



AUGUST 8-15  
2022



# 5<sup>TH</sup> VISION QUEST

(4 day nature retreat)





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We come together for 7 days of prayer near Sisteron in a privileged corner of nature between Provence and the Alps, in support of those who have felt the calling to climb the mountain to make their offering to Mother Earth and to humanity. The event starts on Monday August 8 at 2:00 p.m. and ends on Monday August 15 at 11:00 a.m. The Vision Quest lasts 4 days. The vision questers go up the morning of Thursday the 11th and come down Sunday the 14th at midday.

**Supporters and questers must arrive no later than Wednesday the 10th at 10:00 a.m.**

We advise questers to arrive early in order to choose the place where they will be "planted" for their quest and to attend the preparatory Temazcal (sweat lodge). Once back down at camp, the questers will be able to stay an additional day with the intention that all may integrate what they experienced during the quest as a community.



# VISION QUEST

The Vision Quest is an ancestral ceremony practiced by many Indigenous American tribes of North America. It is a rite of initiation to find our place, our mission on this earth... what we are good for, so that we may put ourselves at the service of this virtue.

Traditionally, people would go up the mountain alone to find themselves with Wakantanka (the Great Mystery) accompanied by a blanket and a rattle given by their grandmother. When the message, the vision, came to them, they returned to their tribe where they were received and celebrated with an Inipi / Temazcal.

Today we are doing a retreat in nature.

It is a time, a space, to find ourselves with ourselves, without the distractions of everyday life that take us away from the present moment, in order to listen to the voices that live within us. It is a moment of contemplation of life and perception of what the spirits of nature and the elements share with us.







## FOUR QUESTS / FOUR DIRECTIONS

We quest four times, praying and saluting the four directions, the four elements and the four stages of our life.

**The first quest** represents the physical body, to connect with our mission here on earth.

**The second quest** represents the mental body, opening ourselves to discover and solve the enigmas of life.

**The third quest** represents the emotional plane, opening our being to prayer for ourselves and all our relationships.

**The fourth quest** represents the spiritual plane, feeling part of the Great Whole.





# VISIONARY

The Vision Quest is a rite of passage to (re)find our place and our mission on this earth.

What are we good for?

Why did we come into this world?

How can we put ourselves at the service of this virtue?

The visionary is the one who responds to this call of the heart. Who seeks inner dialogue, connecting with oneself and with the Whole. He is the one who gives thanks, who prays, who feeds himself and allows himself to be fed, who contemplates and rests.

This is the mystery that each of us must experience.





# ABUELO RAÚL GUTIÉRREZ

Abuelo is a Mexican medicine man, from the Cora and Huichol peoples, warrior of the red way and guardian of Lakota medicine. Thirty years ago, he was named by the medicine man Raymundo Tigre Pérez, "Keeper of the Fire and of the Sacred Water", and given the mission of bringing the medicine of Temazcal and the Vision Quest to the whole world.

Julie and Coto, the coordinators and the Vision Quest in France, met Abuelo Raúl in September 2016 in Chile, where they were then living. A very strong bond was formed between them. In May 2018, the couple then decided to settle in France in order to share the medicine that had been transmitted to them by Abuelo. This sharing is done through regular Temazcales and an annual Vision Quest.

In August 2018, the medicine man traveled to France to guide a first Vision Quest there. This year 2022 is the 5th instance of this event under the guidance of Abuelo Raúl.





# FOUR DAYS



Throughout this four-day offering, the vision quester remains "planted" in the place he has chosen on the mountain and inside the circle of prayers he has prepared beforehand with the intention of protecting and nurturing him. guide during this quest. During these four days in nature, the quester is alone, without eating or drinking, simply breathing and contemplating what is inside and around him.

It is a simple medicine that we learned from our ancestors in America and that we share today as a tool for purification and reconnection with our spirit, nature and the universe. It is a connection that we have maintained but that sometimes, in the hectic pace of daily tasks, we forget and distract ourselves from.





