

A JUNGIAN ENCOUNTER WITH THE SOUL OF BUDDHIST INDIA 2012

Sponsored by the C.G. Jung Foundation of New York
Guest Faculty – Ashok Bedi M.D., Jungian Psychoanalyst
February 3 to 16, 2012

The C.G. Jung Foundation of New York is proud to sponsor the seventh educational tour of India in February 2012. This trip is an opportunity to see India through the lens of analytical psychology, tracing the steps of C.G. Jung on his journey in the 1930's. India is the oldest, continuous, living civilization. It is not a country but a symbol that points way beyond itself. Carl Jung's analytical psychology offers a Rosetta stone to harvest the wisdom of India's ancient culture to guide our individual soul in its personal Odyssey and to contribute to our understanding of the collective.

Carl G. Jung and Fowler McCormick set sail for India on December 4, 1937 through February 1938 upon the invitation of the British Government. The occasion was the 25th anniversary of the Calcutta University. In India, Jung would encounter the three great religions of India - Hinduism, Islam and Buddhism. He was awed by Buddhism's spiritual mystery; Islam's Eros and was ambivalent and overwhelmed by Hinduism. Jung did not focus on Christianity, which had its first roots in India under the auspices of Saint Thomas since 52 AD.



Each individual and culture has an archetype that guides its destiny and Teleos. India's guiding myth is a higher coniunctio between its competing religions and traditions. It has seamlessly assimilated Aryan, Hinduism, Buddhism, Jainism, Parsis, Islam and Christian traditions into a mysterious and magical mosaic of Indian culture. Each year, our tour focuses on a religion or region. This year's theme is the exploration of Buddhist India and its interface with the other great religions and traditions of India. Join us in this celebration & exploration of Buddhism in India. The Buddhist teachings are essentially Indian. They are as much the secret of India as "Taj Mahal" is the secret (Eros) of Islam. Buddha though forgotten on the surface, is still the secret breath of life in modern Hinduism (Vol. 10, Para 992).

We are honored to have once again as our faculty Jungian analyst 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 a senior member of the Milwaukee Psychiatric Physicians and the President of the Carl G. Jung Institute of Chicago. He is the liaison person for the International Association for Analytical Psychology leading the development of the Jungian programs in India. Trained in Medicine, Psychiatry and

Psychoanalysis in India, Great Britain and USA, Dr. Bedi is interested in the emerging frontiers of Spirituality and Healing and the synapses of the Mind, Body, Soul and Spirit. He is the author of the books, Path to the Soul, Weiser Books, 2000, Awaken the Slumbering Goddess: The Latent Code of the Hindu Goddess Archetypes, Booksurge Publishing, 2007 and the coauthor of Retire Your Family Karma, Nicholas-Hays, Inc. 2003. These and his other upcoming presentations can be previewed at his website www.pathtothesoul.com

The focus of this educational tour will be to further explore the role of myths and archetypes of India and how they manifest in our life, experience, psychology, mythology, art, films and architecture of India. Throughout the trip there will be group meetings with Dr. Bedi and scheduled times to discuss and assimilate these experiences with an analytical lens.

In the past, participants have started out as tourists and left as pilgrims on their path to Individuation more connected with their depth, their dreams and their soul. Our hope is that this journey will renew, revitalize and rejuvenate your mind, body and soul in the archetypal matrix of India. With the majestic and dream like back drop of North India, the participants will be introduced to the mysteries of India by the trio of Ashok Bedi, his wife, Usha Bedi and the founder of Mindful Journeys, Regine Oesch-Aiyer. Ashok will help unravel the archetypal and analytical dimension of the Indian journey. Usha will be the cultural consultant and help the participants navigate the folklore, customs, festivals and stories of India. She will give a short overview of Indian spices, and discuss the healing properties of these spices from an Ayurvedic perspective. The evenings with Chef Usha Bedi will help demystify the intrigues of basic Indian cuisine. While Ashok will help tune into the soul of India, Usha and Regine will provide a bridge with contemporary India and its people in outer reality. Regine will hold the tension of the opposites and help balance inner and outer, spiritual and sensate, esoteric and pragmatic dimensions of the journey.

