

Welcome... to Rituals for the Earth

Thank you for your deposit and workshop registration. We look forward to working with you and sharing a rich and wonderful journey together.

Within this Welcome Letter you will find:

- ✓ An overview of the Workshop at Circles of Air and Stone
- ✓ Information on what to bring, directions, travel, food and lodging**

**Please note that this information is available anytime on our website www.questforvision.com in the program tabs

The program will take place in a beautiful rural house and grounds in Putney, VT with a view of Mount Monadnock to the East. We will explore ourselves in the surrounding areas, using fields, streams, waterfalls, and nearby megalithic structures as allies in our search for the sacred roots that bring sustenance to our lives.

The workshop will begin with logistics and set-up at **11:00 AM the first day** of the program, and the formal group workshop will begin soon after that. Food will be provided, and we will share some of the preparation and most of the clean-up at meals. If you have any special food needs or requirements, please let us know. We will finish late afternoon on the last day of the workshop.

We look forward to working with you and sharing a rich and wonderful journey together.

Blessings,

Sparrow Hart

If you have any questions concerning transportation or accommodations, feel free to call (802) 387-6624 before 10 pm or Email: COASRegistrar@questforvision.com



Overview: Workshop – Rituals for the Earth Embracing the Sacred, the Source of Life

There is no separate self. All experience begins with the senses. We cannot know ourselves apart from them and the ecology they are embedded in: the living earth which creates and sustains us. Perception is a two-way street, both a reaching out from the core of our being and allowing ourselves to be touched by something other than ourselves. This ability and the organs upon which all our possibilities are based evolved over millennia in interaction with a dynamic landscape. Who we are is a result of this relationship.

This week is for men and women who want to open to deeper and larger aspects of their being, who want to find their true nature within nature. We do not live upon the Earth. We have grown out of it and have arrived in this moment along with the plants, animals, and other beings who make up this living earth. We will work to expand and enrich our relationship to this great, creative being, and discover our true selves, our medicine and unique path to wholeness.

“We will not meet our maker inside a world that we have made...”

We cannot truly know ourselves without knowing the living Earth, for it is the ground of our being. The fire of the sun burns within our cells. The wind gives us life with each breath, and our blood reflects the chemical composition of the great oceans. Every molecule of our bodies has come from the natural world. Nature is the visible face of the spirit, and our nature and spirit will only be found within, and not apart from her.

The workshop includes a prayer lodge, a day-long *dreamwalk*, and teachings and exercises to invoke the spirits of nature, focus our attention, and develop our connection to and sense of the living presence around us. Participants will experience rituals and ceremonies of purification and attunement, principles of right relationship, and shamanic practices for listening to the voice of the earth, wind, and water.

Our task will be to bridge heaven and earth, to bring ancient wisdom to life in our lives that we might live with vision and walk a path with heart. As such, the lessons must be practical as well as profound, addressing the challenges and issues that face us daily in love, work, and community, and bringing healing to the wounds of our personal history in the process. Creating a safe and supportive circle will be an important part of our time together.

“You do not have to be good. You do not have to walk on your knees for a hundred miles through the desert, repenting. You only have to let the soft animal of your body love what it loves.”

-- Mary Oliver in Dream Work

Workshop Rituals for the Earth:

What to Bring:

Most people will be camping, and if you are, please bring a tent, sleeping bag, some kind of sleeping mattress or pad, etc. – whatever you need to be comfortable. There are a few spaces inside for an extra \$100. These will be dormitory style – 2-3 beds per room with a shared bath – and the beds will have a mattress, bottom sheet, and pillow, so bring a sleeping bag or bedding. There will be plenty of room for everyone to be comfortable. You should bring towels and toiletries, and comfortable clothing.

Clothes:

You should bring towels and toiletries, and comfortable clothing. In August we can expect warm temperatures during the day, but cool nights are possible, so plan for this when you bring clothing.

Boots: Light hiking and other footwear for sitting/relaxing time.

Raincoat or poncho;

Jacket

Clothes for warm weather: Shorts, T-shirts, light shirt

Something for your head: A bandana may be adequate, but if it is sunny (we hope), a hat which shades your face will be welcome.

Clothes for cool weather: Warm hat, scarf or neck gaiter, jacket, socks, fleece pants.

Other Equipment:

Small day pack, pocket knife, flashlight

Journal, pen or pencil.

Water bottle.

Personal items:

Toiletries - toothbrush, paste, floss, biodegradable soap, hairbrush, towel, washcloth, razor, etc. Sunscreen, sunglasses, Chap Stick

Bedding: sleeping bag or sheets/blankets; pillow

Insect repellent

Optional items:

Musical instrument

Sacred or ritual objects



Directions:

Address:

Sparrow Hart
130 Banning Road
Putney, Vermont
05346

Interstate 91 runs north-south from New Haven, Connecticut through western Massachusetts and half-way up the eastern side of Vermont. You should be able to find your way to it with any New England map. Take exit 4 in Vermont and follow the signs to the center of Putney.

As you come to the center of town, you will be on route 5 (Main St.), heading north. When you arrive at the center take a left at The Putney General Store and head up the hill on Westminster West Road. Follow Westminster West road for 1 mile. You will pass the elementary school on your right and you will take the first left turn after the school. (West Hill Rd.)

Stay on West Hill Road. At the 1.4-mile point there is a fork in the road where there is a left up to the Putney School. You stay right. Continuing on West Hill, until you are about 2.5 miles from where you turned off Westminster West road, there will be a road off to the right marked Putney Mountain Road. Take that right.

The road will fork almost immediately. Stay right. Proceed up Putney Mountain Road for 1.6 miles and you will see a road on the right marked Banning Road. Take a right on Banning Road and go for 0.6 miles. There will be a charcoal house with blue trim on the right. It's close to the road. The mailbox will say "Sparrow Hart".

If coming by plane or bus: The nearest major airports are in Hartford, CT, Manchester, NH, Boston, MA, and Albany, NY. There are smaller airports in Burlington, VT and Keene, NH, the Keene airport being the closest. There is a bus service from any of these airports, and from most cities in the New England /New York area to Brattleboro, VT. Brattleboro is approximately 10 miles south of Putney. If you make arrangements in advance, we can most likely pick you up at the bus station in Brattleboro.



Food:

Food will be provided. We'll share preparation and clean-up responsibilities for breakfasts and dinners. There will be fixings for lunches put out on a table, but no formal plans for a group meal. If you have any special needs or requirements around food, please let us know.

Lodging:

Most people will be camping, and if you are, please bring a tent, sleeping bag, some kind of sleeping mattress or pad. There are a few spaces inside for an extra \$100. These will be dormitory style, 2-3 beds per room with a shared bath. The beds will have a mattress, bottom sheet, and pillow. Please bring a sleeping bag or bedding. We can also provide a tent for your stay for \$25, please let us know ahead of time as quantities are limited.

