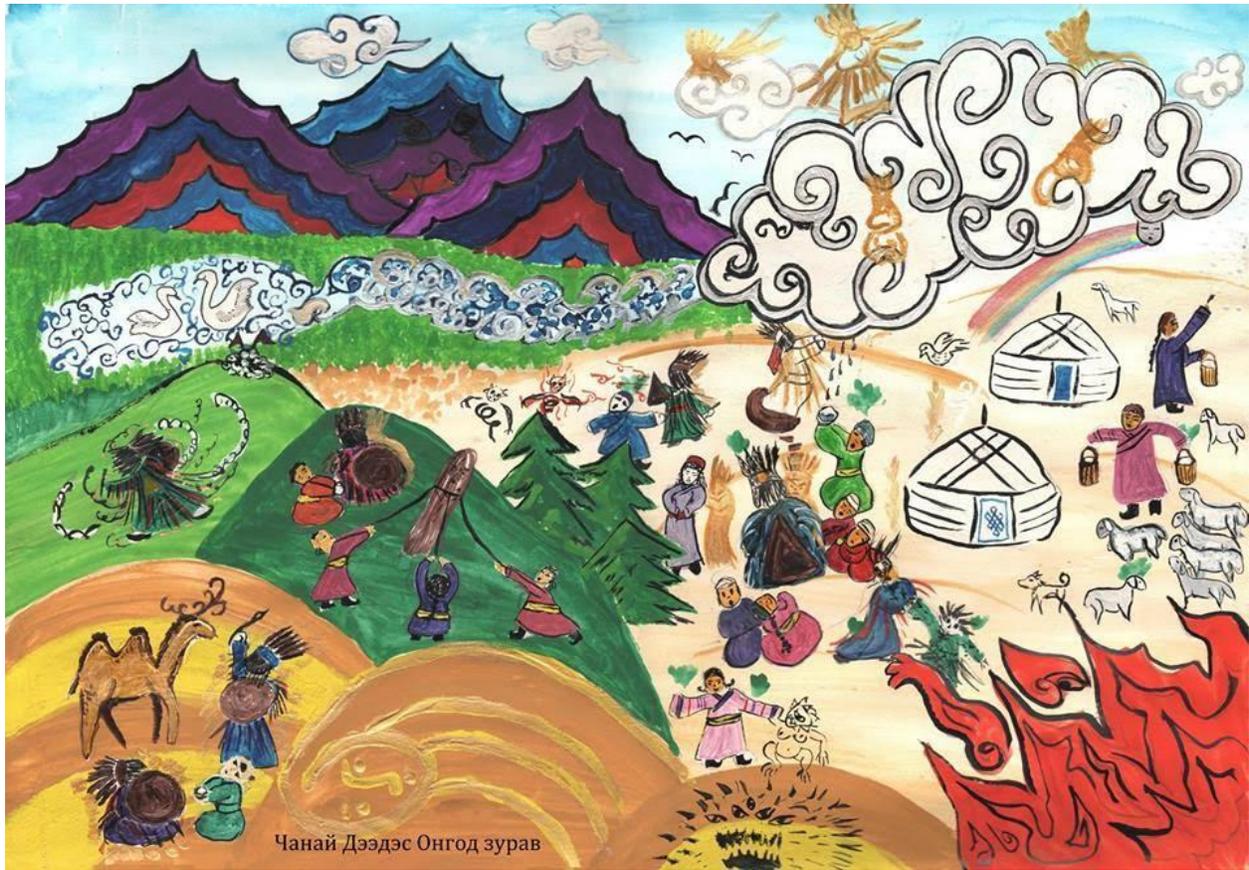


BODY MIND SPIRITUAL JOURNEY



1-14 August, 2021

Mongolia, the country of Ancient Spirituality

With Mongolian Shamans and Anita Olsson.

