



WILDERNESS VISION QUEST

SEPTEMBER 20-28, 2019

CANYONLANDS WILDERNESS • UTAH • USA

9 DAYS TOTAL • 3 DAYS SOLO

IN AFFILIATION WITH SUFI WAY INTERNATIONAL

| WWW.ZENSHININSTITUTE.COM/VISION-QUEST

THE QUEST

Join us for a transformative journey in the desert wilderness of southeast Utah. In these remote lands there lies a vast world of space and silence, slickrock canyons, mesas and ancient towers of stone. To step across the threshold into this world is to turn toward the wide emptiness where your being will *quiet, free from the bondage of things*. It is a fitting place to renew, clarify, or determine your life's purpose and direction.

The Quest, based on the model developed by our teachers, Elias Amidon and Rabia Roberts, begins in the town of Moab, Utah. There, we will spend the first 2 days introducing contemplative ways of being in nature, and methods of evoking initiatory states of awareness. During this time, we will work together to clarify your personal intentions and prepare for the dynamics of fasting, solitude and exposure. Emphasis is placed on ensuring one's own safety and the safety of everyone on the Quest.

On the morning of our third day together we will leave town and travel to a beautiful area of the Canyonlands far from human habitation. There, we will continue our preparations and training, camping together that night.

Early the following morning, you will ceremonially cross a threshold to spend three days and nights alone in a place of power that you have chosen. Most choose to fast while on their solo, consuming only water. In this sacred world and time, nothing happens by accident, and you are given the chance to attune your inner life with the rhythms of nature. *Who am I? Where do I go from here? Who are my people? What is my gift?* These are just some of the questions that may arise for you while you are alone on your Quest. (Continued next page)

PROGRAM TUITION

The fee for the Quest is \$950 per person; \$1,750 for couples. You are expected to cover your own travel expenses to and from Moab, plus your accommodation and food in town.

LOGISTICS AND TRAVEL

We will first meet in Moab at 5 PM on Friday, September 20, 2019. Departure from Moab is Sunday morning, September 28, 2019. Driving is the best way to get to Moab. You can either fly into Denver (6½ hrs to Moab) or Salt Lake City (4 ½ hrs), and rent a car from there. As the time for the Quest approaches, we will send you contact information for the other questers so you can arrange sharing the cost of a rental car as needed. This has been done many times in the past and it has worked well.

ACCOMMODATIONS IN MOAB

To make the in-town portion of our journey enjoyable and inexpensive, we will rent 2-3 small charming houses in Moab for questers' accommodations, and for our in-town meetings during the day. The houses will have full kitchens and be walking distance to grocery stores. There will be approximately 3 single rooms available with king or queen beds (projected cost = \$90/night/person x 5), and 2 double rooms available with twin beds (projected cost = \$70/night/person x 5).



In the desert,
Turn toward emptiness,
Fleeing the self.
Stand alone,
Ask no one's help,
And your being will quiet,
Free from the bondage of things.

~*Mechtild of Magdeburg,*
13th century

During this time, the Guides remain available at base camp to provide physical and spiritual support as needed. Upon your return from your three-day solo, we will break our fast together and then return to Moab for a hot shower and a good meal. Later that afternoon and throughout our final day, we will meet to share stories and begin a group process of gentle re-entry to the "civilized world," providing opportunities to deepen and integrate your experience. As you listen to each quester's experience, you find your own journey is also illuminated.

REGISTRATION

Registration will open in **January 2019**. If you have any questions, write to Elmer at elmerkoole@gmail.com. A preparation packet with a complete description of the Wilderness Quest, equipment list, logistical details, and a copy of *The Journey to the Sacred Mountain: A Vision Fast Handbook for Adults* will be sent upon acceptance of your application. At that time, a \$250 deposit is due; if you cancel 60 days or more before the quest, \$200 of this is refundable. After that date, your deposit is nonrefundable.

YOUR GUIDES



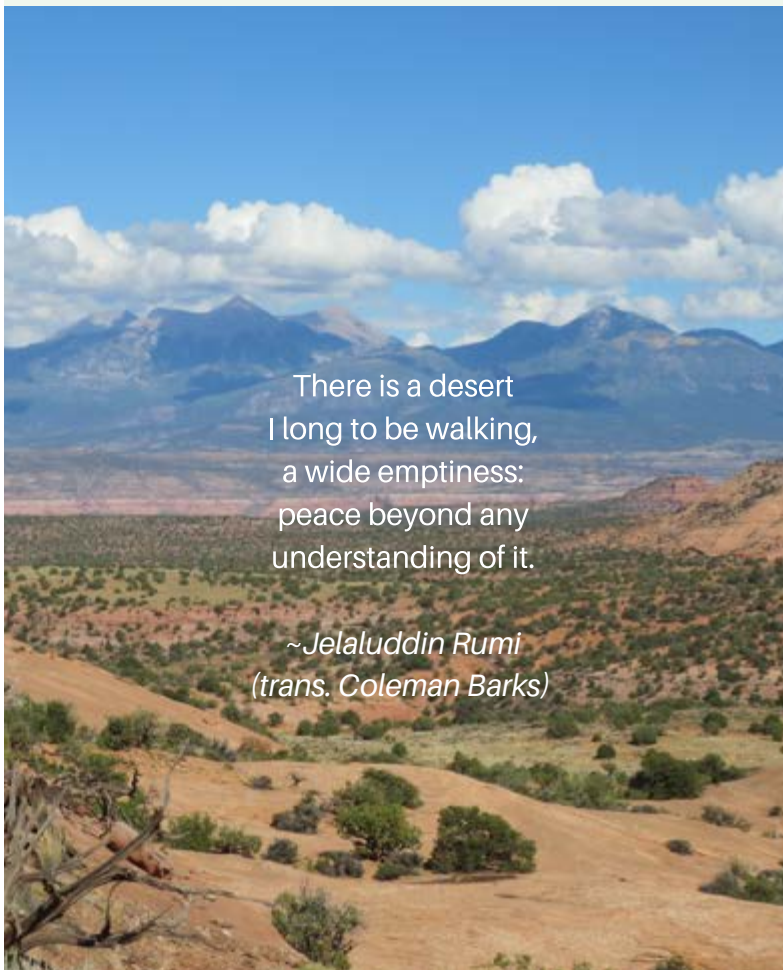
Elmer Koole facilitates both outdoor quests and programs related to Sufism. He has trained as a Vision Quest guide in both Europe and the US, and he has also participated in several quests personally.

He holds a MSc in Ecology and is a senior teacher within the Sufi Way, a contemporary Sufi path, whose non-dual teachings are dedicated to awakening through direct, personal experience. Elmer works and lives in The Netherlands.



Chris Covey has led numerous wilderness experiences for youth as a former middle and high school teacher. Chris works now as a facilitator of Whole Person wellness through

Zenshin Institute in Colorado. He holds an MA in Educational Psychology and serves as a Guide in the Sufi Way's Open Path Trainings.



There is a desert
I long to be walking,
a wide emptiness:
peace beyond any
understanding of it.

~*Jelaluddin Rumi*
(trans. Coleman Barks)

