



# 2018 NATURE VIGIL PROGRAM PARTICIPANT INFORMATION

We are looking forward to your participation! This 4-session program is designed to support full engagement in your personal, work and community life. Inspired by the work of cultural anthropologist Dr. Angeles Arrien, the program focuses on four archetypes: the Leader, Healer, Visionary and Teacher. Each archetype corresponds to a cardinal direction. Each direction contains a set of practices synthesized from worldwide shamanic traditions. The program is intended to deepen our knowledge and application of these practices. These tools are cross-cultural and can be applied in any environment where leadership, wellbeing, creativity and wisdom are valued.

## **THE NORTH: THE WARRIOR**

*February 24/25*

Dominican University, San Rafael, CA

“Show up and choose to be present.” Full engagement allows us to access the human resources of power, presence and communication.

## **THE SOUTH: THE HEALER**

*April 21/22*

Dominican University, San Rafael, CA

“Paying attention to what has heart and meaning” opens us up to the human resources of love, gratitude, acknowledgement and validation.

## **THE EAST: THE VISIONARY - NATURE VIGIL**

*June 20-24*

Four Springs Retreat, Middletown, CA

The East (Summer) is devoted to vision and our life dream. The Nature Vigil is a 5-day experience that includes 4 days and 4 nights supervised camping on the land – to fast, meditate, pray and envision a path with heart and meaning. A modified Nature Vigil that takes place in a retreat room is also available.

## **THE WEST: THE TEACHER**

*September 22/23*

Dominican University, San Rafael, CA

“Being open to outcome, not attached to outcome” funds wisdom and objectivity.

## LOGISTICS — THE NORTH, THE SOUTH AND THE WEST

*February 24/25, April 21/22, September 22/23*

**Location:** Dominican University, 50 Acacia Avenue, San Rafael, CA 94901 - Caleruga Hall, Creekside Room (off Magnolia Avenue)

Founded in 1890, the Dominican University campus is located on stunningly beautiful grounds covering 80 wooded acres in quiet, residential San Rafael. The University is approximately a 40 – 45 minute drive from the San Francisco Airport and only 20 minutes to San Francisco and the East Bay.

For **Directions to Dominican University** go to [www.dominican.edu/about/campus/mapsandparking/directionstocampus](http://www.dominican.edu/about/campus/mapsandparking/directionstocampus)

For a **Campus Map** go to [www.dominican.edu/about/campus/mapsandparking](http://www.dominican.edu/about/campus/mapsandparking)

**Parking:** Parking is free. Please park in the Creekside Lot or the Edgehill Village Lower Lot. For a Parking Map visit [www.dominican.edu/about/campus/mapsandparking/parkingpolicy](http://www.dominican.edu/about/campus/mapsandparking/parkingpolicy)

**Accommodation:** There are a number of hotels within the vicinity of Dominican University. For a list of hotel accommodation options go to [www.dominican.edu/about/campus/accommodations](http://www.dominican.edu/about/campus/accommodations)

**Program Hours & What to Bring:** 9:30–4:30 on each day for February, April and September sessions. (For June session see Nature Vigil Participant Handbook at [www.thefourdirections.com/registration/#2018-four-directions-program-with-nature-vigil-registration](http://www.thefourdirections.com/registration/#2018-four-directions-program-with-nature-vigil-registration).) Dress for the program is comfortable and casual. Please be sure to bring a yoga mat, blanket or towel for Journey Work, a 20-minute meditation that is central to the work. Please bring along a journal as well, for recording your insights.

### **Lunch Options:**

*Caleruga Dining Hall* – serves Brunch on weekends from 11am – 1pm. Cost is \$9.95

*There are numerous restaurants* within a short driving distance just south of the University in downtown San Rafael (Grand Ave., 3rd and 4th Streets)

Lunch is not included in your program fee.

## LOGISTICS — THE EAST: NATURE VIGIL

*Wednesday June 20 to Sunday June 24*

Over the years, our experienced staff has supported thousands of people – many of whom have never camped overnight – to have a safe, deep and meaningful experience on the land. We encourage you to take this opportunity to spend time in solitude, on the land – to fast, meditate, pray and envision a path with heart and meaning. However, if you cannot camp out on the land, a Modified Nature Vigil, where participants spend their retreat time in a retreat room is also available. **Space for Modified Nature Vigil is limited so please let us know as soon as possible if you wish this option.**

### **NATURE VIGIL LOCATION & DIRECTIONS**

*Four Springs Retreat, 14598 Sheveland Rd.,  
Middletown, CA 95461*

The Retreat is approx. 85 miles from San Francisco, just north of the Napa Valley near Middletown, CA. San Francisco, Oakland and Sacramento Airports are all about two and half hours by car from Four Springs. The Retreat is a sacred sanctuary recognized around the world as an inspirational setting for reflection, study and personal transformation. For more on Four Springs visit [www.foursprings.org](http://www.foursprings.org).

### **For Driving Directions:**

[www.foursprings.org/travel.htm](http://www.foursprings.org/travel.htm)

### **Nature Vigil Participant Handbook:**

Please review this Handbook carefully. It contains detailed information on your Nature Vigil experience, including preparation, a list of supplies and equipment you will need, agendas maps, and logistics for each day. Please go to [www.thefourdirections.com/registration/#2018-four-directions-program-with-nature-vigil-registration](http://www.thefourdirections.com/registration/#2018-four-directions-program-with-nature-vigil-registration) and download a copy of your Nature Vigil Handbook.

We will be helping you to prepare for your time on the land and supporting you to integrate your experience and learning in each of The Four Directions sessions leading up to and following the Nature Vigil. Please feel free to contact Ellie Trainer at (905) 830-4475 or email [elinor@extraordinaryconversations.com](mailto:elinor@extraordinaryconversations.com) if you have questions or need additional information at this time. I'm looking forward to our journey together!

Best,  
Patrick O'Neill