

# RITE OF RETURN FREQUENTLY ASKED QUESTIONS

VETERAN RITES  
Circle of Return

## WHAT IS REQUIRED TO CLAIM MY SEAT?

RSVP ON WEBPAGE

INITIAL PHONE CALL WITH VR TO SEE IF THE CEREMONY IS RIGHT FOR YOU

REVIEW ALL RESOURCES ON THE PARTICIPANT RESOURCES WEBPAGE THAT WILL BE EMAILED

REVIEW AND SUBMIT INTENTION STATEMENT, HEALTH FORM, SAFETY PLEDGE, LIABILITY FORMS

## THEN WHAT?

VR WILL CONFIRM YOUR SEAT AND WE WILL BEGIN OUR WALK WITH YOU IN PREPARATION FOR YOUR WELCOME HOME ON THE LAND. WE WILL DIVE DEEPER IN TO YOUR UNIQUE CIRCUMSTANCES TO SEE HOW VR CAN ASSIST WITH ANY BARRIERS IN BODY, MIND, SOUL, AND SPIRIT THAT WILL PREVENT YOU FROM CLAIMING YOUR RITE OF RETURN AND PARTICIPATING FULLY (AND SAFELY!)

## WHERE IS IT?

ALL OF OUR WILDERNESS SITES ARE IN CENTRAL AND EASTERN WASHINGTON ON PUBLIC LANDS. SEASONAL CONSIDERATIONS DICTATE WHERE WE HOLD EACH CEREMONY. THE LAND IS VERY MUCH A PART OF THE STORY AND EXPERIENCE. WHETHER IT IS IN THE HIGH DESERT OF THE CHANNELED SCABLANDS OR THE ON A MOUNTAINTOP IN THE CASCADES ALL OF OUR CEREMONIAL SITES ARE PRIORITIZED WITH SAFETY, MYTHIC BEAUTY, AND TRUE SERVERENCE FROM SOCIETY IN MIND.

OUR GEAR LISTS ARE APPLICABLE TO ALL SITES AND SPECIFIC GUIDANCE ON PREPARATION AND TRANSPORTATION TO EACH SITE WILL BE COMMUNICATED.

## ELIGIBILITY

THE RITE OF RETURN IS AVAILABLE TO CURRENT AND PRIOR MILITARY SERVICE MEMBERS, SPOUSES, PARTNERS, INDIVIDUAL GOLD STAR FAMILY MEMBERS (18+), PROVIDERS, AND DEPENDENT SURVIVORS OF VETERAN SUICIDE.

## BARRIERS (HEALTH, TRANSPORTATION, LODGING, GEAR, FOOD)

VETERAN RITES WORKS TO THE BEST OF OUR AVAILABILITY WITH EACH PARTICIPANT TO REMOVE BARRIERS RELATED TO HEALTH, GEAR, TRANSPORTATION, LODGING, FOOD, OR WHATEVER THAT MAY COME UP FOR YOU THAT MAY PREVENT YOU FROM CLAIMING YOUR RITE OF RETURN.

WE HAVE SERVED VETERANS ON EVERY END THE VAST SPECTRUM OF NEEDS AND CIRCUMSTANCES TO CREATE A RITE OF PASSAGE THAT WORKS FOR YOU.

## DRUGS

THE CEREMONY IS POWERFUL ENOUGH ON ITS OWN WITHOUT MIND-ALTERING SUBSTANCES. IF YOU UTILIZE SUBSTANCES FOR PAIN MANAGEMENT WE WILL DISCUSS WAYS TO SUPPORT YOU.

## FREQUENTLY ASKED QUESTIONS

### HOW LONG IS THE CEREMONY?

THE RITE OF RETURN CEREMONY IS 12 DAYS LONG THAT INCLUDES THREE PHASES.

**SEVERANCE:** 4 DAYS SEPARATING FROM ALL TIES TO CIVILIZATION WHILE ACCLIMATING TO THE LAND IN COUNCIL WITH OTHER VETERANS, GUIDES AND COMMUNITY.

**THRESHOLD:** 4 DAYS AND NIGHTS FASTING IN SOLITUDE ON THE LAND WITH WATER TO SELF GENERATE CEREMONIES OF HEALING AND EMPOWERMENT.

**INCORPORATION:** 4 DAYS OF SHARING STORIES AND BEGINNING YOUR LIFE'S JOURNEY OF INCORPORATING YOUR "I AM" IN A RETURN TO TRUE IDENTITY, PURPOSE, AND BELONGING IN SOCIETY.

### HOW PHYSICALLY DEMANDING IS IT?

AS PHYSICALLY DEMANDING AS YOU ARE ABLE AND DESIRE. THERE ARE NO MINIMUM REQUIREMENTS AND IT IS NOT A TEST OF PHYSICAL ENDURANCE. THERE ARE PROLONGED TIMES SITTING IN CIRCLE WITH OTHER VETERANS AND COMMUNITY AS WELL AS SELF-GUIDED WALKS ON THE LAND. YOU CAN EXPECT ALL KINDS OF WEATHER IN THE WILDERNESS INSIDE AND OUTSIDE OF YOU.

### DO I HAVE TO FAST?

YES. UNLESS YOU ARE TAKING MEDICATIONS OR HAVE HEALTH CONDITIONS THAT PREVENT YOU FROM DOING SO. FASTING WITH WATER IS THE MOST ANCIENT OF PRACTICES FOR CLEANSING AND HEALING ACROSS ALL CULTURES AND CIVILIZATIONS WITH UNPARALLELED, EVIDENCE-BASED RESEARCH SUPPORTING REGENERATIVE HEALING OF MIND, BODY, AND SOUL.

### WHO IS OUT THERE?

A RITE OF RETURN HAS A MAXIMUM OF 10 PARTICIPANTS AS WELL AS A COMMUNITY OF GUIDES, ASSISTANTS, AND WITNESSES ACROSS ALL GENDERS, VETERAN, AND CIVILIAN. A CEREMONY MAY HAVE 14 -20 INDIVIDUALS PARTICIPATING.

### COMPASSION ACROSS CULTURES, IDENTITY, EXPERIENCE

THE RITE OF RETURN IS A BARE BONES, CROSS-CULTURAL CEREMONY THAT WELCOMES HOME THE WILD DIVERSITY OF OUR MILITARY FAMILY WITH LOVE AND HONOR. PERIOD

WE ARE DEEPLY SENSITIVE TO THE UNIQUE BARRIERS EVERY PARTICIPANT MAY HAVE IN FEELING SAFE IN A WILDERNESS ENVIRONMENT. WE ARE LISTENING, AND HAVE YOUR BACK.

ALL PARTICIPANTS, GUIDES, AND COMMUNITY ARE RESPONSIBLE FOR CO-CREATING AN EMPOWERING, SAFE, AND COMPASSIONATE CONTAINER OF NON-DISCRIMINATION.