



THE NEW EARTH

WHERE ALL THE STARS ALIGN

Day 1 Retreat Opening

SEASON 1

3-DAY DEEP LIVER
& PARASITE CLEANSE



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SEASON 1

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SEASON 1

Day 1 - Retreat Opening

Today marks Day One of your cleanse.
But more than that—it's the beginning of a retreat.
A return to your truth. To your body. To your being.

Over the next three days, you'll be supported through a rhythm:

- Three daily enemas — morning, afternoon, and evening.
- Juices, smoothies, and soups to nourish your cells.
- Reflection practices to meet what's being released.
- And a deeper invitation into your body's intelligence.

If this is your first time doing enemas, you may feel a little apprehensive, and that's completely normal. In today's guide you will find details on how to do it.

If you feel any symptoms rise:

- Stay hydrated
- Rest more
- Use lemon balm or chamomile tea
- And remind yourself — it's leaving, not arriving

This cleanse is built on the SAD–GRIEF–DIE model.

- **SAD** – Suppression, Attachment, Dependency.
- **GRIEF** – Grasping, Resistance, Illusion, EGO, Fear.
- **DIE** – Detachment, Independence, Expression.

Take your time. Breathe. Be honest.
This isn't about perfection — it's about presence.

Welcome to the cleanse.
Welcome to your retreat.
Welcome... home.

Schedule

This guide offers a clear rhythm to follow throughout the day.

7:30 AM 🍷 – Niacin → Movement

Start the day by taking 200mg niacin on an empty stomach and follow with some movement. Niacin is taken before the cleanse to open the capillaries, flush toxins from the tissues, and prepare the liver for deeper release.

08:00 AM 🥤 – Aloe Vera Juice + Probiotic

20–30ml aloe vera in warm water and 1 capsule of Just Thrive Probiotic. Soothes the gut lining, supports immune balance

08:30 AM 🥤 – Smoothie #1 Berry Mint Smoothie (ideally room temperature and sip slowly and chew for maximum digestion)

10:00 AM ☕ – Coffee Enema or alternative (Coffee will give full benefits)

Brew using 1–2 tablespoons of organic ground coffee per 500ml (2 cups) of filtered water. Gently simmer for 10–15 minutes, then strain. Allow to cool to body temperature (around 37°C / 98°F). Pour into a clean enema bag or bucket.

10:30 AM 🖋️ – Journalling

Follow the journal prompts in the separate Journal Handout to reflect on your first enema experience.

11:00 AM 🥤 – Juice #1: Green Detox Juice (Start rehydrating gently — make it room-temperature, sip it slowly.)

12:30 PM 🍲 – Soup: Warming Pumpkin + Carrot Detox Soup

Take 1 tsp apple cider vinegar (ACV) in warm water 5–10 mins before to support bile flow.

2:30 PM 🥤 – Juice #2: Beetroot Liver Tonic – Sip at room temperature. Avoid gulping — allow saliva to mix with the juice to support optimal digestion and absorption.

3:30 PM 🧴 – Enema #2 (ACV or Epsom Salt Based)

1 tbsp Apple cider vinegar or 1 tbsp Epsom salt enema in warm water — optionally combined with 1 total drop of Frankincense and 1 drop of Myrrh, pre-diluted in 1–2 tbsp of your chosen carrier oil (castor or coconut). Gentle + antimicrobial.

4:30 PM 🥤 – Smoothie #2: Zucchini-Melon Mineral Blend – (chew your drinks and drink your food.)

6:00 PM – Enema #3

(1 tsp Aloe Vera + 1–2 tbsp castor oil with 1 total drop of Clove and 1 drop of Oregano — pre-diluted in the oil before adding to water. A gentle final flush.) Or choose other alternatives as suggested.

06:30 PM 🍲 – Soup #2 Warming Pumpkin + Carrot Detox Soup

Take 1 tsp apple cider vinegar (ACV) in warm water 5–10 mins before to support bile flow.

07:30 PM 🍵 – Tea (Herbal no caffeine)

08:00 PM 📝 – Journal #2

Follow the journal prompts below to reflect on the first day.

