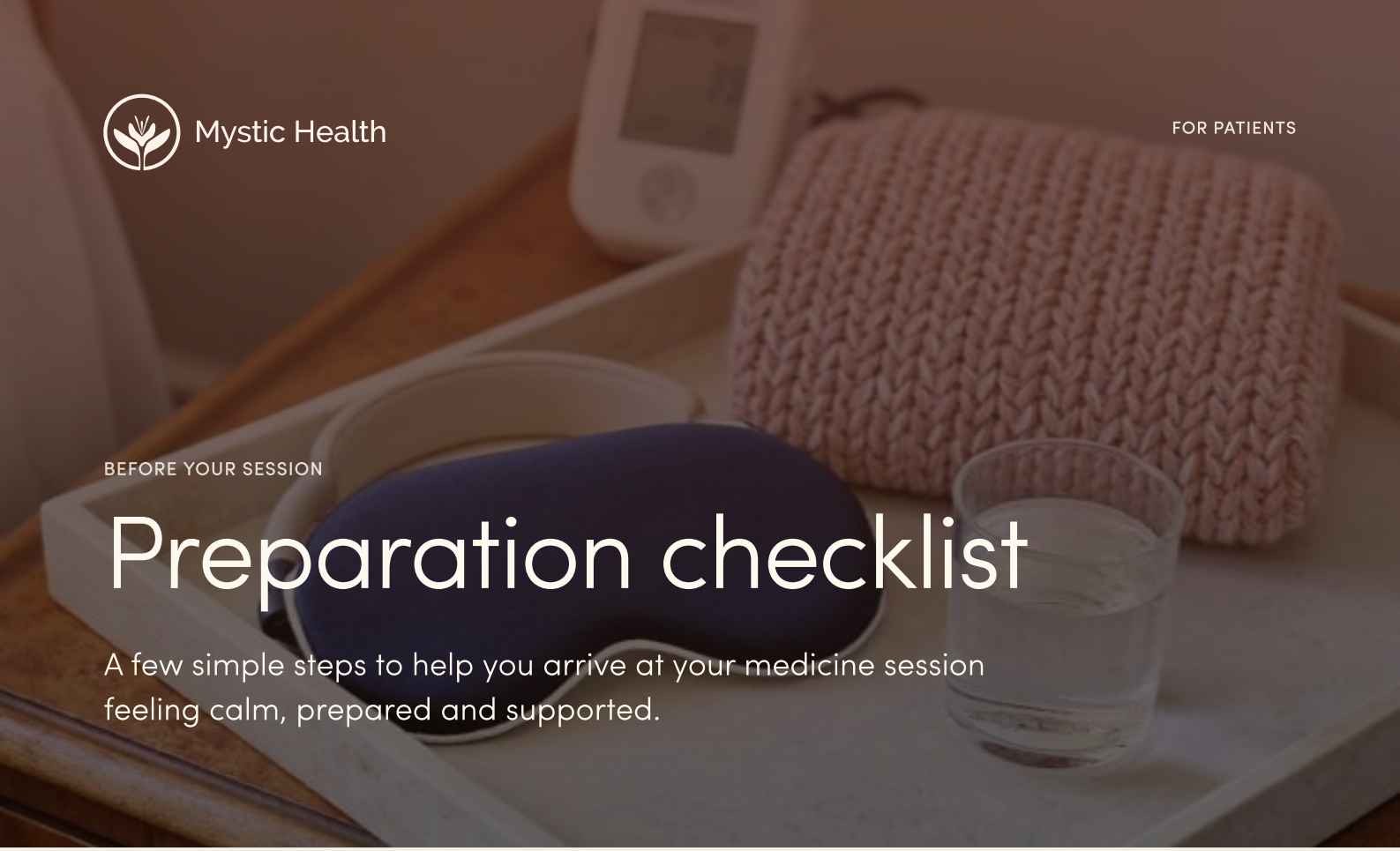


BEFORE YOUR SESSION

Preparation checklist

A few simple steps to help you arrive at your medicine session feeling calm, prepared and supported.

01 BEFORE YOUR MEDICINE SESSION

Prior to your session

- [ ] No food for 4 hours before, and no liquids for 2 hours before
- [ ] Arrange transportation home (no driving after your session)
- [ ] Avoid cannabis, alcohol or other substances for 24 hours before
- [ ] Bring comfort items: an object for the altar, soft clothing, socks
- [ ] Practice lying down at home with your playlist and eyeshades
- [ ] Create and review your session intention
- [ ] Prepare to journal after your session
- [ ] Know what to expect: time distortion, emotions, symbolic visions
- [ ] Watch the preparation videos, if provided
- [ ] Discuss grounding tools: breath, music and the physical touch policy

02 THE WEEK BEFORE

In the week leading up to your journey



Mindful nutrition

Try to limit refined foods, sugar and dairy in the week before your journey. No alcohol, micro-dosing, cannabis or recreational drugs that week.

The cleaner your system, the easier it is for the medicine to work with you. Fuel your body with whole foods and a balanced diet.



Mindfulness and meditation

To calm and prepare the mind, add 5 to 10 minutes of mindfulness or breathwork to your day.



Sleep

A good night's sleep helps. Avoid scheduling a treatment after a late night, and allow plenty of time to rest and integrate in the days after your journey.



Movement practices

Our bodies love to move. We recommend 30 to 60 minutes of exercise or gentle movement at least 3 days a week.

03 ROUTINES

Clear your schedule

Keep your obligations and responsibilities to a minimum on the day of your journey and the day after. The more time you can give yourself to integrate and be with your experience, the better.

04 THE DAY BEFORE

The day prior to your journey

Try as much as possible to have a quiet day. Ideally, spend part of it in nature, reflecting on your intention and the outcome you hope for.

It's important that your nervous system is as relaxed as possible before you journey. Try not to engage in intense or upsetting conversations, or anything that will tax you emotionally.

This includes social media, movies and television. The more quiet and inwardly focused you can be, the better.

05 SETTING AN INTENTION

Setting an intention

Take some time to think about what you would like to release, learn or experience while you are journeying. We will go over this in detail in our pre-journey Zoom session. Your intention will fall into one of four categories:

01

The past

You may want to focus on forgiveness for yourself or others, or on healing old wounds and thought patterns that no longer serve you.

You may want to release painful memories or see your circumstances differently.

02

The present

What aspects of your current life do you want to shift?

What questions do you want answered about your current situation?

What makes you feel most supported?

03

The future

You may have desires and goals for the future that you want to achieve.

How will you bring insights from your experience into everyday life to help you grow?

04

Spiritual growth

You may want to expand your experience of the divine, or feel a sense of oneness and non-separation.

You may want to experience transcending your identity and everyday circumstances.