

The healing you received in ceremony may take days, weeks, and even months to fully integrate/ground into your being (physical, emotional/mental, energetic bodies). We are conscious of a very small percentage of what is energetically moving in this work. There is much releasing and recalibrating happening in the deepest layers of our being, before during and after ceremony and our journeys.

Integration suggestions

Here are some suggestions to support your body, mind and spirit integrate the healing you received. By no means are you meant to do them all, these are just suggestions, and do with your intuition.

Spend time in nature : Let the trees hold you, the wind cleanse you and the birdsong lighten your heart

Slow the pace: Create spaciousness in the hours and days after ceremony. If possible, avoid rushing back into stimulation or productivity. Integration often happens in the quiet.

Tend the body: Eat warm, nourishing foods. Drink plenty of water or herbal tea. Rest. Gentle movement ie. walking, stretching, being on the earth. This helps the body recalibrate.

Witness without analysis: Notice sensations, emotions, dreams, synchronicities, or shifts without needing to “figure them out.” Allow the meaning to reveal itself over time rather than forcing interpretation.

Journal or create: Write, draw, sing, create art, print a photo of your guide or an element of your journey. Expression allows the psyche and nervous system to weave the experience into conscious life and it is a beautiful way to honour the Helping Spirits.

Explore the imagery/symbolism:

Look up the “spiritual meaning” of elements/plants/animals/crystals you were shown in your journey to understand what the Spirits were showing you, what medicine those elements hold for you

Stay in relationship with the medicine: Return to your Power Animal/Plant Ally/Element you worked with. a frequent check-in, breath, or prayer keeps the dialogue alive. Call them into your meditation practice or journey to them to keep building the sacred relationship.

Allow emotions to move: Grief, joy, tenderness, or fatigue may surface days later. This is normal. Let feelings move through without judgment or suppression.

Protect the container: Be mindful of who you share with. Not all spaces can hold sacred experiences. Share only where you feel met and respected.

Move the medicine into the world - Action: If guidance emerged, take one small step rather than a dramatic leap.

Notice your dreams: Dreamtime is a primary integration realm after shamanic work. Keep a notebook nearby and notice what arises in your dreams.

Trust the unfolding: Not all ceremonies bring immediate clarity. Some plant seeds that bloom weeks or months later. Trust that the medicine (healing energy) is still working.

Dance, movement.

Ritual/ceremony: To honour and connect to your guide. Follow your intuition and your heart.

* also powerful to revisit the notes you made while in ceremony as a reminder of the medicine you received and to look back and notice the unfolding.