

Mt Field Immersion - A call of the land



November 2023: Sunday 12th to Friday 17th

Accommodation: Government Huts, Alpine Region, Mt Field

Gentle Organisers/facilitators: Moran Wiesel and Sue Stack

Maximum of 10 people by expressions of interest.

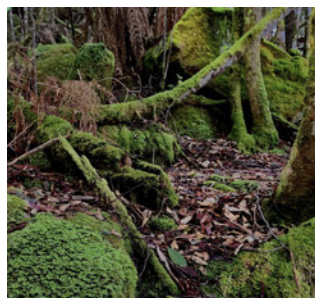
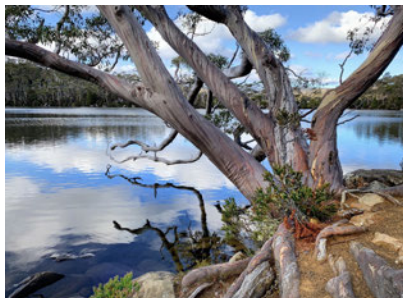
This is your invitation to join a week-long circle in the spectacular landscape of Mt Field National Park. The week will be an immersive journey with the land, with a community, and with ourselves. The circle will be gently facilitated by Sue and Moran, but held and co-created by all of us. During the week, we will guide, and be guided, in practices of embodying listening, creative expression, and ritual.

Our guiding questions are –

What does it mean to listen in deep relationship to this land?

How can we respond to what earth is asking of us?

How does sharing as a community open-up deeper richness in this journey?





The call of the land

Here is a land carved from ice, leaving footprints of lakes and tarns, creating microclimates for gondwana plants, or grizzled grandmother banksias, or ancient myrtle.

This is a land where a mosaic of wild moorland undulates in hills that move every time you look. This is a place where weather is made in hail and rain and snow, where water may be pouring across the landscape soaking into deep peat and energising the waterways all the way to the ocean.

This is a place where rock guardians gently hold the water and where pandani and pencil pines and myrtles bring the star energy to infuse it with love. This is a place of myth and story where wombats may whisper of times long ago when they too roamed the stars and portals may open to other realms.

This is the call of the land. Come. Listen. Be with us. Gently. Listen with your whole body. Let your cells sink deep in ours until we are seen and you are seen by us. Your presence, your love gives us strength. We only ask of you: How deep is your love?

If you feel the call of the land, we invite you to come and join us in this deep immersive experience in the alpine regions of Mt Field, where we will together create the space for nourishment, connection, possibility, emergence.

Mt Field is part of the Big River Nation. It is always was, and always will be, sacred Aboriginal Country. We pay our deepest respects to all the old people who've cared for these lands and waters, and sung the songlines since time began. We offer our practical solidarity and deep love to the Aboriginal community today.

Our journey together



Pre-immersion online session – Before we gather in person, we'll have a zoom-call. This will be an opportunity to start getting to know each other and organise some logistics, like any carpooling and food-sharing. This will be on Sunday 22nd or Monday 23rd October.

Arriving with intention – We will arrive at the Mt Field Visitor's Centre 10:30am Sunday morning. On the first morning, we will spend time greeting the place, and asking for permission from land to spend this time together. Part of this involves bringing our intention for the week. You might like to ponder what your personal intention, or enquiry question, is for this time together.

Our daily rhythm –

- Early morning yoga/meditation/walk (guided by whoever has something to offer)
- Pre-brekky short circle meditation-sit
- Morning group circle/activity/workshop
- Mid-morning till mid-afternoon – practices of exploring, walking, being, or creating with Mt Field as a whole group or smaller groups.
- Chill/integration time from mid-afternoon to dinner.
- After dinner sharing circle
- Evening music-making or story telling (if we are still awake!)

This is a rough guide and will be dependent on weather. The key points are: we come together as a whole group in the morning and the evening, and spend time during the day in relationship with Mt Field, ourselves, and each other. The exact form of this will emerge from all of us, and the landscape itself.

Activities may include:

- offers by you to lead an activity
- presencing in nature - eg. guided sensing, visualisation and responding. Forest bathing, lake swimming, barefoot walking, sitting with a being, finding a special place, tuning into flows, decomposing.
- improvisation – movement, stories

- art-making and journal writing
- group ritual – ceremony, grief work, collective healing & presencing
- sharing circles – storytelling, music-making, circle
- bushwalks – possibility for day-walks, or shorter trips.
- alone time, quiet time, and integration time

Leaving as an integration – Our closing ceremony will be on Friday morning, leaving the whole of Friday as an integration day for you to spend as you wish. You might like to go for a final bushwalk, or travel slowly home. We encourage you to keep this whole day/evening free for following what your body needs to integrate.

