

**JUNGIAN ENCOUNTER WITH THE SOUL OF SRI LANKA**  
**Sponsored by the C.G. Jung Foundation of New York**  
**Guest Faculty – Ashok Bedi M.D., Jungian Psychoanalyst**  
**JANUARY 8 - 20, 2017**

The C.G. Jung Foundation of New York is proud to sponsor the twelfth educational tour to the Subcontinent, to Sri Lanka in 2017, C.G. Jung's last stop on his journey in 1937. This trip is an opportunity to see Sri Lanka through the lens of analytical psychology. It will allow participants to perceive the archetypal depths of life and psyche 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 a training analyst and faculty member at 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 and Mumbai.

Dr. Bedi is interested in the emerging frontiers of Spirituality and Healing and the synapses of the Mind, Body, Soul and Spirit. He is author of several books including-Crossing the Healing Zone: From Illness to Wellness, Nicholas Hayes Inc. 2013, Path to the Soul, Weiser Books, 2000, Awaken the Slumbering Goddess: The Latent Code of the Hindu Goddess Archetypes, Booksurge Publishers, 2007, and the coauthor of Retire Your Family Karma, Nicholas-Hays, Inc. 2003, These and his other upcoming presentations and publications can be previewed at his website [www.pathtothesoul.com](http://www.pathtothesoul.com)

Join us in this encounter with India's Southern Neighbor Sri Lanka, formerly Ceylon. During C.G. Jung's visit to India between December 1937 and February 1938, Sri Lanka was the last stop on his Indian venture – the journey formed an intermezzo in his intensive study of alchemical philosophy that he was engaged in at that time. Jung and his party exited India from Bow's End near Rameshwaram by ferry and reached Colombo, Ceylon on January



29, 1938 and took a train journey to Kandy. He returned to Colombo and gave a memorable talk on Dreams at the Rotherfield Society there and sailed homeward on S.S. Corfu on February 2, 1938. Sri Lanka as a single country existed independent of India from ancient times. The Anuradhapura kingdom ruled whole of Sri Lanka from 377 BC to 1017 AD. Ceylon was a British dominion from 1815 until its independence on February 4, 1948.

The first major mythical reference to the island of Lanka is found in the great Indian epic, the Ramayana was written around 500 BC. The Ramayana tells of the conquest of Lanka in 3000 B.C. by Rama, an incarnation of the Hindu god Vishnu. Rama's quest to save his abducted wife, Sita, from Ravana, the demon god of Lanka, and his demon hordes, is, according to some scholars, a poetic account of the early southward expansion of Brahmanic civilization.

According to traditional Sri Lankan chronicles Buddhism was introduced into Sri Lanka in the third century BCE by Mahinda, the son of Emperor Ashok. During this time, a sapling of the Bodhi tree was brought to Sri Lanka and the first monasteries and Buddhist monuments were established. The Pali Canon, having previously been preserved as an oral tradition, was first committed to writing in Sri Lanka around 30 BCE. Our journey will take us to this jewel at the tip of India in Jung's footsteps to the following historic destinations.

We will explore the wonders of Buddhism that Jung called the secret breath of Hinduism and the great myth of Rama – a tale of dance between light and shadow. Jung was intrigued by the sounds of the Buddhist worship in Kandy with its drums, chants and rituals. Buddhism is the greatest spiritual export of India which has flourished in Sri Lanka uninterrupted for over 2300years.

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 Sri Lanka 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 an executive for Consumer Travel at American Express Company. Fifteen 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. 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 higher education to underprivileged girls and young women in urban and rural South India. Regine has been traveling to India for forty 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 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. 15 CEUs are offered for the 11 days of instruction. For further credit information and related administrative processing fee, please call the C.G. Jung Institute of Chicago offices at 312-701-0400.

Please note that the size of the group is limited to 15 participants. Therefore, it is important that you register early in order to secure space. Final registration for this trip is August 15, 2016. After that date no further bookings can be accepted. 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 experience.

