

The Integration *Journal*

A guided journal for integrating 9D
Breathwork, ceremony or dieta

Insight without integration is not transformation™

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Welcome

This journal is not a place to perform healing. It is a place to tell the truth.

Whether you are coming home from a 9D Breathwork journey, a ceremony, or a dieta, something opened in you. These pages are where you meet what opened, gently and honestly, so it becomes part of how you live instead of a memory that fades.

Psyeed was built on one belief: insight without integration is not transformation. Every prompt here moves you from what you saw to how you live, through the body, through the shadow, and through the ordinary days that follow.

Use it alongside your sessions, or on your own. There is no wrong way to fill these pages. There is only the way that is honest.

How to use this journal

- Write by hand when you can. The body remembers what the keyboard skips.
- Do not edit yourself on the first pass. Let the sentence be unfinished, let it be messy, let it contradict the page before it.
- Go slowly. One part a day, or one a week. Integration unfolds over weeks and months, not in one sitting.
- Return to a prompt more than once. The answer will change. That is the point.
- If you work with a facilitator or integration coach, bring what feels unresolved into your sessions. This journal is a mirror, not a substitute for support.
- Rest when you need to. If something feels too big to hold alone, reach out to a trained facilitator or a mental health professional.

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Setting Your *Intention*

If you are reading this before your 9D Breathwork journey, ceremony or dieta, begin here. An intention is not a goal to achieve. It is the question you are bringing, held loosely.

01 What is calling you to this experience right now?

02 What are you hoping to understand, release, or receive?

03 What are you afraid might come up, and what would help you feel safe if it did?

04 Write your intention in one simple sentence.

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Capture It While It Is *Fresh*

In the first days, what you experienced is still close. Write it down before daily life rushes back in. Do not interpret it yet. Simply record.

01 What did you see, hear, or feel? Write the images, sensations, and words exactly as they came.

02 What surprised you?

03 Where in your body did you feel it most?

04 Was there a moment, a message, or a phrase you want to remember?

05 How do you feel right now, in one word?

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What It *Showed You*

An insight is the moment you see clearly what needs to change. It can arrive all at once and feel like everything. Here you give it words, so it can become something you live by.

01 What is the clearest truth that came through?

02 What pattern, belief, or relationship did it shine a light on?

03 What is it asking you to change, begin, or let go of?

04 If this experience had one message for your everyday life, what would it be?

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Where It Lives in *Your Body*

Integration does not only happen in the mind. Your nervous system holds what opened, and it needs time and care to settle. Listen to what your body is telling you.

01 How has your body felt since your experience? Think of sleep, energy, appetite, and tension.

02 Where do you feel open, and where do you feel braced?

03 What helps you feel grounded and safe right now?

04 What is one way you can care for your body this week?

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Meeting Your *Shadow*

The shadow is not the worst of you. It is the disowned of you, the parts exiled because they once made you unsafe, unloved, or too much. Integration begins with a welcome, not a war.

01 What trait in others triggers you most, and where does it live in you?

02 What part of yourself did you learn to hide to stay loved?

03 If that part could speak without consequence, what would it say?

04 Where are you performing wellness instead of practicing it?

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The Shape of Your *Yes*

A boundary is not a wall. It is the shape of your yes, drawn clearly enough that your no can exist beside it. After an opening, old boundaries often feel different. Notice what is asking to change.

01 Where have you confused being needed with being valued?

02 What is one boundary you have stated but not yet kept?

03 Who in your life has never heard you say no, and what are you afraid that no would cost you?

04 Describe the version of you who no longer over-explains your limits.

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Learning to *Receive*

Abundance work is not about attracting more. It is about unlearning the belief that you must earn your right to receive. Notice where scarcity shows up as identity rather than fact.

01 What belief about money or worth did you take on before you could question it?

02 Where do you overwork to justify rest you already deserve?

03 What would change if receiving required nothing from you but willingness?

04 Name one desire you have not let yourself want in full.

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Making It Your *Practice*

This is where insight becomes transformation. Not in one big change, but in small choices made again and again. Choose practices simple enough to keep.

01 What daily or weekly practice will help you stay connected to what you learned? Breath, movement, time in nature, prayer, or writing.

02 Which old pattern are you most likely to slip back into, and what will you do when you notice it?

03 Who or what supports you in living this?

04 What is one small action you will take this week?

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WEEKLY CHECK-IN

Week 1 *Reflection*

DATE _____

01 This week, the old pattern showed up when...

02 What I chose instead, or what I would choose next time...

03 A moment I felt aligned with what I learned...

04 What I need more of next week...

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WEEKLY CHECK-IN

Week 2 *Reflection*

DATE _____

01 This week, the old pattern showed up when...

02 What I chose instead, or what I would choose next time...

03 A moment I felt aligned with what I learned...

04 What I need more of next week...

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WEEKLY CHECK-IN

Week 3 *Reflection*

DATE _____

01 This week, the old pattern showed up when...

02 What I chose instead, or what I would choose next time...

03 A moment I felt aligned with what I learned...

04 What I need more of next week...

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WEEKLY CHECK-IN

Week 4 *Reflection*

DATE _____

01 This week, the old pattern showed up when...

02 What I chose instead, or what I would choose next time...

03 A moment I felt aligned with what I learned...

04 What I need more of next week...

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COMING FULL CIRCLE

Integration

01 What is different in you now than when you opened this journal?

02 What are you ready to release?

03 What do you want to carry with you, on purpose, from this season?

Healing is not linear, and it does not end when the journal does. Come back to these pages when you need to remember where you started, and how far the truth has carried you since.

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