

# Chris Walker VIP Vision Quest

a deep encounter with nature and therefore  
creation



Chris Walker

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*Back on Track*<sup>TM</sup>

Your Vision .....	3
Background.....	3
The key to the VIP Vision Quest is preparation:.	5
Vision Quest Instructions.....	5
AN ALL NIGHT VIP VISION QUEST? .....	7
The Evening Vision Quest involves:.....	8
The Vision Quest leader .....	9
The Location .....	9
Personal Preparations for the daily 30 minute Vision Quest.....	10
THE VISION QUEST PROCESS .....	12
Now, this is the most important part. ....	12
Soft Eyes.....	13
One way to guarantee that you do get visions in your VIP time is to let them come. ....	14
CLOSURE.....	14
Making Notes .....	15



# Your Vision

For the next weeks you will be doing your VIP vision quest. You do this at night for 30 minutes. It is really important to maintain your morning routine established in the first days of this programme and continue the first week forms

Before you do your daily VIP Vision Quest you follow the preparation guidelines listed below:

## Background

A vision quest is a powerful rite of passage, traditionally taken when it is time to meet the true self, discover ones calling for the next stage of life and live ones spiritual potential with meaning and purpose.

Small things become big problems when you outgrow your vision so, VIP VISION QUEST is the key to human challenge. Evolve...

There are many different process for Vision Quest. These include all traditional cultures and many Eastern Arts. The process you will be undertaking in this 14 day VIP vision quest is a process I have created using the best of the best from hundreds of Vision Quests I have undertaken myself with teachers and guides all over the world.

In your Vision Quest, you will be sharing a deep encounter with nature and therefore creation.

Your True Nature and Nature around you (the environment) connect you to your higher self and it is from this place that vision, true vision comes. It is important, just like your morning practice, not to drive to the venue but to choose some wonderful location right near your home so you don't waste time having to be somewhere and get back. The process will be done of an evening so that you don't interrupt your morning program (walkachi power hour etc) from introduction week.

The objective is to shift the boundary between you and your environment and once this is achieved shift the boundary between you and your soul (call this higher self, spirit, God, Universe, heaven or whatever makes you comfortable - however it must be a connection with something greater than self, senses, feelings and opinions, ego (emotions).

Since time immemorial, people have gone to the wilderness to seek guidance and renewal, to let their old lives and old selves die, to find the conditions where spirit may be rekindled, reborn within them.

You are doing this VIP - vision quest because you are wanting to move forward on your path: looking to expand your life, in order to manifest your vision. You do not want to become greedy and yet you do want to be ambitious and enjoy your life. A vision quest is a secret knowledge. You don't openly share the result but you do walk the path once you know it. That walking is done with conviction and peaceful, mindful consciousness. Walk don't run toward your vision.

# The Vision Quest

## The Size of Your Vision, Determines the Quality of Your Life

The VIP Vision Quest is a solo nature experience in which you spend 14 days and nights connecting within yourself and nature for just 30 minutes a each evening seeking personal truths, emotional release and spiritual clarity. The simplicity and powerful universality of this format means it works for people of all belief systems and religions, including anyone seeking a deeper connection to their life's purpose through this ancient rite of passage.

Traditionally Vision Quests are undertaken by people seeking to deepen their understanding of their life's purpose and associated Vision and as a rite of passage marking significant stages in life. The ceremonial aspect of the Vision Quest has the power to fundamentally transform and release you from long held emotional blocks and mental patterning.

In your VIP Vision Quest you are accepting that you ready to remove obstacles in your life which are currently blocking your personal growth and the fulfilment of your unique Vision. During the 14 day VIP Vision Quest try to stay calm, not travel too much, and be ready to respond to the moment as guided by your heart, to write down thoughts, ideas and inspirations as they come, anywhere and anytime.

In essence the VIP Vision Quest is a fast from all things that are familiar in our normal life and includes changing your diet, eliminating alcohol, caffeine, sugar, white foods, wheat, dairy and red meat. All the dependencies. We also recommend a 5 day juice cleanse to help formally break old patterns and free your higher nature to experience yourself in a whole new way.

