



Let Go into the Mystery

The East Shield of Living and Dying

Guides: Scott Eberle & Cynthia Morrow
October 26-November 3, 2019 in Death Valley,
California

*All is a circle within me.
I have gone into the earth and out again.
I have gone to the edge of the sky.
Now all is at peace within me.
Now all has a place to come home.
~Nancy Wood*

Throughout time and cultures, people have crossed borders of their ordinary lives seeking contact with the Mystery. An experience of Oneness, it is beyond any fixed identity. Called by many names, known in a myriad of ways, yet it is ungraspable. In the wide-open view of this Mystery, living and dying are fundamentally interdependent. So too is our recognition of being wholly and completely interconnected with it all.

In this age, we are born and shaped within a world that is ego-centered and ego-driven. There is enormous suffering in believing in the myth of our separate selves. When we hold tightly to an identity focused on self-preservation, we find only more fear, aggression, over-consumption, over-work, confusion and deep loneliness. The spiritual opening of the East Shield offers an expansiveness that allows us to relax within this interwoven matrix of reality.

What might it mean for you to explore this East Shield, to “Let Go into the Mystery”?

This 9-day program, in the vast and ancient landscape of Death Valley, is a ceremony in the East Shield of the School’s *Practice of Living and Dying*. This is an invitation to explore and honor the individual stories of our spiritual unfolding through life, and to let go into the Great Mystery that holds us beyond birth and death.

To support the busy mind to settle, each day will include periods of sitting meditation. We will gather in council daily, holding space for the sharing and witnessing of stories. Afternoons will include-time for walking in the expansive desert to explore each of the four directions of Mystery, culminating with a day in the East: a 24-hour solo. When we reconvene, we’ll then spend several days hearing stories from this solo time.

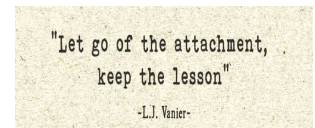
Program information: Enrollment is limited to 12. We will rendezvous on Saturday, October 26th, at 10 a.m. at the Visitors Center in Furnace Creek, Death Valley, moving from there to our base-camp in the backcountry. We anticipate camping together the entire week, finishing by mid-morning on Sunday, Nov. 3rd. We will provide dinner the first night and the break-fast after the solo time. Otherwise we ask everyone to come prepared to live self-sufficiently, which means bringing your own camping equipment and food for the week. More detailed logistical information will be sent out prior to the program's start.

A note to people with limited wilderness experience: Though we will be camping out for the entire week, activities undertaken will be non-strenuous and our emphasis will always be "safety first." We will provide a list of personal equipment that each participant should bring and we will also provide some group equipment for our base-camp. We may be able to loan limited personal equipment as needed and if we are unable, we can provide advice about what to purchase or rent.

Meditation schedule: The program will include a regular meditation schedule, beginning with an optional sunrise sit, then group sits to start the morning and afternoon sessions, and an optional evening sit to close the day. Please bring whatever you prefer for your own sitting practice—be it a cushion, bench or chair.

Sliding-scale Tuition: \$950-\$1600 Please contact us if money is an impediment to your joining us.

Deposit: \$300 The deposit is considered both a sign of your commitment as well as financial support for the School for the considerable work done in organizing and enrolling the course. For both these reasons, the deposit is non-refundable unless the program is cancelled. The full fee is due at start of the course.



Letter of Intent: We ask for a letter of intent describing what calls you to this unique desert program. This letter is an important part of your preparation and will serve as an introduction to us that we may best support you.

For more information contact Scott at seberle@sbcglobal.net. Send deposit & enrollment forms to School of Lost Borders, P.O. Box 796, Big Pine, CA 93513. Phone: 760-938-3333. Fax: 760-406-8527.

About the Guides

Scott Eberle has worked as a wilderness guide at the School of Lost Borders since 2003. While he guides an array of programs for the School, he has two special interests. The first is exploring how the symbolic death-and-rebirth dimension of the School's ceremony is informed by his considerable experience sitting with people who are physically dying. To this end, he and Meredith Little co-created the School's "Practice of Living and Dying" programs. His second interest is exploring the wonderful synergy of having your heart and mind cracked open while sitting alone in the wide expanse of the desert, or while sitting quietly on a meditation cushion. His first book, *The Final Crossing: Learning to Die in Order to Live*, explored the first interest. He presently is writing a second book, *The Red Thread of Story*, which weaves together both of these interests, while he seeks to understand why it is we humans tell stories."

Cynthia Eisho Morrow is a life-long apprentice navigating wild landscapes, inner and outer. She discovered the School of Lost Borders in 2003. Having grown up with grandparents who lived in the Owen's Valley, the School and earth-based ceremony were a natural fit. Cynthia has been shaped by a lifetime of exploring the vast territory stretching between the Eastern Sierras and the ancient deserts in and around Death Valley. Her inspirations as a guide are rooted in eastern and indigenous wisdom traditions, and the courageous resiliency of the human spirit. As a wilderness guide, a seasoned psychotherapist, and an ordained novice Buddhist priest of the Japanese Tendai lineage, her work in all its expressions is devoted to the awakening of our radically interconnected nature of body, mind, spirit, earth, and one another. She is devoted to supporting deep healing, inner strength and whole-heartedness for the benefit of all beings. Since 2006 she has been guiding with EarthWays, a Bay Area collective committed to restoring our relationship with the living earth.