09:45 PM 🌿 – Aloe Vera (Oral) Take as directed on the bottle — each product may have its own unique dosage and concentration. Always follow the label instructions provided by the manufacturer.
Final calming act for the gut and nervous system

Why We Include Soups in the Cleanse

While juices and smoothies provide vital enzymes and energy, soups bring balance to the process. Their warmth soothes digestion, balances the sugars from fruit-based juices, and provides grounding during cleansing. Soups also replenish minerals, hydrate with electrolytes, and — when prepared with specific herbs and spices like garlic, turmeric, or oregano — can help create an environment less hospitable to parasites.

This balance of cold and warm, raw and cooked, sweet and savory allows your body to release more deeply while staying nourished and supported.

TIPS 💡

- Sip all juices and smoothies slowly, allowing absorption to begin in the mouth.
- Keep fluids at room temperature or slightly warm — avoid iced drinks.
- Herbal teas (chamomile, lemon balm, ginger, dandelion) are encouraged throughout the day.
- Chew soups if needed — this signals digestion and helps assimilation.
- Let your body guide you. If you feel like skipping a juice or soup, it's okay

⚠ Essential Oil Enema Safety Protocol (NMR Method)

Essential oils can support deep cleansing — but only when used correctly.

Use only **food-grade oils**, clearly labelled for **internal or ingestible use**.

Enema Protocol:

- Use a **maximum of 1–2 drops total per enema** (e.g., 1 drop oregano + 1 drop myrrh).
- **Pre-dilute** in **1–2 tbsp coconut or castor oil** before adding to water.
- Add diluted oil to **500–750 ml warm filtered water**, cap the bag, and **shake well**.
- Optional: Add **aloe vera juice** separately to soothe the gut lining.

Oil Pairing Guidance:

- You may pair **frankincense + myrrh** or **clove + oregano** — but note:
 - **Clove and oregano are “hot” oils** and may irritate sensitive tissue, even when diluted.
 - Only use the hot oil pairing if you have no inflammation, bleeding, or high sensitivity.
 - If in doubt, start with **frankincense + myrrh**, or use oils one at a time.

If you're sensitive to enemas:

- You may **opt to take the oils orally instead**:
- Add **1 drop** of food-grade oil (e.g., oregano, frankincense, or myrrh) into your **morning aloe water or diluted juice** — never directly on the tongue.
- Avoid carrier fats during the cleanse (no ghee or nut milk). Do not take essential oils undiluted.

Do not use in enemas if you are:

- **Pregnant or breastfeeding**
- Experiencing **hemorrhoids, fissures, ulcers, IBD, or rectal bleeding**

If you feel **burning or cramping**, stop immediately and flush with clean water.

We use these four oils for very specific reasons:

- Clove – breaks down parasite eggs
 - Oregano – powerful antifungal and antimicrobial
 - Frankincense – cellular repair, gut lining support
 - Myrrh – clears mucus, soothes inflammation
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RECIPES

A SET PATH TO AVOID CONFUSION

Juices

Green Detox Juice

1 cucumber
2 celery stalks
1 green apple
1/2 lemon (peeled)
Small handful of mint or 1-inch ginger

Beetroot Liver Tonic

1 small beetroot
1 carrot
1 green apple
1/2 lemon (peeled)
1-inch fresh ginger

Celery-Ginger Flush

3 celery stalks
1/2 green apple
1-inch piece of fresh ginger
Juice of 1/2 lemon

Smoothies

Berry Mint Smoothie

1/2 cup blueberries (fresh or frozen)
Small handful fresh mint
200ml coconut water

Papaya Enzyme Smoothie (AM only)

1/2 cup fresh papaya
Juice of 1/2 lemon
200ml coconut water
1/2 inch fresh ginger

Zucchini-Melon Mineral Blend

1/2 cup zucchini (peeled, chopped)
1/2 cup honeydew or cantaloupe melon
Juice of 1/2 lemon
200ml water

