

## **BEST PRACTICE FOR OPTIMIZING YOUR SHIFT**

It is time for your shift. You have agreed to participate in altered consciousness medicine and healing work. While we say there is no right or wrong way to do or experience this modality, there is what many have found, and we agree, an optimization. What that means is there is a mindful awareness that your mind and body will attempt to transform from what was to what is, and to do that we want to educate you on how to “set the table” for maximum efficiency.

During the consultation we discussed the protocol time of 2-3 weeks. Leading up to the first session and during the protocol it is important to clear your mind and body of “impurities.” If you are unable to fully do that, we kindly ask you to be mindful of what you consume both mentally and physically. It is not uncommon when working with this medicine that it will “tax” your nervous system. Therefore, we want to prepare you to absorb this taxation. Below, is a list of modalities and daily habits that can really help one recover and open the healing channels.

- Solid sleep and naps when necessary- very important for healing the mind and body
- Consuming mostly plant based organic and non-GMO foods
- Minimal to no caffeine
- Minimal to no alcohol
- No processed or fried fast food
- Minimize exposure to negative media (news, facebook, movies, books, instagram)
- Body movement everyday intentionally walking, stretching, strength training etc..
- Meditation/ prayer for 15-20 minutes or more
- Journaling daily is a must (this material helps create a bank of inner perspective that is useful with integration sessions)
- Sun exposure/ outdoors every day
- Limit screen time (phone, computer, TV)
- Quality time with family & friends
- Less complaining
- Immense gratitude every day

IF this sounds difficult to do, do not freak out! Do what feels easy, first, and then add to it. Doing as much of these as possible leading up to and during protocol may in fact carry on and beyond; strengthening the neuroplasticity, durability and longevity. To shift and step into an improved version happens in the day-to-day moments in life. The common denominator in doing so is, non-negotiable: **CONSISTENCY**.