



Blue Lotus Dieta

JANUARY 13-21

www.ramanja.com

Blue Lotus Dieta

What is it?

A 9 day online shamanic programme to cleanse, open & heal your system with the sacred flower blue lotus. I have been working with the lotus for 4 years and will share everything I know about her.

What do we do?

We eat very clean food and sit in meditation once or twice a day whenever suits you to drink blue lotus tea.

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How will it feel?

You may feel relaxed, experience tingling at your crown chakra and receive messages, especially in your dreams.

Can I work whilst I do this?

Yes. This is a soft dieta so we adjust it to fit with your lifestyle. Occasionally clients feel light headed with the lotus, so you only drink at bedtime.

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What support do I receive?

Your intro pack contains all preparation info and my recommended supplier list for blue lotus.

There are 2 group sessions, a 1-1 integration session with me, daily pdfs with a theme & focus, study of the psychic gate, study of Hathor, Sekhmet & Isis. Suggested reading lists, dieta recipe ideas, Spotify playlists and a Whassap group with me and the other participants.

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What is the cost?

£144 : book through Ramanja.com

Opening Ceremony

9am CEST January 13th

Closing Ceremony

9pm CEST January 21st

It is my honour to bridge the lotus to
you. I am dieting too, we are in it
together.

Love from Ramanja