RECIPES

A SET PATH TO AVOID CONFUSION

Soups

Warming Pumpkin + Carrot Detox Soup

Ingredients:

- 1 tbsp olive oil or coconut oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 2 cups pumpkin, peeled and chopped
- 2 carrots, peeled and chopped
- 1-inch piece fresh ginger, peeled and sliced
- 3 cups water or homemade plant broth
- 1/2 tsp turmeric
- 1/2 tsp cumin (optional)
- Sea salt to taste

Instructions:

- In a pot, heat the oil and sauté onion and garlic until soft.
- Add pumpkin, carrots, ginger, turmeric, and cumin.
- Add water or broth, bring to a boil, then simmer until soft (20–25 mins).
- Blend until smooth. Adjust salt as needed.
- Serve warm. Optional: stir in a dash of black pepper or coconut milk.

Gentle Seasonal Vegetable Broth (No Tomato)

Ingredients:

- 1 tbsp olive oil
- 1/2 leek or 1 small onion, chopped
- 2 stalks celery, chopped
- 1 zucchini, peeled and chopped
- 1 small sweet potato, peeled and chopped
- 1 small piece fennel, optional and chopped
- 1 tsp dried oregano or parsley
- 4 cups filtered water
- Sea salt to taste

Instructions:

- Sauté leeks or onion in olive oil until translucent.
- Add the rest of the vegetables and herbs.
- Pour in water, bring to a gentle boil, then reduce to simmer for 30–40 mins.
- Strain or blend to smooth, depending on preference.
- Sip slowly throughout the day.

Guided Enema Ritual

This written guide supports your first enema ritual. You may prefer to listen to the guided version or speak it aloud. Use this as a grounding reference for each step.

1. Prepare the Space

- Prepare a thick towel or yoga mat to lie on
- Light a candle.
- Burn sage or smudge to clear the energy.
- Create a quiet, comfortable space where you won't be disturbed.

2. Prepare the Enema

- Prepare the enema according to the schedule.
- Always use filtered, distilled, or boiled and cooled water. Tap water may contain chemicals that can irritate the colon and disrupt the process.
- Ensure the liquid is warm (not hot). Test it on the inside of your wrist.

3. Insertion & Positioning

- Hang the bag high above shoulder level to allow gravity to guide the flow
- Apply coconut oil or lubricant to the tip.
- Lie on your right side – this supports the enema reaching the liver directly.

4. Mantra or Meditation (Optional but Powerful)

Download the New Earth Meditation: Return to the Body or Play the 15-minute '[Om Namah Shivaya](#)' mantra during your enema. (download it for offline use) As Leonard Orr shares in "The Death Urge", this mantra dissolves inner resistance and softens the death urge. You may also choose silence, another mantra, or music that soothes you. If you don't use a meditation or mantra, we recommend setting a timer if needed so you don't watch the clock

5. Release

- Release into a colander placed on your toilet seat.
- Use a small cup of water to rinse and observe what was released.
- Look gently – you may see parasites, mucus, or rope worms begin to exit.

Enema Tips & FAQs

**If you're new to enemas, it's completely normal to feel nervous.
This guide will help you feel safe, prepared, and supported.**

I'm nervous about putting something up there?

Normal. It's a new practice, but very gentle and safe.

How far in does the tube go?

Just a few centimetres (2–4cm). No need to push deep. Gently insert with coconut oil or natural lubricant.

What if I can't hold it for 15 minutes?

Even 5 minutes is helpful. Over time, your capacity builds.

It came out too fast — did it still work?

Yes. Every release helps clear out toxins. Nothing is wasted.

Will it hurt?

If done gently, it should not hurt. Always test the water temperature (should be warm, not hot), and breathe deeply.

Is it messy?

If you set up your space with towels and use your toilet nearby, it's very manageable.

Can I take the oils another way?

Yes. If enemas feel too intense, you may take 1 drop of a food-grade oil (e.g., frankincense, oregano) orally in aloe juice or diluted green juice. Never take essential oils undiluted, and avoid fats like nut milk or ghee during the cleanse.