

MAY YOU REMEMBER WHO YOU ARE
WILD SOUL
NOVEMBER 2ND – 5TH 2023
Perth, WA



WHAT IS WILD SOUL?

A 3 day gentle nature based retreat limited to a group of 8 that offers support and space for self-enquiry as we walk through sacred and healing landscape nestled in the hills of the Darling Scarp 1.5 hours south of Fremantle in Cookernup.

"We are talking only to ourselves. We are not talking to the rivers, we are not listening to the wind and stars. We have broken the great conversation. By breaking that conversation we have shattered the universe." Thomas Berry.

The unique opportunity here with Wild Soul, is to use simple structures and invitations to explore and ask questions of ourselves that can help to connect us with our true nature, and potentially uncover truths, even wounds, that have been locked away for a long time. We have many societal, cultural and familial layers, some of which can impede our authenticity and true nature. The underpinning ideas are not new. In my long standing relationships with Kimberley Aboriginal people spanning 20 years, I have learnt many things. One profound learning is this. The unseen world is powerfully embedded in our nature and reflected (and this is a great mystery) in country.

Wild Soul has been running as a 6 day experience in a wilderness area near Kununurra over the past two years and shorter experiences in urban Melbourne however, this is a first for the Perth region.

*'To speak of wilderness is to speak of wholeness. Human beings came out of that wholeness'.
Gary Snyder, poet and author*

Could we be here to do something specific? If so, what is it?

The retreat includes:

- Self-enquiry into our deeper nature.
- A deepening of our intuition.
- Listening in ways that enhance nature connection.
- Participating in relevant discussions.
- Night and day wanders.

We will be using the following techniques:

- Dream check-ins each morning
- Synchronicities
- Metaphors and the landscape
- Frequent check-in invitations for the whole group – speak from the heart, listen from the heart, get to the heart of the matter.
- Stories and Poems that bring myth to our experience, giving a broader context.
- Journaling (and other mediums like, drawing, gathering objects for creative self expression, beyond the logical mind).
- An opportunity for each person to bring the threads together on our last day.

A simple structure for our walks:

1. Cross a threshold and set an intention
2. Pay attention to your senses and your emotions
3. Walk with your questions, speak them out loud, share them with another non-human being
4. Pay attention to your surroundings; notice what calls to you to the edge of your awareness
5. Record insights in your journal if needed
6. Offer gratitude and cross back over a threshold to end your walk

A few helpful questions:

- What edge are you on right now?
- Is it a time of transition, perhaps even great change?
- What nourishes and disturbs?
- What is your deepest longing?

Practices - Taking Them Back home

We can take these tools with us and use them anywhere – down at the local parklands, walking early in the morning around our local neighbourhood or sunset by a nearby beach or waterway. The natural world is around us all the time, waiting for us to connect. The momentum of the Wild Soul practices is a guide only. Maps are only ever a guide and never a substitute for our intuition. However, to follow these simple methods and structures when you get back home will help to keep the conversation alive and enable you to remain connected to your growing awareness and intuition.

It is also a very special experience to know that there are other knowledge systems available to us and in time and with practice, easily tapped into. With them we can become clearer and clearer about who we are.

Please note this is not therapy or counselling but it could change your life!!

Practical Information:

LOCATION



This 3 day event is at a truly beautiful location at Cookernup, 1.5 hours south of Fremantle. We will begin on Thursday evening 2nd November with an introduction session and dinner, concluding our time together at @2pm Sunday 5th November.