NB: While the words "vision quest" are representative of distinctive North American heritage this program is not of North American origin: solo wilderness retreats have been found across all cultures since time began. We are all gifted with a Vision for our life's purpose which we can seek out in the silence of the natural world. Even in 30 minutes a day.

# The key to the VIP Vision Quest is preparation:

You will know that the traditional vision quest is conducted in remote bushland and is usually 4-10 days of isolation. But in this 30 day program we consciously create many of the experiences of bushland isolation by sharing skills such as the columns of discard and emotional showering. Hence we eliminate the clumsy variables that may or may not happen in a forest and teach them as skills. This vision quest is part of a month long program and the essence of the two weeks is far more intense than the traditional process.

Here's why this process works so well: Firstly you will be doing your morning routine, exercising, burst training, doing thankfulness and corpse pose every day and so you will be creating a mindful approach to your own emotional agenda, or put more simply, your limitations will become transparent and this will open new energy and possibilities. Second you will complete, hand in hand with your vision quest, one of the most paradigm shifting weeks for your identity and personality and so, you will be open and prepared. Finally, you be learning some amazing process that is not known to all the traditional process, you'll be able to cut deep fast because you will understand the merits of balance, centred and calm living and this alone means you will move beyond intellect and rhetoric as your internal compass.

## Vision Quest Instructions

### 1. Be Alone in Nature During and After Sunset

Being alone in nature at night brings authenticity and authority for you to tell your own stories and determine your own myths; to face your own pain and wrestle with your monsters. You are supported and challenged in finding your passion, purpose, and power; in creating meaning, defining your own measure of success, and making your own decisions -- and most importantly, in healing yourself. It is a daily ceremony with the challenge of solitude, fasting and exposure to nature. It helps you to affirm your inner strengths and capacities, face your fears, and listen to the song of our own soul rather than the world's distracting drumbeat.

We're not so far from the lives our ancestors lived that were close to the intimate rhythms of nature. Travel back a hundred years, a thousand years, and it's all right there: the sound of birdsong cutting through a crystal clear morning, the majesty of a sky full of starlight so bright that you can walk around under its glow, the wind whipping through a terrain of deep silence, the feeling of animal beings in their own home territory. We are not separate from the rest of creation, and the loss of our relationship to nature has meant losing part of our own soul. In the natural world, a mirror of "human nature," we can rediscover our wholeness, and there we have the capacity to renew ourselves.

Being alone at night in nature, you affirm an unbreakable bond between your human nature and natural world. The time spent alone in nature, whether it be down the back of your garden or in a nearby park or beach (please don't drive to your chosen place and especially if you are female, choose a place where you know you can relax free from harm). You can even do a vision walk - instead of sitting still (please ask about this option as it is rarely as beneficial for the beginner)

This daily practice needs to be your ME time. It is a time when you must leave family, friends and work behind and go off alone, looking within to discover your changes and visions in the circle of life. The Chris Walker VIP Vision Quest is the name of this journey. People in any life stage or transition will find meaning in this powerful process.

## 2. Respecting the Integrity of this pathway

This path has been followed by human beings for thousands of years. You hear these questions calling you-- "Who am I?" "Why am I here?" "Where have I been?" "Where am I going?" Don't be afraid of the questions... they are in the heart of every human being, seeking answers. Despite being unsure, you know this is something you have to do for the sake of your life and those you care about. Nothing makes more sense than to know your purpose and vision and to be enthusiastic about engaging it.

Solitude has been a part of mystical and initiatory paths throughout human history. It throws us back on ourselves, inviting us to discover our own deepest nature and to open ourselves to the richness of our soul life.

Immersion in nature takes us back to the truth, that we are part of the Great Mystery and not the masters of it. We return to our place in the natural world with humility and gratitude, finding renewal and reflection in the wonder of creation.

