

ANITA OLSSON & MONGOLIAN SPIRITUAL JOURNEYS

MONGOLIA
THE COUNTRY OF
ANCIENT
SPIRITUALITY

IGNITE
YOUR SOUL
JOURNEY INTO THE
DEPTHS OF YOUR
INNER EXISTENCE

ILLUMINATE
YOUR PATH

EXPERIENCE
SACRED SITES

EMBARK ON A TRANSFORMATIVE EXPEDITION

JULY 2024



Find
your

Journey

WELCOME TO THE COUNTRY OF ANCIENT SPIRITUALITY

Welcome to Mongolia, the cradle of Ancient Spirituality - a moment beckoning you to connect or reconnect with yourself, others, and the awe-inspiring forces of Nature and Divine Spirits. Let your Soul, Mind, and Spirit embark on a journey of healing, exploration, joy, and awakening.

Our Mongolian traditions and culture instill the belief that true healing encompasses the Body, Mind, and Soul. What we've inherited from our Ancestors surpasses imagination - a harmonious blend of healing from Mother Earth and wisdom bestowed by the Ancestral Spirits.

Step onto the sacred grounds of our revered Sacred Sites, where shamans impart teachings and conduct healing ceremonies. We extend a warm invitation to partake in ceremonies, private sessions, and engage in healing practices with the elemental forces of Fire, Water, and Earth, among other activities.

Join us for a 14-day odyssey through the Mongolian countryside, with a sprinkle of days in the city. As custodians of your experience, our dearest wish is to make your journey unforgettable. Please accept our humble gift of a National Costume, tailored to your color preference - an essential companion for an unimaginable countryside experience.

We eagerly await your presence in the land of Ancient Spirituality, where the Earth pulsates with Sacred Energy. Prepare to discover a side of Mongolia beyond the ordinary - a rendezvous with Nomadic Mongolia and a communion with the Ancient Spirits.

While planning a trip to Mongolia that isn't extraordinary may be challenging, it's equally easy to be swept away by the excitement of this trending travel destination. Allow us to guide you through an exceptional journey that transcends the ordinary, promising encounters and experiences that linger in your heart.

Looking forward to welcoming you,

MSJ Team



EMBARK ON A JOURNEY OF SELF-DISCOVERY AND REJUVENATION
WITH THIS TRANSFORMATIVE ITINERARY DESIGNED TO IGNITE
YOUR SOUL AND AWAKEN YOUR TRUE POTENTIAL.

DAY 1/Fri July 5th

Embarking on a journey from your homeland to Mongolia

DAY 2/Sat July 6th

Upon your arrival in Ulaanbaatar, we will warmly welcome you at the airport and ensure your comfortable transfer to a well-appointed hotel. To help you recover from the long flight, we have arranged a rejuvenating chiropractic massage, allowing you to relax and refresh. Afterward, we extend an invitation for a delightful welcome dinner at a renowned restaurant, where you can unwind and savor the local cuisine in a welcoming atmosphere. We look forward to ensuring your stay is both comfortable and enjoyable.



DAY 3/Sun July 7th

Indulge in a delightful breakfast at the hotel as you gear up for an exciting journey to the countryside. Once the entire group has gathered, we'll set off on a captivating road trip to the west, promising a scenic drive with a picturesque lunch stop en route.

Our ultimate destination is the enchanting Little Gobi, followed by a visit to the ancient capital of Mongolia. Here, we have arranged for a night's stay in the unique setting of a yurt camp, nestled near the Khar-Khorin Monastery. Immerse yourself in the tranquility of this captivating landscape and soak up the cultural richness of the monastery, forging memories that will endure a lifetime.

DAY 4 /Mon July 8th

Proceed with a scenic drive to the extraordinary Khorgo Volcano and Ter Ikh Tsagaan Lake, offering panoramic views of the picturesque landscapes. Revel in the natural beauty that unfolds along the journey.

