



Retreat

Preparation Workbook

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Breathe.
Allow.
Expand.

This workbook is intended
as a way to take the time to reflect
on what was, what is, and what will be.

No question is mandatory.
Fill out what resonates, and leave everything else.

All the resources and answers
are already inside of you.

This is a journey that needs just a few
ingredients to start well off:

Breathe.

Allow.

Expand.

What was...

In this page we will explore what was.

Who were you as a child?

How did you feel?
What was missing?

If you could go back in time, and be
with that child, what would you give?

What is...

Who are you today? What is missing?
What are you longing for?

Who are you today?

What brings you to life?

What are you longing for?

What will be...

What do you wish for the future, and why?

What would you like to change
about yourself?

What would you like to change
about your life?

Why? And then ask again: why? And why?
And why? What's the core longing?

Here I am...

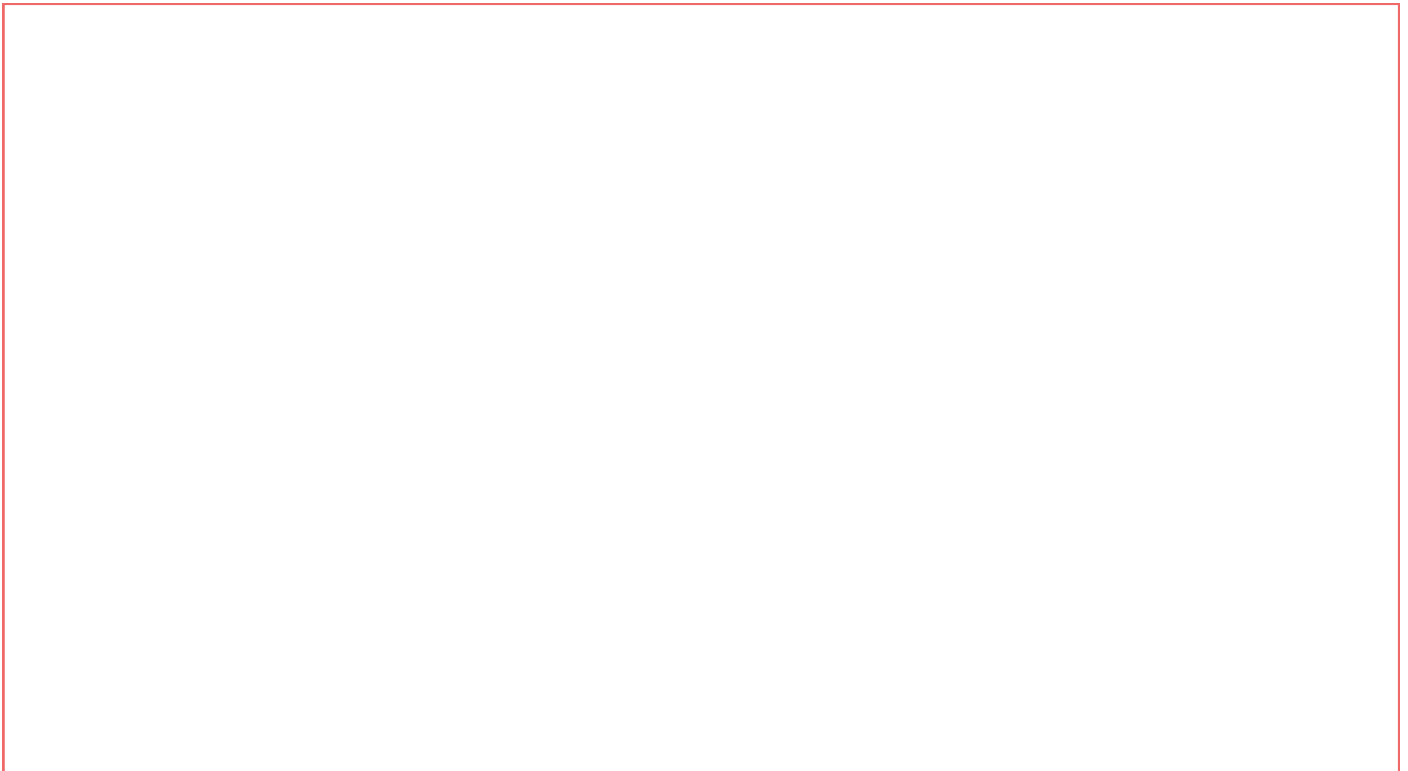
What are your asks to the medicine?

What questions do you have
for the medicine?

What fears or concerns
do you have?



What would you like to see,
learn about or uncover?



Your Intention...

What longing would you like to offer to the Medicine?

REMEMBER.

Breath. Allow. Expand.

Into everything that you are.

Because everything you will find on this journey belongs to you, it's there for a reason, and simply needs to be witnessed and integrated into the present moment.