



WISDOMQUEST

A MODERN SHAMANIC EXPERIENCE FOR INDIVIDUAL WISDOM



MAY - SEPTEMBER
IN THE MYTHICAL BASQUE PYRENEES

PROGRAM & BROCHURE



Photo by Sabine Chaloupy - June 2010 Gora Mendi

DISCOVER TRUE SELF-AWARENESS IN NATURE'S GRACE



A VISION QUEST IS A PROFOUND PERSONAL EXPERIENCE WITH NATURE THAT CREATES A DEEP TRANSPERSONAL TRANSFORMATION. LEADERS, PROPHETS, POLITICIANS, PHILOSOPHERS, SPIRITUALISTS, ARTISTS AND INSPIRING INDIVIDUALS HAVE ALL SOUGHT NATURE FOR DEEP INSPIRATION AND RETURNED WITH GREAT WISDOM TO SHARE WITH THE WORLD, INFLUENCING THEIR LIVES AND OTHERS. AS AN INITIATIC RITE, THE VISION QUEST CREATES DEEP INNER TRANSFORMATION THAT LASTS A LIFETIME. THE EXPERIENCE CULTIVATES AUTHENTIC PRESENCE TOWARDS YOUR TRUE NATURE AND CONNECTION WITH SPIRIT.

A VISION QUEST IS A POWERFUL RITE OF PASSAGE THAT ALLOWS YOU TO GET IN TOUCH WITH YOUR INNER TRUTH AND PURPOSE THROUGH NATURE'S GRACE. WITHIN A MOMENT OF TIME, ALONE AND DEEPLY IMMERSSED IN NATURE, MENTAL, EMOTIONAL, SPIRITUAL AND PHYSICAL TRANSFORMATIONS OCCUR. THROUGH GUIDED MEDITATIONS, SHAMANIC INITIATION, AND EXPERIENCED TEACHINGS, QUESTERS TRAVEL THROUGH THE TIMELESS RITE TOWARDS CLARITY, CREATIVITY, SPIRIT, WISDOM, AND LIBERATION.

THIS ENDURING AND TRANSFORMATIONAL EXPERIENCE HAS LIFE CHANGING CAPABILITIES. THROUGH A QUEST, WE REGAIN AN OPEN HEART CONNECTION TO OURSELVES AND TO NATURE, BRINGING US CLOSER TO SOURCE AND AWAKENING THE DEEPEST PLACE WITHIN TO HELP US DISCOVER THE CORE OF OUR BEINGS.

TRADITIONALLY, INDIGENOUS PEOPLE USED THE VISION QUEST AS A RITE OF PASSAGE INTO ADULthood. THE QUESTER, USUALLY AROUND 12-14 YEARS OF AGE, WOULD GIVE UP HIS BELONGINGS TO GAIN HIS TRUE ESSENCE. LED TO A SACRED PLACE ATOP A MOUNTAIN, THE QUESTER WOULD STAY IN A CIRCLE (CALLED THE MEDICINE WHEEL) THAT REPRESENTED HIS SACRED SPACE TO GAIN A "VISION" OF HIS LIFE PURPOSE. AFTER THE IMMERSION IN NATURE, THE QUESTER WOULD RETURN TO THE COMMUNITY WITH HIS VISION. THE COMMUNITY WOULD CELEBRATE AND OFFER GIFTS, USUALLY SURMOUNTING TO MORE THEN THE QUESTER HAD BEFORE, ENABLING HIM TO REALIZE HIS VISION! THIS WAS THE WELCOME INTO ADULthood, AND THE COMMUNITY GAINED A CLEAR AND PURPOSEFUL PERSON!





WISDOM QUEST EXPERIENCE

THROUGHOUT OUR EXISTENCE, CULTURES FROM AROUND THE WORLD HAVE REVERED THE RITE OF PASSAGE OF IMMERSION IN NATURE. TODAY'S BUSINESS AND POLITICAL LEADERS HAVE FOUND THEIR TRUE PURPOSE BY FOLLOWING IN THE STEPS OF PAST PROPHETS, SPIRITUAL GUIDES AND WISE ELDERS IN COMMUNING ALONE IN NATURE, THUS ALLOWING THEM TO LEAD AND INSPIRE FROM A PLACE OF TRUE WISDOM.

IN NATURE'S GRACE, THE VEIL OF ILLUSION, NOISE AND POLLUTION WILL LIFT AWAY TO REVEAL OUR UNIQUE INNER VOICE - OUR OWN NATURE. IN THE SILENCE OF SOLITUDE AND BATHED IN THE POWER OF THE EARTH, WE ENCOUNTER OUR STRENGTH, COURAGE, CREATIVITY AND CAPACITY TO FORGIVE AND LOVE. OUR TRUE ESSENCE IS REVEALED AS WE GIVE OURSELVES THIS MOMENT TO DANCE WITH UNIVERSAL FLOW.

