

SHAMANIC JOURNEYS

Greetings and thank you for expressing your interest in what is set to be an amazing series of journeys and retreats from the Sonora Desert to the Jungles of Yucatan Mexico. In this time of greatest need for clarity, presence, healing, and transformation, I am sincerely looking forward to connecting with you all.

Welcome to the deep dive of Esoteric Neo-Shamanism. The Deep Mind Deep Heart program combines practical teachings and application for awakening your healing and creative forces within. Take a total immersion into the shamanic realms, nurturing your mind, body and spirit. This program is an Initiation of deep transformation and exploration of your inner world, to facilitate the integration of your most authentic self.

Adeon Asfar is a pioneer in his respective fields of transformational healing and coaching. With 26 years of experience, facilitating thousands of workshops and retreats around the world, helping an immense and diverse range of clientele from all walks of life.

His philosophy is a simple one. That no one gets left behind. All sincere aspirants seeking change and transformation are welcome. This work is intensive, deep and most importantly; results driven.

From myself and my team, we sincerely thank you for your trust and support, in a field that can be daunting to navigate, and we highly value your commitment to heal, grow and transform. As much as we take this work very seriously, we also value the core beauty of human nature, to have fun and co-creative through the process. We all have our stories and our life journeys that brought us to this present moment, and understand on a deep level, that change is the only constant. Human beings are experts at change. And we look forward to seeing you prove that to yourself!

We invite you to join us in this years adventures. A beautiful blending of music, magic, meditation, nature, prayer, ceremony, creativity and fun. Working within the context of your own positive belief systems, to support you on your journey to unleashing your innate capabilities. Not only to heal, but to grow and excel in life beyond the realms of the external, to the inner realms of your own magical nature. This program is suitable for individuals, couples, and family groups of ages 18+.

For enquires, bookings or to organise a pre-consultation Please contact us via <https://bit.ly/2022mex> include any questions or comments on the form.



The Time is Now

Release dysfunctional beliefs and emotional pain that drives triggered reactions and unconscious behaviours.

Reconnect with aspects of life that are truly important to you as your foundation for growth.

Utilising your existing skills and strengths, applied toward creating the life you were destined for.

LOCATION DATES 2022

SEPTEMBER RETREATS

Fri 2 - Mon 5. Tucson.

Sonora Desert. 4 Days

Mon 19 – Tue 27 Mexico Cancun

Equinox Chichén Itzá 9 Days

Thu 29 – Oct 3 Mexico City Huasca

Advanced Teotihuacán 5 Days

OCTOBER RETREATS

Sat 1 – Sat 8. Santa Ana Sonora

Mexico Cancun Immersive Rerteat (Sep 19th-27th) 9 DAYS.



Welcome to DEEP MIND DEEP HEART an immersive 9 day shamanic adventure. Set within a beautiful international meditation & yoga resort on a 20 hectares sub-tropical forest property with a cenote at its center.

The DEEP MIND DEEP HEART program is a fusion of ancient and modern practices, bringing together powerful natural medicines, and therapy delivered through ceremony, prayer, song and music. This work, is an initiation not to be underestimated for the change that is to follow.

Shedding layers of dysfunctional beliefs, emotion, pain, suffering and trauma, DEEP MIND DEEP HEART unravels and releases the emotional energy that drives autonomous dysfunctional behaviours. Allowing the participant to finally let go of old ways, old wounds, and reset to a clean state of conscious awareness.



Freed from emotional triggers, anxieties, depression, fear and confusion, it all slips away in the process, leaving behind a state of enduring calm and awareness, that puts the participant back in the drivers seat of their life. The effect is subtle but profound. Reactions change into conscious choices. Old wounds remain only as memories, without the depth of pain and anguish that once accompanied them.

This effect goes beyond the psychological. Only in recent years has science been catching up with the phenomenon of neuro-genesis and neuro-plasticity of the brain; the repair and restructuring of damaged neural pathways. This is expressed mentally and emotionally as a resetting and rewiring of our inner reality to a balanced and peaceful experience of life and thus alters the way we interact with our outside world.

DEEP MIND DEEP HEART is a reality check like no other. A refocussing of awareness onto the truly important aspects of the participants life. Like a rebirth into a new way of being, of the true self, and ultimately true freedom.

