

About Paul and Bernard:

About Paul:

Paul O'Halloran is a shaman and spiritual healer with over 20 years' experience in energy healing. He works to heal people, houses and land through his one to one healings, workshops and site visits. Paul heals and removes geopathic stress, spirits, imprints, curses and memories from both people and places. Paul teaches shamanic courses at practitioners and advanced levels. Paul also runs healing days around Ireland and regular sacred fire ceremonies in Oranmore Galway with Bernard. Please see www.pathwayteaching.com for more information.



About Bernard:

Bernard is a graduate student of the Healing Light Body School, Four Winds based on Inca energy medicine and trained with Alberto Villoldo and Don Jose Luis Herrera in Peru. A 'mesa carrier' with over 10+ years in energy work he is fascinated by the emergence of more conscious ways of doing business and works with organisations in a transformative way. His 'energy medicine' helps him integrate spirituality into the corporate world and his coaching/psychology background supports and guides his clients in leading a more fulfilled life. He quested many times with Leo Rutherford, Eagle's Wing and as a passionate hill walker Bernard enjoys nature and the importance of story telling for the integration of spiritual journeys.

Vision Quest Ireland

Paul O'Halloran and Bernard Chanliau

www.complementary-therapists.com/vision-quest.htm

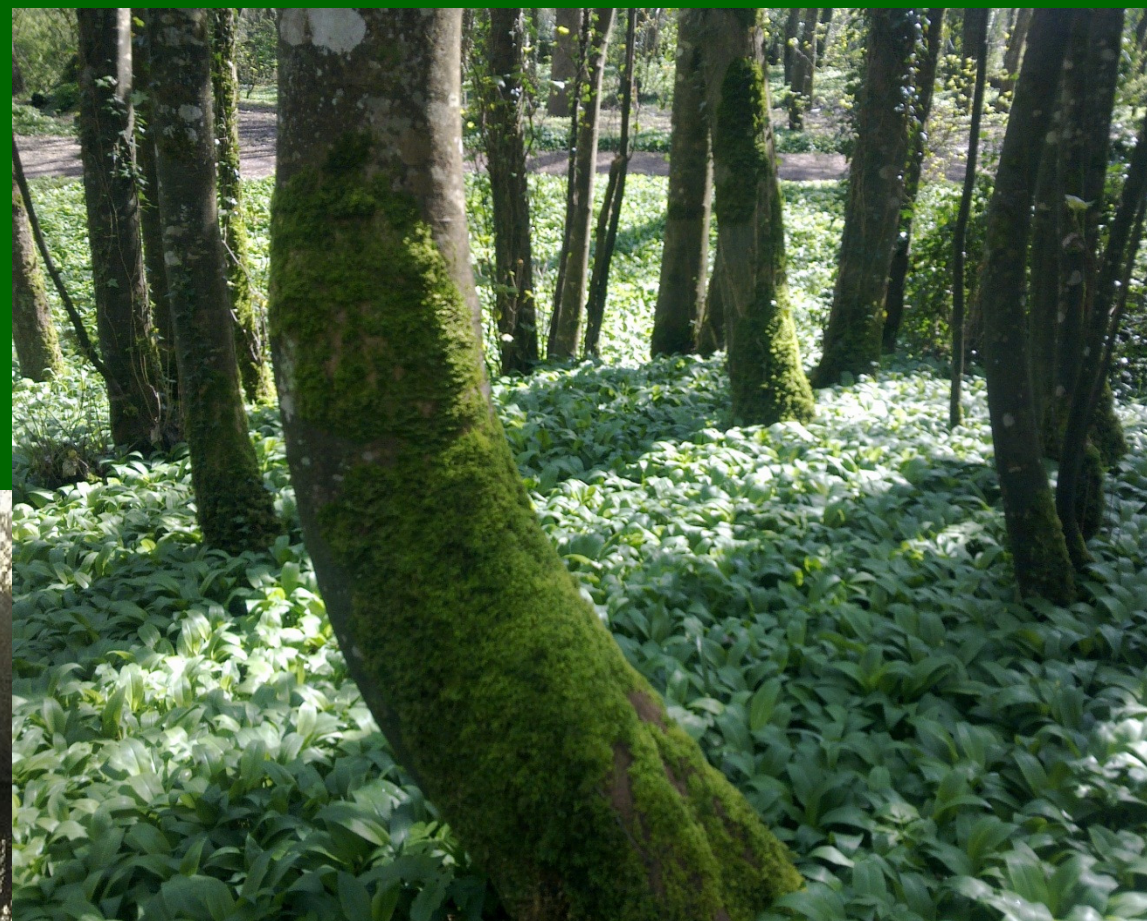
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“A Vision Quest is an experience of deeper understanding of Nature and Spirit”.

Black Elk

About Vision Quest

A Vision Quest is an ancient shamanic tradition, most commonly associated with Native American cultures, although now practiced all around the world. It is where people spend time in nature alone to seek answers from spirit, to heal, to find themselves and to recognize and embody their gifts for the benefit of community. Sometimes vision quest ceremonies are called ‘rites of passage’, where they are used to help individuals prepare from moving from childhood to adulthood or through some other form of transition. In the modern world vision quests are invaluable to helping people in times of change. This can be people seeking answers in a crisis, or those seeking a deeper spiritual understanding or those in need of healing.

Vision quests take place in nature, when you are alone so spirit can show you what you need to see within yourself in order for you to heal or find the answers you are looking for.

There are three phases in a vision quest:

1. Severance/ departure: where we separate from our everyday lives and stalk awareness for our questing place.
2. Transition: where you spend time in nature alone fasting and being with the infinity of existence in the enchanted woods of Oranmore.
3. Re-incorporation: where you return bearing gifts of unknown things which helps to reveal your Sacred Dream and access the energy and determination to live it. This phase involves sharing our experiences in circle.

Benefits of Vision Quest

- Healing emotional, physical and spiritual illness
- Connecting deeper to the nature spirits and spirits around you - ancestors, guides and angels
- Facing your fears in the support of a sacred and safe space
- Getting answers from spirit as to why you are here?
- Letting go of what does not serve you
- Help in finding your true self
- Help in finding balance and peace.

Vision Quest workshops

The workshops are held over a weekend starting on Friday afternoon 2pm and finishing on Sunday at 12pm. They are open to anyone who has done basic self-awareness and is familiar with being in nature or who would like to connect with nature at a deeper level. However, you will also be interviewed prior to being accepted to ensure you are ready. The cost is 225Euro per person.

Preparation and what to bring on your vision quest:

It is good to be prepared as you may have to face all weathers on your vision quest. Remember you will possibly be sitting meditating for periods of time so you may get colder than usual so it is advisable to bring the following:

- Warm clothes, heavy sweater, woolly hat, walking boots, warm socks and waterproof (breathable) gear
- A tent or tarpaulin or piece of plastic and ropes to create protection from weather
- Sleeping bag / survival bag or swag if you have one
- Something to sit on – yoga mat/pillow
- Personal journal, pen, torch and whistle
- Your sacred tools – rattle, drum
- Loo roll, tissues and 2 litres of water
- Offerings to spirit (tobacco, rice, chocolate, milk etc.)