What might emerge during this journey:

- **building relationship with place** – reciprocity with the land, deep sensing, shifting into points of view of the beings that live there.
- **creative responding** – movement, sound, song, music, story, poetry, ceremony, art, journaling.
- **connection with each other** – deepening our relationships with each other through shared practices and communal living, with possible potentials for further collaborations.
- **healing** – bringing all of ourselves, allowing healing, deep presence in nature, nature as a mirror.
- **gifting the land** with our attention, curiosity, listening, and love that may lead to healing and restoration of cycles and flows.
- **inquiry questions** – what is the land asking of us? What are we inspired to explore further?
- **going forth** – what are we called to do now?

pause – relax – open – listen deeply – allow for emergence – speak the truth



Who we are



Moran Wiesel is an eco-therapist, performance poet/storyteller, and musician. Moran is passionate about enabling heartfelt, joyful space to (re)connect with our most whole selves, allowing whatever to be, to be.

Through *Earth Enspiralled* they facilitate experiences inspired by eco-somatics, deep ecology, and the power of creativity. Currently, this includes a *Mt Field Immersion* day retreat, sound bath sessions, earth-listening for kids, and deep ecology retreats.

Moran is a registered ACA counsellor, a national finalist of the Australian Poetry Slam, and tours an experiential music program *Listening with the Body: A Harp Journey* in collaboration with world-renowned harpist Alice Giles AM. They are also a magazine editor and sea kayak guide.



Dr Sue Stack is an holistic educator and researcher interested in transformative learning, exploring what it means to integrate science and soul. Sue has co-facilitated deep ecology workshops and retreats, social presencing theatre and systemic constellations. She has developed and facilitated for the last 12 years a practice “Embodied Wisdom and Play” which connects to our somatic intelligence through improvisation and play to allow the emergence of deeper truths and knowing.

Sue is an artist, storyteller, puppeteer and performer. Her current Toy Theatre show - *The Hollow Heart* explores a deepening relationship with nature. Her deep question is “*How can I be of service at this key turning point of a multi-dimensional world?*”

An ethos we invite for this immersion:

- reciprocal relationship with land – being present, walking lightly, taking out what we bring in, carpooling
- a conscious community sharing responsibilities and resources – the peaks/valleys of the journey, and sharing food and chores
- responsibility for self – awareness of our own journey, stepping in/stepping out, holding ourselves with integrity
- gift economy – cultivating generosity, creating financially accessible experiences and meaningful, fair, and enriching energy exchanges

Practical Bits

Expression of Interest

Eol's are via email (suejstack@gmail.com) or a phone chat with Sue (0448 979 689). Include in your Eol:

- a bit about yourself,
- what draws you to this group experience, and why,
- if you have any earth-connection, groupwork, meditation, or other relevant experience/personal practices,
- what gifts you can bring to this circle,
- a bit about your personal access needs - what we might need to know to help you be comfortable and safe during the immersion?
- *This can be quite simple; we just would like to get a sense of you!*

We will get back to you as soon as we can to confirm your place.

Accommodation

We will be staying at [Mt Field Government Huts](#), which is very basic. Each hut has 2 rooms, a bunk room and a kitchen/living area with a fireplace, table, and sink with non-potable water.

Bunk rooms have 3 bunk-beds, and we will be sleeping 3 per hut/room. Bunks have a mattress, but you will need to bring a sleeping bag/pillow/fitted sheet (i.e. your own warm sleeping kit).

The huts have **no** electricity, showers, or potable water. There is also no mobile coverage at the hut site. There is a shared composting toilet building outside.

Between everyone, we will need to bring a range of resources to make this feel like a home away from home: e.g. cooking gear, drinking water, lighting, comfy cushions etc. We will organise this with those coming.

Food

You will need to bring your own food and cooking equipment. However, if possible, we would like to cook and eat together. For those interested, we can create an opt-in shared meal-plan, to coordinate bringing and cooking food.

Breakfast and dinner will be a shared time at the huts, while lunch will be out and about.

Costs

base fee \$280 + *dana* contribution

Once booking is confirmed, we will send a payment link for the base fee. There will be space for gifting a *dana* contribution at the end of the immersion.