From this state, the adventure of life begins again, renewed and awakened. New dreams, new ambitions, hope, positivity, joy and fun. Like a child that has been set free to begin again, life takes on a renewed sense of excitement with endless possibilities for growth and learning.

The DEEP MIND DEEP HEART program will be taking place over 9 Days and includes 3 days of integration tours to explore surrounding natural and archeological wonders of Cancun and the Yucatan Jungle. These days will be an intensive, but a very supportive deep dive into the mind and soul, focussing on Shamanic Medicine Journeys, including a temazcal sweat lodge and cacao ceremony.

The beauty of these experiences, matches its intensity. It comes with tears but also a lot of joy and fun. Includes all meals and accommodation for a maximum of 25 participants.

In perfect Love and Trust, we look forward to working with you, journeying with you, witnessing you, laughing and crying with you. We will be with you every step of the way.

Regards,

Adeon & the Deep Heart Deep Mind Team

CANCUN MEXICO - Equinox Chichén Itzá

9 days. 8 nights.

Participant cost \$1800usd

Check-in Mon 19th Sep

Check-out Tues 27th Sep

Deposit \$900usd to secure booking.

Program Features Include:

- ❖ Your own Luxury Private Room, double bed, and all meals.
- ❖ Sacred Pipe making workshop.
- ❖ 12+ Guided Medicine journeys
- ❖ Peak state awareness and anchoring connection to your higher self.
- ❖ Practices to harness and utilise peak state intention and manifestation.
- ❖ Deep trauma clearing sessions. Freedom from Autonomous trauma driven behaviours.
- ❖ Breathwork peak state reactivation inducement.
- ❖ Merkabah diamond body, creating healthy strong internal boundaries, anchoring peak states vibrational energies. Become the effector of your reality, not the effected.
- ❖ Group intention and prayer circles for collective healing and awakening.
- ❖ Finding your higher purpose, aligning with divine will.
- ❖ Deep connection with spiritual allies to support you in your life purpose.
- ❖ Workshops and guidance on the medicine experience and working with peak states from an experienced facilitator with over 1000 journeys explored.
- ❖ Temazcal sweat lodge detox and prayer session.
- ❖ Cacao + Medicine dance journey
- ❖ 3 x integration day journeys to.. Equinox Chichen itza decent of Kukulcan (Thurs 22nd Sep). Cenote, Mayan ruins.
- ❖ Professional photographer to capture the beauty and the journey of all participants.
- ❖ 4x Fully trained and experienced facilitators.

Pre register your interest: <https://bit.ly/2022mex>



Facilities and accommodation.











Pre register your interest: <https://bit.ly/2022mex>



Extended Day Trip Tours.

Utilising the retreat space accommodation and take full advantage of their visit to this beautiful area of the world. We have put together a 3Day extended tour package, including trips to Chichen Itza, Cenote Water Holes, Tulum Beach, and Mayan Ruins.



At 26 meters (85 Ft) below the surface, Ik Kil cenote is one big hole in the ground. Float on your back and take in this wonder or dip your head under one of the natural mini waterfalls created by the vines. This is a great Cenote for those who like to just float and take in their surroundings. Just be aware you will be sharing the space with lots of little black catfish.



**** SPECIAL : This September 22/2022 Equinox, We will gather to witness the Decent of Kukulcan at the ancient Mayan city of Chichén Itzá.**



At the archaeological site of Chichén Itzá, the image of Kukulcan is depicted in the form of a snake that moves across the stairway of the Step Pyramid. This is as an effect of light and shadows that takes place during the equinoctial day of March and September; a shadow of a “snake” descends from the top of the main staircase of the building.

Kukulcan was venerated by the Maya, and Quetzalcoatl by the Aztec and Toltec cultures. Both these deities are practically the same; feathered serpents. Archeological evidence suggests that the earliest representations of the feathered serpent worshiped by the Olmec date back to around 1400–400 before Christ.

Kukulcan is a Yucatec Maya name that can be translated as Feathered Serpent. (in Maya: k’uk’ulkan, means “feather and serpent.”

Quetzalcoatl, on the other hand, is a Nahuatl word that can be translated to “Precious serpent” or “Quetzal-feathered Serpent.”

