

# JUNGIAN ENCOUNTER WITH THE NATURE & WILDERNESS SOUL OF INDIA

Sponsored by the C.G. Jung Foundation of New York  
Guest Faculty – Ashok Bedi M.D., Jungian Psychoanalyst  
February 03 - 15, 2023

In this Age of the Resilience, as countries across the world open up, ease travel restrictions and re-instate flights, we felt that it is the right time to plan the next Jungian Encounter to India in February 2023,

With that in mind we bring you our next Jungian Encounter with the Soul of India. We have carefully chosen destinations that connect you with the Soul of India's Nature, Culture and ancient traditions. Our focus this year will be on South India. Following his trip to India in 1937-38, Jung was moved and inspired by the Yoga and the Tantric traditions of India and did a two-year lecture series in Zurich on the "Psychology of Yoga and Meditation". South India is the soul of these traditions. We will explore these themes from a Jungian perspective with the backdrop of sites and stories that inspired him and continue to intrigue humanity in its quest for higher consciousness.

India represents the "Lost Continent of the Soul" for the Western Psyche. Jung advocated that the seekers of the Path to the Soul learn all they can about their own spiritual and cultural traditions and then immerse themselves with another cultural and spiritual tradition as a sort of an Archimedean point to get a deeper and multidimensional view of the blind spots of their own tradition and spiritual framework. This leads to deeper appreciation of your own sacred ground from an archetypal perspective. The Archetypes are the common substrate – the building blocks of DNA of the Psyche of all the spiritual and psychological processes.

This study group includes 12 hours of Continuing Education Credits under the auspices of the C.G. Jung Institute of Chicago. Of course, the most interesting discussions take place informally and organically on the buses and trains, temples and marketplaces, streets and riverboats as we explore the cultural and spiritual treasures of this oldest, continuous, living civilization on earth!

The trip will be escorted by Dr. Ashok Bedi, Jungian analyst and expert along with his wife Usha Bedi an expert on Indian culture and cuisine. Regine Oesch- Aiyer, Founder of Mindful Journeys, an Indophile with deep-rooted connections to India, will lead the trip.

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](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 [www.meenakshifoundation.org](http://www.meenakshifoundation.org) a charity providing higher education to underprivileged girls in India. Regine lives part of the year in Bangalore, India.

We look forward to your participation in this new and refreshing journey, as Dr. Ashok Bedi amplifies and deepens Jung’s writings and teachings through his talks, lectures and dream groups in light of new research in psychology and neuroscience. We will also dialogue with local experts to let the boots on the ground perspective of the timeless wisdom of 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, and 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 (12) CEs are offered for the 12 days of instruction on the journey.

The C.G. Jung Institute of Chicago maintains responsibility for this program and its content. 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](http://www.mindfuljourneys.com) and write to [regine@mindfuljourneys.com](mailto:regine@mindfuljourneys.com) or call 212-203-1239 for more information. We will be pleased to you have us join for this special educational venture.

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## Itinerary

### February 2 - 3, 2023, U.S to Bangalore

We arrive in Bangalore late evening of the second day where we will be met by our representative at Bangalore International airport and transferred to the Shreyas Retreat

**Shreyas Retreat** is a boutique retreat situated 35 kms from the centre of Bangalore that combines the best of traditional and contemporary architecture with modern facilities. It aims to give you a feel for the rich and vibrant Indian spiritual tradition of yoga and meditation. [www.shreyasretreat.com](http://www.shreyasretreat.com)

### February 4, 2023 Shreyas Retreat

After a morning yoga session or walk through the lush property and breakfast we meet for an introductory session with Dr. Bedi. Before lunch we visit to a nearby village's Shani (Saturn) temple to experience local divinity. Afternoon experience the blissful Ayurvedic treatments at the top rated spa, or relax at the pool before we meet for dinner.

### February 5, 2023 Shreyas Retreat

After yoga and breakfast we meet with Dr. Bedi for a lecture until lunch time.

