

## VISION QUEST – Hamblečayapi

*Purifies the body,  
heals emotions, silences the mind, soothes the spirit*

### Ceremony

The Vision Quest is a sacred ceremony that belongs to the Red Way, the Way of fire and of the heart.

Hamblečayapi, "crying for a vision", is a state of total abandonment of Life to the spiritual world.

Thanks to the force of the elements, the wind, the earth, the sounds, the dew, the heat, rain, stars, clouds, night and day, we have a unique opportunity to awaken the ancestral memories of what who are, opening a space to discover and understand our unique, authentic and complete condition as Human Beings, inside ourselves and with all our relationships.

During 4 days and 3 nights, we have the pure nature of the mountain and everything that inhabits it as our only companions.  
We silence the voices of our mind.

By giving the offering of our fast, we allow the spaces of pain, loneliness, fear and misunderstanding to be occupied on a deep and subtle level by more luminous, brilliant and pure qualities. Thus, we become capable to rise as the sacred beings that we are, with a clear purpose of our own.

Through our dedication, through abstaining from food and water, a different kind of nourishment comes to us. It manifests itself in the form of understanding, peace, wholeness, strength, hope, faith, intent and mission.

This ceremony originates from the American Indian tradition, and has the purpose of initiating young people into the collective responsibilities of the community.

The Roots of the Earth Family are the guardians of this ancestral ceremony.

For more than 30 years it has been working, with dedication, love and sweetness, to give the best of themselves to all those who come, seeking their path in life.

This path is about awakening the spirit: The birth of the impulse to feel love for everything that we have received. And then the spreading and sprouting of this seed, to all our relations. Thus, we are keeping this sacred ceremony alive, and it is so important nowadays.



## **VISIONARY**

To awaken the spirit and annihilate the artificial mind, we need to harmonize with another language, which is not verbal.

The language of nature speaks through other codes. Accessing it requires logging out of everything.

This is the job of the seeker: to disengage from everything and surrender to the void.

Empty the body through fasting, empty the emotions by experiencing the natural rhythms of the mountain. Empty the mind of thoughts and mental constructions by seeking, during the 4 days and 3 nights, the absolute not doing:

Give yourself up into simple contemplation.

For this, the visionary must be ready to bring as few obstacles as possible between himself and the nature that will welcome him. Bringing with you the bare minimum of clothes and comforts. Leave all distractions and comforts behind. Here, you do not need a tent, no comfortable mattress, no books, notebooks, manual work, instruments or other pastimes.

## **Supporter**

We are all one.

We are part of a Network consisting of interaction, active participation and group responsibility.

The actions of one move the world of many.

To ensure that someone can live the vision, there is a need for a network of support and trust in order to be able to give the necessary support.

We are the family of Roots of the Earth – Raices de la Tierra – Wurzeln der Erde.

Every Visionary must choose a supporter, someone close to them who is willing to

eat, drink, pray and purify themselves for them in the sweatlodges.

The supporters accompany their visionaries to their place of vision in the forest and have to remember the path very well, so that the connection can be clear and strong.

The support is a fundamental and decisive piece in this alchemical and magical

process in which we find ourselves supporting and witnessing someone's metamorphosis.

The support is a bridge between everything lived and experienced by the

Seeker and the Great Spirit, in this ceremony it is manifested through the

Sacred Fire, which never goes out during these 4 days of celebration.

## **Rituals and Symbols**

### **The Camp**

The Vision Quest takes place in a natural place, pure and distant from

civilization, where everyone, visionaries and supporters, can feel the embrace

of the natural world and get away from mundane environments and distractions.

The altitude of the mountain represents communication with what is high, the divine, the sky and purity, and in this space the Visionary is positioned.

The base of the mountain represents the human world, civilization, the network, communication and structures created by man. Here, eall the supporters are installed, at the camp where, during the 4 days of ceremony, everyone organizes themselves in community and work together as a team for the common good.