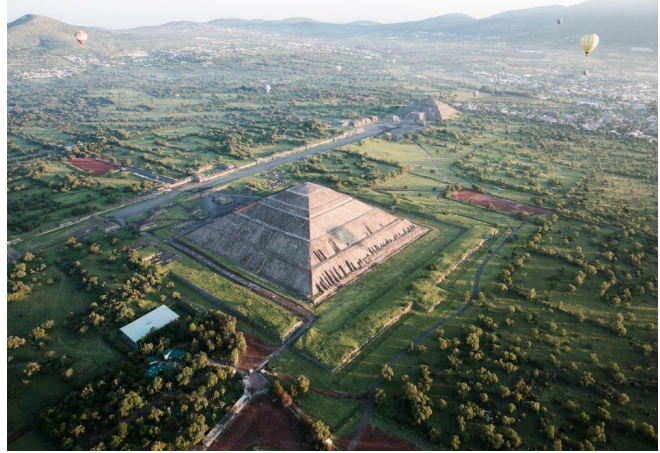
The presence of the feathered serpent as a deific symbol is omnipresent throughout Mesoamerica.

In the Popol Vuh, the sacred book of the Maya, the K’iche’ feathered serpent god Q’uq’umatz is the creator of the cosmos. This fact reaffirms the importance of this Mesoamerican deity.

Many structures were built honoring Kukulcan, and Quetzalcoatl the feathered serpent. The most prominent structure built in his honor is the pyramid of El Castillo at Chichen Itza.

But other structures exist as well. Another fascinating example is the Temple of the Feathered Serpent at the pyramid city of Teotihuacan.

What is perhaps most interesting is the description given by the Maya on Kukulcan; it is said that Kukulcan existed as a person who came from the west.



HUASCA MEXICO - Advanced Teotihuacán

5 days. 4 nights.

Participant cost approx \$900usd TBA

Departing Mexico City - Thurs 29th Sep

Return Mexico City - Mon 3rd Oct

Deposit \$500usd to secure booking.

Program Features Include:

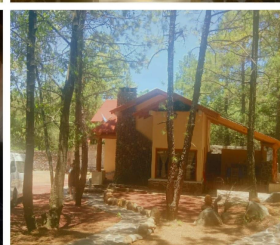
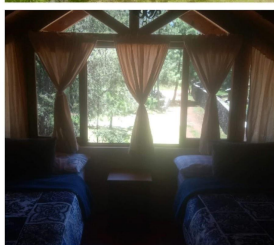
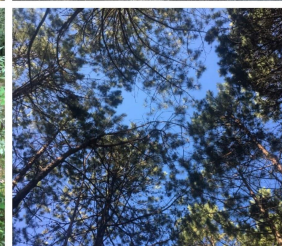
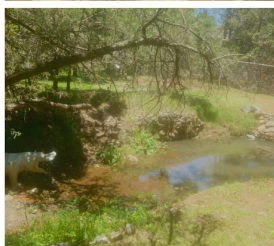
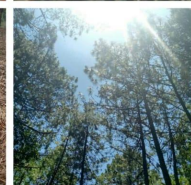
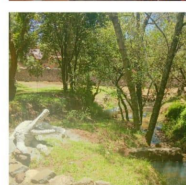
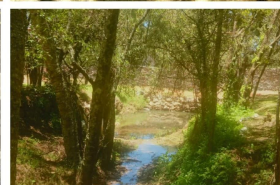
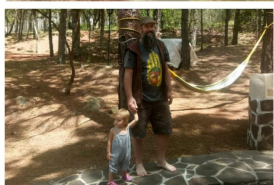
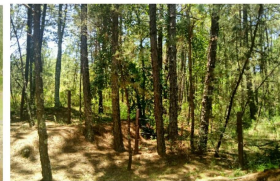
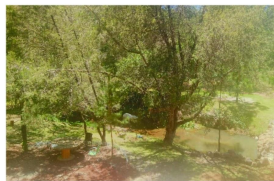
- ❖ Shared Accommodation, and all meals included.
- ❖ 4+ Guided Medicine journeys
- ❖ Aztec City of Teotihuacán Guided Journey
- ❖ Advanced and Intensive Shamanic Ceremonial Work

Our journey begins with an early morning departure from Mexico City out to Teotihuacán, the Ancient City of the Aztecs. As the morning sun rises, participants will undergo a unique initiatory shamanic ceremony at a secret location within the ancient city of the Aztecs. This is a once in a life time opportunity few people will ever get to experience. We are extremely blessed to be able to undertake this work with one of Mexico's most highly regarded Currunderas.