Link to google map:

https://maps.app.goo.gl/tdKf3VMiY9ZpBm5V6?g_st=iw

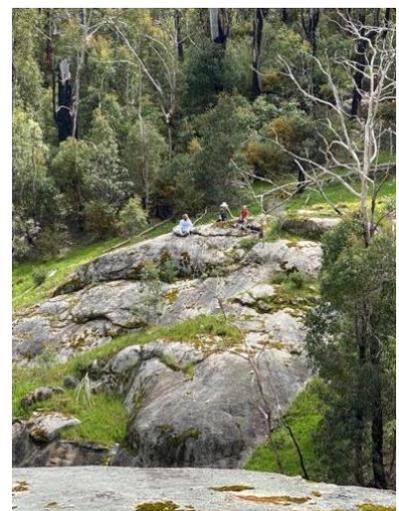
COST

Introductory Retreat Special Offer:

From \$750.00 per person this includes:

- Accommodation
 - \$750 - Shared rooms and bathroom
 - \$800.00 - Shared room with ensuite, one available
 - \$850.00 - Private room/shared bathroom - available on request
- Bath towel and linen provided

- Delicious wholesome and nourishing vegetarian food (please let us know of any dietary requirements well in advance)
- All activities and mentoring



If you feel a strong calling to be part of this offering and need a concession, please contact Petrine to discuss what's possible.

A 50% (\$ 437.50) deposit required to reserve a place by September 14th. Final amount due October 19th. Please transfer funds into the following account with 'Wild Soul' and your name in the description:

Macquarie Bank
BSB: 182-182
Account: 013757067

WHAT TO BRING

Day Pack , Journal and pen, water bottle, sunscreen, bathers, hat, camera or smart phone for recording or taking photographs, rain jacket, footwear that can get wet, and swimming towel. I will ask that people keep online and phone activity to a bare minimum throughout. Optional: drawing pad with personal art implements.

POST EXPERIENCE

I offer 3 group zoom calls after this experience to provide a place for integration and deeper reflection of the invitations and practices we have shared.

TESTIMONIALS

Jen

Petrine's workshops invite us to cross the 'consensus reality' threshold into a place where the land speaks and we listen. The process is as profound as it is simple. The way I perceive the world now is far more fascinating, mysterious and connected. "

Steph

"The Wild Soul experience gave so much - most of all a new understanding of how to live my life, to embrace the stuckness from old hurts and way of being, how to embrace this a way to journey to another place . Another place more honouring of ancient cultures, more understanding of all our vulnerability and strengths and ultimately freer to live a more rounded out life."

Bernadette

I have completed three Wild Soul walks with Petrine.

Both of these experiences have been profound and have enabled me to explore dormant parts of myself that nourish and support my life. They have allowed me to further understand and let go of painful emotions that no longer serve me, and continue onwards in my healing journey and soulful evolution.

Petrine is a unique, wise and evolved person, she is committed to supporting others in their spiritual growth and personal development. This commitment, combined with Petrine's deep connection with nature and its healing benefits, forms the bedrock of her Wild Soul programs.

Petrine offers a simple, yet powerful structure to her Wild Soul walks. Her guidance and leadership is gentle and non-directive and encourages participants to be in nature without distraction; to feel and connect with the landscape and skies, to listen and follow the unique signs and impulses that present themselves for exploration.

Petrine brings many wonderful gifts to her role of Facilitator. Her rigorous intellect, warmth, kindness and deep understanding of the human condition and the soul's journey bring valuable insight that deeply enriches the experience.

I highly recommend the Wild Soul experiences.

BIO

Petrine has over 25 years in the fields of psychoanalytic psychotherapy, psychological astrology, traditional Aboriginal social enterprise development and holds a position as the healing coordinator for Jalngangurru cultural healing service in the Kimberley region. She has an ongoing and deep interest in the interaction between the unconscious mind, soul and wild nature.

Please don't hesitate to email for any further clarification:

petrine@bridgingthelandscape.com

For a deeper look at Wild Soul and Petrine's skills, experience and qualifications, go to:

www.wildsoul.net.au

#wildsoulexperiences



It may be that when we no longer know what to do

we have come to our real work,

and that when we no longer know which way to go

we have come to our real journey.

The mind that is not baffled is not employed

The impeded stream is the one that sings.

by Wendell Berry