

Letter 6-I -- Integrate, Integration



The picture captures a stone pattern including a bunch of stones of different sizes and shapes that function together a unit providing a superficial covering over another surface (e.g., dirt, etc.). There is also a "shiny" new stone in the lower left hand corner. Assume this stone pattern represents your current vibrational offering before *integration*.

MIND-BODY-SPIRIT CLASSES

For each of you to execute your own soul plan, you often take mind-body-spirit, self-help, personal empowerment or other types of classes that cause you to grow and evolve as a person. Some of you take other type classes (e.g., shaman, vision quests, etc.) or go on retreats that allow you to have experiences with native medicines (e.g., ayahuasca, kampo, psilocybin (mushrooms), etc.) during which you gain significant personal and spiritual insights.

Such classes are almost always taken in a group environment where you feel safe, supported, excited and eager to apply what you have learned. Some people actually get addicted to these feelings and just keep taking additional classes on a regular basis, over and over again.

However, when you leave such classes and return to your daily lives, you typically experience an "energetic mood crash" in which start to feel isolated and experience negative emotions such as fear, sadness, anger, etc. or even depression. You make plans to keep in touch with your classmates to support each other and in most instances you never do.

INTEGRATION

The key to applying what you have learned in such classes is to "*integrate*" the positive knowledge, growth and evolution you have experienced into your daily life and into the person you are in that daily life.

Integration is defined as "the act or process of merging and joining two or more different things, resulting in one new thing with new traits that attains seamless coordination of all its actions."

Just like the shiny new stone in the picture, the new knowledge, growth and evolution you achieve taking classes is a higher vibrational energy pattern, that is "shiny" energetically and stands out from the other knowledge, growth and evolution you have previously achieved. Your previous knowledge, growth and evolution is represented by the stones in the stone pattern in the picture of various shapes and sizes with dull surfaces that made up your current, non-integrated, lower energy vibrational offering, before integration.

Just like the shiny stone and the stone pattern in the picture, when you take mind-body-spirit, self-help, personal empowerment or medicine classes, you need to *integrate* the "shiny new energy" of your new knowledge, growth and evolution into a whole and new energetic pattern that now defines you and is presented to others as your integrated, higher energy vibrational offering.

Integration involves making an effort to understand and adjust your feelings, attitudes, behaviors, actions and our points of view as you return to your daily lives to include the knowledge, growth and evolution you have obtained into who you are.

Integration is about creating self-awareness, a feeling of wholeness, and expanding your consciousness. *So do not hesitate to integrate!*

After taking such classes how can you *integrate* the knowledge, growth and evolution you have obtained to make a *positive impact* in your life?

Understanding – You need to have a clear understanding of what you have learned and how it will affect your feelings, attitudes, behaviors, actions and point of view moving forward. You are not the same person anymore so you cannot act, feel and behave the same way you did in the past.

Reorganization – During integration your whole human structure including your mind, body, spirit and personality are reorganized into something new. This can be disorienting and cause extreme confusion and the generation of negative feelings. You may need to seek the help of mentors, coaches, etc. during the reorganization process of integration. Such reorganization also causes your boundaries, interests and relationships to change. As a result, people in your life, such as family, friends and acquaintances may view you in a different way they do not find desirable and fade away or leave your life altogether.



Integration

Resistance – Your ego may create resistance to change and prevent you from fully integrating the knowledge, growth and evolution you have achieved. The resistance typically comes from trying to change your familiar, well-established and deeply ingrained energetic patterns. Learn to recognize such resistance when it occurs and adjust your feelings, attitudes, behaviors, actions and point of view accordingly to overcome it.

Presence – During integration, it is important to stay present and open to having new experiences by acknowledging and embracing your new feelings, attitudes, behaviors, actions and point of view. Staying present provides a new and deep sense of guidance for navigating through life as a new integrated person.