

## ~ In Preparation ~

- Focus on attuning to your own energy in the days leading up to your journey. Consider what you're allowing in your "field" (your space, mind, and body), being mindful of the impact of food, alcohol, caffeine, cannabis and other substances, social media, music and TV, friends, partners, sex, etc. Avoid drama, disturbance, and upheaval. An un-muddled field may provide a clearer channel for the medicine.
- Arrange for a ride to and from BlessedBe. Please provide me with the name and number of the person picking you up.
- Do not eat for 2-4 hours prior to your journey. This allows the medicine to work more effectively and reduce nausea.
- Wear soft, breathable, comfy clothes. Please wear short sleeves or something with a wide neck that can be pulled down over your shoulder for the injection.
- You can bring items for an altar if you'd like: objects, crystals, pictures, written word, etc.
- Plan to have your phone on airplane mode or powered off during the session. Please leave other electronics at home.
- Following your journey, please allow yourself time and space for integration. Consider the first bullet point, i.e., food, substances, and particularly social media and TV. You will be in a state of neuroplasticity and it's important you don't get bombarded with negativity, comparison, and the energies of others.

