

MYSTIC ART RETREATS



presents

Himalayan Gems

A sacred art retreat with Princess Devya Jubbal
Shimla, India

Nov 30 - Dec 4 '24





HIMALAYAN GEMS

30th November – 04th December 2024
The Woodville Palace, Shimla, India

'Traditional yantras are revelations. When the great yogins of the ancient past were in deep states of meditation, what they heard were mantras (mystic sounds) and what they saw were yantras (mystic diagrams). These seers said that the energy bodies of goddesses resemble these mystic diagrams.'

– Ekabhumi Ellik

Please join Rajkumari Diviya Jubbal and 'Ekabhumi' Charles Ellik for a relaxing and insightful sacred art retreat in our serene mountain location – 'The Woodville Palace' in Shimla. We will invoke spiritual and material wealth through the meditative creation of a goddess mandala. A mandala, derived from the Sanskrit word meaning "circle," is a geometric configuration of symbols often used in spiritual and meditative practices across various cultures. It serves as a visual representation of the universe and is utilised as a tool for focusing attention, establishing sacred spaces, and facilitating meditation.

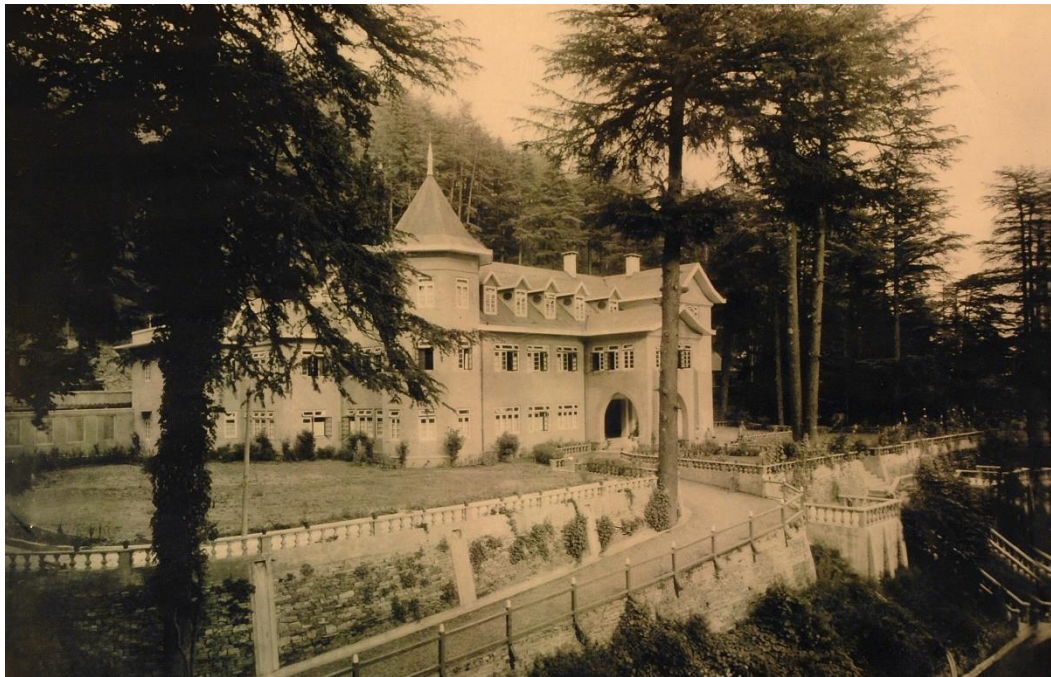


Photo Credits: Woodville Palace yesteryears, Shimla

We will create art, practice yoga, and contemplate divine beauty. Our meditative art practice creating a mystic art piece will not only be relaxing and inspiring, but it will also invoke abundance, beauty, generosity, and sublime pleasure.



Staying at our teacher Rajkumari Diviya Jubbal's residence, the 'Woodville Palace' in Shimla is a heritage hotel that was once the summer residence of the Raja Rana of Jubbal, a pre-independence kingdom in the Shimla Hill States. The palace remained the exclusive residence of the Jubbal royal family until 1977, when Rajkumar Uday Singh of Jubbal, the grandson of the Raja of Jubbal, opened it as a heritage hotel. Nestled in four acres of greenery, with the majestic Himalayas as a backdrop, the Woodville Palace is the only art-deco inspired property in the region.

