

JUNGIAN ENCOUNTER WITH THE WOUNDED SOUL OF INDIA
Co-sponsored by the C.G. Jung Foundation of New York and
C.J. Jung Institute of Chicago
Guest Faculty – Ashok Bedi M.D., Jungian Psychoanalyst
February 24 - March 7, 2024

The C.G. Jung Foundation of New York and C.G. Jung Institute of Chicago are proud to co-sponsor the 17th educational tour of India in February/March 2024. This trip is an opportunity to see India through the lens of analytical psychology. Join us in this Jungian passage to the dream like, archetypal landscape of India including Delhi, Dharamshala, Amritsar (Golden Temple and Partition Museum) and Jim Corbett National Tiger Reserve in Northern India.

Suffering is part of the human condition. Every individual and society experience loss, crises, and trauma at some point. Due to several variables, there is an entire spectrum of outcomes from those who struggle to reconcile and integrate their trauma, and others are able to move through post traumatic growth. India has experienced deep and repetitive trauma over the last millennium while striving to maintain the integrity of its multitude of philosophies and cultures. What is the secret of its survival and continuing spiritual growth against all the currents of time and history? And in what ways have those been compromised, or evolved? What are the lasting marks of those generational traumas on individuals, families, and cultures? And for our inquiry, what lessons does it hold as we navigate our own crises and traumas? We will explore these questions with the help of the spirit of India, its archetypes, traditions, stories and rituals.

Explore India and its timeless spirit with the unique Jungian lens of Analytical psychology under the guidance of the quaternity of Ashok Bedi, M.D., Jungian analyst, Ami Bedi LPC NCC, trauma specialist and psychotherapist, Usha Bedi retired chef of Dancing Ganesha, cultural consultant and culinary expert about everything Indian, and Regine Oesch-Aiyer, head navigator and Indophile with her unique blend of her Swiss precision amid the perpetual Indian chaos.

The Jungian Faculty for this journey is **Ashok Bedi, M.D.**, a Jungian psychoanalyst and a board-certified psychiatrist. A Distinguished Life Fellow of the American Psychiatric Association, he is a Clinical Professor in Psychiatry at the Medical College of Wisconsin in Milwaukee and a training analyst at the Carl G. Jung Institute of Chicago. He is the liaison for the IAAP for developing Jungian training programs in India. He leads the annual “Jungian Encounter with the Soul of India” study group to several centers in India under the auspices of the New York Jung Foundation. His publications and upcoming programs may be previewed at www.pathtothesoul.com

Ami Bedi, LPC, NCC of Akhilanda Consulting is a Milwaukee-based psychotherapist with a specialization in trauma therapy. Over the past 15 years, she has focused on and elevated wellness and emotional self-awareness as forms of liberation and decoloniza-

tion within the non-profit and private sector. As our culture has been facing the deep rooted impacts of systemic oppression and the long-term impacts of colonialism, Ami has helped people reconnect to collective wisdom as a cornerstone to healing and transformation, for individuals, families, communities, and culture.

This journey offers 14 CEUs and may be tax-deductible for mental health professionals to the extent the law allows. For more information or to reserve your space please write to regine@mindfuljourneys.com

We look forward to your participation in this new and refreshing journey, as Dr. Ashok Bedi amplifies and deepens Jung's writings and teachings through his talks, lectures and dream groups in light of new research in psychology and neuroscience. We will also dialogue with local experts to let the boots on the ground perspective of the timeless wisdom of 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, and 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. Fourteen (14) CEs are offered for the 12 days of instruction on the journey.

The C.G. Jung Institute of Chicago maintains responsibility for this program and its content. 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 special journey, please visit www.mindfuljourneys.com and write to regine@mindfuljourneys.com or call 212-203-1239 for more information. We will be pleased to have you join us for this special educational venture.

