

**JUNGIAN ENCOUNTER WITH THE EROTIC SOUL OF INDIA
FROM SEXUALITY TO SPIRITUALITY
Sponsored by the C.G. Jung Foundation of New York
Guest Faculty – Ashok Bedi M.D., Jungian Psychoanalyst
February 15 - 26, 2020**

We invite you to explore the mysteries of the erotic soul of India embodied in Taj Mahal, Khajuraho and Varanasi. We will delve into the mystery of Kamasutra and its Tantric prescription from sexuality to spirituality incarnate in stone in Taj Mahal and Khajuraho and in the Tantric tradition of Shiva and Shakti at Varanasi. The Tantric and Erotic traditions of India consider the human and sexual relationship as a prototype for the Mystical union with the Divine– the Unio Mystica. These issues will be explored on the sacred ground of the birth of these ideas from an Eastern and Jungian perspectives. Participants may find correlation between these concepts and their own life an interesting illumination. It may be fascinating to explore your reflections with your peers and participants from different countries during our tour with the backdrop of the dreamlike world of India.

This experience is a unique blend of the mundane and profane with the sacred and the transcendent. The encounter is an invitation to immerse yourself into this land of contrasts, conflicts and unique synthesis of the human spirit.

The C.G. Jung Foundation of New York is proud to sponsor another educational tour of India in February 2020. This trip is an opportunity to see India through the lens of analytical psychology with Dr. Ashok Bedi as guest faculty. 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.

Explore 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 to 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

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 at American Express Company in New York. A worldwide traveler with a special love for India, which she first visited soon after college, she decided to focus on a larger vision combining travel, art, and humanitarian issues. This was the founding of Mindful Journeys, a unique tour operator to the Indian subcontinent in 2004. She is also the founder of Meenakshi Foundation www.meenakashifoundation.org a charity providing higher education to underprivileged girls in India. Regine lives part of the year in Bangalore, India.

This educational program is intended both for the general public and for professionals and 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. Fifteen (15) CEs are offered for the 11 days of instruction on this journey.

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 contact@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 14 - 15, 2020 U.S to Delhi

We arrive in Delhi late evening of the second day where we will be met by our representative at Indira Gandhi International airport and transferred to the Taj Mahal Hotel www.tajhotels.com/en-in/taj/the-taj-mahal-hotel-new-delhi

February 16, 2020 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. 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 with Dr. Bedi for our introductory lecture followed by sightseeing.

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.

Next the Gurudwara Bangla Sahib, the most famous Sikh temple in Delhi. It is an amazing experience to witness the worshipping of a religion that treats everyone as equals and dates

back 500 years. Every day Sikh temple volunteers cook free vegetarian meals for thousands regardless of their back ground because equality is so important in Sikh religion.

In the afternoon we visit Birla House – the location where Mahatama Gandhi spent the last 144 days of his life and was assassinated in 1948. It was acquired by the Government of India in 1971 and opened to the public in 1973 renamed the Gandhi Smriti.

We have an opportunity for some shopping before returning for dinner to our hotel.



February 17, 2020 Delhi - Khajuraho

After breakfast we transfer to Delhi airport to fly to Khajuraho where we stay at The Lalit www.thelalit.com/the-lalit-khajuraho/

Khajuraho Of the 85 temples built in the 10th and 11th Century, only 20 survive – and the intricacy and detail of every sculpture is sharp and well-defined, making them some of the most well-preserved monuments from that era. While the temples are largely known for their erotic art, there is an arcane symbolism within every structure. The temples were laid out with a deep understanding of the Hindu scriptures, and represent the goals of an ideal life and the path to salvation.

In the afternoon we meet with Dr. Bedi for a lecture before we enjoy a lovely dinner.

February 18, 2020 Khajuraho

In the morning we visit the famous temples representing the pinnacle of North Indian temple art and architecture. Khajuraho has some of the best preserved temples in the country. While the erotic sculptures have brought it to the attention of the world, there is a far deeper symbolism to the art.



In the afternoon we have some leisure time before meeting with Dr. Bedi for talks. Dinner this evening is at our hotel

February 19, 2020 Khajuraho

We take a very early drive for a Jeep safari into Panna National Park. Panna's habitat is the home of 200 species of birds, a rich abundance of large and small mammals, like the Royal Bengal tiger, leopard, wild dog, spotted deer, sloth bear, and riverine reptiles like gharials and crocodiles.

We enjoy a hamper breakfast in the outdoors.

Upon our return to our hotel we get together with Dr. Bedi.

This afternoon we continue to explore the famous temples of Khajuraho.

Dinner this evening is at our hotel

February 20, 2020 Khajuraho to Varanasi

We fly to Varanasi where we are transferred to our hotel, the Taj Ganges
www.tajhotels.com/en-in/taj/taj-ganges/

At the confluence of two tributaries of the Ganges river, **Varanasi** is the oldest living city in the world, dating back 5000 years, and had reached its zenith as a centre of religion and learning in the 7th century BC. A city steeped in spiritual sanctity and knowledge, with three great world religions – Buddhism, Jainism and Hinduism. Later named Benares, the city saw the establishment of the Benaras Hindu University, a pre-eminent center of Sanskrit language, culture, philosophy and learning. Today, Varanasi's riverbanks with their temples, shrines and the sacred waters of the Ganges, draw millions of pilgrims seeking spiritual salvation

This evening we visit the banks of the river Ganges, just before sunset where we are guided to the steps that lead down into the river. We witness the Ganga Aarti Ceremony, an evening ritual of lighting lamps against the darkness, and offering prayers to the river deity.

