

## SCHOOL OF LOST BORDERS

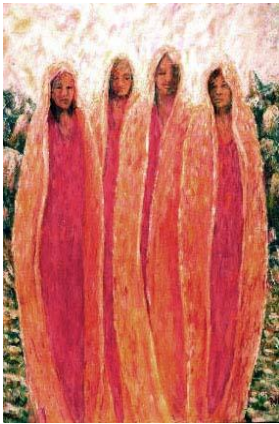
### Vision Fast for Women

Silvia Talavera and Cynthia Morrow

August 31-September 11, Inyo Mountains, Big Pine, California

“There is nothing more powerful on Earth than a circle of decided women because the feminine is the universal force through which all creation manifests.”

- Ohki Simine Forest



*Robe People by Emerald North*

A woman's journey is both vigorous and introspective. As she covers ground outwardly, so she ventures deep within herself. Stirred by nature's calling to be creative and complete, and beckoned by an irresistible urge to cross personal boundaries, she travels the path of her unique destiny. Her passions and gifts are her map. Psyche is her guide. Dreams are her nourishment. Perhaps, it is the intensity of her innate connection to the cycles of nature, to fertility and death, and the ever pull of the moon that prompts her to undertake this passage to reconnect to the sensual and mysterious nature of the feminine.

She goes alone, with an empty belly and a bare minimum of equipment, into the heart of the wilderness, for four days and nights. There she lives with herself, in perfect solitude.

She looks into the mirror of nature and sees herself. She ponders the questions: “Who am I?” “Who are my people?” and “What is my intent in this life?” She wanders along the edges of loneliness, where vision lies waiting. She drinks at the springs of emptiness and is filled with self-knowing. What is unimportant falls away. The life that must be lived lies ahead. . .

**Severance:** The twelve-day ceremony involves four days of preparation, four days and nights of fasting alone in a wilderness place, and four days of incorporation (elder's circle). You will be prepared to physically, psychologically, mentally, and spiritually benefit from the experience of fasting alone in the wilderness with support from your guides. You will be given an ancient means of looking into the mirror of nature (the Four Shields). Preparation will also include the study of symbols, archetypes and ways common to vision fasts and rites of passage the world over.

**Threshold:** The time of fasting and aloneness will take place in the Inyo Mountains. Your teachers will maintain a safe perimeter around the area while you are alone and make sure you have sufficient water. Another person will fast nearby. The two of you will be “buddies,” each day leaving assurance of your well-being at a stone pile erected along the borders of your respective areas.

**Incorporation:** You will return to human companionship, a feast, and a soak in the river. In the council of elders you will confirm the attainment of a new maturity. With the others, you will tell your story in your unique form of expression. The elders will listen, help you to understand, and challenge you to give your vision practical feet -- to live the life you have earned. When all the stories have been told, you will celebrate with the others in a ceremony of gratitude, and then return to a life lived with new understanding.

The School makes no provisions for meals or equipment. If you're camping out, bring a tent and come prepared for the possibility of thunder showers. For specific equipment needs, consult the *Handbook*. The first meeting will take place at 10:00 am on August 31<sup>st</sup> at our group campground outside of Big Pine, CA.

**Tuition:** \$800.-\$1200. (sliding scale) Deposit: \$250.00 (not refundable or transferable unless the seminar is canceled). Minimum: 5. Maximum: 12. Scholarships are available.

## **Guides:**

**Silvia Talavera** has been on the staff of The School of Lost Borders since 1992 as guide and teacher. She is a hospice nurse supporting end of life transitions and end of life care at the bedside and as a community educator. She is a woman of versatility, passion, depth and humor. Silvia brings to her work a nurturing insight and deep compassion inspiring people to expand beyond familiar borders towards self empowerment. [silvia667@msn.com](mailto:silvia667@msn.com).

**Cynthia Morrow**, 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 as a vision fast guide with The School of Lost Borders and offers rites of passage programs through EarthWays ([www.earthways.info](http://www.earthways.info)), a collective in Sebastopol, CA. [cynthia@natureofsoul.com](mailto:cynthia@natureofsoul.com).

## **TO SIGN UP**

[www.schooloflostborders.com](http://www.schooloflostborders.com)

**OR CALL SILVIA TALAVERA (505) 466-4729**  
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