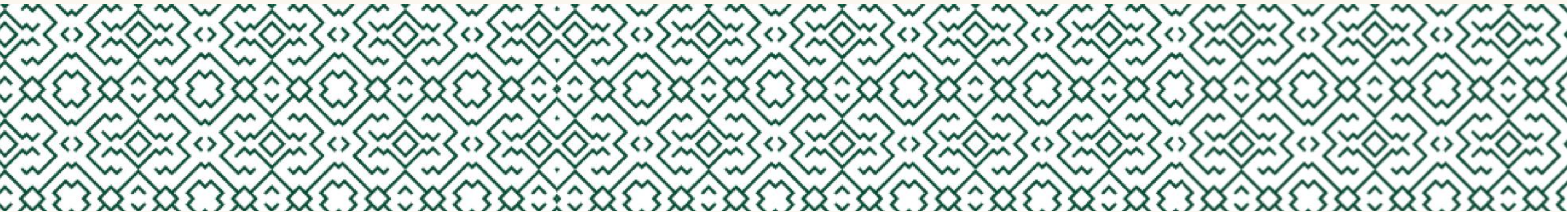




ARKANA SACRED MEDICINE INTEGRATION





A Warm Welcome from Arkana Spiritual Family

Welcome to this sacred space of reflection, healing, and transformation. We are honored to walk alongside you on your journey.

At Arkana Spiritual Center, our mission is simple yet profound: to heal the world, one heart at a time. We believe that true healing begins within—and that the ripple of one transformed heart has the power to reach far beyond the self.

The ceremonies and plant medicine journeys you experience here are sacred gateways to deeper truth, clarity, and remembrance. But the real alchemy begins after the ceremony ends. This is where integration becomes essential.

We believe that integration is not just a follow-up—it is the foundation of real and lasting transformation. Without it, powerful insights can fade into memory. With it, they become embodied wisdom—alive in your thoughts, actions, relationships, and the way you move through the world.

That's why we've created this Integration Booklet: to offer you our continued support, guidance, and care beyond your time in ceremony. Inside, you will find guidance on what integration truly means, how to begin or continue your process, the resources and services Arkana offers to assist you, ways to stay connected with the Arkana Spiritual Family, and practical tools to help ground and deepen your transformation.

We are here for you—as a spiritual family, as fellow travelers, and as guardians of the deep work you've begun. Thank you for trusting us to be part of your healing journey.

With Love
Arkana Team

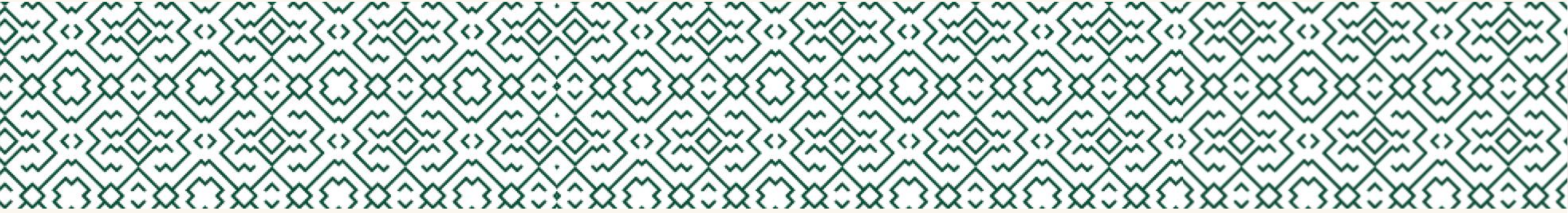


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OI

What Is Integration?

Integration is the art of living in wholeness—weaving together experiences, lessons, and aspects of self to create something more complete and harmonious. Integration is where the real ceremony begins. It is an ongoing journey of aligning your outer life with the deep inner transformation the medicine has shown you.

Integration means asking: Who am I now? How can I take what is learned and distill it into everyday reality? How can I stay aligned with my new sense of self?

Integration is about turning insights into action, letting go of what no longer serves you, and making space for new perspectives to emerge.

Sometimes, integration is joyful and liberating. Other times, it's challenging—requiring us to face discomfort, confusion, or emotional residue from the journey. But with intention, support, and the right tools, this process becomes the bridge between a moment of transformation and a life transformed.



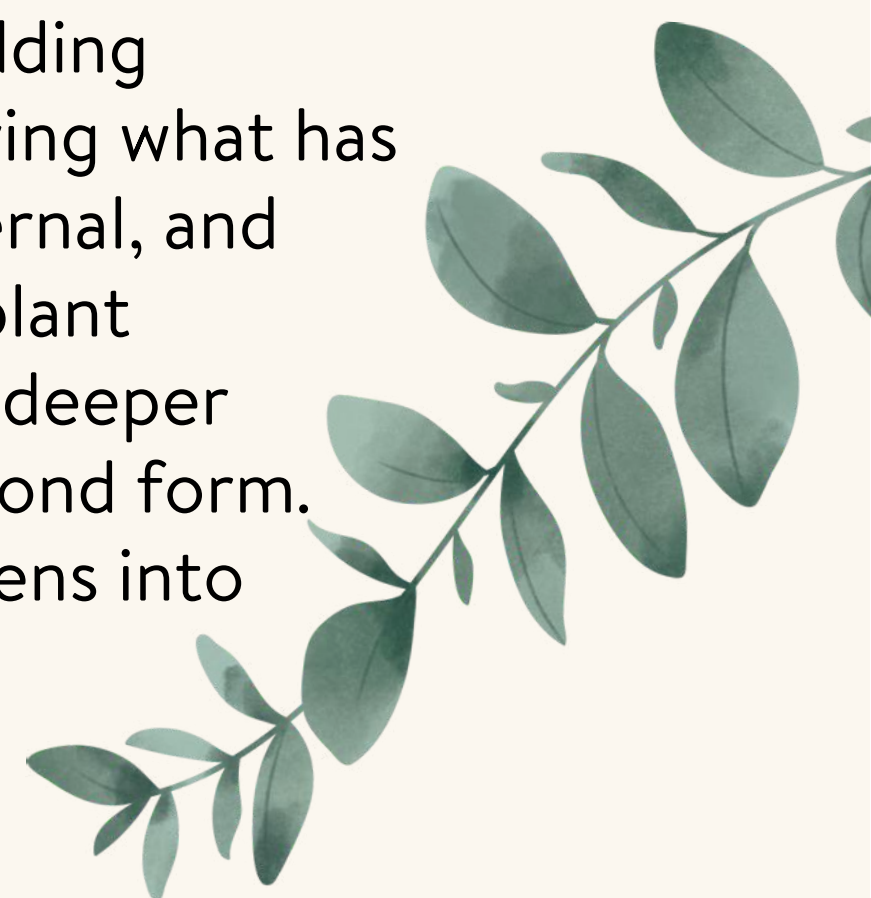


Integration In The Sacred Medicine Path

The word integration comes from the Latin *integratio*, meaning renewal or restoration—and from *integrare*, to make whole again. It speaks to the sacred process of weaving fragmented parts of ourselves back into wholeness, of returning to the truth of who we are.

