

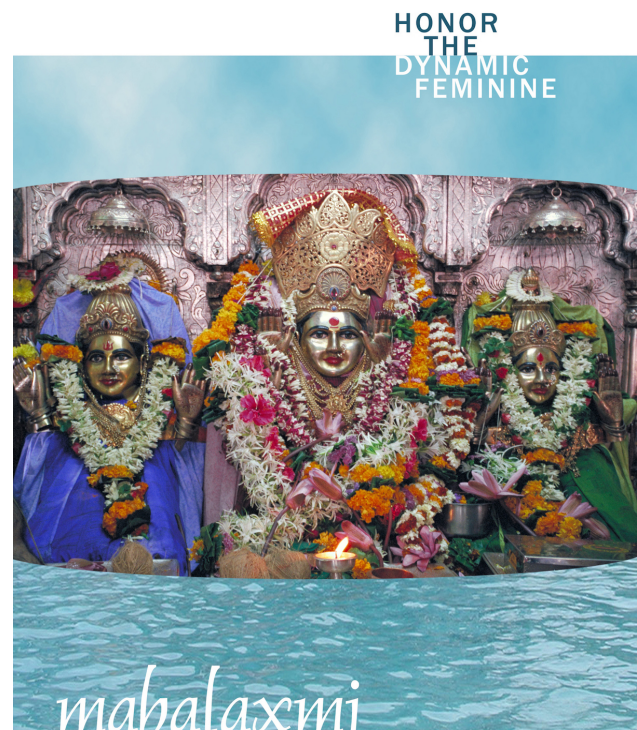
**JUNGIAN ENCOUNTER WITH GODDESS INDIA – THE LAND OF KALI**  
**Sponsored by the C.G. Jung Foundation of New York**  
**Guest Faculty – Ashok Bedi M.D., Jungian Psychoanalyst**  
**January 16 to February 1, 2019**

The C.G. Jung Foundation of New York is proud to sponsor another educational tour of India in January 2019. 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.

The 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. Explore the Goddess' 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!

Ashok Bedi, M.D. is 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 "A 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](http://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 in the Travel division at American Express Company in New York before co-founding and curating Agama Gallery. 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, 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. 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. Twelve hours of CEs are offered for the ten days of instruction on the Goddess journey and six hours of CEs for the Jungian Retreat at Shreyas.

The size of the group is limited. Therefore, it is important that you register early in order to secure space for yourself and your friends. For more information on this magical journey, please write to [regine@mindfuljourneys.com](mailto:regine@mindfuljourneys.com) or call 212-203-1239.



Join us in our Goddess journey January 16 to 27, 2019, followed by the Jungian Retreat at Shreyas Retreat January 27 to February 1, 2019. The Jungian faculty for the main journey and Shreyas Retreat will be Ashok Bedi, M.D.

**Goddess Theme:** In our Collective, we are at the cusp of an Enantodromia – a return to the Opposite from Patriarchal culture to the Return of the Goddess. Though Carl Jung's central contribution was about the Feminine Psyche and the Anima function, in his inner work as depicted in his Red Book, he was ambivalent about the feminine as embodied by Salome – a controversial figure in the Biblical rendering. Let the land of the Goddess Kali, Durga and the Great Mother Shakti light your path to the mystery of the Soul and the emerging archetypes to guide the Collective Consciousness in our troubled and chaotic time. Join us in this magical encounter with the Goddess Soul of India from Orissa to Kolkata to the country side of Karnataka outside Bangalore.

**Jungian Retreat Theme:** The journey concludes with a five-day Jungian retreat with Dr. Bedi's lectures at Shreyas Retreat [www.shreyasretreat.com](http://www.shreyasretreat.com) focusing on Goethe's Faust and the Faustian Bargain with the Devil. He will then explore the Eastern paradigm to deal with the Shadow as depicted in the Archetypes of the Ten Avatars of God Vishnu – The Dasavatars. Each of these Avatars is an algorithm for balancing the lopsidedness in the personal and collective consciousness. Vishnu's ten avatars will be amplified in a live dance performance by a well-known Bharatanatyam dancer. This is an Active Imagination amplification of the ten aspects of the Archetype of Avatars of Vishnu – the Preserver of optimal personal and collective consciousness. This retreat can be taken separately or together with the Goddess journey.

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## ITINERARY

### GODDESS JOURNEY - JANUARY 16 - 27, 2019

#### January 15 - 16, 2019 U.S to Bhubaneswar

We arrive Bhubaneswar late evening of the second day where we will be met by our representative at the International Airport and transferred to the Trident Hotel <https://www.tridenthotels.com/hotels-in-bhubaneswar>

#### January 17, 2019 Bhubaneswar

After breakfast we meet with Dr. Bedi for our introductory lecture.

