



Journey to the Mountain

An Initiatory Experience:

**Individually created based on
needs**

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us.” Attributed to Nelson Mandela 1994

Initiatory rituals are an ancient means of marking significant events in one’s life in a meaningful way, gaining clarity in the midst of seeming chaos, and/or traversing the healing and empowerment of a major life transition. One of the most time-honored and pancultural form requires the individual to journey into the wilderness to fast alone.

“Journey to the Mountain” will take you to the core of your spirit as you prepare for, enter into, and return from your journey through the sacred silence of your quest. This transformative process honors the dissolving of the old self and the emergence of a new, more authentic self. Four of the days will be spent fasting and in solitude

Every person feels a calling towards the sacred silence. This longing for the magic, mystery, and divinity within and around us is there in each of us. “Journey to the Mountain” will connect you with another source of guidance that our modern culture largely ignores—the space of Nature. This path can provide medicine for our wounds and direction for our continued journey.

- Time:** Individually scheduled
Place: Quilomene Wildlife Preserve
Cost: Donation requested based on time
(Nationally cost runs from \$500-\$1300).
Number: One to eight individuals.

For more information or to register call Mel Vandergriff at 206-794-2336 or email mel@seasonsofthespirit.com.