

Renewal & Restoration

Integration Guide



Cultivating Spiritual Strength And Connection

What you do with the lessons you've learned and the healing you've received is what really determines your authentic growth.

If you have any questions, need help/advice with the integration process, if any intense emotions are coming up for you, or if you'd like to share anything at all about your experience and process, please don't hesitate to reach out to us. With Gratitude and Deep Love, Blessings on this Magical Journey of Life.

7 Ps of Integration

1. Practice
2. Pause
3. Pruning
4. Patience
5. Pellucidity
6. Pleasure & Pllaughter (Play & Laugh)
7. Pilgrimage

Day One ~ Into the Heart ~ Practice

- 1. Practice ~ Develop / Strengthen a Personal Devotional Practice for at least 5-10 minutes a day, with an additional minimum 5 minutes of Meditation, for all seven days.

(Personal Devotional Practice can include Breathwork, Toning, Singing or Playing Music, Yoga, Meditative Walking, Intuitive Dance, Journal, Working with Cacao or other plants, Affirmation Work, Dreamwork, Smudging, Gratitude, Prayer. Anything that personally resonates with your soul, builds spiritual strength, and allows you to feel truly alive.)

Meditation Practice can be guided from an online source, with binaural frequencies, music you enjoy, in silence, and in nature. Choosing a focus point such as breath, the heart, the third eye, or sensations are great tools. As you witness your thoughts, compassionately return to your focus point.

I encourage you to commit to being as still as possible, sitting tall in a comfortable seat. The first and most important part of your work is to put teachings into practice in everyday life. It is important to implement the knowledge you have received to achieve a true and lasting change in your life, in your experience. By nurturing your ability to contact these profound spaces within, you will become more familiar with them and develop the ability to stay in that space keeping the awareness inside.

- Journal~ What did you experience? What sensations, emotions, feelings, were expressed through you in Ceremony?

Day Two ~ Pause

- 2. Pause ~ As many times as you can during the day, Ask yourself: What is my predominant inner feeling? What am I carrying within myself? Take a pause and verify your inner state. Notice what arises. Expand your state. Reconnect with the vast space in your Heart. You have the POWER to restructure your thoughts around feeling in the present moment. Taking a pause allows us to create the time and space to consciously choose to respond rather than react, and create space for the feelings to move through us.
- Journal~ How did my intention present itself during Ceremony, what was something I received regarding my intention?
 - Devotional Practice ~ At Least 5-10 Minutes
 - Meditation ~ At Least 5 minutes.

Day Three ~ Pruning

- 3. Pruning. Choose one thing you'd like to put energy towards releasing from your life. This can include Thought patterns, Habits, Addictions, Belief systems, Conditioning, Toxic Relationships, Certain Unhealthy Foods, Toxic Substances. Pruning literally means to cut or detach. It is important to cut away what we don't benefit from. This way we make room for love, light, healing and expansiveness. This doesn't always have to be a permanent separation, sometimes we just need to create time and space within relationships so that we can come back later and refresh the terms of the relationship with people, habits, things.
- Journal~ What is something that isn't currently serving me in my life, and what are some realistic steps toward letting that go?
 - Devotional Practice ~ At Least 5-10 Minutes
 - Meditation ~ At Least 5 minutes

Day Four ~ Patience

- 4. Patience. Create a Mantra of Kindness. As many times as you can today, Speak to yourself kindly and gently, compliment yourself, count all your blessings and how far you've come. This allows those new pathways to really take root. Be patient with yourself and your own process. Not everything is going to change overnight. We are adjusting to new ways of being with ourselves and with our reality.
- Journal~ What are some ways in which I can be more kind to myself? What are some practices, activities, self care, or self date night ideas?
 - Devotional Practice ~ At Least 5-10 Minutes
 - Meditation ~ At Least 5 minutes

Day Five ~ Pellucidity

- 5. Pellucidity : the quality of being clear and transparent, free from obscurity and easy to understand. As much as you can today, practice becoming aware of the ways you communicate with others, what you share, and how deeply you can listen to others. This refers to the quality of being clear and transparent, Free from obscurity and easy to understand; and it also refers to holding certain energies inside yourself, being discerning on what's truly necessary to share. When you speak a lot, energy disperses. The power of silence and deep listening can be stronger than words. The power of speech is directly proportional to the silence you observe. Become the embodiment of the teachings you have received.
- Journal ~ What are my strengths in communicating and listening, and how can I improve this skill consciously?
 - Devotional Practice ~ At Least 5-10 Minutes
 - Meditation ~ At Least 5 minutes.

Day Six ~ Pleasure and Pllaughter

- 6. Pleasure and Pllaughter (Play and Laughter). For today, do something that brings joy, playfulness, pleasure and lightness to your Heart. This may be anything your heart desires. Some examples may be Drawing, Painting, Taking yourself on a date, Dancing, Making a magic elixir, gardening, spa day, making a beautiful dinner or dessert and singing to your food, playing with children, animals or plants, watching a playful funny movie, cuddles, watching the sunset, spending quality time with people that bring you joy, whatever form of play that lets you come back to the heart space. Sometimes the integration work can feel heavy or challenging and keeping a playful attitude helps to deal with this. It is very important to approach life, the integration work, with laughter and a light heart. With a conscious effort in your personal inner work, practice having a playful attitude. Sacred Work doesn't have to be Solemn. Sacred work can feel magical, alive and expansive.
- Journal~ What are the top things in my life that bring me pleasure, joy, and laughter? How can I incorporate more of this into my life?
 - Devotional Practice ~ At Least 5-10 Minutes
 - Meditation ~ At Least 5 minutes.

Day Seven ~ Return to the Heart ~ Pilgrimage

- 7. Pilgrimage. Finding Yourself. Take time today to Journey inside and/or outside yourself, deeply connecting to the nature of your inner and outer worlds. This can include holding your own personal Ceremony expanding your devotional practice with cacao and candles, journaling what you'd like to manifest or create in your life, planning a day at the beach, a beautiful hike, swimming and praying in the ocean, river or waterfall, taking a nice walk, making a vision board, laying under the stars, immersing yourself anywhere in nature and being fully present with your sensations and the vibrations of the earth.
- Journal ~ What is the essence of my Beautiful Heart? What do I wish to create and birth into this World?
 - Devotional Practice ~ At Least 10 Minutes
 - Meditation ~ At Least 5 minutes