



# Women's Vision Fast

November 5<sup>th</sup> -16<sup>th</sup>, 2019

Death Valley, CA

offered by The School of Lost Borders  
guides: Silvia Talavera & Cynthia Morrow

*"I see the Feminine defined as a reconnection to the Self, a commitment to the wildness within our instincts, our capacity to create and destroy; our hunger for connection as well as sovereignty, interdependence and independence, at once." – Terry Tempest Williams*

One of a woman's greatest longings is to be seen in her most natural, wild, and genuine self. Innately, she is stirred by an inner wisdom to reconnect to the sacredness embodied in nature, moved by a need to leave the safety of her personal and familiar borders as she travels her unique path. Perhaps the intensity of her yearning guides her to a hidden place where she discovers ways to break the chains of self-judgment, to reclaim her inborn wildness, bringing her to her true Self through the age-old practice of rites of passage.

She goes out alone, with an empty belly and bare essentials, into the expansive wilderness, for four days and four nights. There she will live in perfect solitude where she can clear away the distractions of her busy life and tune her ears to the voices of nature around her and to her own inner nature; the truth of her being.

Perhaps you are one of the many women who have been called to this ceremony. Perhaps it is time to move deeper into the questions: What is being asked of you? How do you begin to recognize the myth that guides your life? What is drawing you toward the threshold?

This ceremony involves several days of preparation, 4 days and nights of fasting alone in a wilderness place, and a few days of incorporation:

**PREPARATION:** You will be readied physically, psychologically, mentally, and spiritually, that you might fully benefit from this experience of fasting alone in the wilderness. 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.

**SOLO FAST:** You will cross the threshold and enter into your ceremony, making it your own. You will fast alone in the wilderness as so many have done before. Your teachers will maintain a safe perimeter around the area and make sure you have sufficient provisions. Safety is our utmost concern and you will be given the tools necessary to support your well-being.

**INCORPORATION:** During the final days, we will join together for the sharing of stories. The guides will listen, help you to understand, and challenge you to give your vision practical feet—to live the life you have rightfully claimed as your own! When all the stories have been told, we will celebrate together before you return to your community with new understanding.

*Pursue the authentic—decide first  
what is authentic,  
then go after it with all your heart.  
Your heart, that place  
you don't even think of cleaning out.*  
- Louise Erdrich

**Time & Location:** We will hold camp among the creosote bushes and open expanse of the desert of Death Valley National Park. Our entire 12 days will take place in this remote location. **Participants must arrive on Monday, November 4<sup>th</sup> during the day before we officially start, to set up camp.** The group will then come together for its first meeting at 9:00 a.m. on Tuesday, November 5<sup>th</sup>. We will complete our ceremony on Saturday afternoon, November 16<sup>th</sup>.

**Practical preparation:** The School makes no provisions for meals or equipment. We ask everyone to come prepared to live self-sufficiently. You will need to bring shelter and clothing suitable for a full range of inclement weather. We request all participants to purchase the vision fast handbook, “The Trail to the Sacred Mountain” available from Lost Borders Press ([www.lostborderspress.com](http://www.lostborderspress.com)). Consult this resource for a detailed equipment list to help with preparation.



**Maximum enrollment:** 12      **Sliding-scale Tuition:** \$850 - \$1400      **Deposit:** \$250

Please note: the deposit is considered both a sign of commitment from participants & financial support for the School for the considerable work done to enroll a course. For both these reasons, the deposit is non-refundable or non-transferable unless the program is cancelled. The balance of the program fee is due at start of the course.

**For further information or to enroll:**

Contact Silvia ([silvia@lostborders.org](mailto:silvia@lostborders.org)). If you'd like to enroll, health and liability forms will be sent to you. The next steps would be:

- Send your deposit to The School of Lost Borders, P.O. Box 796, Big Pine, CA 93513 or you can [use the School's PayPal account located on our website \(www.schooloflostborders.org\)](http://www.schooloflostborders.org).
- Return the health and liability forms to Silvia, either by e-mail or by regular mail to:  
Silvia Talavera 3220 Crescent Ave. Spc 74, Eugene, Or 97408
- When you're ready, send a letter of intent to both Silvia and Cynthia describing what calls you to this program (best done by email—use Silvia's: [silvia@lostborders.org](mailto:silvia@lostborders.org)). Consider the letter the beginning of forming intent, which is so central to this practice.

## About the Guides

**Cynthia Eisho Morrow** is a life-long apprentice to navigating wild landscapes, inner and outer. She discovered the School of Lost Borders in 2003. Cynthia has been shaped by a lifetime of exploring the vast territory 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 heart. As a wilderness guide, psychotherapist, and novice Buddhist priest, her work in all its expressions is dedicated to the awakening of our radically interconnected nature of body, mind, spirit, earth, and each other. She is devoted to supporting deep healing, inner strength and whole-heartedness for the benefit of all beings.

**Silvia Talavera** has been a guide with The School of Lost Borders since 1993. She is a woman of versatility, passion, and humor, inspiring people towards self-empowerment. She brings to her work a nurturing insight, deep compassion and guides and teaches from lived experience enhanced by her love of nature. Silvia is a mother and grandmother and has taken her place in her community as elder and mentor. She also continues to work as a hospice nurse, Reiki master and community educator on hospice and end of life care. Silvia has made it her life-long commitment to guide and support those moving through life transitions both in nature and at the bedside.

Visit *The School of Lost Borders* website for information about our wilderness programs:

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