A person in a white tank top stands in a pool with their arms outstretched, looking towards the horizon. The background features palm trees and a bright sky, suggesting a tropical or beach setting. The text is overlaid on this image.

# YOUR FIRST FLOAT

An

Introductory

Guide to the

Sensory

Deprivation

Tank

BY: JONNY STOFKO

## Part 1

### Hello New World

I first heard about Sensory Deprivation nearly eight years ago. I was listening to a Favourite podcast of mine and the interest was a doctor named John C Lilly and his studies into sonar, specifically researching Dolphins and how they communicate. I have



this interesting part of my personality that when I begin to enjoy something, I fully commit and then need to learn everything I can about it. While I was digging down the rabbit hole of Lilly's studies, I found his studies on depression, the effects of psychedelics on personality disorders and then I came upon his work and ideas on Sensory Deprivation. This is where I became a true fan. You see, up until this point, man in the modern developed era only turned to western medicine in regards to most illnesses and diseases. Lilly was a firm believer that our bodies are a lot stronger than we once thought and with proper disciplines we can coach our bodies into healing itself with little help from western medicine. In 1954 Lily began testing his theories, through his research with dolphins he developed the first float tank. Lilly called these catacombs of salt water "Sensory Deprivation

Tanks". I've heard them be referred to as float tanks, isolation chambers, sensory deprivation tanks and more commonly to me, The Tank. I've been consistently visiting this intrinsic world of complete isolation for nearly three years. I'm no scientist but through my research and personal experiences in The Tank, Here's my common man explanation of what happens in this bizarrely beautiful environment and the real benefits it has on my mind, body and soul.

## Part 2

### My Body No More

I've been a loyal fan of The Tank since I first submerged into its dark, soft, spacey waters a few years back. Unbeknownst to me, the relaxation, the isolation and the stress free positive effects of the tank were only the beginning, in regards to health benefits for my body. My first float was pretty average. I went into it with



grand expectations but to be honest, I left a bit disappointed. Through my readings of the tanks and testimonies of others I was expecting an out of this world experience. Thankfully my frustration was actually a catalyst for my

own growth. I started to research the physiological benefits of the tank and started to learn that the body isn't only in a catatonic state while we float but also a psychedelic one. Psychedelic you may ask?, what I found was mind blowing, three simple letters helped change my life forever. D.M.T, or more scientifically known as Dimethyltryptamine. DMT is found in mostly all living things. Plants, animals, trees, cats, dogs and yes folks, humans. It resides in our pineal gland. Shamans believe that the secretion of this powerful natural psychedelic that's found in all living things is direct proof that we are all connected. DMT has been proven to secrete through our pineal gland only during a few phases of life. While we dream, before we die and guess where else?, while we're floating. I'll get to that in a second. For anyone who is interested check out Dr Rick Strassman's work called "The Spirit Molecule", it's a wonderfully directed documentary about DMT and goes into further depth of the effects, benefits and outlines an amazing clinical study of the effects of DMT. I digress, back to The Tank and the connection with our Spirit Molecule. Our body is governed by our 5 senses, sight, touch, taste, smell, and hearing. Shamans believe that ancient humans once had a sixth sense that allowed us to use telepathy and tap into a higher frequency of consciousness. It's no wonder that modern day Shamans still use DMT in their spiritual journeys specifically when administering the great and powerful Ayahuasca. Once again, I can go down this rabbit hole of ancient Shamanic rituals that deal in the discoveries of altered states of consciousness and the many levels of our mind and its capabilities.

Maybe next book I'll do that but let's keep this on track. During this manufactured but natural state of the tank, we actually trick our bodies into thinking that we no longer need it anymore. Thus, DMT begins to secrete and with proper mental and meditation discipline one can experience the psychedelic pleasures of a powerful drug all the while being completely

sober. Sounds crazy?, I know but listen to this, one hour in the tank has been proven to be equivalent to eight hours of sleep. I look at floating kind of like unwinding a coiled wire, each time I float I get to unwind a little bit more, and then a tad more, it's definitely a skill like anything else. When I achieve complete disconnect while floating I become aware that I am nothing and everything all in one. An hour in the tank sometimes feels like two weeks and sometimes it feels like five minutes. The experience solely depends on my mindset at that moment and my willingness to let go and succumb to complete nothingness. Shall we.....

