

*EarthWays presents...*

## Finding Calm within the Chaos: Connecting with Spirit in Deep Desert Time



*And the world cannot be discovered  
by a journey of miles,  
no matter how long,  
but only by a spiritual journey,  
a journey of one inch,  
very arduous and humbling and joyful,  
by which we arrive at the ground at our feet,  
and learn to be at home.*

*- Wendell Berry*

At winter's end, just before the birth of spring, we will gather in the vast, rugged beauty of the Mojave Desert. On the seasonal Wheel of Life, this death-birth doorway between winter and spring can be unknown and unpredictable, sometimes chaotic, yet full of exquisite beauty and mystery. In these modern days, we often exist throughout the year within the chaotic, unpredictable nature of everyday life, and we long to find a steady place of rest in the middle of things. During this 7 day experiential course, whatever will arise in the desert—sun, cold, floral bloom, howling wind, or deep quiet—you will be offered a mirror of the forces manifesting in your own life. You will have space and time and experiential practices that will support you in finding the inner stillness that opens you to your true nature. In the wild and ancient Mojave landscape, we will seek an authentic connection with the essential, all-encompassing spirit, which can help guide, heal, and inform us in our lives.

We will gather on Monday, March 7<sup>th</sup> 2011 by 4pm to set up camp, share food, and sit in our first introductory council. The six days and nights that follow will include teachings and experiential sojourns in the desert exploring the Four Shields of Human Nature, periods of sitting meditation, a 24 hour solo, and time in council for deep sharing and witnessing. No prior experience is necessary.

**WHERE:** Mojave National Preserve, Southern California  
**WHEN:** March 7<sup>th</sup>—13<sup>th</sup>, 2011  
**COST:** \$650. (partial scholarships available)  
A non-refundable \$200 deposit is required by February 28<sup>th</sup>.  
A payment schedule may be arranged by prior agreement.  
**REGISTER:** For more information and registration, please contact either  
♦ Cynthia (415)221-6373 [cynthia@earthways.info](mailto:cynthia@earthways.info) or  
♦ Roy (510)469-4415 [roy@earthways.info](mailto:roy@earthways.info) or  
♦ go to [www.earthways.info](http://www.earthways.info) for more information  
**CEUs:** 20 CEUs available for LMFTs and LCSWs (Provider #2738)

**Cynthia Morrow**, MA, MFT, is a seasoned psychotherapist, a wilderness rites of passage guide, and a biodynamic craniosacral practitioner. Her work is devoted to bringing the passionate, embodied soul of wild nature into our lives for deep healing, inner strength, and whole-heartedness. She has trained with the School of Lost Borders and is certified in Wilderness First Aid. Her web address is [www.natureofsoul.com](http://www.natureofsoul.com).

**Roy Remer** is the volunteer manager at Zen Hospice Project in San Francisco. He has served as a hospice caregiver for over 13 years. In 2008 he completed the Metta Institute's year long End-of-Life Caregiver Training. Roy has trained with the School of Lost Borders and leads wisdom circle and solo walk programs in nature.