

# INTEGRATION

Mini Journaling Booklet



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# INTRODUCTION

Welcome to your free mini integration journaling booklet, to get started let's talk about what Integration is and why its important.

Integration is the completion process of Alchemy.

Alchemy is the process of transforming something or someone from one state of being to another. Like lead into gold or flour into bread, but when it comes to people it's the transformation of one identity into another, or the transformation of a pattern & habit into a new one.

Integration is the completion of this process, alchemy cannot occur without integration. How integration works is by taking the new information we come into contact with when we experience something like a plant medicine journey, clarity from mediation or journaling, any experience that gives us an insight or Aha moment requires integration.

# INTRODUCTION

When we don't integrate our profound insights and experiences those aha moments we get in life, no change ever actually occurs. In order for real transformation to find its way into our life, we need to take aligned action towards the change we wish to see, without action our profound insights and experiences just stay information or knowledge.

When we don't integrate we find ourselves chasing for more transcendental experiences, more plant medicines, more meditation, more journaling, more knowledge and more information. This chasing affect keeps us stuck in seeking but never actually changing, it can gives us the false idea that we have created change, when in reality we have only learned more information. Information without embodied action is rendered useless, this is why aligned action is so important to create long lasting change. This is where BIG shifts can occur.

# INTRODUCTION

Knowledge & Information

+

Embodied & Aligned Action ( aka experience)

=

Alchemy & Integration ( aka wisdom)

Understanding this simple formula can better help you alchemize your life and create long lasting and even permanent change.

In the following pages you will be asked a series of questions that you can reuse time and time again. Anytime you have a ground shaking experience or you learn something new come back to these 8 questions, they will help you distill your experience into a simple action step. This action step then will become your focal point moving forward until the alchemical process is complete.

# QUESTIONS

- 1) What are you more conscious (aware) of now than you were before?
- 2) What is good about this awareness for you?
- 3) What is good for others or someone else as a result of you having this awareness?
- 4) Why is this (the insight and its benefits to you and others) valuable?

# QUESTIONS

- 5) What have you learned? *(summarize the insights, benefits and value from the above questions into a clear lesson)*
- 6) What is one specific thing you will do to live this more fully in your life? *(be specific - create a tangible action you can take - and do it)*
- 7) What is one thing you can do that by doing so everything else becomes easier or unnecessary?
- 8) What is the new narrative / story you are stepping into?