Fasting (except for water) for at least 3 hours before you do your VIP vision quest 30 minutes is another ancient cross-cultural practice, one that opens the mind and heart. Most people are able to fast during the afternoon and evening simply by skipping the evening meal altogether. This is weird at first but in the end, it's a habit for life. The practice can be modified for people who cannot fast.

Traditional Vision Quests take place in the context of community. The gifts from the ceremony of understanding, love and compassion help renew and nourish the whole of society. This allows for deep sharing and witnessing; from there, the healing circle of community is carried home to loved ones, and out into the world. So, in the isolation of space in nature, we are considering how we can contribute to our community, not just self, but family, community and world community. This is the context of Vision Quest. All ideas link from the self (what I want) to others (what makes a difference)

There is a time for sharing with family. But this is best held silent until the 30 days of your program are over. After you come home from your VIP Vision Quest time, just sit quietly with family, try not to work on computers, or watch TV. Just sit and if needed make notes to yourself about your discoveries. Keep your notes completely confidential, It is a work in progress until it's over.

On the last evening of the 14 Day Vision Quest you may choose to take your whole family or a buddy out into nature to your spot and share with them what you've been experiencing. This is wonderful. However, all visions would be wise to be processed with Chris Walker before sharing.

During the Vision Quest solo period each day, you will enter sacred time and space, sitting by yourself in the wildness, garden of nature. In the weakness of fasting [or eating lightly], you become more open and transparent. You live between the inner world of dreams, feelings, fantasies and the outer world of cold night air, the warming sun, the sound of a dogs howling, the sight of a lizard doing pushups, the vast view of a simple tree and this is where you can travel by looking upward. Upward is where the universe shines on you, so you can even lie down on the grass or sit in a lazy chair so your head is at 45degrees to the earth and your eyes are vertical up to the sky.

You may be visited by dragons, whose names are loneliness, boredom, fear, and regret, among others. You engage them with your heart and spirit, recognising them as worthwhile opponents. They push you into your depths.

Time can slow down in your Chris Walker VIP Vision Quest, so, it's essential to have a very quiet alarm to signal 5 minutes remaining. The stillness of the night can be very powerful. As your thoughts begin to empty out, you can look into the pool of your own being, noticing how you are, what your dreams are made of, what you need to let go of. The sacred dimension is present there, and you can enter it naturally. It is possible to feel connected to everything, to the small fly buzzing, to the flower, the cat in its special home, to the moon and stars wheeling overhead at night. Accept all the noises, cars and people and whatever. They are part of nature too. They remind you and they are you.

If you find yourself not progressing along the way, it is often because of two things:

Poor preparation - See details below  
Trying too hard below.

# AN ALL NIGHT VIP VISION QUEST?

(OPTIONAL BUT RECOMMENDED) ABSOLUTE DEPTHS

Sometimes it is beautiful, when you feel the call, to do an all night vigil. This means staying out in the back yard - with appropriate warm gear - small mattress - lying on your back staying awake or sitting in a chair. Make a special night of it. Make sure you have no work commitments the next day and stay safe and warm. Being outdoors for a whole night or even a part of it, without tent between you and the universe, just sleeping bag or blanket and repellent is an old magical tradition and a great gift.

If you choose to do an all night, which I love to do, build a circle of stones around your space to represent your life, entering it in the evening and trying to remain awake until the dawn releases you. During the long night, you can sit, stand, dance, sing, pray, or just huddle from the cold. No iPods or electronic gear - note pad is great to make notes of visions. During this night you are bearing witness to your own death and rebirth. You will see what is important to carry into your new life, and what needs to be left behind? You ask the Spirit, the universe or your Soul to help you find your way. Your prayers may be answered as the first rays of sunlight pierce the darkness and then it will be time to come down off the "mountain" and begin the journey back.

And the sunset itself in waves of ether  
Is such that I can't say with certainty  
Whether day is ending, or the world, or whether  
The secret of secrets is again in me.

