



# EMBARK ON AN ODYSSEY OF ENLIGHTENMENT

8-DAY, 7-NIGHT RETREAT WITH PROFESSOR DEAN RICKLES

Prepare to transform mind, body, and spirit with Professor Dean Rickles at the BQX exclusive retreat nestled within the lush heartland of Costa Rica. This immersive 8-day, 7-night experience is a profound exploration of consciousness and a holistic path to healing. You will be guided by leading thinkers and immersed in the refreshing embrace of nature.



*World renowned  
Philosopher*

COSTA RICA | NORTH 9.7489° | WEST 83.7534°



#### OVERVIEW

**8 DAYS**

**11 PEOPLE MAX**

**30 NOV - 07 DEC 2024**

The retreat offers an expertly designed program that promises enlightenment and personal evolution. Participate in a harmonious blend of yoga, meditation, and indigenous ceremonies. Each session is woven around the wisdom of plant-based healing, led by a master shaman, tailored to foster balance and growth.

This retreat is more than a getaway; it's a deep dive into the spiritual and scientific realms, seeking to uncover and harness the healing powers of nature. It's an opportunity to expand your horizons and contribute to the collective understanding of human consciousness through pioneering research into natural therapeutics.



## INTRODUCING YOUR TOUR XPERT

PROF DEAN RICKLES

Professor Dean Rickles is a respected professor of Philosophy at the University of Sydney with a rich academic background. He completed his PhD at the University of Leeds in 2004, where he delved into conceptual issues in quantum gravity. Dean's expertise in quantum gravity underpins his research, particularly in exploring mind-body links.

A key area of Professor Rickles' work is his investigation into dual-aspect monism, which involves the idea of a deeper realm beyond mind and matter, thus seeking common explanations for both physical and mental phenomena. His notable contributions include his 2022 books 'Dual-Aspect Monism and the Deep Structure of Meaning,' and 'Life is Short: An Appropriately Brief Guide

to Making it More Meaningful,' as well as various publications on the philosophy of time, mind, music, and more. His role as a plenary speaker at the Science of Consciousness Conference further underscores his prominence in the field, seamlessly showcasing his ability to integrate science and philosophy into his scholarly pursuits.



*Exploring  
consciousness*

# ITINERARY

*Day 1*

## ARRIVAL AT THE HEART OF COSTA RICA - SAN JOSE

- Warm welcome and included transfer to the Residence Inn hotel.
  - Check-in, acquaint with the BQX team and connect with fellow Xpeditioners.
  - A festive welcome dinner to celebrate the commencement of the Xpedition.
  - Overnight at the Residence Inn hotel or a similar establishment.
- 1 night – San Jose (D)

*Day 2*

## JOURNEY TO TRANSFORMATION

### TRANSITION TO RETREAT

- A leisurely morning with a choice of engaging activities in San Jose, like a city tour or a visit to the local markets.
- Afternoon departure for a scenic drive to the retreat's serene location.
- An evening to settle in, unwind with dinner, and prepare for the following night's first ceremony
- Overnight stay at the retreat; details are provided in pre-departure materials.

1 night – Retreat (B)(L)(D)

*Days 3 & 4*

## INNER HARMONY

### RETREAT ACTIVITIES

- Each day begins with a nourishing light breakfast and reflection on the previous night's ceremony
- Embrace serenity with morning sessions of Yoga and Meditation.
- Enjoy a wholesome lunch, followed by time for personal reflection or leisure.
- Engage in the first Plant Medicine Ceremony (7pm-2am) to explore the depths of consciousness.
- Rest and rejuvenation at the retreat.

1 night – Retreat (B)(L)(D)



Room at the Retreat



(B)(L)(D) Breakfast, Lunch, Dinner

Itinerary subject to change

Retreat  
setting



Day 5

## NATURE'S EMBRACE

### RETREAT ACTIVITIES & JUNGLE TRIP

- Follow the similar morning and lunch routine to maintain inner balance.
- Afternoon excursion into the jungle, connecting with the vibrant ecosystem.
- Return to the retreat for personal time and reflection.
- Rest night to prepare for next day's ceremony
- Overnight at the retreat.

