



Integration Basics

Making the most of any powerful experience —
the days that turn insight into real change.

A guide from TripleVision Wellness

Curiosity • Community • Conscious Action

Why the days after matter

You've had a powerful experience — a ceremony, a retreat, a breathwork journey, a season of deep practice, or a hard and clarifying turn in your life. Something moved. It's tempting to think the experience was the work. It wasn't. It was the opening.

What you do in the days and weeks that follow is where the change actually takes root. In this kind of work, the peak experience is maybe ten percent of it. The other ninety percent is integration — the quiet, ordinary, courageous work of letting what you saw become how you live.

"No map has ever done the traveling for the adventurer. Integration is the journey — and it asks for a little resolve, courage, and conscious action."

A big experience can hand you a vivid map and a kind of inner GPS: for a while, you can see clearly where you are and how you got here. This guide is a companion for the walking. It doesn't much matter what opened you — the care that follows is the same.

1. Land before you analyze

For the first day or two, your only jobs are to rest, eat well, and drink plenty of water. Treat yourself the way you'd treat someone recovering from something big — because in a real sense, you are. There's no rush to make meaning yet.

Instead, gently catch the raw material before it fades — the images, the phrases, the feelings in your body — the way you'd jot down a dream on waking. You're collecting, not interpreting. Meaning comes later, and more easily, once you've rested.

A gentle landing checklist

- Rest, and protect your sleep.
- Nourishing food and plenty of water.
- Write down images, phrases, and body-feelings — no analysis.
- Keep at least one low-demand day clear if you can.
- Go easy on screens, alcohol, and big decisions.

2. Expect the dip

A day or two later, a low often arrives. You might feel flat, tearful, irritable, foggy, or tired; sleep and appetite can wobble; motivation can dip. This is normal. It's usually short-lived, and it's physical as much as emotional — your system is rebalancing after working hard.

Healing rarely moves in a straight line. Breakthroughs are often followed by a quiet backlash — two steps forward, one step back. A dip is not a sign that something went wrong, or that the experience “didn’t take.” Be gentle with yourself, keep up the basics, and it tends to pass.

3. Come back to the body

Big experiences don’t only live in the mind — they settle in the body, and the body knows how to release what it’s ready to. These are small, safe ways to help it along. Choose one or two that appeal; you don’t need all of them.

- **Morning light** — in gentle outdoor light for 10–20 minutes early in the day, to lift mood and reset your body clock. Never stare at the sun — soft, low morning light is kindest.
- **Earthing** — stand or sit with bare feet on grass, soil, or sand. Many people find direct contact with the earth quietly settling.
- **Gentle shaking** — stand with soft knees and let your body bounce and shake for a minute or two, coming down onto your heels so each contact sends a settling signal up through you. This helps discharge leftover tension.
- **Move gently** — walk (especially in nature or near water), stretch, do slow yoga, or dance. Movement helps process both feeling and body chemistry.
- **Breathe slow** — make your exhale longer than your inhale for a few rounds to calm the nervous system.
- **Warm water** — a warm bath, with Epsom salts if you like, soothes the body and supports sleep.

4. Put it into words

Writing turns a swirl of impression into something you can actually work with. Set a timer for ten minutes, and let these prompts lead — messy is fine, and you can return to any of them across the week.

- What did I see, feel, or understand that I don’t want to forget?
- What did I learn to believe about myself long ago — and is it still true now?
- Which part of me showed up? What is it carrying, and what does it need from me?
- What have I been avoiding feeling, and what wants to move?
- What am I being invited to change — and what’s one small first step?

5. Turn insight into action

Insight fades unless it’s given roots. This is where the real change lives — and where most people quietly let it slip. Don’t. Choose a small number of concrete, kind commitments, and let them be specific enough to actually do.

- Name 2–3 commitments — what, when, how often. Two you’ll truly keep beats ten you won’t.
- Name the old pattern and your early-warning signs, and plan for the dip before it comes.
- Tell someone. Change holds better in company than in isolation — find a circle, a friend, a community.

This last one matters more than it sounds. We're not built to integrate alone. A little community — people who understand the terrain and will ask how you're doing — is often the difference between an experience you remember and a change you live.

6. When to reach for more support

Most people move through the ups and downs and gradually steady out. But sometimes we need more than self-care can give — and reaching for it is a sign of strength, not weakness.

Please reach out to a professional if you notice

- A low mood that stays heavy and doesn't lift over days.
- Feeling numb, unreal, or disconnected from yourself or the world, in a way that persists.
- Trouble functioning — not sleeping, not eating, unable to manage daily life.
- Any thoughts of harming yourself, or that life isn't worth living.

If you're in crisis or thinking about harming yourself, please reach out right away — to a trusted person, a local crisis line, or your local emergency number. You don't have to carry it alone.

This guide is for general education and self-reflection. It isn't medical or psychological treatment.



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About

Rich D'Amaru is a Koh Phangan-based preparation and integration facilitator. His path spans fifteen years of ongoing, eclectic training across Amazonian and contemplative traditions, alongside study of yoga, cross-cultural spirituality, parts work, and somatic and trauma-informed approaches. He is a 500-hour trained yoga teacher, an alumnus of The Jaguar Path (yoga and shamanism) under Ray Crist, and has trauma-informed training in Somatic Trauma Resolution with Gemini Adams.

Over the years he has supported thousands of people, in one capacity or another, and built his practice on a simple conviction: real care doesn't end when the experience does. TripleVision Wellness offers thorough preparation and grounded integration support — so no one is left to make sense of the most important moments of their life alone.

Come sit with us

Integration, Intention & Inspiration

A twice-monthly integration circle on Koh Phangan — a warm, guided gathering of sharing, reflection, and simple somatic practice, to help what you've experienced take root. Whether something recently opened for you, or you're preparing for what's ahead, you're welcome.

Next circle: [date] · 10–12 places · [contribution]

Reserve your place: calendly.com/richdamaru/integration

Or to ask about preparation and integration support: **WhatsApp / Telegram +66 98 742 7162 · richdamaru@gmail.com**