

INTEGRATION

THE RETURN HOME



THE LUMINOUS GUIDE



THE RETURN HOME... TO THE SELF

In the first week following a Journey, it's very useful to **document themes and insights that emerge.**

The **emergent meaning may change with time** — be mindful of interpretations too soon.

Elaborate on the **perceived meaning, visions, or actions** that will begin to move you forward in the cycle of integration.

Review and identify **immediate steps that you'll take to align with the gifts of insight** you are returning with.

Note the **energetics and resources** that will enable you to step forward with Love.



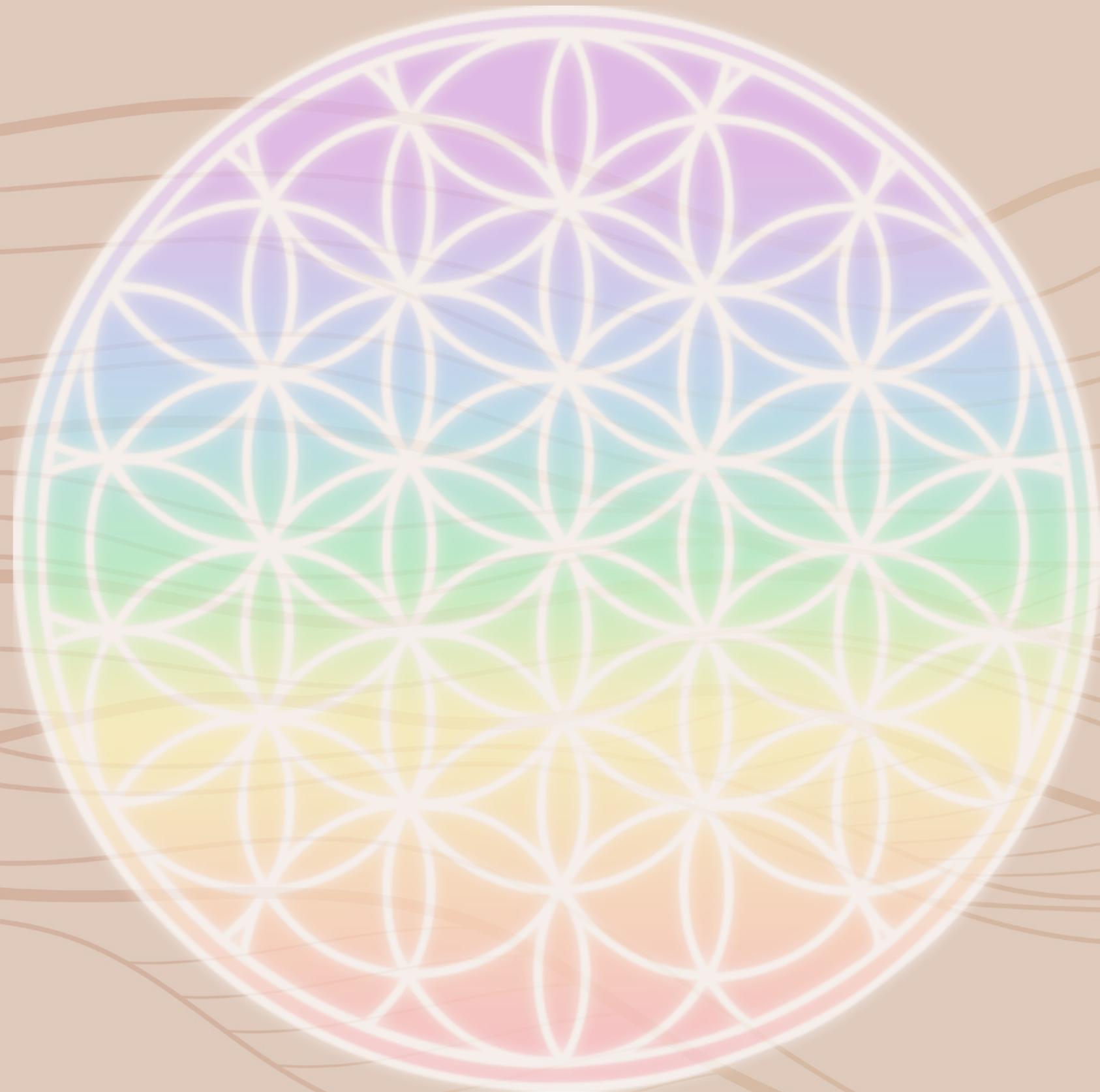


PRACTICAL REFLECTIONS

- What worked well for you about your ceremonial design?
- How was your mushroom preparation and dosage?
- What elements from this immersion have been most helpful to deepen your process?
- Anything you'd like to adjust?

