Sacred Healing

Integration *Workbook*

The ceremony was the doorway.
This is how you walk through it.



The first 72 hours · The first 90 days · The life after

NOVEMBER 2026 EDITION

A LETTER BEFORE YOU BEGIN

Beloved one,

The ceremony was only the beginning. What you touched in ceremony was a doorway, not a destination. The visions, the healing and the truths that came to you are seeds planted in the soil of your soul. How they grow depends less on the medicine now and more on the care and devotion you give them.

I know this from the inside. Years ago my divorce and the mortgage meltdown took nearly everything I had built. I was lost, and I almost accepted that the cards I had been dealt were fixed. The medicine opened a door for me. Walking through it, day after day, was my work. It still is.

Since then I have sat in more than 400 journeys and ceremonies and witnessed thousands of people return home. The ones whose lives truly change are not the ones with the biggest visions. They are the ones who keep showing up for the small, daily practice of living what they were shown.

This workbook is your companion for that practice. Write in it. Make it messy. Come back to it on the hard days. Integration is how we honor the medicine, how we honor ourselves, and how transformation takes root in every step, every breath and every choice.

Blessings,

Danny Rojas

Founder, Sacred Healing · Joshua Tree, California



Danny Rojas · Machu Picchu

If you heal, I heal.

DANNY ROJAS

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> **Typing or writing**
>
> Print this workbook and write by hand, or type straight into the writing areas on a computer or tablet. Many people find that the hand reaches places the keyboard does not.

BEFORE YOU BEGIN

How to use this workbook

There is no right speed. There is only showing up again.

This workbook follows the arc we see again and again after ceremony. Read a section when you reach that stretch of time, and use the writing pages as often as you need.

DAYS 1 TO 3

The Return

Rest, protect the opening, and capture what came through while it is still fresh.

EVERY DAY

Grounding

Simple practices with earth, water, fire, air and spirit that bring you back into your body.

DAYS 4 TO 90

The Unfolding

Reflection, three clear commitments, and a weekly tracker for twelve weeks.

WHENEVER IT GETS HARD

The Root

The difficult days, the people in your life, the body, and what is still unfinished.

MONTH ONE TO MONTH SIX

The Living

Monthly reflections, the love letter you open at six months, and how to stay connected to circle.

A few gentle agreements

- Write honestly, not beautifully. Nobody else needs to read this.
- Skip what does not speak to you. Return to it later if it calls.
- Think in symbols and metaphors when the words will not come. Draw if you want to.
- Follow any aftercare guidance you received for your specific medicine and ceremony.

This workbook offers spiritual reflection and practical self-care. It is not medical or mental health advice, and it does not replace care from a doctor or therapist. If something feels wrong, please read the next page and reach out.

PLEASE READ THIS FIRST

If you are struggling

You are never alone in it. Asking for help is part of the work.

Often part of the return

- Tiredness and a need for more sleep
- Waves of emotion, tears or tenderness
- Vivid dreams
- Feeling sensitive to noise, crowds or screens
- A dip in mood around day two to four
- Questions about what you saw or felt

These usually soften with rest, grounding and time. Talking with us helps too.

Reach out to us

- A low or anxious mood that lingers beyond a week or keeps growing
- Feeling confused, disconnected or unlike yourself
- Trouble eating, sleeping or getting through the day
- Anything from ceremony you cannot set down

Phone call or text (442) 269-9835
Email info@sacredhealingretreat.com
Circle Integration Tuesdays, 6:00 PM Pacific, page 52

Get help right away

Contact local emergency services, or call or text **988** (the Suicide and Crisis Lifeline in the United States), if you have thoughts of harming yourself or someone else, see or hear things that others do not days after ceremony, go two nights or more with little or no sleep and racing thoughts or unusual energy, or have chest pain, fainting or trouble breathing. Then let us know. Do not drive yourself.

A spiritual explanation never replaces medical care. If you are unsure whether something is serious, treat it as serious.



PART ONE

THE RETURN

The first 72 hours

You do not land back in the same world. You land back in the same world with different eyes.

