



Live Streaming Ritual To Heal and  
Reconnect

# Online Drum Journey



# Meet your facilitators

We are Monika and Pablo, shamans and yogis initiated in the Siberian tradition of the Altai school.

We are expert healers and channels of universal consciousness. We have worked with drums and medicinal plants for years.

Our purpose is to help you heal your body, soul, and mind, eliminating the past, the burdensome, and the negative. So that you can feel at peace, connected with your Truth and your true path in this world.

Through our practices and our presence, we can help you directly access the parts of your unconscious mind that need attention and healing. We guide you through meditations, practices, and ancient knowledge.

We propose a unique, authentic journey to the center of your being. This is the TOTAL adventure that every soul desires and deserves.



**+ 100** drum sessions

**+ 500** participants

**+ 10** years of experience

# Is This You?

**Would you like to rest your mind and put the constant internal dialogue on hold?**

**How about fully reconnecting with your blocked emotions and releasing all your tension?**

**Would you be interested in awakening your vitality, your inner fire: your freest and wildest side?**

**Do you want to learn a unique, ancestral, and life-harmonious way of healing yourself?**

**And what do you say to setting aside social masks for a while to express yourself freely: be whoever you want to be?**

**Would you like to find the clarity and silence needed to reposition yourself and understand your path in life?**

## What is Drum Journey?

Imagine entering the world of dreams and magic... while still awake! Opening a window to your unconscious and experiencing a unique journey of healing and self-discovery while reconnecting with your body and being.

## What comes to you in Drum Journey:

**Healing the past:** When you start to feel the drum, and move to its rhythm, your mind will relax, and all the physical and mental tension along with the unexpressed emotions will begin to dissolve and dissipate. For a moment, you will feel their intensity, and then they will disappear, leaving you with clarity and internal silence.

**Igniting the Flame of Vitality:** The more your mind calms, the more your body will awaken. You will feel your physical presence more vividly—your muscles, your legs. You will connect with the stabilizing power of the earth and awaken your hunger for life and experiences.

**Reconnecting with the Self:** In this grounded state, we will look towards the stars, so that you can reconnect with your life's purpose, with the meaning of the experiences you are going through, so that you find the answers you need. Directly, from your connection with the cosmos and innate wisdom.

# Why Drum Journey?

**Direct Access to the World of Dreams:** When EVERYTHING is done through the rational mind, we tend to STICK to it... Drum Journey opens your direct connection to your unconscious mind so that you can access this vast space of experiences, memories, emotions, and wisdom.

**Unique Understanding:** The world is full of people offering ideas. In this journey, you have a unique experience, and from it, you create your own understanding. No one will tell you what to believe or how to think. You build your Truth.

**Expression and Liberation:** Personalities and social masks generate intense pressure that does not always allow us to be ourselves. The backbone of Drum Journey is free expression. There are no rules, you live it and express it as you want.





# AGENDA

## Theory

Ancestral knowledge about inner journeying, healing, and reconnection (60 min).

## Practices

We activate the body through movements, visualizations, and breaths (30 min).

## Journey

Drum Journey beyond the mind, to the world of the subtle and the transpersonal (60 min).

## Integration

Ask and share or stay in silence, and digest the experience at your own pace. Gratitude and farewell (30 min).

Approximate duration of 3 hours. The content may vary slightly to accommodate the participants.

# What you need to know:

These Journeys are synchronized with astrological events to enhance the outcome (**new and full Moons, solstices, equinoxes, and eclipses**)

You can check the **date and time** of our next Live Stream Drum Journey **[HERE](#)**.

This is a **private live online event**. You will receive the link to join once you reserve your spot.

You can connect from anywhere, but we recommend being in a private place where you can express yourself and move freely.

Prepare a place to sit and another to lie down. Wear comfortable clothing.

You need **no experience** in meditation or Drum Journeys to get the best from this.

Both practices and the Drum Journey are free exercises where **you set your pace and intensity**.



## **And after the event:**

We want everything you learn on this journey to stay with you. Therefore, after the event, we will send you an exclusive invitation to our Inner Spark Academy where you will receive:

**Video Course with the teachings of the session, including the slide set we used.**

**Video Course with the practices carried out during the session, so that you can repeat them whenever you want.**

**Recording of the drum journey in case you want to listen to it again and meditate on it later.**

**Bonus course: 5 key elements to prepare for spiritual practice. So that you are always prepared for your healing journeys.**

**Direct connection to all the participants of the event, to share or ask them whatever you want.**

**Private connection to Pablo & Monika to share or ask whatever you want.**

# WHAT WILL YOU GET

Unique teachings of healing and empowerment from the esoteric school of Altai.

Psycho-energetic practices of rejuvenation and activation.

An authentic drum journey with initiated shamans belonging to the Siberian tradition lineage.

Personalized attention during the event, and after it.

Meet a group of soul seekers with whom to share a unique journey.

A step-by-step guide of the practiced performed so that you can do it at home.

Recording of the drum journey in case you want to listen to it again and meditate on it later.

BONUS: Special video course to learn how to properly prepare for healing practices and inner journeys.

**All this, with a value of +350€...**

**For only 69€!**

# HOW TO RESERVE YOUR SPOT:

## BOOK THE EVENT TICKET

The ticket includes everything listed above, and you can purchase here:

[BOOK HERE](#)

Don't miss this unique opportunity and book now! Spaces are limited.

If you have questions, you can contact us at  
pablo@innersparklife.com  
monika@innersparklife.com



# Testimonial

"After my session with Pablo, I was speechless. It hit me deeply, revealing layers of myself I hadn't fully understood. It was clear and simple—the heart of my emotional struggles came from learning to love myself conditionally. During our time together, it felt like my higher self finally got through to me, saying, 'Just love yourself.' It broke me open. That session marked a profound 'before' and 'after' in my life. I'm forever grateful to Pablo for fostering such a life-changing moment."

- *Stephie*



# Testimonial

"Working with Pablo has been an indescribable journey. At one moment, I was so immersed that I completely lost all physical sensation; it felt like floating in an endless space. Initially, it scared me, but Pablo's calm presence and soothing words kept me grounded. Then, I felt a deep, personal message resonate within me, too private to recount here. It was unlike anything I've felt before—transformative and deeply spiritual. Thank you, Pablo, for being my guide on this incredible path."

- Xin



## Testimonial

"The ritual with Pablo was intense and profound. I journeyed into deep, dark corners of myself, facing pain, fear, and some hidden truths I'd avoided. It was tough but enlightening. Thanks, Pablo, for helping me confront and understand these shadows. Learning to navigate my darker side has been invaluable."

*Cedric*



## Testimonial

"In a drumming session with Pablo, I rediscovered a simple truth I'd lost in my busy life: life must be enjoyed. The realization struck me—without joy, without 'play', everything feels empty. I'm usually too serious, anxious, and moody. Pablo, thanks for reminding me to embrace playfulness. It's truly the most crucial lesson for me. Without joy, what's the point?"

- Verna

# FROM PREVIOUS INNER SPARK EVENTS & RETREATS