~Anna Akhmatova

The return into your house from the all night Vision Quest can be a time of great energy and joy, celebrating the healing and wholeness that you have found. After you return to the house you may feel in some way exhausted and want to sleep or take coffee but steel yourself instead. Smile deeply, cuddle and hold those you love. Don't shatter the silence, keep the TV off and if the kids insist, it's ok, let it be. Be with them silently. Open your heart to those you love make them breakfast, cuddle and hold them. It will be profound and so wonderful. Avoid intimacy of a sexual nature with your partner, simply be and give and love.

Share a delicious breakfast, in your home, not at the cafe, and make the day a home day. Spend the balance of this day, exploring the revelations of the Chris Walker VIP Vision Quest, reflecting the beauty and meaning of each vision by breaking it into a Be, Do, Have sequence. Do this mindfully, it is so easy to become infatuated instead of inspired.

The real task of the day is to re-enter your life, bringing your unique gifts and opened heart back to family, friends and community.

As Mirabai asks, "Without the energy that lifts mountains, how am I to live?" How can I bring my vision into my world, the world of work, relationships and ordinary life? The energy of the wilderness has flowed into us as healing, and from us enters the world.

## The Evening Vision Quest involves:

- A meditation in nature, alone, in a place that's special to you
- It occurs in a place which speaks to you and you alone
- It spans fourteen days and thirteen nights
- It requires the discipline of fasting (change of diet) and diminished sleep on one night
- It involves facing the east each morning as the sun crosses the horizon so that Spirit may speak and renew you during the day
- You can choose songs and meditations which enrich and focus your preparation for your vigil and search

- It begins and ends with the traditional gratitude ceremony
- There is the opportunity to share your story and to have your personal needs for integration of the experience met by through coaching with Chris each morning.
- It is, overall, a ceremony of transition and renewal

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Before you begin the Chris Walker VIP Vision Quest proper, you will be required to do a sequence of daily balancing exercises. These sheets include: benefits of happiness and sadness, benefits of health and illness, benefits of good you and not. And if you were lucky to progress that far, there will be thank you letters you have written are a pure form of meditations. (not always completed in time and will follow)

Throughout and beyond the vigil, you are supported by Chris Walker. If you have any questions or feel overwhelmed please text him day or night.

## The Vision Quest leader

Although Chris is not with you in person while you do your Chris Walker VIP Vision Quest he asks that you text him when you start your preparation. He will be supporting you in many ways.

Chris, apart from his Business and Academic skills has worked with healers and shamans in many cultures. He has been conducting Vision Quests for over 30 years. Amongst many qualifications, in Business and Environment, Chris has studied Nature, Yoga , Tibetan healing, Ayurveda and Zen.

## The Location

The Vision Quest is held in nature areas so that there is no contact with the circumstances of everyday life and immersion in Nature is maximised. The Chris Walker VIP Vision Quest has been run in Nepal Himalayas, Bhutan, Tibet, Bali, India, Australia, New Zealand and Canada. These are ancient places, 3-400 million years of history, but when you step into your garden and look at the trees and rocks and then to the sky, you are seeing Trillions of years of history. Always remember that the light that comes from stars at night, is millions of years old, is love, universal energy and it brings with it, your Vision, VIP, try to enjoy the experience and empty yourself to let it in.

# Personal Preparations for the daily 30 minute Vision Quest

Not including the all night vigil, the normal routine for the seven days of Chris Walker VIP Vision Quest are listed here.

1. Physical:
2. Mental
3. Intellectual
4. Spiritual

## 1. Physical Preparation

At the end of a long day your body can be bound up with all sorts of feelings - and we need to balance this out because a balanced body brings a balanced mind.

It's always great to clear the air between the day and the night by having a swim or a jog or whatever. But please, please, unless it's snowing, do it outdoors. We're indoors enough already.

I have placed on the web site a link to a page of short video's - showing simple yoga movements - and even some Qigong movements - that are great body balancing exercises.

There is also a short video of Catarina, demonstrating the vision quest sitting posture. You can use a chair or put blocks under your seat if you can't cross your legs like her. This is the position for Vision Quest.

## 2. Mental Preparation

On returning home from a day's work I recommend everyday to do the emotional shower (four columns) - it's a way of really turning up at home ... and it's the ideal process to do before you step into your vision session outdoors.

