



“To live a life of gratitude is to open  
our eyes to the countless ways in  
which we are supported by the world  
around us.”  
~ Gregg Krech

# NAIKAN

## SERVICES AVAILABLE

- **IBOGAINE TREATMENT**  
Safe, monitored and compassionate ibogaine treatments
- **PRE AND POST CARE**  
We help you start your ibogaine journey on the right footing with our expert pre care and help you integrate afterwards
- **HOLISTIC THERAPIES**  
Yoga, Pranayama, Meditation, Breathwork, Physical exercise, Healthy food
- **ON/OFF SITE COUNSELLING**  
Our expert counsellors will hold space and guide you through your processes
- **NAIKAN THERAPY**  
Naikan introspection therapy is a wonderful way to get back in touch with Yourself
- **IRM**  
FREE lifetime membership to the IRM – Ibogaine Recovery Movement online meetings and recovery community

Naikan is a Japanese word that means “inside looking”, “introspection” or “seeing oneself with the mind’s eye”. This structured method of self-examination and reflection can help people understand themselves and their relationships with others. The practice of Naikan is based upon answering three basic questions and reflecting on the nature of relationships with various people in our lives. These being

What have I received from \_\_\_? What have I given to \_\_\_? What troubles and difficulties have I caused \_\_\_?

Naikan therapy, a special kind of meditation, gently transforms our way of thinking through a spiritual journey, illumination and enlightenment based on Jodo Shin Buddhist teachings. This practice can benefit addicts, non-addicts and those suffering from mental health and behavioural disorders.

Naikan Therapy is a unique psychotherapy and counselling method for those suffering from addiction issues, drug and/or alcohol dependency, behavioural problems, burnout, relationship conflicts, neurosis, depressive disorders, and many other psychological problems. Some embark on Naikan for psycho-spiritual purposes too. Naikan is especially useful pre or post ibogaine therapy. Learn more about ibogaine therapy here.

At our Naikan retreat centre based in sunny Portugal, rest assured that your Naikan journey will be safe and discreet. For specialised addiction and non-addiction treatment Tabula Rasa Retreat has your tailored needs taken care of.

Our Naikan Retreats promote contemplation, deliberation & exercise. Join our individual & group therapy, release and free yourself. Release the pain of the past and fear of the future.

“Free yourself”

Introspection  
**Naikan**