

# A MOMENT, A MAP, A WAY THROUGH

## PREPARATION

Set aside five minutes to reflect and respond to this prompt in your journal: “Bring them to the table, those discarded parts, the ones pushed to the dark corner of your mind.”

## THE SESSION

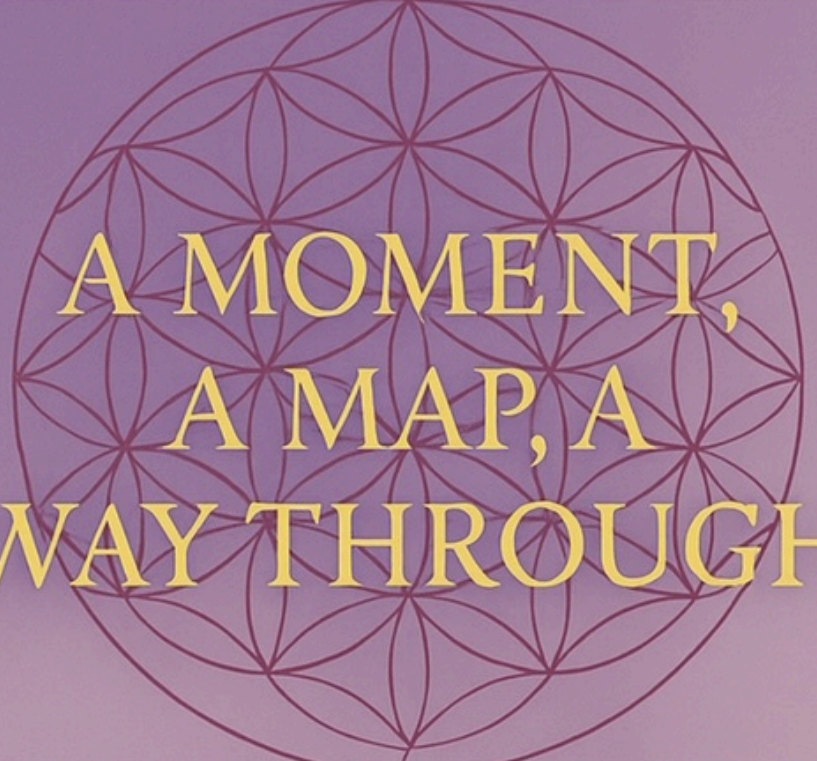
Arrive more fully equipped for the work to be done. Witness, accept, and extend compassion towards the parts that show themselves to you.

## INTEGRATION

Slowly unpack what's been revealed, continuing to observe those parts with curiosity and love as they find their place along the map of your healing.

*Abby & Steve Glass*

BEYOND THE JOURNEY



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## A MOMENT:

### Bring Them to the Table

Before your next journey—or even as a grounding practice today—pause and gently invite the parts of yourself that might be afraid, uncertain, or resistant.

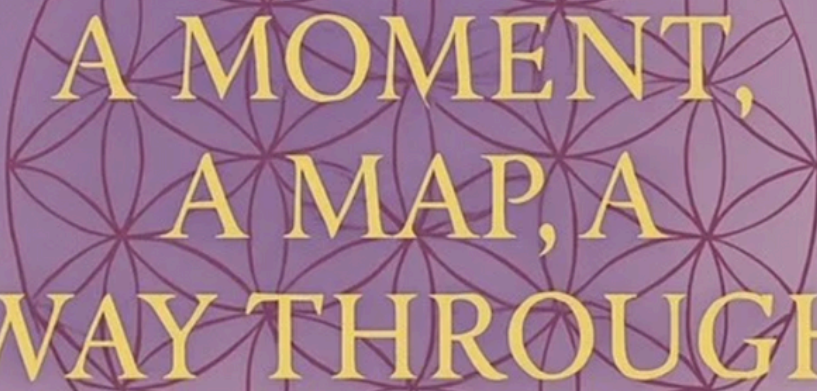
- Who in me might show up that I don't expect?
- What part of me is skeptical? Tender? Hopeful?

Let them speak. You don't have to fix anything—just make space.

*Abby & Steve Glass*

**BEYOND THE JOURNEY**





A MOMENT,  
A MAP, A  
WAY THROUGH

A MAP

After a journey, find one sentence  
that stayed with you.

It might be an image, a phrase, or  
a feeling, or a flash of insight.

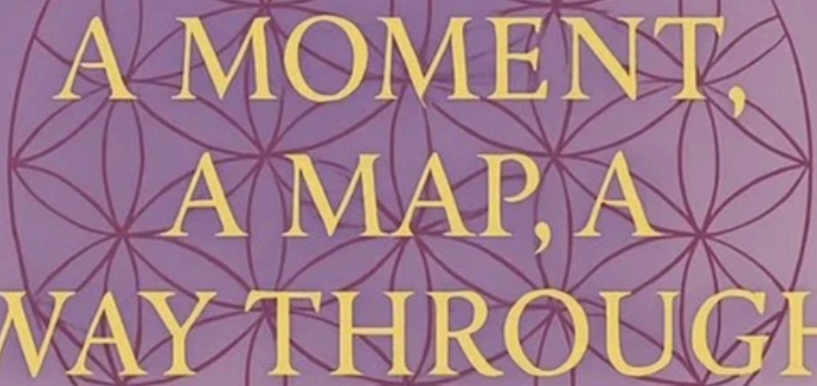
Write it down.

Now ask:

What would it look like to live this  
insight in one small way this week?

*Abby & Steve Glass*

BEYOND THE JOURNEY



# A MOMENT, A MAP, A WAY THROUGH

## A WAY THROUGH

Give yourself five minutes of space  
Today. Not tomorrow. Just five.  
To sit, breathe, and return to what matters.  
The transformation you seek is not  
somewhere else—it's already moving  
through you.  
You don't need more breakthroughs.  
You need one, fully lived.

Let these pages be a companion  
to take insight into awakening

*Abby & Steve Glass*

BEYOND THE JOURNEY



Meet your guides.

# Abby & Steve Glass

Welcome, friend! For the past 25 years, we have been honored to walk alongside individuals on their journeys of growth and healing. With a combined 50 years of experience, our passion lies in helping people discover deeper self-understanding and lasting transformation. Our extensive training in various therapeutic modalities, including psychedelic-assisted psychotherapy, allows us to offer a compassionate, personalized approach to each person we work with.




## Next Steps.

Connect with us here:

 [abby@beyondthejourney.love](mailto:abby@beyondthejourney.love)

 [The Glass Space Website](#)

 [The Ketamine Journey:](#)  
A therapy journal and workbook.