interested in purchasing international airfare or travel insurance, please call Bill Allyn at Allyn Travel at 203-554-0378

Airfare is subject to the cancelation policies of the airline in effect at time of booking.

For more information, or to reserve your space, please e-mail: regine@mindfuljourneys.com
and/or call: 212-203-1239

Responsibility

Travel Scope (India) Private LTD, The C.G. Jung Foundation of New York and Mindful Journeys LLC, (hereinafter “Tour Sponsors”) are responsible only for assisting in making arrangements with respect to all transportation, hotels and other matters of reservations and tour operations and they do not represent or act as agents for transportation carriers, hotels or other suppliers of services connected with this tour. The tour sponsor assumes no responsibility for loss, damage, injury, accident, delay or other irregularity, expenses or liability caused by the defect of any vehicle or negligence or default or any independent contractors, their employees, agents, or representatives engaged in providing services in connection with the tour or for losses, expenses or delays arising from sickness, pilferage, labor disputes, machinery breakdown, quarantine, government restraints, war, acts of terrorism, weather conditions or such other causes. All such losses or expenses shall be borne by the tour participant. Baggage and personal effects are the sole responsibility of the owners at all times. It is understood that air tickets when issued shall constitute the sole contract between the passenger and the carrier concerned. All services are subject to the laws of the country in which they are rendered.

As a condition to acceptance of each participant, each participant represents that he/she has read the schedule of activities for this tour and recognizes and accepts any risks thereof and thereby agrees for and on behalf of himself or herself and his or her heirs, executors and administrators to abide by the conditions set forth above, and to release or hold harmless the tour sponsor from any liability, claims and demands, however caused, for delays, damage, loss, injury or death, occurring in relation to the tour, and for loss of or damage to his or her property, however occurring, during any portion of, or in relation to the tour. Prices and Dr. Ashok Bedi’s participation are based on a minimum of 10 participants.

I have read the schedule of activities and Responsibility for the Travel Scope (India) Private LTD, The C.G. Jung Foundation of New York and Mindful Journeys LLC for “Journey to the Land of Shiva through the Jungian Lens” January 10-21, 2015 and accept all risks thereof. I understand and agree on behalf of myself, my dependents, heirs and agree to abide by the conditions set forth under Responsibility and to release and hold harmless Travel Scope, The C.G. Jung Foundation of New York and Mindful Journeys LLC from any liability for delays, injuries, or death or for the loss of or damage to, any property however occurring in relation to the Travel Scope (India) Private LTD “Journey to the Land of Shiva through the Jungian Lens” January 10-21, 2015.

Signature.....

Date.....

Print Name.....

Signature.....

Date.....

Print Name.....

**Journey to the Land of Shiva through the Jungian Lens
January 10-21, 2015**

Participation Form

Name 1 Please print your name as it appears on your passport

Name 2 Please print your name as it appears on your passport

Address _____

City _____ State _____ Zip _____

Phone (H) _____ (W/Cell) _____

Please circle one of the following choices:

Double/Twin room, rooming

with _____

Single room

I would like a roommate. If one is not available, I agree to pay the additional charge of \$900

I have read the "Responsibility" clause and agree to the terms therein and am returning the signed form along with my registration.

Enclosed is my deposit check for **\$1,000** per person

Final payment is due October 31, 2014

option to pay with American Express, Visa or MasterCard

Check payable to: Mindful Journeys LLC

Return to: Mindful Journeys LLC

Regine Oesch-Aiyer

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