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Dear Divine Seeker, The Universe is calling you,

Welcome to Mongolia the country of Ancient Spirituality - truly time has come to connect or reconnect with yourself, with others, with the awesomeness of Nature and the Divine Spirits - and let your Soul, Mind and Spirit heal, explore, rejoice and awaken.

We, Mongolians taught by our traditions and culture believe that a human can be healed as a whole only once the Body, Mind and Soul is healed. What we have inherited from our Ancestors is beyond our imagination, it is a combination of healing from Mother Earth and Wisdom from the Ancestral Spirits.

You will set your feet on the grounds of Sacred Sites, where teachings and healings are to be given by the shamans. We welcome you to participate in the 7 energy wheel healing and improving exercises, healing with Fire, Water and Earth elements.

We welcome you to participate in this 14 day trip in the countryside of Mongolia, with a few days in the city to enjoy the Historical Museum, National and Traditional Dancing Concert, shopping for gifts for your loved ones and for yourself and many more interesting and surprising activities upon your arrival in Mongolia.

On behalf of us, making your trip memorable is our dearest wish. Please accept our humble gift of National Costume of your color choosing for your trip in Mongolia, without one the countryside is unimaginable.

We are looking forward to seeing you in the country of Ancient Spirituality. The Earth pulses with Sacred Energy. We want to show you a side of Mongolia you're not going to see traveling alone or with a regular tour group. You are going to meet the Nomadic Mongolia and meet the Ancient Spirits.

While it's hard to plan a trip to Mongolia that isn't extraordinary, it's easy to get caught up in the excitement of this trending travel destination.

Sincerely yours,

On Behalf of the whole Team MSJ

Welcome to the Country of Ancient Spirituality

August 1th/Day 1: Flight from your country to Mongolia

August 2th/Day 2:

Upon your arrival in Ulaanbaatar, you will be greeted by us at the airport. we will situate you at a hotel, refresh and rest, to ease your body from the long flight we

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would like you to relax with chiropractic massage. We invite you for a welcome dinner at a restaurant.

August 3th/Day 3:

Breakfast at hotel, prepare to set the journey to the countryside. Once the whole group has assembled (in case of international flight delay or late arrival), we start on the road directly travelling to the west. Lunch on the road. Arrive in little Gobi, stay the night in a yurt camp in Khar-Khorin Monastery.



August 4th/Day 4:

Location: Khar-Khorin Ancient Capital city of Mongolia/Arkhangai Province
Visit the history museum and KharKhorin Monastery drive further to the Khorgo Volcano and Ter Ikh Tsagaan Lake, stay in yurt camp near Khorgo and Lake Ter Ikh.

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August 5/Day 5:

Location: Drive north to Khuvsgul, night stay in tents.

We shall start our Spiritual Journey and welcome the Ancestral Spirits to give their blessings for this Spiritual Trip, fire ceremony.



August 6-8/Day 6-8:

Location: Lake Khuvsgul stay in tent

Here we start with the private consultation with the Ancestral Spirits, Fire ceremony in honor of the nature.



Here at the northern part of Mongolia, Huvsgul Lake – to us our Mother Ocean. We shall take you to healing with water, each participant will have individual consultation with the Ancestral Spirit for guidance, private questions etc

August 9th/Day 9:

Heading towards south, we drive and stay in Nomad family area. Night in tents.

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August 10th/Day 10:

Driving south, lunch and hike to the Uran Togoo Volcano, drive further south in direction to UB

August 11th/Day 11:

Stay the night in the countryside tent, last fire ceremony of the Ancestors, asking for abundance and wishes etc,

August 12th/Day 12:

