

Your Questions



One good thing about a plant detox, is it will give you some time to consider what you have been taking in, especially when you are sometimes surprised by what comes out.

You are asked to write down some questions for your journey. If it is a group retreat, please keep those to a maximum of 10. The framing of the questions is important as you will want to keep them simple and direct. What are the things that you really want to know about yourself that you have never been able to find out? This is your opportunity to get some solid answers. You may have to do some mental digging to find what it is you really need to know.



Here is a Pygmy shaman. He can diagnose you just by getting you to squeeze his hand as hard as you can. Don't worry, the strongest lumberjack couldn't affect his hand. This is a man who knows himself and the jungle beyond your imagination.

You can also ask questions about life in general, but before you get off into the Universe, make sure that you know yourself first.

Here is a sampling of questions that you may find helpful to set you off in a fruitful direction.

How do I call forth the resonance of my true vibration?!

What are my relationships teaching me? What are my Obstacles?!

How does my creativity express my spiritual journey?!!

What form will my spiritual journey take?!

What is my core purpose? My central intent? My individual vision?!

How do I balance the Male and Female energies within myself?!

What can I do to stand in the light of my full mystical power?!

How do I resonate harmoniously with Nature? !

How do I shine the light for others?!

What does my heart desire to manifest?!

What do I need to let go of in order to be truly liberated?!

What are my self-limiting constructs?!

What do my ancestors want me to know?!

Remember, this is only a sampling of possible questions. You need to search for your own questions within. If you have any trouble, don't worry, Zabette is there to help you before the ceremony.!