In the afternoon we follow the Temple trail showcasing a few temples each with a distinct style of architecture. The finest is the 11<sup>th</sup> century Lingaraj Temple dedicated to Lord Shiva, the destroyer in Indian mythology. We return to our hotel for dinner.

The Golden Triangle of Bhubaneswar, Puri and Konark let's us explore Hindu temples and Buddhist caves, many dating back to the 7AD, including the famous Unesco Heritage Sun Temple and the Jagannath Temple.

### **January 18, 2019 Bhubaneswar to Puri**

After breakfast we drive to Puri.

En route we visit the 900AD built Chausathi Yogini Temple dedicated to the Goddess Durga. From there our journey continues to Shanti Stupa where King Ashoka renounced wars for the rest of his life, encountered Buddha and converted to Buddhism in 300BC. Ashoka became a major proponent of faith across the Indian subcontinent, much like Constantinople was for Christianity.

We arrive at the Mayfair Waves Hotel in Puri late afternoon, and enjoy by dinner at our hotel. <http://www.mayfairhotels.com/mayfair-waves-puri/>

### **January 19, 2019 Puri**

Puri the coastal town is known for its 11th century temple – Jagannath Puri. This morning we visit the Unesco Heritage Konark Temple, an hour's drive from Puri. Most ancient civilizations have been sun-worshippers and in India, a 13th century dynasty has left behind a beautiful temple shaped like a chariot with intricately carved stone wheels and pillars, the Konark temple. India's famous poet-author Rabindranath Tagore wrote of the monument: "Here the language of stone surpasses the language of man."

Lunch on the shore of the Bay of Bengal from where we return to our hotel in Puri. Late afternoon lecture with Dr. Bedi. Dinner on our own.

### **January 20, 2019 Puri**

This morning we visit the Jagannath Temple, one of the most sacred pilgrimage spots in India. This 12th century temple is dedicated to Lord Jagannath – Lord of the Universe. From there we visit Raghurajpur Village, known as the Painting village and enjoy the Chita paintings on walls of houses located amidst groves of coconut, palm, mango and jack fruit.

The afternoon is at leisure with time for a swim, massage or reading before we meet with Dr. Bedi for a talk before dinner.

### **January 21, 2019 Puri to Kolkata**

Mid morning we drive to Bhubaneswar to take an afternoon flight to Kolkata where we will be met and transferred to our hotel, the Taj Bengal <https://taj.tajhotels.com/en-in/taj-bengal-kolkata/> Dinner at the hotel.

### **January 22, 2019 Kolkata**

Kolkata was the former British capital before it was moved to New Delhi in 1911. Discover its colonial heritage and revolutionary rebellions, sailing on the Brahmaputra and Hoogly rivers, visiting Durga and Kali temples. The port city was formerly known as Calcutta, and was a centre for intellectual and cultural change across India. Later during India's struggle for independence it was a hotbed of revolutionary unrest and freedom movements. Rabindranath Tagore, a poet-composer, Sri Aurobindo Ghosh, a philosopher, Satyajit Ray, a filmmaker extraordinaire are some of the legendary people whose roots were in Kolkata, and made significant contributions to literature, music and movies.

This morning we meet for a lecture with Dr. Bedi followed by sightseeing of Kolkata, and embark upon a historical journey through the streets, markets and heritage buildings of Kolkata city, from Portuguese churches, Jewish synagogues, to the Dalhousie Square, the Writers' Building and Governor's House.



In the afternoon we take a river boat cruise up the Hoogly river and sail past the headquarters of the Ramakrishna Mission.

We visit the Dakshineswar Kali Temple built in 1855. The temple which houses the Goddess Kali was founded by Rani Rashmoni.

Tonight we dine at O Calcutta Restaurant. In 1992 all the culinary traditions that define this city came together showcasing Bengal's amazing cuisine.

### **January 23, 2019 Kolkata**

This morning we visit Kalighat Kali Temple.

Kalighat was a ghat sacred to Kali on the old course of the Hoogly river and the name Kolkata is said to have been derived from the word Kalighat.

After lunch at a local restaurant we drive to Kumartuli - this unique potter artisan village dating back 400 years, is perhaps the oldest of its kind in the world, producing a large number of idols of Goddess Durga- West Bengal's most important deity.

We return to our hotel for dinner on our own.

### **January 24, 2019 Kolkata to Bawali**

After breakfast we drive to Bawali, a two hour drive where we check into our heritage mansion, the Rajbari <http://www.therajbari.com>

This afternoon we meet for a lecture before witnessing a special Aarti ceremony on the steps of of the river of Rajbari Bawali, listening to Sanskrit slokas to the auspicious sound of conch shells and Bengali drums.

Dinner at the mansion

### **January 25, 2019 Bawali**

The Rajbari Bawali - India's feudal lords lived lavish lifestyles but time eroded their wealth and caused their large families to disperse. Their once regal mansions have been restored to approximate their former glory and welcome guests. Here we will explore the Village Goddess with spiritual walks and boat rides on the holy river.



