## From Trip to Transformation Successful Integration After a Psilocybin Ceremony

Discover the Power of Integration After a Psilocybin Ceremony

This e-book is your **guide** to **integrating** the deep **insights** and **transformations** you've experienced during a **psilocybin ceremony**. The process of **integration** is essential to making the **changes y**ou've gone through lasting. In this e-book, I share practical **tools, techniques**, and **insights** to help you apply the **wisdom** gained from the ceremony to your daily life. From **emotional processing** to creating **new habits**, this e-book provides the tools you need to fully embrace and grow. Discover how **compassion**, **self-care**, and the right **support** can deepen your

If you need more guidance, you can read at the end of this e-book about the **unique coaching sessions with horses** that I offer, which can further support you in your **integration process**.

transformation.

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Coming soon in English!