### **Part 3:**

### **Let The Magic Commence**

I recommend the Tank to everyone. If you're an athlete, work a high stressful job, a doctor, a painter, a thinker, an artist. I recommend it to everyone, I do my best thinking in the tank. I find ideas for my business, directions on where I should route my energy, I like what Joe Rogan says about the tank "it's kind of like a seminar on my life, I get to see what I'm doing wrong, where I need to work on and it allows me to strip away all the bullshit and really get to know who I am". I feel the tank should be used by everyone, the amount of stress that gets released by an hour in the tank is



remarkable. I always tell my friends who are flirting with the idea of floating that "an hour in the tank feels like, when it's over that a backpack of bricks that I've been carrying around has been lifted". I feel lighter, easier, kinder, I feel more love for others and more importantly, I feel more love for myself.

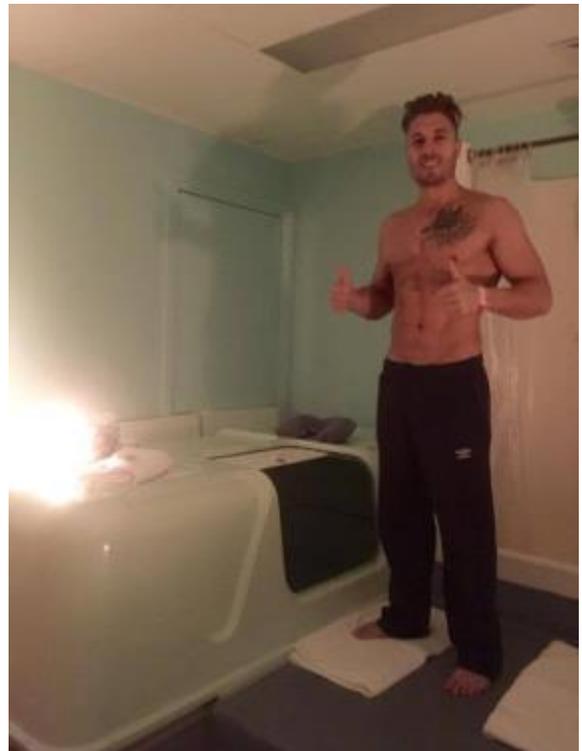
The city or country you live in may or may not have a float centre. Let's use the all-powerful Internet for this. Google healing centres, float centres, the place I go to calls itself a Float and Massage Center. I recommend finding a place that practices naturopathic healing. I say this through experience. I've floated at athletic facilities, meditation centres and I feel the relaxed energy of the healer state of mind is more suitable to the tank. This might sound weird but the only time I floated at an athletic facility, I actually was able to feel all the angst and alpha energy from the athletes who were in the tank before me. What I'm trying to say is find what works for you in regards to choosing a Center, if you like the sporty vibe go for it, if you feel more comfortable at a mediation style centre go for that as well. Floating has picked up a ton of momentum as of late and that's due to the many benefits of the tank. So what is it? Firstly, the tank normally consists of 200tons of magnesium salt water (this may vary). Due to the buoyancy of the water, you completely float so you're not touching anything, thus you lose your sense of touch. It's completely dark so our eyes are no longer needed. We are speechless and ear plugged therefore sound is irrelevant and oh yea, did I say it's completely dark? Let's recap, the water is our bodies temperature, it's buoyant, it's completely dark, you wear earplugs and what else...you're completely alone! For once, no phones, emails, tablets, partners, just you and the tank. Let the magic begin. This scares some people, they tell me " I can't float, I'm claustrophobic" , in return I tell them "no you're not, unless you're part of the worlds five percent that actually is claustrophobic, you're actually not, so what's your next excuse? Hopefully I haven't scared you away

from the Tank. Some may struggle with the fact of complete isolation but through this state we get to truly discover who we are and help figure out a path to our true potential.