This morning we set off for a village walk, and return for a lecture before lunch.

In the afternoon we travel by tuk-tuks from Rajbari Bawali to the river front. We enjoy a languid afternoon on a river boat as the sun goes down. We will be served refreshments and witness a small ritual for the river Gods and Goddesses. Dinner at the mansion.

### **January 26, 2019 Bawali**

This morning we visit Boro Kachari – meaning the Ghosts' Court, over which Shiva, one of the Hindu trinity gods along with Krishna and Brahma, and the master of ghosts and spirits, presides.

In the afternoon we meet for our closing lecture with Dr. Bedi.

Tonight we enjoy a farewell dinner at Rajbari saying goodbye to those who are not joining us for the Jungian Retreat at Shreyas Retreat.

### **January 27, 2019 Bawali to Kolkata Airport**

After a leisurely breakfast we leave on a two hour journey to Kolkata Airport for some to return back home, arriving the following day in the U.S.

For the Jungian Retreat we fly to Bangalore early afternoon where we will be met and transferred to the magical sanctuary [www.shreyasretreat.com](http://www.shreyasretreat.com)

## **JUNGIAN RETREAT AT SHREYAS RETREAT    JANUARY 27 - FEBRUARY 1, 2019**

### **January 27, 2019    Kolkata - Bangalore**

Mid afternoon we will be met at the Bangalore Airport and taken to Shreyas Retreat, by a lovely ride through quaint Indian villages, winding roads with Banyan trees and monkeys hanging out at the roadside.

After settling into our cottages we enjoy a delicious vegetarian meal for dinner.

### **January 28, 2019    Shreyas Retreat**

Option of early morning yoga class followed by breakfast and a meditation, and chanting class. We meet with Dr. Bedi for the introduction for the five-day lecture and talks of Goethe's Faust and the Faustian Bargain with the Devil. He will explore the Eastern paradigm to deal with the Shadow as depicted in the Archetypes of the Ten Avatars of God Vishnu – The Dasavatars. Each of these Avatars is an algorithm for balancing the lopsidedness in the personal and collective consciousness.

The afternoon is at leisure to explore the beautiful spa, Anaha, for a massage or visit the organic garden. We learn about spices along with cooking demonstrations by the Shreyas chef. Enjoy a late afternoon yoga class before dinner.



### **January 29, 2019    Shreyas Retreat**

After yoga and breakfast, we meet the Bharatanatyam dancer, Anuradha Vekataraman and fellow artists who will be performing Vishnu's ten Avatars through dance and theater. This is an Active Imagination amplification of the ten aspects of the Archetype of Avatars of Vishnu – the Preserver of optimal personal and collective consciousness. It promises to be a magical performance with live musicians and candlelight ceremony.

### **January 30, 2019    Bangalore**

After yoga and continued discussions with Dr. Bedi, we take a break after lunch to visit the sights of Bangalore. We will enjoy a lovely dinner in a one of the cities best eateries.

### **January 31, 2019    Shreyas Retreat**

After an early morning yoga class and breakfast, we meet with Dr. Bedi for our closing talk for the retreat. Afternoon enjoy the wonderful spa, take a swim in the infinity pool or simply reflect on our journey and retreat.

### **February 1st, 2019    Bangalore BLR to U.S.**

Enjoy most of the day at Shreyas retreat, and leave in the early evening for the airport to return back home, arriving the following day, February 2nd, 2019.

## **Tour Costs**

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

**Goddess Journey per person double occupancy \$6,250**

**Single room Supplement \$1,270**

**Jungian Retreat at Shreyas Retreat per person double occupancy \$3,175**

**Single Room Supplement \$680**

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

\*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 Shreyas Retreat)
- Economy airfare Bhubaneswar to Kolkata and Kolkata to Bangalore
- 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](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 Goddess India" and "Jungian Retreat" January 16 to February 1st, 2109 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 Goddess India" and "Jungian Retreat" January 16 to February 1st, 2019

Signature.....

Date.....

Print Name.....

Signature.....

Date.....

Print Name.....

**Jungian Encounter with Goddess India and Jungian Retreat at Shreyas Retreat  
January 16 to February 1st, 2019  
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

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Single room

I would like a roommate. If one is not available, I agree to pay the additional charge of \$1,270 for the Goddess journey and/or \$680 for Shreyas Retreat

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\_\_\_\_\_ Goddess Journey January 16 - 27, 2019

\_\_\_\_\_ Jungian Retreat at Shreyas Retreat January 27 - February 1, 2019

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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, 2018

American Express, Visa or MasterCard accepted for final payment

Check payable to: Mindful Journeys LLC

Return to: Mindful Journeys LLC

Regine Oesch-Aiyer

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