THE RETURN

What integration really is

The plants open the door. Integration is how we walk through it.

Many people believe that sitting in ceremony will do all of the work. The truth is more subtle and more powerful. The plants are teachers. They show us the hidden corners of ourselves that are asking for attention. They help us revisit what we have carried and set it down. They show us what is possible. They do not do the living for us.

After ceremony there is often a window of grace. The heart and body are open, and change flows more easily. Energy that was bound up in old wounds is free again. It can fuel healing and creativity, or, if we slip back into old patterns, it can strengthen them. Integration is choosing the path of healing again and again.

Integration is not

- Telling everyone what you saw
- Feeling good for two weeks, then sliding back
- Waiting for the medicine to change you
- A thirty-day process that ends

Integration is

- Responding differently where you used to break
- Choosing differently when the old pattern shows up
- Daily practice aimed at one real change
- The way you live from now on

The ceremony is the doorway. Integration is where the real change is built.

SACRED HEALING

THE RETURN · DAYS 1 TO 3

Protect the opening

The first three days are the most tender and the most important.

Your nervous system is still wide open. What you take in, who you talk with and how you rest in these days will either nourish the seeds or scatter them. Treat yourself the way you would care for someone you love who has just come home from a long journey.

What to protect

- **Sleep.** Go to bed early. Nap without guilt.
- **Silence.** Keep some part of each day quiet.
- **Nature.** Sit outside, even for ten minutes.
- **Simple, warm food** and plenty of water.
- **Gentle movement.** Walk, stretch, breathe.
- **One trusted witness,** someone who listens without trying to explain your experience to you.

What to set down for now

- News, social media and endless scrolling
- Alcohol and other substances
- Big, stressful environments and crowds
- Over-explaining your ceremony to people who were not there
- Major decisions about work, money or relationships. Let them wait until you are rested and settled.

> **Your medicine may have its own aftercare**
>
> Some medicines come with specific guidance afterward, such as foods or medications to avoid for a time. Follow what you were given at ceremony. If you are unsure, call or text (442) 269-9835 or write to us before you change anything.

Let emotions move through you. Tears, laughter and tiredness are often the body completing what the ceremony began. You do not need to understand everything yet.

THE RETURN · WORKSHEET

My promise to myself

A simple promise to yourself for the first 72 hours. Write it, sign it, and keep it where you can see it.

For the next three days, I will make room for (rest, nature, quiet, food, people)

For the next three days, I will set down (screens, substances, conversations, decisions)

The trusted person I can call or sit with

One gentle practice I will do each day

If I start to feel overwhelmed, I will

Signed _____ **Date** _____

THE RETURN · WORKSHEET

My ceremony map

Capture your ceremony while it is still alive in you, before the mind tidies it up. Write fragments. Nothing needs to make sense yet.

What I saw (images, colors, places, beings)

The emotions that moved through me

What I felt in my body

Words, songs or messages I heard

THE RETURN · WORKSHEET

The heart of what came through

Many ceremonies carry one central question or theme. Everything else is context. Do not force it. Notice what keeps returning.

The question, theme or teaching I was shown

What it connects to in my life

What I feel called to change

What I am not ready to look at yet (that is allowed, and it is worth naming)

THE RETURN · A LOVE LETTER TO OPEN LATER

My love letter to myself

Write this the morning after your ceremony, while your heart is still open. On retreat, we write it together on Sunday after the ayahuasca ceremony. Write to yourself the way the medicine spoke to you: honestly, tenderly and without judgment. Tell yourself what you saw, what you forgive, what you are proud of, and the life you are choosing now. Then put it away and do not read it again until six months from today. You will open it on page 51.

Today's date _____ **Open on** _____

My beloved,

THE RETURN · A PRACTICE FROM CEREMONY

Ho'oponopono and the fire

Making right what has been out of balance.

Ho'oponopono is a Hawaiian practice of reconciliation and forgiveness. In ceremony we bring it to the fire. We name the people who have harmed us and the people we have harmed, and we let the fire and four simple phrases transmute the energy we have been carrying.

