

free soul



Preparation Check List

1. Read through Tomma's web page to get an overview of the Deep Journey Experience. www.thefreesoul.com/deep-journey-info
2. Schedule a free 30 minute consultation with Tomma, to answer any additional questions you have, or to meet her on Zoom.
3. Join Signal for all specific questions regarding plant medicine.
4. Join the Divine Assembly, if you want to create some legal protection for your experience.
5. Find the right day on your calendar for your Deep Journey, and coordinate your schedule with Tomma.
6. Schedule the one hour preparation session one or two days before your Deep Journey.
7. Give Tomma your email address for future follow up support, and your cell phone number for future sending of audio files.
8. On Signal arrange to get your 5 day micro-dosing supply.
9. Clarify your intention. Use Tomma's guiding questions on her web page for assistance.
10. Start micro-dosing each morning for 5 days before your Deep Journey. Use the chocolate drink recipe and intention ritual instructions on Tomma's preparation web page.
11. Take a look at Tomma's Sliding Fee Schedule, decide if you want to include a first integration session, choose your payment level and calculate your total amount.