



Bridging The Landscapes

**WILD SOUL  
FRONTIER CAMP  
ITINERARY  
14<sup>th</sup> -20th May 2023**

**“Keep some room in your heart for the unimaginable.”  
*Mary Oliver, Poet.***



**WILD SOUL AND FRONTIER CAMP - OVERVIEW**

**Frontier Camp Living** provides a unique comparison from our urban lifestyle, an opportunity of living remotely in a wilderness setting, removed from all other campers who are seeking respite from cities. The backdrop to your Kimberley camp is the Durack Range, a free space of over 200,000 hectares on the frontier of magnificent wilderness. Set aside for your group alone, no competition for finite resources in a crowded campground. As a party on the frontier, you are not left alone. Part of Terry’s role is to ensure expert guidance and safety, together with local knowledge, natural history of the region. His knowledge of bushcraft skills is extensive!

## WILD SOUL COMPONENT

The Wild Soul is fundamentally an adventure into the realm of the unconscious, into metaphor, images, synchronicities, ritual and deeper interaction with the non- human world. To do this we follow some simple yet powerful steps and use easy tools which can be taken away for life back home. Dreams, check-ins, journaling, to name a few.

To illustrate further, below is a testimonial from a recent participant:

*The Wild Soul component was an inner adventure it was integrated throughout the day with group discussions and practises as well as individual forms of self-expression.*

*The activities reflected the participants interests and Petrine was very flexible to the group's input and output. I would highly recommend having this experience. I felt safe and looked after as I explored this incredible part of the outback. Not a blister in sight when we headed back healthy happy and proud of the past 8 days." Roz Sharp, Sydney.*



## ITINERARY

### ARRIVAL – DAY ONE

Initial dinner to meet each other and familiarise ourselves with the upcoming itinerary. Next morning, departure preparation and final purchases before leaving.

Arrive Doon Doon Community 100kms South of Kununurra, and meet members of the Martin family, 'Welcome to Country' with a 'Smoking' ceremony, a spiritual blessing, ensuring your safe journey on Country.

Drive via a 4x4 track from Doon Doon to Speewah the drive is 65km so expect 3 hours travel. Lunch option at the Dunham River Crossing, take time to paddle in the cool waters, or indulge completely with a refreshing swim.

Arrive Speewah, establish our Frontier Camp before dark, after a dusty drive perhaps a refreshing swim.

### **Wild Soul Introduction:**

Once camp has been set up, the afternoon is an opportunity for Petrine to introduce the Wild Soul component of our journey, introductory structures and an overview.

Campfire meal followed by conversation and discussion with a map of the area, shape a comprehensive plan for the next 5 days. Explore Letter Box Gorge, check out 'Old Speewah Homestead!

Retire to an open tent without the fly, relax in comfort from your swag taking in the Kimberley night sky before drifting off to sleep.

### **Take note of your dreams!**

### **DAY TWO**

Dawn wake, breakfast, packs sorted and ready to depart for the day.

Venture into **Letter Box Gorge**, our campsite location is 1.5kms from the northern entrance, 2kms into the gorge, return distance, approximately 7kms.

On entering Letter Box note the densely forested sub-tropical environment, a wonderland with variety of plants, birds, reptiles, insects; and in small pockets shelter swarms of butterflies, which flutter up from their resting place on passing, a kaleidoscope of colour. The gorge widens enough allowing a magnificent forest of ancient Melaleuca Cajeputs filling either side along the banks, time to meander a shade course of discovery. The powerful flowering blossoms create a strong perfumed encouraging dozens of small birds to flitting through tree canopy cavorting and in search of food.

Pull up by rocky pools, crystal clear water gently tumbling from pool to pool, sit on a secluded sandy beach shaded from the sun, feet tangling in the water, and observe pristine nature, Kimberley style showcasing her best.

Whilst in Letter Box consider dinner, Barramundi populate the waterways and large pools.

### **Example of a Wild Soul Reflection: The Gorge**

As I walked, I found a piece of paper bark that looked exactly like a Coolamon, Aboriginal women carried babies and other food items in these, carrying them long distances.

When we arrived at our lunch spot, after boiling the billy, we had a check in and journaled for 15 mins. The theme was making an offering. I then invited others to join me in honouring all the Aboriginal women who for a very long time walked this land carrying babies and gathering food. I spoke about the Aboriginal elders I work with, that they would have seen their mothers and grandmothers still using the



coolamons, illustrating how little time has passed, that these women are still with us who witnessed this way of life.

Check in, free flow journaling, posed a question/invitation “that which nourishes and disturbs”?

Back to camp, swim, relax, check-in, camp fire and dinner, cooked by all of us offering a diverse range of recipes each night!!

### **DAY THREE**

Rise for an early start to another wonderful day, enjoy your first cup of billy tea, quietly watch, and wait for others to stir in the camp. Breakfast, preparations for a drive across country then a relatively short walk to a magnificent waterfall and rock art gallery.

This will take most of the day with the afternoon back at the river to have a swim, relax and check in around the camp fire.



### **Sample Wild Soul reflection: The Waterfall and Rock Art Gorge.**

**I would love to live like a river flows,  
carried by the surprise of its own unfolding.”  
— the late John O’Donohue. Irish Poet.**

Today we ventured deeper into the wilderness of this majestic land, starting the day with a check-in and dreams. At the campsite after the day out we had an Active Imagination session on the beach by the river. To learn this process is very impactful and can help to unpack the various autonomous parts of self. We had been at a rock art site, an ancient story telling rock overhang that portrayed the symbols of what was important in the lives of our earliest people.

## DAY FOUR: OLD SPEEWAH HOMESTEAD

Pre-dawn wake up is unavoidable, with nature's morning chorus of sounds.