THE FOUR PHRASES

I'm sorry.

Please forgive me.

Thank you.

I love you.

I At home, with the fire

1. Light a candle or a small, safe fire. Keep a fireproof dish and water close.
2. Bring your lists from the next page, copied onto loose paper so this book stays whole.
3. Take one name at a time. Hold that person in your heart and repeat the four phrases, aloud or silently, until something softens.
4. When you are ready, give the list to the fire. Watch the energy change form.
5. Sit quietly for a few minutes, then write what moved in you.

II Carry the words with you

Say the four phrases when an old resentment rises, before a hard conversation, in traffic, or as you fall asleep. They take ten seconds and bring you back to the fire.

You do not have to feel it yet

Forgiveness is a practice, not a feeling you have to force. You do not need to contact anyone. If a name brings up more than you can hold alone, bring it to Integration Tuesdays or call or text (442) 269-9835.

THE RETURN · WORKSHEET

My fire lists

These lists are for the fire, not for anyone else to read. Write every name that comes, without explaining. You can return to this page and to the fire as many times as you need.

People who have harmed me

People I have harmed

What moved in me after the fire



PART TWO
EVERY DAY

Grounding with the elements

Simple ways to come back into your body, your breath and the living world around you.

GROUNDING WITH THE ELEMENTS

Earth and water

Five to ten minutes is enough. Return as often as you need.

I Earth · Rooting in nature

1. Find a quiet place outdoors, barefoot if you can.
2. Breathe slowly and imagine roots reaching from your body deep into the earth.
3. Place your hands on the ground and say: *"I am held. I am grounded. I am safe."*
4. Stay five to ten minutes. Feel the exchange between you and the earth.
5. Afterward, write down what you noticed in your body.

II Water · Emotional cleansing

1. Prepare a bowl of water, a shower or a bath. Add salts, oils, flowers or tea if you like.
2. Whisper into the water what you choose to release.
3. Let the water touch your skin and imagine yourself renewed.
4. Close with: *"I honor the waters of life. I release and renew."*

Walk as if you are kissing the Earth with your feet.

THICH NHAT HANH, PEACE IS EVERY STEP

What I noticed today

GROUNDING WITH THE ELEMENTS

Fire, air and spirit

III Fire · Transformation and courage

1. Light a candle in a safe place.
2. Write one belief, fear or pattern you are ready to release.
3. Hold it to your heart and say the four phrases from page 13: *"I'm sorry. Please forgive me. Thank you. I love you."*
4. Burn it safely over a fireproof dish. Breathe courage into your chest, then write what you feel.

IV Air · Breath of clarity

1. Sit comfortably with one hand on your belly and one on your heart.
2. Breathe in slowly through your nose for a count of four.
3. Breathe out gently through your mouth for a count of six, letting the body soften.
4. Continue for five minutes. With each out-breath, say silently: *"I let go."*
5. Notice how your body feels now compared with when you began.

V Spirit · Prayer and connection

1. Create a quiet space with a candle or a small altar.
2. Place your hands over your heart and speak a prayer or an intention, in your own words.
3. Sit in silence and listen inwardly.
4. Write down any messages, images or feelings that arise.

The first peace, which is the most important, is that which comes within the souls of men when they realize their relationship, their oneness, with the universe and all its powers.

BLACK ELK, THE SACRED PIPE

GROUNDING WITH THE ELEMENTS

More ways to come home

Choose what calls to you. One small practice, done often, does more than many done once.

Body

- Gentle yoga, stretching or qi gong
- Massage or bodywork to release held tension
- Warm, nourishing meals eaten slowly
- Drumming, singing or humming to bring vibration into the body

Nature

- A walk or hike, barefoot when you can
- Swimming in a lake, river or ocean
- Sitting on a rock or lying on the grass
- Watching the sunrise, sunset or the stars

Connection

- A heartfelt conversation with someone who supports you
- Hugging a tree, petting an animal, sitting with a loved one
- Coming to an integration circle (page 52)
- Ho'oponopono (page 13), Reiki and other heart practices

Expression and learning

- Journaling about dreams and sensations while they are fresh
- Drawing, music or crafting to express what came through
- Reading or listening to teachers such as Don Miguel Ruiz, Ram Dass, Alan Watts and Carl Jung

The one grounding practice I will keep for the next 30 days, and when I will do it



PART THREE
THE UNFOLDING

Days 4 to 90

The insights do not fade. The willingness to act on them does. This is where the real work lives.