1 night – Retreat (B)(L)(D)

Day 6

## THE APEX OF EXPERIENCE

### RETREAT ACTIVITIES

- A light breakfast to start the day gently.
- Invigorating morning Yoga and Meditation session.
- Time to reflect post-lunch before delving into the final Plant Medicine Ceremony which takes place over the entire night (9pm – sunrise).
- Overnight at the retreat.

1 night – Retreat (B)(L)(D)

Day 7

## INTEGRATION AND REST

### RECOVERY DAY

- A day dedicated to nurturing the body and integrating experiences.
- Light breakfast and lunch are provided with activities focused on recovery and reflection
- Overnight at the retreat.

1 night – Retreat (B)(L)(D)

Day 8

## FAREWELL AND FORWARD JOURNEY

### DEPARTURE

- Early light breakfast.
- Check out at 9:00 AM, with hearts and minds full of new insights.
- Organised transfer back to San Jose airport or your hotel of choice for your onward journey.

Our Xpedition finishes today. (B)

(B)(L)(D) Breakfast, Lunch, Dinner

Itinerary subject to change

## PRICING

Our Xpedition to Costa Rica starts at the Residence Inn hotel and finishes at San Jose.



**From \$9,990 USD**

Per person

### INCLUDED

- A comprehensive pre-trip evaluation and preparatory guide to ensure you are fully primed for the experience.
- Full access to an exclusive private resort, offering the comfort of private accommodations, each equipped with its own bathroom, air conditioning and Wifi, ensuring your privacy and relaxation.
- Immersion in a rigorously crafted and proven transformative program to facilitate personal growth and self-discovery.
- The honour of participating in time-honoured sacred ceremonies meticulously led by esteemed healers with deep ancestral knowledge.
- Continued growth and reflection with post-retreat sessions led by your personal retreat guide, offering support as you integrate the experience into your daily life.
- Gourmet meals and a selection of beverages are crafted to complement the retreat's ethos of nourishment and wellness.
- Seamless in-country transport arrangements provide worry-free transfers throughout your retreat experience.

### NOT INCLUDED

- Airfare for international flights to and from Costa Rica.
- Personal expenditures, including souvenirs, extra services, and incidental costs.
- Travel insurance to safeguard your journey and health.
- Activities outside of the planned itinerary offer the flexibility to explore personal interests.

*Big Life in  
Costa Rica*



Native Toucan





Exploring  
consciousness

## CEREMONY DETAILS

### CEREMONY AMBIENCE:

Experience the serenity and connection of our ceremonies in a semi-outdoor sanctuary that blends seamlessly with the surrounding natural beauty. The flicker of candlelight and the spirit of the locale create a hallowed atmosphere ideal for introspection and renewal.

### PARTICIPANT PREPARATION:

Comfort is paramount; each participant will have a personal space featuring a mat, supportive pillows, and cosy blankets. Essential items for your well-being, including a purge bucket, toilet paper and tissues, will be discreetly placed for your convenience.

### CEREMONY STRUCTURE:

- Participants may begin with optional tobacco use for mental sharpening, acknowledging ancient traditions.
- Plant Medicine is administered reverently within the context of ceremony, accompanied by the collective energy of prayers and ancestral chants.
- The ceremony ebbs and flows between silent meditation and expressive musical interludes, creating a tapestry of introspective and communal moments.
- Up to four thoughtful servings of Plant Medicine are offered, ensuring a journey aligned with personal needs and comfort levels.

Ceremony  
setup

### GUIDANCE AND SUPPORT:

Throughout this sacred process, you are not alone. Our dedicated medicine team, including a learned shaman and compassionate musicians, will be present to offer their wisdom, assistance, and musical accompaniment, guiding you through the ceremony with care and respect.







Rio Celeste  
Waterfall



## Process

### 1. EXPRESSION OF INTEREST

Begin your journey by completing a simple expression of interest form on our official website, marking the first step towards transformation.

### 2. PERSONAL CONSULTATION

Arrange a Zoom meeting to discuss the retreat's ethos and address any queries, ensuring alignment with your aspirations.

### 3. RESERVATION DEPOSIT

Confirm your commitment to this life-changing experience with a deposit, thus reserving your place among like-minded seekers.

### 4. PROGRESSIVE PAYMENT

A second instalment is due three months before departure, securing your continued commitment to the journey.