The base fee covers the outlay of costs for the event. Specifically, this covers:

- Accommodation
- Event insurance
- Safety equipment for being outdoors
- Peak body registrations & miscellaneous business costs
- Contingency costs

Dana means generosity, or gift. As organisers and facilitators, Moran & Sue are not charging a fixed fee for our contributions, but are offering this immersion as a gift, in the spirit of generosity. At the end of the immersion there will be an opportunity to offer *dana* in the form of a monetary gift in return. Your *dana* contributions support our livelihood, makes offering these immersions feasible and accessible, and honours our time and energy.

Pay as you can/pay it forward – we recognise that everyone's financial needs are different. If you're feeling unable to come because of costs, please get in touch with us. Similarly, you might be able to pay-it-forward to help cover someone else's costs. That would be amazing! Please let us know :)

Cancellation policy – We'd love people to be committed to this journey. But we get that life happens.

- If a) we have a waiting list, or b) you know someone is ready, able, and willing to take your place, a full refund is possible up to 2 weeks beforehand (27th October).
- Otherwise a 50% refund is possible.

Parks Pass – every vehicle entering Mt Field National Park will need a parks pass. We can co-ordinate carpooling to maximise those already with a pass. Otherwise, you can see purchase options [here](#).

Fitness, Medical Info, and Waivers

We plan on being outside in all-weather conditions. Some walking tracks are rough and unformed, involving some rock scrambling and steep hills. Normally, we will be encouraging slower walking over shorter distances – which can be more tiring for some! We recommend a

medium fitness level for this immersion. Saying that, we want to accommodate your body's needs. There are always alternative options and choices for practices/walks.

We do not provide health or accident insurance for participants. We suggest you cover your own health/travel insurance. Once you have confirmed booking, we will ask you to fill out a medical form and a waiver.

What to Bring

- Sleeping gear - everything except a mattress (sleeping bag, pillow, sheet, blanket etc.)
- Warm clothes in layers – it can snow at the top of the mountain any time of year.
Remember, cotton keeps you cold and wet, while woolens/synthetics keep you warm and drier. We strongly suggest bringing:
 - rain jacket, beanie, scarf, gloves, waterproof pants, thermals, woolen socks, warm woolen jumper.
- Sun protection – the UV in the Tassie mountains is very intense.
 - Sunscreen, hat, sunnies
- Comfy walking shoes (they might get wet)
 - spare pair of shoes for around camp/when your other pair gets wet (if you want)
- Head torch
- Food & snacks for 6 days.
- Food-storage & rubbish containers that are possum-proof (e.g. esky, closed container).
(The possums are savage!!!)
- Water bottle & drinking water supply
- Eating implements & lunch container (cup, utensils, bowl etc.)
- Backpack/day pack
- Personal medications
- Comfy sitting thing – e.g. camp chair, sit-mat, meditation stool
- Creative tools –
 - Writing journal / creative journal (*please bring this*)
 - Musical instruments, if you have them
 - Art supplies, if you have them
 - Anything else that sings to your heart!

*There are also shared items that we need as a camp.
We will organise these with participants.*





How this came about

Hello, I'm Sue. In March 2022 Moran and I had a magical day at the different altitudes of Mt Field. Laying underneath old myrtle trees, walking barefoot over the rocks amongst the snowgums, discovering wombat stories on the moor. The message we got from the land was come again. Spend time here.

So I booked 3 weeks in December 2022 for us to have an artist in residence. Both of us love to express the land through movement, stories and poetry and we wanted to sink in as fully as possible. It rained, snowed, mist rising and lowering, wind buffeting. I had two beanies on my head, 5 layers on my torso, 3 layers on my legs, two pairs of socks and two scarves. Water was everywhere.

So we went out in all these weathers, and we listened, and we moved our bodies. Magic happened again. I had a vision of a water festival where the sacred catchment water of Lake Fenton flowing down into the derwent and then into the ocean is celebrated through ritual and stories and councils of all beings. Moran wrote poetry and imagined bringing people here on day and longer retreats.

We love being here. Our hearts open here. The wattle and richea embrace us. We wondered what might be possible here with others yearning for a deeper connection that is in service to the land and the land's voice, participating in conscious community. So I booked all the huts for this period in November and we are calling out now for like-minded souls to create something magical for each other and the land.

What are you curious to explore?