

Restore
A psychosomatic Experience
90 Days to New Life

Hello,

And congratulations on taking the next step.

What follows is a more in depth look at what you will be getting yourself into over the next 90 days.

We will begin and end our journey together with a **1-3 day fast** depending on your capabilities.

This will set the stage for the work that we have ahead of us as well as clean and open the system to receive and digest information and experiences more efficiently.

Here's a little more information on fasting if it is new to you(you can read through this at your leisure):

History of Fasting: Fasting has been practiced for thousands of years across various cultures and religions for both spiritual and health purposes. Ancient civilizations like the Greeks, Egyptians, and Romans fasted for physical and mental clarity. In spiritual traditions, such as Christianity, Islam, Judaism, Hinduism, and Buddhism, fasting is a common practice used to purify the body and mind, promote self-discipline, and connect with the divine. Early Christian monks, Sufis, and mystics viewed fasting as a way to attain higher spiritual states.

Benefits of Fasting:

1. Physical Health:

- **Improved Metabolism:** Fasting helps regulate insulin levels and can support fat loss and muscle retention.
- **Cellular Repair & Longevity:** Fasting triggers autophagy, where the body breaks down damaged cells and regenerates new ones, contributing to anti-aging and increased longevity.
- **Better Heart Health:** It can reduce blood pressure, cholesterol levels, and inflammation, all contributing to a healthier cardiovascular system.

- **Brain Function:** Fasting boosts brain-derived neurotrophic factor (BDNF), promoting better cognitive function and protection against neurodegenerative diseases like Alzheimer's.
2. **Mental & Emotional Clarity:**
- **Mental Sharpness:** Fasting is linked to improved focus and mental clarity, possibly due to increased levels of norepinephrine and the brain's adaptation to ketosis (burning fat for fuel).
 - **Emotional Resilience:** By temporarily depriving the body of food, fasting can help break emotional dependencies on eating and promote better control over impulses.
3. **Spiritual Benefits:**
- **Heightened Awareness:** Fasting has been used to promote mindfulness and deepen spiritual practices by removing distractions and focusing inward.
 - **Increased Discipline:** It cultivates self-control and helps break unhealthy attachments or addictions.

In essence, fasting has been used both historically and in modern times to achieve balance, healing, and deeper self-awareness on physical, mental, and spiritual levels.

Each week we will begin with a live 1-on-1 call and an assignment.

12 weeks 12 calls 12 assignments

The assignments will vary from somatic practices and outdoor activities to watching a video or movie and writing your thoughts.

Because this is personal and everyone comes from different places and at different levels of understanding, the itinerary is loose.

We are invoking the spirit of *spontaneity* to guide us!

Spontaneous - occurring without external stimulus, proceeding from an internal impulse, "willing, of one's free will.

Spontaneity will be an important word as we move through this process, as much of what we're trying to do is recover our spontaneous selves and break out of compulsive patterns of behavior. That being said, we're also seeking *coherence*, so there is somewhat of an order and progression.

I might say that this process is about becoming **coherent in thought and spontaneous in action**.

It's also geared to help you cut through the noise, separating the wheat from the chaff.

There's a lot of shiny stuff out there right now with not much depth.

Discernment of spirits is a high spiritual attainment. It doesn't come from reading some Alan Watts and going to an ayahuasca retreat.

There are a few important conversations happening in my world right now and there have been some major insights and developments over the last 50 years.

Transpersonal, somatic and psychedelic therapy, the introduction of shamanism into the western world, AI, "Aliens", "the meaning crisis," the culture war, the simultaneous decline of western Christianity and explosion of orthodox Christianity, to name a few.

All of these are related and they are all related to you.

So, although we will not deal directly with the above in this course, this is a part of the frame/cultural moment that we find ourselves in and informs us whether we are aware of it or not. I say this also for you to get a feeling of where I'm coming from.

The program will look something like this:

Week 1: *Introduction*

HW: What do I know?

Week 2: *What character am I playing?*

HW: Confession

Week 3: *The path to integration and disintegration*

HW: My heaven my hell

Week 4: *Neuroses, Compulsion, Sin*

HW: Pay Attention!

Week 5: *The Body Keeps the Score*

HW: Making the connection

Week 6: *Exorcise*

HW: Exercises

Week 7: *Recollect*

HW: Make Up

Week 8: *Re-member*

HW: The Wholy Trinity

Week 9: *Suffering*

HW: I'm a Real Boy!

Week 10: *It's All Coming Together*

HW: Stay Put

Week 11: *I AM*

No HW

Week 12: *The Fast Way*

HW: The Highest Intelligence

I'm distilling everything I've learned over the last 20 years particularly my training as a psychedelic therapist into this course.

I'm very much looking forward to this journey together.

Godspeed.