

# Preliminary program for Urvision

	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28	Sunday 29
<b>8-9</b>	Breakfast Morning meeting	Breakfast Morning meeting	Breakfast Morning meeting	Breakfast Morning meeting	Breakfast Morning meeting	Breakfast Morning meeting	Breakfast Morning meeting
<b>9-12</b>	Welcoming Organizing Orientation	Fire making Paleodiet	Hide tanning Nature walk	Hide tanning Nature walk Truthspeaking	Hide tanning Nature walk Moccasin sewing	Hide tanning Bow making Nature walk	Hide tanning Bow making (Sweat lodge building)
<b>12-14</b>	Lunch Presentation	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<b>14-17</b>	Hide tanning Bow making Shelter building	Hide tanning Fire making	Hide tanning Cordage/string Awareness excercises	Hide tanning Traps Relaxation excercises	Hide tanning Bow shooting Baskets	Hide tanning Bow making Primitive cooking	Cleaning up (Sweat lodge building)
<b>17-19</b>	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
<b>19-22</b>	What is Green Anarchy? Opening ceremony	Drum journey Ecodefense	Thierry Sallantin	Security culture Awareness excercises	Native parenting Counsel about food and life	Good bye party	Cleaning up (Sweat lodge building)

## Workshops that aren't scheduled yet, but will happen:

Dooms day prophecies and peak oil  
Hidden ruling structures and mechanisms in the world  
Drum journey – one more later in the week  
Wood carving

## Short description of the activities (in alphabetic order, more info will come):

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

**Baskets** – We make a simple basket out of birch bark and possibly also from other materials if we have time.

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

**Bow shooting** – We learn the basics of bow shooting.

**Cleaning up** – We clean up after us.

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

**Counsel** about human's and other being's living space on earth: about food and the possibilities to life, dignity and personality.

**Drum journey** – Naud Vanarot, from the society of Moder Jord (mother earth) - <http://www.moderjord.org/>, holds a drum journey. She has given us the following description of it: "A shamanistic drum journey is an old trance technique, probably pretty spread, and what we know is that it has occurred in the circumpolar belt, but is probably more worldwide than that. Trance was anyway the way the people used in order to work ritually and healingly during paleolithicum. How they got themselves into trance varied, didgeridoo, drum, dance, song are some of what has been used on different places in the world (and of course different plants). Drum is one of the easiest ways to go into trance since it, if it is laid in a trance inducing rhythm, helps to change the brain waves from day conscious waves to trance waves. The ritual in itself is done in a way that we together create a circle with a we (sacred place) for each and every one of the forces / mothers which means one for Mother Earth, one for Mother Air, one for Mother Fire and one for Mother Water. Then we call in the forces and to reinforce it and to put ourselves in mood we also sing in the forces (the archeologists believe that all song, all jewelery etc the paleo people made had a ritual function). Then I tell about the world view which is the base for the journey in itself and how the journey is done. After that we sing a song where we call for the power animals in the different directions. Then I drum and we journey. The first journey is done to get conscious contact with ones fylgja / power animal, a helper who follows us through life. After the journey we share what we experienced. So we thank the mothers and the ritual is over. Totally it takes 1,5-2 hours (depending on how much we talk before and after)."

**Ekodefense** – Discussion about methods and tactics for defending nature against the assaults from civilizations.

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

**Good bye party** – We party! Bring musical instruments! Perhaps we will do a shadow dance. Maybe also fire dance by one of the finest fire artists.

**Hide tanning** – We aim to go through all the steps of the hide tanning process, from raw hide to leather ready to use. All participants will get their own deer skin to tan. Bring an apron and perhaps gloves for this. A bucket to store the hide in would also be good if you have one. If you want to be in the whole process, you won't be able to take part of so many of the other workshops. But that also depends on how fast you are. It's also possible to come and go, and do as much as you have time for and just watch how the different steps are done, so you can do it at home later.

**Morning meeting** – We inform about the day and other things that comes up.

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

**Nature walk** – Hikes in the surroundings of the gathering site, where we for example will gather plants and learn a native way to move around in nature.

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

**Paleo diet** - Introduction to the paleo diet, also called stone age food.

**Presentation** – Those who want to will tell a bit about themselves and possible projects they are involved in.

**Primitive cooking** – We make food in a cooking pit and boil water with hot rocks.

**Security culture** – Introduction and discussion about surveillance and more secure forms of electronic communication.

**Shelter building** – We build a simple survival shelter.

**Sweat lodge building** – We might build a sweat lodge to sweat in the day after the gathering, on the full moon 30<sup>th</sup> of July.

**Thierry Sallantin** – Thierry Sallantin, from France, tells about his time with a native people in French Guiana and their struggle against civilization.

**Traps** – We learn a few traps to catch animals (which 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.

**What is green anarchy?** – We give an introduction to the green anarchist ideas, and afterwards there will hopefully be a discussion about it.

**Welcoming, organizing, orientation** – We make ourselves at home in the camp.

This program is only preliminary so it is likely that changes will happen. And there is plenty of space to come up with other things also – we would gladly see that people take initiative to do stuff. We create Urvision together.