



[Vision Quest \(Inner Core Phase I\) 5 full days](#)  
[Bullen's Bush Lodge \(Hartbeespoortdam\)](#)

**18 – 22 March 2010**

The need for deep reflection time, personally and collectively is increasingly evident in our corporate societies and our communities. You may be called to connect with nature, a crisis might have rocked your world, seeking guidance or renewal, you may want to heal old wounds, seek guidance about an important life decision, no matter what the reason is, the Vision Quest is the most amazing transformational process to facilitate this. Nature plays a significant role in the quest for vision and new direction and for a quiet long forgotten. The Vision Quest is an ancient tradition based on the indigenous people's rites of passage. Due to the different needs of individuals we have designed different levels for the vision quest that would be beneficial even for those who have trouble parting with their little comforts in life. What better place to experience all of this than in the ancient Magaliesburg Mountain with its wonderful energy. The vision quests are divided into three phases in order to assist people to do a step-by-step transformation process and to have time to integrate the transformation.

[INNER CORE VISION QUEST](#)

**Phase I – 5 Days** (1 day solitary) **18 – 22 March 2010**

This 5 day process is an opportunity to review one's life, find the inner peace, and connect with nature and with your own inner core. This phase opens the way to amazing transformation. This is also a wonderful tool for teams that want to truly connect with their own inner strength and that of the team. This also brings a new sense of appreciation for the wonderful gift of life.

**Phase II - 7 Days** (2 days solitary)

Take the transformation to the next level. This level can be done after Phase I or even without completing the first level. We however need to establish emotional readiness for this level first.

**Phase III – 11 Days** (4 days solitary)

This is the ultimate step in the process with 4 days in solitary. This step in the process is for the not so faint of heart and those in need of ultimate transformation. This last step takes the inner dialogue to the deepest level yet. If you are in need of shifting your deepest fears, for growth and healing on all levels then this if the phase absolutely necessary for you.

**Pre-course work**

At least a month (usually two) before the start of a vision quest, each delegate receives a comprehensive manual to help begin their preparation work, which includes:  
The history and ethos of vision quest and its practice through the decades.  
The Medicine Walk – a day spent walking in a wild place, one month prior to the start of the programme.

Clarifying intention. What is it that I hope to take away from this experience? Writing it down.  
What to expect in the mountains, in the way of weather, terrain, animals, the physical challenge.  
Dietary preparations. What to eliminate and how to prepare our bodies for a fast.  
The gathering of equipment.

### **DAYS 1 - 2 : SEVERANCE**

Questers gather at Bullen's Bush Lodge in Hartbeespoortdam. Two days are spent in community, preparing for the solo Mountain Time: severance.... and we focus on:  
Creating community.  
The individual belief systems and life journeys represented in the circle.  
Clarifying vision intention in greater depth, with each participant.  
Building psychological, mental and emotional readiness.  
The Four Fold Way... the way of the Warrior, Teacher, Healer and Visionary – a model for use in the solo time to maximize the work to be done by each one  
Sweat lodge and fire circle the night before leaving to the mountain  
Safety, health issues and requirements, rituals and ceremonies.

### **DAY 3 : THRESHOLD**

Leaving for the mountain and finding the spot that you will call home for one day and night, getting your 20 litres of water to that place and creating the stonepile system with your nearest buddy.

### **DAY 4 – 5 REINCORPORATION**

Return to the lodge.  
Storytelling: Bringing our best listening and attention as we receive each one's story and through a particular reflection and mirroring process our understanding of what we have done, is expanded.  
Re-incorporation and how we take on our worlds once more, constitutes our final module.

**We invite you to join us for this powerful, transformative experience of Phase I of the Inner Core Vision Quest  
18 – 22 March 2010**

Investment:

**R 4650,00 per person (Payment plan available)**

**This is what the price includes:**

All meals, Accommodation, Sweat lodge, Fire circles, Course materials, Drumming circle, Information manual for preparation, medicine walks, totem animals, council meetings and support, Celebration on last night (spitbraai)

Booking is essential as I take a maximum of 8 people at a time. In order to secure your place please e-mail [lirschia@gmail.com](mailto:lirschia@gmail.com) and I will send you a Booking Form and a map.

Please complete the Booking Form and fax or email it back to me together with proof of payment of deposit of **50%** or if you are interested in the **payment option (20% deposit)** on 086 509 7224 or [lirschia@gmail.com](mailto:lirschia@gmail.com)

**Please note that the deposit is non-refundable but can be carried over to the next vision quest.**