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 she finishes writing her cookbooks. She continues to conduct cooking classes in Milwaukee and leads culinary tours to India. She is a cultural consultant for the annual study groups to, "Jungian Encounters with the Soul of India" under the auspices of the New York Jung Foundation.

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 in 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 Inc., 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 continuing education credits are offered for the 11 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 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.

Itinerary

February 3 - 4, 2012 U.S. – Delhi

Depart USA afternoon/evening of first day.

Arrive Delhi late evening of the second day.

You will be met at arrival by our representative at the International Airport and transferred to **The Claridges**. **The Claridges**, New Delhi has been a landmark in Lutyens Delhi since the 1950s. Located amidst lush and tranquil surroundings in the heart of the city, the hotel is within close proximity of the shopping and cultural centers and historical landmarks.

February 5, 2012 Delhi

New Delhi 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.

One can get no better introduction to the country than from its capital Delhi — no better insight into the diversity that is India. Immensely old and gleamingly modern; very rich and very poor; wide



open spaces with bungalows and gardens at one end and narrow streets overflowing with shops and houses and people at the other; with a rich cultural heritage behind it and yet firmly placed in the 21st century when it comes to technology and business.

After our breakfast we begin our sightseeing of Delhi with a stop at India Gate and Parliament buildings, followed with a visit of Old Delhi to the 17th Century Jama Masjid or Friday Mosque. Enjoy a rickshaw ride from Jama Masjid through the narrow lanes of the old city terminating at the ramparts of the Red Fort.

In the afternoon we continue our sightseeing with a visit to Humayun's Tomb, the 16th Century tomb of the 2nd Mughal Emperor Humayun and designed by the Persian architect Mirak Mirza Ghiyas. This was the first garden tomb on the Indian subcontinent and is said to have inspired the design of the Taj Mahal. We continue to Birla House, the location where Mahatama Gandhi spent the last 144 days of his life and was assassinated on 30 January 1948.

If time permitting we will explore some of the fabulous stores before returning to our hotel for an introductory lecture with Dr. Bedi. Dinner at Claridges.

February 6, 2012 Delhi – Patna – Bodhgaya

This morning after breakfast we get transferred to the airport to board our flight for Patna. On arrival we drive to Bodhgaya where we check into the [Royal Residency Hotel](#). After settling into our rooms with meet for a lecture before dinner.

February 7, 2012 Bodhgaya

The holiest site for Buddhists from all over the world, **Bodhgaya** is the place where Buddha attained enlightenment. The focal point of the town is Mahabodhi Temple, whose soaring pyramidal spire dominates the landscape. The original temple was built in 3rd century BC, reconstructed in the 7th century, severely damaged by Muslim invaders in the 12th century and faithfully restored in the 14th century by Burmese kings. Thereafter with the decline of Buddhism the temple site was flooded and lost for centuries until discovered by Buddhist monks in the late 19th century. Today Bodhgaya once again flourishes as an international center for Buddhism.



After breakfast we explore the Mahabodhi Temple complex, a UNESCO World Heritage monument. More than 2500 years ago, Prince Sidhartha meditated here under the Bodhi Tree and became the Buddha – the Enlightened one. The temple is enclosed on three sides by a 1st century BC stone railing, carved with lotus medallions and scenes from the Buddha's life. We visit the temple once again at dusk when thousands of oil lamps bathe the temple in golden light and the sound of Buddhist prayers fills the air.