In the context of plant medicine, integration is the bridge between the vision and the reality. It helps you take what you saw, felt, or realized during the Arkana Retreat—and gently weave it into your thoughts, habits, relationships, and way of being - through embodied practice and conscious action.

Ultimately, integration helps ensure that the transformation you experienced at Arkana Spiritual Center doesn't fade away—it becomes who you are. It is not about adding something new to yourself, but about remembering what has always been true: that your essence is whole, eternal, and untouched by the fluctuations of the mind. The plant medicine experience may offer a glimpse of this deeper reality—a moment of stillness, unity, or love beyond form. But it is through integration that this glimpse ripens into wisdom.





Integration In The Sacred Medicine Path cont.

By steadily applying the insights through practice, reflection, and conscious living, you begin to dissolve the layers of conditioning that veil your true Self. You no longer identify solely with the body, the mind, or the stories of the past. Instead, you begin to abide in your natural state—as awareness itself, as the ever-present witness, as the Self beyond all change.

In this way, integration is not the end of the journey, but the unfolding of it. It is how the sacred becomes embodied, how realization becomes reality.





"Without integration, insight remains
just a memory. With integration, it
becomes transformation."

"Transformation without integration
is just a temporary high".

— Erin Celise Smilkstein



02

Why Practice Integration?

Ayahuasca and other sacred medicines have the power to disassemble your sense of self. In the process, everything you believed about who you are—and how the world works—can be cracked wide open. This is why these medicines have been held sacred in nearly every ancient mystical tradition: they offer a doorway to remembrance, reconnection, a radically expanded state of being.

The critical role of integration is making continued sense of the experience, grounding, and becoming the embodiment of the teachings after the Arkana Spiritual Center Retreat is over.

Without integration, your experience at Arkana may remain a beautiful memory—or a confusing one. With it, it becomes a foundation for lasting, meaningful change.



03

The Arkana Approach to Integration

Reconnect to Your Innate Wholeness

At Arkana, we believe that true healing begins with reconnecting to your innate wholeness—the truth that you are already complete, already worthy, and deeply connected to something greater than yourself.

Integration is not just something we do after ceremony—it's woven into the entire Arkana retreat experience. Our integrative approach bridges the transformative power of plant medicine with grounded practices rooted in ancient wisdom, so you can sustain the magic long after your time at Arkana Spiritual Center ends.

Yog-Vedantic Approach

Our integration specialists draw from Yog-Vedantic teachings and ancient Himalayan Kriya practices to bring alignment to body, mind, and spirit. These practices open the door to unity consciousness—a state in which you remember that you are love itself. From this space of connection to the Divine and the subtle “field” of life, you become aligned with your authentic essence.





The Arkana Approach to Integration cont.

And In This Alignment, Something Beautiful Happens...

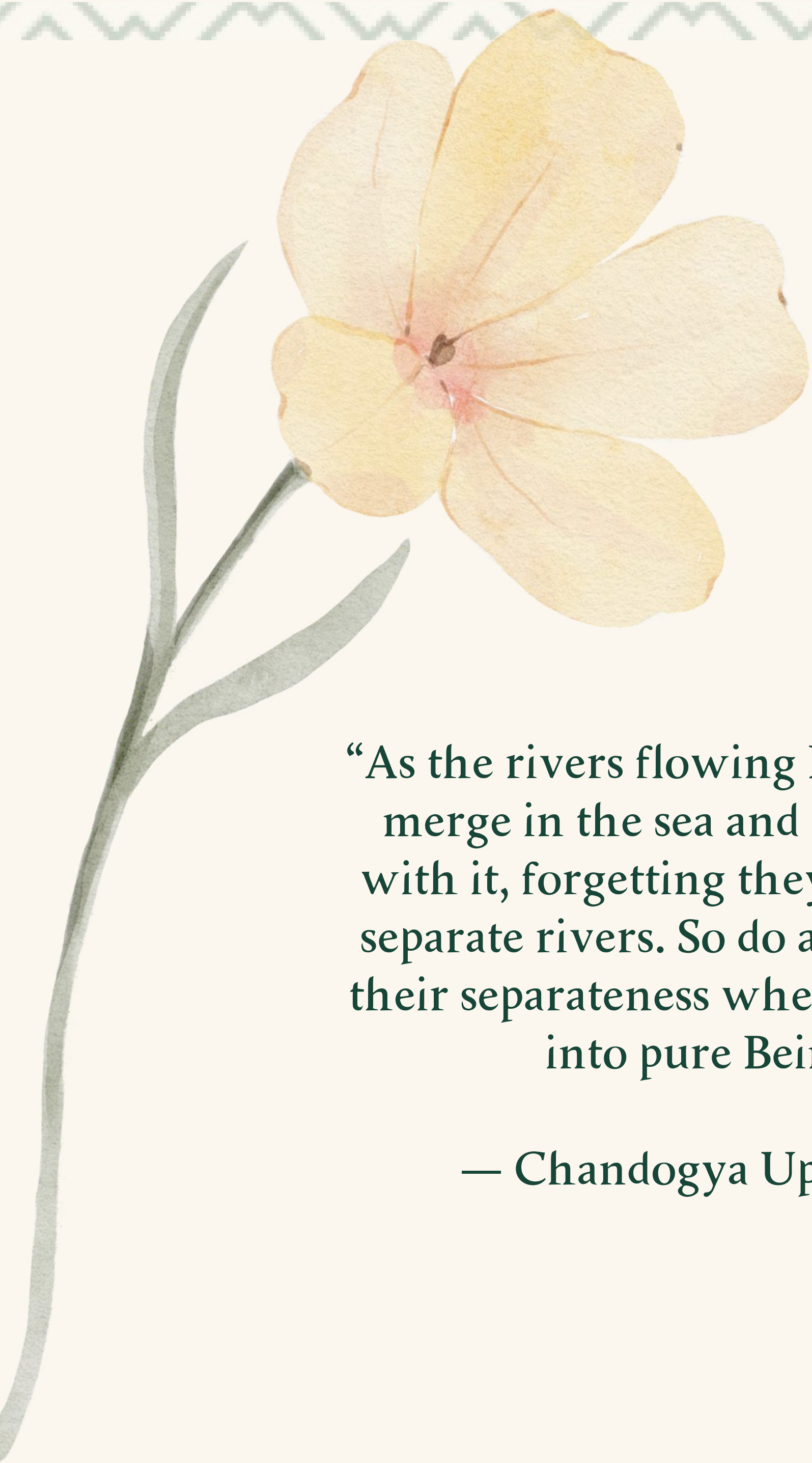
- You begin to tap into your infinite potential.
- You feel inspired, empowered, and creative.
- You remember who you truly are—a master creator, a child of love, here to live a life of purpose and joy.
- You cultivate deep inner peace that is not dependent on outer circumstances.
- You experience more harmony in your relationships, rooted in compassion and presence.