Our focus would be on creating a yantra (mystic diagram/mandala) in a meditative manner to invoke spiritual and material abundance. Participants will also learn the significance of the colours, shapes, and ornaments used in yantras and sacred art. We will contemplate on the lovely goddess Lakshmi, especially her glorious golden form known as Kanakadhara.



Photo Credits: Rajkumari Diviya Jubbal

Goddess of overflowing abundance, generosity, and compassion, Sri Kanakadhara's name literally means "stream" (dhārā) of "gold" (kanaka). This unique form of the widely known and beloved Goddess Lakshmi appeared to the great Hindu saint Adi Shankarachara as a waterfall of golden fruit, after he prayed on behalf of an impoverished old woman who showed him kindness. She is the embodiment of overflowing good fortune.



Photo Credits: Private Chambers of the family



Photo Credits: Crown Princess Brinda Devi of Kapurthala, Raj Kumari Diviya Jubbal's grandmother

As a result of our time together, you will feel relaxed, nourished, and deeply inspired. Your world-renowned instructor, Ekabhumi, will help you to see the world with fresh eyes, align with divine creativity, and gain a much deeper appreciation of the brilliant icons of the Hindu tantric traditions. You will learn new techniques for focusing attention, expanding awareness, and how to apply them to creative work. And at the end you'll have a beautiful yantra imbued with devotion to take home.

Diviya Jubbal will give insightful talks on the art of collecting and preserving 'period-defining' mementoes of yester years.



We live in a world of artificial intelligence now, and the raw simplicity and pleasure of an innocent era keeps changing ! Hence to preserve is to know and feel that which once existed and weaves you back in that fabric of time and space! –

Diviya Jubbal

Diviya would further lead sound enabled healing sessions which in Ayurvedic terminology is called 'Raga Chikitsa' or 'Raga Vidya'. Music can heal a variety of ailments of the body and mind. Though not used extensively in modern times, there have been several Indian classical musicians and scholars who have dedicated their lives to bring forth this dying knowledge about the power of these ancient ragas.

Rasa, or emotion, plays a crucial role in Indian classical music, with each raga designed to evoke specific feelings. According to ancient Indian texts, particularly the Nāṭyaśāstra, every raga is associated with different deities and colors, reflecting the diverse emotional spectrum outlined in the Vedas. The primary aim of Indian music is to elicit distinct emotions in the listener's mind, body, and soul, making it particularly suitable for therapeutic practices. Diviya's sessions will incorporate voice intonation to



create a conducive environment for deep meditation and rejuvenation, allowing listeners to experience a profound connection with the music and its emotional depth.

A major highlight of our retreat would be a 'high-tea' with Rajkumar Uday Singh, Rajkumari Diviya Jubbal's father. Imagine sipping aromatic tea and savouring delectable hors d'oeuvres while engaging in captivating conversations with Raja Sahib. The high tea menu will feature a selection of traditional Himachali delicacies, as well as classic English tea-time favourites.

Photo Credits: Rajkumari Diviya Jubbal with her father Rajkumar Uday Singh



In the realm of royalty, anecdotes often reveal the human side of kings and queens, showcasing their quirks, humour, and relatable moments. The Jubbal family anecdotes to be shared by Raja sahib would be full of their historical moments, personal experiences and humour. He would also open his collections of comics from 1930s, video cassettes, china, art, stamps and coins for viewing.



Finally, on one of the days, we shall visit the beautiful Tara Devi temple in Shoghi, a fine example of exquisite vernacular architecture of Himachal Pradesh and organise a homa (havan) for creating and unlocking

abundance in our lives. Photos Credits: Tara Devi temple at Shoghi

Tara Devi is revered as a tantric manifestation of the goddess Durga or Parvati. In Hindu mythology she played a crucial role during the churning of the ocean when Lord Shiva consumed poison to save the world. Tara Devi is said to have suckled him back to health, highlighting her nurturing and protective nature.

