SUGGESTIONS FOR YOUR RETURN HOME …

( as much or as little as your life permits …)

1. BE GENTLE WITH YOUR SELF FOR THE NEXT FEW DAYS

* Allow for greater sensitivity, openness, and vulnerability
* Allow extra time for self-nurturing
* Allow yourself to be with whatever emotions and feelings arise
* Re-enter your normal life and activities slowly and mindfully

2. PRACTICE SELF CARE AND SELF NURTURING

* Get good rest and sleep, drink plenty of water.
* Nourish your body ( massage, different body work techniques, hot soaking, baths, hot shower)
* Exercise gently ( walking, movement with music, stretching yoga)
* Spend time in nature/ Give yourself quiet time and or 'down" time, and time for reflection
* Pay attention to dietary needs, what is your own body calling for?
* Eat nourishing foods, high protein foods and root vegetables are good for grounding.
* Fasting is not recommended
* Pay attention to any food cravings and discern cravings from body's Intuition / inner wisdom

4. CONTINUE TO STAY PRESENT TO YOUR INNER PROCESS

* Pay attention to any "material" surfacing from your psyche
* Hang your mandala somewhere at home where you can connect with for a few days after return
* Be attentive to and work with your dreams
* Write and/or journal
* Use other forms of artwork to support integration such as writing, collaging, painting, clay work, drawing more mandalas, dance and/or movement, listening to music
* For some, exercising can support the process and release energy as well as integrate
* Some integrative tools such as astrology, dictionaries of symbols and mythology, and others you might find helpful can support a larger context of understanding

5. SHARE YOUR PROCESS EXPERIENCE WTTH SOMEONE YOU TRUST

* If you are moved to do so, connecting with your "sitter" or someone in the group within a few days to check in with each other where you are
* If you are currently working with a therapist or coach, make an appointment to share your breathwork experience and mandala, as well as your process since the workshop
* Attend your regular support groups or circles
* Share your experience with people you know will be able to receive it, rather than discount it.

6. AYOID MAKING IMPORTANT, ABRUPT OR RASH DECISIONS

* Wait at least a week before making any important life decisions. All important decisions will remain there if they are meant to happen!

HAVE A NOURISHING RETURN HOME!

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