We will have lunch at Marmalade, an open air restaurant nearby.

Afternoon optional sightseeing tour to India's own 'Silicon Valley'. The bustling, high-tech city, Bangalore, gives no indication of its rich history under a succession of feudal rulers and as a cantonment for the British. Visit to the famous Bull Temple in the heart of the old city.

### February 6, 2023 Bangalore – Mysore

After an early breakfast we take a 3 hour drive to Mysore. On the way we stop at Hyder Ali and Tipu Sultan's capital, Srirangapatna Fort from where they ruled much of southern India during the 18<sup>th</sup> century. The fort holds the beautiful carved temple complex, Sri Ranganathaswamy Temple dedicated to the Hindu God Ranganatha, a manifestation of Lord Vishnu.

Once in Mysore we check into our hotel, Radisson Blu Plaza Hotel.

[www.radissonhotels.com/en-us/hotels/radisson-blu-mysore](http://www.radissonhotels.com/en-us/hotels/radisson-blu-mysore)



**Mysore**, the city of spice, silk and sandalwood has a charm of old-world royalty and religion. A capital of the Mysore Princely kingdom, where a legendary half-human, half-buffalo demon was vanquished by a goddess, the city is best known for the Mysore Palace – in its nightly avatar lit-up by 96000 lights, and

the Dasshera festivities – celebrating the victory of good over evil.

In the afternoon we drive to Chamundi Hill, with its iconic Nandi bull statue, the sacred vehicle of Lord Shiva, from where you can have sweeping views of the city below. We continue to the colorful Devaraja market, an ancient market from the days of the king Tipu Sultan that today sells everything from fruits and vegetables to flowers and spices.

### **February 7, 2023 Mysore to Nagarhole**

After breakfast we visit the regal Maharaja Palace, the lavish residence of the Wodeyar dynasty, princes who ruled Mysore from the 14th to the 20th Century. We learn what it took to build the country's most magnificent palace which was an engineering marvel for its time and still home to the erstwhile royal family. The tour takes you through the palatial delight kings were used to, giving us a glimpse of what it was to be a Maharaja back then.

After lunch we take a two hour drive to Nagarhole Wildlife Park where we check into the Serai where we enjoy a late lunch <https://www.theserai.in/kabini-resort/> a luxury resort on the banks of the Kabini River perfectly situated for wildlife sightings. Common activities include kayaking, jungle safaris, bird watching, nature walks, boat rides, and

biking. After relaxing we meet for a discussion with Dr. Bedi. At the end of a long day of exploring it is the perfect place to unwind.



### **February 8, 2023 Nagarhole**

Nagarhole National Park is named after the river of the same name that flows through it, and was converted from a game reserve to a national park. Nagarhole's dry deciduous habitat offers a refuge for a

great variety of wildlife, with a rich mammal and bird population, more renowned for the Royal Bengal Tiger, Asian Elephant, Leopard and Wild Dogs.

Early morning we take a jeep safari accompanied by naturalist guides.

The park also hosts over 270 bird species. We return to our hotel for breakfast, followed by a meeting with Dr. Bedi.

After lunch we enjoy a swim in the lovely pool before embarking on a boat safari on the Cabini river crossing the park where we encounter additional wildlife quenching their thirst. Dinner at the hotel.



### February 9, 2023 Nagarhole to Coorg

After breakfast we will take a 4 hour drive to Coorg, which is the largest coffee and spice growing area in the country. Our drive will take you through the South Indian countryside, through plantations of teak, sal, cardamom and rubber.

On the way we stop at Bylakuppe to visit the **Namdroling Monastery** - the largest Buddhist monastery, outside Tibet. Buddhist chants, fluttering flags,

red-robed monks and initiates create a serene atmosphere around Namdroling monastery - A visit to the monastery, and its busy little market square offers a great insight into the Tibetan culture in India.