# HOW DOES THE VISION QUESTER PREPARE?

Each quester can bring a sleeping bag, something to put on the ground, plastic or a tarp to protect themselves from the rain, a drum or a rattle, and must prepare their protective equipment (stick with prayers and blanket with star - see explanation below).

The idea is to bring as little as possible (no lamp, no fire, no knife, no book, etc.), remembering that traditionally the visionary only brought a blanket and a rattle. Each quester will choose their direct support person who will stay at the camp for the duration of the quest. In addition, it is important that each quester attends at least two preparatory Temazcales.





# SUPPORT

Each quester must have a direct support person chosen to physically, emotionally and spiritually accompany and support them from the camp.

It is important that these supporters remain at the camp for the duration of the Vision Quest to be able to eat, drink water, celebrate, pray and participate in the Temazcal in support of their questers.

A supporter is the presence of the quester in the camp. It is through the supporter that we will know how the questers are doing.





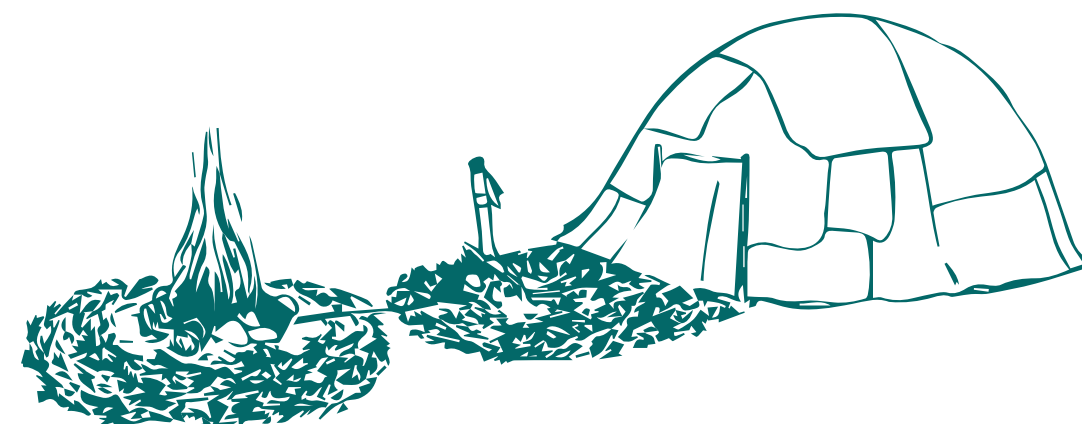
# TEMAZCAL PREPARATION

There will be two preparatory Temazcales for the Vision Quest, in June and July. These Temazcales are aimed as much at questers as at supporters.

They aim to strengthen the questers and help them connect to this offering they will make to the earth, the elements, their spirit and the ancestors.

In addition, they help questers organize and prepare with clarity and enough time.

In this sense, it is also suggested not to say your prayers at the last moment and to say them with presence and attention (everything that "comes down to them" in these moments of preparation will be the quester's guide and protection during the quest).

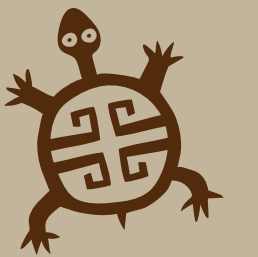
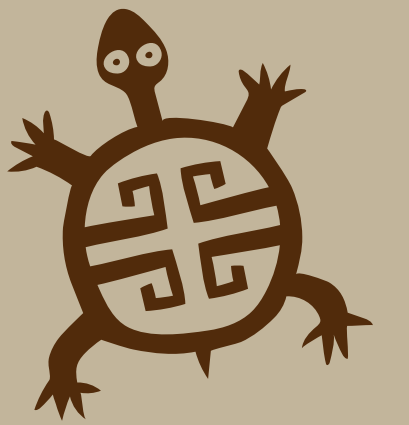






## STICK

This is a stick to be found anywhere in nature (mountain, field, forest, etc.). The quester prays and connects to his stick, which will help him get to the place where he will be "planted".



