

QUESTING FOR A VISION

October 29-31, 2021 .

Virtual

Waiting Until Spirit is Heard

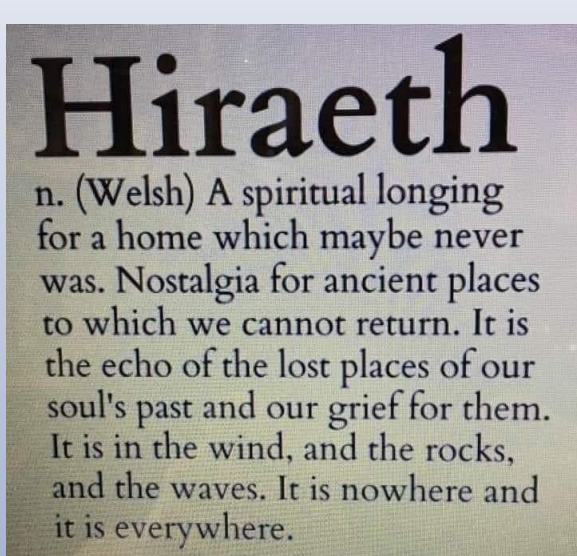
*As my prayer became more attentive and inward
I had less and less to say.
I finally became completely silent.
I started to listen
-which is even further removed from speaking.
I first thought that praying entailed speaking.
I then learnt that praying is hearing,
not merely being silent.
This is how it is.
To pray does not mean to listen to oneself speaking.
Prayer involves becoming silent,
and being silent
and waiting until spirit is heard.*

—Soren Kierkegaard

Hi folks

Due to Covid and the safety of attendees, we have switched to a virtual format. We will do an experiential retreat that combines visioning techniques and some journeys to support clarity after weathering the Covid for the last 18 months.

Recently I received photo below and pondered it being appropriate to our times. I



realized many of us having this longing especially after Covid. So, we are going on a vision quest over our annual Halloween weekend.

Vision questing was originally known as crying or lamenting for a vision. It involved going into seclusion on a mountain or sacred site without food or water or clothes. Stripped to the nakedness of oneself, the individual sat in total humility waiting for a vision of how the world is different because one exists.

The Questing for a Vision workshop is about learning to listen to who we are more fully as a person or as the Poem says, learning to wait until spirit is heard.

What to Expect: The focus will be to deepen the awareness of one's internal vision of how to more fully be in the world. We will do some journeys, some reflections, and some guided meditation.

This is at your home virtual workshop, so make yourself comfy. We will meditate, so, have any rocks or crystals that support your meditations. A journal notebook is encouraged.

Who Should Come? The workshop is designed for people from all walks of life. It is focused towards expanding the awareness of spiritual explorers, healing and shamanic practitioners, and the delightfully inquisitive.

What to Bring: Please bring any rocks or crystals that want to come along. A journal notebook is encouraged as well as any comforts for sitting on the floor, such as floor chairs, back supports, blankets, pillows, etc. Bring lots of grounding stones

The fee for the workshop is \$395. Class size is limited to 21.

Please register with Herb Stevenson by email at herb@onewhitehorsestanding.com

Send Payment in Full by sending a check using either PayPal account herb@clevelandconsultinggroup.com or Zelle using 440 241 6908

Details: The workshop will be done in four segments of 3, maybe 4 hours. With frequent breaks as you remind me of the need. The tentative schedule is as follows.

Friday 1-5 PM EST (12-4 CST)

Saturday

10-1 am and 2-5 PM EST

9-12 and 1-5 PM CST

Sunday

9-1 CST

10-2 EST

Each segment will have a guided meditation, some teaching, an exercise, and processing. This structure has worked well for me and shortly after we get comfortable, you will find that it can be an interesting and insightful experience.

Presenter:

Herb has been exploring indigenous healing practices for over 30 years.

<http://www.onewhitehorsestanding.com>

Plan for

We will be virtual. So, if you have not done a virtual workshop, often called webinars, here's some helpful information. Prior to our workshop if not familiar with Zoom

1. Go to <https://Zoom.com> and open a free account and install it on your computer
2. Make sure your computer has a camera. It is helpful but not needed that you have a headset with a microphone on it (like your cell phone headset). It cancels noise at home

Please watch at least the following how to videos using this link <https://support.zoom.us/hc/en-us/articles/206618765-Zoom-Video-Tutorials>

- 1 minute video - Join a Meeting

- 10 minute video - Meeting Controls (highly recommended even if you have used Zoom before - it is worth 10 minutes!)
 - 3 minute video - Breakout Rooms –
3. Here is the zoom help center <https://support.zoom.us/hc/en-us/categories/201137166>