

There are moments on the healing path that awaken something ancient and true within us — a deep connection to our higher self, our soul, our essence. Whether that awakening comes through plant medicine, deep embodiment work, a spiritual retreat, or a life-shifting experience, the real question becomes: **how do I now live this truth?**

This free guide offers grounded, holistic practices to help you gently anchor your transformation into everyday life — so it becomes not just a memory, but a way of being.

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ROUTINE

It's not sexy. But it works. Remember the basics – sleep, nutritious food, rest... schedule out your time to support you to build new habits in line with your new understandings.

ENERGY

Some healing experiences move energy beyond what the mind can fully grasp. Instead of trying to make sense of everything, try embodied practices like yoga or tai chi. These help you reconnect with your body, work with sensitive energy, and keep your system flowing and grounded—so energy doesn't get stuck again.

SOCIAL SUPPORT

Let go gracefully of relationships or activities that no longer nourish you. Replace these with new opportunities that feel aligned. For example, if you used to spend a lot of time in bars or overstimulating environments, perhaps try joining an evening painting group, or going to Yoga in the Park to socialise. You're not losing connection - you're redefining it.

FUTURE SELF JOURNAL

If your journey showed you what's possible but you feel stuck, try journaling as if your desired changes are already happening. Writing this way helps your mind and energy begin to create a new reality — gently guiding you forward.

GRATITUDE

Gratitude is the source of joy. End each day saying verbally out loud what you are grateful for.

LET GO

Letting go creates space for things to be rebuilt in an aligned way - so things may get worse before they get better. And it may need you to take decisive and measured action. Your daily practice will support you to remain present and calm with the changes.

HELP

You underwent something huge - if you are struggling - ask your retreat leaders, a fellow retreat participant, a trusted spiritual teacher or an integration specialist for support.

Integration Tips Continued...

PATIENCE

You've undergone a deep energetic shift, but your physical world hasn't caught up yet. Avoid impulsive decisions—hold steady with your daily supports like your job, home, and health. Trust that the inner changes are real and unfolding beneath the surface.

Give yourself time to ground fully before making big moves. When you act from calm and clarity, your transformation will deepen and support you more powerfully.

CREATE

You will have experienced things that the mind does not have language for yet, so give that energy form through creative expression. Find a piece of paper and draw a shape, put on music and move your body or find an instrument and make a noise with it. Your creativity needs no goal or form.

NATURE

Reconnect to the medicine and ground via time in nature. Walk barefoot. Be silent. Use a guided meditation to support you to embrace stillness.

TALK

Recounting your journey helps your mind and body integrate it as your new reality. Be mindful of who you share with and how you tell your story—everyone's capacity to understand varies.

With close friends, you might share more detail; with strangers, keep it simple and say it was a transformational experience. For those who care deeply but don't know the full context, take it slow—share gently to help them build understanding without fear.

STAY CONNECTED

Stay connected to others on the retreat, they are the ones who will best understand your journey and can keep you accountable on the integration journey.

DAILY PRACTICE

You may have glimpsed how light and joyful life can be, yet old patterns stored in the subconscious can keep you stuck.

Clearing these patterns is just the beginning—it's essential to develop the ability to live consciously, responding to the present instead of reacting from the past.

Find a practice that brings you into the here and now—yoga, tai chi, meditation, art, music—anything that helps you move out of your thinking mind and into your body.

This daily practice is the bridge from old ways of being to a new, mindful way of living. Transformation requires both deep insight and committed effort.

REST

Energy work and transformation is tiring. Try some gentle practices like guided relaxations or yin yoga to rest.

GOALS

After a deep experience, it's normal to feel lost or confused—what once seemed clear may now feel murky. You might even crave another journey.

This is a powerful moment to reflect on the lessons you received and set small, regular goals to embody them. For example, if you felt a strong connection to nature but live in a city, try bringing plants into your home or swapping indoor workouts for time outside.