

# THE QUEST

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## THE QUEST

DU BIST ZWISCHEN 16 UND 24 UND DU BIST BEREIT ?



eschwege institut

WANDLUNGSPROZESSE GESTALTEN



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## THE QUEST

**A week long initiatory process for young people**

(Age: 16 - 25)

Who am I?

What is calling me?

How do I get there?

The Quest is for people who don't want to get told anymore yet still want to know

4 days of preparation in the group, 2 days and nights alone in the wilderness, 2 days for listening to your story and to prepare you for your way back into everyday life.

If you want to go your own way, you must pass through a gate, behind which you will have to leave old dependences and accommodativeness behind. This passing is neither easy nor free of pain, but it has always been the price for the freedom, to inherit your own position and task in life.

This form of a Quest, facilitates a chance to implement the necessary disengagement of young people and their parents in a dignified and contained way.

20. - 27.08.2017, Guides: Holger Heiten & Werner Pilz, 385,- € + 110,- € Accommodation & food for self catering, venue: Eschwege Institut in the heart of Germany

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## Quest: What for?

Life is filled with transitions, growth is characterized by change. Humans must pass from one life stage to another.

Starting from our birth, we are weaned from infancy and brought into the world of childhood. We pass from childhood into adolescence and into adulthood. If we marry, we leave the world of single adulthood behind. If we divorce, we return to the single state. We make our way through the adult passages, facing predictable crises at middle age and "retirement". With aging comes preparation for dying, and finally, the ultimate passage of death.

Moving to another town, changing or losing our job, becoming seriously ill, mourning the death of a loved one, all these things cause transition, bringing us into situations in which old structures no longer apply and a new structure, a new sense, hasn't yet appeared.

This is the nature of a growth-crisis. In all cultures and eras, such transitions were celebrated by rites of passage and ceremonies of initiation. Without these ceremonies, individuals could not have understood or interpreted their life experiences, nor could they have been capable of assuming the social responsibilities and privileges required by their changes in station.

Traditional life passage ceremonies are no longer part of mainstream culture in the western world. In the information-focused society of today, the wall between humans and their natural environment is growing, the basic social unit of the family is breaking down and individuals are expected to be efficient and fit. We often stumble painfully through our life passages like victims, a burden to others and ourselves.

This is why people often feel ashamed, suppressing the symptoms of their crises, and with them their deeper meaning and the opportunity to heal. This is where long-term crisis comes from.

The coping strategies we are usually taught are about consumption. Particularly when we are in a phase of transition, we often feel we need something, some medicine, a new book, a car, chocolate, or drugs.

A Quest, offers the chance to become empty instead. You must become empty and say goodbye to the old, in order to become open to the new, to what you don't yet know about yourself. Vision Quest is a way to ask Life, what it wants to do with you, instead of carrying on thinking, about what you want to do with it.

## Course of action

The first four days are for your internal and external preparation. As participant in a group of maximum 12, you will learn to work with our methods of a deeper self-understanding in nature, get to know and trust the landscape around and receive training about your safety in the wilderness.

Thereafter you will go out, alone and fasting in the wilderness, for two days and nights. Your Quest Guides will keep watch for your safety, day and night in a nearby base camp during that time.

When you come back, you will have the opportunity to share your story in your group. Also your parents could be there. Towards the end we will concentrate on how to bring back and incorporate your vision into your everyday life.

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## Does this sound good to you?

If you want to step beyond your old borders, without using drugs, simply with the help of the strength and potentials within you and the great nature around you, then this could be the personal growth event that you are looking for.

Imagine that exactly this, or at least a very similar experience, has been the rite of passage for people on their way to adulthood, for thousands of years.

Young people without number, from all cultures and periods, surely also some of your ancestors, have gone through this challenge, in order to leave the role of their childhood behind and to open the door for a more self responsible life.

Do it and it will leave an impression for the rest of your life.