## BLANKET / COVER WITH STAR

It can be old and have a special value in the eyes of the quester, or it can be bought new for the occasion, for cover and protection.

This cover will have an eight-pointed star, the idea being that each quester ask their grandmother or mother to embroider, sew or glue it. If this is impossible, ask a close, dear person to do it.

The star must be born from the person who makes it, so no color or technique is required. The important thing is that it be made with an intention of love. This cover will accompany the quester during his four Vision Quests if he decides to continue on this path.

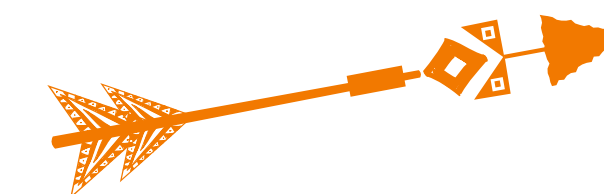
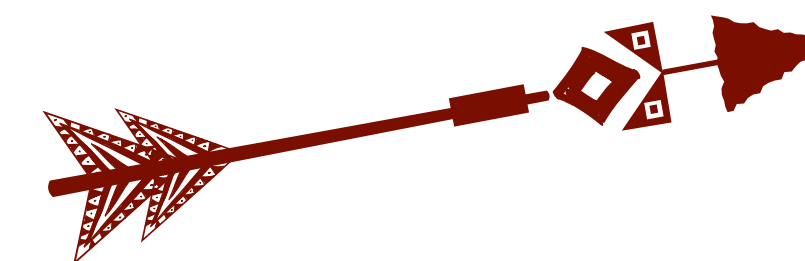


# PRAYERS

Small bags of tobacco of different colors called "prayer ties" will be tied to a red woolen thread. It is a single large woolen thread that unites all the prayers and will be wrapped around the staff (yellows at the top, followed by reds, then blacks and finally whites at the bottom; the last 3 prayers, green, purple and blue, can be added at the end, before the first yellow prayer).

When the quester prays (makes a prayer bag), he remembers the past or projects himself into the future, he gives thanks, he petitions. His prayers, his life, his story, will protect him during the four days of fasting.

When the visionary is "planted", with the help of his supporter, he unfolds his prayer ties (starting with the yellow color towards the east and continuing clockwise) to form his circle of protection in which he will remain during the four days of the vision quest.







The prayers: cut 100 squares of 10 x 10 cm and 1 square of 15 x 15 cm for each of the colors yellow, red, black and white (101 squares in total).

Then 1 single square of 15 x 15 cm for green, purple and blue.

On each square, put a little tobacco (or a mixture of medicinal herbs) and close it in a small bag while praying with which we pray.

**GREEN**

We pray for the earth, the Pachamama.

+

**PURPLE**

We pray to the heart, to the fire, to the center.

+

**SKY BLUE**

We pray for heaven, the Great Mystery.

## 1. YELLOW

The first 100 of, in **YELLOW COLOR** which represent childhood, the eagle, the sun, to know. Once these first 100 prayers have been completed, close the stage with a large prayer of the same color.

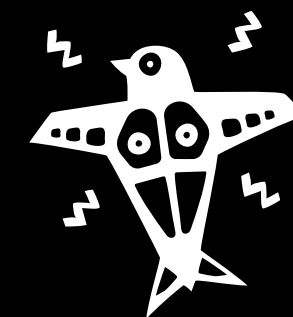
407  
PRAYERS

## 3. BLACK

Then 100 others of **BLACK COLOR** which represents adulthood, the buffalo, courage. Once these 100 prayers have been completed, close the stage with a large prayer of the same color.

## 2. RED

Then 100 others of **RED COLOR** which represents youth, the coyote and the hummingbird, desire want. Once these 100 prayers have been completed, close the stage with a large prayer of the same color.



