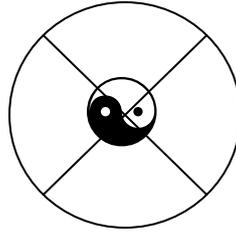


To make an end is to make a beginning - the end is where we start from.

## Regenerating our Human Nature through



## Courting the fourfold Circle of Self

Time honoured and contemporary practices to Nourish Life

With Jeremy Thres and Lucy Hinton (tbc)

A four meeting process with assignments in between, dates by arrangement. Suggested exchange £150-£300\*



The quartered circle – the cross of the four directions bound within space and time, is one of the most universal symbols of Wholeness. It is found on our old pound coins, in the mandala of the East (this one on the left is from Mongolia), the medicine wheels of the native Americans, and the seasonal wheels of this Land. It is also in us, for we, like it, are of Nature, and it can appear, as Carl Jung experienced it doing for some of his patient's, spontaneously in dreams.

In some ways it is a map one can actively work with and draw on, for example Jung witnessed the appearance of this symbol offered his patients a greater ability to handle and integrate what was occurring for them. As a consequence he sometimes shared this symbol with clients, particularly at a time he felt a patient was about to be overloaded - for one of the blessings of this symbol is it is not linear, but circular, **everything has its place**, and each place/direction also particular qualities one can learn about one's relation to ("court" in our words) and draw upon.

A map is not the territory, the territory is life itself. Particularly wild nature as our source, and it is a time honoured understanding that wild nature is a waiting guide and inspiration. Combined with our intentionality and study of the wheel (as map), it can reflect to us like a compass does, something of where we are and how we are moving in the world. Some of the ways we may individually and collectively be in, out or can regain balance. Qualities we are strong in and others that may serve to cultivate as we move through change.

Inspired by our own experience of this work (50 years now between us), and the teachings of a number of different elders, Steven Foster and Meredith Little (founders of the School of Lost Borders), Stanislav Grof, Ehama, Carl Jung, Bill Plotkin, Colin Campbell, Ian Siddons-Heginworth, and Fern de Castres, all significant among them, we invite you on a guided engagement with the wheel: the Circle of Self. As well as evoking it through various interwoven lenses, those of the directions, those of the seasons and the elements as shields (something which protects), those of cycles and attention, those of shadows and light. We will be offering you short exercises to be undertaken in whatever wilds you can healthily access at this time (even if that be a back garden or living room), with online personal preparation and reflection, **actively supporting you to access, explore and ground for yourself some of the gifts of this work in service of life.**

Contact: Jeremy Thres 01647 432638 or Lucy Hinton 07931526715, [Landtime1@gmail.com](mailto:Landtime1@gmail.com)

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**Landtime foundations:** When specified, this practice can be combined with teachings on the Art of Mirroring from a training perspective, our own experience of introducing, applying and offering it for others.

**Jeremy Thres**, When he first heard the term Visionquest, he knew he had to follow it, undertaking his first fast in Russia before going on to more formally train over several years with Steven Foster and Meredith Little, founders of the School of Lost Borders and authors of the Roaring of the Sacred River. With their encouragement and blessing he began offering this work and training others in it, drawing on both what they share and increasingly his own now almost thirty years' experience of both of the quest and fresh forms such as [LandTime](#) that he has been developing. His work has been enriched by connection with a number of different elders, Jungian, Indigenous, Buddhist, both of this Land and beyond; Martin Prechtel and Thich Naht Hahn important among them. He has a great love of myth and story and how they also can support us at this time, training in mountain and moorland leadership, psychotherapy with the Karuna Institute, family constellation work, grief tending in community and wilderness first aid.

**Lucy Hinton studied** Natural Sciences at Cambridge before going onto work in national & international sustainable development. She has worked alongside Jeremy and others internationally in relation to work of this nature, and over the last few years with Colin Campbell supporting Schumacher college's "Becoming Indigenous" courses, and has travelled extensively as a consultant, teacher, & writer.

\*We never want a guide exchange to be prohibitive to those who deeply want the work and are committed to it, so talk with us if you need a further concession but strongly feel the call so we can explore ways it can work for all.