You will wear this experience like jewelry inside of you and one will recognize it in your eyes, in your actions, in the woman or the man you will become.

## From out of a Vision Quest story

"I saw a bright fiery ball. It had a black hole in its centre. I felt my whole being pointing towards that hole, as if it would get sucked towards it. I went in. Darkness around me. So peaceful. The feeling to be welcomed and accepted. I opened my eyes. I was here on planet Earth! I realized that this image symbolized my passage. I was born into this exciting, beautiful, ugly, dangerous and welcoming world."

*Claudia, 17*

## From the Vision Quest book

„ The modern technocratic culture doesn't initiate their youth anymore. It doesn't offer experiences anymore that help young people to find their way through the dark night of ordeal into the freedom and responsibility of adulthood.

It hasn't offered you an officially recognized passage way, which has been so frightening that you felt forced to ignite your own light, in order to learn to see..... "

You are on your way to become the person who will fulfill your wildest dreams about yourself, about your love for yourself, for humanity and the Earth. And you know, that this way will be long and rocky that there is no easy way to enlightenment that you will always be in process to become truly adult, truthfully human and fully conscious about your task in life.

*Steven Foster und Meredith Little  
(School of Lost Borders, USA)*

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## Location

Preparation and solo time of the Quest will take place in our base camp in an old oak and beech tree forest, in the midst of rolling woodland hills.

The vast woodland continues with a beautiful mix of rocks, meadows and heather. It belongs to the "green strip", the 14000 Km long former border between East and West Europe and the area we will be in, belongs now to one of the biggest protected nature reserves in Germany.

Rare animals like the lynx, the European wild cat, the uhu owl and the black stork are still living on this land.

We think it is important to do Vision Quest in a native landscape that you can easily find also in your area to reconnect.

By the time of our ancestors, 80 – 90 % of central Europe has been covered with woodlands. This environment , in which already our ancestors did their Quest, has influenced our language and our culture. Today we are still connected with this ancient landscape in an collective unconscious way.



More pictures and information here:

<http://www.eschwege-institut.de/seminarinformationen.html#VisionssucheJugendliche>



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## We will guide you through this Vision Quest

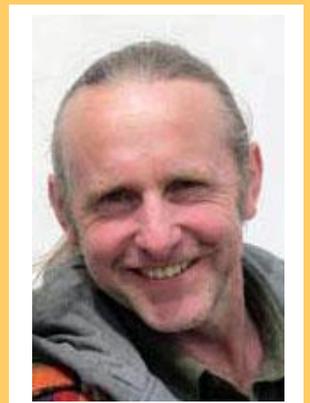


### **Holger Heiten:**

\*1966, married, father of two children, social worker and experienced psycho-therapist, has trained to guide Vision Quests with the School of Lost Borders in California with Steven Foster & Meredith Little and with Verena & Haiko Nitschke in Germany. He is Council Trainer in the tradition of the Ojai Foundation and offers workshops and trainings on modern rites of passage all over Europe. Together with his wife Gesa he is the co-founder of the Eschwege Institut and its Training Academy Campus Peregrini in Germany and trains "Transition Process Mentors" and Vision Quest Guides.

### **Werner Pilz:**

Process Mentor, free lecturer at Steiner Schools, guide and mentor in a range of formats for non-formal learning, free author and editorial journalist. Married and father of two children. He has trained to guide Vision Quests with the School of Lost Borders in California and with Verena & Haiko Nitschke in Germany. He has trained to become a Council-Facilitator with Gigi Coyle und Marlow Hotchkiss. He is Member of the nonprofit organization "Arbeitskreis für Initiation und Prozessbegleitung" (a.i.p.) as well as of the Learning Partnership for Creative Sustainability (LPCS).



There are also always two 2 to 4 apprentices with us as part of the team, who take over many little jobs, to make it save and good for you. These people are of different age and join the two years training at the Eschwege Institut in order to become Vision Quest guides.

