

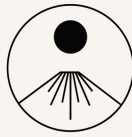
## MOUNTAIN WALKER HEALING

— Where Spirit Meets Earth —

# INTEGRATION CEREMONY

*For this ceremony, you'll need to find a place outside to sit by a water source. Make sure to dress according to the weather in order to be comfortable throughout the ceremony. Give yourself a good 20 minutes from start to finish.*

- 1. Find a place to sit near the source of water.*
- 2. Before you begin, take a moment to cleanse. This can be done by smudging or whatever is your preferred method.*
- 3. As you settle in, take slow deep breaths in through your nose.*
- 4. Bring your energy down to your centre of gravity.*
- 5. From this place, set your intention for the ceremony.*
- 6. Call to the 4 directions, asking them to support you in your intent and to be present with you throughout the ceremony.*
- 7. Allow your body to relax and tune in to your senses. Be curious about what you notice.*
- 8. When you are ready, move into the questions below and notice what comes up for you when you ask. \*It might sound like your mind creating the answers, but it will really be your inner knowing. Trust the process and know that whatever surfaces is exactly right for the moment.\**
- 9. Use the space below, or your own journal if you prefer, to write down what comes up with each question.*
- 10. When you are complete, thank the directions, the wind, the sun/stars, the water, and the Earth for all they have shared with you.*
- 11. For the next 7 days, review these insights before entering the dream time and ask your dreamer for support as you complete your integration.*



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INTEGRATION CEREMONY

*Ask the wind what you need to know to bring this new awareness' into your life.*

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*Ask the sun/stars what light this awareness has sparked inside of you.*

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*Ask the water how to feel into the opportunity this new awareness has awoken for you.*

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*Ask the Earth how to step into this opportunity fully and bring it to be.*

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