The remaining sunlight hours of the day will be spent exploring the ancient city including The Pyramid of the Sun, the Pyramid of the Moon and the Temple of Quetzalcoatl. From Teotihuacán we head to the remote hills of Huasca to enter the retreat space, where participants will undergo a series of guided shamanic journeys including an intensive overnight journey from dusk until dawn.

NOTE : This is our most advanced series of shamanic journey work. Previous experience is highly recommended.

Limited spaces available. Pre register your interest: <https://bit.ly/2022mex>



ADEON ASFAR**Life Coach, Hypnotherapist, Program Developer, and Shamanic Guide**

Adeon has been a practicing Life and Business Coach since 1998. He was nominated Young Australian Entrepreneur of the Year in 1995 for his business activities supporting the deployment of the first-Generation Internet Services in Australia. During these intense days of business activity, he began his training in meditation to assist with his own stress levels and mental wellbeing.

His interest in the mind progressed through the study and application of a wide range of alternative therapies and spiritual traditions, from traditional Shamanism, to Qi Gong, NLP, Dzogchen, Qabala and more. In 2007 he studied with the Australian Academy of Hypnotherapy where he graduated as a clinical hypnotherapist.



He currently provides specialist retreats in Australia, USA and Mexico working with different modalities. With over 10 years experience working with traditional shamanic practices from Indigenous Australia, the Sonoran Desert Tribes of Mexico and the Shamanic Tribes of the Amazon Jungle. Adeon Combines all these teachings and initiations into his current programs with remarkable results.

- ❖ Specialist coaching for PTSD, Childhood Trauma and Depression.
- ❖ Hypnotherapy, NLP and Meditation
- ❖ Music and Art Therapy
- ❖ Qi Gong and Tai Chi
- ❖ Shamanic Journey Guide
- ❖ Traditional Shamanic Medicines
- ❖ Nature Immersion and Animal Interaction
- ❖ Facilitator Training and program development

In 2012 he began developing specific programs, that took life coaching and mental health out of the clinic and into the wild. In 2019 he delivered and facilitated the “Awaken the Rainbow Warrior” program in the US for Military Veterans, Navy Seals, Special Operations and their families. This program is tailored to take the mental and emotional strengths of participants and apply it to areas of life for transformation, emotional healing and lifestyle creation.

Adeon has a culmination of over 26 years of experience in a multitude of traditional and non-traditional healing arts, life coaching and spiritual practices. His passion is helping people access their own healing resources, change beliefs, and childhood patterning's, to free the self from past behaviours and help people create and manage a life of their choosing.

He is the owner operator of Cleantech Capital Australia, Co-founder of The Earth Heart Sanctuary in Australia, Founder of Lightworkers.org and The Abundance Foundation.



The power of family support should never be underestimated. Tailored family sessions utilising deep trance journey work, a flair of magic, ceremony and a visit from the local wildlife always makes for a magical day.

IEESHA NYESHIAHN**Entheogenic Medicine Woman, Psychologist and Psychedelic Integration Therapy Specialist.**

Australian born daughter of the global village with a dedication to exploring unity consciousness, and assisting people to connect and live through an informed understanding of greater consciousness and the higher narratives of life.



Interested in the earth based shamanic medicines and role of the medicine person as a global visionary, transforming health, consciousness, and cultures in the 21st Century. Her work communicates and supports self healing, growth & empowerment, and embodied peace through the interdimensional ecology of the Self that natural shamanic medicines open up.

- ❖ Psychedelic Integration Therapy Specialist
- ❖ Psychological Counselling
- ❖ Meditation
- ❖ Shamanic Medicine Guide
- ❖ Program development consultant

At large exploring the hidden nature of reality, she is versed in the ancient wisdom teachings of Buddhism and cutting edge neuroscience (where soul, shamanism, and science meet), travelling her own soul's journey through infinity to discover true healing and evolution for humanity accessible in the modern world today.

Having studied at university in Australia and worked formally in the Australian public domains of health, humanitarianism, and human rights, she continues now as an independent consultant writing programs for governments and organisations in mindfulness, conscious culture making, compassionate communication and engaged empathy.

