



WILDERNESS QUEST

in the Utah Canyonlands

with **Rabia Elizabeth Roberts and Elias Amidon**
September 19 - 28, 2014

This is a nine-day rite of passage for people of all ages into the desert wilderness of south-east Utah. Out in these remote lands lies a vast world of space and silence, slickrock canyons, mesas and ancient towers of stone. To walk alone into this world is to step into the center of your life. It is fitting place to renew, clarify, or determine your life's purpose and direction.

This Quest, based on the model developed over 20 years by Rabia and Elias, begins with setting up a group basecamp out in the canyonlands. You will set up your individual tarp nearby.

For three days we train together in contemplative and traditional ways of being in nature, methods that evoke initiatory states of awareness. We work together to clarify your personal intentions and prepare for the dynamics of fasting, solitude and exposure. Emphasis is placed on ensuring one's own safety and the safety of everyone on the Quest.

On the morning of our fourth day in the desert you will ceremonially cross a threshold to spend three days and nights alone in a place of power that you have chosen. Most choose to fast while on their solo, consuming only water.

In this sacred world and time nothing happens by accident, and you are given the chance to attune your inner life with the rhythms of nature. *Who am I? Where do I go from here? Who are my people? What is my gift?* These are some of the questions that may arise for you while you are alone on your Quest.

During this time the guides remain at basecamp to provide physical and spiritual support as needed. Upon your return to basecamp we share stories and begin a group process of gentle re-entry,

providing opportunities to deepen and integrate your experience. On the final night we will share a dinner together and a night's lodging in Moab, Utah, to help ground our return to the "civilized" world.

Logistics and Costs

The Quest begins and ends in Moab, Utah. We meet in Moab at 7 PM on Friday, September 19. Besides driving to Moab, the best option for those coming from a distance is to fly to Salt Lake City, Utah, where you can take a scheduled shuttle to Moab --a beautiful 4 1/2 hours drive. Your return travel day is Sunday, September 28. We will circulate participants flight information to help you coordinate car pooling if you prefer from Salt Lake City or Denver airports. Those coming from other countries may want to come at least a day early to adjust to changes in time zone and altitude. The Canyonlands are about 4500 Ft. above sea level.

The fee for the Quest is \$900 per person; couples: \$1,600. You are expected to cover your own travel expenses to and from Moab, plus your meals in town and motel cost for two (or more) nights in Moab (about \$60/night double occupancy.) In addition, the cost for food at basecamp is divided equally among participants—about \$125 per person.)

Upon registration you will receive details about travel options and accommodations in Moab.

Registration

To register for the Wilderness Quest, please send your name, age, address, and email address to Rabia Roberts at rabia@wakinguptogether.org. In your email please describe why you want to undertake a quest at this time in your life.

A preparation packet with a more complete description of the Wilderness Quest, equipment list, logistical details, and a copy of *The Journey to the Sacred Mountain: A Vision Fast Handbook for Adults* will be sent upon acceptance of your registration. At that time, a \$250 deposit is due (we'll send you the details about how to make a bank transfer or where to send a check). If you cancel two months or more before the quest, \$200 of this is refundable. After that date, your deposit is nonrefundable.

Guides

Rabia Elizabeth Roberts and **Elias Amidon** are directors of the Boulder Institute for Nature and the Human Spirit. Rabia directs its current project on global change and feminine wisdom, Waking Up Together, and Elias is the Pir (spiritual director) of the Sufi Way International. They are trained wilderness rites-of-passage guides and have been leading quests for more than 20 years. They have evolved a pan-cultural approach to personal transformation and wilderness experience, with an emphasis on the interconnection of Spirit and Nature.

During the '90's they were founding faculty of the Masters Program in Environmental Leadership and the certificate program in Ecopsychology at Naropa University. They also co-created the Institute for Deep Ecology. For eighteen years they have been active in teaching and service in Southeast Asia, the Middle East, Europe, and the Americas. They have served on peace teams in Nicaragua, Burma, and Iraq. Their work is grounded in Buddhist and Sufi traditions. Elias and Elizabeth are editors of the books *Earth Prayers, Life Prayers, and Prayers for a Thousand Years*. And Elias has authored the spiritual books *The Open Path* and *Free Medicine for Everybody*. They are currently working on a book about their lives and work together: *Love and Dust: Bearing Witness from Selma to Kabul*.

This Wilderness Quest is sponsored by the Waking Up Together project of the Boulder Institute for Nature and the Human Spirit (a 501(c)3 organization), in association with the Sufi Way Ltd. (a Registered English Charity).