



The Integration Starter Guide

A gentle beginning for women integrating an expanded state of consciousness

Ketamine, plant medicine, or psychedelics can open a door. It can soften old defenses, surface buried grief, or reveal a moment of clarity you have not felt in years. But the experience itself is not the transformation.

Integration is what happens afterward.

It is the quiet, intentional process of letting what surfaced reshape how you live, love, and show up. Without integration, insight fades. It becomes a memory instead of a turning point.

With integration, that same insight becomes the foundation for who you are becoming.

Before You Begin

Integration is not a single moment.

It unfolds over weeks, not days.

A few things to keep in mind:

- What comes forward is not always comfortable. Discomfort does not mean something went wrong.
- You do not need to make sense of everything alone. Support does not replace your process, it strengthens it.
- Your nervous system is still open. Treat yourself gently.

The First 48 Hours

This window shapes how well what surfaced settles into your life.

It is not the time to analyze. It is the time to protect your openness.

Notice

- Emotions sitting closer to the surface
- Physical shifts like fatigue, lightness, or tension releasing

- Images or phrases that keep returning
- New clarity or discomfort around relationships, decisions, or patterns

Protect

- Rest without guilt
- Avoid major decisions or difficult conversations
- Choose quiet, low-stimulation environments
- Move gently: walking, stretching, time outside

Avoid

- Numbing with overwork or distraction
- Alcohol or substances that dull your awareness
- Pressuring yourself to “figure it all out” immediately

Making Sense of What Surfaced

These prompts are not tasks. They are invitations.

Choose what feels alive and return later.

1. What did I feel, see, or understand that still feels important?
2. What belief about myself feels different now?
3. What surfaced that I have been avoiding in my everyday life?
4. If I trusted what came forward completely, what would I do differently this week?
5. What old identity or role am I ready to release?
6. Who am I becoming?
7. What would it look like to build my life around this version of myself?

Integration is not about forcing an answer.

It is about staying close enough to the question that the answer has room to arrive.

Signs You May Need More Support

Some women integrate beautifully with time, reflection, and this guide.

Others discover that what surfaced is deeper, older, or more tangled than expected.

You may benefit from support if:

- What surfaced feels too big to hold alone

- Old grief or trauma resurfaced and has not settled
- You keep circling the same insight without movement
- You sense an identity shift and want a structured way to move through it
- You want to be witnessed, not just reflective

Two Paths of Support

Ketamine-Assisted Psychotherapy

Session-based therapeutic support for processing what surfaced in a specific expanded state experience, whether it happened with me or elsewhere.

Psychedelic or Plant Medicine Coaching

A twelve-week coaching container for women rebuilding their identity after a major life transition. High-touch support, structured direction, and a clear path toward who you are becoming.

A Gentle Invitation

If you are holding something that feels too tender, too confusing, or too important to sit with alone, that is not a sign you are behind. It is a sign you are paying attention.

I work with women who have spent a lifetime being capable and responsible, yet now find themselves in a season where the old identity no longer fits. Through ketamine-assisted psychotherapy, expanded state integration, The ALIGN Method, and The RISE Method, I help women reconnect with themselves and create what comes next.

My clients report feeling grounded, clear, connected, and able to build lives that feel like their own again. Not just during the journey, but every day after.

Ready for the Next Step

Schedule a free 20 minute elevate call.

We will explore what is bringing you here and what kind of support you need to elevate into your authentic self.