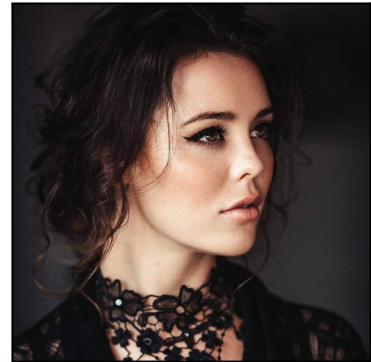
In her early years at age 3 and 7, Ieesha experienced several spontaneous and endogenous awakenings that have continued through her adult life. After her own 9 year journey through the "dark night of the soul" over coming a life threatening health condition, she now dedicates her life and work to the path of service, learning the Compassion Teachings and way of the Bodhicitta, by raising and illuminating consciousness and creating opportunities for people to heal the mind, body, and integrate the invisible nature of spirit and soul, while evolving human culture as true and harmonic stewards of the Earth.



SKY AZURA

Health and Wellbeing Life Coach, Psychotherapist and Hatha Yoga Teacher.

Sky Lazure holds an extensive background of study and application in the healing and personal growth realms. She is a certified NLP Coach, Hypnotherapist and Mentor from the Institute of Behavioural Science. An Accredited Hatha Yoga Teacher and facilitator of Body psychotherapy, Core Energetics, Gestalt Therapy, Constellations Work, Voice Dialogue and Leadership Training.



With over a decade of experience working with shamanic animal and plant medicines, Sky has deepened her relationship with these natural shamanic processes. After completing her initial exploration of Shamanic training at The Awareness Institute, she continued exploring this path through various shamanic teachers and guides over the years.

After completing a rigorous 18 month Shamanic apprenticeship she underwent and her initiations in the Sonoran Desert of Mexico and received the blessings to continue this work further. Since then she has been sharing, journeying and facilitating these transformative processes internationally over the past 3 years.

“This work has filled a missing piece that I had unknowingly been searching for. I knew that I had been called to work within the field of healing, remembering and awakening, but I didn’t know how that calling would manifest. After many years of seeking and travelling the world, I came upon these sacred gifts and my life was completely transformed forever.”

- ❖ Specialist coaching for Intimacy and Unconditioning.
- ❖ Hypnotherapy, NLP and Meditation
- ❖ Shamanic Journey Guide
- ❖ Traditional Shamanic Medicines
- ❖ Hatha Yoga Teacher
- ❖ Body Integrative Therapist
- ❖ Leadership and Program Development

Sky is the founder of the The Infinite Self Project, dedicated to development and deployment of projects, retreats and coaching programs to assist participants in achieving their highest expression and purpose in life.



MIKE THOMAS

Shamanic Facilitator Assistant, Trauma Informed Facilitator Consultant, Sound Healer.

Mike has spent the last 8 years exploring healing modalities, eastern philosophies, spiritual practices, plant medicines and ceremony. His path started in 2014 with a trip to the Amazonian Jungle in Peru to participate in an ayahuasca retreat. This was to prove a pivotal turning point in his life. It inspired a deeper desire to study consciousness and the nature of reality, which in turn inspired journeys to different parts of the world.



He travelled to China to study Tai Chi and Qigong, then returned to South America where he volunteered at a medicine retreat center for 7 months working with both San Pedro and Ayahuasca. During his stay he was introduced to the Red Road tradition of North America. Sitting his first vision quest and then when on to participate in the Sundance. Throughout 2017 he continued this Vision quest practice when he received the realization that his purpose in life was to be one of service.

- ❖ Trauma Informed Facilitator Consultant
- ❖ Plant Medicine Facilitator Support
- ❖ Shamanic Journey Guide
- ❖ Traditional Shamanic Medicines
- ❖ Reiki, Tai Chi and Qi Gong practitioner
- ❖ Sound Healer
- ❖ Breathwork Trauma Release

His journey continued into India studying Buddhist philosophy in Dharamsala and continued for an additional 18 months in Nepal and Thailand delving deeper into Eastern philosophy, completing courses in sound healing, Kundalini yoga, Reiki and Tantra



Mike is currently traveling South America continuing the 4 year commitment to the vision quest having now completed his 2nd and 3rd year, 7 and 9 day vision quests respectively. He has continued working at a medicine retreat center in Ecuador, helping facilitate mushroom ceremonies in Mexico as well as completing his breathwork and trauma release training and trauma informed plant medicine facilitator training.



