

**JUNGIAN ENCOUNTER WITH THE SOUL OF INDIA'S HEARTLAND**  
**Sponsored by the C.G. Jung Foundation of New York**  
**Guest Faculty – Ashok Bedi M.D., Jungian Psychoanalyst**  
**January 31 to February 11, 2016**

The C.G. Jung Foundation of New York is proud to sponsor the eleventh educational tour of India in February 2016. 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. The Continuing Education aspect of the Program is offered by the C.G. Jung Institute of Chicago.

Ashok Bedi, M.D., is a psychiatrist and Jungian analyst. Educated and trained in India, Great Britain, and the United States. 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 a training analyst and faculty member at 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 and Mumbai.

Dr. Bedi is interested in the emerging frontiers of Spirituality and Healing and the synapses of the Mind, Body, Soul and Spirit. He is author of several books including- Crossing the Healing Zone: From Illness to Wellness, Nicholas Hayes Inc. 2013, Path to the Soul, Weiser Books, 2000, Awaken the Slumbering Goddess: The Latent Code of the Hindu Goddess Archetypes, Booksurge Publishers, 2007, and the coauthor of Retire Your Family Karma, Nicholas-Hays, Inc. 2003, These and his other upcoming presentations and publications can be previewed at his website [www.pathtothsoul.com](http://www.pathtothsoul.com)



Every individual and culture has its myth that guides its destiny. India's archetype is the one of Coniunctio - she facilitates alignment with our own personal myth. It is a sacred mirror to your soul. If you are open to the whispers of your soul, India provides the prima

materia of dreams, myths and an ancient, living and continuous civilization for the seed of your soul to blossom into the flower of your individuation. Our Journey to the Heartland of India will explore the Alchemy of India's Psyche with the Western Psyche through a Jungian lens.

Join us in this extraordinary journey through Central India beginning in Delhi - the political and the cultural capital of India followed by a visit to the breathtaking Taj Mahal that so fascinated Jung as the Secret Eros of Islam and the archetype of Love. This will be followed by a visit to the Stupa of Sanchi. The Great Stupa at Sanchi is the oldest stone structure in India and was originally commissioned by the emperor Ashoka the Great in the 3rd century BCE. The construction work of this stupa was overseen by Ashoka's wife, Devi herself, who was the daughter of a merchant of Vidisha. Sanchi was also her birthplace as well as the venue of her and Ashoka's wedding. Sanchi stupa holds the relics of Buddha. Next we will visit Gwalior Fort. The fort and its premises are well maintained and house many historic monuments including palaces, temples and water tanks. There are eleven temples to Gautama Buddha and the Tirthankara's of Jainism. Gwalior has been an intricate part of India's history and introduces us to Buddhism and Jainism – the two great traditions that so inspired Mahatma Gandhi. Jung considered Buddhism to be the secret breath of Hinduism.

Our journey will take us next to the wildlife of Satpura National Park in Central India: a vessel for reflection, dialogue and integration of our experiences in India and transmute them to reveal the lost continent of our Western Soul mirrored by the mystery and majesty of India's archetypes, folklores, customs and traditions. We will explore India's living myths, its unique integration of the great traditions of the world; the mystery of its Hindu origins, the contemplative traditions of Buddhism and Jainism, the gentleness of the Parsis, the first Christians, the Eros of Islam and the colonial shadow of the Occident.

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 Gandhi's 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 an executive for Consumer Travel at American Express Company. Fifteen 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 2004 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 higher education 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. This program is being co-sponsored by the C.G. Jung Institute of Chicago and the New York C.G. Jung Foundation for Analytical Psychology. The C.G. Jung Institute of Chicago is approved by the American Psychological Association to sponsor continuing education credits for psychologists. The C.G. Jung Institute of Chicago maintains responsibility for this program and its content. The C.G. Jung Institute of Chicago is approved by the Illinois Department of Professional Regulation to provide continuing education (CE) credit for social workers, professional counselors and marriage and family therapists and maintains responsibility for educational aspects of the program and its content. 15 CEUs are offered for the 11 days of instruction.

For further credit information and related administrative processing fee, please call the C.G. Jung Institute of Chicago offices at 312-701-0400.

[http://jungchicago.org/store/index.php?route=product/product&path=62&product\\_id=262](http://jungchicago.org/store/index.php?route=product/product&path=62&product_id=262)

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](http://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 experience.

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## Itinerary

### January 30 - 31, 2016 U.S. to New Delhi

Arrive Delhi late night of the second day.

