

Vision Dive

A Questing Workbook



In Native American culture, a **Vision Quest** is a way to receive spiritual guidance. Traditionally, this is done alone in nature and allows you to connect to divinity and discover your life purpose. It can be a very intense process and requires much planning.

I have never done a traditional Vision Quest, but I like the idea of it. I'm also not Native American, so I don't know all of the traditional steps. However, in line with the purpose of my blog, learning how to coach yourself, I decided to make up my own, urban Vision Quest process. To clarify this from a traditional Quest, I'll call it a Vision Dive.

Preparation

First, pick your space and pick a day for your Dive. For many of my other projects, I've given an option to do it in one hour, but I think this will require at least a half-day, ~4 hours. The reason for this is that you really want to open up a space, even invoke a little boredom, to get your brain rested to receive guidance. You're trying to go beyond your conscious mind, and that takes some time.

This is designed for you to do at home, so tidy up one room or even a corner before you begin. If you live with a roommate, perhaps send them out for a film double-feature. If you live with your family, perhaps your partner can take the kids to a baseball game. Try to get 4 hours of uninterrupted time to yourself.



Materials

Read through the six steps before you take your Vision Dive. There are many different ways to take each step, all *personalized to your liking*, so you may need different things on hand to do your Vision Dive your way. Collect your materials in advance so you have everything ready. Here are some items you might need:

- * Journal
- * Tea
- * Music
- * Spiritual books
- * Incense
- * Art supplies
- * Tarot/oracle cards
- * Snacks or lunch

Step One: Ritual Cleanse

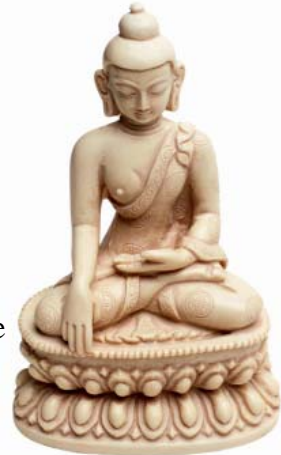
One thing most rituals have in common is a cleanse to begin, symbolizing leaving behind the everyday world and purifying yourself for the magic to come. This can be as simple as washing your hands with purpose or meditating with some incense, or more complicated like a full body bath in a remote mountain river. Choose what's right for you. Here are some options you can do at home.

- Wash your hands with the intention of removing the cares of the everyday world
- Make a cup of herbal tea and sip it while you focus on your intention
- Sit in meditation for 10-15 minutes with your favorite incense
- Light your favorite incense and carry it through your retreat space, saying something like "I am purifying my inner and outer space"

Step Two: Guide Invocation

When you are ready to begin your Dive, invoke a guide. Invite any helpful spirit that resonates with you; some examples follow. (If you're an atheist, simply pick a figure you admire.) Find an image of this figure or make a doodle/sketch/collage to represent him/her/it and keep this with you during your Dive. If more than one spirit wants to help you, great! But designate a primary spirit for your committee or give the team a name to make dialog easier.

- A spiritual figure like Buddha or Mary
- An ancestor like your great-grandmother
- Your animal spirit/totem
- An historical figure like Gandhi or Joan of Arc
- An artist you admire like da Vinci or Mozart
- A favorite teacher you've had
- A spirit personifying a quality you desire, like Peace or Balance
- Any figure you connect with



Step Three: Ask for Guidance

When you've identified your spirit(s), sit quietly and look at your image for 5-15 minutes. Think about why you admire this person/spirit and which qualities he/she possesses that will especially help you in your Dive. Then, write down a particular question. You may have many questions, but focus on the weightiest; prioritize one question for this session. You can always do another Vision Dive later. Here are some suggestions:

- What is my purpose in life?
- Why am I here?
- Why did ____ happen to me?
- How can I get over a creative block?
- What is my spiritual path?
- What next step do I need to take on my path?
- How can I find my soulmate?
- How can I repair my relationship with ____?
- Anything else on your mind



Step Four: Listen

Most of your Dive will be listening for the answer to your question. Practice many different types of listening. Try some still listening and some active listening. Here are some tools you can try; commit to at least 30 minutes of each activity, combining different ones to fill your 4 hours. For each activity, begin by reciting your question aloud.

- Silent meditation
- Walking meditation
- Draw, paint, collage, art journal, etc.
- Dance, tai chi, yoga, etc.
- Listen to instrumental music, birds, wind, traffic, etc.
- Watch clouds
- Use tarot cards, oracle cards, I-ching, runes, tea leaves, etc.
- Read an inspirational book associated with your spirit guide
- Give yourself a massage, EFT session, or reiki treatment
- Go for a swim or soak in the bathtub



Step Five: Record your Experience

Make a record of what you experienced on your Dive. You can do this by journaling, drawing, making an audio/video interview of yourself, or writing up a post in your blog.

Try to distill your experience into one, main take-away. This can be a quote, phrase, or mantra to commemorate your experience; or you can turn it into an art, writing, poetry, music, or dance project. Create something as a touchstone to remind yourself of your Vision Dive.

Step Six: Give Thanks

As you wrap up your Vision Dive, give thanks for the guidance and stillness you received. Even if you didn't receive any "Ah-Has" or revelatory answers, trust that the path will become more clear in time. Thank your guide for supporting you, and thank yourself for taking the time to go deeper!

Sample Vision Dive Schedule (4 hours)

Time	Task	Time	Task
12:00	Ritual Cleanse	2:00	Listen activity 3
12:15	Guide Invocation	2:30	Listen activity 4
12:30	Ask for Guidance	3:00	Listen activity 5
12:45	Listen activity 1	3:30	Record Experience
1:15	Listen activity 2	3:50	Give Thanks
1:45	Tea/snack break	4:00	Finish Diving!

I would love to know what you experienced on your Vision Dive. Feel free to share any part of your record (step five) with me at exploringyourdepths@gmail.com.

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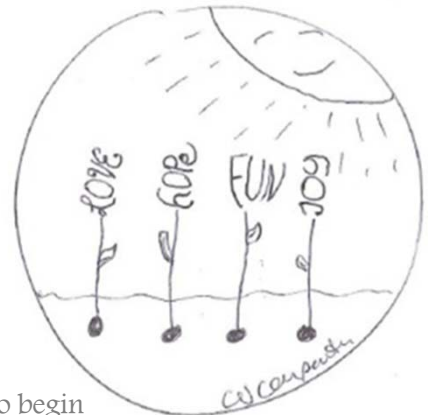
Creativity and Life Coaching

I have four coaching options including a free session.

Free

Free "Depth-Charge" Session, 30-45 minutes.
Set a Depth-Charge to shake things up!

If you are overwhelmed with the change(s) you want to make in your life and aren't sure where to begin



Paid sessions range from \$125-495 and focus on Work-Art balance, creative abundance and vitality, and accountability to make your creative dreams real!

See the [Coaching page](#) on Cathy's website for more information.

Tarot Reading and Classes

Are you confused, frustrated, and seeking answers? Have you over-thought an issue so much that you can't stand to think about it, but you still need to find a solution? Are you looking for outside help, a fresh pair of eyes, to help you work through your issue?

Let's ask my cards to help you with your issue! Book a reading today. Prices range \$25 to \$55.

Cathy also teaches a tele-class series, "Find Yourself in the Cards", based on the tarot archetypes of the major arcana. See [her site](#) for more information.

- * Fooling Around * Magician Ignition * High Priestess Secrets * Empress Yourself * Emperor Treasure *
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