TESTIMONIALS FROM PAST ATTENDEES

A TRULY MAGICAL HEALING EXPERIENCE

I attended 2 of Adeon's magical retreats in August and September of 2019. I have seen the first hand benefits to others as well as myself dramatically.

I was completely suicidal and had PTSD and dying inside from child abuse. I was looking for any kind of answer or change as I also had lost faith in society.

A truly magical healing experience. Adeon's demeanour and personalization to each persons journey is extremely special and powerful. I felt like it was a true homecoming from being at war and being scared my whole life.

I went from wanting to end my life to wanting to be a lightworker and fulfill my true purpose in life. I have re-discovered God, given forgiveness to all including my parents. I don't have any night terrors anymore and went from 2-3 hours a night of sleep to 7-9.

I can recommend Adeon and his work 1000%

Trust your heart and surrender.

P H.

Veteran, Special Operations
San Diego, CA, USA

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A LIFE CHANGING JOURNEY

My wife and I attended Adeon's Solstice and Shamanic Retreat in June 2020. He created a safe and trusting container where I could pull the fear of death from the core of my being. As a veteran of the Australia special forces with 4 deployments to Afghanistan and 13 years of hard wiring, conditioning, and fighting, I had not realized just how deeply my service had affected me. Even though my entire life had come to be about enquiring within and creating a space for love and connection, like a stubborn weed, the roots of fear had grown deep.

A harmonious balance was struck by Adeon between the honour and devotion to his lineage of practice/work, the beautiful physical and emotional space of unconditional love and also the bringing together of a diverse yet accepting group of souls. This, coupled with his humour and wisdom created a stage and vehicle for the unfoldment of a masterpiece; truly of a life changing journey.

I whole heartedly recommend any soul wishing to glimpse their depth or any being who has courage enough to dare to shed the layers of their mind and conditioning and to trust in the love and process of this journey. It may not give the reflection you want, but it certainly gave me a glimpse of myself that I needed. The growth now continues without the fear. In perfect love and trust, Aho and Om Namah Shivaya brother!

Dave

Veteran, Special Forces
VIC Australia

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PARTICIPATING IN THESE CEREMONIES HAS CHANGED MY LIFE.

I have attended several shamanic journeys with Adeon in various parts of the U.S. Whenever he's on the North American continent, I make sure I'm there! It's an honor to have him travel across the globe to offer his incredibly profound and rare ceremonies.

I've had different intentions each time I came to ceremony, always having to do with personal growth and transformation. This often seems to involve letting go of the past, and releasing old patterns to make way for new ways of being, seeing the world, and relating to myself and others. Of course my intentions are met each time - and of course it's never in the ways I expect! That's the power, mystery, and grace of these ceremonies.

Each of Adeon's circles are facilitated so beautifully, and with a tremendous amount of care, as well as attention to the safety and well-being of all involved. I love the ceremonial and shamanic aspects - the altar with many sacred power objects, the drumming, flute playing, and singing, the prayers to call in the spirits. Adeon's deep connection with his helping spirits is evident, and it's through his incredibly beautiful and pure heart that these energies are expressed into the world.

It's not at all an exaggeration to say that participating in these ceremonies has changed my life. Perhaps we'll never understand how or why exactly, but it's clear that each time I participate, I am more aligned with my highest self, and set on the best possible course for my life. Rather than taking detours, rowing upstream, or even rowing at all, doing this personal work allows me to step fully into the river of my life and let it carry me, gracefully and without resistance, to my highest potential destiny.

I wish every human on this planet would participate in these circles - we can all benefit! I have recommended Adeon to many people, all of whom have also had life-changing experiences with him. He is transforming the world one person at a time, helping to bring each of us to a place of lasting inner harmony. He's truly a gift to all who have the honor of participating in a ceremony with him, and it's impossible to measure his profound butterfly effect on the entire world.

Thankfully, and in perfect cosmic design, Adeon and his ceremonies have arrived when humanity needs this most. Many of us are feeling the call to "level up," to stop playing small and give up what's just ok to make room for what makes us feel thrilled to get out of bed each morning. To find our true purpose, and do something that means something to us personally as well as to the collective. I can't recommend a better place to start or deepen your adventure of reaching your highest self.

MIA
New York, NY, USA

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JUST DO IT!

I have had the privilege of creating with Adeon for nearly 20 years. Temples, Workshops and Ceremonies. Light, Love and True Connection.