Itinerary

February 23 - 24, 2024 U.S to New Delhi

We arrive in New Delhi late evening of the second day where we are be met by our VIP representative at the aerobridge to navigate us through immigration and customs, handing us over to Travel Scope, our tour operator, to be transferred to our hotel The Claridges Hotel [The Claridges](#)

February 25, 2024 Delhi

Delhi one of the world's oldest cities, inhabited continuously 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 centre 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. We take a colonial walk of New Delhi, a city that largely owes its present-day avatar to a man named Edwin Lutyens, a man best known for adapting traditional architecture to contemporary styles.

We drive to **Gandhi Smriti** a man best known for his non-violent struggle against colonialism. The last 144 days of Mahatma Gandhi's life were spent at Gandhi Smriti. Late afternoon we navigate through the lanes of Old Delhi partly on foot and partly on cycle rickshaw, We visit Haveli Dharampura, a charming mansion for an experiential evening to witness a Kathak performance, a traditional Indian dance form followed by a Mughlai dinner.

February 26 2024 Delhi - Dharamshala

Dharamshala is nestled in a valley of dense pine and deodar forests with a horizon dominated by the snow capped peaks. For years it has offered refuge to the Tibetans through their tumultuous history with China and served as the headquarters for His Holiness the Dalai Lama. The town perched precariously on the mountainside, set against a backdrop of fluttering Tibetan flags makes Dharamshala a picturesque retreat.

After breakfast we drive to the airport for our flight to Dharamsala.

The Hyatt Regency Dharamshala Resort - a hideaway in the forested neighborhood of McLeodganj with beautiful views of the snow-capped Dhauladhar mountain range.

Hyatt Regency Dharamshala Resort

We meet in the afternoon for our introductory lecture with Dr. Bedi.



February 27, 2024 Dharmashala

After breakfast we explore McLeod Ganj, known as 'little Lhasa', which is home to numerous schools, monasteries and Buddhist temples. Visit to the Namgyal Monastery, also known as Dalai Lama's temple, as well as the Tibetan Parliament in Exile .

Late afternoon we meet for a lecture before dinner at our hotel.

February 28, 2024 Dharmshala - Palampur - Dharmshala

After breakfast we stop at a meditation center on the way to Palampur to visit the WAH tea estate and factory. We enjoy a sumptuous lunch in the café

On the way back to Dharamsala we stop at Dongyu Gatsal Ling Nunnery where more than 100 practicing nuns live from the Himalayan region.

February 29, 2024 Dharamshala - Amritsar

We depart for Amritsar, and on way visit the Norbulingka Institute, a major center for Buddhist teaching and practical work. Named after the summer residence of the Seventh Dalai Lama, it was set up to ensure the survival of the Tibetan Buddhism cultural heritage. After lunch at the café at the institute, we drive to Amritsar where we check into [Taj Swarna](#), the Taj Swarna.

Amritsar is the spiritual center for the Sikh faith, the Golden Temple, the infamous Jallianwala Bagh massacre, is a grim chronicle of the British rule.



March 1, 2024 Amritsar

This morning we visit the Partition Museum where the story of the greatest migration in human history is recounted. It pieces together a bitter history, yet through its stories of bravery and solidarity offers a glimmer of hope. Continue on to Jallianwalah Bagh, where a brutal massacre was carried out and countless innocents perished.

Return to our hotel for lunch on our own. Mid afternoon lecture.

After an early dinner, we visit the Golden

Temple to witness the Night ceremony.

March 2, 2024 Amritsar

Amritsar's key draw is the **Golden Temple or the Sri Harmandir Sahib** – the central religious place for the Sikh faith. The temple was virtually destroyed by an Afghan invader in 1761 and later rebuilt by Maharaja Ranjit Singh, ruler of Punjab who covered the dome in gold. We visit the free kitchen where all visitors are fed a simple meal. Run by volunteers this kitchen feeds about 10000 people a day.

We meet for a lecture before driving to **Wagah Border** also known as the Berlin Wall of South Asia, It is the only road crossing between India and Pakistan.

