

Preparation for Rainbow Vision Quest

A vision quest is a rite of passage that prepares an individual for a new stage of life. During this time, the initiate's helping spirits will approach him and a certain part of the child within dies and the adult is born. In a traditional Native American vision quest, the initiate is alone in nature for 3 to 10 days with no food, limited water, and he deprives himself of sleep. The initiate is naked except for a blanket that he can wear in the cold night and he is limited to a circular space 8 feet in diameter. This is quite extreme for most people today.

In developing Rainbow Vision Quest, I chose what I believe to be the most essential aspects of the vision quest that I experienced and condensed them into one weekend. RVQ1 is the first of a series of passages that will gradually become more like a traditional Native American vision quest. Future passages will increase in intensity and duration.

The following are not rules or requirements, but suggestions to enhance your experience.

What to bring:

(The average temperature at this time of year is between 45° and 70° F.)

- 1 or 2 warm blankets
- bedding and pillows
- some warm clothes and some light clothes
- leather or suede soled moccasins or natural rubber soled footwear
- hiking boots
- rain gear
- sunscreen
- insect repellent
- a compass
- a whistle
- waterproof matches
- flashlight
- drinking water

Remember that you will be alone in nature from sunrise to sundown. Bring at least a **gallon of water** and any snacks that you may need, if you do not plan to fast. They should be natural, whole, unprocessed foods like trail mix, dried fruits, nuts, seeds, granola and/or Clif Bars.

Before the ceremony:

- Consume foods that are natural, whole and unprocessed. Avoid refined, processed and prepared foods.
- Avoid eating meats, especially red meat and animal by-products. You may choose to eat fish.
- At least a week before the vision quest, do not drink caffeinated and/or sweetened beverages. Drink only water or freshly prepared juices.
- Avoid stimulants, tobacco and alcohol. Gradually reduce your caloric intake a few days before the vision quest.

Start now to prepare yourself for the solo time by spending a minimum of 15 minutes each day alone in nature doing absolutely nothing. Just BE, with the intention of deepening your communication with the universe and your connection to Source.

As you prepare yourself physically, begin to cleanse yourself from negativity and prepare yourself for spiritual contact by smudging, chanting and/or meditating on a daily basis.

The weekend

Although the entire event is scheduled for Friday to Monday, the actual ceremony will begin Saturday morning and end Sunday night. If anyone needs to arrive late or leave early, he will not miss the main portion of the ceremony.

More details about getting to camp will be coming soon.

Love, Alex