

## Magical Support



### Preparation and Integration

Psychedelics can be powerful tools for breaking old patterns and creating real change. However, they are not magic pills that will instantly fix your problems for you. Without an integration process wonderful insights and healing may slip away from you as you return to daily life and old habits reassert themselves.

With proper recourses and guiding principles focusing on preparation and integration you can get the most out of your ceremony, to embody your transformational experience that is both sustainable and consistent.

At SunGate, we understand that preparation and integration are key to long-lasting positive change. All our ceremonies have these principles built into how we approach this sacred work. We invite you to follow the higher perspective of your inner knowing and let your direct experiences during your process, guide you towards a better understanding of yourself.

As part of our preparation support, we have a link to a video to help you prepare for your experience.



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### **Before your ceremony – preparation**

Preparing for your ceremony helps you to clarify your mind, body, and soul in a way that creates the perfect internal alignment and setting for your transformational experience. Setting Intentions and not having fixed expectations are important aspects of the preparation stage. Disappointment can be difficult to digest if your ceremony expectations are not met. Plant ceremonies typically give us what we need, not always what we want in the way we want it. So, remember the stories you heard from others are not yours and your experience will be different. Ceremony integration is very unique from person to person.

You will need to familiarise yourself with the diet required to take part and make the effort to implement it. Diets around plant rituals can vary vastly from each tribe in the amazon rainforest and across countries. We have implemented the diet restrictions in a way that gently cleanses, shows respect for the plant, and aligns the body without having an impossible impact on the daily way of life in the UK.

### **Integration**

Integration is everything. We always say that when you go home the real work begins, however, this can also be the most exciting time as you re-experience your life from a place of openness and healing.

We encourage you to drink Cacao which helps everything from your experience to land fully within your heart center and help you embody the wisdom, and clarity moments of inspiration.

At SunGate, we encourage continued ongoing support, either via shamanic healing, a trusted therapist or from one of our facilitators from our trusted resources page. Journaling and exploring the experience with some space is essential if the wisdom you received has been a challenge or hard to understand.

During this important integration phase your brain is open in a special neuroplastic state. This state is called the 'critical golden thread period'. This time offers you a powerful opportunity to anchor your psychedelic experience into tangible positive change in your life, often accompanied by receiving golden threads of wisdom. Guidance at this stage can greatly accelerate your progress, expand, and enhance the transformational gifts you have received within your mystical experience.



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