

Retreat Preparation

Preparation is essential for any spiritual retreat to support your ability to process the Shakti (spiritual energy) of the retreat, and will likely result in less processing of our emotional body, this means less painful processing, and more bliss!

I recommend the following forms of preparation for a week before the retreat:

* Meditation, any form of meditation is good and if you want a meditation to purify your mental, energy and emotional bodies I recommend these meditations <https://shaktidurga.com/shop/chakra-healing-meditations-separate-purchase/>, <https://shaktidurga.com/shop/archangelic-meditation/>, <https://shaktidurga.com/shop/om-your-chakras-for-spiritual-enlightenment/>
* IYS Energy Healing
* Exercise
* Healthy Vegetarian Food
* Drinking lots of water
* Reducing caffeine intake
* Not drinking alcohol - recreational drugs and alcohol are strictly prohibited during the retreat
* Stop smoking\* and Recreational drugs
* Pranayama (yogic breathing exercises, these are also great to do before meditating). Even breathing in for 3 and out for 6 is a good practice.
* Reciting Mantra that resonates with your heart and do at least one mala (108 repetitions) each day. If you are not familiar with mantra you can chant OM.
* Sleep/Rest
* Salt and Coffee Bath to purify your energy and emotional bodies
* Volunteer or provide service to other

**\*Note** - If you are a smoker you may wish to consider not smoking during the retreat, and if so you may need to bring nicotine patches with you or something to help you manage the days of going without.