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## **The Final 24 Hours: Shifting Gears**

Welcome to the eve of your ceremony. You have completed the physical detox, quieted the digital noise, and given shape to your intentions. The final 24 hours are about transition—shifting your focus away from the active preparation of "doing" and leaning completely into the soft art of "being."

Think of today as the runway. The smoother you make it, the more grounded your liftoff will be tomorrow morning.

### **Protecting Your Energy & Space**

Today your nervous system is becoming highly receptive. To keep your baseline calm, intentionally limit external inputs and social obligations.

**Cancel Non-Essential Plans:** Avoid crowded places, chaotic social environments, or intense work meetings if possible. Keep your physical environment quiet and clean.

**The Consumption Boundary:** Keep the news, social media, and emotionally taxing entertainment turned off. Protect the mental space you have spent the last five days clearing.

**Gentle Movement Only:** Swap heavy, intense workouts for gentle stretching, yoga, or a slow walk in nature. This helps release physical tension from the body without spiking your cortisol (stress) levels.

### **Practical Checklist: The Night Before**

Taking care of logistical details tonight ensures you won't be rushing or stressed tomorrow morning.

**Pack Your Bag:** Lay out your loose, comfortable layers, warm socks, slip-on shoes, and your personal comfort item (your blanket, soft toy, or anchor).

**Confirm Logistics:** Double-check your travel time to the venue. Ensure you know exactly how you are getting there so there is no morning panic.

**Inform Your Emergency Contact:** Give our emergency number (07496264191) to your designated contact, reminding them it is strictly for emergencies. Let them know you will be safely off-grid for the day.

### **Evening Nutrition & Sleep**

Your final meal before the ceremony sets the stage for your digestive comfort during the journey.

**The Evening Meal:** Eat a light, clean, plant-based dinner before 7:00 PM. Steamed vegetables, brown rice, or a plain quinoa bowl are perfect. Avoid heavy oils, excess salt, processed foods, or sugar.

**Fasting Window:** Most people experience a much cleaner journey when the stomach is empty.

Aim for a light fast of 12–14 hours leading into the 8:30 AM arrival time. **Please stay sober during this fasting period**

**Prioritise Sleep:** Go to bed early. A deeply rested mind and body possess much higher resilience and capacity to navigate intense subconscious material.

### **A Final Evening Reflection**

Before you turn off the lights tonight, sit quietly with your journal for just five minutes. Read over the intentions you wrote down earlier this week.

Do not try to over-analyse them or plan how tomorrow will go. Simply read them, close the journal, place your hand on your heart, and speak a silent word of gratitude to yourself for stepping up to do this healing work.

Your Morning Mantra: "I am physically prepared. I am mentally ready. I trust the space, I trust the facilitators, and I trust my ability to surrender to whatever the medicine needs to show me."

Get some rest. We will see you at 8:30 AM.