

# **PRIVATE PLANT MEDICINE CEREMONIES**

**A safe, intimate container for those curious to explore new realms  
with the help of a plant medicine ceremonialist and professional  
psychedelic integration coach.**



## 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.**

## We Follow A 3 STEP PROCESS.

### 1

#### The Prep

First, we will have an in-depth consultation that aims at ensuring a safe procedure during the ceremony and includes a comprehensive intake with a health assessment, current lifestyle audit, and family history.

Together we'll explore what a private ceremony for you will look like, diving deep into your intention and what you are looking to heal. We also teach you the importance of 'set and setting' (mindset and environment), so you can have a transformative, positive, and enriched life experience. We create a relationship built on trust as we help you let go of any anxieties that may arise. I provide resources specific to your needs beforehand (exactly how to prepare for the ceremony, micro-dosing, mindfulness practices, suggested reading, and so on), so you enter into the ceremony ready and regulated.

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 your day-long ceremony, either in the comfort of your own home or a space chosen for you, we'll start with mindful clearing of the surrounding energy, grounding in your already set intention and moving into a regulated nervous system state. This is key to preventing any stress, fears, or negative emotions that may arise. 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-centered way. Music is curated for your unique journey. You are gifted the music playlist after your ceremony as it will continue to offer you ongoing healing and support.

We'll also create a spiritually safe container that is aligned to your highest good and invites your spiritual guides and team to co-create with us during your 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. The ceremony plants the seeds for a rejuvenated and enriched life, and integration is key in cultivating this new life path.

All steps outlined are vital so that you can begin to shed old habits and paradigms that no longer serve you.

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. You will navigate your life with a fresh pair of eyes and gain perspective on your past, present, and future. We provide a plan moving forward that helps you deconstruct old patterns of beliefs so that you do not fall into any mindset traps. I will also provide guidance on how to move around triggers that may come up.

In addition, ongoing integration coaching can be added as long-term support.

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...!

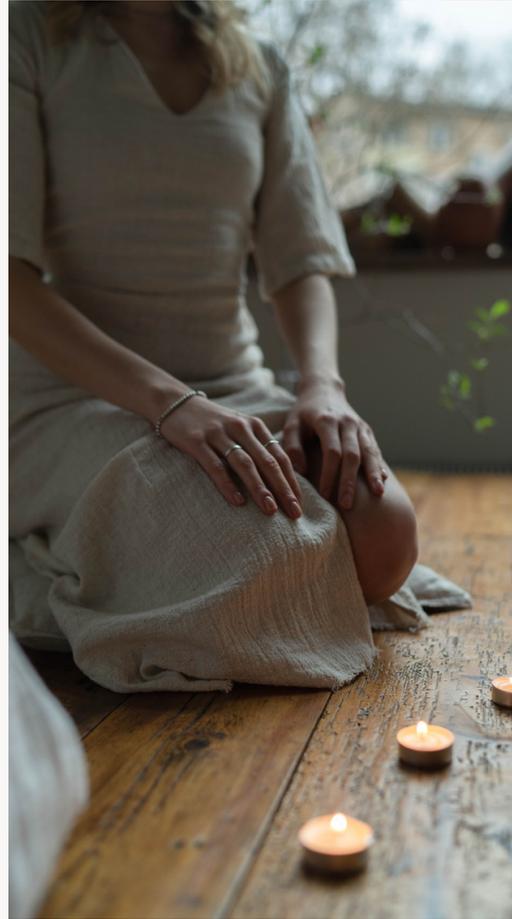


**ARE YOU FEELING  
READY YET?**

## 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 intimate guidance and are committed to integrating your learnings into your day to day life.

*With Energy & Love*



## 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](#).

## Let's sum up what's included in my private ceremony package...

- **Initial private consult to ensure this path is right for you**
- **Comprehensive intake process that includes a health assessment, current lifestyle audit, and family history**
- **Resources provided for your unique needs to prepare you for your ceremony and beyond**
- **Set and setting call (intention, mindset, and ceremony location discussion)**
- **Email and text support (and in some cases, coaching sessions)**
- **One ceremony in the comfort of your home\* (or in a space suitable for your needs)\*\***
- **Integration session at the end of your ceremony**
- **A follow-up integration session a few days after the ceremony**
- **Offer for ongoing, long-term integration coaching**

\*depending on your location travel costs may apply

\*\*for 1-day ceremonies or weekend retreat experiences, extra charges will apply

## Energy Exchange

Starting at **\$1800** USD

## Client Love



I've attended many ceremonies over the years and working privately with 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 R.**

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.**



# FAQ

## **What credentials do you have?**

I am a certified Psychedelic Integration Coach and Plant Medicine Ceremonialist, trained in Canada; I also hold a degree in Clinical and Social Psychology and a diploma in Social Service work. I draw on integrative, holistic approaches such as mind-body therapy, relational and family counseling, mindfulness, and have extensive experience in guiding and supporting my clients with challenging circumstances such as interpersonal conflict, trauma, grief, anxiety, and depression. In addition, I was selected and trained by Rhythmia as one of their substitute guides and teachers. Rhythmia is one of the leading, most prestigious plant medicine retreat centers in the world (yes, the one that the celebrities go to!). I continue to work on myself, regularly participating in my own healing journeys with a variety of plant medicines.

## **How long is the ceremony?**

The ceremony starts at 10 am and lasts about 6–8 hours.

## **Where does the ceremony take place?**

The ceremony can take place in the privacy of your own home (depending on where you live, travel costs may apply). We will create a sacred space dedicated to your journey and you can feel comfortable and familiar while experiencing new realms of consciousness. If you prefer to hold the ceremony outside of your home, we can allocate a private retreat space (extra charges will apply).

## **Can I bring someone?**

If this is your first experience, I typically do not allow anyone else to participate (the person that you may want to bring, might be the person you need healing from!). We will discuss this in your consultation call.

## **Do you offer group experiences?**

Yes, I do offer couple and group experiences. Please enquire about options via email to [awaken@spiritualalliance.ca](mailto:awaken@spiritualalliance.ca). I also offer weekend retreats – if you are interested just book a consultation call and we can discuss your needs.

# FAQ

## **Can I just do a ceremony, without the Prep or Integration Phase?**

No. The preparation and integration are crucial to the overall success of your experience.

## **Why do you charge so much? There are so many ceremonies that are free or super cheap.**

I've attended many of these super cheap ceremonies and they are not all bad. Most offer very little preparation (typically they offer, at most, a dieta, medication list, and what to do a few days before the ceremony). There is limited 1:1 support to work on intention, help with anxieties or work towards a regulated state prior to the ceremony. These ceremonies take place with a group of strangers who are also unprepared. This can be very triggering, especially when you are on a medicine journey. How the group energetically interacts is unpredictable and can be harmful to you.

Secondly, there is absolutely no real integration support in most of the offerings. Integration is by far the most important part of your healing journey and is essential to having an empowering psychedelic experience.

(Note: There are amazing group ceremonies available - I just encourage you to do your due diligence!).

## 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 call with me  
[awaken@spiritualalliance.ca](mailto:awaken@spiritualalliance.ca)

I'm looking forward to supporting  
you on your journey.

*With love.*

*Oalette* 

