

Dearest Beloved Community,

February 18, 2018

I am writing you from my heart with a personal request for your support. I thank you for your kindness in listening and generosity in responding.

I have a life-changing opportunity to join a pilgrimage to Nepal and trek into the Himalayas with a small group of teachers, practitioners and filmmakers.

I need to raise \$5000 by March 10th in addition to what I will be contributing myself. I am hoping you can help. Whatever amount you might be able to give whether \$50 or \$250 or more, I would be profoundly honored and grateful to receive your support. Knowing you are with me will make each step all the more meaningful. You will be giving me the gift of transformation. Information about how you can contribute is at the end of this letter.

From the time I was a teenager, I have yearned to experience and connect with spirit and the sacred. It began inside of the Catholic Church with its incense and ceremony, its songs, prayers and rituals. But it was more than just the ritualized elements I found in the church. What was evoked in me was a feeling of joy and purpose. I have been seeking this spirit my whole life, seeking God, healing, community, forgiveness and sanctuary – and since before my children were born I have cultivated a practice of meditation. Now I am being called to step into this part of my life more fully.



I have been invited to make a month-long spiritual journey in May to Nepal. The trip will retrace the pilgrimage that my dear friend, Cynthia Jurs made in 1990 to meet 106 year-old Lama Charok Rinpoche who lived in a cave high in the Himalayas. At her request, the Lama gave her a simple, ancient practice of offering prayers into *Earth Treasure Vases* for the healing and protection of the Earth. This practice impacted me deeply and I was part of an early group of allies who helped Cynthia found the nonprofit, [Alliance for the Earth](#). For nearly 10 years I served on the board and helped prepare the way for many pilgrimages, from the Congo to the Arctic Circle. Now I have a chance to join a pilgrimage to a place that lives in my dreams.

As I have shared the path with Cynthia, we have forged a deep sisterhood around our commitment to prayer, intention and practice as an essential part of healing ourselves and the planet. This pilgrimage to Nepal will take us back to where it all began for Cynthia and catalyze the next chapter in service to the Earth for those of us who accompany her.

For me, this pilgrimage to Nepal is a powerful invitation to change, an invitation to break the patterns that have kept me stuck, and to claim more fully the power of practice as a foundation for my life. I know

must lay down the tools and habits that are no longer serving me if I am to continue to be of use, and this is a chance to do just that. I want nothing more than to open a channel that has been clogged with guilt and overwork. This journey represents an acknowledgement of my deep commitment to my own evolution which will not only serve me personally, but will strengthen my commitment to creating the conditions for a more just future for all of life.

Nepal is a place of dreams – of beauty, mystery, lineage and deep practice. This journey feels like a ceremony of change – of awakening. My being yearns for this and my body is made for it. I feel the landscape calling me, as I have been called to the cushion and to contemplative practice for decades.

This pilgrimage is a call to shed my ideas of what I deserve, and what I am responsible for, and to. It is about letting go of the armor of anger and self-righteousness and trusting the Earth and the Universe to take me where I need to go. It is about uncovering what has been covered over, boarded up, nailed shut, and finding home within. My soul needs space. My creative mind needs food. The beauty of the people and landscape of Nepal will be that food – will nourish and inspire me.

So dear friends and colleagues, far and wide, I am reaching out to invite your support! Deciding to make this trip has itself been its own pilgrimage. I have been challenged, excited, and petrified to ask for your help. I have been humbled by the love and support that I have already received as I have wrestled with the decision about whether to say yes to this amazing, life-changing trip. Thank you. My prayer now is that some of you might be able to help me make this happen.



I imagine standing with the monks and nuns of the Buddhist tradition who depend upon the generosity of their community to be fed and clothed. In this moment I am claiming my commitment to the Buddhist path I have been treading and I call on you, my beloved community, and the Earth, to witness my commitment.

I am ready. I want to say yes to what my soul and spirit need. I want this for me – and I also want this for my loved ones. My people are waiting for me to let go – to open – to love myself. To celebrate myself – this body, this breath.

With your support, I will walk up that well-worn path, into those tall mountains. I will pray and practice deeply and make offerings. I may even dance for joy. I will do this for myself, for you, and for all beings.

Please let me know if you are with me. Thank you. I love you. I am so grateful,

Ginny

HOW YOU CAN HELP...

My hands are outstretched and my heart is open. Donations can be made online through the nonprofit organization Alliance for the Earth at: <http://earthtreasurevase.org/donate-form/> In the "Dedication" please note: "For Ginny McGinn's Nepal Pilgrimage." Thank you so much!

