

[View this email in your browser](#)



Dear Wildineers,

We will be gathering soon! We will be approaching April's New Moon towards Beltane's giant Full Moon; gathering among rooted beech, spruce, ash and cembra pine where red deer, fox, three-toes woodpecker and red-breasted flycatchers wander, feast and make their home together as dormouse scurry about and raptors circle high above. We will become immersed in green meadows and shaded woods where we will delve into the mysteries of multiplex wild conversations. Together we will learn to court further this magnificent world in which we live; a world abundant with miraculous fecundity. It is here that we will explore unfamiliar aspects of our psyches, where we will learn to cultivate wholeness and give voice to the protected parts who have served so admirably to keep us safe and who now need to come home from a war now over. Here we will invite and open to experiencing astonishment, surprise, numinous encounters and more on the way to bringing us in to our larger story, maybe even larger than we can begin to imagine right now.....

We are deeply honoured that you choose to attend the Natural Minds weeklong programme from 15 - 22 April. This email is to support and stir up some good trouble in your psycho-spiritual preparation for our gathering.

Preparation Activities

You may not need to do a whole lot to prepare because your psyche already knows what you've gotten yourself into this time and, most likely, some shifts or unravellings are already underway in the dark corners of your psyche where the real prep work happens. But, just in case you would like some conscious preparation, here it is:

- **Connect to the land or place which evokes wildness for you:** Offer it your full attention. When something draws your attention — a blazing sky at sunset, a fox cry, the morning and evening light on a tree, moving river's water — take the time to allow your awareness to surround it. Pay attention to the edge of your waking consciousness (i.e. subtle and fleeting thoughts, feelings, images, perceptions, memories, questions, doubts, waking dreams) and record what you find there in your Journal. If you do not have a journal already now might be a good time to get one.
- **Pay attention to and record your dreams,** remembering that from a Wild Mind/Soulcraft perspective, all dreams are significant, even the ones that are small glimpses. Maybe you can let your dreams live in you enough to be willing to share them with the group without reading your journal first. If you have not been dreaming recently, or if you have difficulty remembering your dreams, you might set an intention each night before going to sleep to remember your dreams and have your journal ready by the side of your bed. Ask dream maker to send you some juicy ones — oh, and, by-the-way, all dreams are juicy.

- **Begin or deepen your journaling.** We know you have so much spare time and will be looking for something to do....;) Here are some invitations to choose from:

- **What aspects of your wholeness are in need of cultivating.** Here are several examples of wholeness archetypes that might help you: the Nurturing Generative Adult; the Wild Indigenous One the emotive, instinctual, playful self, who is at home in body and in the more-than-human-world; the Innocent/Sage: wise, wily, one, who is at home in the big picture, paradox and eternity; the Muse/Beloved the imaginative, meaning attuned, introverted self that revels in night, dreams, transformation, destiny, and in the mysteries of her or his own existence.

- **Identify the subpersonalities or the less mature/fragmented selves** who supported you in childhood and adolescence to adapt to the challenges of family and culture, and who are now barriers to your wholeness. Examples of our subpersonalities are: rescuers, enablers, pleasers, inner critics, victims, rebels, conformists, entitled ones, escapists, addicts, and repressed shadowed selves.

- **Write about the stage of life you're in or about what stage is ending and/or beginning.** Record what transition(s), if any, you are going thru and how you feel about that. Wonder about what in you is getting ready to be born, or to die.

- **Notice if there are any parts of yourself that are afraid** as you step toward this work. Describe the fear.

- **Why you are called to participate in this program.** Be as specific as you can.

Highly recommended to bring with you:

- **Yoga Mat (optional).** We'll engage in stretching and simple beginner yoga poses. Perhaps, there will also be a session or two of medium to advanced yoga

sessions outside of the regular program times.

- **Camp chair (optional)** — Light-weight Crazy Creek-type chairs are acceptable options, but are hard on the sit-bones for extended periods of time. Whatever chair you bring should be low-to-the-ground for sitting in circle with others, and be light and easy to carry. You will likely be sitting for several hours a day and may be outside in light rain, so make sure it is one you can be comfortable in.



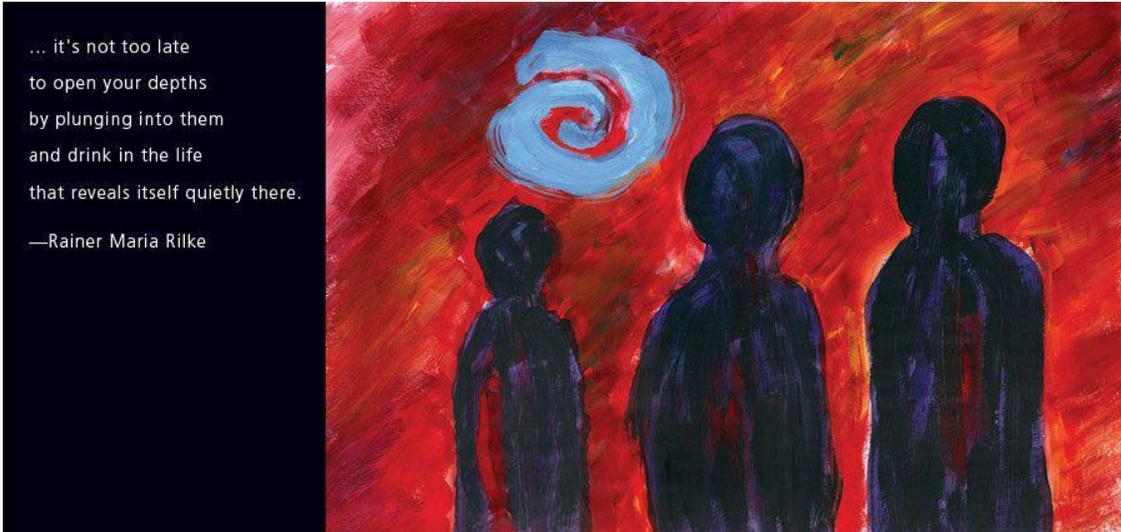
Highly recommended:

Helpful preparation reading is Bill Plotkin's books, *Wild Mind: A Field Guide to the Human Psyche*, *Soulcraft: Crossing into the Mysteries of Nature and Psyche* and *Nature and the Human Soul: Cultivating Wholeness and Community in a Fragmented World*

Check out the Animas Valley Institute's website: www.animas.org

Please let us know if you have any questions.

**Until soon deep rivers to you all,
Marije, Bogdan, Bell, Wendy and Doug**



... it's not too late
to open your depths
by plunging into them
and drink in the life
that reveals itself quietly there.
—Rainer Maria Rilke

