

I have so much Gratitude and Love for Lana Rados, psychotherapist, founder of the Women's Flow retreat, and her husband and head Healer, Ivan Rados. Thank you for your gifts and for helping me heal physically, mentally, emotionally and spiritually. This weekend's healing retreat turned out to be the most love and healing I have ever experienced.

I have the utmost respect for Lana and Ivan Rados, and all that they do, and knew the weekend healing ceremony would be very special. I felt so safe and reassured that I was in the very best hands possible, while embarking on this soul journey of holistic healing. After reading Ivan's book, Health is Consciousness, I knew that healing was needed to occur at the soul level. I knew I needed to dive deep and let the beautiful Plant Medicine show me the way to consciousness, and go beyond my mind in order to heal. Thank you both for allowing this to safely and enjoyably happen for me.

I attended the second wave of the Women's Flow retreat and met such beautiful, powerful women that I now call my Soul Family. The psychotherapy and profound teachings from Lana helped us understand relationships, addictions, patterns, our ego and the uniqueness of being women and so much more. I cherished the lectures as there is much to learn from Lana. The teachings and work we did really helped us all to bond and later nivate the healing medicine ceremony collectively and individually. I loved how the days events were all orchestrated beautifully and in Flow. I really enjoyed the Breathwave sessions, yoga, the music, the hands on healing and all the Love that filled the room. I felt safe to release and let go.

The healing Medicine Ceremony was dreamlike, beautiful, magical and at times intense, but extremely euphoric and blissful. Deep prayer and Gratitude for this experience. I felt so safe to dive as deep as I possibly could. I was in the very best hands, the facilitators, Lana and Ivan who are Shamanic Healers, and the Angel in attendance, Julianne, were all watching over us. The healers were diligently holding space, Love and Light, provided reassurance, and were super intuitive to any needs as they arose. I was in such awe of the healing, the Love and guidance for the group as we journeyed. We soared deep into the recess of the mind, shining light on the darkness and going beyond into the Divine and experiencing bliss and epiphanies. We danced, we Loved and healed deeply. Such a beautiful experience that is unparalleled.

I have never felt so much Love. I truly felt seen, heard, validated and supported while feeling the most vulnerable. This support along with insights from the beautiful Plant Medicine lead to deep healing of trauma and core wounds, that I am forever grateful for. I am still processing the change in my perspective of physical pain, trauma, and my new found gratitude for these gifts. The healing is still unfolding weeks later. Thank you!

I encourage anyone who is called to heal via Plant Medicine Ceremony, to listen to your heart and take the plunge into this deep healing opportunity and talk to the Intronaut team and ask questions. From my experience in working with them, I know you will be seen, heard, validated and supported and so safe to carry out your intent for the healing ceremony. The deep healing from this experience may include, but not limited to: knowing thyself; magical occurrences; an absence of egoic thinking; holistic healing; experiencing pure bliss and so much more. :)

I am so looking forward to embarking on more layers of healing with the Intronaut Team in the future and hope to meet more like- hearted people along the way.

Forever in gratitude for the Intronaut Team,

Namaste

Melissa V