## 4. WHITE

Finally 100 of **WHITE COLOR** which represents old age, the white bear, to be silent. Once these 100 prayers have been completed, close the stage with a large prayer of the same color.





## SOME TIPS FOR PRAYER TIES

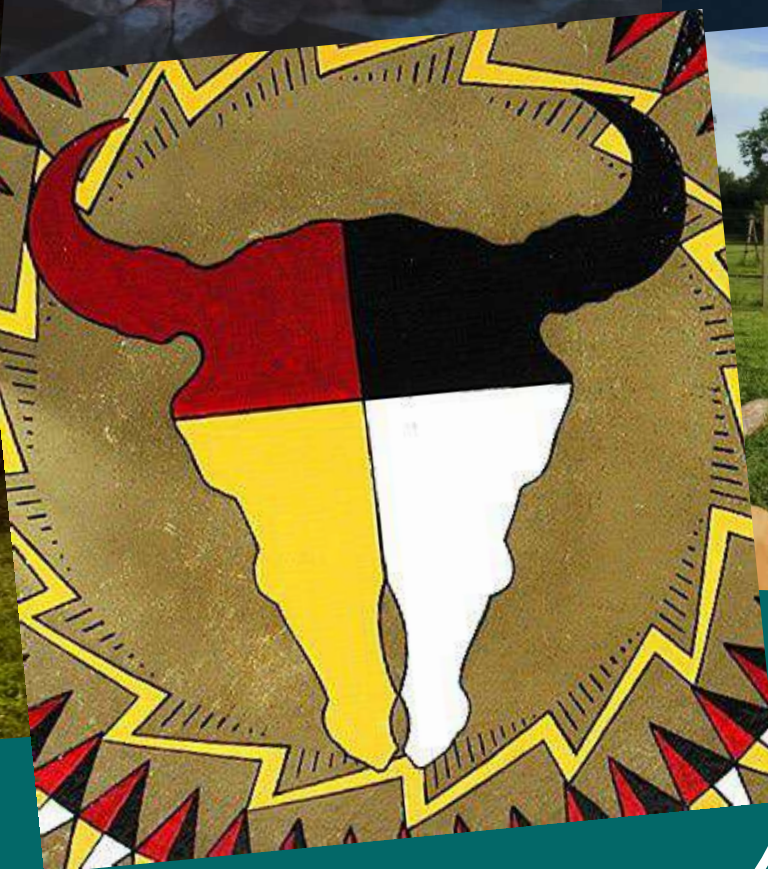
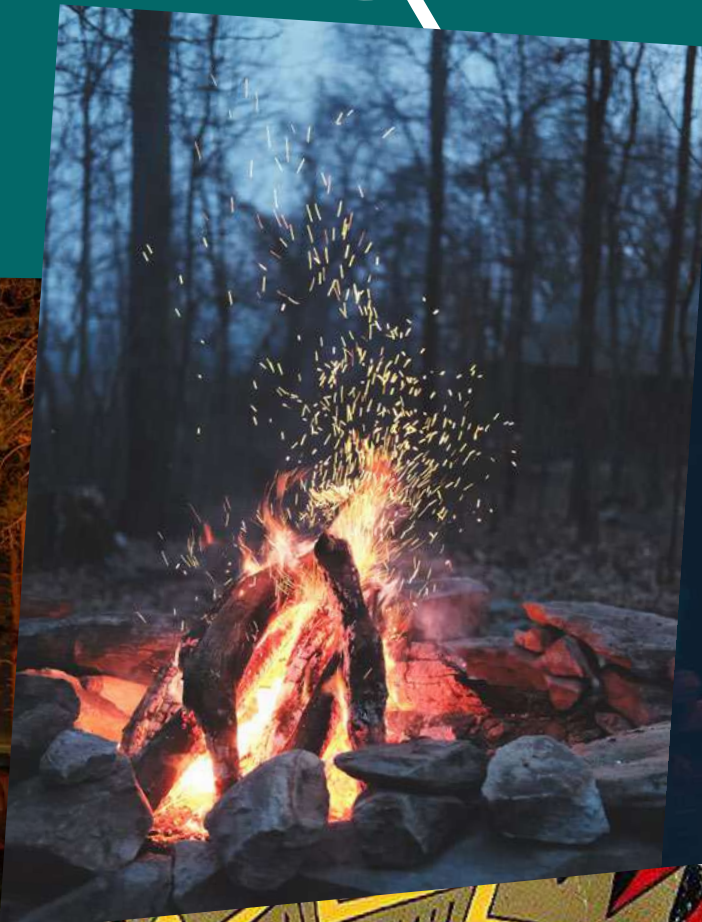
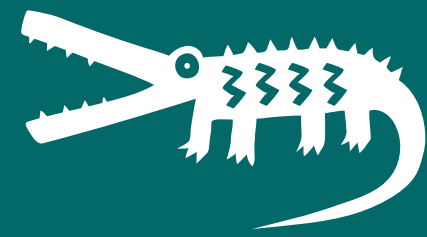
- To begin your prayers, find a place where you feel comfortable and calm.
- You can prepare an altar where the four elements are present. Light a candle and incense with the intention of connecting to prayer.
- The prayers can be made over one or more days, the important thing being to let oneself enter a state of meditation.
- For colored squares, cotton is a good fabric.
- As you pray, wrap the red woolen thread with the tobacco sachets on the stick without knotting. This will make it easier for you to “plant” yourself and unroll your circle of protection.
- It is recommended to leave a space of 5 to 7 cm between prayers.
- If the red wool yarn gets cut during the process, don't worry. It's part of your prayer, observe.