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## **Itinerary**

### **January 7-8, 2017 U.S. to Colombo**

We arrive Colombo early morning or evening of the second day, and will be met by our representative at arrival at Bandaranaike International Airport, and transferred to our hotel, the Galle Face Hotel <http://www.gallefacehotel.com>  
We enjoy a welcome dinner at our hotel.

### **January 9, 2017 Colombo**

COLOMBO - strategically placed in the Indian Ocean, this port for centuries has attracted merchants and traders from far and wide. With each new wave from the early Arab traders to the 21st century Western fashion manufacturers - Colombo has re-invented itself, and has established an independent economy after its colonial era. Colombo is distinguished by the adoption of numerous foreign influences, while retaining its intrinsic, indigenous charm.

After breakfast we meet for our introductory lecture with Dr Bedi, followed by sightseeing of Colombo, beginning with the Museum, Gangaramaya Temple and taking a walk around the historic Colombo Fort.

Lunch in one of Colombos's finest restaurants. Afternoon time to explore the city many fabulous stores, take a swim in the fabulous hotel pool and take a sunset stroll along the Indian Ocean. Dinner on our own.

### **January 10, 2017 Colombo to Habarana**

After breakfast we drive to Habarana, about a 5 hour drive. Enroute we have lunch at the Thilanka Resort. At our arrival in Habarana we check into the CINNAMON LODGE <http://www.cinnamonhotels.com/cinnamonlodgehabarana/>

We meet for an early evening talk with Dr. Bedi. Dinner on our own at the hotel.

### **January 11, 2017 Habarana to Dambulla to Habarana**

After breakfast we visit Dambulla, to the north east of Colombo boasts the best preserved cave temples complexes in Sri Lanka dating back to the 7th Century BC. The cave temples have standing and reclining Buddha images as well as Hindu Gods, added over time and give evidence to the time and tide of religious figures from Buddha, to Vishnu and Ganesh. We continue our sightseeing with the Ibbankatuwa pre-historic burial site dating back to 750-400BC. Besides human skeletons the tombs also contained necklaces, clay pots, and gem stones likening back to India, and the fact that there was trade with foreign countries as beads, glass and terra-cotta was discovered.



After return to our hotel we meet in the later afternoon for a lecture.

Dinner at our hotel.

### **January 12, 2017 Habarana to Polonnaruwa to Habarana**

After breakfast we drive to Polonnaruwa, a 1.5 hour drive.

Once the capital of the historic kingdom of Polonnaruwa, the present-day city has been classified as a World Heritage Site by UNESCO. The ancient city is one of the best planned archaeological relic sites in the country, standing testimony to the discipline and greatness of the Kingdom's first rulers. Another draw for tourists is the city's population of toque macaques. The monkeys have been living in the ruins since human occupation and continued to thrive here long after the humans left.

After lunch at Polonnaruwa Rest House we visit Minneriya National Park where we explore the park on a jeep safari. It is the best places in the country to see wild elephants which are often seen in large numbers, as well as observing wading birds. We return to our hotel in the early evening.

### **January 13, 2017 Habarana to Kandy**

This morning after breakfast we drive to Kandy, with a stop at Matale to visit the Muthu-Mariamman Temple. It is a lovely example of a Tamil Hindu temple dedicated to God-

dess Mariamman, one of the many manifestations of Parvati, Lord Shiva's consort.

After our visit we enjoy a delicious lunch at Jim's Farm. We then continue our drive to Kandy where we check into the Hotel Suisse <http://www.hotelsuisse.lk>

### **January 14, 2017 Kandy**

Situated in the heart of Sri Lanka, Kandy is located on a high plateau in the midst of the 'Hill Country'. An ancient capital of many kings, Kandy is a charming city, rich in culture. It is perhaps most famous for The Temple of the Sacred Tooth, a site of immense importance to Buddhist pilgrims.

This morning we visit the Temple of the Sacred Tooth located in the royal palace complex of the former kingdom of Kandy. Since ancient times the relic has played an important role in local politics and is believed that whoever holds the relic holds the governance of the country. The exteriors of the temple buildings are not magnificent or elaborately decorated but in striking contrast the interiors are richly carved and decorated with inlaid woods, ivory and lacquer. Behind the tooth relic sanctuary is a hall with a number of golden Buddha statues and modern paintings depicting Buddha's life and arrival of the Buddhism in the land.