It is so simple... it goes like this:

What did I do great today?

Where could I have done that better?

What did I do not so good today?

What is the blessing in what was not good today?

You simply go down each column and balance the day. Every day is perfect balance, sometimes we just don't see it.

### 3. Intellectual Preparation

This is a great technique - I will describe it for you but you can modify it to suit your needs.

Stand or sit with your palms facing up to the sky with your arms out 45 degrees to your side. Open your palms to receive whatever falls in and start to breath deeply. Look up with your head 45 degrees and with your eyes the rest of the way to vertical (another 45 degrees) now, in your mind, start running through everything and everyone you can be thankful for knowing. Continue this process keeping your hands out to your sides and reciting as many things as possible, like: the car, the road, the light bulb, the moon, the air, the computer, and so on.

Finally shift your thankfulness to people who are not in your company right now. Like the kids or an ex partner, your family and then continue to include people long forgotten who may have come into your life and gone. Now shift to those not living. And slow down. These not living people are here in another form and all you need to do is the above exercise in order to connect with them any time.

This exercise connects you to the higher realms of inspiration. Now when you get there and feel the presence of those people passed from their body, you can open your heart and ask them, or the universe or nature, "do you have a message for me today?"

Summary

1. Stand with feet apart and palms facing upward - arms out 45 degrees
2. Breathe deep
3. Look up 45 degrees with head and another 45 degrees with eyes
4. Start gratitude exercise
5. Move to people not with you right now
6. Move to people who are no longer with you in body
7. Sending thank you's and connections as if they were right with you
8. Ask "do you have a message for me today"
9. This inspires the intellect

This exercise can take 5-15 minutes

### 4. Spiritual Preparation

This is very easy... because spiritual preparation is almost automatic. You need to just sit or stand and relax and look around you for the beauty of patterns in nature. If you can engage the senses all at once in one thing it is perfect. Listen to the silence, smell the air (light some incense or similar), Look for beauty, taste sweetness (i often use a boiled lollie or butter menthol to make my mouth sweet or drink sweet herbal tea) and touch, feel the air, feel the wood, the earth. Now repeat "I need nothing, want nothing and therefore I have everything" It's a matter of being 110% in the moment with no desire to elsewhere.

If you can hold this for more than a few minutes you are amazing... it's a difficult exercise so, even a moment or two is great. It's called "emptiness" in Zen. It is called "being in the moment" in current books and "in the zone" in sport. Actually, in relationship this is a real moment of unconditional love. "I need nothing from you. I want nothing from you. And therefore I have everything with you" it's not romantic.. it's absolute sacred love.

# THE VISION QUEST PROCESS

Find a place to sit that you feel is comfortable and special to you. It is wise to make it the same place each day, but that's often not possible due to weather. Even in the rain I'd suggest an umbrella and rain top rather than skip a day.

The ideal time is sunset and later. The preparation listed above can be done in your chosen place or elsewhere. Important however, is not to talk to anyone once you've begun your preparation. It's only two weeks of this.

I recommend no food 2-3 hours before your Chris Walker VIP Vision Quest ... so either eat well at lunch and skip dinner, (my preferred option for the VIP weeks) or drink dinner in the form of smoothie with slow carb high protein. Skip fruit before a VIP.

Each day you will be asking for Vision to come to you in the form of pictures or words from the sky and my suggestion is to focus each night on a different area of life (the seven on the wheel) - but, then the soul doesn't always think in segments so, although your attention might be for relationship, or financial or spiritual you may need to be open to all of cross over.

## Now, this is the most important part.

People often ask what is my vision? What do I want to do in the future? and they then go searching for ideas about where they'd love to be and what they'd love to be doing. This is more often than not, fantasy or just more of the same which is not really a vision.

A vision quest is the complete opposite. The vision quest is an acknowledgement that you have no earthly idea of where you are going. You have prepared by stretching your body, you've cleared your mind and inspired your intellect, you've turned up spiritually, now, in the vision quest it is time to let go.