THE UNFOLDING

The ninety-day arc

The pattern of return is predictable. Knowing it helps you keep going.

DAYS 4 TO 14

The Honeymoon

Everything feels clear and the insight feels obvious. Enjoy it, and do not mistake clarity for completion. This is the seed, not the tree.

DAYS 15 TO 30

The Friction

Old patterns come back. The people around you have not changed. Familiar triggers return. This is integration working, not failing. It is also where most people give up.

DAYS 31 TO 60

The Choice Point

Sooner or later you will face the very situation the medicine showed you. You will have a chance to respond differently. This is the test, and it is also the gift.

DAYS 61 TO 90

The Embedding

The new response starts to feel more natural than the old one. Not always and not perfectly, but a new path is forming. Keep walking it.

IN DANNY'S WORDS

So that your ceremony isn't just a “trip,” it is imperative that you do the integration work afterward. That is how you create change that comes from within, change that is sustainable and lasts.

A journey of a thousand miles begins with a single step.

LAO TZU, TAO TE CHING

THE UNFOLDING

Reflection prompts

Write freely. Honesty over perfection. The next eight pages are yours.

The first days

1. How is my emotional state today?
2. What was the most important message or insight from ceremony?
3. What emotions surprised me?
4. Was anything hard to see or accept?
5. Is any part of my ceremony still puzzling or confusing?
6. Was there resistance? What was it, and could I move through it?
7. What symbols, visions or messages keep speaking to me? Did I meet relatives, ancestors or other lifetimes?

The first weeks

8. Where in my body am I called to bring more awareness or healing?
9. Which relationships are asking for attention, love or forgiveness?
10. What habits or patterns no longer serve me?
11. What fears or resistance have shown up since ceremony?
12. How can I bring the lessons of ceremony into my daily routine?
13. What helps me reconnect when I feel ungrounded?

The first month and beyond

14. What gifts or strengths did I remember about myself?
15. Where am I being asked to step into courage or trust?
16. What am I ready to release to come into alignment?
17. What commitments am I ready to make for my healing?
18. What does my highest self want me to remember?
19. How can I honor the medicine and the community that held me?
20. How am I living differently than before?

Who looks outside, dreams; who looks inside, awakes.

CARL JUNG, LETTER OF 1916

REFLECTION · THE FIRST DAYS

Prompts 1 to 3

How is my emotional state? What was the most important message? What surprised me?

REFLECTION · THE FIRST DAYS

Prompts 4 to 7

What was hard to accept, confusing or resisted? What symbols keep speaking to me?

REFLECTION · THE FIRST WEEKS

Prompts 8 to 10

Where is my body asking for care? Which relationships need attention? What patterns no longer serve me?

REFLECTION · THE FIRST WEEKS

Prompts 11 to 13

What fears have shown up? How will I bring the lessons into my days? What helps me reconnect?

REFLECTION · THE FIRST MONTH

Prompts 14 to 16

What strengths did I remember? Where am I asked to trust? What am I ready to release?

REFLECTION · THE FIRST MONTH

Prompts 17 to 20

What commitments am I ready to make? What does my highest self want me to remember? How am I living differently?

REFLECTION · OPEN PAGES

Anything that wants to be written

Dreams, synchronicities, drawings, prayers, the conversation you need to have.

REFLECTION · OPEN PAGES

Anything that wants to be written

Come back here whenever something stirs.

THE UNFOLDING · WORKSHEET

My ninety-day commitments

Not "I will be more present." Something you or someone close to you could actually see. Three is enough. One is enough to begin.