“At Arkana, integration is not an afterthought—it’s a sacred path to living your fullest, truest life. And we’re honored to walk that path with you.”

– Billy Venkatraman, Dharma Officer





“As the rivers flowing East and West
merge in the sea and become one
with it, forgetting they were never
separate rivers. So do all beings lose
their separateness when they merge
into pure Being.”

— Chandogya Upanishad



04

The Arkana Integration Method

Plant medicine can serve as a profound mirror, helping you remember the deeper truths of who you truly are—beneath the masks, the conditioning, the habits, and the constructed layers of ego. It invites you back to your essence, to the part of you that is whole, wise, and free.

But the question is:

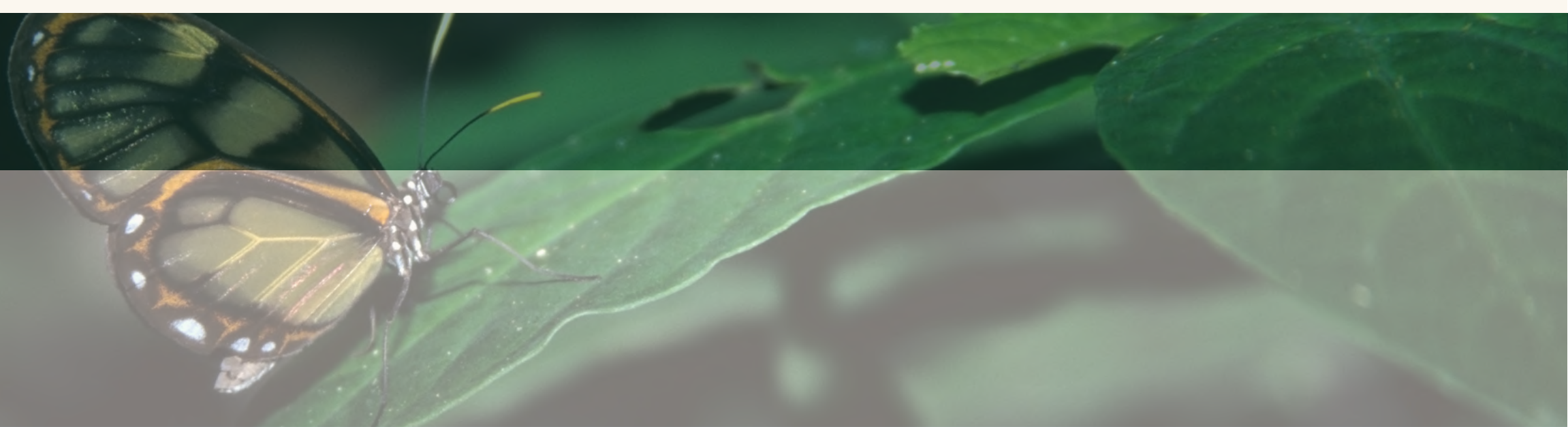
How do you sustain that connection when the Arkana Retreat ends? How do you continue to live in alignment with your highest self and bring that energy into your daily life?

The answer is:

The Arkana Integration method.

Our integration process is designed to help you:

- Embody the insights you receive
- Maintain alignment with your authentic nature
- Cultivate clarity, confidence, compassion, and freedom
- Ground yourself and navigate “normal” life
- Create a life you genuinely love



How The Arkana Integration Method Supports Your Journey



1 Embody the insights you receive

Rather than letting your experience fade into memory, we support you in anchoring your realizations into your body, mind, and everyday choices—transforming fleeting insights into lasting inner wisdom.

2 Maintain alignment with your authentic nature

We guide you in staying connected to the truth of who you are beneath the conditioning—so you can continue to live from a place of inner alignment, integrity, and soul-deep authenticity.





3 Cultivate clarity, confidence, compassion, and freedom

Through reflective practices and conscious tools, you'll develop greater self-understanding, emotional resilience, and the courage to meet life with an open heart and steady mind.

4 Create a life you genuinely love

Ultimately, integration is a path of intentional living. We walk beside you as you reimagine and co-create a life that feels nourishing, meaningful, and aligned with your highest truth.

5 Ground yourself and navigate “normal” life

Integration is about bridging the sacred and the ordinary. We'll help you root your expanded awareness into daily life—so you can show up fully in your relationships, responsibilities, and routines without losing connection to your inner world.





05

Arkana Spiritual Center Integration Specialist

The Arkana Spiritual Center Integration Team is led by our Arkana Integration Specialist Valeria. Valeria is a dedicated guide and space holder trained in the Integrative Himalayan Yoga approach, a path of wholeness that weaves together ancient wisdom and modern embodiment. Her unique integration approach draws upon the full spectrum of yogic tools—including asana (movement), kriya (evolutionary action), dhyana (meditation), pranayama (breathwork), mantra (sound vibration), jnana (wisdom teachings), and dinacharya (Ayurvedic daily practices)—to guide individuals toward lasting transformation and inner unity.

Valeria believes that devotion to one's inner world is the greatest act of self-love, and from that wellspring, we become vessels of healing — for ourselves, our ancestors, and the collective.





In her role as an Integration Coach, Valeria offers a sacred and safe space for individuals to process and integrate experiences from deep spiritual work, sacred medicine ceremonies and transformational retreats. Through personalized guidance, ritual, and intentional daily practices, Valeria empowers others to root their awakening into their everyday lives with clarity, grace, and devotion.

Valeria's mission is to support others in awakening the inner guru—the wise, radiant presence that lives within each of us. She believes we are all divine expressions of the Universe, far more powerful and magical than we've been led to believe. Through her coaching, Valeria gently guides her clients to reconnect with this inner power, discover their unique gifts, and embody their light—so they may shine it in service to those who need it most.

Drawing from her own life's challenges, lessons, and personal healing, she has discovered a deep calling to support and uplift others on their paths. Valeria advocates for a holistic approach to healing and growth, recognizing that every aspect of our lives—physical, emotional, and spiritual—affects our well-being. By embracing this holistic perspective, she empowers individuals to embark on a journey of self-discovery and transformation, guiding them towards greater harmony and fulfilment in all aspects of their lives.



06

The Arkana Integration Offerings

Integration That Meets You Where You Are

At Arkana Spiritual Center, we understand that the real journey begins after the ceremony ends. The days, weeks, and months that follow are where the insights received in ceremony are tested, integrated, and—if nurtured with care—fully embodied.

