



Preparation Information for Writing the Wild Soul Online

Welcome! We are very pleased you'll be joining us for our virtual gathering of Writing the Wild Soul. Please read this letter carefully, as it contains important information regarding our time together with suggestions for how to tend to yourself and your space in order to cultivate as much depth and sacredness as possible. If you have logistical questions prior to the start of the program, you are welcome to email Jeanine - Animas Program Manager at soulcraft@animas.org.

Geneen Marie Haugen

PROGRAM SCHEDULE:

This online program will meet via Zoom, 10:00 am to 1:00 pm Mountain time, on the following Thursdays: April 1, 8, 15, 22, 29, 2021.

There will also be an opportunity for a 1-hour one-on-one conversation with Geneen, most likely sometime between weeks 3 and 4.

Out of respect for the entire group and the sacred space we are cultivating, please be on time and plan to stay for the full duration of our calls, as well as the full duration of the program. Please also make an effort to be a full participant during our time together. We realize that you will likely be sheltering at home and wandering from there. The more space you can create between you and daily, middle-world habits and routines, the more you will likely be able to shift consciousness and perception towards the natural world and the inner depths. This will serve your enchantment and transformative experience during the program.

Between our online sessions, you will be invited to engage in particular practices in the vicinity of the place you inhabit – either nearby wild lands, urban parks and open space, your own backyard, or a sunny balcony or patio – wherever you may encounter the natural world. Please note these wanders are the central experiential elements that will create richness, enchantment, transformation, consciousness shifting, and empowerment in your embodiment, all of which will serve the writing practices/process. Please be sure to allow for plenty of time in your schedule to tend to them. We'll be sharing stories of our deepening into participation with wild nature and engagement with mystery, mostly via our writing. We will not be offering critique to one another, but rather something more like discerning appreciation.

ZOOM INFORMATION: Here is the link for our Zoom calls – we will use this same link for all our calls together.

<https://us02web.zoom.us/j/4255400727>

Meeting ID: 425 540 0727

One tap mobile - find your local number: <https://us02web.zoom.us/j/4255400727>

We'd like to start our group meetings promptly so please be sure to log on 5 minutes prior to each session and mute yourself in Zoom. Using a headset is helpful (wireless is best so you can move) to minimize excess noise. Prepare to be video-enabled for the duration of our time together.

Making ZOOM Meetings Sacred:

We don't have the luxury of stepping away from our daily lives to gather in a wild place together. The habits of our daily lives will constantly be bidding for your attention. Below are some ideas for how to tend to your time and space/container and make the most out of this online program:

- Set intentions and make a commitment to them.
- Plan on getting to your computer and getting set up 10-15 minutes early to work out any issues, shift consciousness, and arrive in a good way.
- Find a place in your home that is free of distractions.
- It might be important for you to be near a window, or outside, or comfortable on the floor. Please be sure the place you choose has a strong internet signal.
- Please be prepared to be present for the duration of the program. We will invite ample breaks to move and stretch.
- *We've also found it best to schedule additional time-blocks to be on the land or engaged in personal practice ahead of time.* Many people find time adjacent to our sessions being the most potent for maintaining a shift in consciousness. There are many distractions that can come up at home, and scheduling in advance helps for smooth transitions from Zoom to the wild.

FOOD AND WATER:

We invite you to nourish yourself during your own time and during breaks. Please do not eat during our group times. Feel free, of course, to have water bottles at the ready. Please take good care of yourself during our days together.

WHAT TO EXPECT:

Please know that this immersion is intended to be highly interactive, experiential and participatory. We will be engaged in dialogue, occasional movement, group ceremony, council, practice, and deep sharing together. Despite being online, these Zoom sessions will ask more than passive participation from each of us.

Note that our sessions together will NOT be recorded to encourage live participation, and to ensure confidentiality. If a particular part of a session is to be recorded and distributed, the guides will let you know.

In addition to our online gatherings, we guides will be giving you nature-based invitations and tasks to perform on your own during the time in between our online gatherings. **Plan to spend significant time each week in a wildish place.**

You will also have a 1-hour individual conversation with Geneen to be scheduled, most likely, between weeks 3 and 4. This will offer you a unique opportunity to share your personal experiences and questions in more detail and depth, get more personalized guidance, and more fully integrate the material into your personal journey of soul.

We suspect that the depth of listening and insights available to us now collectively is greatly heightened in this time of crisis and uncertainty, and we look forward to the magic of our work together to support accessing those depths.

