

MUSHROOM GROUP JOURNEY



ODETTE PEEK

GROUP MEDICINE CEREMONY

A safe, intimate group container for those ready to experience transformational healing on the path to next-level mental, emotional and spiritual wellness.



LET ME GUESS

- Your deepest wish is to heal and resolve trauma that's keeping you stuck.
- You're longing for more joy, inner peace, and fulfillment in your relationships.
- You've considered trying psychedelic substances like mushrooms but feel anxious taking the leap.
- You've heard about the breakthroughs and mental health benefits but feel worried about what will come up when you do it (and maybe you've heard horror stories).
- You're taking medication and are unsure how that will affect your experience and if there are any risks or side effects.

Let's put it this way... If you knew you'd be 100% safe in the process, and have someone by your side, you'd be ready - right here right now!

Well, let me tell you something... plant medicine and psychedelics are very safe if you administer them the right way and create a safe container for the people consuming them. In fact, they are a life-changing gift you don't want to miss out on.

Hi, my name is Odette!

I am a certified Psychedelic Integration Coach and Plant Medicine Ceremonialist.

Plant medicine has changed my life and it can change yours too. **(If you had told me 10 years ago that I'd be living in the jungle in Costa Rica doing plant ceremonies, I'd call you crazy!!)**

As a born and raised Canadian, I lived a normal life for most of my adult life - which means I went to university, got married, had kids, a career, eventually a divorce, started and quit multiple businesses; the last working as a successful business and speaker coach running events all over North America.



"My Life was Forever Changed."

But in 2018 life had something else in store for me: I went on a spontaneous trip into the jungle in Costa Rica and drank ayahuasca for the first time.

After years of chasing more money, more success, more outside validation, I finally came home to myself. The walls I had built around my heart came down. My life was forever changed.

I knew I wanted to share what had allowed me to break free from all the patterns and beliefs I had been carrying for most of my life (despite all the outward success).

Today, I have dedicated my life to bridging the gap between ancient plant medicine and the people of our Western world. We're only beginning to understand its powerful gifts. Plant medicine has been used by indigenous people for thousands of years and is, what I believe, will heal the world. That's why I invite you to come on a journey with me.

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OUR GROUP CEREMONY DAY

9.00am - Arrival in the Space

10.00am - Ceremony Opening
- Receiving of your first Medicine Dose

12:30pm - Receiving your Second Medicine Dose

5.00pm - Light snack
- Group Sharing Circle & discussion

7.00pm - Fire Ceremony (weather permitting)

9.00pm - Closing of Day

**Medicine Journey includes
Music, Space Holding and Support.**



THE PREPARATION

Most importantly, I will teach you the importance of 'set and setting' (mindset and environment), so you can have a transformative, positive, and enriched life experience.

You will receive guidance on how to prepare so you enter into the ceremony ready and regulated. If there are any concerns, we will have a brief intake call via zoom in the days leading up to the ceremony.

On the day of the ceremony, we will start with a group circle and each set and share our intention for the ceremony, go over safety protocols, address any questions you might have and ensure a safe procedure during the ceremony.

I am always available to answer any questions to make sure we meet your needs. Once the container is set, you can relax and enjoy the beautiful gifts and blessings that will come through for you.



THE CEREMONY

In our day-long ceremony, we'll sit in circle and start with a mindful clearing of the surrounding energy, grounding in your already set intention and moving into a regulated nervous system state.

I will guide you through the process every step of the way.

Music is a very big part of the ceremony as it moves and dances with the medicine to bring about healing in the most heart-centred way.

You may wear headphones throughout the ceremony to remain in your own energy and experience whilst being in a group setting.

Music is curated for our collective journey.

Together we create a spiritually safe container that is aligned to our highest good and invites everyone's spiritual guides and team to co-create with us during the journey.



THE INTEGRATION

As part of the experience we start the integration process right after the ceremony. There will be many messages, visions and learnings from your journey that will need to be applied to your everyday life.

In addition, we will have a follow-up integration call a few days after the ceremony (this will take place via Zoom). As the ceremony will provide a lot of newfound perspectives, you'll see your life through a completely different lens - this can be a bit unsettling at first but is a completely normal experience.

