

INTEGRATION GUIDE

[COVER PAGE]

INTEGRATION GUIDE *After Your Crystal Chamber Experience*

The healing continues...

Welcome Back

You've just experienced something profound. Even if you're not sure what happened, even if you fell asleep, even if you felt nothing at all—your nervous system received exactly what it needed.

The work doesn't end when the Zoom call closes. In fact, some of the deepest shifts happen in the hours and days after a healing session.

This is your integration guide—a companion for the journey ahead.

Integration means allowing what happened in the session to settle into your body, your life, your everyday experience. It's the process of becoming friends with the new version of yourself that's emerging.

What You Might Notice

Integration looks different for everyone. Here are some common experiences in the hours and days following Crystal Chamber work:

Physical Sensations

- ☆ Deep, restful sleep (or vivid dreams)
- ☆ Feeling unusually tired or energized
- ☆ Subtle shifts in posture or breathing
- ☆ Release of tension in unexpected places
- ☆ Increased thirst
- ☆ Feeling more grounded in your body

Emotional Shifts

- ☆ Unexplained tears or laughter
- ☆ Waves of emotion moving through
- ☆ Feeling more tender or open
- ☆ Old memories surfacing gently
- ☆ A sense of lightness or spaciousness
- ☆ Compassion for yourself or others

Mental Clarity

- ☆ Sudden insights or realizations
- ☆ Things that felt complicated now feel simple
- ☆ A quiet knowing about what's next
- ☆ Less mental chatter or anxiety
- ☆ Ability to see old patterns clearly
- ☆ Creative ideas flowing

Subtle Changes

- ☆ Small shifts in daily habits
- ☆ Different responses to old triggers
- ☆ Boundaries feel clearer
- ☆ More ease in relationships
- ☆ Feeling "more like yourself"
- ☆ Noticing synchronicities

Important: Some people notice dramatic shifts immediately. Others experience subtle changes over weeks. Both are completely normal and valid. There's no "right" way to integrate.

Supporting Your Integration

Here are gentle practices to help your nervous system integrate what happened:

Hydrate

Drink more water than usual for the next 2-3 days. Energy work moves through the body and water helps the process. Add lemon or cucumber if plain water feels boring.

Rest Without Guilt

If your body asks for sleep or quiet time, honor that. Healing happens during rest. This isn't laziness—it's your nervous system reorganizing itself.

Move Gently

Walking, stretching, dancing, or gentle yoga help energy continue to move. Listen to your body—if it wants to move, let it. If it wants stillness, honor that too.

Journal or Draw

Capture any images, feelings, or insights that arose during the session. You don't need to make sense of them now—just document what came through.

Simplify Your Schedule

If possible, give yourself lighter days for a while. Avoid major decisions or confrontations. Let yourself be in the liminal space between who you were and who you're becoming.

Ground Yourself

Walk barefoot on grass or earth. Hold crystals if you have them. Cook nourishing food. Touch textures. These simple acts help you stay embodied during the integration process.

Reflection Questions

Use these questions to check in with yourself over the next few days. Answer them in a journal, voice memo, or just reflect quietly.

Immediately After (Today)

- ☆ In this moment, what am I feeling or experiencing in my body?
- ☆ Did any imagery, insights, or emotions arise during the session?
- ☆ What do I feel most nourished by right now?
- ☆ Was anything unexpected revealed to me?

Days 1-3

- ☆ How is my sleep? What are my dreams like?
- ☆ What's different in how I'm moving through my day?
- ☆ Are old patterns feeling less sticky or charged?
- ☆ What part of me feels softer, lighter, or more free?

Days 4-7

- ☆ What feels clear or complete now that felt uncertain before?
- ☆ Where do I feel more uncertain or tender (this can be a sign of healing)?
- ☆ Is there a place in me that still longs to soften, be heard, or be healed?
- ☆ How might this experience connect with my ongoing healing journey?

Weeks 2-4

- ☆ What intentions or choices am I ready to make now?
- ☆ What medicine or wisdom is my system guiding me toward?
- ☆ How has my relationship with myself shifted, even subtly?
- ☆ What am I noticing about my capacity to receive support?

Integration Notes

Use this space to capture what's moving through you. There's no right or wrong—just write what wants to be witnessed.

What am I sensing in my body right now?

[Add text box or lines here]

What image, word, or feeling will I take with me from this journey?

[Add text box or lines here]

Is any part of me asking to be honored or met with more kindness?

[Add text box or lines here]

If You Need Support

Most of the time, integration is gentle and natural. But occasionally, healing can bring up emotions or memories that feel overwhelming.

Reach out if you're experiencing:

- ☆ Emotions that feel too big to hold alone
- ☆ Distressing memories that need support
- ☆ Physical sensations that concern you
- ☆ Questions about what you're experiencing

Each of our eight facilitators offers individual sessions and can support your continued journey. You can also reach out to a trusted therapist, counselor, or healing practitioner.

You don't have to do this alone. Asking for support is part of the healing.

Trust the Process

Your nervous system knows how to heal. The spiral continues to hold you, even after the session ends. Trust what's unfolding.

Thank you for trusting us with your healing journey.

With deep gratitude and love,

Dawn • Elizabeth • Kat • Jasmin • Maru • Susana • Susie • Tina

You'll receive a donation link soon. Give only if it feels helpful. Thank you.