

INTERNATIONAL VISION FAST

A MODERN RITE OF PASSAGE

**26 FEBRUARY -
8 MARCH 2024
SOUTH AFRICA -
CAPE TOWN**

**PREPARATION GROUP CALLS ON ZOOM
5 NOVEMBER 2023,
17 DECEMBER 2023,
14 JANUARY 2024**



WHAT IS A VISION FAST?

A Vision Fast is a rite of passage, marking a transition, a change in your life, a celebration or a calling – sometimes unformed and uncertain.

It is a ritual that allows us to look and listen deeply into who we are and who we are becoming.

What are we here to do and what is the legacy we hope to leave behind?

12 DAYS OF WILDERNESS AND CEREMONY

TO HEAR THE CALL

Nature is the teacher

We are continuously moving from the past to the future, from old ways of being to new.

In this rite, nature, the wilderness itself, provides the healing power and is the teacher.

Fasting on the land

In solitude during the 4 days and nights solo, you will experience the untainted view of yourself and your life, you will face your shadows and see your lightness, you will dive into the depth of your soul.

Clarity in a changing world

A safe space to be asking crucial questions such as: Who am I now? What is emerging for me at this point in my life?

What am I on this earth to do?

And the question of myself in the collective local, global, human....community.

In this time of drastically and fast changes, how am I showing up – and how are **we** showing up?

At the heart of this ceremony sits the call to finding true purpose to act for global social and environmental justice in whatever is your own unique way....

A Rite of Passage

12 days for the 3 phases of a Rite of passage.

SEPARATION 4 days of preparation for the Fast

THRESHOLD 4 days of Vision Fasting (Solo)

INTEGRATION 4 days of return and incorporation

Sacred space

Ancient systems of knowledge for modern time, we hold sacred space with:

Storytelling, Mirroring, Council and Witnessing

The Four Shields of Human Nature

Self-generated ceremony and ritual

Using nature as a teacher and metaphor

Confidentiality is critical to this process and will be contracted with everyone in the group.

The Intention

Prior to the fast, we offer to each participant a 1 on 1 conversation about your personal intention.

As a Human Community fasting on the ancient land of Africa, we also would like to hold a **collective intention** on how to regenerate a healthy sense of community beyond separation and on how to relearn to become good ancestors in this modern challenging time.

Our reflexion will be nourished by the cultural diversity of the groupe, the South African racial, social and environmental context and the wisdom of the Land.

Everyone is welcome to join!

OUR CEREMONY



WE IS MORE THAN YOU AND ME

A group of people, including a man in a black jacket and glasses, a woman in a white dress, and others, are standing on a rocky trail in a natural landscape. The background features large, jagged rock formations under a blue sky with light clouds. The ground is covered with sparse, dry vegetation.

ABOUT US

Siphelele Chirwa (South Africa) has developed and run Wilderness based development work since 2003 and is a qualified Vision Quest Guide, trained by the School of Lost Borders in California, USA.

Wiebke Nedel (Germany/ South Africa) has been doing wilderness based personal development & leadership work for 20+ years and is a qualified Vision Quest Guide (School of Lost Borders).

Carine Roth (Switzerland) studied shamanism with Michael Harner's Foundation for Shamanic Studies and is a qualified Vision Fast Guide (School of Lost Borders).

FROM YOU

The Vision Fast requires you to:

Spend 4 days and nights alone in a natural place (Solitude)

Spend time fasting (Emptiness)

Walk for one hour with your backpack on a level single track trail (no major uphill or downhill). Please contact us regarding medical conditions and concerns.

Meet on the phone or preferably in person at least once with one of the guides in order to register.

3 group calls will be offered to prepare us to step into the ceremony.

5 November 2023, 17 December 2023, 14 January 2024

Those calls are an essential part of our preparation for the Vision Quest.

LOCATION

The course will take place in the Groot Winterhoek Wilderness Area.

Up until about 100 years ago the land was home to the Khoi San people, the original people of the Western Cape and all of South West & Northern South Africa, Namibia and Botswana. They were nomadic hunters and gatherers who moved with the seasons between the ocean and the mountains.

While a wilderness reserve, none of the "Big Five" are indigenous in the Western Cape. The Groot Winterhoek is home to baboons, the black & the fish eagle, some small gemsbok and klipspringer, lizzards, dassies, snakes, gennets, the cape leopard and, of course, countless smaller beautiful creatures.

CONTACT US

FOR MORE INFOS

carine@ceuxdici.ch

www.ceuxdici.ch

+41 78 6229187

TO ANSWER THE CALL COSTS

- **CHF 1480,-** You have enough and you are happy to contribute so someone else can join the group with a scholarship.
- **CHF 1200,-** You can pay a fair price supporting yourself
- **CHF 880.-** You need support to be able to answer the call.

We need you to be generous so we can have full diversity in the program

Scholarships available

Included in the costs

All meals, accommodation, transport from CT to the Groot Winterhoek Mountains, permits, risk management, facilitation, equipment (simple roller mats, tarps, backpacks, etc...)

Not included in the costs

Transport (flights) to and from Cape Town, any accommodation before or after the program should you decide to come earlier or extend your stay. Personal gear.

Please approach us personally if you need to discuss the financial aspect of your application.