

***Inner Work Guidebook***  
**ACTIVITY: VISION QUEST**  
**Description and Detail of Activity**

**What is “Vision Quest?”**

“Vision Quest,” sometimes called a “Vision Fast,” is a rite of passage experience which originated in some Native American cultures and developed over thousands of years in diverse cultures. Through this evolutionary process, a common framework emerged for the rites. The “Vision Quest,” in modern culture, is frequently led by facilitators trained in the process who can provide a safe container for the experience to unfold. The core portion of the quest is undertaken outdoors, frequently in a harsh, desert environment. Vision Quests vary in length, but generally require 9 or 10 days in the outdoors. This rite of passage symbolizes the passing from one life stage to the next.

**Why do it?**

The vision quester is “called” to this experience from the depth of his or her soul, usually during a time of a life transition. A Vision Quest can be a powerful and deeply spiritual life-changing experience.

The Vision Quest experience is separated into three distinct stages. The first stage is “Separation.” This is a period of time in which the quester will prepare to sever from the former world and leave behind the life he/she has known.

The second stage is “the Threshold.” This is sometimes referred to as a journey to the “Sacred Mountain.” During this stage, the quester will be challenged to die to this old life and embrace the new. The Threshold stage experience their “solo” in nature. This usually includes fasting lasting for 3 to 4 days.

The third stage is “Incorporation.” During this stage which generally extends over the next year or so, the quester returns to society, and assumes the task of bringing this new vision into the world for the benefit of the larger community.

**How to do it?**

Below is a short list of organizations which offer vision quest experiences. These are counted as having long, reliable histories. For a more complex search, you can research “vision quest” on the internet. It is important to trust the guide leading you and to have confidence that he is skilled in providing a safe experience; and in facilitating and mirroring your vision quest story in a deep and mythic way. It is very important to research these organizations carefully to find the best fit for you.

*Soulcraft* by Bill Plotkin

**Rites of Passage Vision Quest** – <http://www.RitesofPassageVisionQuest.org>

**Animas Valley Institute** – <http://www.animas.org>

**The School of Lost Borders** – <http://www.schooloflostborders.org>

**The Seventh Quest** – <http://www.theseventhquest.com>

