



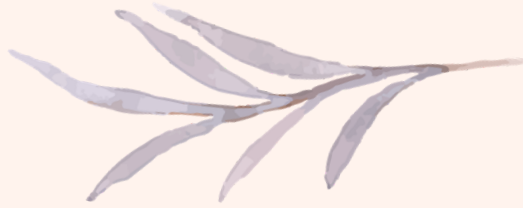
Before any reflection, a short somatic landing practice:
Before you write anything — feel your feet.
Feel the weight of your body sinking in with gravity into your seat.
Take three slow exhales, and hold empty for count of 4.

[illegible]

- What wants to become a sacred ground - a rotational axis with center of gravity for your life - before you start moving other pieces?

- What part of the experience do you feel you've already integrated, and what part still feels like it's waiting?





WATER – EMOTION AND FLOW

- What is still moving through you? What hasn't settled yet? Where do you feel it — is there a current, a pressure, an ache?

- How does your emotional body feel different than it did before the ceremony? Are there feelings that you feel like sharing but haven't shared yet? Is there someone particular who needs to connect to your vulnerability?

"Gratitude is a prayer that acknowledges the gift of Existence, that we can laugh, dance, sing, love, eat, create, celebrate, heal, transform, and that we have been fully equipped to become self-realized beings"

- Michael Beckwith



AIR – WHAT THE MIND IS HOLDING

- Have you received any insights that you would not like to forget? And is there something you understood in the ceremony that you're not sure your ordinary life has space for yet?

- What thought keeps circling? Is there something your mind has opened up to but you're not sure you're to believe it yet?

- What needs to be spoken out loud?



FIRE – SPIRIT WILL AND ACTION

- What has burned away during your journey? And what has become crystal clear?

- What are you being asked to act on — even if just one small thing? And what requires courage? Or focused will? Determination through time?

"Be fearless in the pursuit of what sets your soul on fire." — Unknown

THE THREAD FORWARD

Hopefully, this inquiry helped you to get into a place of more clarity, contentedness. Your integration process does not finish here – in fact it might need another few weeks, and sometimes months before it really landed into an embodied life.

Here are some final reminders and questions for this next chapter:

- Come back into the web:

Let someone who loves you know that something shifted — even those few words are the medicine completing itself.

- Rest is not a reward — it is part of the work.

In the days ahead, cancel what can be cancelled, sleep more than feels reasonable, and trust that what you are integrating needs stillness far more than it needs effort.

- The earth does not forget you, even when you forget it:

Before anything else, go outside — not to exercise or think, but simply to let your body remember it is small, held, and continuous with something older than language.

→ What does this whole experience want to change in you, and your life?

→ What support do you need in the next 7-10 days?

Place one hand on your chest, one on your belly. Breathe. This is enough for now.

YOU ARE ALWAYS SUPPORTED!

If you seek depth of integration that will change your habits and posture in life, check out my offers, or reach out personally:

