



FOR THE HOURS AND DAYS AFTER THE JOURNEY

Energy Integration Journal

let the medicine settle

SISTERS OF CREATIVE CONTENT · THE SACRED COLLECTION

WELCOME

The session ends. The journey continues.

integration is where the real transformation lives

An innerdance or energy session can open doors: memories surface, emotions move, the body speaks in sensations and images that logic cannot always explain. What happens in the session matters. What you do with it afterward matters even more.

Integration means giving your experience time and attention so it can settle into your life as real change. Without it, even the most profound journey fades like a dream by morning.

Use this journal as soon after your session as you can, while the experience is still warm. Then return to the same pages days later. Meaning often arrives in layers.



write before the mind explains it away

Gentle guidelines

Write soon, judge never. Capture the experience within a day if you can. Do not worry whether it makes sense. Fragments, images, and single words are enough.

Stay in the body. Before analyzing what it all meant, describe what you felt physically. The body often understands before the mind does.

Let symbols be symbols. If you saw images, colors, or scenes, record them exactly as they appeared. Their meaning may unfold over weeks. You do not have to solve them today.

Move slowly afterward. Drink water, walk in nature, keep the evening soft. Big openings deserve gentle landings.

Return in layers. Reread your entry after three days, then after two weeks. Add what you see now. This layering is where insight becomes lasting change.