FROM THIS PROGRAM OF GUIDANCE AND SHAMANIC TEACHINGS, INDIVIDUALS RETURN WITH A DEEPER SENSE OF PURPOSE, SECURITY AND CREATIVITY. A QUEST HELPS REVEAL YOUR TRUE PURPOSE AND INNER WISDOM THROUGH THE POWER OF NATURE AND SPIRIT.

3 DAYS OF TEACHINGS

- * LEARN DEEP MEDITATIONS TO QUIET THE MIND AND CONNECT WITH SOURCE
- * LEARN THE UNIVERSAL II SACRED DIRECTIONS AND MEDICINE WHEEL TEACHINGS
- * LEARN PRINCIPLES OF QI-GONG
- * LEARN PRINCIPLES OF GROUNDING & RUNNING ENERGY
- * LEARN TOTEMIC EXPERIENCES
- * LEARN THE 5 ELEMENTS
- * LEARN THE I-CHING CONSCIOUSNESS
- * EXPERIENCE SWEAT LODGE PURIFICATION CEREMONY

NATURE IMMERSION

4 Days & Nights

- * QUIET YOUR MIND & ESCAPE THE BUSINESS OF DAILY LIFE
- * BUILD YOUR SACRED MEDICINE CIRCLE
- * CLEANSE YOUR ENERGY & BODY
- * LIVE A PROFOUNDLY CHANGING LIFE EXPERIENCE

RETURN & INTEGRATION

2 DAYS

- * INTEGRATION TEACHINGS - KEEPING THE SACRED
- * SHARING CIRCLE & JOURNALING
- * PLANT MEDICINE CEREMONIES (OPTIONAL)
- * CLOSING FEAST

ACCOMMODATIONS

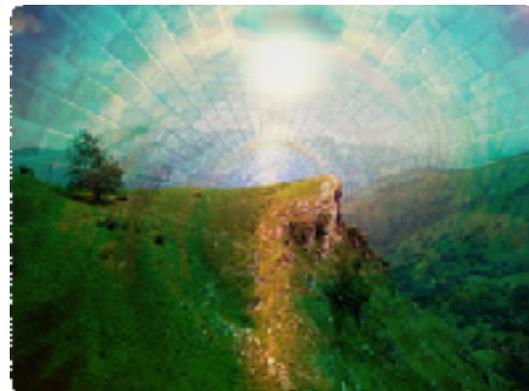
IT IS FREE TO PITCH A TENT ON THE PROPERTY, AND IS RECOMMENDED SO YOU CAN GET USED TO SLEEPING OUTSIDE. IF YOU WISH TO STAY IN A HOTEL, THERE ARE PLENTY NEARBY.

WE OFFER LIMITED PRIVATE OR SHARED ROOMS ON THE PROPERTY. PLEASE REFER TO WISDOM-QUEST.COM/PRICING

WHAT TO BRING:

AN EMAIL WITH A DETAILED PACKING LIST WILL FOLLOW THE CONFIRMATION OF YOUR PARTICIPATION.

QUESTIONS CAN BE SENT TO [SOFIA@MANEXIBAR.COM](mailto:sofia@manexibar.com)





Clear Intentions Build Strong Spiritual Connections

MAY VISION QUEST

EARTH ELEMENT

- FRUITFUL CREATIVITY
- RICH HARVEST
- HONEST WITH OWN VALUES
- COMFORT & RICHNESS
- ABUNDANCE

JUNE VISION QUEST

AIR ELEMENT & SUMMER SOLSTICE

- INTELLIGENCE
- INSPIRATION & CREATIVITY
- SELF RESPECT
- COURAGE
- INTERIOR STRENGTH
- LIFTING MASKS OF OWN VALUES

JULY VISION QUEST

FIRE ELEMENT

- VICTORY
- CLARITY
- PIERCING
- DEVELOPMENT
- SUCCEEDING
- OPENING THE DOORS TO SUCCESS

AUGUST VISION QUEST

WATER ELEMENT

- REALIZATION
- PERFECTION
- BENEDICTION
- PLENTITUDE
- STATE OF GRACE
- REGAIN HEART & INNER FORCE

SEPTEMBER VISION QUEST

AIR ELEMENT & EQUINOX

- FUTILITY
- DESTROYING ILLUSION
- NEGATIVE EXPECTATIONS
- RIGID THINKING
- FORGIVING ONESELF
- FEAR OF NOT BEING ENOUGH

MONTHLY PROGRAMS

EACH MONTH HAS A DIFFERENT ENERGY AND POWERFUL INTENTIONS.