As there are already two men guiding this event, we will always make sure to balance the gender situation by choosing women as our apprentices.



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## Notification and Participant Agreement

Please send: **As mail to:** Holger Heiten, Hinter den Höfen 10, D-37276 Meinhard, Germany,  
**or as fax to** +49 5651 952144, or signed and scanned to **e-mail:** [info@eschwege-institut.de](mailto:info@eschwege-institut.de)

I hereby register; respectively register my son/ daughter to participate in the Vision Quest activity THE QUEST at the Eschwege Institut in Germany in the time:

\_\_\_\_\_, with Holger Heiten & Werner Pilz.

Name: \_\_\_\_\_, Birthday: \_\_\_\_\_ Address: \_\_\_\_\_

\_\_\_\_\_ Tel. /e-mail: \_\_\_\_\_

I agree to pay the 385,- € for the workshop, at the beginning of the event in € and in cash, or alternatively to transfer it to the bank account of Holger Heiten, banks name: Sparkasse Werra Meissner, accounts number: 900 894, Bank Code: 522 500 30, for an easy transfer between European banks use also the following codes:  
Iban: DE65522500300000900894, SWIFT-BIC. Code: HELADEF1ESW

I acknowledge, that I will be charged for 100,- €, if I withdrawal from participation more than three weeks before the event and to pay the full amount if I withdrawal in less than that before the event. I agree to pay the 110,- € for food & accommodation and permission fee, at the beginning of the event in cash.

In consideration of the services of Holger Heiten & Werner Pilz and all other persons or entities acting in any capacity on their behalf (herein collectively referred to as „the V.Q.-guides.“), I hereby agree to release, indemnify and discharge them, on behalf of myself, my children, my parents, my heirs, assigns, personal representative and estate as follows:

**1.** I acknowledge that my / my sons or daughters participation in hiking, camping, backpacking and fasting entails known and unanticipated risks which could result in physical or emotional injury, paralysis, death, or damage to myself, to property, or to third parties. I understand that such risk simply cannot be eliminated without jeopardizing the essential qualities of the activity.

**The risks include, among other things:** slipping and falling; water hazards; exhaustion; exposure to temperature and weather extremes, which could cause: Sunburn, dehydration or a cold; exposure to potentially dangerous wild animals and insect bites; equipment failure and improper lifting and carrying. Furthermore, „the V.Q.-guides“ have difficult jobs to perform. They seek safety, but they are not infallible. They might be unaware of a participant’s fitness or abilities. They might misjudge the weather, the elements, or the terrain. They may give inadequate warnings or instructions, and the equipment being used might malfunction.

**2.** I expressly agree and promise to accept and assume all of the risks existing in this activity. **My / my sons or daughters participation in this activity is purely voluntary, and I / my son / daughter elect to participate in spite of the risks.**

**3.** I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless „the V.Q.-guides“ from any and all claims, demands, or causes of action, which are in any way connected with my / my sons or daughters participation in this activity or my / their use of their equipment or facilities, including any such Claims which allege negligent acts or omissions of them.

**4.** I understand that participating in this activity cannot compensate any medical or psychotherapy treatment. If I am / my son or daughter are in current medical and /or psychotherapy treatment, I agree, to tell „the V.Q.-guides“ and to talk with my / their doctor and/or psychotherapist about my / their participation.

**5.** I / my son or daughter agrees in not taking drugs during this activity and to tell „the V.Q.-guides“ about any current addiction to drugs or alcohol.

**6.** I / my son or daughter accepts the duty to keep confidential about every private detail I get to know about other participants.

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

Minor children need the consent of their legal representative Signature: \_\_\_\_\_

I / my son / Daughter suffer from the following diseases: \_\_\_\_\_

I / my son / Daughter take the following medication: \_\_\_\_\_

As legal representative you can contact me this way: \_\_\_\_\_

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