Commitment 1

What I will do, specifically

How I will know it is happening (what someone would see)

Commitment 2

What I will do, specifically

How I will know it is happening (what someone would see)

Commitment 3

What I will do, specifically

How I will know it is happening (what someone would see)

Accountability person _____ **Start date** _____

THE UNFOLDING · WORKSHEET

My pattern map

The old pattern will show up again. That is not failure. Each time you notice it, write it here. Over the weeks you will see the new response growing.

Date	What happened	How I responded	What I learned

Over time, look for change in the third column. The old pattern may still arise. The response is where integration shows.

WEEKLY INTEGRATION TRACKER

Week 1

Intention for this week (one word or phrase) _____

Week 1 · practice	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breath or meditation	☐	☐	☐	☐	☐	☐	☐
Journaling	☐	☐	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐	☐	☐
Time in nature	☐	☐	☐	☐	☐	☐	☐
Gratitude	☐	☐	☐	☐	☐	☐	☐
Prayer or ritual	☐	☐	☐	☐	☐	☐	☐
My own practice	☐	☐	☐	☐	☐	☐	☐
My own practice	☐	☐	☐	☐	☐	☐	☐

What felt most grounding this week?

What challenges arose, and how did I meet them?

What insights or synchronicities came through?

One moment I felt aligned with the medicine

WEEKLY INTEGRATION TRACKER

Week 2

Intention for this week (one word or phrase) _____

Week 2 · practice	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breath or meditation	☐	☐	☐	☐	☐	☐	☐
Journaling	☐	☐	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐	☐	☐
Time in nature	☐	☐	☐	☐	☐	☐	☐
Gratitude	☐	☐	☐	☐	☐	☐	☐
Prayer or ritual	☐	☐	☐	☐	☐	☐	☐
My own practice	☐	☐	☐	☐	☐	☐	☐
My own practice	☐	☐	☐	☐	☐	☐	☐

What felt most grounding this week?

What challenges arose, and how did I meet them?

What insights or synchronicities came through?

One moment I felt aligned with the medicine

WEEKLY INTEGRATION TRACKER

Week 3

Intention for this week (one word or phrase) _____

Week 3 · practice	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breath or meditation	☐	☐	☐	☐	☐	☐	☐
Journaling	☐	☐	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐	☐	☐
Time in nature	☐	☐	☐	☐	☐	☐	☐
Gratitude	☐	☐	☐	☐	☐	☐	☐
Prayer or ritual	☐	☐	☐	☐	☐	☐	☐
My own practice	☐	☐	☐	☐	☐	☐	☐
My own practice	☐	☐	☐	☐	☐	☐	☐

What felt most grounding this week?

What challenges arose, and how did I meet them?

What insights or synchronicities came through?

One moment I felt aligned with the medicine

WEEKLY INTEGRATION TRACKER

Week 4

Intention for this week (one word or phrase) _____

Week 4 · practice	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breath or meditation	☐	☐	☐	☐	☐	☐	☐
Journaling	☐	☐	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐	☐	☐
Time in nature	☐	☐	☐	☐	☐	☐	☐
Gratitude	☐	☐	☐	☐	☐	☐	☐
Prayer or ritual	☐	☐	☐	☐	☐	☐	☐
My own practice	☐	☐	☐	☐	☐	☐	☐
My own practice	☐	☐	☐	☐	☐	☐	☐

What felt most grounding this week?

What challenges arose, and how did I meet them?

What insights or synchronicities came through?

One moment I felt aligned with the medicine

WEEKLY INTEGRATION TRACKER · WEEKS 5 AND 6

Week 5

Intention _____

Week 5 · practice	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breath or meditation	☐	☐	☐	☐	☐	☐	☐
Journaling	☐	☐	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐	☐	☐
Time in nature	☐	☐	☐	☐	☐	☐	☐
Gratitude	☐	☐	☐	☐	☐	☐	☐
Prayer or ritual	☐	☐	☐	☐	☐	☐	☐
My own practice	☐	☐	☐	☐	☐	☐	☐
My own practice	☐	☐	☐	☐	☐	☐	☐

