

Program Fee

980 €, deposit 180 €, paid until June 30, deposit not refundable.

880 € early bird discount, paid until April 15 in full, 180 € not refundable.

Please book early, space is limited. Please contact us, if you need a payment plan.

For legal and insurance reasons be advised the following:

- The program fee covers only the days before and after your personal VisionQuest.
- Your personal VisionQuest is free of charge.
- Your personal VisionQuest is exclusively subject to your own responsibility!

The program fee includes:

- Skype session to prepare for the VisionQuest
- Support for individual preparation (Medicine Walk, finding and confronting yourself with your Topic of Life)
- Full mentoring and support by Sky, Aramae; Marie-Rose Meyer and Hilde Finke during Preparation- and Incorporation-phase.
- Sweatlodge before and after vision quest
- Informational package on what equipment & supplies to bring
- On site instructions on how to use equipment & how to safely do a VisionQuest in the forest
- Pick-up and drop-off at Bad Oeynhausen Main Station (or any other station nearby)

Arrival at Friday night is recommended. You are invited to stay overnight **as guests** in our private dormitory and use bathroom free of charge. Spots for individual tents are also available for free. If you prefer a hotel for Friday, July 31 to Saturday, August 1 or from Thursday, August 6 to Saturday, August 8, we can help you with arranging. Price for Hotel is not included. Sunday night before Quest all participants and team gather at base camp and sleep in the base camp yurt.

Fee for Meals and running costs (Cleaning, Water, Electricity etc): 220 € payable by arrival, including: 4 lunches, 4 snacks, 5 dinners, 4 breakfasts (vegetarian, mostly organic), coffee, tea, water, apple juice (own biological production). Food during personal VisionQuest is **not included**.

VisionQuest

August 01-08, 2020

Nature Reserve Rotenberg-Bärenkopf-Habichtsborg
Germany

For registration and more information please contact:

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VisionQuest 2019:

„I really appreciated the progress of the steps before and after the Vision Quest. The Medicine walk, the shares related to confirmation-motto, the healings together, the fire, the ceremonies, the sweat lodge, the meals together and the good food every step of the program was done to prepare us to the Vision Quest.“

X.M., France

„A Vision Quest is a personal spiritual journey undertaken by someone as a rite of passage, a means towards reaching a turning point in life in order to find oneself & seek a vision for one's spiritual & life direction.“

Patricia White Buffalo

This VisionQuest is open for everyone with experiences in working on oneself's personal development.

Program Overview

The seven day ceremony involves two days of preparation, three days and nights of fasting alone in a nature place, and two days of incorporation.

“Following the ancient, pan-cultural pathway of fasting alone in the wild, we are called to step into our true nature and remember our home on the earth. In this simple, yet profound way, we can become who we were born to be.

Life transitions, like entering adulthood, midlife or elderhood are always “DNA invitations” to go out on the land. The need to become anew is planted deeply into our ancestral bones because it was (and is!) crucial for the survival of the community that we let go of what no longer serves and enter the calling of our new becoming.

Also, sometimes, traumatic events or drastic changes will beckon loudly, calling us to enter a deeper conversation with our lives and thus lead the way to the ceremony.

Other times, the longing for change may be harder to name, but is equally important. It may be an unnamed sense of separateness from one’s inner nature while our outward life seems picture perfect, or a feeling of disconnect with one’s life purpose or heart’s desire.

So you go alone, with an empty belly and a bare minimum of equipment, into the heart of the wilderness, for three days and nights. There you live with yourself, in perfect solitude. You surrender to the mirror of your wild environment, and to memory, the looks-within-place. You enter the mansions of nature’s soul, perhaps to find some of the big questions waiting: “Who am I?” “Who are my people?” and “What is my intent?” You wander the precincts of loneliness, where vision lies waiting. You drink at the springs of your soul and are filled with self-recognition. What is not important falls away so that you can become anew.”

Meredith Little

Preparation

Your preparation begins the moment you decide to come, and perhaps it has been happening long before that. Once out in Nature, you will be readied to physically, psychologically, mentally, and spiritually benefit from the experience of fasting alone in the nature. You will be given an ancient means of looking into the mirror of nature (the four directions). You can use the four directions and your knowledge about the foundational, transformational and inner dwelling process of Patricia’s Wheel of Awakening or the teachings of the Heilspirale of Sky & Aramae’s program to understand what Mother Earth and the Spirits will reveal to you.

VisionQuest

For your time of fasting and aloneness you can choose out of three different options of personal challenge. All options have equal value but offer different qualities. Let yourself be guided by your heart.

- You can stay near the basecamp on the farm. A perimeter of privacy (4 m in diameter) will be provided and protected.
- You can leave the farm and stay in one of the forest areas which belong to the farm (not more than 2 kms away).
- You go off into the forest and find your spot wherever it suits you. It is possible that you text your coordinates once, that we can check your well-being daily.

For all options you can choose anytime if you want to stay there at your sacred spot or to wander around. Guides will check your spot daily if you wish. Each day you can leave assurance of your well-being at a stone pile erected along the borders of your respective areas. If there is another 'buddy' fasting nearby you can communicate with your buddy by the stone pile.

Incorporation

You will return to human companionship and a feast. In the council of teachers you will confirm the attainment of a new maturity. With the others, you will tell your story. The teachers will listen, help you to understand, and challenge you to give your vision practical feet – to live the life you have earned. When all the stories have been told there will be time for healings to integrate and anchor your experiences and insights. For closing you will celebrate with the others, before you return to a life lived with new understanding.

Schedule of Events

- **Friday, July 31**, Dinner 8 p.m.
- **Saturday, August 1**, Breakfast 9 a.m, inspecting spots for VisionQuest, on site instructions, lunch, Individual Process Work, Shamanic Journeys, dinner.
- **Sunday, August 2**, Preparation for the Quest. Healings, Journeys, Sharing, Teachings & Ceremonies and campfire at night. This night we spend all together at base camp.
- **Monday, August 3, early morning** Sweatlodge at base camp, then leaving for personal VisionQuest. Monday night is Full Moon!
- **Monday to Thursday, Personal VisionQuest**
- **Thursday, August 6, morning** return to base camp, Sweatlodge, Ceremony, light lunch
- **Thursday afternoon** bathing in a nearby lake (if weather feels right), Mirror the Quest, dinner
- **Friday, August 7**, Integration work and Preparing for the New Life, Healings, demount camp, Celebration!
- **Saturday, August 8**, Breakfast, Closing Ceremony. Departure.