

## **JOURNEY TO THE LAND OF GANDHI THROUGH THE JUNGIAN LENS**

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

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

**February 7 - 18, 2014**

The C.G. Jung Foundation of New York is proud to sponsor the ninth educational tour of India in February 2014. 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. 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 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 earlier this 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.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. For this process of transformation, every individual and culture needs an alchemist to hold the vessel and guide the alchemy of change. During this trip, we will

focus on integrating Mahatma Gandhi's alchemy of the human spirit with a Jungian lens as we walk in the land of Gandhi. We will integrate the Magnum Opus of the two great alchemists of our times: Mahatma Gandhi and Carl Jung.

We will have the opportunity to sit on the shores of Sabarmati River at the Gandhi Ashram, from where Gandhi meditated his response to the British repression of India's soul. We will walk the same street, where Gandhi started his famed Dandi march to protest the British salt tax. This Dandi march set the stage for events that led to India's freedom from colonial bondage, but more, importantly freed the British from their own shadow to the light of consciousness.

Join us in this Jungian passage to the dream like, archetypal landscape of India. During this journey to the states of Gujarat and Rajasthan, 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 begin our journey in the city of Ahmedabad, in the very home where Gandhi first stayed in the town which was to become his spiritual headquarters. Gujarat is a place of Coniunctio of the Hindu, Muslim and Jain cultures – all three found their proper place in Gandhi's secular ethics, further deepened by Buddhist principles and Christian values. We will explore this integrative process of India's individuation from a Jungian lens. India's Odyssey is a model for our personal Opus of individuation.

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 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 the past 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 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](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 venture.

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### *Itinerary*

#### **February 7 - 8, 2014 U.S. to Ahmedabad**

Arrive Ahmedabad late night of the second day.

We will be met at arrival by our representative at the International Airport and transferred to your hotel, **House of MG** [www.houseofmg.com](http://www.houseofmg.com)

Dinner at the hotel.

#### **February 9, 2014 Ahmedabad**

After breakfast we meet for our introductory lecture with Dr. Bedi, followed by the visit of Ahmedabad's famous Siddi Saiyad Mosque and Hatheesing Temple.

**Ahmedabad** with her bustling industrial and commercial centre also has a fascinating old quarter redolent with Gujarat's traditional culture and history. The city is named after Sultan Ahmed Shah 1411-42AD.

Siddi Saiyad Mosque located in Bhadra Fort is renowned for its superb yellow stone latticework. The Hatheesingh Temple was built in 1850 by a Jain merchant. This intricately carved marble temple has a paved courtyard with 52 cubicles housing shrines.

In the afternoon visit the Sabarmati Ashram, also known as Gandhi Ashram located on the banks of river Sabarmati. This was one of the residences of Mahatma Gandhi and it was from here that he orchestrated the final struggle for India's freedom.

We complete your day with meditation on the river bank at sunset and explore our dreams in a dream matrix.

Dinner at Awadh Puri Restaurant, a special culinary treat.

### **February 10, 2014 Ahmedabad to Patan to Ahmedabad**

After breakfast we start our full day excursion to Patan, a three hour drive.

**Patan** was the capital of this region from the 5th to the 8th centuries.

We visit the magnificent Modhera Sun Temple and Rani ni Vav Stepwell.

The Sun Temple of Modhera was built in 1026 and is so precisely laid out that the sun's rays course through its chambers and strike the centre of the inner sanctum at high noon.

Rani ni Vav, the seven story step well is the finest in Gujarat. This splendid piece of architecture from the 11th century boasts of 800 individual elaborately carved sculptures.

Patan also had more than 100 beautifully carved Jain temples and is home to the Patola sari.

Return to Ahmedabad by evening.

### **February 11, 2014 Ahmedabad**

After breakfast and lecture we visit the Calico Museum of Textiles, one of the most celebrated institutions of its kind in the world for its distinguished and comprehensive collection of textiles and artifacts. A major center of India's textile trade since the 15th century, the museum was established in 1949 by the Sarabhai family, textile mill owners and leading philanthropists of Gujarat.

Afternoon time for shopping and strolling around in the maze of crowded bazaars, large gateways, exquisitely carved facades, temples, mosques and step wells marks the square that makes up the old city.

Dinner at a speciality restaurant.



