

# Earth Solo Experience



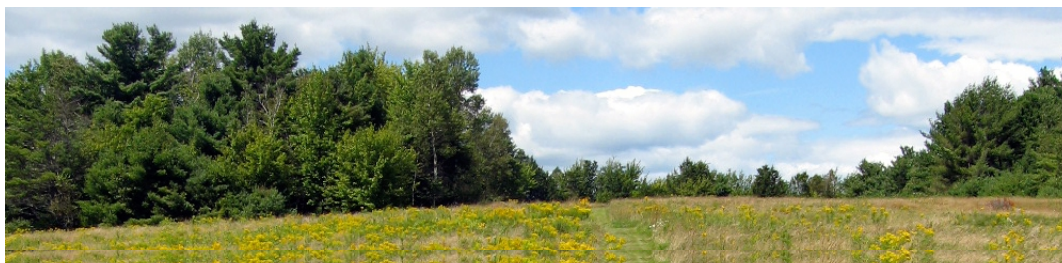
*We do not go into the desert to escape people but to learn how to find them: we do not leave them in order to have nothing more to do with them, but to find out the way to do them the most good. – Thomas Merton*

## *A Guided Experience of Solitude and Fasting in the Lap of the Earth August 22-26 in the woods of Monroe, Maine*

There is a long tradition of individuals going off to be alone in the wilderness to pray and fast, and to open humbly to messages and insight from the Creative Source. The guiding wisdom of our life is available to each of us if we are willing to pause and take an honest look inside. And when we get still enough and quiet enough, it is possible to see and hear something new -- to get a hint of a possible direction, to access hidden strength and courage, to awaken and reclaim forgotten pieces of ourselves. Whatever is revealed, whatever impulse for action is received, is offered in service to the People, in service to Life. The Earth Solo Experience, facilitated by Joseph Rubano, is connected to that tradition.

The Earth Solo Experience offers a rare opportunity to step out of the smother of civilization and its habits and to sit on the earth alone in our own raw confrontation with self and with the natural elements. There is a unique liberation to be found there. It is also an empowerment and a blessing to have the support of the community heart, and to have someone tend the ritual fires in remembrance of us, as we travel on our most personal journey. The Earth Solo Experience is a conscientious, well-kept and supportive cauldron or container for the testing that each of us naturally goes through. It welcomes us to set out, and it welcomes us to remain true. Then it welcomes us back.

We are a living part of earth, wind, and sky. We have a deep kinship with the trees and grasses and the living waters. We are connected to the mysterious movements of all animal life. We may rediscover this relationship as we slip out of our daily routines and distractions, opening to an unknown space, entering into the natural world and letting the natural world enter into us. For many it is an experience of coming home.



Photos are of the woods and fields of Starflower Farm, where our retreats occur.

**Joseph Rubano**, a member of the Wilderness Guides Council, began studying with native elders in 1979, and has been leading stone lodges and solo retreat and fasting experiences for many years. He is a master of helping to make this an enriching experience from the initial orientation and send-off to the 3-day and 3-night solo experience, and through the final welcoming-back ceremony and meal. He joins us from California, and will be assisted by Paul Weiss. (Contact us if you'd like more information about Joseph).

**Total cost: \$435.00.\*** *If you think you may be interested, or have questions about the details, please contact us as soon as possible: 207-288-4128 or [info@thewholehealthcenter.org](mailto:info@thewholehealthcenter.org). -- or reach Joseph at: 760-754-1148 ([josrubano@hotmail.com](mailto:josrubano@hotmail.com)).* \*If money is an obstacle, talk with Joseph.