

ONE DAY BEFORE CEREMONY:

- LISTEN TO THIS AUDIO TO SLEEP:



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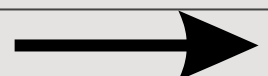


THE DAY OF THE CEREMONY-THERAPY:

- **GET HERE ON TIME.**
- **UPON ARRIVAL, GO TO THE RECEPTION IF YOU NEED TO PAY ANY MONEY BEFORE THE CEREMONY.**
- **CONFIRM THAT YOU ARE NOT TAKING ANY MEDICATION OR DRUGS.**
- **KEEP A FAST OF AT LEAST 7 HOURS**
- REMEMBER NOT TO EAT ANIMAL MEAT, MILK, SPICY FOODS, WATCH SCARY MOVIES OR NEWS, DON'T HAVE SEX AND ORGASM AT LEAST 24 HOURS BEFORE

DAY OF THE CEREMONY DAY:

- BRING A SWIMSUIT TO BATHE INTO OUR A ENERGY POOL TO REINTEGRATE.
- THE CEREMONY LASTS 2 HOURS.
- WE FINISH THE CEREMONY MAKING AN OFFERING TO MOTHER EARTH AT THE GUARDIAN TREE: BRING AN OBJECT OR FLOWER THAT YOU WANT TO OFFER.
- THEN YOU CAN GO TO THE SEA OR YOUR HOTEL TO MEDITATE , THE IDEA IS TO BE SILENT.
- YOU CAN EAT AFTER THE CEREMONY, IDEALLY NO MEAT OR MILK.





AFTER THE CEREMONY

- YOU WILL BE ENERGETICLY OPEN FOR 3 MONTHS, KEEP A DIARY TO WRITE YOUR GOALS AND DREAMS.
- DO MEDITATION AND YOGA DAILY
- EAT HEALTHY FOOD.
- STAY AWAY FROM THINGS, PEOPLE, PLACES THAT LOWER YOUR VIBRATION.
- REMEMBER IT IS THE TIME TO BE AWARE OF YOUR LIFE.

THERE MAY BE MOVEMENT OF EMOTIONS, SADNESS, WANT TO CRY, BLANK MIND; THIS IS NORMAL THE IDEA IS THAT YOU LET THE STUCKED EMOTIONS OUT, TO RELEASE THEM:



[CLICK HERE](#)



[CLICK HERE](#)

- AUDIOS, BOOKS, PDFS AFTER CEREMONY:

CLICK: [OPEN:](#)



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RECOMMENDATIONS:

YOU NEED TO INTEGRATE YOUR PROCESS AFTER PERFORMING THERAPIES AND CEREMONIES WITH MEDICINES, THERE ARE PEOPLE WHO HAVE TO HEAL A LOT AND NEED THERAPIES, THAT'S WHY WE OFFER INTEGRATION SESSIONS WITH A SPECIALIST: EACH SECTION OF 2 HOURS VIA ZOOM: COST \$130 DOLLARS