Drive and arrive in Ulaanbaatar, accommodation – hotel

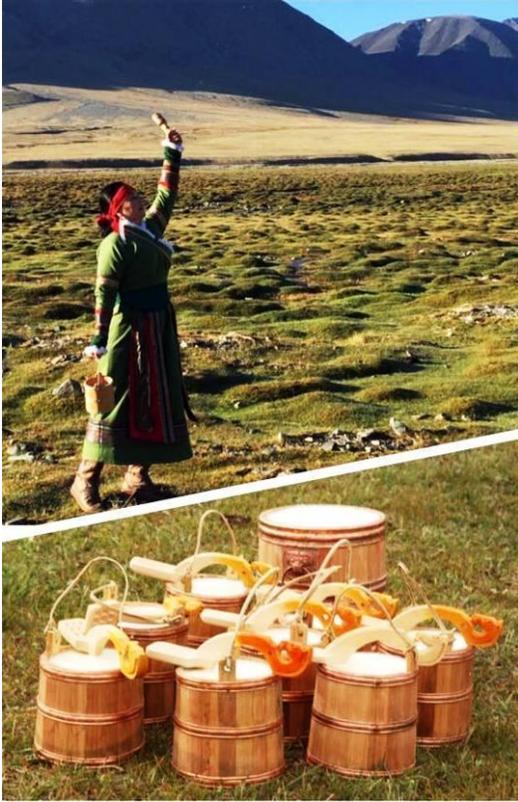
August 13th/Day 13th:

During the day shopping at the black market, and State Department Store, evening Traditional Mongolian Concerts, Farewell Dinner.

August 14th/Day 14th:

International Flight back home to Sweden.

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Each morning, we shall teach ourselves to express our wishes properly, as Mongolians consider the wishes to be divided into 9 categories.

The Spirit of an ancestor asked a person: How many wishes do you have? The person replied: many, they are limitless

The Spirit answered: there are only 9 wishes...

1. The wish to be healthy
2. The wish to have things, clothing, housing, food etc
3. The wish to have knowledge and education
4. The wish for good friendship, to have friends
5. The wish to meet the beloved one
6. The wish to have own children
7. The wish to live calmly, after obtaining all the previous wishes
8. The wish to have power, to leave a name, to be known to people
9. The wish for the all above to exist forever, the cycle of life, the natural cycle.

So therefore Mongolians give milk offering to the Spirits, to Mother Earth, to the Sun and the Moon, the wooden spoon or Orbai has nine holes carved out, each representing the above 9 wishes.

Today, as we are surrounded by negative energies, it is proper for us to learn to cleanse ourselves, on the trip we offer you a whip for cleansing purposes, made from hide and knotted by shamans. Teachings about protection will be shared.



Teachings about protection and for those who have drums will learn how to get deeper connection with his/her drum.

During some nights participants will be invited for circle talk around the fire, it is important for us to share our wounds, our stories, our ways of healing. Healing

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with fire and drumming in a circle unites the harmony, it also give us energy as fire is the first gift that we have received from the Eternal Tenger.

Our trip will be as ecological as possible. It is our duty to look after Mother Earth.

We shall be eating in wooden bowls, each person's bowl will have his or her name on it, one of the secret's the Mongolian's didn't have any throat related sickness and thyroids relate to the licking of their bowl, and chewing meat up to 60 times and vegetable up to 40 times. It is crucial that we stay close to Mother Earth and try to maintain our health according to Mongolian traditions.

Learn with us to learn how to write your name in Mongolian traditional script, on your return from the countryside. In Ulaanbaatar, you will enjoy the last days of your trip.



The trip price is 2150EUROS

The price includes the trip in Mongolia, not inclusive international flight ticket, private expenses and beverages, insurance, visa fees, individual chiropractic massage during the trip.

Information about payment on “Travel contract Mongoliet Aug 2021”.

Come and explore your inner world in a dream-journey lead by in Indigenous Mongolian Shaman. Meditate, cultivate a relationship with the natural world and help your body feel centered. If you are eager to ignite your sense of adventure and forge a strong connection to your inner landscape, this Body, Mind, Spirit voyage is for You.

For more information please contact us

Anita Olsson: anita@spiritjourney.se

Mongolian Spiritual Journeys: travel@msj.mn