We will be met at arrival by our representative at the International Airport and transferred to the Claridges Hotel [www.claridges.com](http://www.claridges.com)

Dinner at the hotel.

### February 1, 2016 New Delhi

Delhi - If trees and streets could talk, the stories that would pour out of Delhi would keep listeners mesmerized for years. After

all, this is one of the world's oldest cities, inhabited continuously from as far back as 2 BC. It has been the capital of dozens of empires, the royal playground for hundreds of kings, the site of furious battles and devastation, and the center always of intrigues and



power struggles that sought to control the rest of the country. The British legacy of Lutyen's Delhi formally divides the city into Old and New Delhi, each beautiful in its own way. While Old Delhi is a maze of narrow serpentine lanes lined with shops, New Delhi with its wide avenues and colonial mansions was built by the British in the 1930s as their imperial capital.

After breakfast we meet for our introductory lecture with Dr. Bedi, followed by sightseeing of Delhi. The first stop will be at India Gate and Parliament buildings for photo opportunities. We continue our sightseeing with a visit to Humayun's Tomb, the 16<sup>th</sup> Century tomb of the 2<sup>nd</sup> Mughal Emperor Humayun. Tucked away in the heart of Delhi is this treasure trove of history spread over 100 acres of beautiful greens. This was the first garden tomb on the Indian subcontinent and is said to have inspired the design of the Taj Mahal.

We enjoy a delicious lunch at one of Delhi's best restaurants.

In the afternoon we stop at Birla House – the location where Mahatma Gandhi spent the last 144 days of his life and was assassinated on 30 January 1948. It was acquired by the Government of India in 1971 and opened to the public on 15 August 1973.

Afterwards we will have an opportunity for shopping at Khan Market with Fabindia and Anokhi stores – exclusive selection of ready to wear Indo Western clothing for both men and women and impressive selection of home linen and lifestyle products.

Dinner will be on our own.

### **February 2, 2016 Delhi to Agra to Gwalior**

After breakfast we depart for Agra on the new expressway, about a three hour drive. On arrival we visit the Taj Mahal.

Considered the pinnacle of Mughal art in India, the Taj was built by Emperor Shah Jahan for his beloved wife Mumtaz Mahal. When declaring it a world heritage site, UNESCO described it as “the jewel of Muslim art in India”. There are few words that can describe the magnificence of this monument.

Poets have romanticised it, visitors have been held spellbound by the charm of this delicate vision in white marble. Such is the beauty of the Taj Mahal situated on the banks of river Yamuna. Lunch at ITC Mughal Hotel.



After lunch we visit Agra Fort built in 1565 by the great Mughal Emperor Akbar and developed later by his successors. The fort was a military structure and later partially became a Palace during the reign of Emperor Shah Jehan, who built the Taj Mahal.

We continue our drive to Gwalior and check into the Taj Usha Kiran Palace.

[www.tajhotels.com/leisure/usha-kiran-palace-gwalior/default.html](http://www.tajhotels.com/leisure/usha-kiran-palace-gwalior/default.html)

### **February 3, 2016 Gwalior**

After breakfast and our morning lecture we explore Gwalior.

The city of Gwalior is dominated by the hill-top fort which goes back to over a 1000 years. During this period it has been annexed by many rulers and has been a mute witness to some of the most dramatic events of the Mutiny of 1857. We spend the morning exploring this magnificent Fort. The Gwalior Fort stretches for nearly 3 km atop a 100m high sandstone and basalt hill. Its formidable bastioned walls, 10m high, enclose exquisite temples and palaces. Built between 1486 and 1516 this palace is regarded as one of the finest examples of Rajput secular architecture, embellished with superb stone carving and latticework.



In the afternoon we visit the Jai Vilas Palace built for the Maharaja of Gwalior in the late 19<sup>th</sup> century. Still the residence of the former Scindia rulers, part of the palace has been turned into a museum. It offers an unparalleled glimpse into the rich culture and lifestyle of princely India.

Dinner at our hotel

### **February 4, 2016 Gwalior to Bhopal to Satpura**

After an early breakfast we transfer to Gwalior Railway station to board your train for Bhopal, a four hour train ride. We will enjoy a packed lunch on the train. On arrival we will be met by cars and drivers for a three hour drive to Satpura where we check into the Forsyth Lodge [www.forsythlodge.com](http://www.forsythlodge.com)

### **February 5, 2016 Satpura**

After a leisurely breakfast we will meet for a lecture and talk with Dr. Bedi.

After lunch time for a swim or relaxing on our cottage terrace. There will be time to meet with Dr. Bedi for private sessions.

