

6.3 Go On A Retreat

Schedule concentrated time to relax, reflect, and meditate.

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When you want to accelerate your personal development or work on an issue intensively, a retreat can be very helpful. In an environment where everything is set up to support your progress, including professional guidance from skilled and compassionate facilitators, you can rapidly achieve results that would otherwise take a long time.

If there's something you want to devote some immersive time to working on, or if you feel that your growth in a certain area is stagnating, you may want to schedule a retreat to give it your full focus.

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- Can provide a significant boost to your personal development or therapeutic processes.
- At many retreats, you avoid using your phone, which creates a rare and valuable opportunity for self-focus.
- Freedom from the responsibility of choosing what to do with your time can be quite liberating.

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- Disconnecting from daily life and committing to one thing for significant periods can feel daunting.
- Some retreats—particularly psychedelic or sexuality retreats—require a high level of trust in leaders and facilitators.

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First, it's important to determine what you're looking for in a retreat. There are seemingly infinite types of retreats available, so think carefully. Do you want to practice meditation? Deepen your therapeutic journey? Explore the world of psychedelics? Something else?

Next, find a facilitator or organization you like. Seek out recommendations or read their websites to get a feeling for their style and whether it's a match for you. Do your due diligence by talking to people who have attended the retreats you're interested in or by reading reviews online to ensure they are reputable. Any retreat requires you to trust the organizers, some more than others. If you fly to Peru for an ayahuasca retreat, for example, you will ingest mind-altering substances and put yourself in a vulnerable state.

You should also consider your schedule and budget. When do you want to travel, and how can you handle the logistics as seamlessly as possible? How much are you willing to invest in your retreat?

It would be impossible to detail every option in this book, but here are a few possibilities you may want to explore:

- Therapeutic retreats such as an inner child retreat: These retreats are about connecting with your younger self, talking to your parents in your mind's eye, or taking a different perspective in

order to repair what was broken in your childhood or fix damage from trauma.

- Silent or Vipassana retreats: On a Vipassana meditation retreat, you will spend several days in silence, practicing meditation in many contexts (sitting, walking, eating, etc.). Instead of speech, you will focus on sharpening your awareness of your mind and body.
- Psychedelic retreats: There are numerous substances believed to open the mind, access non-mundane states of consciousness, and generate life-changing insights. Ayahuasca is the most common, but others include DMT, psilocybin, and MDMA.
- Sexuality retreats, including Tantric and other practices: Sexuality retreats come in various forms, ranging in spiciness from mild to extreme. Some are for individuals, others are for monogamous couples, and others are for open couples. If attending with a partner, it's essential to discuss boundaries beforehand so you both have a positive experience. Remember, you are in control and don't need to do anything you feel uncomfortable with.
- Yoga retreats: If you have an existing yoga practice, a dedicated retreat can be an opportunity to deepen it, explore the philosophical aspects that are often missing from shorter classes, and connect with a community of like-minded people.

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1. William Hart, *The Art of Living: Vipassana Meditation* (HarperOne, 2009).
2. "Psychedelic Travel Experiences Are More Popular Than Ever": <https://cntraveler.com/story/psychedelic-travel-experiences>
3. "The Rise of Wellness Travel, from Rewilding to Yoga and Pilgrimages": <https://nationalgeographic.com/travel/article/wellness-travel-rewilding-yoga-pilgrimages>