In the afternoon we drive to the Royal Botanical Gardens, the largest and most impressive gardens in Sri Lanka. At one time the beautiful gardens were reserved exclusively for Kandyan royalty only. The many highlights include a fine collection of orchids and a stately avenue of royal palms. Another highlight is the giant Javan fig tree on the great lawn. Covering 2500 square meters, it is like a giant, living geodesic dome.

Dinner at our hotel

### **January 15, 2017 Kandy to Galle**

After breakfast we take a 5 hour drive to Galle where we check into our hotel on arrival, the Jetwing Lighthouse <http://www.jetwinghotels.com/jetwinglighthouse/>

The seaside town of Galle is located in the south of Sri Lanka. The walled city has stood since the early 16th century through the colonial periods of the Portuguese, Dutch and the British. The Portuguese took Galle from the Sinhala kings in 1587 and erected the first fortifications. The Dutch landed in 1640 and built a formidable line of defense, ringing the walled town with 10 bastions.

Dinner at the hotel.



### **January 16, 2017 Galle**

This morning we visit Galle Fort, a continuous rampart, built by the Dutch from the mid 17th century onward and added to by the British, encircles the city, interrupted by 14 massive bastions. The best way to see the fort is to walk the length of the walls. We visit as well the new Maritime museum.

We return to our hotel for lunch and enjoy part of the afternoon at the beach, a swim in the pool or Ayurvedic treatments in the lovely spa. Early evening meeting with Dr. Bedi. Dinner at the hotel

### **January 17, 2017 Galle**

After breakfast we enjoy a tuk-tuk ride to Handunugoda to visit the Yatagala Rajamaha Viharaya, a quiet rock temple with a 9m reclining Buddha. The mural-covered walls are painted in the typical style of the Kandyan period. Monks have been living here for at least 1500 years. We ascend the flights of stairs for a great view over the rice fields.



We return to the hotel for lunch. Afternoon time to enjoy time to relax before meeting with Dr. Bedi for a lecture in the late afternoon. Dinner at the hotel.

### **January 18, 2017 Galle**

After breakfast we meet for our last day of talks including our closing lecture.

In the afternoon time to explore the old town of Galle on our own to do some last minute shopping in the lovely boutiques on Church, Pedlar, Lighthouse and Hospital Streets. We enjoy a special farewell seafood dinner at the hotel overlooking the Indian Ocean.

### **January 19, 2017 Galle to Colombo Airport**

The morning is to relax at the hotel, and after lunch we drive to Colombo Airport for late evening flights back home. Most international flights leave late evening or early morning January 20, arriving in the US the afternoon of the same day.

**Post-stay option available to spend 3 or 5 days at Shreyas Retreat <http://www.shreyasretreat.com> in Bangalore India. It is one of the top ten Yoga Retreats and Ayurvedic Spas in the world. For more information please check with Mindful Journeys.**

## Tour Costs

**Land Cost per person double occupancy \$5,650**

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

**Single Room Supplement \$1,300**

International economy airfare New York/Colombo/ New York approx.\$1100\*

\*subject to change

### **Land Cost Includes:**

- Double/Twin accommodations in hotels mentioned in itinerary incl. taxes
- Breakfast and either lunch or dinner - 2 meals per day
- All ground transportation within Sri Lanka
- All sightseeing, entertainment and cultural activities listed or equivalent
- All group transfers within Sri Lanka
- English speaking tour escort and 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 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

**Please note that this journey has to be booked no later than August 26, 2016 with deposit and registration received by Mindful Journeys. Sri Lanka is a very popular travel destination during high season with small inventory of five star hotels.**

## 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 Soul of Sri Lanka" January 8-20, 2017 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 Soul of Sri Lanka" January 8-20, 2017

Signature.....

Date.....

Print Name.....

Signature.....

Date.....

Print Name.....



**Jungian Encounter with the Soul of Sri Lanka**  
**January 8-20, 2017**

**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 \$1300

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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 October 8, 2016

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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