We return to our hotel for dinner.

February 21, 2020 Varanasi

At dawn we set off for the riverside to take us on a Ganges cruise. We head downriver to watch the many ghats come to life with pilgrims in their bright orange robes, elderly women in colorful saris offering prayers as they pour water from little copper pots into the river, sadhus meditating or lighting lamps.

We return to our hotel for breakfast.

In the afternoon we visit Sarnath, a great center of learning where the Buddha preached his first sermon on the Dharmachakra, his code of conduct. After circumambulating the stupa we have an opportunity to meditate with the sunset at Sarnath.

Dinner at Varuna restaurant at Taj Ganges



February 22, 2020 Varanasi to Agra

After breakfast we fly to Agra and transfer to our hotel ITC Mughal www.itchotels.in/hotels/agra/itcmugal/html

Agra has been immortalized by the Taj Mahal – the magnificent mausoleum, which Emperor Shahjahan had built for his queen, Mumtaz. It is India's own jewel in the list of 7 Wonders of the Modern World. The city served as capital for the Mughal Empire during the 16th and 17th centuries and flourished as a centre of art, drawing inspiration from Persian, Islamic, Turkish, Byzantine and Indian styles.

In the afternoon we gather with Dr. Bedi, followed by a visit to Agra Fort at sunset. On the right bank of the Yamuna river is one of the most important and robustly built stronghold of the Mughals, embellished with a number of richly decorated buildings – the Agra Fort.

Tonight we dine at Peshawri Restaurant at our hotel offering cuisines inspired by the North frontier tradition of cooking in clay ovens.



February 23, 2020 Agra to Chambal

We begin our day early to watch the sunrise over the Taj Mahal to avoid the bustling tourist queues to enter the monument. Visiting the Taj Mahal in the early morning light, with our guide sharing the tale of the romance between Shahjahan and Mumtaz, is one of the highlights of our journey.

We return to our hotel for breakfast and drive to our retreat location, the Chambal Safari Lodge www.chambalsafari.com/

Chambal Safari Lodge offers us a wildlife experience as well as reflections in Jungian thought and experience. For a wildlife experience, beyond big mammals, the area has thrived on the successful conservation of the gharial, a native, fish-eating crocodile with a peculiar clock-shaped snout. The lodge is a heritage plantation surrounded by farmland, defined by conservation ideals and gracious hospitality, and offers a great insight into the lore of a family and the wildlife around. It also hosts the Chambal Birding Festival, one of the country's best-loved wildlife events.

We arrive in time for lunch, and we meet with Dr. Bedi, followed by dinner at the lodge.

February 24, 2020 Chambal

After breakfast we drive to Chambal Sanctuary for a river safari.

Set against a stunning backdrop, framed by the ravines and sandbanks, the calm waters of the Chambal River are best explored on boats. It provides spectacular sightings of the gharials, muggers & turtles basking in the sun, the many migratory and resident birds flying sorties and the occasional glimpses of the Gangetic river dolphins breaking surface.

We return to our hotel for lunch and meet with Dr. Bedi in late afternoon for a lecture, followed by dinner at our lodge.

February 25, 2020, Chambal

After breakfast we gather with Dr. Bedi for our closing lecture.

In the late afternoon we visit the Bateshwar Temple, an ancient settlement of Bateshwar on the river Yamuna. There are more than 40 temples, dedicated to the glory of Shiva, glisten pearly white along the ghats of the river. A multitude of architectural styles, time periods and historical events are reflected in these simple shrines. The ghats are evocative of Varanasi and the temples of Pushkar. A timeless landscape, an unhurried pace and the calm, positive vibe of heartfelt prayer.



We enjoy a lovely farewell dinner at the lodge.

February 26, 2020 Chambal to Delhi

After a leisurely breakfast we pack our bags and depart for Delhi Airport.

We arrive in time for late evening flights home, arriving in the U.S. February 27, 2020.

Tour Costs

Charitable Donation to the Jung Foundation New York \$200

Jung Journey per person double occupancy \$6,450

Single room Supplement \$1,225

International Airfare New York/Delhi/ New York approx. \$1000*

*subject to change

Land Cost Includes:

- Double/Twin accommodations in hotels mentioned in itinerary incl. taxes
- Breakfast and dinner daily as listed in the itinerary (three meals included at Chambal Safari Lodge)
- Economy airfare Delhi-Khajuraho-Varanasi-Agra
- 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 escort
- 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 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 Erotic Soul of India" February 15-26, 2020 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 Erotic Soul of India" February 15-26, 2020.

Signature.....

Date.....

Print Name.....

Signature.....

Date.....

Print Name.....

Jungian Encounter with the Erotic Soul of India
February 15-26, 2020
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 \$1,225

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 14, 2019

American Express, Visa or MasterCard are accepted for final payment

Check payable to: Mindful Journeys LLC

Return to: Mindful Journeys LLC

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