WHY MAKE A YANTRA?

The word yantra is used in two or more ways in Sanskrit. It comes from the root "yam", which means supporting or holding the essence of an object or concept. The syllable "tra" comes from "trana" or liberation from bondage. Yantra also means liberation from the cycle of birth and rebirth (moksha). As a tool, [the] yantra is used to withdraw consciousness from the outer world, to help one go beyond the normal framework of mind to the altered states of consciousness known as turiya.

- It's beautiful. You like it. It resonates with you
- Your guru (spiritual teacher) advised you to get one
- You are a spiritual-minded person who wants to protect and be inspired by surrounding yourself with icons of essence and images of the divine
- Your Jyotishi (Astrologer) advised you to get one



- You are familiar with your Astrological Birth Chart and recognize that you need a planetary yantra to rectify a problem in your chart
- You have a connection to a specific Hindu deity, but for privacy reasons do not wish to have a figurative (human) image in your office or home
- Yantras are considered by the ancient seers to be more powerful than the figurative paintings!
- You wish to make an energetic correction to the Vastu (energetic alignment, like Feng Shui) of your temple, home or office
- You wish to decorate your home or office with a lovely image that hints at your spiritual practice

TESTIMONIALS FROM PAST CLIENTS

Thank you so much ... It was an amazing experience and I will cherish our adventure into this mystical & magical country. One of the highlight was the opportunity to be in such amazing company with beautiful like-minded ladies from around the globe. I personally would love to see everyone in another future retreat. --A.F.

I truly enjoyed my experience at this Retreat and thank you for making it all possible. It has been said one never steps in the same river twice, having made this crossing, I've come away with so much that will resonate for a very long time. --M.K.

My first trip to India with Mystic Art Retreats was the perfect introduction to a country and culture I'd long wanted to experience. One part spiritual, one part artistic, the retreat had a profound impact on my spiritual path as well as the reclamation of myself as a creative person. ---S.A.

Your enterprise looks to be precisely the kind of work that needs to be done to bring these art traditions into full conversation with the contemporary global viewing public / market.

When you are on a Mystic Art Retreats tour, every detail is taken care for you so you can relax and truly experience each moment. For overseas participants, airfare to India is not included in the price of your trip. Please contact your local travel agency or the airline directly to make any arrangements you may need. If you would like assistance with booking your flights or other travel plans, please contact Mukul Purohit (details below) who shall personally guide you on every facet of your travel planning.



SCHEDULE

<p>DAY 1 30th Nov SHIMLA</p> <p>Retreat Open: Noon Accom: Woodville Palace Lunch: Woodville Dinner: Woodville</p>	<p>DAY 2 1st Dec SHIMLA</p> <p>Accom: Woodville Palace Lunch: Woodville Dinner: Elysium</p>	<p>DAY 3 2nd Dec SHIMLA</p> <p>Accom: Woodville Palace Lunch: Chapslee Dinner: Woodville</p>
<p>DAY 4 3rd Dec SHIMLA</p> <p>Accom: Woodville Palace Lunch: Woodville Dinner: Woodville</p>	<p>DAY 5 4th Dec DEPART FOR HOME</p> <p>Retreat Close: Noon</p>	

PAYMENTS AND CANCELLATION

- INR 99,000 on single occupancy only
- 50% deposit non-refundable and remaining on arrival
- Bank Details and Paypal details available following expression of interest to mp@mysticart.org (Mukul Purohit, Co-founder of Mystic Art Retreats)
- Full refund in case of cancellation of event by Mystic Art Retreats sans your airfare to India if coming from overseas
- 50% deposit non-refundable

INCLUSIONS

- Be taught by world-renowned artist Ekabhumi Charles Elik and wellness entrepreneur and cultural revivalist Rajkumari Diviya Jubbal
- Your trip includes 4 nights of accommodation at the Woodville Palace in Shimla
- All meals including Breakfast, Lunch and Dinner with curatorial intervention by by Rajkumari Diviya Jubbal. No breakfast on arrival day and lunch/dinner on departure day
- Homa (Havan) on Day One and blessings of the yantras by temple pandits
- Sightseeing in and around Shimla including ancient temples and walks
- All Art Materials