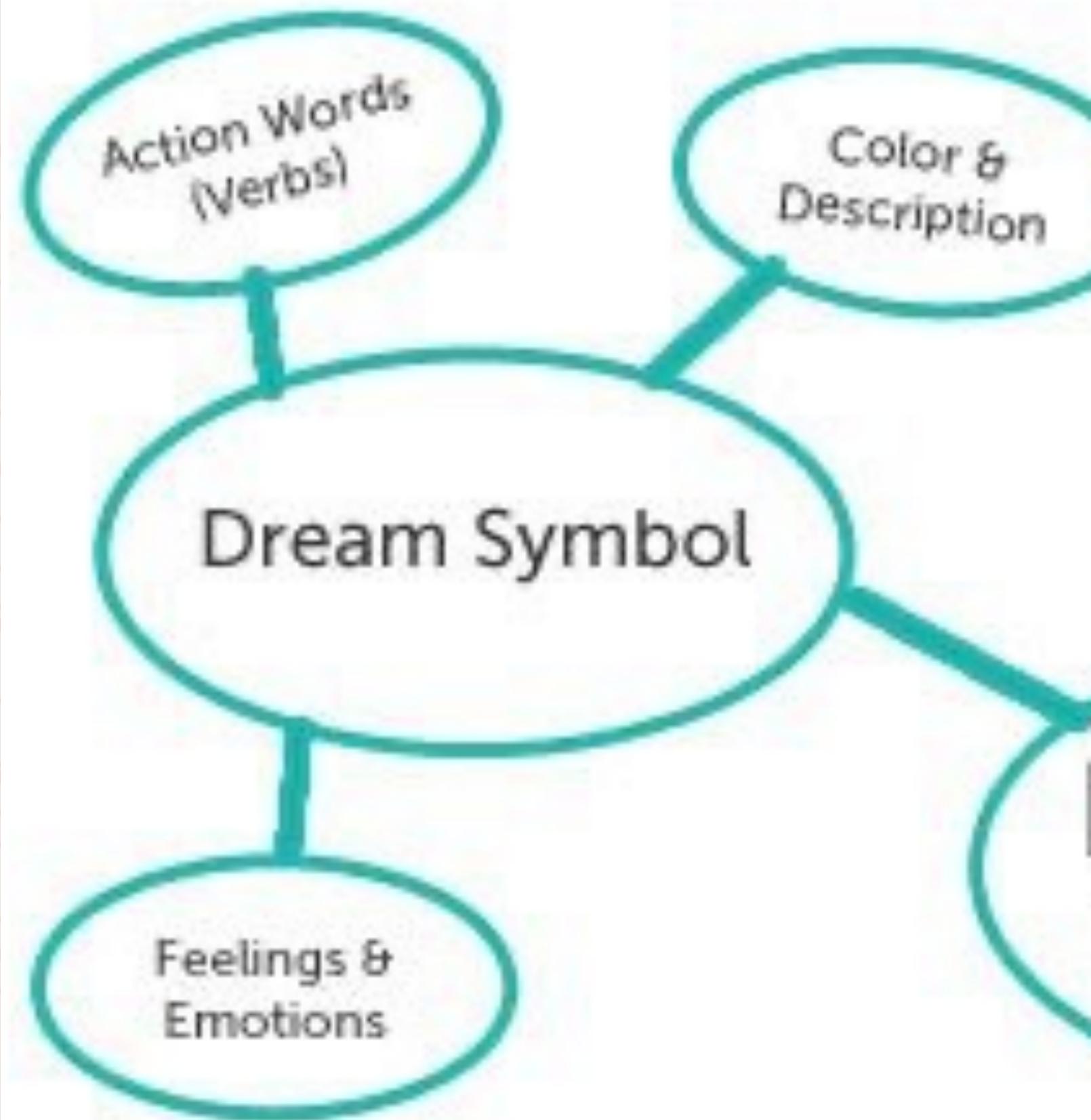
INTENTIONS >>> INTEGRATION

- What do I need to know to better understand my challenge?
- Which Part of me is blocking this / requires acknowledgment...
- What I am not perceiving accurately...
- When did the roots of this begin.....
- What do I need to feel to transmute this energy...
- What changes do I need to make...
- What do I need to let go of...
- What do I need to receive...
- Who do I need to become...