The 3-step process is key to ensure you don't walk away from an experience feeling ungrounded, anxious, or unregulated. It also ensures that you not only have a beautifully nourishing experience but also transfer the learnings and messages into your life. Together we make sure you not only go into your cocoon safely, but you come out ready to spread your wings and fly...!

ARE YOU FEELING READY?



THIS IS FOR YOU IF..

- You're feeling the calling to try mushrooms as a new frontier on your healing journey.
- You want to resolve deep-seated patterns, wounds, and trauma, and drop your long-term struggles with either anxiety, depression, or PTSD.
- You want to feel held in a container that is 100% safe.
- You want to work with someone who follows first-class safety protocols.
- You want experienced guidance and a therapeutic integrative approach so you can unlock the full healing potential of your mushroom journey.

WHY PREPARATION, INTEGRATION, AND SAFETY IS SO IMPORTANT TO ME.

The truth is... I have experienced first-hand what it's like to have an unsafe experience.

During the first years of exploring psychedelics as a healing modality, I came across multiple space-holders and healers that did not pay attention to preparation, integration, and safety. These experiences left me feeling unseen and fearful at best and triggered or re-triggered in my trauma at worst.

This is irresponsible practice and completely unacceptable. Between my years working in social services, helping thousands of coaching clients in my business, and having led many ceremonies, I have mastered the art of holding space. You can read more about my background on my website [here](#).



THE PACKAGE

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Lets sum up what's in the group ceremony package

- Intake form to ensure we are meeting all your needs when it comes to personal and medical safety.
- Resources provided for your unique needs to prepare for your ceremony and beyond.
- One group ceremony with a maximum number of six participants.
- Set and setting call (intention, mindset, and ceremony location discussion)
- Email and text support (and in some cases, coaching sessions).
- Integration session at the end of your ceremony.

integration coaching available post session if desired. (additional cost).

Energy Exchange
\$250 usd /170,000 Colones



LENGTH OF CEREMONY

HOW LONG IS THE CEREMONY?

The day starts at 9 am and the closing circle ends at approximately 9 pm.

WHERE DOES THE CEREMONY TAKE PLACE?

The ceremony will take place at a retreat centre in the Atenas area. Once your spot is secured and we have received payment, we will provide the exact location. You will need to find your way to the retreat centre and return home. Trust that our chosen location is a sacred space dedicated to your journey and healing.

CAN I BRING SOMEONE? CAN I TAKE PART IN THIS EXPERIENCE WITH MY PARTNER/FRIEND/FAMILY MEMBER?

If this is your first experience, I don't typically recommend close friends or family members as the other person might be the person you need healing from! Ultimately, this decision is up to you if you want to enter the group healing experience with someone from your personal circle.

DO YOU OFFER PRIVATE EXPERIENCES?

Yes, I do offer private ceremonies. Please enquire about options via email to awaken@spiritualalliance.ca. I also offer week-long and weekend retreats - if you are interested just book a consultation call and we can discuss your needs.



CLIENT LOVE

Odette has been the most transformational experience I've ever had. I felt so held and supported that I was able to fully surrender to the process and allow myself to feel and release the deepest of emotions – the ones that were holding me back from truly living my life. **Mary P**

Integration, integration, integration! Yes, that is the key to applying what I learned in my many journeys with Odette, in my everyday life. My life just gets better and better! **Jason B.**

If it weren't for Odette's gentle and loving approach, I don't think I could have done a psychedelic journey. She made me feel so safe, that she 'had my back' while I was deep in my journey. Growing up, I had anxiety and depression and crippling feelings of hopelessness. Working with Odette gave me back my hope and my life. **Jim D**

. I never really felt good enough. I lost sight of who I was and what I really wanted. I had heard about psychedelics helping people find happiness and joy – something I desperately craved. But I was scared to try it. I never even smoked a cigarette! I was referred by a friend who worked with Odette and I instantly felt safe when we had our first call. If it wasn't for Odette, I am scared to think of where my life would be right now. **Sue I. C.**



YOUR NEXT STEP

Feeling called?

This might be one of the most important calls
of your life!

Don't leave it unanswered.
Schedule a consultation
My what's app number: 416 802 9551.

With love, Odette xx