WHAT TO BRING:

- Be sure you have adequate clothing to match your local weather conditions so that you can plan to be outside during our days together, regardless of the weather temperatures.
- You may want to have items available to help you shift consciousness. We've found things such as smudge, aromatherapy scents, rattles, drums, evocative artwork or music, movement, and periods of silence and meditation to be helpful when shifting into sacred consciousness.
- You may want to have a special talking piece with you to hold while you are sharing in council.
- Always have a journal and pen handy.
- Smartphone, iPod, or earbuds for audio recordings (deep imagery, or wander invitations).
- **Bring a short piece of writing that deeply moves you and has resonance with "wild soul."**

SAFETY PROTOCOLS:

During this online program you will be invited to participate in self-led activities - both indoors and outdoors - that cannot be supervised by guides. **We ask that you designate a contact person and notify this person where you will be wandering and when you expect to return.** Depending on your location and circumstances, we encourage you to be aware of your surroundings and avoid intrinsic hazards such as: extreme or sudden changes in weather conditions; steep, uneven, slippery or otherwise hazardous terrain; dangerous animals, insects or plants; water hazards around rivers, lakes and other waterways; becoming disoriented and losing your way. We also ask you to be aware and mindful of people in the area who may be looking to harm you in some way. Take care not to get yourself into any situation that could be unsafe or threatening to your physical safety. Depending on your situation, it may be wise to carry pepper spray or other defensive tools for protection from dangerous people and creatures. We also suggest you bring along items to keep yourself safe and well in the event of unforeseen circumstances, such as: extra water, food, rain gear, lightweight emergency blanket, emergency whistle, flashlight or headlamp, sun protection, first-aid kit, fire starter, compass, multi-tool, etc. Your safety is very important to us - please keep your heart open but watch your back and take precautions when wandering on your own - thank you!

POLICIES:

Thank you for your payment! Please reference <https://animas.org/policy/policies-procedures/> for our complete cancellation policy. Once the program is confirmed, payments cannot be credited or transferred.

PREPARATION:

We believe that enrolling in this virtual intensive is a significant step toward experiencing yourself and your place in the world from a soul-oriented perspective. In the coming weeks, you might practice offering your deep and reverent attention to the wildish world – which might be as close as what you encounter in a backyard garden or neighborhood park – and, while doing so, notice what stirs in you emotionally or in bodily sensation. Offer your attention, also, to what rises on the edge of your awareness, or in memory or imagination.

We encourage you to keep journal notes during this practice of your wild attention.

We also encourage you to record your dreams in a journal, every morning if you can, between now and when we gather. Remind yourself that they don't have to make sense. Let yourself be receptive to the juiciest (or most arid) words to reflect your dream. If you're having trouble remembering your dreams, be sure to have your pen and journal ready at your bedside. Before you turn off the light, write the next morning's date and the words *Dream Report* at the top of a fresh journal page. After turning out the light, start a long conversation with yourself about the precise reasons why you're interested in recalling your dreams. Review and explore as many of your genuine reasons as you can, "store" each reason in a different body part so you can remember them all, and keep up this review until you fall asleep. As soon as you wake up, don't move an inch until after you've replayed your dream in your imagination. Perhaps give your dream a title before you move. Then reach for your journal. Transcribe your dream in the present tense as if you are recording actions and experiences that are occurring *as you write them*. Include all emotions that occur in the dream and your sense, in the dream, of the atmosphere of the dreamworld. It's best not to ask anyone, including yourself, what your dream "means." Better is to spend as much of the day as you can "living within" the dream, submitting yourself to its images and feelings, so that the dream can do its work on you rather than you doing your work on the dream.

If you have not joined an Animas offering before, it could be helpful if you were familiar with Bill Plotkin's work, particularly *Wild Mind: A Field Guide to the Human Psyche* (New World Library, 2013), and *The Journey of Soul Initiation: A Field Guide for Visionaries, Evolutionaries and Revolutionaries* (New World Library, 2021).

Until we gather for Writing the Wild Soul,
Wildest blessings on all the ways you offer yourself to a hungry world,

Geneen

See next page for a bit about Geneen ~



Geneen Marie Haugen, PhD, grew up a little wild, with a run-amok imagination. As a guide to the intertwined mysteries of nature and psyche, she delights in multidimensional listening, and in offering perceptive questions, ceremonies, escapades and reflections that help expand a sense of our own possibilities as individuals (and as a species), and deepen our experience of participation with an intelligent, animate Earth/cosmos. Her writing has appeared in many anthologies and journals, including *Spiritual Ecology: The Cry of the Earth*; *Thomas Berry: Dreamer of the Earth*; *Written River*; *Parabola Journal*; *Kosmos*; *Langscape*; and *The Artists Field Guide to Greater Yellowstone* (forthcoming). A former tipi-dweller and whitewater river guide, she now lives amidst the creatures and features of southern Utah's sandstone labyrinth. She is committed to the world-transforming potential of the human imagination in collaboration with the Earth community.