

Preliminary program for Urvision 2008

	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28	Sunday 29
8-9	<i>Breakfast Morning meeting</i>	<i>Breakfast Morning meeting</i>	<i>Breakfast Morning meeting</i>	<i>Breakfast Morning meeting</i>	<i>Breakfast Morning meeting</i>	<i>Breakfast Morning meeting</i>	<i>Breakfast Morning meeting</i>
9-12	Welcoming Organizing Orientation	Felting & Dying Green anarchy Awareness excercises	Energy excercises Plant walk Eco defense	Massage Wood carving Hidden power structures	Plant walk Traps Creating community	Bow making Electro	Sweat lodge building
12-14	<i>Lunch Presentation</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
14-17	Wood carving Bow making Child birth	Fire making Inner and outer nakedness	Cordage / string Plant medicines & shamanism Permaculture	Knots Fire making Native parenting	Attention excercises Fishnet Sexual boundaries	Bow shooting Negotiations & conflicts Moccasin sewing	Cleaning up Sweat lodge building
17-19	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>
19-22	Opening ceremony Truthspeaking	Stitching Inka ceremony	Female circle Male cricle	Drum journey Birch bark craft ----- Night: Vision quest	Empathic communication Natural contraceptives	Good bye party and ceremony	Cleaning up Sweat lodge building

Short description of the activities:

Attention excercises – Excercises to train your attention.

Awareness excercises – We learn some excercises to regain a more native consciousness.

Birch bark craft – We create a knife sheath, bowl, and sandals out of birch bark

Bow making – Gathering of material and building of a bow. Bring axe and knife if you want to participate.

Bow shooting – We shoot with bow and arrow.

Child birth – Diskussion about giving birth in a native way.

Cordage / string – We learn a few different ways to get stuff from nature that can be used as strings.

Creating community – Planning for those who want to start a physical community and live together somewhere.

Drum journey – A shamanistic way of reaching a different consciousness.

Eco defense – Discussion about methods and tactics for defending nature against the assaults from civilizations.

Electro – it's in the air – We will talk about the extended electric radiation. How it is affecting everything biological, and about people who react as electrosensitive. Are there any advantages with living without radiation?

Empathic communication – how can we make contact? What is it in our communication that make contact harder or easier? How can we meet our own and others needs?

Energy excercises – Get to know your energy body.

Felting & dying – Felting is a method for making a felt-like fabric out of wool.

Female circle – About how it is, and what it means, to be a woman. We start with only women, and will later meet with the male circle.

Fire making – We show the different steps of how to make fire with the bow drill and the hand drill method, including gathering material.

Fishnet – To build a primitive fishnet.

Flint knapping – The flint knapper Dan Kärrefors shows how to make cutting tools, chopping tools, arrow heads and other things out of flint.

Good bye party and ceremony – We party! Bring musical instruments!

Green anarchy – Introduction to the green anarchist ideas, with a discussion afterwards.

Hidden power structures - We look at the hidden mechanisms in the society which are not brought up in todays political models. How the war against terrorism is used as psychological warfare. Are global warming and peek oil for real or a bluff?

Inka ceremoni

Inner and outer nakedness – A workshop and discussion about nakedness in soul and body.

Knots – We learn to tie some useful knots.

Male circle – About how it is, and what it means, to be a man. We start with only men, and will later meet with the female circle.

Massage – Vi massage each other.

Moccasin sewing – We make moccasins of leather. Bring leather, and if you can also sewing equipment, like strong needle and thread, and scissors.

Native parenting – Introduction and discussion about native parenting. what is natural for our children?

Natural contraceptives – About natural birth control etc.

Negotiation and conflict – Methods to deal with conflicts and reach agreement.

Permaculture – About becoming self sufficient through this gardening philosophy.

Plant medicines in traditional and new shamanism – Thoughts, challenges and possibilities.

Plant walk – Identification of edible plants in the wild.

Sexual boundaries – Find your sexual boundaries and communicate them – A sexual boundary is not constant, what is fantastic one day can be totally wrong another day. With one person we can want to do one thing, but with another something different. In the workshop we work with finding boundaries and formulating them – not necessarily as a YES or a NO, but as it also can feel: “no, but this instead” or “yes, but a bit softer thanks”. To be able to talk about our boundaries we find methods to be able to feel where the boundaries are, and we are also going to work with that in the workshop.

Stitching – Vi stitch gloves.

Sweat lodge building – We build a sweat lodge to sweat in the day after the gathering, 18th of august.

Traps – We learn how to build simple traps to catch small animals with. They won't be used during the gathering.

Truthspeaking - We learn about being true in our speaking and listening, our natural way of communicating. We also talk about the victim mentality that permeates our civilized society.

Wood carving – Carving of bowl and spoon and other things.

Opening ceremony – We hold a short ceremony to open Urvision and to thank the land that we can be here.