



## Digestion and Integration

After so much expansion these past few months, it's time for us to rest, digest and integrate. This is a sacred part of the cycle. Just like harvesting the energy after an accomplishment, this is a time to nourish your system and let momentum build naturally and healthily. This is a sacred pause.

One of the ways we're going to do this is to identify the specifics of the expansion you've had. While it's easy to focus on the outer, fairly tangible changes, I invite you to also look at the more subtle, inner changes. They are often more impactful and feel like bigger accomplishments. Remember – nothing is too small to celebrate.

Ready? Let's go!

*My accomplishments include:*

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*New skills, talents and gifts that I've developed or recognized in myself include:*

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*What's great about these things is:*

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*My “new normal” (compared to 6 months ago) includes:*

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*I’m becoming someone who:*

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*Some S.T.U.F.F. I’m noticing right now (emotions, physical sensations, thoughts):*

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*My intention for this month:*

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*My intention for the next 6 months:*

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*I give myself permission to:*

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Daily practices are a consistent reminder to stay in the energy of integration and digestion. In addition, they can actually help energetically *do* the digestion and integration.

Here are some suggestions that might spark your ideas.

- Breathe – Set an alarm once or twice a day, at times when you typically get wound up or in your head, to take some breaths down into your belly. Or to do the solar plexus breath. Or to breathe up and down the Central Channel.
- Power Pose – You can Power Pose with your intention for the month, your permission statement, a Choose Statement, focusing on breathing up and down the Central Channel, feeling your sovereignty, or something else. Doing it in front of a mirror can add extra oomph.
- Play – Paint, dance, recite poetry, sit outside.
- Rest – Maybe taking a bath 5 evenings a week (or 3 or 7) feels nurturing and luxurious to you.
- Do 1 uncomfortable thing a day – Maybe what will bring you the most space and ease is to do one thing a day that feels hard, scary or uncomfortable. That could be having a difficult conversation, doing something you’ve been putting off, exercising, taking a nap, or having your groceries brought to you.

*Some ideas for a daily practice that will support me in my digestion and integration are:*

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*The one that feels the most juicy and resonant for me is:*

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*As the Queen/Sovereign of myself and my life,*

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