



What is it, this Vernal Equinox? This Spring?

It's a wild unleashing, and while it may sound kind of sweet, if you think about a little green sprout coming up through rock and dirt it's not that sweet. It takes incredible energy and intention. It takes pushing against hard ground or a frozen top. There is a power it takes that is not visible, a power and energy that is intense and brand new, that won't let us be quiet and sedate either.

The Vernal Equinox in the high desert of Central Oregon is a special time to use that energy to plant seeds in the soil of our own lives. There is mystery in this place. If you enter the landscape with reverence and a willing heart, the ancient land will whisper to your soul and ignite your deepest imagination. If you allow the vast beauty of the eroding canyon walls to permeate you, your cells will thrill to the memory of the starburst origins of your essential being. You may commit this time and your deep attention to that which nourishes and replenishes you. You may allow an infusion of beauty, awe and quiet to fill you with its immense sky, aromatic sage, deer, antelope, hawk and eagle— in a geologic wonderland 30 million years old.

We do this work in a place profoundly rich with awareness of its ancestors, the ones who have been here before— trees, plants, animals, sea creatures, people— and the ones who will be here after us. In these Hills, Canyons, and Valleys we find timelessness, boundlessness and the present moment expanded to include the ancient and the infinite.

Base camp will be on the John Day River, in a fully furnished and appointed retreat house. All meals will be shared and prepared for you as you turn your attention elsewhere...

Once you register, details of what to bring and how to prepare will be provided, as will carpool possibilities for the travel to Spray for our time together.

~Scout

*I will not die an unlived life
I will not live in fear
of falling or catching fire.
I choose to inhabit my days,
to allow my living to open me,
to make me less afraid,
more accessible,
to loosen my heart
until it becomes a wing,
a torch, a promise.*

*I choose to risk my significance;
to live so that which
came to me as seed
goes to the next as blossom
and that which
came to me as blossom,
goes on as fruit.*

By Dawna Markova



To register or for more details, go to www.yournatureconnect.com or contact Judy Todd at NatureConnect Excursions 503.260.4995