Grounding, challenges and one aligned moment

Week 6

Intention _____

Week 6 · practice	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breath or meditation	☐	☐	☐	☐	☐	☐	☐
Journaling	☐	☐	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐	☐	☐
Time in nature	☐	☐	☐	☐	☐	☐	☐
Gratitude	☐	☐	☐	☐	☐	☐	☐
Prayer or ritual	☐	☐	☐	☐	☐	☐	☐
My own practice	☐	☐	☐	☐	☐	☐	☐
My own practice	☐	☐	☐	☐	☐	☐	☐

Grounding, challenges and one aligned moment

WEEKLY INTEGRATION TRACKER · WEEKS 7 AND 8

Week 7

Intention _____

Week 7 · practice	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breath or meditation	☐	☐	☐	☐	☐	☐	☐
Journaling	☐	☐	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐	☐	☐
Time in nature	☐	☐	☐	☐	☐	☐	☐
Gratitude	☐	☐	☐	☐	☐	☐	☐
Prayer or ritual	☐	☐	☐	☐	☐	☐	☐
My own practice	☐	☐	☐	☐	☐	☐	☐
My own practice	☐	☐	☐	☐	☐	☐	☐

Grounding, challenges and one aligned moment

Week 8

Intention _____

Week 8 · practice	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breath or meditation	☐	☐	☐	☐	☐	☐	☐
Journaling	☐	☐	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐	☐	☐
Time in nature	☐	☐	☐	☐	☐	☐	☐
Gratitude	☐	☐	☐	☐	☐	☐	☐
Prayer or ritual	☐	☐	☐	☐	☐	☐	☐
My own practice	☐	☐	☐	☐	☐	☐	☐
My own practice	☐	☐	☐	☐	☐	☐	☐

Grounding, challenges and one aligned moment

WEEKLY INTEGRATION TRACKER · WEEKS 9 AND 10

Week 9

Intention _____

Week 9 · practice	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breath or meditation	☐	☐	☐	☐	☐	☐	☐
Journaling	☐	☐	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐	☐	☐
Time in nature	☐	☐	☐	☐	☐	☐	☐
Gratitude	☐	☐	☐	☐	☐	☐	☐
Prayer or ritual	☐	☐	☐	☐	☐	☐	☐
My own practice	☐	☐	☐	☐	☐	☐	☐
My own practice	☐	☐	☐	☐	☐	☐	☐

Grounding, challenges and one aligned moment

Week 10

Intention _____

Week 10 · practice	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breath or meditation	☐	☐	☐	☐	☐	☐	☐
Journaling	☐	☐	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐	☐	☐
Time in nature	☐	☐	☐	☐	☐	☐	☐
Gratitude	☐	☐	☐	☐	☐	☐	☐
Prayer or ritual	☐	☐	☐	☐	☐	☐	☐
My own practice	☐	☐	☐	☐	☐	☐	☐
My own practice	☐	☐	☐	☐	☐	☐	☐

Grounding, challenges and one aligned moment

WEEKLY INTEGRATION TRACKER · WEEKS 11 AND 12

Week 11

Intention _____

Week 11 · practice	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breath or meditation	☐	☐	☐	☐	☐	☐	☐
Journaling	☐	☐	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐	☐	☐
Time in nature	☐	☐	☐	☐	☐	☐	☐
Gratitude	☐	☐	☐	☐	☐	☐	☐
Prayer or ritual	☐	☐	☐	☐	☐	☐	☐
My own practice	☐	☐	☐	☐	☐	☐	☐
My own practice	☐	☐	☐	☐	☐	☐	☐

Grounding, challenges and one aligned moment

Week 12

Intention _____

Week 12 · practice	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breath or meditation	☐	☐	☐	☐	☐	☐	☐
Journaling	☐	☐	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐	☐	☐
Time in nature	☐	☐	☐	☐	☐	☐	☐
Gratitude	☐	☐	☐	☐	☐	☐	☐
Prayer or ritual	☐	☐	☐	☐	☐	☐	☐
My own practice	☐	☐	☐	☐	☐	☐	☐
My own practice	☐	☐	☐	☐	☐	☐	☐

Grounding, challenges and one aligned moment



PART FOUR
THE ROOT

When it gets hard

The medicine does not show you what you want to see. It shows you what you need to see.