February 8, 2012 Bodhgaya

This morning we drive to **Nalanda**, once the most prestigious centre of learning in Asia. The Buddhist University of Nalanda was founded in the 5th century AD. It flourished until AD 1199 when it was looted and destroyed by Turkish raiders. The ruins of its monasteries still convey an impression of serene and ordered life of contemplation and learning that prevailed here. We drive to Rajgir for lunch at the Indo Hokke Hotel.

Surrounded by five holy hills, the town of **Rajgir** is important for Buddhists as well as Jains. Both Buddha and Mahavira, the founder of Jainism, spent months meditating and preaching here. The hills around are dotted with Jain temples, ruins of monasteries and meditation caves.

In the afternoon we visit the Japanese built marble and sandstone Vishwa Shanti Stupa on Ratnagiri hill with its four gilded statues of the Buddha. We drive to Saptaparni Caves, the meeting place of the first Buddhist Council, after the death of Lord Buddha, to record his teachings. Late afternoon we drive back to our hotel in Bodhgaya.

February 9, 2012 Bodhgaya- Varanasi

After breakfast this morning drive to Varanasi where we check into the **Taj Gateway Ganges Hotel** in the late afternoon and meet for a lecture before dinner.

Varanasi is known to the devout Hindu as Kashi, and said to have been founded by Shiva, Lord of the Universe, and destructor of evil. It is one of the oldest living cities in the world, as also one of the most important pilgrimage sites in India. Its principal attraction is the long string of ghats that line the west bank of the Ganges. Ghats are steps which lead down to the river where devout pilgrims bathe in the river Ganges to offer their morning prayers.



February 10, 2012 Varanasi

Late morning we visit **Sarnath**, located on the outskirts of Varanasi where the Buddha is said to have delivered his first sermon after achieving enlightenment. It's here that he preached his first five disciples on the four noble truths who then carried his message to the rest of the country. In the evening we visit the Ganges to witness the Aarti Ceremony, the evening ritual performed on the steps of the Ghat. We return to our hotel for dinner.

February 11, 2012 Varanasi – Delhi - Jaipur

We rise early and head to the river to board a small boat at dawn. We will be in the perfect spot to watch the colorful Ghat slowly come to life, as pilgrims begin to bathe themselves in the holy river. Observe colorful sadhus meditating on the banks of the river and the elderly Hindu ladies bathing in their saris, this is an iconic experience of real India. Afterwards we return to the hotel for breakfast. Late morning we drive to the airport to board our flight for Delhi. On arrival we will be met and transferred to our coach for a four hour drive to Jaipur where we check into the [Tree Of Life Resort & Spa](#). Dinner at our hotel.

February 12, 2012 Jaipur

We start our day with yoga practice before breakfast, followed by talks and dream matrix with Dr Bedi. In the afternoon enjoy an ayurvedic massages, a swim in the pool or simply let your mind rest in peace of the surroundings and absorb the many impressions. Dinner at the Tree of Life.

February 13, 2012 Jaipur

After yoga practice and breakfast we visit the city of Jaipur, about an hour's drive from our hotel.

Jaipur is possibly India's most popular tourism destination with a glimpse of the country's rich colors and culture, Rajasthan is alive with history, heritage and legend. After independence, this land

of the Rajput princes has become the modern state of Rajasthan but retains much of its regal past. The rich architectural and cultural legacy left behind by the kings and ruling families can be seen all around – in the palaces and mansions, traditions and customs, festivals and fairs.

A labyrinth of fascinating bazaars, opulent palaces and historic sights, Jaipur is often called the 'Pink City' because of its prominent buildings are washed in this color. Tradition and modernity exist side by side here.

We visit the City Palace which was an integral part of Raja Sawai Jai Singh's new city of Jaipur. Today it is a museum that displays some of the finest collection of paintings, costumes, carpets and armory of that period. Nearby is the ornate Hawa Mahal, the Palace of Winds - a delightfully idiosyncratic five-tier composition of arches and balconies and the Astronomical Observatory built by Raja Sawai Jai Singh II is amongst the most accurate and well kept.

