



Redwood Journey Navigation and Preparation Information

Navigation

Welcome to Nav and Prep documentation for our **Denver evening Xanga assisted "Redwood Journey"**! Below are details to assist you with Navigation and Preparation for the upcoming assisted meditation ceremony, or "journey".

There will be two time/date options for the Pre-Preparation meeting (which is required if you've never engaged this sacrament with us before):

- **Thursday 06/22 at 4pm** at the HeartQuarters / Temple space in the exhibit hall and
- **Friday 06/23 at 7:30am** at Plant Magic Cafe

Both of these meeting times will also be offered via Zoom if you cannot attend either in person (on the Sacred Garden Community Sunday Service Zoom Room - <https://us02web.zoom.us/j/83178471935>).

Additionally, if you've never joined us for sacrament before you are required to complete our Health & Safety Questionnaire here:

<https://www.sacredgarden.life/assessments/2147637217>

and e-sign the SGC Waiver:

<https://www.sacredgarden.life/assessments/2147637240>

The sacrament assisted meditation practice itself will be held at the HeartQuarters / Magic Plant Cafe location at 925 E 17th Ave, Denver, CO 80218. Please call or text Skye at (510) 301-6991 or Otis at 510 390-4810 if you have any questions about location.

Saturday 06/24/2023, 4:30-9:30pm

925 E 17th Ave, Denver, CO 80218

Please arrive between 4:15 and 4:30pm (phones off at 4:45)

(Call 510 301-6991 if you're having trouble finding us.)

Preparation - Setting and Expectations

- Required to bring:

- *Please bring your own lighter (a 'bic' style lighter is suitable) and a small glass, wooden or ceramic pipe with a screen. This can be a small dedicated pipe - the type used for cannabis smoking is good. It is not recommended to use your regular cannabis pipe for*



the ceremony as the spirit of Xanga is strong and may remain present in the pipe after the ceremony.

- Please bring a beverage or snack for after the ceremony; bring what you would like to enjoy, and enough for at least 3 other individuals.

- Please bring water or other personal items you may need for your physical well-being, including light potluck snacks for after meditation, referenced above.

- This entire Sacred Garden Community "Redwood Liturgy" ceremony, including meeting / preparing, practice and soft integration) will likely take about 5 hours (for the indoor ceremony).

- The assisted meditation itself may last about an hour - this is a shorter Xanga meditation, involving three initiations with the Sacrament over the duration of the ceremony.

- Most often, Practitioners feel refreshed, clear and grounded by 9:00pm! Before you leave, our Facilitator will check in to ensure you are prepared to re-enter the world.

- Your Facilitator will bring their Altar for group ceremony and you are invited to bring altar objects.

- You're also invited to bring any other objects for your meditation, a zafu or meditation cushion, flatback, a small cloth to sit on, meditation shawl, altar objects, personal objects that are meaningful to you or to your intentions.

- Some of this group will be holding safety space / others may be engaging deeper meditation, you're invited to discuss with the Facilitator before or early on the day of Ceremony.

- Note: This will be a platonic ceremony - in part this means we are asking that every participant avoids engaging in sexual behavior during ceremony or while in group presence; and that we avoid romantic overtures or "picking up" each other during or after ceremony. We will discuss safety, boundaries and consent further during pre-preparation.

Preparation - other, Set, Soul, Body:

- Please consider intentions for this meditation and be prepared to share with the group

- Avoid mentally / spiritually disturbing engagements before and after Ceremony (e.g., recommended to avoid political arguments on Facebook, violent movie or TV programming, etc.

- A broad goal is to bring a quiet mind with clear intentions and least distractions to the ceremony and for integration after.

- Please discuss with your Facilitator prior to engaging this meditation if you have had a substantial assisted meditation within the last 2 weeks or if you are planning an assisted meditation within two weeks after this group ceremony, thanks.

Pre-Diet:

There can be varying degrees of dietary preparation for an experience. The particular meditation we will engage in is remarkably safe biologically and does not require special dietary preparation. In general, the "clearer" your body and energy are, the more aligned and able it will be to fully experience the energy that is opened by the forms of deep meditation we will engage. Sacred Garden community recommends eating lightly the evening before and day of any



practice. Some traditional diets or “dietas” are more about preparing in subtle mental or spiritual ways rather than about specific physical contraindications.

So grateful for the opportunity to sit with you! May the time we spend together open the way to direct experience of divine presence, so we may move and guide from a place that is healing, healed and loving.