



Using a Vision Quest to Support your Practice

Across native cultures, there is a practice of questing—of visioning, listening and being filled by the guiding energies of the earth and cosmos. These quests bring energies of clarity, support, guidance and healing – whether it is for body, mind, spirit, the community, the earth, a personal soul journey or the honoring of our ancestors.

The way of the vision quest is unique to the rituals and traditions of the individual that embarks on the quest. In many native cultures, the elders sent the young men and women out into the caves, mountains, rivers or desert to be with the spirit teachers of the earth. These early life quests were clarifying and helped support the individual in knowing his or her path or purpose. They also supported a connection to the spiritual dimension. The time spent in nature was filled with songs, prayers and offerings of herbs or tobacco. There might have been fasting to remove connection to the needs of the physical body, possibly allowing more room for spirit to come in and support the individual. After the individual received the vision or the message, he or she would integrate this wisdom into his or her life.

There are so many different types of vision quests, with their beautiful traditions and cultural dimensions. Generally, the intent of the quest is a sacred clarifying act that uses

connection with the spiritual dimensions. The visitation of guides, helpers and spiritual energies can also support the process as does the gifting of vision or visions. Enduring aloneness, quietude and the subjugation to the natural elements outside also play a role in vision questing.

A vision quest can also be used as a tool to help you gain insight for your practice. As Energy Medicine practitioners, we always connect to spirit with our hearts as we do our work. In addition to spirit working through us, spirit also runs through our practice — the sacred container for our work. As you read the following sections, allow the concepts to find a home within you and ask benevolent spirits to arrive in support your professional vision quest.

I hope that as you read the following aspects of a traditional vision quest, you are fully supported in creating a personalized sacred vision quest that supports your practice – your work’s sacred container.

Working in Time

Traditionally, individuals would go on a vision quest for days at a time. Because working in energy is timeless, do not feel that you have to leave for days. If you can, there is benefit to being away for a length of time and immersing yourself deeply in a devotional, prayerful respite away from the everyday rhythms of your life. However, do not feel constricted by time. You can set an intention that the time you have will perfectly support your visioning.

Answer for yourself, when is the perfect time? How long can I be away?

Selecting a Location

If you can, spend some time outdoors and connect with the sacred nature that is around you. Ask what from the outside is supporting your quest.

If there are aspects of nature that will support you during your time of visioning, connect to these elements of the outdoors in your vision quest ceremony. You might bring water from a nearby stream (or a picture of a stream), a feather that represents the air or a bird — with her great perspective — or a candle to represent the creative fire. Remember that there is the reality you can touch and see, and there is the reality that is beyond. Both are rooted in a reality that you can use in your ceremony.

Answer for yourself, where is the right place? Or, what do I need to bring with me from “the right place”?



Creating Sacred Space

Create your sacred ceremonial space intentionally, reverently and with great love in your heart. Connect and attune with your landscape, either the sacred nature that is literally around you or the sacred nature that you are bringing energetically to your visioning.

Answer for yourself, what is the perfect space for my heart to ask honest questions and where my soul is safe to open to the other worlds? What does it smell like? What does it look like? What are the sounds?

Meeting Your Spirit Guides

Connect with the spirits of nature. *How? you might ask.* The answer I like to give is: “You ask.” Open your heart, clear your mind, be humble, embrace awe and hold gratitude in your heart. Then, simply ask to be connected with those spirits that will best support your highest good. Wait. Be quiet. Stay open. Be honest in your heart. They will come. Remember, they might not be of animal form or ghostly spirit. There are so many dimensions and so many Spiritual earth-based teachers—the stones are alive, just as are the plants, the rivers, the rain and the wind. When your guides feel close, ask those who are supporting your Highest Good in this moment to stay present with you.

Answer for yourself, what are the qualities of this quiet, heart-open place? Remember that you receive information in many ways — thoughts, body sensations, emotions, voices or messages and visions, to name a few.

Making a Sacred Request and Listening

Once quiet and with your sacred counsel of benevolent guides and helpers, you have the opportunity to make a humble request. This request comes from your heart and your spirit. It arrives out of quietude and introspection. When visioning for your practice, you might start by asking how are you different from your work? What is your practice? What is the energy of your practice? After you create your question, there is a period of waiting for an answer. This practice teaches patience as you wait for the lessons or information that supports the full answer to your question. Many times in your quest, you will find the answer is more than the voices and the vision — check in with your body and see if the physical sensations or emotional feelings are helping to give you clear information or a knowing.

Answer for yourself, what unanswered questions linger in my heart concerning my practice?

Integration and Gratitude

After receiving the energy that is intended for you, it is necessary to allow yourself time to work with the messages from your guidance. Allow yourself space to ask more questions and reflect. Ask yourself if your quest is complete and pay attention to your thoughts and knowings, and how your body and emotions feel to receive the answer. If you feel, in any way, that you need to continue your quest — listen to that message. If you feel ready to close the quest, then do so. Look inward a last time, draw from the well of your gratitude and send honest gratefulness back to the spirits and the Earth that have supported you during your quest.

Answer for yourself, how has my consciousness been elevated around my practice and purpose?

The intent of the vision quest is to gain clarity. I invite you to enter into the sacred process of vision questing to support your practice as you ask deep questions from the honest well of your heart. May you uncover even more of the beauty and depth of your practice. ☺



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