THE ROOT

The hard days are part of the path

Difficulty after ceremony does not mean something went wrong.

What made you uncomfortable, confused or afraid in ceremony is often the root material. It is what you have been carrying, finally asking to be seen. In the weeks after, it may surface as anger without a clear target, grief that feels too large, shame without a source, old memories, or relationships that feel unresolved.

Ways to work with it

- **Ask the body.** Where does this live in me? Breathe there.
- **Write without performing.** Not for an audience, just to let it out.
- **Move it.** Walk, shake, drum, cry. Feelings that move can complete.
- **Practice forgiveness** as a choice, even before you feel it.
- **Bring it to circle** or to someone you trust.

Watch for spiritual bypassing

Using beautiful spiritual language to skip over a painful truth is not integration. Neither is talking about your wounds without changing how you live, or planning the next ceremony before this one has been lived.

Know when to get more support

If the material feels like it is pulling you under rather than moving through you, that is the moment for more support. Reach out to us, and consider a therapist who understands ceremony work. See page 5.

SACRED HEALING

Go into your own darkness. Do not run from it. Give it love and light, not to dwell there, but so you can find balance. The shadow does not need to be destroyed. It needs to be integrated. It needs to be given love.

The wound is the place where the Light enters you.

RUMI, AS RENDERED BY COLEMAN BARKS

THE ROOT

Easing back into everyday life

You do not integrate into your old life. You integrate into a new one.

Ceremony carries us into a sacred space outside of ordinary time. Like the rites of passage in many traditions, this separation lets us touch a deeper reality and remember truths beyond the everyday. Coming back, it can feel as if the wider world does not understand.

Some people in your life will be curious and open. Others may feel fear or discomfort as you begin to see through new eyes. It is not your job to convince anyone of anything. Your path will show its truth through the way you live, not through explanation.

As your realizations settle into daily life, the need to share every detail softens. You become more aware of which relationships and environments nourish you, and which do not. Stay close to those who uplift you, the way you would choose food that nourishes your body. Where you can, make space from those who belittle your experience. The people closest to you may see your change before you can put it into words.

> **Telling the people you love**
>
> Share what you are ready to share, in small pieces. Speak from your own experience rather than trying to convince. Let them have their reactions without making them responsible for your healing. And do not make big relationship decisions in the first weeks.

Hold fast to what nourishes you. Release what does not. In this, you honor both the medicine and yourself.

SACRED HEALING

THE ROOT · WORKSHEET

My relationship circle

Healing one person can stir the whole family and friendship system. Map it gently, without judgment.

Who supports my healing, and how?

Where do I feel drained, dismissed or pulled back into old patterns?

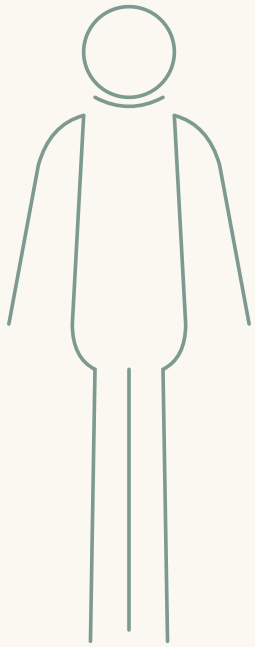
One conversation I want to have, and what I hope to say

One boundary I am ready to keep

THE ROOT · WORKSHEET

My body map

The body processed the ceremony. The mind is still catching up. Close your eyes and scan from head to feet. Mark on the figure where you feel tension, heaviness, warmth or openness, then write what each place holds.



Where I feel it, and what it feels like

What this place might be holding

What my body is asking for

THE ROOT · WORKSHEET

Unfinished business

Who and what still carries a charge for you? Naming it is the first step toward setting it down.