## Part 4:

### My Tips and Gifts to An Efficient First Float

Alright, without sounding too self-righteous this part of the book is the reason why I wanted to write it. After nearly fifty floats it finally hit me, I was starting to get good at it. That's when I was inspired to put what's worked with me in the tank down on paper. Basically like I said earlier, floating is a skill, the more you float the better you get. I had no one to guide me, so I had to learn on the go and the hard way. (1) My first bit of advice once you finally are prepared to book in your first float is to practice



meditative breathing techniques. You can practice these before bed, on the bus, the idea is to be prepared to control your breathing before you go on your first float. This took me a while to master. It's very important to be aware of your breathing so you can control your heart rate and ensure that your calm in the tank and not panicky. I recommend finding a simple ten breath technique to use. A few minutes before I jump into the tank I start my

breathing. By the time I'm submerged I'm relaxed and into a very calm and vulnerable state of consciousness. Continue the breathing technique while in the tank. Very slowly, in and out, in and out. I also enjoy floating with my arms over my head rather than by my side. This will enable my body to completely open up and release all static energy through my body. (2)

Secondly each float centre will have a shower in the room. They will tell you to shower of all lotions, deodorants and perfumes so you won't contaminate the tank. What they don't tell you is that this takes time and money, you pay for the hour so once you close your door the clock is ticking, if you shower at home you can minimise any wasted time in the tank and be able to jump right in. I always shower at my house, wear a tee shirt and joggers, basically light clothes that allow me to peel them off quickly and dive right in. You can float in swimmers or naked, this is totally up to you. If you do bring swimmers let me suggest you bring an empty plastic bag with you so you don't have to carry around these soaked salty pieces of clothing. I've learned from this mistake before, it's not too fun riding on the train with soaked clothes on your lap.(3) This may sound elementary but read the instructions on the ear plugs. I actually didn't know they had instructions but after my first ten floats of water getting into my ears and my float being ruined due to my incompetence, I thought to myself , these earplugs either suck or I'm a moron. The latter of the two was the case. Once you open the earplugs , moisten the tip of the plug, and gently start twisting it like a screw. This will allow the plug to conform to your ear and not slip out mid float and fill your ears with salt water. (4)Whatever you do, don't touch your face while in the tank. This sucks, you'll get an itch on your nose then you scratch it and guess what, the salt water gets into your eyes, this burns like a mother\*\*\*\*\*. Also, keep your towel near your tanks door, this will allow you to open the door after you're finished and quickly wipe your face. Here's when you can use

their shower, be sure to too, the water will dry and form white patterns all over your body if you don't shower it off. (5)Bring a journal to write in. When the hour is up your mind will be completely free, you will have Awesome ideas flowing and I'm sure you'll Want to keep them. Remember, the tank is a tool and like all tools it has its purpose. Two of my current side projects were manifested in the tank. It's a very powerful asset to utilise so if you're looking for answers to any of life's questions, more often than not you have them already, through silence and isolation you may be able to hear them. Come to the tank with an opened mind an opened heart and be patient. It took me roughly ten floats to get comfortable, don't stress and have fun.

## About



Jonny Stofko is a health and fitness professional born and raised in America, with a background in American football, boxing, basketball and baseball. Jonny's passion for fitness and well-being over the last 20 years has recently brought him to Australia. Credentials include: A B.A. Sports Psychology from California State University/Fullerton. He is a Master Graduate in Leadership and Personal Development from Rapport Leadership Intl., and has obtained a Diploma in Fitness and Nutrition from The Fitness Institute of Australia.

A fitness and lifestyle coach who stands behind the philosophy of longevity; Jonny uses natural and organic methods to train himself and his clients.

Jonny incorporates a balanced physical routine, with a natural whole food based diet, and simple stress release techniques such as meditation and acupuncture. Jonny's passion for well-being has a direct carry over with his clients.

Jonny's long term goals are to inspire and educate people on a large scale and to challenge people to step out of their comfort zones for the sake of their future and well-being. A centre for relaxation, stress relief, meditation and whole nutrition is currently in the planning stages. Jonny plans to directly impact and educate the youth of Australia by empowering them to heal their bodies through natural practices by encouraging using alternative methods to heal the body. Cutting edge methods such as cryotherapy, hyperthermic conditioning, isolation tanks and acupuncture focus on longevity, while reintroducing the time- proven techniques on the power of positive thinking improve mental health.

Jonny currently resides in the Sydney area working with clients on a group and individual basis to help them achieve their full potential and reach their goals. In addition, Jonny also runs an online business as a motivational coach and mentor.

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For more information, please contact: Jonny Stofko Email: [jonny@therealfitcoach.com](mailto:jonny@therealfitcoach.com) Website: [www.jonnystofko.com](http://www.jonnystofko.com) Disclaimer

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