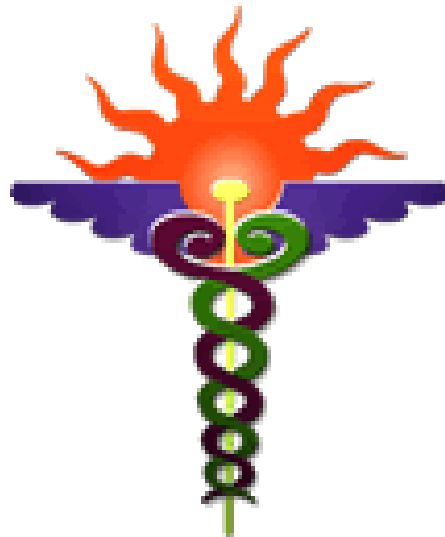


**Spirit of the Earth Medicine Society**  
**WOMEN'S VISION QUEST**

**September 11<sup>th</sup> – 16<sup>th</sup> 2020**

**LOCATION: PYRENEES RANGES, VICTORIA**



## **VISION QUEST:**

The Vision Quest is one of the most powerful and enduring experiences which is available to us in our contemporary society. It is an opportunity to step outside of all the routines of everyday life and see one's self and one's life through a new set of lenses. Drawing upon the ritual and traditions of indigenous cultures from around the world, and framed by the spiritual landscape of Australia, the Spirit of the Earth Medicine Society [SOTEMS] takes each participant into the wilderness to encounter the opening of a personal, spiritual pathway, a cleansing and renewal so that each may return regenerated. There are few opportunities like this within our contemporary society wherein we can step out of everyday life and submit ourselves to a process which clears our horizons. The Vision Quest is held in wilderness areas so that there is no contact with the circumstances of everyday life and immersion in Nature is maximized. It is a peerless experience.

### ***THE VISION QUEST INVOLVES:***

- *A meditation in nature, alone for 3 days, within a medicine wheel*
- *It occurs in a place which speaks to you and you alone*
- *It spans three days and three nights*
- *It requires the discipline of fasting and diminished sleep*
- *It involves facing the east each morning as the sun crosses the horizon so that Spirit may speak and renew you*
- *You are given songs and meditations which enrich and focus your vigil and search*
- *It begins and ends with the traditional purification of the sweat lodge ceremony*
- *There is the opportunity to share your story and to have your personal needs for integration of the experience met.*
- *It is, overall, a ceremony of transition and renewal*
- *For one week before the quest proper begins, you will be required to do daily meditations. Once you are registered for the quest, the details of these practices will be supplied to you.*

For this particular Vision Quest, we are offering a WOMEN'S ONLY space in which to journey.

Throughout the Vision Quest you will be supported by highly trained personnel (all women) from SOTEMS.

## **VISION QUEST LEADER:**

Maria-Elena Appendorff has been a member of SOTEMS for many years and is a Senior Ceremonial leader and an initiated Shaman within the SOTEMS traditions. Maria-Elena has been involved in the healing arts since she was recognised as a healer in her early teens, by a local medicine woman in her country of birth. A large part of her work and area of passion involves supporting the capacity of women to become connected to their inner strength and power.

## **LOCATION:**

The Vision Quest will be held surrounded by the Pyrenees Mountains in Ampitheatre, near Ararat, just over 2 hours drive from Melbourne CBD. These are the traditional lands of the Dja Dja Wurrung people. Whom we acknowledge as the traditional owners and custodians of the land.



## **SPIRIT OF THE EARTH MEDICINE SOCIETY:**

SOTEMS is an Australian community spiritual organization which is dedicated to the cultivation of medicine ways, the practices and philosophy which focus on healing: healing ourselves, others, the community and our relationship with the environment. SOTEMS is also profoundly committed to assisting in the creation of an Australian spirituality and has established ceremonial and healing practices which reflect this. For more information: [www.sotems.com.au](http://www.sotems.com.au)

## **COSTS:**

The 3-day Vision Quest cost is \$980.

An Early bird price is offered of \$880 for those that register ***before 31st March 2020.*** SOTEMS members are also offered the discounted price of \$880.

A deposit of \$200 is required to register for the Vision Quest with the balance paid by **Friday 14<sup>th</sup> AUGUST 2020**

Preferred method of payment is direct transfer. To ensure we can track your payments, please include 'WOMENS VQ' and your 'Name' to the description of the transfer and send an email notification of deposit to: [jessapple23@hotmail.com](mailto:jessapple23@hotmail.com)

Account Name : Spirit of the Earth Medicine Society  
BSB : 063-008 Account : 010031305

**NO refund on deposits after the 14<sup>th</sup> August 2020.**

**FURTHER INFORMATION:**

All participants need to be at the VQ site by 12pm on Friday 11<sup>th</sup> September and can leave on completion at 12pm Wednesday 16<sup>th</sup> September.

All participants will be sent additional information at least 4 weeks before the quest begins. This information will include the following:

1. Details of what camping items to bring
2. Details of Ceremonial objects to bring
3. A code of conduct for participating in the quest
4. Preparation requirements for the VQ (daily practices)

**CONTACT DETAILS:**

For more information and to register your attendance, please contact:

**Jessica**  
**0439 546 339**  
**[jessapple23@hotmail.com](mailto:jessapple23@hotmail.com)**



## SOTEMS WOMEN'S VISION QUEST 2020 REGISTRATION FORM



To register, please complete this form and email to: [jessapple23@hotmail.com](mailto:jessapple23@hotmail.com)

### YOUR DETAILS:

Name:

Address:

Phone number:

Email:

Age:

Date:

### EMERGENCY CONTACT INFORMATION:

Name:

Contact phone number:

Relationship:

The cost of the SOTEMS WOMEN'S 3 DAY VISION QUEST is **\$980**.

An **early bird price of \$880** is available for those who register **before 31<sup>st</sup> March**.

A deposit of \$200 is required to register for the Vision Quest.

**FULL PAYMENT REQUIRED BY FRIDAY 14<sup>th</sup> AUGUST 2020**

Direct transfer payment preferred. To ensure we can track your payments, please include 'WOMENS VQ' and your 'Name' to the description of the transfer and send an email notification of deposit to: [jessapple23@hotmail.com](mailto:jessapple23@hotmail.com)

*Account Name:* Spirit of the Earth Medicine Society

*BSB:* 063-008

*Account:* 010031305

**PLEASE NOTE:** NO REFUND ON DEPOSITS AFTER FRIDAY 14<sup>TH</sup> AUGUST 2020