WHEN

MAY 17TH - 24TH, 2018

JUNE 21ST - JULY 1ST, 2018

AUGUST 16TH - 26TH, 2018

SEPTEMBER 20TH - OCTOBER 1ST, 2018

PLEASE ARRIVE ON THURSDAY BY 8PM SO YOU CAN SETTLE IN AND PREPARE YOUR SLEEPING SPACE. WE WILL HAVE A MEETING ON THURSDAY EVENING FOLLOWED BY A WELCOME DINNER. TEACHINGS BEGIN FRIDAY MORNING AND END SUNDAY EVENING WITH A SACRED SWEAT LODGE CEREMONY. THE NATURE SOLO STARTS MONDAY AND WILL END FRIDAY MORNING. AFTER RETURNING FROM THE MOUNTAINS, WE WILL HAVE ANOTHER SWEAT LODGE AND A PLANT MEDICINE CEREMONY. THE PLANT MEDICINE CEREMONIES ARE NOT REQUIRED, BUT THIS IS TRUTHFULLY THE BEST AND SAFEST TIME TO EXPLORE THIS SACRED GIFT. ON SATURDAY, WE WILL HAVE A SHARING CIRCLE AND CLOSING CEREMONY. EACH WISDOM QUEST BEGINS ON THURSDAY EVENING AND CONCLUDES AFTER THE CLOSING CIRCLE AND FINAL DINNER ON SATURDAY NIGHT, 10 DAYS LATER. ALL PARTICIPANTS ARE EXPECTED TO BE PRESENT FROM THE BEGINNING TO THE END OF THE WISDOM QUEST.

WHERE

QUESTS ARE HELD IN EUSKAL HERRIA, THE BASQUE COUNTRY, WITH BASE CAMP IN ARCANGUES FRANCE, A 15 MINUTES DRIVE FROM THE BIARRITZ AIRPORT OR TRAIN STATION. PICK UP ARRANGEMENTS ARE COORDINATED BY sofia@manexibar.com.

AIRPORT - BIARRITZ FRANCE

TRAIN STATION - BIARRITZ FRANCE

COST

2500 EUROS FOR TENT CAMPING

1850 EUROS FOR STUDENTS

LIMITED INDOOR ACCOMMODATIONS ARE AVAILABLE. PLEASE REFER TO THE WEBSITE [WISDOM-QUEST.COM](http://wisdom-quest.com) FOR DETAILS.

- SHAMANIC & ENERGETIC TEACHINGS
- ORGANIC MEALS (9 IN TOTAL)
- SWEAT LODGE (2 PURIFICATION RITUALS)
- VISION QUEST (4 DAYS NATURE SOLO IN THE MOUNTAINS)
- PLANT MEDICINE (1 NIGHT OF RITUAL)
- TALKING CIRCLE CEREMONY
- LIVING SHAMANISM TAROT CARDS & BOOK

LIMITED SPACE

IN ORDER TO KEEP THE WISDOM QUEST SACRED, SPACE IS LIMITED TO 12 PEOPLE, EXCEPT FOR JUNE WHICH HAS A LIMIT





LOCATION - EUSKAL HERRIA

THE BASQUE PYRÉNÉES ARE MAGICAL AND LEGEND-FILLED MOUNTAINS THAT BOAST INCREDIBLE WILDLIFE, VIEWS, AND CLIMATES. THE BASQUE COUNTRY ITSELF IS FULL OF MYTHS, INCLUDING ANCIENT BELIEFS IN LITTLE MAGICAL PEOPLE CALLED “LAMINAKS,” OTHERWISE KNOWN AS THE FAIRIES, GNOMES, SPRITES AND OTHERS. THEY ALSO BELIEVE IN THE “BASAJUN,” WHICH ARE LIKE YETIS.

BESIDES THE UNIQUELY CLOSE ACCESS TO THE MOUNTAINS AND OCEAN, THE BASQUE COUNTRY HAS PROSPEROUS WILD LIFE. EAGLES, HAWKS, VULTURES, FOXES, DEER, WOLVES, BEARS, WILD BOARS, MOUNTAIN GOATS, SNAKES, AND WILD HORSES KNOWN AS POTTOK MAKE THE NATURE SOLO THAT MUCH MORE INTENSE AND BEAUTIFUL THROUGH POSSIBLE TOTEMIC EXPERIENCES.