That's why we've created the Arkana Integration Package—a dedicated offering designed to hold and guide you through this vital stage of your healing journey. Through three 90-minute one-on-one sessions, you'll receive personalized support from our Specialist Integration Team, trained in the Arkana Integration Method: a holistic approach grounded in Yog-Vedantic philosophy, Himalayan Kriya, and conscious lifestyle practices.

Each session is uniquely tailored to meet you, exactly where you are—emotionally, spiritually, and practically. Whether you are feeling clear or confused, expanded or contracted, our role is to walk with you, helping you stay connected to the wisdom you've touched and the path you are meant to walk.

This is not just coaching—it's an invitation to live from your truth.





Why We Recommend a 3-Session Journey

Integration is a Journey, Not a One-Time Event

We offer a minimum of three integration coaching sessions as part of our starter package because true transformation is not instant—it takes time, space, and conscious intention. Integration is not a one-time conversation or a simple checklist, but a gentle and patient unfolding of the insights received. It is a sacred journey of returning home to your Self—layer by layer, breath by breath—as you remember and reclaim who you truly are. With three sessions, you have the space to deepen your reflections, receive personalized guidance, and create a clear and sustainable integration plan. This continuity allows for meaningful shifts to unfold, ensures you don't walk the path alone, and supports you in anchoring lasting change—mentally, emotionally, and spiritually.

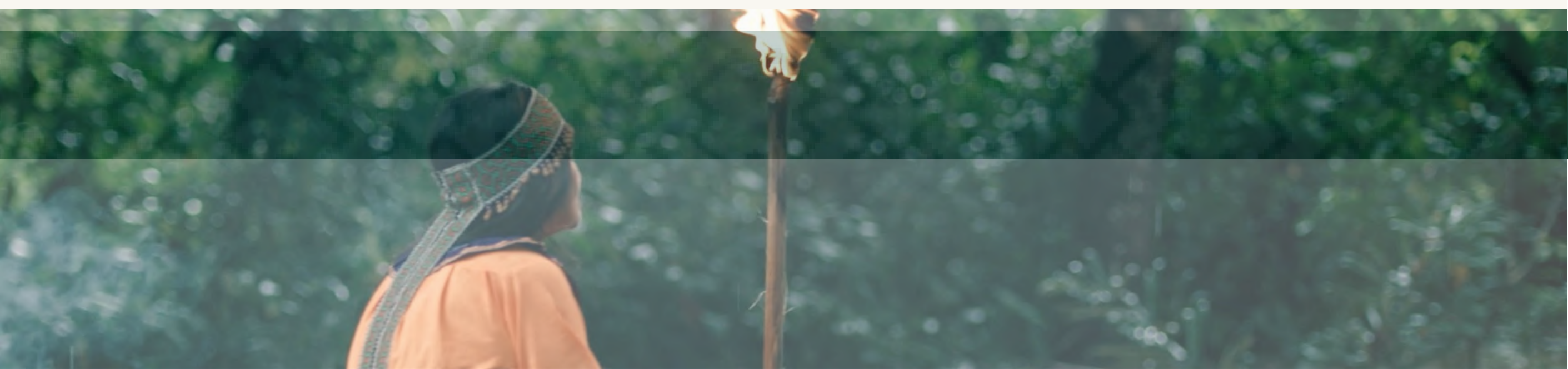
Through continued connection with your Integration Specialist, you are held with consistency and compassion – allowing sustainable change to take root. Integration is not just about remembering what happened during ceremony, but about learning how to live from that deeper awareness. These sessions are designed to help you embody your truth and walk forward with clarity, alignment, and intention.



What You'll Experience in Each Integration Coaching Session

Each integration coaching session offers a safe and intentional space to help you process, embody, and apply the insights from your plant medicine experience. It is a confidential container for reflection, deep listening, and intuitive guidance—centered on what feels most alive and relevant for you in the present moment.

- Opening practice (guided meditation, visualization, breathwork, mantra, silence) to bring grounding, presence and clarity
- Intention Setting
- Check-In, Support & Intuitive Coaching
- Establishing clear, motivating, and measurable goals that support your integration journey
- Tools, resources, and embodiment practices (movement, kriya, breathing techniques, meditation, mantra, japa) tailored to your needs
- Wisdom (jnana) from ancient Yog-Vedantic teachings, combined with practical Ayurvedic self-care tools (dinacharya)
- A holistic integration practice to carry into your daily life and help you stay aligned with your goals





07

Integration Packages

Starter Package — "Ground & Begin"

3 x 90-Minute Sessions – \$399 USD
(\$133 per session)

This is the foundation. Ideal for those just starting their integration journey.

Deep Dive Package — "Integrate & Embody"

6 x 90-Minute Sessions – \$750 USD
(\$125 per session)

A more immersive journey for those ready to commit to deep, ongoing transformation.

Integration Flow Package — "Stay Connected"

Pay-as-you-go (or 3-call bundle)

- \$150 / single session
- \$399 / 3 sessions (same as Starter)

For clients who've already gone through the main work and want occasional support—when things come up, energy shifts, or life brings new integration themes.





