



Keith Howchi Kilburn on the trail.



Views of the Sierras from
a vision quest site.



Soul-O-Union

Vision Quest 2016

July 30 – August 6

Traditions
Ease
Transitions

Guides:
Keith Howchi Kilburn, MFT
Trisha Rosenlund
Michele Proffitt



SOUL-O-UNION

VISION QUEST 2016

TRADITIONS EASE TRANSITIONS

Mid-life Crisis has become a household term in our culture. How did the passage from one stage of life to another come to be characterized as a crisis? In some cultures mid-life is viewed as the true adulthood, when human beings have the greatest opportunity to fulfill their dreams, be of greatest value to the community, become leaders, and begin to understand the meaning of their lives. To honor this transition and to help with the discovery of a truer and deeper self is the core purpose of the Vision Quest Ceremony.

The stages of life have many beautiful names: maiden, mother, queen, crone, or youth, householder, city-father, elder. These are honorable names and vitally important responsibilities in the circles of our communities.

In traditional/indigenous cultures ceremonies such as Vision Quest exist to help people to become more fully themselves. In the alone time of the Vision Quest a person communes with Spirit, Nature, and Inner Voice to bring forth a clearer and more powerful manifestation of True Self.

With this vision of Self the person can more beautifully and dynamically embrace the subsequent challenges of living life on life's terms. Each life transition, youth to adult, adult to mid-life, mid-life to elder, requires a profound reassessment of goals, desires, and motivations to live as one reborn instead of one simply growing old.

Process: Preparation begins as soon as you decide to quest. We provide preparation with regard to safety considerations, general philosophy, and individual concerns and goals. We camp nearby while you are solo in the circle of your creation. We provide spiritual, psychological and physical support for your efforts.

After your quest we sit in council with you, listen to the story of your quest, and mirror your story back to you.

Who: Anyone ready for initiation into a deeper sense of their own unique human life: youth, adult, mid-life, or elder.

When: July 30 – August 6, 2016

Where: Northern Sierra Nevada Mountains in the watershed of the Feather River.

Guides: Keith Howchi Kilburn, MFT, Trisha Rosenlund and Michele Proffitt

How to learn more or decide to join in the venture: Keith can be contacted at (707) 536-6117 or keithhowchi@howchi.net.

Michele can be reached at (209)602-3162 or webtender@howchi.net

For more information and reflections from prior years' quests, please visit our website at: <http://www.howchi.net>

We are always happy to talk about the beauty and wonder of questing in the wilderness, so please contact us even if it's just to talk.