After lunch on our own we drive to the sprawling hilltop and visit Amber Fort with its royal apartments, halls and dramatic views. It is superbly located and protected by the wild Aravali Hills on all sides. The citadel was established in 1592 by Raja Mansingh I on the remains of an old 11th century fort. We return to Tree of Life for dinner.

February 14, 2012 Jaipur

After our yoga practice and breakfast we meet for a lecture and discussion. The afternoon is at leisure to enjoy another massage, swim, read, or write.



In the late afternoon we drive to **Dera Amber** to enjoy a private elephant safari through the somnolent countryside. The colossal size of the elephants, their playful antics, graceful gait and the wisdom of their eyes move all who are lucky enough to spend time with them. After watching a Polo elephant game we convene at a country farm house belonging to a renowned Jaipur family for a sumptuous dinner before returning to the Tree of Life.

February 15, 2012 Jaipur – Delhi – U.S.

We enjoy the last day at the Tree of Life.

Early afternoon we drive to Delhi International Airport to board late night flights back to the States, arriving back home the next day, February 16.

Post Tour to Agra

February 15, 2012 Jaipur – Agra

After an early breakfast we drive to Jaipur with en route stop at **Fatehpur Sikri**, the 16th century capital of the Mughal rulers abandoned due to water scarcity in the area. The great Mughal Emperor Akbar had a dream to build a beautiful capital city that the world would remember. The result was Fatehpur Sikri, built entirely of red sandstone about 40 km from Agra. It was Akbar's capital for 15 years, abandoned after his death in 1585. Continue your drive and on arrival check into the **ITC Mughal** [ITC Mughal/Agra](#)



Agra was the seat of the Imperial Mughal court during the 16th and 17th centuries before the capital was shifted to Delhi. The city located on the banks of the Yamuna and along the Grand Trunk Road flourished under the patronage of the Mughal emperors. Globally known as the city of the Taj Mahal, this royal Mughal city has, in addition to the legendary Taj, many other monuments that epitomize the high point of Mughal architecture.

Overnight in Agra

February 16, 2012 Agra – Delhi

This morning after a leisurely breakfast 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.

Return to your hotel for lunch and check out of your room.

Visit **Agra Fort** in the afternoon. 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

.Late afternoon drive to Delhi and transfer with assistance to the International Airport to board your late night flight back home.

Tour Costs

Charitable Donation to the Jung Foundation New York \$200

Land Cost per person double occupancy: \$5,895

Agra Post Tour \$550

Single Room Supplement \$1,600

International Airfare New York/ New Delhi/ New York approx.\$1,400*

*subject to change and fuel surcharges

Land Cost Includes:

Double/Twin occupancy accommodations in hotels mentioned in itinerary or similar inclusive of taxes
Breakfast and either lunch or dinner each day as listed in the itinerary (two meals per day)

Economy airfare Delhi-Patna and Varanasi-Delhi

All ground transportation within India

All sightseeing, entertainment and cultural activities listed

All group transfers within India and airport taxes on domestic flight.

English speaking tour escort Feb. 6-11, 2012 to accompany the group assisted by local 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 special international airfare or to purchase travel insurance,
please call Bill Allyn at Allyn Travel at 203-554-0378 or 203-324-1189.

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: contact@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 “A Jungian Encounter with the Soul of Buddhist India” February 3 -16, 2012 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 “A Jungian Encounter with the Soul of Buddhist India” Journey February 2012.

Signature.....

Date.....

Print Name.....

Signature.....

Date.....

Print Name.....



**A Jungian Encounter with the Soul of Buddhist India
February 3 – 16, 2012**

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 one is not available, I agree to pay the additional charge of \$1,600

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, 2011

Check payable to: Mindful Journeys LLC

Return to: Mindful Journeys LLC

Regine Oesch-Aiyer

8 Copper Beech Lane

Great Barrington MA 01230