This is one of the hardest exercises I have ever done. To sit and receive. To trust that when you have stillness in your body, balance in your mind, thankfulness in your heart and humility in your spirit, things will come. It's hard but it works.

The soul thinks in pictures. So you usually don't get words like "go play tennis David" or "become CEO of a big firm Mary" no you get a picture like a dream or something. You might even get a story - a movie. The key, is don't question it. Don't throw it out. Write it or sketch it. Sometimes it's a jigsaw puzzle and you need to be like a child, open and wondrous.

This is the difference between a fantasy and a vision. In a vision, you are so in the present that it expands to reveal the future right here in the now.

So, for 30 minutes a day, sitting in the twilight, alone, without ipod or ipad, or anything that makes a noise other than your heartbeat you are to wait.

## Soft Eyes

In the harshness of city living we develop hard eyes. Eyes that search, eyes that pierce, eyes that desire, eyes that blame, eyes that bully others. So in spiritual spaces you can remember what it is like to have soft eyes. Sometimes it is best not to close your eyes. Closed eyes makes you drift. Better to look steadily, softly at something. Become absorbed in it. Focus on it. Soft eyes. To create soft eyes, use peripheral vision rather than laser vision which is purely head thinking. Peripheral eyes soften and open mind and heart. You can do this with practice.

When you lose concentration go easy. Don't be harsh. Harsh frightens away vision.

Sometimes when I lose the vision space, the emptiness I go back to the preparation and do it again. Other times I just try patience.

Beside you while you do vision quest there will be a note pad, and an easy to see felt pen... Make the pad a sketch book without lines, When you get a picture scribble some thoughts in large felt script, or even make a drawing or whatever, but remember, these moments of vision are priceless treasure and they never, ever return. Be thankful, don't question whatever comes, just scribble it down in some way and get back into your position. You can get up to 50 visions in 30 minutes...

And sometimes none

# One way to guarantee that you do get visions in your VIP time is to let them come.

Imagine that a vision that comes to you is like a feather. If you grab for it, you push it away. Open your hands and heart and let it come. Lower your expectations because expectations block love. Just get what comes, note it, don't try to understand it. Just be thankful. If you are unthankful for whatever happens you will be turning off the tap of universal energy. Remember, nothing comes from you, only through you.

Simply, don't force it, let it come and if nothing comes, write down, "I have an empty sheet" therefore "everything is possible."

## CLOSURE

When you finish your evening or all night VIP vision quest you will be wide open and it will be very easy to become upset or emotionally fragile. Don't do anything mad after your session.

Close with a little prayer with your hands in front of your chest and thank the grass, the trees, the time and space, thank everything earthly around you. Even the Mosquitoes can get an applause. Slowly re-enter the material world and be mindful that you are in a very high space and people will be attracted to it.

It's not uncommon to feel frisky (ok Horny) at this time. It's not about abstinence but it is about being aware that your ego can hijack your whole experience and run off with it. Vision builds energy and storing that energy is about getting used to the power of a new vision. If your habit is to sex your energy to make you feel comfortable with your energy levels, maybe this is an opportunity to sit with it.

# Making Notes

After you come inside from your 30 minute Chris Walker VIP vision quest you will have a notepad with words and pictures, thoughts that have come to you, or sketches you've drawn.

There are forms I've sent you for the Chris Walker VIP Vision Quest program and these forms can be used to log and to flush out what the notes might have meant.

It is important to enjoy this process. No need to force it.

When I do my VIP Vision sessions I get up to 50 visions (nearly 10 for each area) in a week. And putting those into be do and have sequence is fun. If you end up with just a few, that's ok.

You can transcribe your notes on the night or choose a time tomorrow but don't leave it past the next evening vision quest.

Calm is best for the two weeks. Read a book or draw or just sit with your partner. No phones or computers between your VIP and Bed if possible.

Please don't over think it.

Once you complete your notes in be, do and have then take those sheets, and the VIP Vision Quest sketches and place them in an envelope, seal it, and never open it.

So, there it is. Any questions - text, call or email... I'm here