

Female: 50 years old

Hello!

Right now, I'm feeding the soil of my dreams to become a vision fast guide. I like to keep reminding the spirits that I have fallen in love with this path so whenever they see an opening to another step along the way, they think of me.

I would love to serve as a vision fast guide. I was first captured by the VF experience in my own vision fast in the Yolla Bolly Wilderness in a circle of women lead by Sarah and Cazeaux June 2012, through Earthways. The transformation I went through on Soldier Ridge, the invitations life gave me where huge! Being out in nature to receive guidance about what was most pressing and next in my life was both a big challenge and now, 2 years later, a beautiful gift.

I went up on the mountain because I was finishing a year of Ecotherapy studies at JFKU and I kept asking myself what does that look like, really look like, walk the talk look like to act on the idea that earth is a healer and she offers nature up as primary guide to us humans?

I kept asking, how can we engage in relationship with nature in a way that makes sense, in a way that our culture has forgotten, but taps into an ancient way of being with the earth? That question lead me into a 6+ month mentorship with Susan of Earthways in learning to facilitate community circles in the circle way model. I felt like, ahha! I had a little piece of it all, sitting in relational circle with others, within the big hearted relational circle of earth and her plants and creatures.

Honestly, that just stoked the fire on my hunger more. So I drove out to the desert near Big Pine and took a mirroring workshop with Joseph and Betsy at School of Lost Borders (SOLB), September 2012. There I learned more about the mysterious process I experienced on the mountain, how to listen deeply to others with a story ear, an ear listening to and speaking from the voice of the heart.

I didn't know much, but I knew then that the 4 or 5 years I spent before this learning to be an herbalist by walking the hillsides, collecting and preparing wild plants for medicine for my family and others tied straight into this

dream that keeps urging on me.

Shortly after the mirroring workshop, Betsy passed my name onto Sylvia and I was invited to assist for the 2 week Women's Vision Fast 2013 in the Inyos. It was another easy "yes!" because I had not only fallen in love with the work by then, I had also fallen in love with those desert mountains.

Before I could even get there, in May 2013, I got a call from Betsy saying they were looking for an assistant to help out with the SOLB Month Long Guides training. Yes! And, while I had to make a lot happen to reorganize my life in such a short amount of time I did assist the whole month of June 2013, holding space for 12 international participants and a host of guides who came to teach.

I spent my 50th birthday up in the Inyos with that group. I thought it was amazing that I was doing the work I so want to do in life at that moment I turned into my next cycle of becoming. During the month long I had a lot of opportunity to engage in the mirroring practice I learned the year before. And, of course, I went back to the desert September 2013 to help out with the group of 10-12 women in the SOLB fast.

Right now, I'm working another deep life commitment by co-facilitating a week long women's spiritual gathering of purification, intention setting, dancing and transformation through ceremony. It's a gathering of 60 women who come together along a river in Puget Sound in Washington. Just like the 4 days in the desert of a vision fast, that kind of life clarity and "intention invited" life happens through the week long container of ceremony and an all night dance from dusk to dawn called The Long Dance. Facilitating all that goes into that gathering is taking a year's worth of dedicated focus.

That will wrap up the first of August 2014 and still I wanted the spirit's to know that my heart is connected to walking the path of Vision Fast Guide.

There are several good people in the field who know me and can speak to their experience of me in this work: Sara Harris, Joseph Lazenka, Betsy Perluss, Petra Lentz-Snow, Sylvia Talavera, Ruth Wharton, Emerald North, Will Scott, Larry Hobbs, Cazeaux Nordstrom, Susan Kistin, Gigi Coyle.

I look forward to hearing from you so we can connect about future

collaborations together.

In deep gratitude for walking this path with intention and heart,  
Sage

- \* Master's Certificate in Ecotherapy 2012
- \* 6+ month apprenticing in facilitating Circle Councils - 2012
- \* Herbalist - 4+ years training
- \* Personal vision fast - June 2012
- \* SOLB mirroring workshop - September 2012
- \* SOLB Month Long Guides training assistant - June 2013
- \* SOLB Women's Fast assistant - September 2013
- \* Co-facilitator of Women's Way Long Dance 2013-2014 - currently, into August 2014
- \* 10 years facilitating purifications and ceremonies in Long Dance community