### **February 12, 2014 Ahmedabad to Velavadar**

After our breakfast a three hour drive takes us to Velavadar where we stay at the **Blackbuck Lodge** [www.theblackbucklodge.com](http://www.theblackbucklodge.com) located in the splendid seclusion of the Velavadar National Park.

**Velavadar** has India's largest population of Blackbuck, the elegant Indian antelope. One of the fastest mammals in the world, the Blackbuck is capable of achieving high speeds when leaping over the plains of Velavadar. India's largest antelope, the Nilgai or Blue Bull, is easily seen in this national park.

Our cottages are spread around two manmade water bodies and surrounding grass lands. Both the grass lands and the continually replenished watering holes on the 70 acre private estate is an invitation to over 140 bird species and herds of chitals, nilghai and black bucks. The perfect place to view the visiting wild life.

After lunch we spend time with Dr. Bedi engaging in talks, discussions and dream matrix. Time to explore our new surroundings before dinner at the lodge.

### **February 13, 2014 Velavadar**

After breakfast we take a Jeep Safari into Velavadar National Park with a naturalist guide. The park offers a magical journey through the wilderness.

After lunch we continue our dialogue and discussion with Dr. Bedi until we leave late afternoon for another Safari expedition in the the park with our guide.

### **February 14, 2014 Velavadar**

After breakfast we meet for lectures and continue our process of looking at India through the Jungian Lens. This setting will be conducive for us to be reflective about ourselves, our dreams and integrate our experiences in a Jungian context.

After lunch we have time to meet with Dr. Bedi for private appointments. Dinner at the lodge.

### **February 15, 2014 Velavadar to Dungarpur**

After breakfast we drive to Dungarpur in Rajasthan, a scenic five hour drive through the Gujurat countryside. We will stop along the way in villages for a tea and coffee break.

At arrival we will check into the beautiful **Udai Bilas Palace**

[www.udaibilaspalace.com](http://www.udaibilaspalace.com)

Nestled in idyllic splendor with the blue waters of Gaibsagar lake on one side and a cove of private reserve forest on the other, the Udai Bilas Palace is the embodiment of the old world charm of princely India. We may connect our inner princess – an anima experience striving for our Kingship – the domain of the Self!

Dinner at the hotel.



### **February 16, 2014 Dungarpur**

After breakfast a late morning visit to the old fort that is part of the village of Dungarpur. The fort houses an interesting museum that highlights and explains the lay of the fort and the beautiful frescoes that adorn the walls of the palace.

Families of stone cutters in the village are famous for their work, and a walk through the lanes which house these artisans enable us to visit their modest workshops and see them at work, and explore the village.

Afternoon time to take a swim in the lovely infinity pool, enjoy a massage or read in the lovely gardens before meeting with Dr. Bedi for continued talks, lectures, discussions and dream matrix.

Dinner at the Palace.

### **February 17, 2014 Dungarpur**

After a leisurely breakfast we meet with Dr. Bedi for our final session of our journey this morning. Afternoon at leisure

Farewell dinner at the Palace.

### **February 18, 2014 Dungarpur to Udaipur Airport**

After breakfast departure for Udaipur Airport to fly to either Mumbai or Delhi to connect with your flight home, or continue your journey with a post-trip to Jaipur, Agra and Delhi. Details available from our tour operator.



### **February 19, 2014 India - U.S.**

Very early morning departure from Mumbai or Delhi, arriving back in the States late afternoon.

## **Tour Costs**

**Land Cost per person double occupancy \$4,495**

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

**Single Room Supplement \$725**

International Airfare New York/ Mumbai/Delhi/ 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 daily as listed in the itinerary (three meals in Velavadar)
- Economy airfare Udaipur - Mumbai
- 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 cancelation policies of the airline in effect at time of booking.

For more information, or to reserve your space, please e-mail: [contat@mindfuljourneys.com](mailto:contat@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 Gandhi through the Jungian Lens” February 8-18, 2014 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 Gandhi through the Jungian Lens” February 8-18, 2014

Signature.....

Date.....

Print Name.....

Signature.....

Date.....

Print Name.....



**Journey to the Land of Gandhi through the Jungian Lens  
February 8-18, 2014**

**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 \$725

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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 1, 2013 option to pay  
with American Express, Visa or MasterCard

Check payable to: Mindful Journeys LLC

Return to: Mindful Journeys LLC  
Regine Oesch-Aiyer  
8 Copper Beech Lane  
Great Barrington MA 01230