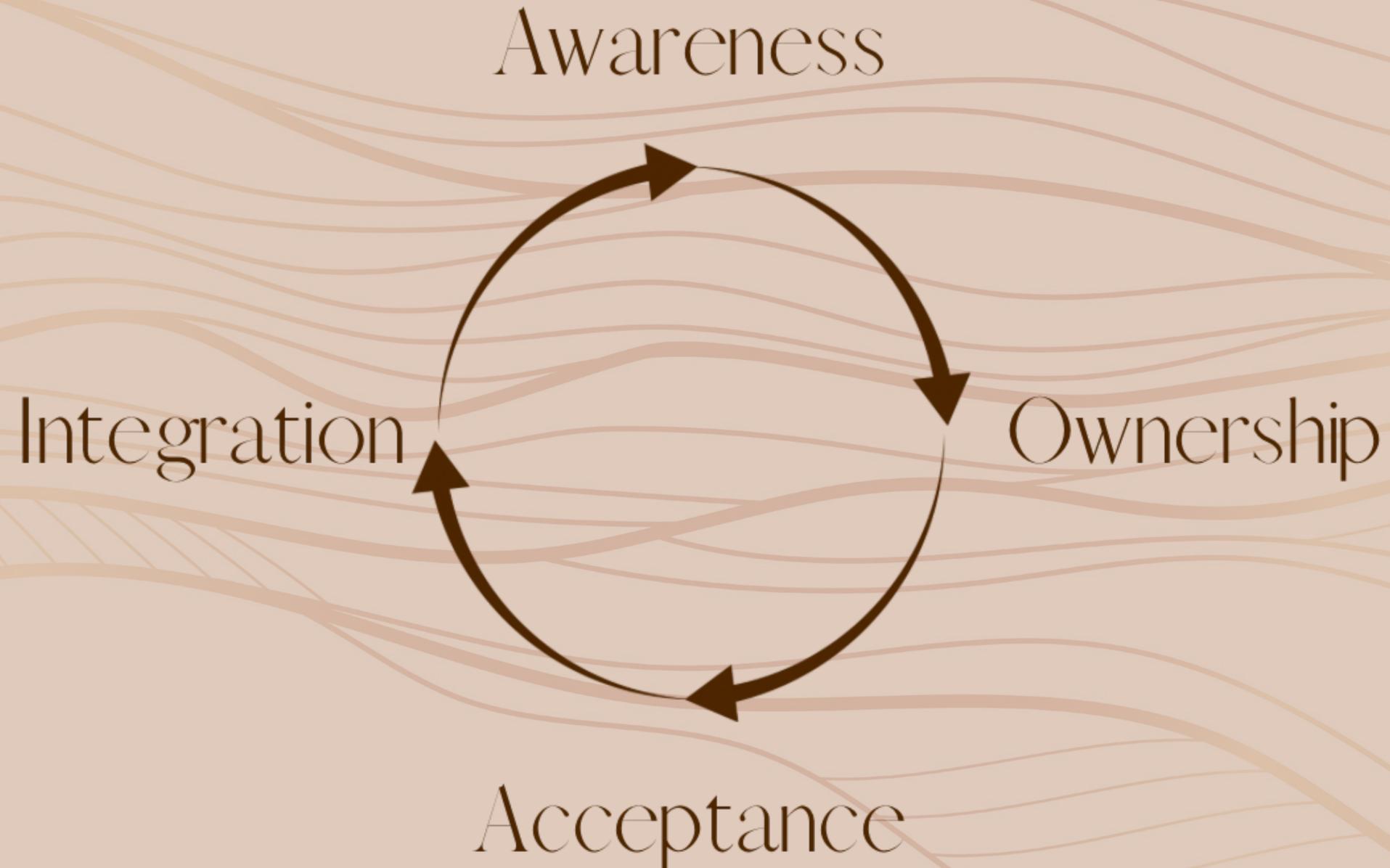


JOURNEY NOTES

- Guides or Beings (ex. an Old Man Musician)
- Ancestors (ex. Female Lineage, Natives of the Land)
- Symbolic and metaphorical imagery (ex. Mermaid underwater, teaching a scuba diver to breathe)
- Phrases and Sayings (ex. "Teach a man to fish")
- Shapes and Colors (ex. Flashing Bolts of Teal and Pink Neon Colored Lights)
- Vibrations / Sounds (ex. Buzzing and Ringing)
- Sensation in Body or Energy (ex. Light circling head)
- Thoughts / Impressions / Memories
- Feelings and Emotions