People, events or parts of myself that still feel unresolved

The letter I have not sent

Write to one of them. Say everything. You do not have to send it. You may burn it in the fire practice on page 17 when you are ready, with the four phrases from page 13.

Dear



PART FIVE
THE LIVING

When integration becomes your life

Integration is not a finish line. It is a way of living.

THE LIVING

What it looks like when it takes root

Not a feeling. Evidence in how you live.

Signs integration is working

- The old pattern still arises. Your response is different.
- A broken relationship is repaired, or released with honesty.
- Work that did not fit is being moved toward or away from, with intention.
- Your body feels more like home.
- You are more honest, more present and less defended.

Signs there is more to do

- You feel better, but nothing has changed.
- You have insight without follow-through.
- You are planning the next ceremony before living this one.
- Ceremony has become a way to avoid life rather than return to it.

That is not failure. It is an invitation to go deeper.

> **Returning to the medicine**
>
> There is no rule here, only discernment. The question is not "when can I go again?" The question is "have I done what this one showed me to do?" More medicine is not always deeper medicine. When you feel called again, talk it through with us first.

And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.

ELIZABETH APPELL

MONTHLY REFLECTION · MONTH 1

Looking back on month 1

The theme of my month _____

Seeds that took root (new practices, insights or habits)

Challenges along the way, and how I responded

How my relationships have shifted

Where I carried the spirit of ceremony into everyday life

What I am most grateful for

The intention I carry into next month

MONTHLY REFLECTION · MONTH 2

Looking back on month 2

The theme of my month _____

Seeds that took root (new practices, insights or habits)

Challenges along the way, and how I responded

How my relationships have shifted

Where I carried the spirit of ceremony into everyday life

What I am most grateful for

The intention I carry into next month

MONTHLY REFLECTION · MONTH 3

Looking back on month 3

The theme of my month _____

Seeds that took root (new practices, insights or habits)

Challenges along the way, and how I responded

How my relationships have shifted

Where I carried the spirit of ceremony into everyday life

What I am most grateful for

The intention I carry into next month

THE LIVING · SIX MONTHS

Opening my letter

Six months have passed. Read the love letter you wrote on page 12. Read it slowly. Then answer with evidence, not judgment.

What has truly changed in my life

What has not changed yet

What I need to go back to

My practice for the next six months

YOU DO NOT WALK ALONE

Stay in circle

Integration is the long, slow work of letting the experience change how you live. It is easier together.

Our circles are free and online. There is nothing to sign up for. Just show up. What is shared in circle stays in circle. Speak from your own experience, no fixing and no advice unless it is asked for, and you can always pass. Come as you are, camera on or off.

Integration Tuesdays
Every Tuesday
6:00 PM Pacific
meet.google.com/tum-tcih-oby

Men's Circle
Every Tuesday
7:15 PM Pacific
meet.google.com/pyg-awvk-qvy

Women's Circle
Every Sunday
7:00 PM Pacific
meet.google.com/nzx-fjxm-pww

Reach us any time

Call or text (442) 269-9835, or write to info@sacredhealingretreat.com. Tell us how you are doing, ask a question about your ceremony, or let us know if you are struggling. Somebody will get back to you soon.

When you feel called again

When you have lived what this ceremony showed you and feel the call to return, see our upcoming ceremonies at sacredhealingretreat.com/plant-medicine-ceremonies-california, or write to us and we will talk it through together.

Circle times as of November 2026. If a link ever changes, write to us and we will send the current one.

CLOSING RITUAL

Honoring the path

At the end of each month, or whenever a chapter closes.

Light a candle, or sit quietly holding a stone, a feather or another natural object that represents your journey. Hold it to your heart and whisper:

"I honor the lessons I have lived. I carry forward what nourishes me. I trust the path unfolding."

Then sign below as a declaration to yourself.

What I declare and commit to

Signature _____ **Date** _____

What lies behind us and what lies before us are tiny matters compared to what lies within us.

HENRY STANLEY HASKINS, MEDITATIONS IN WALL STREET

NOTES

Dreams, signs and anything else

REMEMBER

You are the medicine.

SACRED HEALING