During these days the whole life of the camp develops around the fire: one is the Ceremonial Fire of the Temazcal where, at the dawn of the day and at sunset, people enter to pray for the seekers and for their relationships. The other is the the Kitchen Fire, which represents the nurturing and maternal heart that feeds and nourishes everyone involved.

During the whole ceremony, the focus in the camp is entirely on the Quest, the cry and pledge for a good vision. This quest is the only reason we are gathered here, holding space for their dedication and offering. Our prayer, our focus in the camp is essential. Let uns leave behind all distractions, small talk and unnecessary occupationfor these four days. All the tasks are lived in a group and with support and help.

### **Preparation of the vision questers**

To climb the mountain it is necessary to have participated in the Temazcal, to prepare and be recognized by the elementals that will feed us during the ceremony. It is essential to come and connect to the family of roots of the earth and the fire, to sweat together and partake in the sharing of experiences.

#### Each Vision is offered to a Spirit/direction:

The first in the East, place of light, where the Sun is born. We present ourself to the visible and invisible creation.

The second in the South, place of our roots, the family.

The third in the West, place of rest, of the night of our ancestors and all our relations.

The fourth in the North, place of snow, white hair and wisdom. Here, we pray for ourselves.

### **The Prayers**

Out of respect for the place and its guardians, the Visionary will have to prepare little bags of offerings with tobacco which will serve to delimit the place they will occupy on the mountain, and to honor each cardinal direction and its respective spirits.

In total there are 400 small pinches of tobacco, wrapped in cotton cloth (10cmx10cm) and wrapped on one single red cotton string. There are 100 for each sacred direction (East, South, West and

North). The red thread simbolizes the thread of life. There are no knots in this thread, and it is not cut or broken.

The order is as follows: 100 red, 100 yellow, then 100 black, and finally 100 white.

To make a prayer, you take one pinch of tobacco, then you speak, think our feel your prayer to the tobacco, put it in the center of the cloth, close it well and wrap the thread tight around it without breaking it.

How this wrapping works, you can see on the picture below. There should be about 2/3 of a fingerlength of space between the prayers.

The thread with the prayers will be tied to a stick (it is so long that it reaches from the floor to your heart) before you start, so that you can wrap the thread with the prayers around it while you are making them. Like this, they will not entangle and it will be easier for you to unwrap them and place them around you on the mountain.

For the closing, also functioning as a door, there are 6 more prayers wrapped to the thread. They are a little bigger (20cmx20cm), made in the following colours: red, yellow, black, white (again for the 4 directions), and then blue (sky) and green (earth).

These prayers are your very personal work and process and should be kept by you, not be exposed or touched by other people.



## THE BLANKET

The Visionary must bring with him a blanket or a towel where he has sewn an 8-pointed star.

