



VISION QUEST

As soon as I set up my tent, created my earth shrines, and sat down, I slipped into the ancestral memory of being barefoot on homeland. In the forest I felt like a fish taking to water. I could feel this ancient existence moving within my body, an old ancient African woman filled with wisdom, filled with knowing the mountains, the forest, the animals. I was completely at home. Praying. All day long I prayed. And I loved praying everyday all day in such a way. With such attention to my life, I realized that the only way to heal and connect to life is to be with nature, to connect to the elements of life ---fire, water, earth, nature and minerals. I walked the earth around my area, feeling ordinary, yet filled with the presence of the talking creek and the rustling of wind beneath my dress. I heard in the wind, "Be divine in your own way. Listen and you will know."

Zenju Earthlyn Manuel

Dear questors, I invite you to my 6th annual Vision Quest 2009. Please go to my website for further information

One of the most nurturing gifts you can give yourself is to spend three days and three nights alone with Nature, where timelessness releases us from the burden of our crumbling modern world. A time for deep rest, and reflection. A place where you can rejuvenate and gain strength.

There will be a mandatory day long of preparation as a group. Sunday Sept 6th 2009. A packet of information will be sent upon request for those who are saying YES.

"Mbali is able to create sacred space that nurtures profound wisdom and insight. Her loving wisdom and intuition are catalysts for journeys into the deeper recesses of the heart and spirit. The Vision Quest experience was amazing, and I know will bear fruit for many years to come." T.T.

Where: Four Springs Retreat Center
14598 Sheveland Road
Middletown CA 95461

When: October 9-14th 2009

Cost: \$650 Pay Pal on Website.

Deposit Due: \$200 September 1st, 2009 (Non Refundable)

ALL Balance Due: \$450 October 1st, 2009

Please ask for payment plan.

For More Information: Contact Mbali Creazzo

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Email: mbalisangoma@att.net

Websites: www.ubuntuhumanity.org (Go to Individuals)

Registration: Attached