WEATHER

In the transition from late November to early December, Shimla experiences a shift in weather as winter begins to take hold. During the last week of November, Shimla typically enjoys mild and cool weather. Average daytime temperatures range from 47°F to 68°F (8°C to 20°C), making it a pleasant time for outdoor activities. Nights can be significantly cooler, with temperatures dipping to around 47°F (8°C). This period is characterized by clear skies and sunny days, although cold winds may start to blow from the Himalayan peaks. Given the fluctuating temperatures, it is advisable to pack warm clothing, including: Heavy woolens such as jackets, sweaters, and thermal wear; Accessories like scarves, gloves, and hats to protect against the cold.

VISAS

If you haven't already, please do secure your airfare and Indian visa as soon as possible. It is very easy and quick to secure an e-visa. Rules vary dramatically depending on your passport and nationality. Be sure to check online as soon as possible for more detailed information. It is helpful to check your own country's travel advisories as well as the Indian Government website.

INSURANCE

We care about you but cannot be responsible if you become injured, ill, miss a flight, or need emergency transport. We recommend that you buy travel insurance. Policies cover missed flights, lost or stolen luggage, and most importantly, emergency evacuation.

PACKING LIST

A separate packing list produced by our co-founder Ekabhumi Ellik would cover all possible items you would need to bring with you on your journey to make it hassle free.

IMMUNISATION

The rules for citizens of different countries vary. We strongly suggest that you make an appointment to a travel medicine clinic as soon as possible. They will confirm if there are any immunisations that are required by India for your entry into their country, and make suggestions based on the season, location, and any recent outbreaks.

MONEY

All your necessities are covered, but it is still wise to bring some cash, which you can get



changed at the airport. We suggest you get some cash for tipping, shopping, and snacks outside of the hotel. ATM machines are common. Credit cards are widely accepted. We recommend you call the contact number on the back of your cards to see if there are any foreign transaction fees for your credit and ATM cards, as well as to notify them of your travel plans so you don't get cut off by their security.

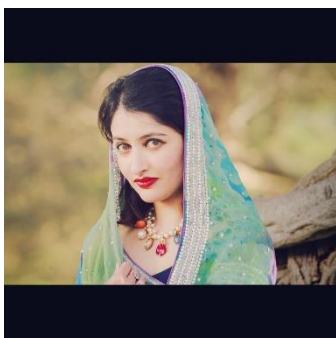
FOOD AND WATER

The general rule for food when traveling to India is “wash it, cook it, peel it, or forget it.” The well-run hotels where we stay and the restaurants where we eat prepare foods in a sanitary manner, using distilled water to wash vegetables, and iodine to kill any bacteria. You should drink bottled water and avoid ice cubes and frozen drinks if you are unsure of the water used for making the ice. Bottled water is provided by hotels for use when brushing your teeth. We provide purified or bottled water on all trips; however, in an effort to reduce waste, we strongly encourage you to bring a water bottle to refill where it is safe to do so.

DIGESTION AND GUT HEALTH

There are many tips people give for avoiding illness while in India, like taking supplements such as probiotics and grape seed extract. The best advice is usually the simplest: get enough sleep, cultivate strong digestion, use hand sanitizer, and avoid tap water. We have had no illnesses or upset stomachs from the food at the retreat, but we cannot control the quality of food you eat elsewhere. Make sure your digestion is strong. Not only does strong digestion and healthy gut flora help avoid food poisoning, it also supports general immunity and improves mood. Our host retreat will filter all water used to make your drinks and meals, so no worries in the dining room. Use bottled water for brushing your teeth (NOT THE TAP WATER) and rinsing your toothbrush. We suggest you bring hand sanitizer or “wet wipe” napkins in a sealed package to clean your hands, especially on field trips.

