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# Quest: A Guide For Creating Your Own Vision Quest



## Synopsis

"Going on a Quest is a powerful way to reclaim a sense of wonder and connection to the earth. It can take the form of a journey into nature for introspection that encourages answers to personal questions that rise from within . . . [or] be as simple as a day of solitude indoors in a specially prepared room."For centuries, ancient cultures embarked on rites of passage to gain entrance to the spiritual realms and attain self-knowledge. Now international lecturer and healer Denise Linn draws on her Native American roots, as well as the teachings of other cultures, to create a carefully crafted spiritual program for anyone wishing to venture on a retreat or create a uniquely personal Quest of his or her own. This practical, engaging book will show you how to- Discover your life's purpose- Find mystery at the core of your life- Release limiting beliefs about yourself- Call for a vision- Harness the power of the Sacred Circle- Confront and free yourself from fears- Heal emotional wounds- Develop peace of mindThis guidebook gives you the necessary tools to prepare for a Vision QuestÂ Â that will take you to the center of your soul.

## Book Information

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## Customer Reviews

This book was a well-thought out guide to planning, preparing for and going on a Vision Quest. I especially appreciated the practicality that Ms. Linn exhibited in her suggestions and exercises. She describes vision quests that range from an afternoon to several days -- all worthwhile. Additionally, her writing is clear and concise, making it easy to read and understand.

This is my favorite book of Denise Linn. Makes you want to go on a vision quest with her. In it she describes different options for going on a vision quest: ranging from an indoor quest in your room to one in your own backyard all the way to a full blown vision quest in the wilderness. Great material to prep you mentally and physically for your quest. Very helpful and non judgemental. If you're toying with the idea of going on a vision quest or just need a way to find time and space for a mini personal retreat, this book is a great read!

What do you do when you want to go on a personal quest? Where do you start? What are the options? In quite a few religions, there is some sort of pilgrimage or quest required or encouraged, but what if you don't practice an organized faith or you just want to go somewhere quiet and figure yourself out? I was inspired to go questing not long ago, but had no money and no way of traveling to an appropriate location. This book was very helpful! It was full of spiritual ideas and accounts of some responses of people on their own vision quests. It kept inspiring me to take myself away.. now all I have to do is make some time and go!

I thought this book was excellent! It was a great introduction to Vision Quests. Anyone interested in knowing what a Vision Quest is, what steps are taken to do one, how to prepare for one, and what reactions you might have leading up to it, should read this book. It is easy to understand and written well.

Denise Linn's book is THE BEST I have ever read on Vision Quest's. I have read the review stating about Vision Quest's on a strictly Native perspective and this book gives you flexibility. Native teachings tell you on a vision quest you must fast for 3-4 days, sweat lodge for 3-4 days and without water for 3-4 days.. some people cannot fast for medical reasons and may not even be able to leave their homes.. this book gives you ways around this.If traditions can not be modernized than we shall all die out. This book is only a few \$\$ and WELL WORTH IT!! The book gives you a cut and dry plan and ANYONE can follow. I too am learning from an elder.. their information does come at a price.. a willing ear and a loving heart. This book is written for EVERYONE.. and ANYONE can do it..

Anyone wondering if a vision quest is worth the time and trouble? A thousand times, yes! You may be uncomfortable, bored, anxious, etc., but that's the point: You need to be out of your comfort zone to focus on deep issues. It's not supposed to be easy, but it is life-changing. This book gave me the

courage to craft my own solo quest, and the practical how-to's were great for grounding a spiritual goal into everyday reality. Buy it. Find the courage and do it. You will feel the difference in your heart and soul. Denise: A heartfelt thanks for your insight and guidance.

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