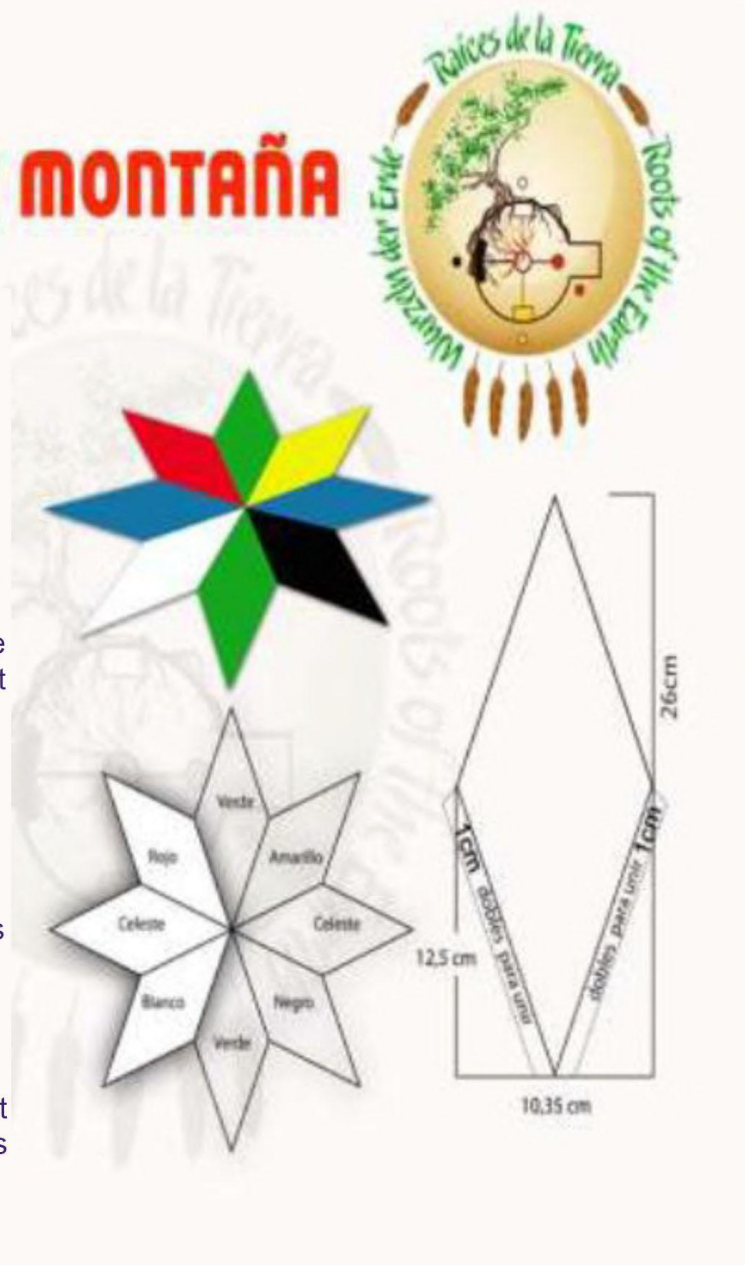
The star corresponds directly to the sacred geometry of the structure of the Inipi, to allow that the Visionary can communicate with his support during the Temazcal ceremony.

The star consists of 8 rhombuses forming an 8-pointed star which measures 52 cm from one tip to the other, the sacred number connected with being an elder of knowledge. Below, you find a picture with measurements and order of the 8 rhombuses. They are of the colors of the 4 directions (red, yellow, black, white), adding two green and two blue ones. The star will be sewn to a blanket to which you are tied or which is perceived to be right for this kind of personal experience.

## VISIÓN DE LA MONTAÑA

### The star for the blanket

The connection with your support will be through the prayers of the temazcal, this magical and spiritual contact is consolidated through the star. It is very important to create the star thinking about your support with which, during the vision quest, you will be one. The prayers, blessings and protections that your support will send you will reach all the way to your medicine circle. Sew the star with the heart, this will help your spiritual work during the vision quest. The star must be sewn to the blanket with which you will go up the mountain, this is in direct connection with the star it forms in the center of the temazcal.



## **The Moon Base**

A Woman in her Moon Time (menstruation) is within her very own special Ceremony during these days. If you will come to the Vision Quest shortly before, during, or shortly after your Moon Time, let us know in advance. Women of this Family are sharing their experiences and their knowledge with a lot of love, during our sweatlodges and also at other times.

## **Arrival at the Camp**

We meet on Wednesday afternoon. Male sure to arrive to the camp by 16.00.

Ceremony starts at Dawn on Thursday and ends on Sunday afternoon. Departure is starting 16.00.

The Vision Quest will be close to **Bad Kreuznach, Germany**.

We encourage you to organize car pooling (whatsapp group).

**Arrival by public transportation:** get to **Alsenz** train station. With everybody's help, we will organize your pick up.

We will share the location of the parking some days in advance.