08

Integration Testimonials

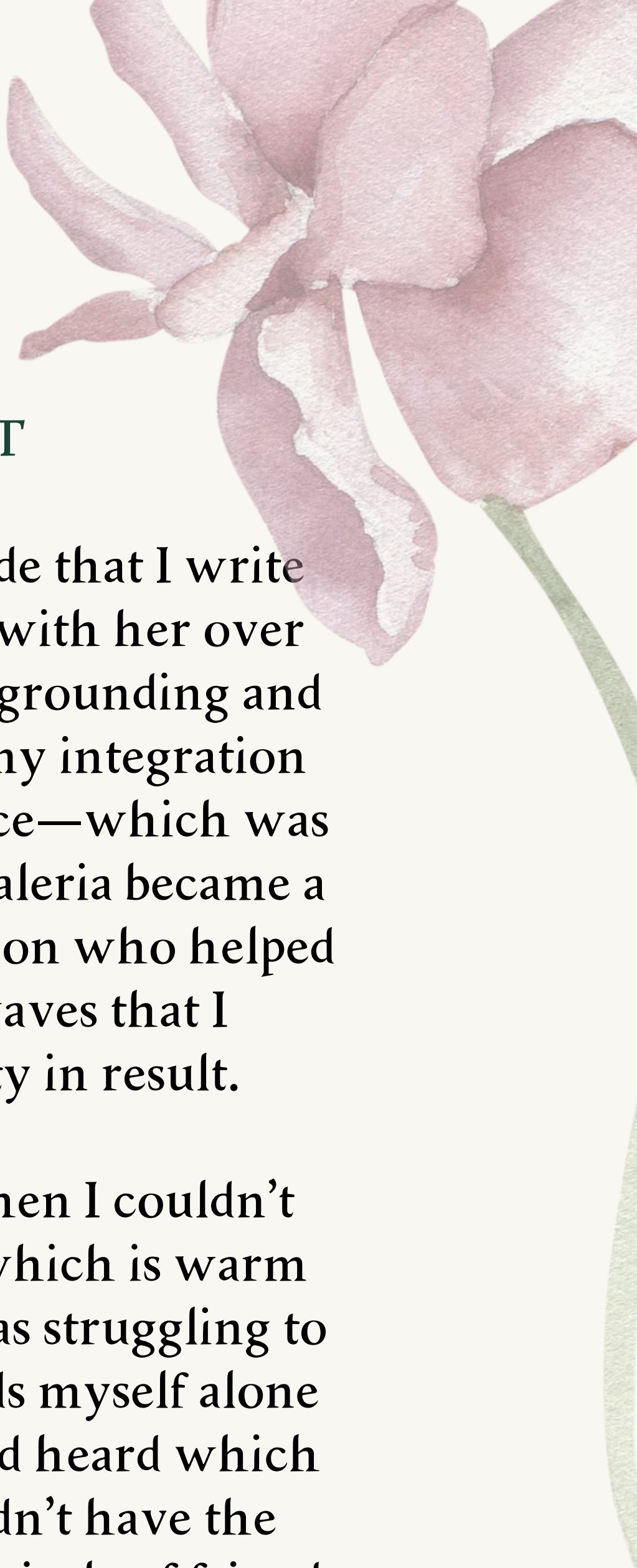
ANDY, LAWYER

"Arkana was one of the most transformative experiences of my life—but I soon realized that the real journey begins afterward. At first, I didn't think I needed integration. I couldn't have been more wrong.

The sessions with Valeria have helped me stay grounded, present, and connected to the insights I received. Her guidance, combined with simple daily practices, has supported real change in my life—mentally, emotionally, and even in shifting long-standing habits.

What I appreciate most is the sincerity of her support. There's no pressure—only wisdom, care, and a genuine desire to help. For me, choosing integration was just as important as attending the retreat itself."





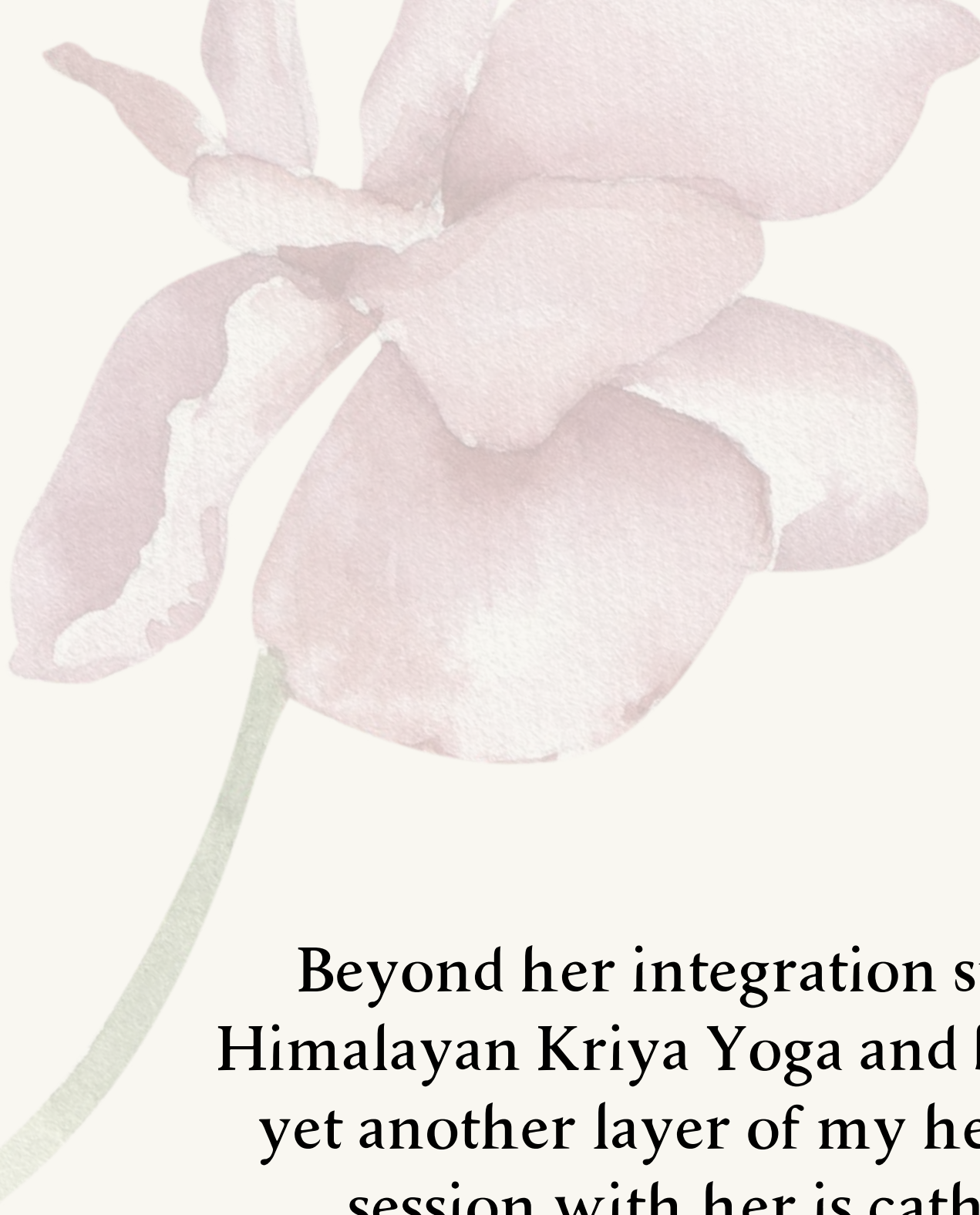
LUS, CREATIVE ARTIST

"It's with an immense sense of gratitude that I write this testimonial for Valeria. Working with her over the past year has been one of the most grounding and transformative choices I've made on my integration journey. After my ayahuasca experience—which was at times turbulent and disorienting—Valeria became a compassionate guide I could really rely on who helped me make sense of the emotional waves that I experienced gaining so much clarity in result.

She held space for me in moments when I couldn't hold it for myself with her presence which is warm and intuitive. At times when often I was struggling to be kind to myself, her kindness towards myself alone was healing. She made me feel seen and heard which at times I needed the most when I didn't have the emotional support from my family and circle of friends

Integration is where the real work begins after the ceremonies: digesting lessons, embodying the teachings, and learning to live with more alignment and presence. By the time I realized just how crucial this phase was, I had already started to fall back into a slippery slope of old patterns and addictions. Valeria helped me gently return to the path with so much non-judgmental care and encouragement. I'll be forever grateful for this.

