



Initiations | Personal Vision Quest

Three to Six Month Intensive Customized Program

This bespoke program includes prescriptions for specific rituals, ceremonies and rites of passage.

Do you sense that you can be enjoying your life a lot more than you currently are? Dr. Tanya guides you on a powerful personal journey that is a modernized version of an Initiation process or vision quest. Traditionally engaged in by indigenous peoples in many cultures, these vitally important rites of passage have largely disappeared from contemporary life.

The bespoke program is an intensive, long-term engagement that includes different modules customized with prescriptions for specific rituals, ceremonies, rites of passage, storytelling, meditations, and guidance on daily activities. The entire process can take between three to six months depending on your schedule and situation.

This is a modern take on traditional healing utilized by indigenous healers in Africa. Instead of traveling into a remote village, you and Dr. Tanya meet in-person or in virtual sessions. Instead of sacrificing goats or chickens, you work with Dr Tanya to discover

modern 'sacrifices' that you can make to move you through relationships and positions that are no longer serving you.

Dr. Tanya works with you personally and privately. You may bring in others in your close circle when necessary to support you in this work. As it is common for many of your issues to have originated in the constellation of your family, we will also work on healing these wounds and traumas. Family members do not have to know about this work you are doing, progress will still be made.

The primary difference between this type of work and standard western psychotherapy is that the goal is to completely delete an 'old operating system' from you mind-body and replace it with a new one. This may not mean that you will live in a blissful state forever (although you might) but that you will be better equipped to manage future issues. Going through an Initiation process gives you tools you can use throughout your entire life.



Deleting files of your old operating system can be done with fire or with a waterway such as a river.

A Sample Program

Module 1 - Clearing. Unearth past experiences that have caused unhealthy thoughts and behaviors. Through storytelling and letter writing, review and plan how to release.

Module 2 - 'Death' ritual. Delete the files of your old operating system to clear the way for a new you. Private and powerful ritual that incorporates elements most meaningful to you and your loved ones.

Module 3 - The Child-like New Self. Practicing how to be in this world using your new and upgraded beliefs and practices. Introduce or revisit nourishing practices such meditation, movement, and a realistic daily schedule.

Module 4 - Closing Ceremony. Celebrating a Re-Birth, the new you, with clear vision and purpose.

Testimonials

"I became fascinated with Dr. Tanya's insights, especially her recognition that Western Culture has lost a sense of self, inner guidance and groundedness through the absence of a true Rites of Passage for young men and

women as they embark on their future paths. She described the Rites of Passage that are currently still held for the Maasai and from that inspiration came the vision that she would help co-create and guide me through my own Rites of Passage or "Vision Quest", which I felt very much in need of at the time."

"The personal Vision Quest was so powerful I would recommend this to anyone at any stage of life who is in need of conscious framing or reframing of their life's purpose. It's also an important quest to take when embarking on anything new: a job, a relationship, a creative project, parenthood, etc."

"Dr. Tanya and I co-created what exactly I would take on as "work" during my Initiation/Vision Quest. This aspect of co-creation was very powerful. One of the aspects that she helped me identify was the importance of acknowledging and making peace with your roots. As part of this, I decided to revisit every place I ever lived up until that point (that I was able to access) from my childhood home just before my parents divorce at the tender age of 2 years old to all the homes I moved to with my mom and sister through her years raising us and then to my homes as an adult in Miami and New York. This was very very cathartic and healing. Another very useful experience was receiving meditation training from Dr. Tanya and receiving my own mantra. Meditation is a cornerstone of my life and it really took shape with our work together."

"It's truly amazing to look back now 7 years after completing this work with Dr. Tanya and see that every single thing I had written with her that I wanted to accomplish by this point in my life I did! Within 3 weeks of completing my work with Dr. Tanya I ran into my current husband on a NYC street - (I was single at the time in search of the right life partner). He has every trait I wrote on my list of qualities for the "right partner". Together my now husband and I moved out to the Western US into wild nature - which fulfilled my description of the home I hoped to create. I now have a beautiful son. It was a lifelong dream to become a mother and have a natural birth - which I did despite all the challenges. And, I finally made it to East Africa on several eye opening journeys that has now culminated in my husband and I creating part of our life there."

To receive more information about Initiations and to help you decide if this is right for you at this time, email Dr. Tanya at tanya@tanyapergola.com