

SESSION PREPARATION

Ahead of sessions, I'd suggest you take one or two steps to ensure you get the most out of the experience.

Physical Prep

There is no need to follow a strict fast ahead of a Breathwork, Cold Exposure or a DMT Activation Session yet ideally you will arrive to a Sessions on an empty stomach. If your belly is full, then it will restrict your diaphragm and freedom of movement as you breathe. Also, your body's autonomic functions and chemical releases will naturally be focused on breaking down your last meal which unsurprisingly can minimise the sensory experience. If your belly is full then you may feel sick performing certain breathing techniques so a light or empty stomach is the best choice.

Setting an Intention (DMT Activation)

This is particularly important with DMT Activation Sessions. The more specific, realistic, and clear you are about your intention the better. For example, if you arrive and say "I want to fix my relationship with my family, my partner, my friends, find a new career, rid myself of anxiety, have a rebirth and a spiritual awakening then you could be shooting yourself in the foot. Set one or two clear intentions and then move onto the others once you see results.

Ahead of DMT Activation Sessions try to come with a question ready. You really can ask the universe a question and receive a "download" (a thousand years of information in an instant) and many people find themselves in communication with The Devine Creator aka God. So, I'd suggest having a good question for the universe ready like "why am I here" or "how do I find my purpose" or "what is my next step".

Its considered good practice to write your intentions down ahead of the Session and to expect a life changing experience.

Personalised Visual Journeys

If you desire to experience something very specific during any Private Session like "winning the world title" or "flying like a bird" or "waking up in perfect physical and mental health" and you have a clear intention of the experience, you would like to have then we can tailor the Session to your intention.

Healing

If like me you are or were carrying any chronic physical ailments that you would like to address please let us know in advance. The physical sensations are likely to focus on this part of your body during the Session so we can spend a little more time on these areas and see if we can get some instant results.