

Evoking the Passionate Heart

A Wilderness Vision Fast for Women

"Let us risk the wildest places lest we go down in comfort and despair."

-Mary Oliver

Located mostly within the [North Coast Ranges](#), the rugged topography of the Yolla Bolly-Middle Eel Wilderness protects headwaters of the Eel, the Mad and the [Trinity Rivers](#). The name, from the Wintun Native American language, means 'snow covered high peak'. Our basecamp at Soldier Ridge rests at 5,500 ft. Each woman will be walking this spine of wilderness as she descends into the expanse of forested firs, pines, pygmy oaks, high meadows and rocky outcroppings. Solitude is the main attraction of this wilderness.

What better place for a woman to come alive?

What better place to awaken her passions?

What better place to face fear?

This Vision Fast is a call to each woman to claim the truth of her passion. For a woman to separate from her ordinary life, she must sever the patterns that bind. She now steps into the sacred, secluded 12 day ceremony held by the wild land, the lineage of the feminine, and the cries of what is longing to be heard.

Each woman's experience is all she needs. When her time comes to go alone into her four-day solo, she will be ready. The bare bones of the ceremony includes the practices of council, setting intention, physical plane safety, as well as earth based teachings.

Fasting is at the edge of sorting; the threshing out of what drains aliveness from what awakens the essential juices. Something has to empty in order to fill. What dies comes alive again in a new form. Last year's language gives way and bears the consequences of new life.

This ceremony truly evokes the passionate heart that is each woman's birthright.

"The journey itself reveals the full curvature of the heart."

-Cynthia Bourgeault

When: June 20-30, 2012

Where: Yolla Bolly-Middle Eel Wilderness of Northern California

Cost: \$975. (Non-refundable deposit of \$250. required to hold your place)

36 CEUs for MFT and LCSW (CEU provider # 2738) (additional \$10 fee)

Guides: Sara Harris, MFT of EarthWays and Cazeaux Nordstrum, MFT

Cazeaux and Sara are trained by the School of Lost Borders.

Sara Harris is an MFT has practiced therapy related to all aspects of the emotional, relational, embodied and spiritual heart for the past 28 years. She has a specialty in both Cardiac Psychology and also Ecotherapy. Sara is a passionate wilderness Rites of Passage guide, who co-founded EarthWays 9 years ago (www.earthways.info). Sara is on the Board of the School of Lost Borders, and is certified in Wilderness First Aid. She loves poetry, gardening and the Mysteries of life!

Cazeaux Nordstrum is a MFT who integrates her background in anthropology, transpersonal psychology, indigenous cultures, along with her personal connection to nature in her work as a therapist, educator and vision quest guide. For the past 25 years, she has focused on aging, the meaning of life in its second half and how the wanting of immortality can open to the longing for deeper relationship and intimacy. Cazeaux is a woman who says 'Yes to Life' and lives fully from her wild and passionate heart. She is certified in Wilderness First Responder, CPR and Wilderness First Aid.

For more information about this journey contact:

Sara at 707-824-8230 / sara@earthways.info

Cazeaux at 415-454-5244 / CazeauxNordstrumLMFT84@gmail.com