

CLEARING

*Do not try to save
the whole world
or do anything grandiose.*

*Instead, create
a clearing
in the dense forest
of your life
and wait there
patiently,
until the song
that is your life
falls into your own cupped
hands*



*and you recognize and greet it.
Only then will you know
how to give yourself to this
world
so worthy of rescue.
- Martha Postlethwaite*

ENTER A PROFOUND
EXPERIENTIAL IMMERSION
INTO THE MYSTERIES OF
NATURE AND SOUL.

TRUE NATURE SOULQUEST

ARE YOU LONGING FOR A DEEPER RELATIONSHIP WITH SELF, ONE THAT
FEELS MORE ALIGNED WITH YOUR INNER TRUTH?

DO YOU WANT TO DEVELOP A MORE INTIMATE, SACRED AND
RECIPROCAL RELATIONSHIP WITH THE LIVING EARTH AND DISCOVER
YOUR TRUE BELONGING?

ARE YOU READY TO LOOSEN THE OLD BELIEFS AND CONDITIONED WAYS
OF BEING, AND STEP INTO YOUR RAW CREATIONAL POWER?

DO YOU SENSE, SOMEWHERE DEEP IN YOUR HEART, THAT A MORE
BEAUTIFUL WORLD IS POSSIBLE AND LONG TO OFFER YOUR UNIQUE
GIFTS?

STARTS MAY 2026
SOUTH PENINSULA

A 6-MONTH UNDERWORLD SOUL PURPOSE
DISCOVERY JOURNEY
INCLUDES SUNRISE TO SUNSET SOLO NATURE IMMERSION



TIMELINE

WORKSHOP 1

31 May (in person): Hearing the Call from Soul; Initiating the Journey | Default Purpose: What holds you back from living your true purpose? Group check-in: 15 June 6- 8 pm (zoom)

WORKSHOP 2

28 June (in person): Default Purpose: What holds you back from living your true purpose? Working with your Protectors and restoring wholeness Group check-in: 13 July 6- 8 pm (zoom)

WORKSHOP 3

19 July (in person): Entering the Imaginal: Tuning into the compass of the heart; cultivating the practice of Active Imagination Group check-in: 3 August 6- 8 pm (zoom)

WORKSHOP 4

16 August (in person): Nature-based soul encounter: Entering the cocoon of transformation Group check-in: 31 August 6- 8 pm (zoom)

THRESHOLD CEREMONY

18 - 20 September: Sunrise to sunset SoulQuest (solo nature immersion); Integration time and storytelling Group check-in: 1 October 6- 8 pm (zoom)

WORKSHOP 5

11 October (in person): Embodying your deepest nature; Living a Soul-aligned Life

DESCENT TO SOUL

This six-month immersion is a call to step beyond the familiar world and into the deeper current of your own becoming. You'll learn to attune to the wisdom of your heart and to the ancient voice of the Earth, calling you home through wind, stone, and stillness.

Our journey is a descent into the mythic underworld of your true nature, held within a sacred container of depth enquiry, nature-based processes, ceremony, and the imaginal field, where Soul reveals itself through symbol and image. This is a slow unravelling of the stories that have kept you small, and a remembering of your innate belonging with the living Earth. You'll spend solo time in nature, sit in Council, a circle of deep listening and shared wisdom, engage in dreamwork, and explore practices that help you listen deeply to the voice within.

This is a passage of devotion and discovery, an initiation into the wider, animate story that holds you, and a reawakening of what has long been waiting in your bones to be lived and offered back as a gift to the world, in these times of the Great Turning.

The journey includes:

- One full-day, in-person session each month
- Monthly online check-ins
- Self-directed nature-based Soul encounter practices
- Curated readings and recorded practices
- Reflections and individualised invitations to support your journey
- A sunrise-to-sunset solo immersion in the majestic Cederberg Mountains.

GET IN TOUCH FOR AN EXPLORATORY CALL

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Rachael Duffy is a Purpose Guide™, Nature-based Soul Companion, Work That Reconnects facilitator, and Earth songstress. She supports you to remember your inner truth and to discover and embody the unique purpose your soul longs to live. Her work is rooted in a deep love for the Earth and in devotion to the Great Turning, the collective shift toward a life-sustaining world.

Rachael's gift lies in helping you uncover your innate genius, the soul-given gifts often buried beneath the distractions and demands of everyday life. With a presence that is both grounded and fiercely loving, she invites you to return home to yourSelf and to the living Earth, and to live in intimate alignment with the wild intelligence that called you into being.

Per month R2250 for 6 months plus additional camping, travel and catering contribution for Threshold Ceremony weekend. Please contact me if you are called but cannot afford this fee.





TESTIMONIAL

When I signed up for the True Nature SoulQuest, I wasn't totally sure what I was looking for, I just knew something in me was ready to shift. I'd reached a point in my life where the old roles and stories I'd been living from felt too tight, like I'd outgrown them. This journey didn't give me all the answers, but it helped me ask the real questions, the ones I'd been avoiding or didn't know I needed to ask. It's been a slow, deep remembering of who I am underneath all the things I thought I had to be.

Rachael has a way of holding space that feels safe and steady, but also real, she knows when to nudge and when to just let things breathe. Nothing about this experience felt vague or performative. It was honest, grounded, and incredibly human. What I take with me isn't just a big "aha moment," but a quieter kind of shift, one that I feel in how I see myself, how I walk through the world, and how I listen for what's next. If you're feeling a pull toward something deeper in yourself, this is the kind of work that meets you there.

Simon Miller
True Nature SoulQuest - 2025