INTEGRATION CYCLE



Ordinary Consciousness / Choice

Prepare / Cross the Threshold

Enter Shamanic Consciousness

Discomfort + Trials

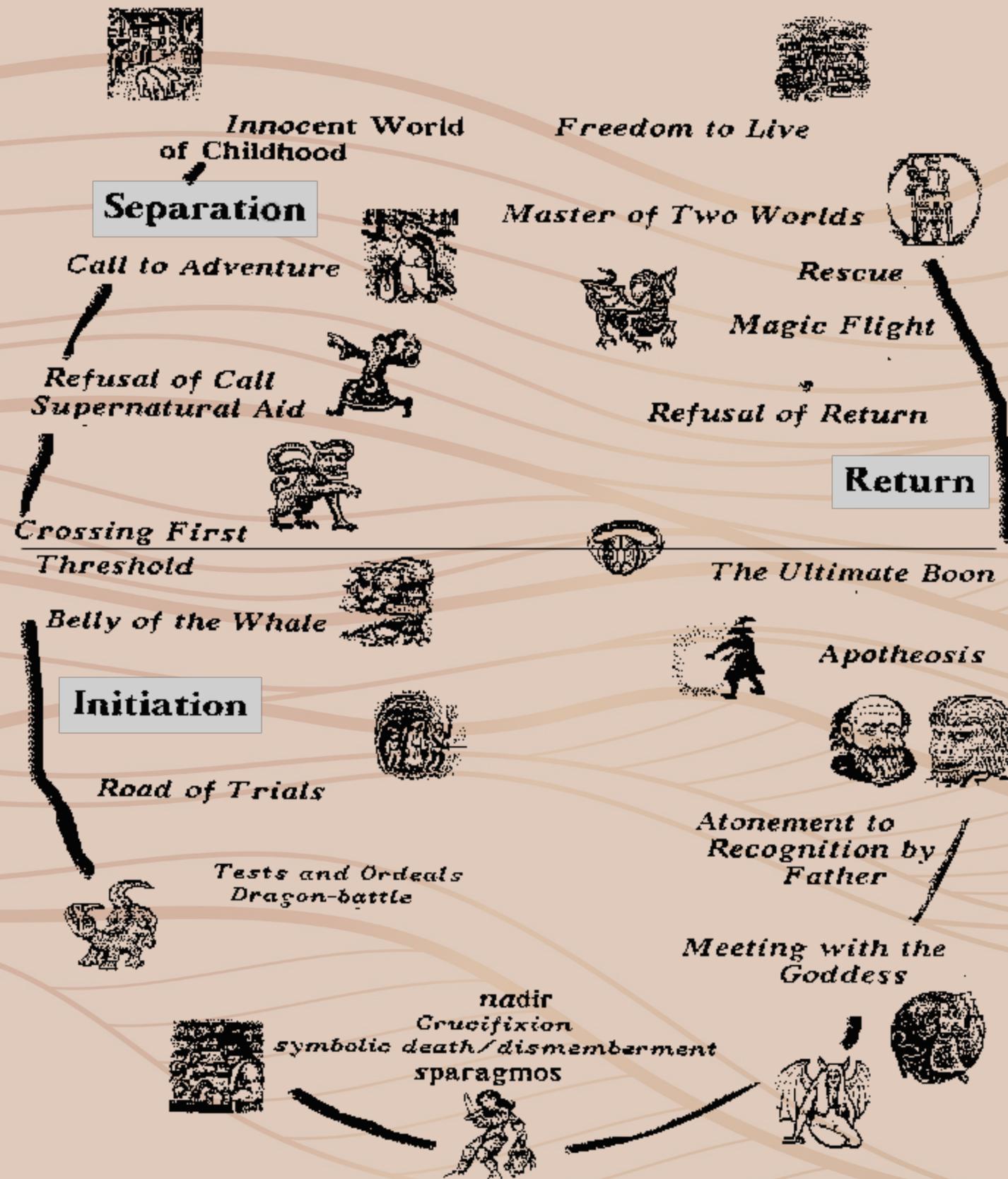
Death + Rebirth / Revelation

Grace + Transformation

Atonement + Return Ordinary

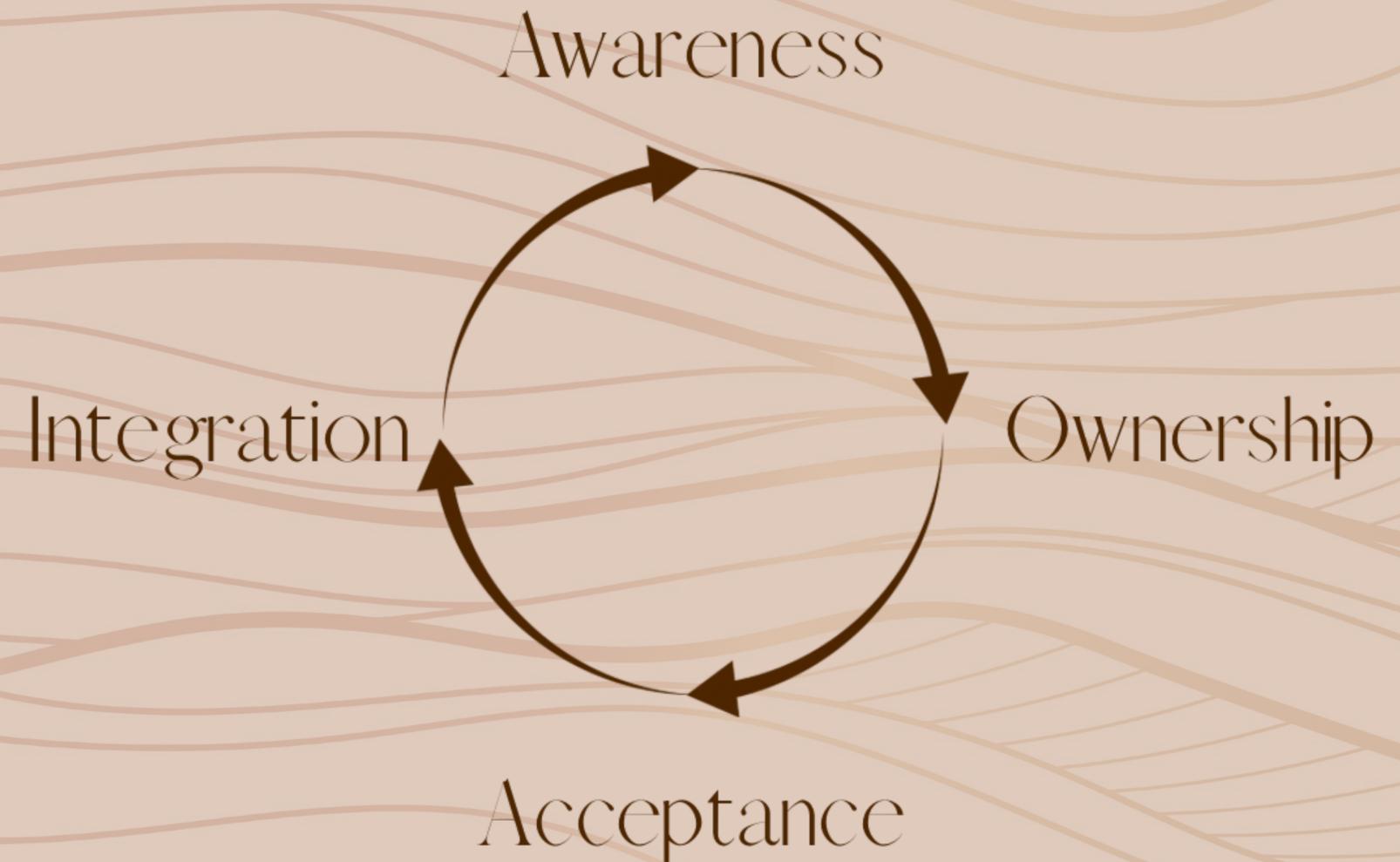
Integration of Consciousness

THE HERO'S JOURNEY



OWNERSHIP AND ACCEPTANCE

- Admission of our unmet needs and desires, and the mistaken strategies we have used to fulfill them.
