

# Wilderness Within

## August 19<sup>th</sup>-21<sup>st</sup>

“To be human is to become visible while carrying what is hidden as a gift to others.”  
-David Whyte

As our culture becomes more ungrounded and further from any form of wisdom, we must be willing to walk in the other direction. To return to the natural world from which we emerged and have radical conversations about what it means to be a human being in the 21<sup>st</sup> Century is an essential invitation for personal and communal healing. This experience will help deepen your own sense of wholeness and ask questions of your of ultimate purpose. We believe this work can be a catalyst for moving toward a more life enhancing, wildly creative world. As Mary Oliver asks, “What will you do with your one wild and precious life?”

### Details:

- Tulalip Mill Campground, Washington (FYI, they have a toilet/bathroom there!)
- We will carpool from Juanita Elementary WA Sunday 8/19 @ 2:00pm and return Tuesday 8/21 after lunch.
- \$200 plus any carpool costs (If cost is an issue please let us know.)
- Breakfast and dinners included. You are responsible for your own lunches. Please specify any dietary needs on application.
- Short application process ([see generationhope.com](http://generationhope.com))

### What to expect:

- Nature-based practices
- Group work/conversation
- Teaching: human wholeness map (based on the work of Bill Plotkin)
- Solo time, land walks
- Sleeping outside
- Intro to dream work, poetry, story
- \*No camping experience needed\*

### What to bring:

- Tent, sleeping bag and pad, camp chair (borrow don't buy!)
- WATER! There is no water at the site, so bring a filter and/or your own bottle(s).
- For the practices, you'll need a journal, headlamp, rhythm instrument (i.e. shaker or egg, small drum) and a watch other than your phone.
- Be prepared for the Washington wilderness! Bring rain gear/ umbrella, swimsuit, good walking shoes emergency whistle, bug spray and sun screen.
- Don't forget a spoon, bowl, personal toiletries, allergy medicine if needed, towel and your own coffee (instant) or tea.