



Client Messaging for How to Approach NOSC

1. Remember to breathe. The only way out is through, and you can get there through focusing on your breath.
2. Surrender to the experience... Relax the mind, let go of the need to control the experience; relinquish the need to know everything and embrace the mystery that is within the psychedelic space.
3. Focus/go inward - let go of the outside world and turn your focus inward... Observe your inner workings and psychological patterns and whatever emerges in psychedelic space.
4. Observe or notice areas of resistance- notice any times when your mind or body become tense or caught up on something uncomfortable--if you become afraid defensive judge mental angry and so on... use your breath to explore and or release; ask for help with this when necessary.
5. Have compassion for yourself- there is no right way or wrong way to do this. Try to leave out soft judgments of criticism and worry about whether you're doing it right. Just be where you are and accept how you are showing up, whatever that might look like.
6. Say yes to each moment... Lean into all experiences you encounter, especially very difficult or challenging ones. "Saying yes opens the gate and allows you to get through to the next level or phase." This is what you are training for... And this demonstrates your acceptance and appreciation for each opportunity.(Adamson) AND- everything is welcome - all feelings, movements, vocalization, parts of the self, identities, beliefs, pain, joy and everything in between are welcome.
7. Trust that you are safe... Trust that where you are is where you're supposed to be. Doing the work that you were intended to do. Having the exact experience you need to get for your own healing and coverage process. Trust the space, the medicine, and the therapist to the best of your ability and communicate any obstacles to Trust that are emerging.
8. Stay in your process- The healing journey is not just about what happens during the medicine session, it is also about what happens in the period after that. Please continue to introspect, reflect, meditate and use integration activities to process and metabolize your experiences. Don't rush out of your journey experience and immediately jump into old comforts and patterns.
9. Stay curious, regardless of what is emerging before, during, and after the session. This includes dreams and whatever emerges during the integration process in the weeks and months after the medicine session.
10. Remember, you have an organic inner healing intelligence - your psyche (mind/body/spirit) contains an element that is a "self-healer" or self-healing agent (whether we call that "higher self" or "the overseer" or "inner healing intelligence" or "inner healer").

This part of you will serve as a guide throughout the process, and throughout this work you may come to a deeper connection to and understanding of this part of you.