As the day unfolds, find tranquility in a yurt camp situated near Khorgo and Lake Ter Ikh. Immerse yourself in the unique experience of staying in traditional Mongolian accommodation, surrounded by the peaceful embrace of nature. This authentic retreat allows you to connect with the heart of Mongolia, forging enduring memories of your exploration in this culturally and geographically diverse region.



DAY 5 & 6/ Tue July 9th

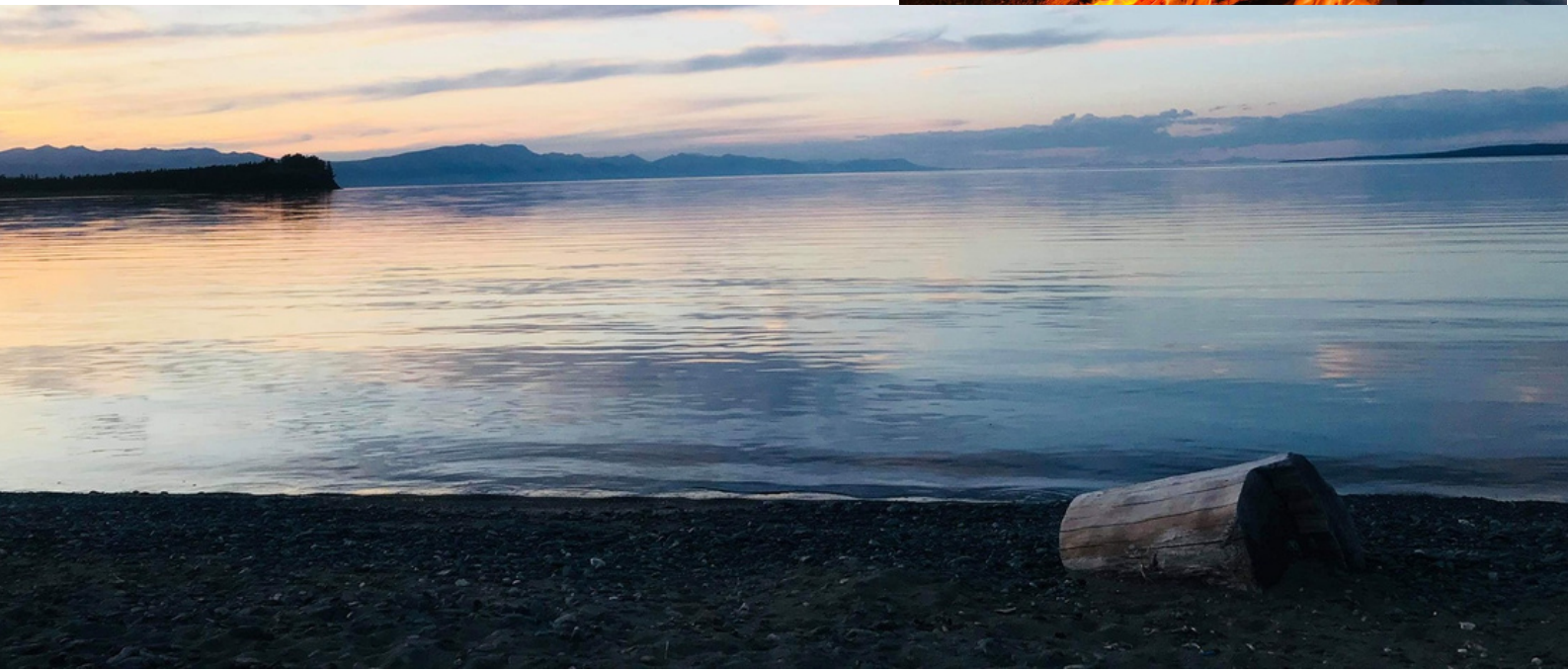
Our journey unfolds as we travel north towards Khuvsgul Lake, one or two nights will be spent along the way, allowing us to nurture to the rhythm of nature and prepare our hearts for the sacred journey ahead. Under the vast tapestry of the night sky, we gather in the stillness of the wilderness, extending a heartfelt welcome to the Ancestral Spirits. Seeking their blessings, we invite their wisdom and guidance to illuminate our path. This ancient ritual, a bridge between worlds, infuses our journey with profound spiritual significance. In the warmth of this sacred space, we prepare for the transformative explorations that await us.