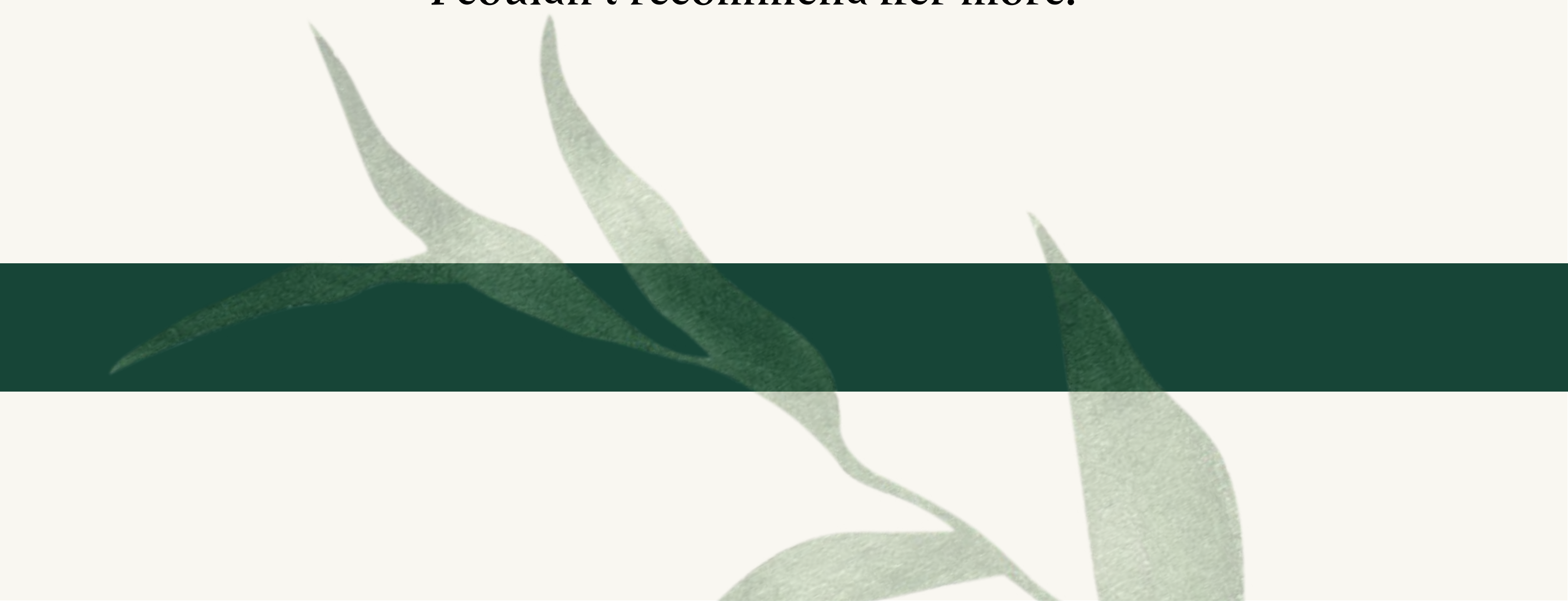




Beyond her integration support, her work with Himalayan Kriya Yoga and breathwork has unlocked yet another layer of my healing. Each breathwork session with her is cathartic and energizing, reconnecting me to my body and breath in ways I hadn't known were possible. Her devotion to these practices—rooted in years of training, including time spent studying with teachers in India—shines through in every class and is a privilege to experience and inspiring to witness.

Valeria's approach to healing is truly holistic. She lives the path she shares—embodying movement, presence, and spiritual wholeness in everything she does. To work with her is to be gently reminded that transformation is not only possible, but inevitable, when met with the right support.

Having Valeria as part of my integration journey has felt like having a superpower—one rooted in softness, truth, and accountability.
I couldn't recommend her more."



09

A Garden of Practices to Support Your Integration Journey

Integration is a deeply personal, ongoing process—it's less of a destination and more of a devoted relationship with your own unfolding. There is no one-size-fits-all formula, because each person's journey with plant medicine is as unique as their fingerprints. What brings clarity and healing to one person might feel completely irrelevant to another. Integration is not about checking boxes or following a rigid protocol; rather, it's about cultivating a deeper sensitivity to your own needs, patterns, and inner wisdom. It's the art of weaving your insights—those flashes of truth, love, or vision received in ceremony—into the fabric of your everyday life in a way that is embodied, grounded, and real.

The tools and practices that follow are here as invitations, not obligations. Think of them as a garden of possibilities, each offering a doorway back to your truth. You may be drawn to one tool consistently, or feel called to explore different practices over time. Trust your inner compass. Let your intuition—not pressure or comparison—guide you toward what feels most nourishing, grounding, and aligned for who you are becoming. Integration is ultimately a practice of devotion to your evolution—done with compassion, curiosity, and care.



Somatic & Embodiment Practices

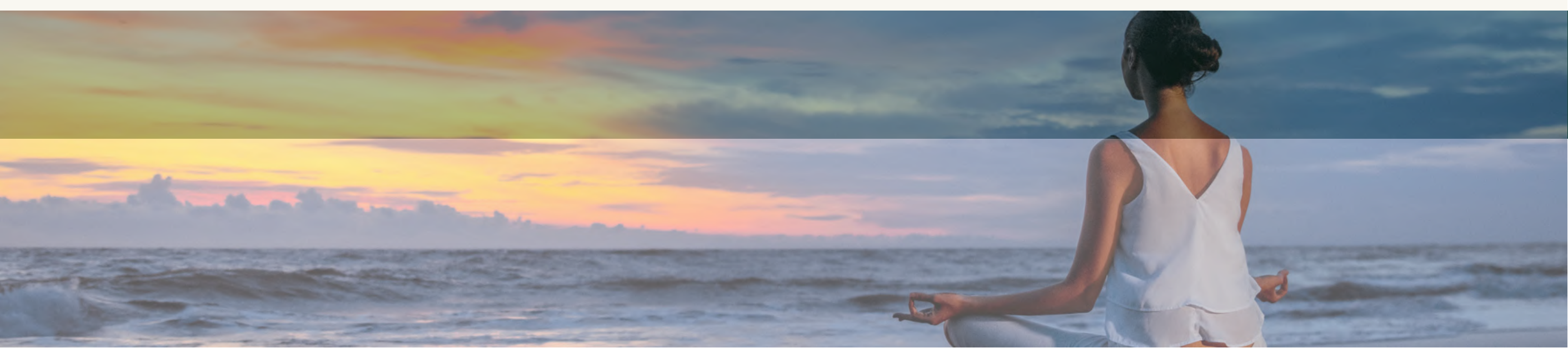
One of the most effective ways to ground your experience is through the body. Somatic and embodiment practices help translate insights into physical presence. This might include gentle yoga, intuitive movement, conscious dance, breathwork, or simply shaking out energy to release what no longer serves. Even mindful stretching or placing a hand on your heart can be powerful acts of integration. Bodywork, massage, or somatic therapy can also support you in coming home to your physical self.