- Identify and take ownership for how to meet our own needs with updated strategies.
- Forgiveness of Self/Other (recognition they are one and the same) to bring about acceptance.
- Integrating the Shadow / Disowned parts / archetypal patterns in both their gifts and challenges.
- Going against impulse and attuning to expansion of repertoire. Making new grooves / habits.

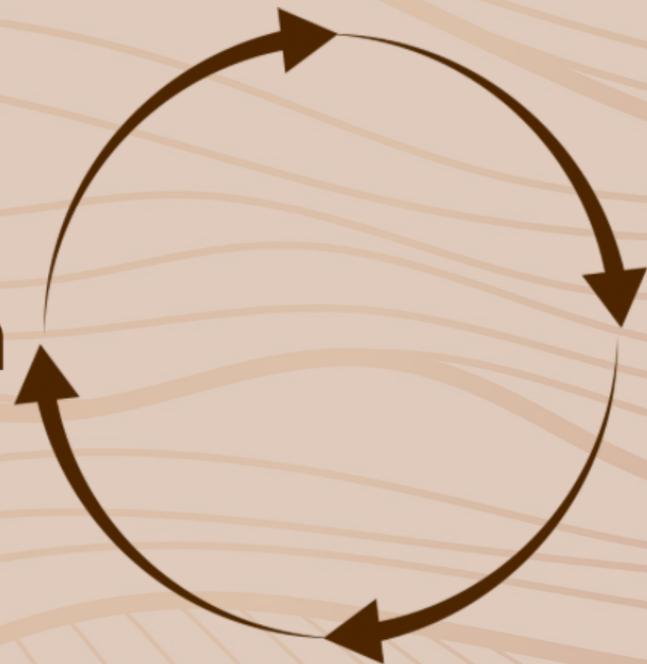


UNFINISHED BUSINESS AND SOUL AGREEMENTS

Awareness

Who, What, When, Where, Why, How

Unfinished business that is still lingering and stalling completion / development?



Ownership

What lessons and soul agreements are complete (vs. continued karmic cycle)?

Parameters of the agreement(s) you made to learn life lessons

Acceptance

Now that complete, how will you rewrite your agreement?

