

## Preparation for a Ketamine Session

- Quiet your mind and meditate for 30-60 minutes daily when possible, especially the week prior and after. Other mindful-based practices such as yoga, breathwork, music therapy, or hiking in nature work well too.
- Avoid alcohol, cannabis and benzodiazepines 24 hours prior to a treatment. The day of treatment, please avoid taking any other prescribed psychiatric meds until after your session.
- Consider bringing a journal to session to record any thoughts that may come in immediately after.

## Setting an Intention

- What can I heal in my life?
- Who might I forgive?
- What do I need to let go of?
- How does love show up for myself and others?
- Do I need to clarify any dreams or visions?
- What do I need to learn more about myself?
- Breathe deep and feel into an intention. Sometimes you may want to go in simply with show me what I need to know or see.

## Navigating and flowing with your Ketamine Journey

- Use this mantra: “Trust, Let Go, Be Open”
- **Trust** your clinician to prepare and guide you through this experience, and trust your own inner healing intelligence.
- **Let go** of expectations of what you think you may see or experience in the journey. Every journey and every person is a unique experience. All will go fine, and the experience will come to completion with you back in the room smiling.
- **Be open** to wherever the medicine takes you. You might flow to your intention, or to a mystical experience you never would have anticipated. Each session will bring you something new and intriguing.

## After session

- You can resume any mood supporting medications.
- Do not drive for the rest of day. Please have a friend or family member bring you home.
- Rest at home, go for a walk or hike if feeling up for it. Draw, journal, get a massage or find any nurturing activity that supports your mind/body balance.

### **Integrating your experience**

- Integration is the process of reflecting and processing anything that came in during the journey. Insights, “downloads”, sensations, feelings, visuals, out of body travel, etc.
- Reflect and consider journaling about these from the session-
  - What did I feel emotionally? (Love, gratitude, sadness, compassion, heart openness, oneness, etc)
  - What did I feel physically?
  - What did I feel energetically?
  - What visuals came in?
  - What things do I need to talk through with someone?

### **How can I find lasting benefits from a ketamine experience?**

- Keep up with a daily mindful based practice
- Find time for creative space. Drawing, painting, journaling, dancing.
- Make time to reflect on the experience with self and others.
- Maintain a healthy organic diet