Journaling & Self-Inquiry

Journaling and self-inquiry offer another key to unlocking integration. Writing provides a sacred space to track your emotional landscape, reflect on the lessons you've received, and witness your transformation over time. You might write freely each morning, respond to prompts, or even write letters to your past or future self. If you had visions or symbolic images during ceremony, capturing them in words or drawings can help them land more clearly in your awareness.

Meditation & Mindfulness

Meditation and mindfulness are simple yet profound tools. They allow you to sit with what is arising without judgment, to observe the waves of emotion and thought with compassion. Whether it's a silent breath meditation, a guided visualization, or simply a mindful walk in nature, these practices can regulate your nervous system and support emotional processing. Even a few minutes each day can make a noticeable difference in your inner clarity and resilience.





Connection to Nature

Nature is perhaps one of the most powerful integration allies. Time spent in wild spaces offers recalibration, reflection, and restoration. Sitting quietly by a river, walking barefoot on the earth, or offering prayers to the forest can anchor your energy and remind you of your connection to all life. Nature rituals, such as leaving offerings or speaking to the land, can deepen your relationship with the unseen realms opened through medicine.

Creative Expression

Creative expression is another doorway. Sometimes what we feel or experience cannot be put into words—but it can be painted, sung, danced, or sculpted. Let yourself create without needing it to make sense. Draw the symbols you saw in your visions. Sing the melodies that emerged from your soul. Allow creativity to become a sacred language between your conscious and subconscious selves.

Energetic & Spiritual Hygiene

Caring for your energetic body is also part of integration. This may include smudging with palo santo or sage, taking salt baths, using crystals, or practicing cord-cutting and forgiveness rituals. These practices are especially useful if you feel heavy, foggy, or energetically overwhelmed after ceremony. Energetic hygiene helps you maintain clarity, sovereignty, and groundedness as you move through everyday life.





Community & Sharing

It's also important not to integrate alone. Community is medicine. Sharing your experiences with trusted friends, participating in integration circles, or receiving support from a coach can be incredibly healing. Feeling witnessed and heard by others on a similar path helps normalize your process and offers valuable perspectives. Sometimes just being in presence with others is enough to unlock insight.

Professional Support

Professional support can be essential—especially when working with trauma, grief, or overwhelming material. Trauma-informed integration coaches, somatic therapists, and psychedelic-informed mental health professionals can help you process safely and with skill. In some cases, traditional healing practitioners or spiritual mentors may also offer valuable wisdom and support.

Start Small, Stay Present

You don't need to do all of these. Let your intuition guide you. Sometimes, just one or two practices done consistently are more powerful than trying to do everything at once.

Integration is not about adding more—it's about becoming more of who you truly are.





10

Simple Daily Practices to Get You Started

Journaling for Clarity & Reflection

Writing is one of the most powerful ways to process inner experiences. Let your journal be a safe container to explore your inner world without judgment.

Daily Journal Prompts:

- What am I feeling right now, and what might be underneath that?
- What lesson or insight from my journey feels most alive in me today?
- Where do I notice resistance in my life, and how can I meet it with compassion?
- What actions, thoughts, or behaviors are in alignment with the version of me I'm becoming?
- What does my inner child need from me today?

Tip: Write first thing in the morning or just before bed to access deeper layers of truth.





Visualization

Grounding Visualization: “Roots of the Earth” (5–10 min)

This is a simple practice to come back into your body when you feel scattered, overwhelmed, or disconnected.

Instructions:

1. Sit comfortably, feet on the ground or hips supported on a cushion.
2. Close your eyes and take a few deep breaths into your belly.
3. Visualize roots growing from the base of your spine and the soles of your feet down into the Earth.
4. See them weaving through the soil, connecting with the core of the Earth.
5. As you breathe in, imagine drawing up Earth energy—nourishing, stabilizing, calm.
6. As you breathe out, release tension, anxiety, or anything heavy down through the roots.
7. Stay with this for a few minutes, feeling yourself fully grounded, supported, and safe.

Affirmation: I am rooted. I am safe. I belong.





Breathing

Breathwork: 3-Part Conscious Breath (5–7 min)

A simple technique to connect to your body, regulate your nervous system, and integrate emotions.

Technique:

- Inhale slowly into your belly
- Then into your chest
- Exhale gently through the mouth

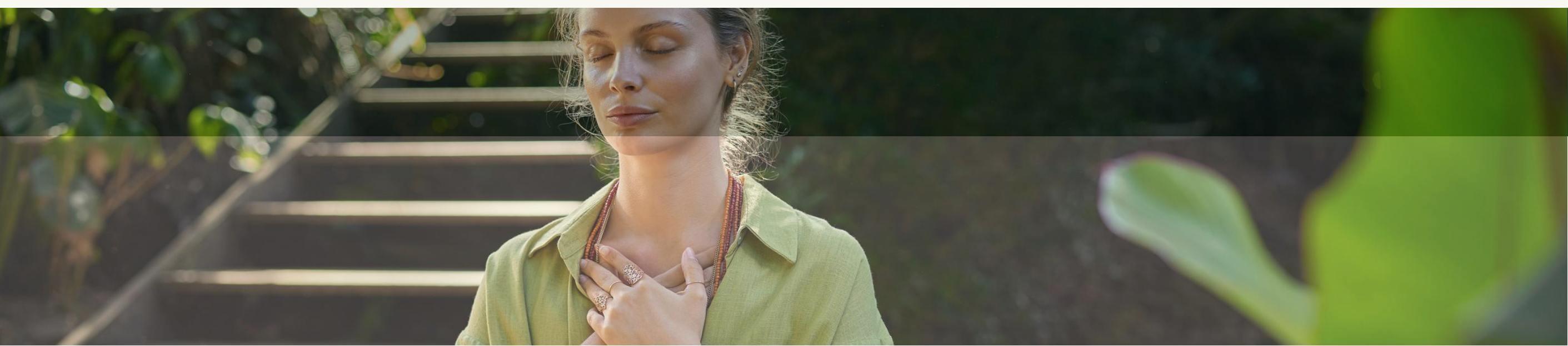
Try this rhythm:

- Inhale belly (1)
- Inhale chest (2)
- Exhale (1-2-3) slowly

Do this for 5–7 minutes, keeping your awareness on the breath. If emotion arises, allow it to move through without analysis.