Old Speewah Homestead, and surrounding area. Option to drive or walk: 4WD 6kms or cross country walk of 4kms, 8kms return!

In the area of the homestead many relics from initial pioneer settlement exist, wagon wheels, axle (Date stamp 1883) pottery, cattle yards, water point for the homestead.



### Sample Wild Soul Reflection: Ancestral Inheritance

**We have been out on country experiencing an intersection and many would say a collision of our colonial settlers on the frontier of a milenia old Aboriginal culture. They were so close to each other yet in so many ways, at a great distance.**

Let's talk about stories and the beginnings of domestication, isolation, fences. How did this impact our national psyche? What about our own transgenerational inheritance. What do we know about our ancestors? What stories did they leave behind? What were their legacy to us, if any? And what images may have spoken to us at the old homestead that may hold clues to your own family ancestral ties. What use are these for us in the present?

Discussion.

Back at the camp, time for fireside yarns, sharing the day's personal journey and observations, delve into regional topics of Natural History, First Nation's Culture, Pastoral Activities and more!

As the campfire fades, retire to your tent, enjoy the comfort of your swag after a day of exploration and adventure and enjoy wonders of the heaven's, another starry night as only the Kimberley can turn on.

## DAY FIVE

Early morning billy tea observing the evening sky begin taking on morning's light, another wonderful day of remoteness, true isolation from your urban environment, feel empowered on the edge of a rugged frontier.

In the morning we have a lovely walk along the river, towards the river bend and in the afternoon as it is our last day, weaving the threads together on the river bank.

### **Sample Wild Soul reflection: Weaving the Threads Together**

It's time to pull all the different stories together and invite participants into a ritual to honour the theme that has emerged. The power of this place and the power of intention and ritual to create a spaciousness and lessen the grip on who we thought we were, to who we might be now or could become. I give participants a brief summary of what I have heard.

What is on the edge of consciousness?  
What has been stalking you?  
What threshold are you sensing you are on?

30 minutes away by ourselves to journal. I've heard people talk about their thresholds, describe these.

We then did a ritual for each person, I don't direct these so much as let each person suggest how that would look for them.

Freshen up with a swim, relax and enjoy our last evening under Kimberley stars, on the frontier of one of the last true wild places, remaining on this planet.  
Sleep arrives early after.

### **DAY SIX**

Breakfast, break camp, pack the trailer and head into Doon Doon, 2 hours by 4WD along cattle station tracks.

Farewells to the Martin family.

Back on the black top (bitumen) for 25kms to visit a Pioneer Grave, Jeramiah Durack. At rest for Jeramiah and his two young daughters, perished of the 'Fear', malaria and a stockman killed on the station in a wagon incident.

Arrive Kununurra midday, showers, lunch, quick clean up at accommodation before dinner and a wrap up **Wild Soul discussion**

### **Sample Wild Soul reflection: Severance – Threshold – Return – A 3 Stage Process for Human Evolvement**

We can see a framework that repeats itself within many of the great stories we read or watch on film, time and again. It often follows this three stage process. Severance – Threshold – Return. Does this process resonate? Has this journey into the wilderness reflected any of this process? And now at the Return, what do we take back to our family, our community? How can we integrate and keep the process alive? Discussion.

Many times in life we diverge from our path, or perhaps from what is expected of us. We then have to negotiate a different terrain, a terrain that is not straightforward, an uneven path, perhaps climbing to view life from a broader perspective. Have there been glimpses of a greater more far reaching perspective? If you were to diverge, and take that different path what would it look like? Discuss.

## DAY SEVEN

Pack up and head to the airport for departure back home.

***When an ancient energy awakens in you, it's likely to 'rattle your cage' and come to you in images not words. It seems this is the way the soul carries its messages, to move and confound, to settle, to get us to work.***

***An additional offer: Three Wild Soul zoom calls for the group post trek.***

## TESTIMONIAL

*"I travelled from an eastern inner city home to experience the Wild Soul River Trek Adventure. The program appealed to my desire to heal from a recent death.*

*Participants were sent helpful information, such as a good 'physical preparations' program, what to bring, and what to read about the history of this part of the Kimberley. Any questions were promptly answered in emails.*

*The leaders, Terry and Petrine organised a dinner with the participants the night before we headed off early the next morning. On what turned out to be the most amazing 8 days. It was an ADVENTURE, the country is awe-inspiring, the remoteness grounding and soothing. The participant's physical challenges were nurtured and addressed with encouragement and experience from Terry and Petrine. Bench mark passed daily with such ease with this approach. The sleeping and food components were comfortable and delicious. Petrine and Terry freely shared their extensive*



knowledge on many levels. Trekking, first people and arrival of pastoralists history, the geologic history, reading maps and the land.

**Many thanks to Roz Sharp for all these beautiful photos**

## QUOTE OF THE DAY

*Nietzsche was the one who did the job for me. At a certain moment in his life, the idea came to him of what he called **'the love of your fate.** 'Whatever your fate is, whatever the hell happens, you say, "This is what I need." It may look like a wreck, but go at it as though it were an opportunity, a challenge. If you bring love to that moment – not discouragement – you will find the strength is there. Any disaster you can survive is an improvement in your character, your stature, and your life. What a privilege! This is when the spontaneity of your own nature will have a chance to flow. Then, when looking back at your life, you will see that the moments which seemed to be great failures followed by wreckage were the incidents that shaped the life you have now. You'll see that this is really true. Nothing can happen to you that is not positive. Even though it looks and feels at the moment like a negative crisis, it is not. The crisis throws you back, and when you are required to exhibit strength, it comes. The dark night of the soul comes just before revelation. When everything is lost, and all seems darkness, then comes the new life and all that is needed".*

**Robert Johnson "Reflections on the Art of Living"**