BASQUE FOOD IS WORLD KNOWN AND ITS UNIQUE FLAVORS MUST BE TASTED AND EXPERIENCED. CULTURALLY RICH, THE BASQUE COUNTRY IS HOME TO THE OLDEST INDIGENOUS TRIBE OF EUROPE, WHICH TO THIS DAY IS STILL FLOURISHING.



Through the Gate Unknown

AFTER RECEIVING THE CALL FOR A WISDOM QUEST, EVERYONE WILL GO THROUGH THE PROCESS OF GATEKEEPING PRIOR TO OFFICIAL REGISTRATION. THIS WILL CLARIFY INTENTIONS FOR YOUR WISDOM QUEST AND ENSURES THAT YOU ARE FIT TO EMBARK ON THIS RITE OF PASSAGE. ONCE YOU HAVE SPOKEN TO ONE OF THE GATEKEEPERS, PLEASE SEND THE REGISTRATION FORM AND PAYMENT A MONTH BEFORE THE WISDOM QUEST.

PLEASE EMAIL A GATEKEEPER AS SOON AS POSSIBLE TO SET UP AN INTERVIEW. WE WILL BE CLOSING THE GATES FOR EACH QUEST 2 WEEKS BEFORE WE START, OR WHEN WE REACH THE 12 PERSON MARK.

GATEKEEPERS WILL ALSO ANSWER ANY QUESTIONS

GATE KEEPERS

SOPIA DROUGAS

-ENGLISH

- sofia@manexibar.com

MANEX IBAR

-ENGLISH & FRENCH

- guidance@manexibar.com

AMAIA IBAR

- FRENCH

- amaia@bio-energetica.org

*GATEKEEPERS HELP GUIDE
YOUR INTENTIONS BEFORE
BEGINNING THE WORK.
TEACHERS GUIDE YOU
THROUGH THE EXPERIENCE.*



In Silence Comes Great Wisdom of Self

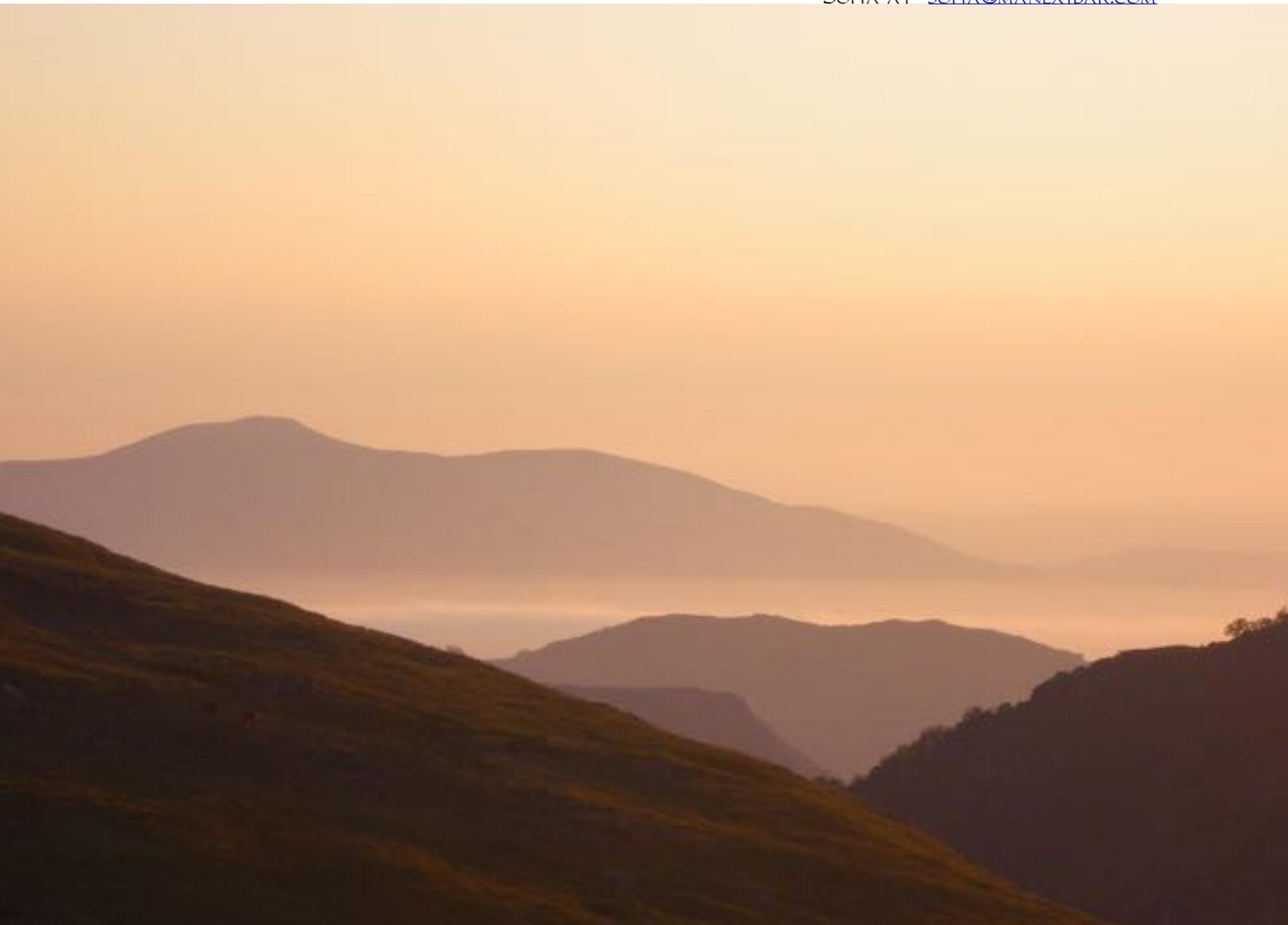
Manex Ibar (Hartza Xuria - White Bear) is a world-known spiritual guide, Basque shaman, energy scientist and powerful clairvoyant offering services in personal and business coaching, relationship guidance, personal healing and optimization, and spiritual consciousness wisdom. Through his ability to see simple explanations of complicated matters, release energetic tensions that restrict harmony and flow, and read genetic mechanics, Manex guides his clients to deep understanding, wisdom, and clarity. Through invoking whole systematic changes, he has changed many lives, unlocking hidden potential and unleashing optimal performance of genetic, energetic, consciousness, spiritual and material alignment. His open heart, loving nature and deep knowledge help individuals maximize their experience during Wisdom Quests.