Optional mantra while breathing:

Inhale: “I receive” – Exhale: “I release”



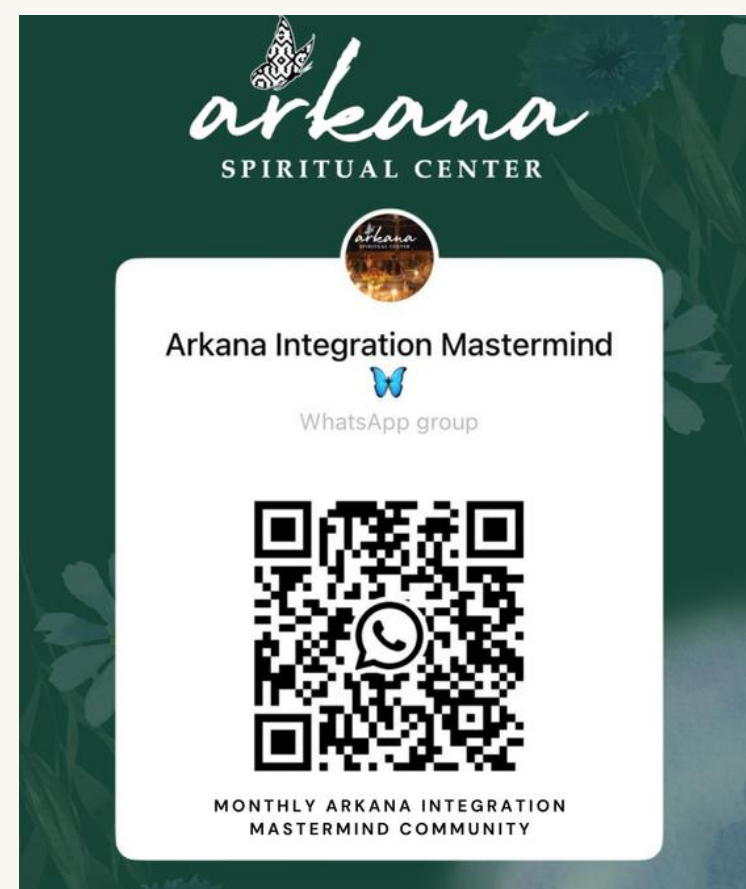
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Stay Connected

Integration doesn't end when the retreat does—and you don't have to walk the path alone. Arkana offers several ways to stay supported, inspired, and connected with a like-hearted community as you continue your healing and integration journey:

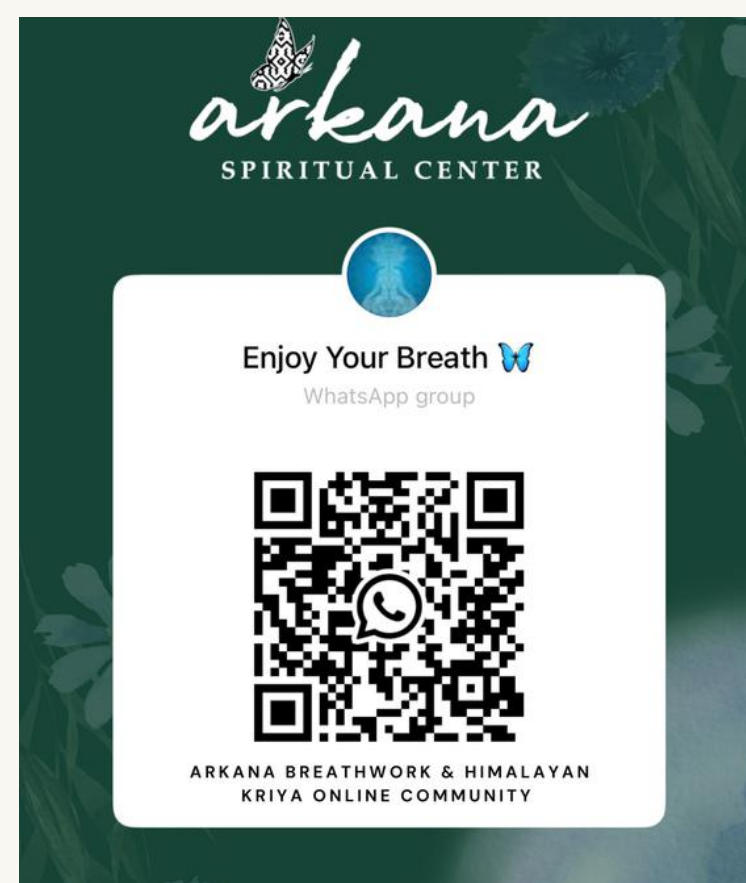
Integration Mastermind

A private space for Arkana alumni committed to continued growth. Join monthly live group calls, share your process, receive guidance from integration coaches, and stay anchored in your transformation.



Enjoy Your Breath - Community

A conscious online space dedicated to breathwork, Himalayan Kriya, and yogic practices. Open to all who seek regular practice, spiritual depth, and supportive community.



II

Stay Connected Cont.

Online Breathwork & Kriya Classes

Join live or recorded sessions to keep your energy aligned, your body activated, and your spirit nourished. These classes are a powerful tool to stay present and embodied throughout your integration journey.



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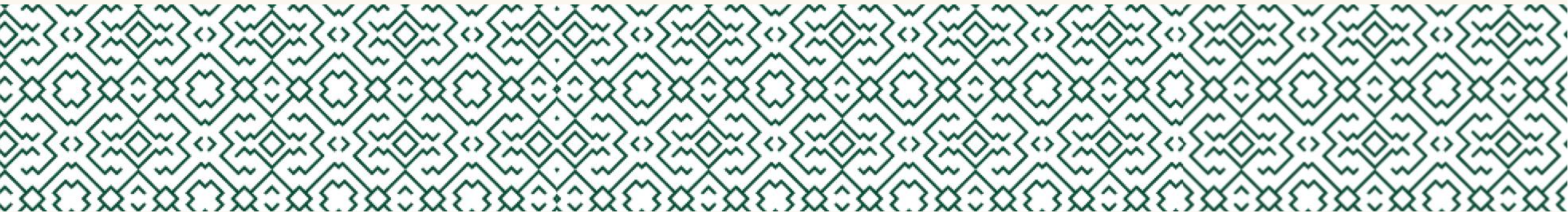
Friends of Arkana – Facebook Group

A relaxed online gathering space where Arkana family from around the world stay in touch, share updates, inspiration, and continue walking the path together.



Scan me





Integration is not a destination—it is a sacred unfolding. Be gentle with yourself. The insights you've received are seeds; with care and presence, they will grow. We are honored to support you on this path. You are not alone.

With Deep Respect and Love,
The Arkana Spiritual Center Team

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