

## Vision Quest

Rites of passage for personal transition



<https://pixabay.com/de/morgen-ufer-küste-meer-ozean-768609/>

*“The civilizing layer that separates us from the wild is not thicker than three days.”*

*Robert Greenway”*

Tags: Whole system design

### Challenge:

Life changes, times of transition and deep personal inquiry are fundamental parts of our life - and very often not undertaken consciously or facilitated. People are often ready for transition but lack good support or even the consciousness that rites of passages can be done: so they are not aware of parts that they could let go, the deeper wished that flows under the daily life and the new parts of the self that is arising. We are missing times for personal and professional changes - and well hosted spaces where we can reconnect to the pulsating life of our nature.

### Solution:

Vision quest is a rite of passage usually undertaken by native Americans - and brought into a modern context. It is a very powerful time for people to prepare for transition (or confirmation), go out into solitude & wilderness and then come back into a community to share their gifts. Usually it is hosted by experienced guides or elders and in its full length it consists of 4 days preparation, 4 days/nights of solo-time in nature and 4 days of integration. But the basic flow and the methods (nature walks, mirroring, 4 shields and council) can also be used for shorter settings. The basic idea is to support people to become more fully who they are at this very moment - and listen to the deeper part of themselves by being on a personal quest in nature.

### References:

Foster, S., and Little, M. (1988). *The Book of the Vision Quest*. NY: Prentice Hall  
web: School of Lost Borders: <http://www.schooloflostborders.org>

Submitted by : Pioneers of Change