PERSONAL SESSIONS

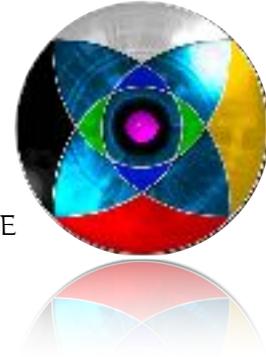
PRIVATE SESSIONS WITH MANEX IBAR ARE AVAILABLE BEFORE OR AFTER THE VISION QUEST. DUE TO TIME CONSTRAINTS, MANEX DOES NOT GIVE SESSIONS DURING THE QUEST.

TO SET UP A PRIVATE SESSION, PLEASE EMAIL SOFIA AT sofia@manexibar.com



LIVING SHAMANISM

IS A MODERN SHAMANIC MYSTERY SCHOOL PROVIDING RITUALS, CEREMONIES AND KNOWLEDGE TO AWAKEN SHAMANISM IN THE MODERN WORLD THROUGH DAILY APPLICATION.



MEMBERS HAVE ACCESS TO A LARGE ONLINE COMMUNITY THAT INCLUDES MEDIA SUCH AS AUDIO, VIDEO, PHOTOS, AND TEXT SHARED FROM ALL OVER THE WORLD TO EXPLORE THE DEPTH OF SHAMANISM.

WWW.LIVINGSHAMANISM.ORG



BIO-ENERGETICA

IS AN INSTITUTE DEDICATED TO THE UNDERSTANDING AND EXPLORATION OF LIFE ENERGY.

BIO-ENERGETICS IS THE STUDY OF LIFE ENERGY THROUGH THE COMBINATION OF SCIENTIFIC AND SPIRITUAL TECHNIQUES, AS WELL AS KNOWLEDGE AND UNDERSTANDING TO PROVIDE LIFE VITALITY. COMBINING THESE TWO PROCESSES (SPIRITUAL AND SCIENTIFIC) HAS ENABLED A NEW METHOD INTEGRATING THE ESSENCE AND MECHANICS OF LIFE ENERGY. EVERYTHING FROM THE MACRO TO MICRO LEVEL IS ENERGY AND THESE VIBRATIONS CONTINUOUSLY INTERACT, CREATING LIFE'S ORGANIC FLUX. MATTER IS CONSTRUCTED OF VIBRATIONAL ENERGY (PARTICLES OSCILLATING TO MAKE ATOMS) AND INFORMATION PASSES THROUGH EVERYTHING BY WAY OF VIBRATING NEUTRINOS. THE HUMAN BODY IS NOT JUST MADE UP OF TISSUE, BLOOD VESSELS AND ORGANS, IT IS ALSO COMPOSED OF ENERGY KNOWN AS CHI, PRANA OR VITAL ENERGY.

WWW.BIO-ENERGETICA.ORG