

Northern Rites



# FALL WILDERNESS QUEST

## SEPTEMBER 9-18, 2011

A wilderness quest or *vision fast* is a ritual in which a person spends solo time in nature in order to gain clarity, insight, or "vision" about some area of their life.

Many people quest in order to help resolve personal crises, heal emotional wounds, renew themselves spiritually, or find a greater sense of direction or purpose in life. A common theme is the passage into a new stage of life, such as adulthood, parenthood, elderhood, or divorced.

This wilderness quest will be held in the Lanark Highlands of Eastern Ontario, and led by Andy Fisher, PhD, and Jill Dunkley, MES, of Northern Rites.

You will be guided through three phases.

### **SEVERANCE**

This phase begins months ahead of the wilderness solo. You start the process of inward and outward preparation through correspondence with the guides and working with a provided manual. Starting on Sept. 9, this phase enters a 3-day period of intense preparation in the field.

### **SOLO or THRESHOLD**

A 3-day wilderness solo. A time of deep and humble solitude in the wilderness.

### **INCORPORATION**

You share the story of your wilderness experience and have it honoured by a circle of "elders" composed of the other questers. Incorporation continues for a year following the solo, as you endeavour to integrate the gifts or vision from your quest into your life.

Andy is a Perth-based psychotherapist and leader in the field of ecopsychology. He has been on numerous quests himself and trained at The School of Lost Borders as a vision fast guide.

Jill brings her love of wild nature, personal questing experience, and skills as a yoga therapist to her work as a leader of this wilderness rite.

Andy and Jill are both members of the Wilderness Guides Council, and have been leading quests at this location every spring and fall since 2003.

**Spaces are limited.**

**Cost is \$1,200 plus HST.**

**For more information, call Andy at 613-268-2531 or Jill at the Yoga Connection, 613-268-2364, or email us at [andyfisher@xplornet.com](mailto:andyfisher@xplornet.com).**