DAY 7-10 / July 10th-13th

Nestled along the shores of Lake Khuvsgul, find solace in the simplicity of a tented stay, surrounded by the serene beauty of the landscape.

Engage in a profound spiritual experience with private consultations, connecting intimately with the Ancestral Spirits. Seek guidance and wisdom during this personal dialogue, forging a deep connection with the spiritual essence of the surroundings. As night falls, participate in a reverent fire ceremony, connecting to the forces of nature. Let the flames symbolize a harmonious union with the natural world, with water ceremonies to nurture and cleanse our bodies, creating a sacred space that underscores the significance of your journey by Lake Khuvsgul.



DAY 11/ Sun July 14th

Heading south, we drive to a Nomad family area, spending the night in tents, immersed in the warmth of nomadic hospitality and the natural surroundings.



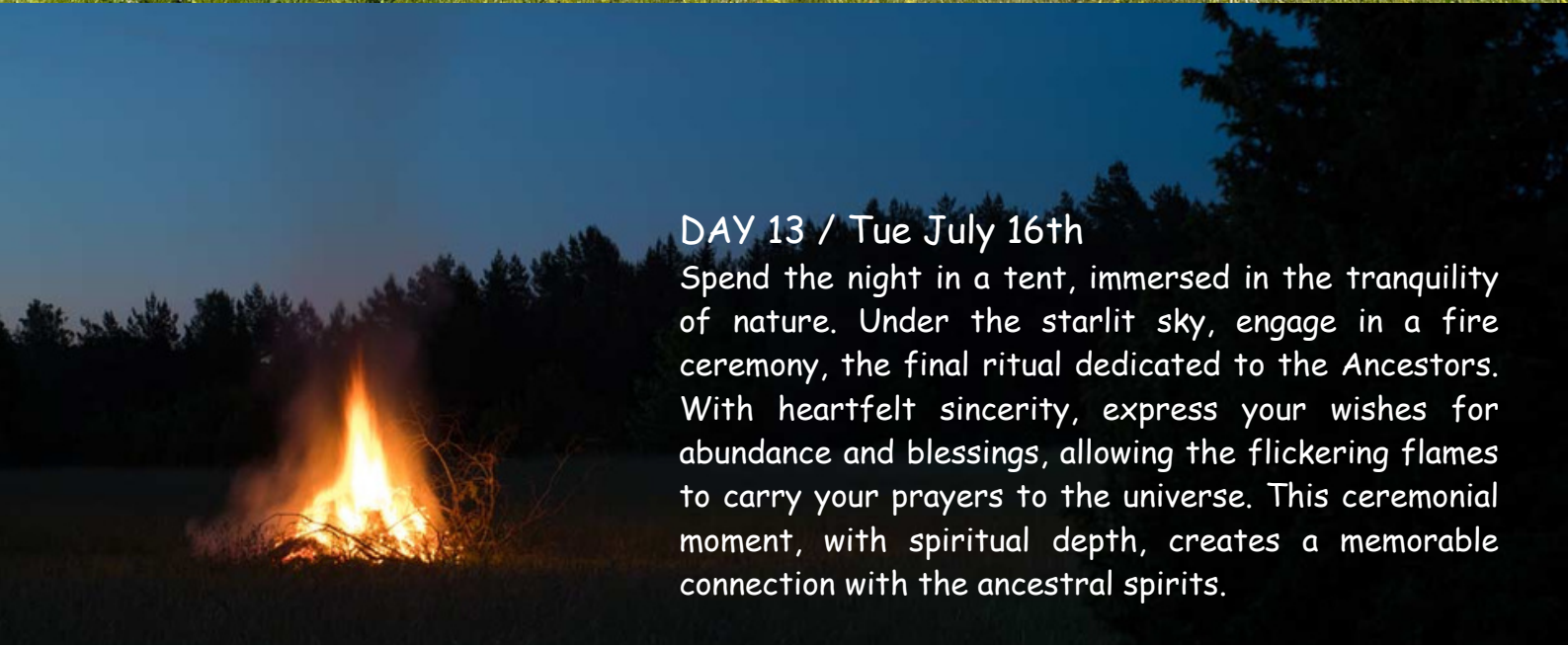
DAY 12 / Mon July 15th

Heading south, immerse yourself in a captivating hike to the majestic Uran Togoo Volcano, find moments of serenity in a meditation session amidst the enchanting landscapes of Uran Togoo, creating a truly magical experience.



DAY 13 / Tue July 16th

Spend the night in a tent, immersed in the tranquility of nature. Under the starlit sky, engage in a fire ceremony, the final ritual dedicated to the Ancestors. With heartfelt sincerity, express your wishes for abundance and blessings, allowing the flickering flames to carry your prayers to the universe. This ceremonial moment, with spiritual depth, creates a memorable connection with the ancestral spirits.



DAY 14 / Wed July 17th

As we depart for Ulaanbaatar, reflect on the profound insights and renewed spirit gained from this transformative adventure. Engage in last-minute gift shopping and join the MSJ Team for a celebratory farewell dinner, cherishing the memories and connections forged on this unforgettable journey.

DAY 15 / Thur July 18th

Embrace the Journey Home: A Farewell to Adventure
With hearts with cherished memories and spirits renewed, we commence our journey homeward, leaving behind the captivating landscapes and transformative experiences of this remarkable adventure.

In the midst of prevailing negative energies, it is crucial to learn the art of self-cleansing. As part of our journey, we offer you a specially crafted whip made from hide and knotted by shamans, designed for cleansing purposes. During the trip, teachings on protection will be shared, accompanied by guidance on deepening the connection with drums for those who have them.

