



akasajourneys.com

What to Expect

YOUR AKASA JOURNEYS SESSION GUIDE

Each session is co-created with you—honoring your intention, your pace, and what your body and psyche are ready for.

Before We Begin

Before any session, we meet in person for one to two hours. This is where we get to know each other—creating the comfort and safety that are essential ingredients for a meaningful experience. We'll talk through your intention, how to use it and work with it, as well as the practical details of your session: set, setting, dosage, safe touch (if any), music, and other journey details.

The work began when you first reached out. The relationship we build here develops and expands everything that follows.

The Session

Sessions typically run six to eight hours. We begin with a simple opening ritual, orienting to the space and setting an energetic container to support the physical one.

Throughout your experience, I stay present with you—welcoming all of it. Your joy, your pain, your confusion, your stillness. Nothing needs to be performed or managed. Somatic support and a live mini sound bath are woven in to accompany and guide your process as it unfolds.

***A note on medicines:** I do not provide or procure any substances. My role is facilitation, harm reduction, and support. I can offer guidance on how to obtain or grow your own medicine if needed.*





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Set & Setting

I come to you, so you can journey in the comfort and safety of your own space—no need to travel before or after, maintaining the continuity and integrity of your experience. If you're visiting from out of town, I'll help you identify a quiet, private, appropriate place to stay. Travel to other locations is also possible by arrangement.

After Your Session

We schedule a one to two hour post-session meeting in the days following your journey. This is where we begin making meaning—reflecting on the images, insights, emotions, and sensations that arose, and starting to weave them into your daily life.

Integration doesn't happen in one conversation. It's an ongoing process, and I offer continued support as you move through it.

Additional Support

[Rosen Method Bodywork](#) and [Compassionate Inquiry](#) sessions are available both before and after your journey. Both are excellent integration tools and highly recommended—they work in a complementary register to the journey itself, helping the body process and anchor what was revealed.

Fees

Sessions are offered on a sliding scale. See the [Rates](#) page on my site for current details. If you're facing financial hardship, reach out directly—I'm happy to talk through what's possible.

Questions?

If anything here raises a question, or if you're not sure whether this is the right fit, the best next step is a free 15-minute conversation.

[Schedule a free 15-minute consultation](#)