
JOURNEY 2

Photo Vision Quest

 **Watch: Video 1:** <http://youtu.be/LTwsaLkwPfo>

This week I invite you to go on a creative “Vision Quest” - an adventure to receive guidance showing up in your environment. It’s a great way to connect with your surrounding in a curious way and be open to receive unexpected messages, images, insights, joy or anything else really.

There are many ways to receive guidance. We can tap into our “inner” guidance systems through our body sensations, gut feelings, intuition, insights, love, joy, inner vision, imagination etc. and guidance may also show up in form of “outer” signs & symbols.

There are many schools and traditions that provide a multitude of meanings for certain symbols and signs. Often they are connected to a specific cultural or religious background. It’s fascinating to study those. However, I am a fan of creating my own reference systems from experience and resonance in addition to information from other sources when I resonate with it.

So I encourage you for this journey to find things that you are simply attracted to and find out why. Do these things inspire you, remind you of something, make you feel a certain way, have a specific meaning for you etc. Let yourself be guided if you dare to trust and if it’s just for the fun of doing this journey or simply going for a stroll. See what happens.

Expect miracles.

SELF-REFLECTIONS ON RECEIVING GUIDANCE

1. How are you receiving guidance in your daily life, in what form does your guidance show up?
Take notice over the next weeks. *(for instance gut feeling, intuition, dreams, conversations, signs in nature, signs in urban environment, articles, posts, sudden insights/ideas, body sensations,...)*

2. Do you specifically ask for guidance, set an intention to receive guidance? Try it out and notice any changes.

3. How well are you following guidance, put it into inspired action? What is usually blocking you?

4. What do you need in order to trust and follow guidance (that may show up in form of inspiration, love, joy, bliss, curiosity, etc.) in your life?

CREATIVE TOOL 2 - PHOTO VISION QUEST

★ Purpose:

- Focus your awareness
- Open to the unexpected, unknown, magic
- Open your eyes to perceive things in a new way
- Open your receiving channels
- Becoming present in the moment
- See the beauty around you that is sometimes bit hidden
- Nurture your curiosity
- Trust and follow your flow, gut, guidance, pleasure
- Getting to know your essence better
- Receive inspiration, confirmation
- Enjoy some time out of the house ;)

★ How does it work?

All you need besides an open mind is your **camera**. If you have one, use the one in your smart phone. This way it is handy at all times when you are on the move. You never know when guidance shows up!

Set an intention to go on a personal vision quest this week. You can choose to ask for guidance for a specific question, issue you are having (check your list of your seven questions from last week) or you can just go without a specific question.

Questions, Issues I like clarity or guidance about:

Take some time and go for a “walk about”, or just snap pictures on your way from A to B in your daily routine over the week if you want.

JOURNEY 1

Keep your eyes open and discover how guidance shows up in your environment in various forms.

Let yourself be drawn to what you feel attracted to and/or curious about. This is your higher self, guidance, intuition showing you something... and it is up to you what you make of it.

If you want it to be more adventurous... take some time without a plan where to go and let yourself be guided by the things that attract you. Ask to be guided and shown where to go. See if it works... let yourself be surprised what you may experience. All it takes is intention and open eyes, ears, senses... **follow your curiosity & your pleasure.**

Take pictures of whatever catches your attention and **notice** why or how. Sometimes these are things in nature, ordinary or extraordinary... things in urban environments like advertisement messages, images, graffiti, garbage, architecture etc. It can be people as well, art, colors, light ... you name it.

Collect the pictures, take notes what it was that attracted you, what this particular thing reminds you of, makes you feel like, inspires you to do, be, create, imagine.

Share your photo series and your experience /adventure if you want in our facebook group. You can add your photos directly from your smart phone or computer (after you uploaded them from your camera) into a facebook post (preferable all in one post). Also check more sharing ideas below.

HAVE FUN AND ENJOY!

Here's a live demonstration of a little Vision Quest I went on.



Video 2: Going on a little Vision Quest <http://youtu.be/QynIvyj-Hgg>

What did you experience, discover on your photo vision quest? Any insights or ideas stirred up?

★ Expanded Journey Options:

Here are some other sharing options and/or how to keep creating with your images:

- You can create a slide show if you know how with Animoto (<http://animoto.com>)
(I haven't used it so far but I know it works well and is for free.)
- You can create a board on Pinterest (<http://www.pinterest.com>) and share the link to that board with the group
- You can print your photos and create a collage and take a picture of it.
- You can use a free app to collages pictures into one. I use Fotor. (<http://www.fotor.com>)
- You can write the message you received or keywords on your images via Over (iPhone app: <http://madewithover.com>) or Pixlr (free webtool: <http://antoniawibkeheidelmann.com/7wica-2/>)
- Perhaps one of the images inspires you to draw, paint, cook, make music, dance...or create a new business thing ;)
- If you are running your own business, check out if perhaps one or a few of these images can be used for self promotion, blog posts etc. ;) or maybe on your next "vision quest" hold that intention to receive images for that specifically. See what happens. ;)

★ Reading Inspirations and Muse Links:

- *Black Elk Speaks, as told through John G. Neihardt* (touching life story of Oglala Sioux visionary and healer Nicholas Black Elk, receiving visions and following guidance)
- *Animal Speak, Ted Andrews* - Symbols in the natural world, Dictionary of Animal Symbolism
- Any book by *Drunvalo Melchizedek* (*Flower of Life, Serpent of Light, Living in the Heart*)
- a Master at reading and following guidance as well as story telling
- *The Secret Life of Nature, Peter Tompkins* - fascinating revelation about nature spirits
- *Lucille Dancing Wind, Newsletter* - www.SacredEarthConnection.com - miraculous stories and images of receiving guidance through nature, check out her up-coming book "*Sacred Possibilities*" find your own ;) and share if you like

★ Open your receiving channels!

Go on a 30 Day Receiving Challenge. All you need to do is write down every night what you received that day. Share with a friend. It's easier that way to keep your commitment and it's fun to inspire.