## **What to bring:**

- plate, cup, cutlery (everybody)
- everything you need to camp comfortably: tent, sleeping bag, blankets (it can be cold at night!)
- REMEMBER: if you are going for your vision, you will need to sleep in the camp for one night, so you need your tent and camping gear. Once you go to the forest, you do not need your tent or flashlights etc.
- flash light/head lamp and power bank (be aware that there are no candles or stoves allowed, and there is no electricity for charging your devices – Take this invitation to leave your phone turned off 😊)
- Soaps, shampoo and other detergents must be ecological, natural and without chemicals, so they can go directly to the earth without harming her.
- Bring toilet paper and whipes if you need, there are no showers
- Clothes during Ceremony: This is a place of family and of approaching the sacred, of turning inwards. We recommend clothes that support us in connecting deeply with ourselves while also respecting the public and shared experience of the family: long pants/skirts and shirts/blouses covering the shoulders.
- Clothes for the sweatlodges: women wear a shirt/blouse (covering shoulders) and a skirt (covering the knees); men wear swimming trunks. Please do not come in underwear or speedos. You can bring slippers and a towel, which you will leave outside the ceremonial circle.
- Warm clothes for evenings and nights, comfortable clothes for working.
- personal first aid kit
- Make sure to have completes full registration: google doc, signed documents “Rules and Regulations”, “Declaration of Health” as well as completed payment.
- passport or official ID



## PROGRAM

Wednesday: Arrival at the site: First come to register, so we can greet you and let you know where to put your tent. Then you have enough time to built your tent, help others and come meet us in the circle for dinner. We will have a round of introduction and then take care that everyone has their prayers ready and the blanket with the star applied for the vision quest. If someone needs assistance or has open questions, we support each other, so that we will be ready to start ceremony at dawn.

Thursday: In the morning before the sun rises, we will open our ceremony with the first Temazcal. Seekers will head to the Holy Fire ready with their prayers and blanket. The seekers will then enter the Temazcal to prepare for departure and 4 days on the mountain. After the Temazcal, we will go to sow the seekers in the mountain: The supporter will accompany their seeker and make sure to remember the exact path to where they are. The supporters will then return to the camp where the sacred food will be waiting for us to start praying together for the vision seekers. At sunset the supporters will enter the Temazcal to pray for their seeker.

Friday and Saturday: At dawn and at dusk all supporters will enter the Temazcal to send strength for the day, warmth for the night and a prayer for a good life to their vision seeker.

Sunday: We will enter the Temazcal at dawn, then we will prepare the sacred foods for the return of the seekers... When the medicines of food and sweatlodge are ready, all the supporters will go to the mountain to meet the seekers. Remember not to talk to them, not to touch them and not to look them in the eye, let's give them the space and respect they deserve until the end of their ceremony. We will conclude with the Temazcal for the seekers. Then we will celebrate their descent from the mountain by sharing sacred foods prepared with love and dedication.

Thus ends our commitment of 4 days of sacred ceremony.

We can now start to take down the camp and kitchen. We support each other, we help where we can. Starting 16.00, we can leave the camp or stay a little longer to help.

As our ancestors said, we must always leave the place that hosted us better than we found it! So this space will remain clean and full of good prayers for us and for all our relations!

To sum it all up, we will share the experience of living in community, we will cook together, we will

eat together for the seekers and we will take care of each other as the spiritual family of the world that we are... We are all brothers and sisters, children of the same Mother Earth... so we will take care of all the children as if they were our children... they are the future.

### **Covering Costs through participation**

Everybody, including organizers and helping team, contributes to cover expenses.

Adults (18+): 150€.

Children 3 years and older: 25€.

Children 6 years and older: 50€.

Teenagers 13 and older: 100€.

If you want to support the family further, your contribution is very welcome.

The Medicine, the temazcales, they have no price. The reward of the family is the gift of walking this path. No payment could make us richer than being able to learn and advance as family. The above mentioned contribution is necessary to pay for expenses: renting the area, infrastructures built (kitchen, toilets...), materials, tools, shared food, the wood which keeps the sacred fire burning for our protection in these four days. Also, we pay for the flights of the family coming from Mexico to share this medicine with us.

### **Registration:**

The number of participants is limited.

Your registration is complete after we receive your contribution.

### **Bank account:**

Name of Account: Calendula e.V.

Bank: GLS Bank

IBAN: DE62 4306 0967 1276 7655 00

BIC: GENODEM1GLS

Reason of Payment: use your Initial, last name and „Vision Quest“