# WHAT TO BRING TO THE EVENT?

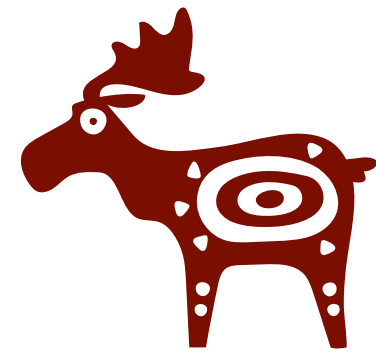
- Everything you need for camping (tent, mattress, sleeping bag, blanket, etc.)
  - Flashlight
  - Clothing for the Temazcal
  - Plate, cutlery, cup (nothing disposable)
  - Warm clothes for the night and a hat for the sun
  - Only 100% biodegradable products (shampoo, soap, toothpaste)
  - Anything you want to share, offer (food, plants, sacred objects)
- We invite you to disconnect during these seven days and live in community.

The meals served at the camp are vegan, no alcohol or drugs are allowed.





# PARTICIPATION



## Vision questers:

- 7 days (from Monday to Monday): 550 euros
- 5 days (from Wednesday to Monday): 430 euros

## Supporters:

- 7 days (from Monday to Monday): 450 euros
- 5 days (from Wednesday to Monday): 330 euros

For those who would like to come and spend some time with us at the camp: 60 euros per day.

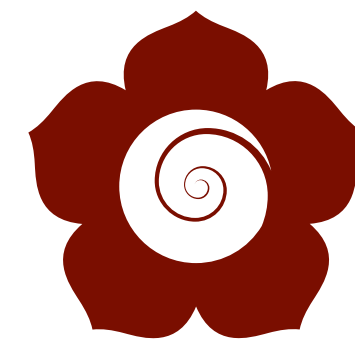
Participation includes the Temazcal (there will be one per day during these 7 days), ceremonies and various activities, a place to camp and 3 meals a day.

## Deposit:

Half of the total amount is to be paid before June 15 in order to reserve your place. In case of withdrawal after July 15, the deposit will not be refunded.







DAISHIZEN  
RED ROAD

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