



RAINFALL — MEDICINE —

*"The winds of grace are always blowing but you have to raise the sail."
-Ramakrishna Paramahansa-*

What to Expect the Day Of:

1. Your session will be held at 4314 N. Mississippi Ave. Portland, OR. It is in a beautifully restored historic 1890s mansion that sits at the top of the hill. The name of the house is The Heart of the Rose. There is some parking in the alleyway and ample street parking in the neighborhood. Please enter the wooden gate in the alleyway then walk to the front of the house and enter the main door on the large porch. The first room you enter is the waiting room. Please have a seat there and we will come get you.
2. Please make ample room in your life for this treatment. Do not schedule anything for immediately after the session. If possible, it is good to have the following day off as well to allow sufficient time to process any material that may have come up.
3. Nothing to eat or drink for 4 hours prior to the session. By nothing, we mean nothing. Prior to the 4 hours, make sure you have kept yourself adequately hydrated. You can bring food and water to consume immediately after the session.
4. Wear comfortable clothing.
5. Bring headphones and eye masks if you have them. If not, you can use ours. You are welcome to bring your own blanket if you would like. This journey is your journey; feel free to make it as comfortable for yourself as possible.
6. Bring a journal as you might want to jot down details or insights from your session.
7. Do not rush coming to your appointment. Please cultivate a calm state while arriving.
8. Practice meditation or breath work for the days to weeks leading up to your session. Practice non-attachment, letting go and surrender.
9. No excess caffeine the day of the session. You can have one cup of coffee or its equivalent the morning of the session as long as it is NOT within 4 hours of the session.
10. Be clear on your intention but also be willing to let go of all expectations around the session. Remain open to whatever emerges. Foster a beginner's mind of curiosity and openness. Trust the inner healing intelligence.



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11. If you think safe and non-sensual touch could be additive to your medicine experience please discuss this option with your facilitator prior to the medicine.
12. Some patients will try to narrate or describe their experience while it is occurring. This can often take you out of the experience and so you may hear us direct you back inward. We learn through the experience and not analysis of the experience.
13. The goal is not to judge the experience or to judge yourself whether you are doing it right or wrong. Just let yourself experience this as fully as possible.
14. You are more than welcome to bring in any items that carry significant meaning for you, spiritual or otherwise. If this resonates with you, you are allowed to build an altar with these items as you see fit.
15. Some patients have sedation, dizziness or nausea immediately after the medicine. These symptoms generally wear off quickly.
16. Some patients come back from their journey very quickly and without many side effects. Others take much longer to fully come back. We will always ensure that you arrive back safely but if you are one who takes longer to fully recover, we may help you from the treatment room to a recovery or relaxation room. Generally, sessions last about 3 hours.
17. Please use the bathroom just prior to coming into the treatment room. It is difficult to get you to the bathroom while you are deeply in the medicine. If you do need to use the restroom while on the medicine, you will be aided in walking to the restroom. Hold onto your aide while walking. Please hold on to the walls or sink while in the bathroom.
18. Immediately upon arrival back into your body it will initially be difficult to walk or maneuver your body for tasks. This is normal and wears off quickly. However, we do not want you to walk or move until this is cleared with your facilitator.
19. You cannot drive after the session so please arrange a ride with family or a trusted friend.
20. You may feel the need to describe your experience to your friends or family. Realize that words will never fully be able to describe this experience. Sometimes the magnitude of the experience gets lost as you try to describe it. If your friend or family has had a similar experience, then they already know and little needs to be said. Sometimes no matter how hard you try to describe the experience the person you are speaking to may not get it. Just let yourself have your experience.
21. Please spend time contemplating, journaling, meditating, walking in nature etc. after your session. What happens after is as important as to what happens during your session. Things may continue to unfold for you.
22. Integration is essential to this process. We heal by becoming and becoming requires work and a deep commitment to self.