### 5. PREDEPARTURE ORIENTATION

- Engagement Call: A discussion about your intentions and what you hope to achieve, crafting a retreat experience that resonates with your personal goals.
- Health Screening: A comprehensive medical assessment to guarantee your well-being throughout the retreat.
- Preliminary Session: Begin your educational journey with Professor Rickles to prepare your mindset for the experience ahead.

### 6. BALANCE COMPLETION

The final payment is due one month before departure, coinciding with the commencement of a preparatory diet to optimise your readiness for the retreat.

### 7. THE ADVENTURE BEGINS

With all preparations complete, step into a world of enlightenment as the retreat unfolds.

### 8. ONGOING JOURNEY

Post-retreat, you will not be alone. Receive ongoing support and guidance to seamlessly weave the wisdom gained into the fabric of your everyday life.

## Frequently Asked Questions

### **CAN YOU DESCRIBE THE CEREMONY SETTING?**

The ceremony occurs in a tranquil, candlelit environment that evokes a sense of spiritual presence. Comfort is provided by mats, pillows, blankets, and essential items for your well-being.

### **HOW IS THE SPACE ARRANGED DURING THE CEREMONY?**

Participants and retreat staff form a semicircle around the central medicine team, creating an intimate and communal setting and fostering a collective energy flow.

### **WHAT INITIATES THE CEREMONY?**

The ceremony commences with an optional tobacco ritual for those who wish to use it to achieve mental focus and readiness for the Plant Medicine journey.

### **IN WHAT MANNER IS THE PLANT MEDICINE GIVEN?**

Following sacred prayers and chants, the Plant Medicine is offered ritualistically, with each participant receiving their serving from the shaman in a respectful, ceremonial exchange.

### **WHAT FOLLOWS THE CONSUMPTION OF PLANT MEDICINE?**

The initial period post-consumption is dedicated to quiet reflection and meditation, setting the stage for the medicine to synergise with your consciousness. The ceremony may include additional servings, accompanied by music and chants, to deepen the experience.

### **HOW IS THE PARTICIPANT WELL-BEING MAINTAINED DURING THE CEREMONY?**

Discretion and care are paramount; all necessities, such as purge buckets, are handled with the utmost respect, and a dedicated team remains vigilant to provide support throughout the ceremony.

### **ARE PROFOUND EXPERIENCES IN THE FIRST CEREMONY ASSURED?**

While profound experiences can occur during the first ceremony, they are not guaranteed, as individual reactions can vary. We encourage participating in multiple ceremonies to enhance the potential for a significant encounter.

### **WHAT RANGE OF EXPERIENCES MIGHT ONE HAVE DURING THE CEREMONY?**

The spectrum of experiences is vast, from visual phenomena to profound emotional and spiritual revelations, including potential encounters with ancestral spirits, otherworldly entities, and a profound connection with the natural world.

### **WHAT IS THE CEREMONY'S PRIMARY OBJECTIVE?**

The ceremony is intended to catalyse a deep, introspective journey that may yield personal enlightenment and contribute to emotional restoration. The journey's impact can be immediate or unfold over time, and not all experiences are visual or involve purgation.

### **WHAT SHOULD BE ANTICIPATED POST-CEREMONY?**

The ceremony generally concludes by 1 am, after which you may retire to your accommodations to rest and begin the integration process of your experiences.

### **HOW DOES THIS CONTRIBUTE TO CONSCIOUSNESS RESEARCH?**

BQX is a proponent of advancing consciousness studies. The insights gained from these ceremonies are integral to ongoing research, contributing to future scholarly work and peer-reviewed publications in partnership with Professor Rickles.

Capuchin  
Monkey





Join our Xpeditions with world-renowned scientists visiting remote and exotic destinations where Big Question research is being undertaken.

**[bookings@bqx.com.au](mailto:bookings@bqx.com.au)**

**[bqx.com.au](http://bqx.com.au)**

**SYDNEY**

Level 29, Chifley Tower, Sydney  
NSW 2000 Australia  
+61 (0)2 9216 9056

**NEW YORK**

Level 5, 667 Madison Avenue,  
New York NY 10065 USA  
+1 212 209 6170

**BARCELONA**

Diagonal Hightech 22@ Avinguda  
Diagonal, 131 08018 Barcelona, Spain  
+34 93 626 40 59