TRIP LEADERSHIP



RAJKUMARI Diviya Kumari Jubbal - Diviya Jubbal is an erstwhile royal from the Jubbal region of Himachal Pradesh. She describes herself as a cultural revivalist, poet, writer, orator, trekker, and wellness guide. Diviya comes from the Rathore dynasty that ruled the Princely State of Jubbal. She is passionate about preserving the cultural heritage of the region and sharing



it with others. Through her social media channels and blog, Diviya shares insights into her life as a former royal, her spiritual and wellness practices, and her love for the Himalayan landscape. She often posts about her trekking adventures in the mountains around Jubbal. In addition to her cultural and wellness work, Diviya is involved in various philanthropic initiatives in her home region. She serves as the Convenor for the Indian National Trust for Art & Cultural Heritage in Himachal Pradesh and heads the local Himachal chapter for the Delphic Council in Greece.

Diviya Jubbal is a multifaceted individual who is dedicated to preserving the rich cultural heritage of her ancestral home while also inspiring others through her wellness practices and outdoor adventures.



Ekabhumi Charles Ellik - Ekabhumi Charles Ellik is an award-winning poet, author, illustrator, yoga instructor and arts educator with 20 years of international teaching experience. Through a ritualized and meditative creative method, he makes artworks for ceremonial and educational use. Traditional sacred art helps people deepen their spiritual practice, recognize the divinity of common experiences, and find meaning in the beauty of our world. His artworks may be found in yoga studios, private homes, and on altars around the world. He is currently part of the core faculty of Living Sanskrit and co-founder of Mystic Art Retreats.

Ekabhumi's spiritual name was given by his first guru during a formal initiation ceremony into a tantric yoga lineage in 2005. Since that time, he has studied with many spiritual teachers and traditional artists both in India and the States. His art teachers include eminent western figurative painters like Domenic Cretara, as well as Newar artist Dinesh Charan Shrestha, Bikanir-style miniature painter Mahaveer Swami, Thangka painter Andy Weber, and yantra painter Mavis Gewant.

Ekabhumi's writing and artwork has been published widely, appearing in anthologies and journals like Tarka Magazine, The Poetry of Yoga, Berkeley Fiction Review, and Pearl, as well as books like Shiva's Trident by Swami Khecharanatha, Tantra Illuminated by Christopher Hareesh Wallis and Awakening Shakti by Sally Kempton. His instructional Shakti Coloring Book and the uplifting Bhakti Coloring Book are now available world-wide from Sounds True Press.

Though his first love is the arts, he has a wide range of interests that are reflected in his many



past occupations: event producer, stock options broker, handyman, journalist, ski boot fitter, competitive surfer and champion sailor. He toured internationally as a performance poet, and the poets he coached won numerous regional and national titles. He facilitated writer's groups, hosted poetry readings, and organized spoken-word festivals for nearly 20 years, culminating in the acclaimed 2009 Individual World Poetry Slam.

Ekabhumi wearing paint-splattered overalls. He is outside in his garden and laughing. Ekabhumi is an inspiring, playful yet methodical teacher who helps students cultivate deeper intuitive states. For nearly two decades, he variously taught yoga, painting, public speaking, and creative writing to students ranging from kindergarten to post-graduate level. Much of his time is now spent creating educational material about interpreting, making, and utilizing sacred art of the dharma traditions. On weekends, he can be found in his garden practicing silence and learning directly from Nature.

PRODUCTION

Mystic Art Retreats™ are transformative events held in locations of extraordinary beauty and power that expand consciousness, ignite delight, and elevate human potential.

These retreats typically focus on creative arts and indigenous crafts as a means for encouraging our participants to renew their love of life and return home with an invigorated sense of purpose. Beauty, delight, creativity, and spiritual wisdom are key components of every retreat.

The programming includes instruction in sacred art, fine art, and traditional wisdom. Immersive cultural experiences, healing connection to natural environments, and visits to locations imbued with spiritual power serve to give these teachings context. Each one of our bespoke events are unique; composed to suit our treasured clients, globally renowned hosts, and spectacular locations.

CONTACT

Mukul Purohit
Executive Producer & Co-founder
Mystic Art Retreats
Whatapp: +91 98101 15366
Instagram: mysticartretreats
E: mp@mysticart.org
W: www.mysticart.org