Each evening as the buglers sounds the last post, two splendidly uniformed guards on either side of the border lower their respective national flags. The ceremony attracts crowds of spectators on both sides and is a poignant reminder of the Partition of 1947.

March 3, 2024 Amritsar - Delhi - Corbett National Park

Early wake-up for our flight to Delhi this morning.

At arrival we have breakfast prior to driving 5 hours to Corbett National Park.

Upon arrival we check into the fabulous Jim Jungle Retreat [Jim's Jungle Retreat](#)

Jim's Jungle Retreat is a ten-acre retreat encircled by a seasonal riverbed and reserve forest, a mere 2 km from Corbett Tiger Reserve's Jhirna forest gate, which is open, all year round. Raj-era styled thatched cottages with wraparound verandas are scattered around the estate interspersed with water bodies, open spaces and fruiting trees invite a variety of birds.

March 4, 2024 Corbett National Park

Early morning birdwatching or yoga class before breakfast.

Birdwatching Trails - Spanning diverse habitats increases the chances of seeing Uttarakhnad's bewildering birdlife – with over 700 birds recorded in the region, making it India's richest birdwatching haven!

Afternoon jeep safari inside Corbett National Park. Few parks match the mammal and bird diversity of Corbett National Park and Tiger Reserve.



March 5, 2024 Corbett National Park

Early morning safari in the national park and tiger reserve.

We return to the lodge for breakfast, followed by a lecture.

Time to reflect on our journey in the afternoon or explore the area.

March 6, 2024 Corbett National Park

Early morning birdwatching or yoga class

After breakfast we meet for our closing talk, sharing and reflecting on our journey.

After lunch we explore the surrounding villages.

March 7, 2024 Corbett National Park - Delhi Airport

We drive to Delhi airport, a 5 hour drive after a late breakfast. Our representative will meet and transfer us to the airport with VIP assistance to check in for our international flights home. Arrival in the US early next morning March 8, 2024.

Tour Costs

Charitable Donation to the Jung Foundation New York \$200

Jung Journey per person double occupancy \$8,175

Single room Supplement \$1,925

International economy Airfare New York/Delhi/ New York approx. \$1400*

*subject to change

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 Jim's Jungle Lodge)
- All ground transportation within India
- All sightseeing, entertainment and cultural activities listed or equivalent
- All group transfers within India
- English speaking tour escort
- Airfare Delhi-Dharmasala and Amritsar-Delhi
- Most 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.

Please remember to buy changeable or refundable air ticket

Cancellation Fees

November 24, 2023, 25% of tour cost, December 24, 2023, 50% of tour cost and January 24, 2023 100% of tour cost. \$250 cancellation fees once deposit is received.

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

regine@mindfuljourneys.com and/or call: 212-203-1239

Participant Responsibility Agreement

I have visited the U.S. Centers for Disease Control website: <https://wwwnc.cdc.gov/travel/> and checked the U.S. Department of State Travel Advisories and Alerts website for the Tour destination(s): <https://travel.state.gov/content/travel.html> I have read further country-specific details on these pages that could affect travel, such as entry/exit requirements, local laws and customs, health conditions, transportation, safety, risks, and other relevant topics.

In consideration of this advice and reference, I/we hereby agree to hold the Tour Sponsors harmless from any and all claims for illness and/or injury, including loss of life, and any and all expenses related thereto, and any and all other losses sustained as a result of the pandemic impacting any aspect of this journey, including its cancellation.

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 Wounded Soul of India" February 24 to March 7, 2024 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 Wounded Soul of India" February 24 - March 7, 2024.

Signature.....

Date.....

Print Name.....

Signature.....

Date.....

Print Name.....

Jungian Encounter with the Wounded Soul of India
February 24 - March 7, 2024
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 not available, I agree to pay the additional charge of \$1,925

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 **\$2,000** per person

Final payment is due November 20, 2023

American Express, Visa or MasterCard are accepted for final payment

Check payable to: Mindful Journeys LLC

Return to: Mindful Journeys LLC

Regine Oesch-Aiyer

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