Late afternoon we go for a canoe safari - the park is usually teeming with migratory birds and getting on the water is simply the only way to see these species in all their splendor. Here we observe, unobtrusively, animals stopping to drink, or shy marsh mugger crocodiles sunning themselves. We return to the lodge for dinner.

### **February 6, 2016 Satpura**

Early this morning we go on a jeep safari to observe the Satpura Reserve come alive. Our naturalists, and trackers from the reserve will point out the highlights. If we are lucky, we might catch a glimpse of the tigress who frequents this part of the jungle. Breakfast will be organized at a scenic spot in the park by the Forsyth staff. We return to the lodge by 10.30 AM in time for a lecture and talk with Dr. Bedi.

This afternoon time for a swim and relaxing before heading out for an elephant safari. When we clamber atop an elephant we adjust to the gentle pitch-and-heave of its movement and will inevitably clutch the guard-rail on the howdah. Not because we are about to fall, but because traveling elephant-scale is to experience the jungle simultaneously as terrain and as flourishing ecosystem. Dinner at the lodge.

### **February 7, 2016 Satpura to Bhopal**

After breakfast we meet for a lecture and after lunch we drive back to Bhopal. On the way, we visit the famous Bhimbetka Caves with rock paintings dating back to the stone age and are around 30,000 years old. They were declared a Unesco World Heritage Site in 2003. We continue our drive to Bhopal where we check into our hotel the Jehan Numa Retreat [www.jehannuma.com/jnr/](http://www.jehannuma.com/jnr/) for the next four nights. Dinner at the retreat.

### **February 8, 2016 Bhopal**

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 for a swim, massage, or reflect on our journey. Dinner at the retreat

### **February 9, 2016 Bhopal - Sanchi -Bhopal**

After breakfast we drive to Sanchi.

The tranquil hill of Sanchi contains one of India's best preserved and extensive Buddhist sites. From 3<sup>rd</sup> century BC to 7<sup>th</sup> century AD this was a thriving Buddhist establishment of stupas and monasteries. Founded by Emperor Ashoka, Sanchi prospered under subsequent dynasties. By the 14<sup>th</sup> century Buddhism was on the wane in India and Sanchi was deserted and forgotten, until it was rediscovered by General Taylor in 1818. It has subsequently been restored and declared a World Heritage



Site by UNESCO in 1989. After lunch in Sanchi we continue our sightseeing and drive back to our hotel in Bhopal. Dinner on our own at the retreat.

### **February 10, 2016 Bhopal**

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

Optional drive through the city late afternoon with a visit to Taj-ul-Masjid, the most imposing monument in Bhopal started by Sultan Jeham Begum, followed by the Chowk, situated in the centre of the old quarter and worth a visit as the Shaukat Mahal, a 19<sup>th</sup> century Indo-Saracenic palace built by a French mercenary.

Farewell dinner at the Retreat

## **February 11-12, 2016 Bhopal to Delhi to US**

We have an option to leave on an early morning or a late evening flight to return to Delhi for our flights back home. Most international flights leave after midnight or early morning of Feb. 12. Arrive in the US the morning or early afternoon of Feb. 12, 2016. We will be transferred to Bhopal airport and checked in for our flight to Delhi.

### **Tour Costs**

**Land Cost per person double occupancy \$4,950**

**Charitable Donation to the Jung Foundation New York \$200**

**Single Room Supplement \$955**

International Airfare New York/Delhi/ New York approx. \$1100\*

\*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 daily as listed in the itinerary (three meals included at Forsyth Lodge in Satpura)

Economy airfare Bhopal - Delhi

All ground transportation within India

All sightseeing, entertainment and cultural activities listed or equivalent

All group transfers within India and airport taxes on domestic flight

English speaking tour 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 cancellation policies of the airline in effect at time of booking.

For more information, or to reserve your space, please e-mail:

**[regine@mindfuljourneys.com](mailto: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 “Jungian Encounter with the Soul of India’s Heartland” January 31 to February 11, 2106 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 “Jungian Encounter with the Soul of India’s Heartland” January 31 to February 11, 2016

Signature.....

Date.....

Print Name.....

Signature.....

Date.....

Print Name.....



**Jungian Encounter with the Soul of India's Heartland**  
**January 31 to February 11, 2016**

**Participation Form**

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

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

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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 \$955

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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 November 15, 2015

American Express, Visa or MasterCard accepted for final payment

Check payable to: Mindful Journeys LLC

Return to: Mindful Journeys LLC

Regine Oesch-Aiyer

8 Copper Beech Lane

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