Know your Saboteurs and Helper Archetypes

Integration

PARTS AND ARCHETYPES

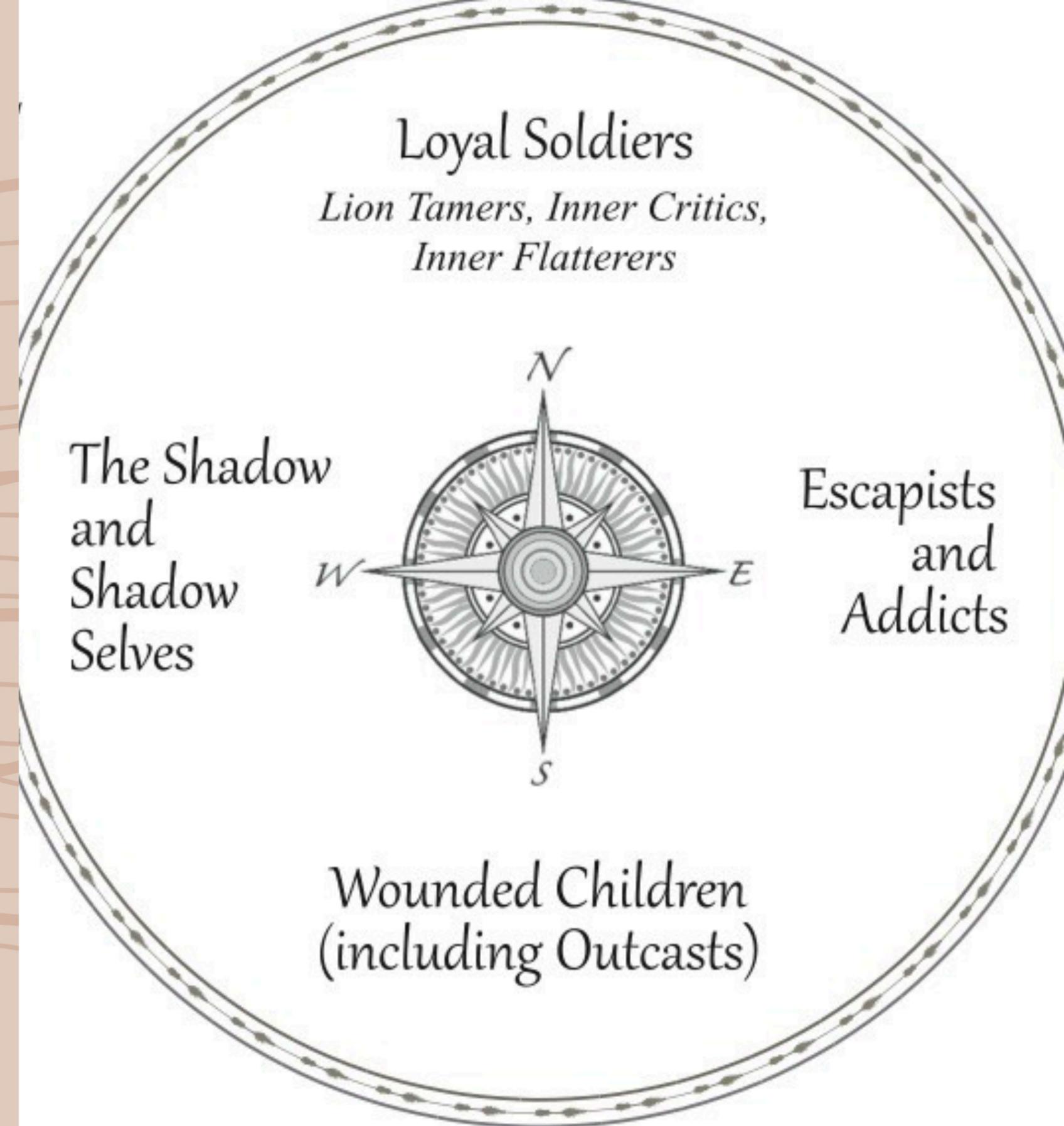
What parts / archetypes did you make contact with?

What helpers and guides did you encounter?
Were there any saboteurs / gargoyles?

Are there parts of you that you contacted that usually receive less attention and care?

Were there challenging or wounded parts that appeared? In what form?

What parts do you need to integrate into your life to bring about balance?



Mature Caregiving

Nurturing Generative Adult

Heart-Centered

King/Queen

Thinking

Mother/Father

Critical Tyrant

INTERPERSONAL

N



Transpersonal Compassion

E

Innocent/
Sage

SPIRIT

Full-Being
Sensing

Trickster
Sacred Fool
Escape Artist

Enigmatic Romance

Muse Beloved

W

SOUL



Inspired-
Imagination

Magician
Shaman
Shadow

INTRAPERSONAL

S

Wild Indigenous One

Embodied
Feeling

Pan / Artemis
Puer Aeternus
Wounded Child

Erotic Passion

Alchemy through the Houses

Review the worksheet “Alchemy through the Houses” and look at the Light and Shadow qualities you identify

(NOTE: You may progress through the worksheet slowly, taking 1 category at a time).

Use this map for further integration to guide you in how you would like to bring balance into different parts of your life.

Examine how both Light / Shadow serve the ego (personality) and what may need to be owned, accepted, and integrated to heal fragments and lead from Soul (essence).