

## VISION QUEST – HABLECEYA

**Purifies the body - heals the 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.

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

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 we 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 as our only companions

everything that inhabits it, we silence the voices of our mind, we offer a fast and we allow the spaces of pain, loneliness, fear, misunderstanding to be occupied on a deep and subtle level by more luminous, brilliant and pure qualities, capable of to rise as sacred, divine beings with a purpose of their own.

Through all of this, nourishment comes that 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 love and sweetness, to give to all those who seek the best part of themselves a way to get it.

In every awakened spirit, the impulse to spread and sprout love for everything it has received is born and, and this fuels the spreading and keeping alive this sacred tradition , ever more topical and necessary

## **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, in not doing and abandoning oneself to 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, without distractions such as books, notebooks, manual work...

## **SUPPORT**

We are all One.

We are Network, interaction, 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.

FAMIGLIA RAICES DE LA TIERRA - Radici Italia

Every Visionary must choose a support, someone close to him who is willing to eat, drink, pray and purify himself for him.

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, and there all the supports are installed, at the camp where, during the 4 days of ceremony, everyone organizes themselves in community and work as a team for the common good.

During these days the whole life of the camp develops around 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; and around the Kitchen Fire, which represents the nurturing and maternal heart that feeds everyone involved.

All the tasks are lived in a group and with support and help.

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.

Each Vision is offered to a Spirit/direction:

The first in the East, place of light, where the Sun is born.

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

The third in the West, place of rest, of the night.

The fourth in the North, place of snow, white hair and wisdom

## **THE PRAYER**

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 he will occupy on the mountain, and to honor each cardinal direction and its respective spirits.

There are 400 small canvas bags, 100 for each sacred direction East, South, West, North

To carry out a Vision quest, 100 offerings of tobacco are made for each color of the directions, joined with a red thread, which symbolizes the thread of life.

They go as follows: 100 red, 100 yellow, 100 black, 100 white in canvas squares 10cm x 10cm with tobacco inside.

The bags are made one by one, making a prayer for each offering, they are all joined along the same thread.

You have to tie the thread to a stick that reaches the height of your heart and occasionally roll up the tobacco pouches, to ensure that they do not intertwine and knot.

At the end of the 400 bags, one of each color of 20 cm x 20 cm is made with some tobacco by adding a small blue bag (the sky) and a green one (the earth) which remain at the end of the stick into which prayers are rolled; the six big bags are called "padlock"



### 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 of 8 rhombuses forms an 8-pointed star which measures 52 cm from one end to the other (the sacred number connected with being an elder of knowledge)

It is made up of one color for each direction (red, yellow, black, white) plus two green and two blues; 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**

The woman is cyclical, her biological rhythms accompany the lunar rhythms.

The moment of menstruation is one of the phases of the cycle of women.

It is the release, in the form of blood, of all creation potential that is generated internally.

The menstrual period is a sacred time of purification and cleansing of an internal process, conscious or not, experienced every month by the woman which culminates in bleeding.

The blood of each woman carries with it a wisdom which, given to the earth, establishes a communication between the feelings and needs of the woman and the protection and nourishment that the earth gives to her.

Experiencing the vision quest ceremony accompanied by this sacred blood requires that the woman stay in an enclosed space, protected and cared for by other women: the lunar base

Here the visionary with her blood moon meets in a privileged state of communication between the sacred (spirit world) and her personal ability to perceive the sacred that dwells within her.

The visionary can receive many messages and understand various things, not only about herself, but also about her relationships and the whole community that she participates in the ceremony,

If you are aware that in the days of the ceremony you will most likely be accompanied by your lunar blood, we kindly ask you to get in touch with the organization; and if by the time you arrive at the camp you are in this special phase of your menstrual cycle, look for the woman who takes care of this ceremonial space.

It is advisable to bring washable sanitary pads and a small jar with a cap to be able to offer your blood to the Earth comfortably

## **HOW TO GET TO THE CAMP:**

coming soon

## **MATERIALS TO BRING**

- plate, glass or cup, cutlery
- everything you need to camp comfortably: tent, sleeping bag, pillow, light bulb
- soaps, shampoos and other detergents must be ecological, natural and without chemicals (so that they can be absorbed directly from the earth)
- toilet paper
- Clothes for the days of the ceremony: T-shirts, dresses or skirts (women); blouses, trousers or shorts (men)
- Clothes for the temazcal: skirt or dress (women), swimsuit (men), towel and slippers
- Warm clothes for the evening and comfortable clothes for work
- Personal first aid kit
- Registration receipt and payment fee
- Identity document or passport

## **INDIVIDUAL BEHAVIOR**

During the 4 days of the ceremony, out of respect for the spiritual work that is being carried out, it is forbidden:

- light fires
- consume alcoholic beverages and drugs
- record videos inside the circle without permission from members of the organization,
- publish photos of the area out of respect for the guardians of the mountain
- take photos of the Temazcal fire out of respect for the sacred ceremony
- have sex
- any other action or manifestation that distances from the spirit of communion and celebration of the Roots of the Earth family.

## **PROGRAM**

Wednesday: Arrival at the site and installation in the campsite, presentation of everyone in the circle and check that everyone has their prayers ready and the blanket with the star applied for the vision quest... (in case of not having everything ready, or not know how to do the prayers or the star, we will help each other to be all ready to start the search).



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, blanket and a small search crew. 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, each seeker is accompanied by his support. The supports 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 supports will enter the Temazcal to support and support their seeker.

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

Sunday: We will enter the Temazcal at dawn, then we will prepare the sacred foods for the return of the seekers...

When the dishes and the Temazcal 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 dedicated to seekers. Then we will celebrate their descent from the mountain by sharing sacred foods prepared with love and dedication.

Thus ends our compromise of 4 days.

We will then begin to dismantle the camp and the kitchen.

For greater comfort and support for people who come from far away or have to take a flight, it is also possible to stay on Sunday night in the campsite, so it will be easier to return to our peaceful places and nourished by good medicine!

On Monday morning we will have to leave the place of the ceremony...

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 relationships!

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

**CONTRIBUTION TO EXPENSES AND REGISTRATION:**

coming soon

**CONTACTS FOR INFORMATION AND REGISTRATION:**

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