

Ritual: The Integration Ceremony

This final ritual marks the completion of your journey—and the beginning of a new life.

The Integration Ceremony

1. **Gather the seeds, letters, or objects** you have collected during this journey.
2. **Light a candle.** This is sacred time.
3. **Read aloud one thing you have learned** about each shadow you met.
4. **Hold your hands to your heart.** Say:
“I am no longer at war with myself. I welcome all parts of me home. I am whole. I am free. I am becoming.”
5. **Blow out the candle.** The container is closed. The work continues in life.

Date of Integration:

How do you feel?