As the nights unfold, participants will have the opportunity to engage in circle talks around the fire. Sharing our wounds, stories, and healing methods becomes a vital aspect of our collective journey. The combination of fire and drumming in a circle brings harmony and energy, acknowledging fire as the primal gift from the Universe.

In our commitment to ecological responsibility, our trip will prioritize sustainability. We will use wooden bowls, cutlery, and chopsticks for our meals as a symbolic gesture of our duty to care for Mother Earth. This holistic approach reflects our dedication to fostering unity, healing, and environmental mindfulness on this transformative journey.

A CALL OF THE HEART AND SOUL



Anita's profound connection with Mongolia spans five years, driven by an unwavering calling to the ancient country of Spirituality.

In her true nature, she follows her soul's calling to help others, gathering invaluable experiences along the way. With her guidance and support, this trip promises to bring out the best in your journey, as she shares the wisdom acquired through her transformative travels.



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We welcome you on a dreamlike expedition guided by an Indigenous Mongolian Shamans. Meditate, foster a connection with the natural world, and center your body. If you're yearning to kindle your spirit of adventure and establish a profound connection with your inner self, this Body, Mind, Spirit journey awaits you.

Book your transformative journey to Mongolia before December 31st, and enjoy a 10% discount, reducing the price to just €2,025! This comprehensive cost covers the entire Mongolia trip, excluding international flights, personal expenses, beverages, insurance, visa fees, and individual chiropractic massages during the journey.

Here's a breakdown of the pricing:

1. Book before January 15th: €2,000
2. Book before March 31st: €2,150
3. From April 1st onwards: €2,250

Secure your spot with a 50% deposit upon signup, with the remaining balance due by April 30th. Don't miss out on this opportunity for a discounted and enriching experience in Mongolia!

For further details, please reach out to:

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