We continue our drive to Coorg and check into our hotel, Taj Madikeri Resort <https://www.tajhotels.com/en-in/taj/taj-madikeri-coorg/> set amongst a 180 acre living rainforest. The property sits within a vibrant hill range at an altitude 4000 ft.. We find ourselves in the midst of a living and breathing rainforest at different levels of the valley offering expansive views of the landscape.

### February 10, 2023 Coorg

**Coorg's** lush forests and bamboo thickets, interspersed with coffee-and-spice plantations and a few waterfalls, the local Kodavu community has retained its cultural identity through years of other influences. Apart from varieties of coffee that are gaining global repute, Coorg's honey, cardamom, pepper, oranges find their way into kitchens across India.

After an optional yoga class and breakfast, we gather for a lecture, followed by a visit through the property, meeting the resident cultural expert in the Taj's culture museum. After lunch we can take an optional trip, a three hour roundtrip from our hotel to Talacavery which is the birth place of river Cavery river in the Brahmagiri hills, a sacred place for Hindus. Two separate shrines are dedicated to Lord Ganesha and Lord Shiva.

For those who choose to stay back at the hotel, there is a magical spa, fabulous pool, and a late afternoon walk through the rain forest learning about the variety of coffee grown in Coorg. The Tata company after its tea trade realized the potential of coffee and has been important in establishing local markets for the java bean.

### February 11, 2023 Coorg

After breakfast we visit Omkareshwara temple that is known for its myth and unique architecture which resembles that of a Muslim Dargah. We will explore some of the coffee and spice stores for shopping before returning to the hotel for lunch.

This afternoon is free to explore the property and take advantage of what it has to offer. Early evening gathering for a lecture before we enjoy a very special exquisite Coorg dinner.

### **February 12,2023 Coorg to Neeleshwar**

After breakfast we take a four and a half hour drive to Neeleshwar in Kerala.

It is flanked by the Western Ghats to the east and Arabian Sea to the west and is a fertile region of thick forests, meandering rivers and pristine beaches. Kerala was selected as one of the 2022 world's greatest places of 50 extraordinary destinations to explore by Time Magazine! We check into the luxurious Neeleshwar Hermitage boutique hotel for the next three nights. <https://www.neeleshwarhermitage.com/>

**The Neeleshwar Hermitage** has been created to be a place that nourishes the spirit and fosters a sense of creative tranquility focusing on Ayurveda, yoga and meditation.

The location in Northern Kerala serves this purpose well, as it encompasses all the beauty and culture of the south but offers empty beaches fringed by coconut plantations, tranquil inland waterways and lush hillside spice gardens. The Hermitage features musical and dance performances and guided tours to the local temples and festivals of Malabar.

### **February 13, 2023 Neeleshwar**

Neeleshwar is our spiritual sanctuary, the perfect place for our Jungian retreat, yoga, meditation, Ayurvedic massages, explore nature walks along the beach, listening to Sanskrit chants of the fisherman as they pull in their nets from the night's catch.

After breakfast and talks with Dr. Bedi, we take a walk into town to visit with locals exploring Indian life in Kerala, referred to as "God's own country". In the afternoon there is time to write in our diary, relax with a book at the pool, or enjoy an Ayurvedic massage before we depart to witness a Theyyam dance performance at one of the local temples. The dance ritual was originally aimed at appeasing ancient village deities. The performers, all male, wear mask, body paint, colorful costumes and imposing headgear. The dance steps and postures show the strong influence of Kerala's martial arts tradition. Drums, pipes and cymbals provide the accompaniment! Quite an experience!

### **February 14, 2023 Neeleshwar**

After yoga and breakfast we gather with Dr. Bedi. to share our experience and impressions during this magical journey. The gifted chef will prepare a very special farewell dinner for us!

### **February 15, 2023 Neeleshwar to Mangalore**

After breakfast we finish our packing to return back home.

We depart for Mangalore Airport to head home arriving the morning of February 16.

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