



## Ceremony Integration

Wow, thank you so much for joining us for this powerful experience. We have put together this letter to help you integrate and get the most from the session. Your body, mind and spirit just went through a deep shift and it's important to take it easy and really nurture yourself over the next few days and weeks. Remember that you may be in a vulnerable and even highly emotional state and giving yourself the space to process is vital. We are here for you if you ever have any questions.

### What to do the day immediately following the session

- Rinse off with a short lukewarm shower as soon as you get home. This cleanses your skin, your body's largest organ of any toxins that may have purged through. You may take a bath please don't submerge your dots.
- Rest or nap if your body is telling you to. It's important to give your body and nervous system as much time as it needs to recuperate and adjust.
- Eat healthy, organic, nurturing foods that are easy to digest. This is good as a general rule of thumb and especially after Kambo. Think soups, veggies, salads, organic/pasture raised meats (if you eat meat)
- Take some time outdoors. Nature is one of our best medicines and even just a short walk outside or in a park can be very calming to your body's nervous system. If you can, let your bare feet touch the earth. Be cautious to avoid direct sun just for the first day.
- Avoid Social media, intense music or TV and the news. It's so easy to see or read a post that can put you in an awkward state. Intense content in the news or TV can have a similar effect on your nervous system. We recommend this just for the first few days post ceremony.
- The Dots: The Dragon's Blood I applied is all you will need for speedy healing of the portals. It acts as a second skin and scabs up to help you heal fast. You don't need to cover them with a bandage. They will stay on for about 1-2 weeks and will naturally fall off. When the skin underneath is almost healed you'll feel the scabs begin to lift up. Try to avoid picking at them as this can reopen the wound. It's at this time we recommend

using Aloe Vera, Vitamin E oil, Coconut oil or any other natural healing salve will help with the itching and expedite the healing. Once the scabs fall off, your skin will still need some time to fully heal. In most cases they heal fully and within a few months you may not see them at all. It all depends on your skin type. Personally I like the little scars as a badge of honor and a reminder of the powerful experience.

### What to do in the days and weeks post ceremony

- Journaling: This is a powerful and effective tool to help process your experience. Often we have thoughts, feelings and emotions that run on repeat and journaling helps to get them out of your head and onto paper.
- Yoga, Meditation and Movement: It's vital to participate in physical exercise for both the body and the mind. We offer weekly Yoga Galactica classes that are a perfect tool for integration.
- Healthy Eating: More evidence is showing how gut health and proper nutrition are necessary for your whole well being. We urge you to continue eating healthy, organic and easily digestible foods to maintain your vitality and wellness.
- Integration Circles: Participating in local integration circles is a great way to help process your experience and connect with like minded individuals who are also going through powerful life shifts. Here are some resources for local integration circles.

[www.psychedelaiintegration.org](http://www.psychedelaiintegration.org)

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Remember, we are here for you during your process please feel free to reach out anytime.

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With love,

Siri & Kamala