Adeon is a Master. His facilitation is second to none, highly recommended. Adeon embraces the true essence of awakening. Forever a shining beacon of Wisdom and Love.

If you feel like you would like to step up to the next level then this Beautiful Soul will be your guide to becoming whole.

DAVID
Ferry Creek Victoria, Australia

FOR THE GOOD OF ALL

I have attended a few shamanic healing workshops with Adeon with the intention to clear old patterns and negative behaviours and become a better me.

Adeon is a gentle caring and very intuitive soul with the ability to say and do just what is needed at the time . His shamanic abilities are phenomenal and imbibes trust and the purest intention for the good of all. My life has changed in so many ways. My self-love and growth and the dropping of old bad habits has been a huge journey.

Knowing Adeon's pure heart and genuine love for people and his work, I couldn't recommend him highly enough. Even just thinking of him my heart wells with love and gratitude for this man.

There are so many "shamans" out there but how do you find one who will with pure intention and love? Well, he is the real deal.

KERRY

Tweed Heads Australia

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FREEDOM, HOPE AND GRATITUDE FOR LIFE

I attended Adeon's retreat in Arizona in 2019. My intention for participating in this retreat was for my own healing purposes.

The event was facilitated in a safe, respectful and supportive way. Adeon's relaxed, warm and calm approach to holding space created an ideal healing space for me. I have since developed a greater sense of freedom, hope and gratitude for my life.

I would highly recommend participating in Adeon's events.

Trust, let go, surrender, and allow the magic to unfold.

JAI

Melbourne, Australia

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DEEP LEARNING AND HEALING

I attended a Shamanic healing journey with Adeon in New York City

My intention was to let go of loss and sadness, getting over my fear of death. I found Adeon to be Impeccable, the best ever. He was so funny and kind and sweet the whole time. Through the Journey, I was able to connect in with the natural world and creation powers in a way I've never been able to before. Deep learning and healing.

Absolutely recommend. He is the literal best and I am deeply in love with his work.

ZOE

New York City, USA

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For more testimonials please visit <https://lightworkers.org/adeon>

FREQUENTLY ASKED QUESTIONS

Q. Can I attend If I am taking any medication?

A. Yes. But it is especially important to have a pre-consultation to discuss any medication that you are taking with full disclosure. Your health and well being is of the priority. Each aspect of the retreat is tailored to the individual and any medications need to be taken into consideration for this process to be of the utmost benefit to you and the other participants.

**Q. Are there any contraindicators for people who should NOT participate?**

A. Parts of these shamanic practices can be intense on the body. Therefore, anyone suffering from existing *Heart Conditions* are advised not to participate at this time.

For the Health and Safety of yourself and others it is VERY IMPORTANT to contact us for a pre-consultation if you are currently taking any medication or have any pre-existing physical or mental health issues you seek to address.

Also people experiencing *Schizoid and Psychosis mental disorders* are advised not to participate. These practices open experiences into NON-Ordinary reality and require a certain level of mental stability.

It is important that participants have a base line of stability in their physical and mental health that can be first achieved through professional medical expertise. We are happy to and insist on a consultation with potential participants to assess any prior, or existing health condition.

Q. Can you advise on anything that can be done as preparation for this work?

A. In the month prior it is requested that you refrain from the use of any chemical recreational drugs. Days prior to the retreat reduce or eliminate alcohol consumption completely. Lighten your diet to plant based food only if possible.

Q. How does the follow-up and Integration process work?

A. For each group and retreat we create a private messaging group into which all participants can connect and share. This is such a bonding experience, and its lovely to see the circle continue to support each other through the integration process. A number of practices are taught and shared during the retreats to assist with integration. All the members of our team are also available to work with you one on one through the integration process as needed.

Q. How do I make a booking?

A. For enquires, bookings or to organise a pre-consultation please **contact us via** <https://bit.ly/2022mex> and for larger group or specialty bookings please mention your requirements in the forms comments section. Thank you! You can also Direct contact Adeon via email shamanica@protonmail.com

For all follow up communications please install and use the Signal Private messaging app. We will contact you using your phone number to discuss all details with the utmost of confidentiality. <https://signal.org/install>

To ensure you dont miss out on these limited spaces please pre register your interest: <https://bit.ly/2022mex>

***** THANK YOU AND WE HOPE TO SEE YOU SOON! *****