

PERU

AFTER THE JOURNEY

INTEGRATION

12-WEEK WORKBOOK

AYAHUASCA JUNGLE RETREAT
WITH SATYA

A guide and a journal for coming home to yourself.
One week at a time.

EDITION 2026

WORKING
WITH SATYA

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DEAR ONE

Thank you for walking with us, and for choosing to feel, to soften and to open.

What you touched, remembered or allowed to emerge in the jungle is **not a conclusion, but a beginning.** This workbook walks beside you for the first twelve weeks at home. It is a guide and a journal in one: three small steps each week, one question to write about, and pages to come back to when you need them.

BEGIN HERE

What is integration, and why it matters 3

How to use this workbook 5

Before you begin · *a page to write* 6

If today feels heavy · *navigating feelings* 7

YOUR 12 WEEKS

The journey at a glance 10

Month 1 · Ground · weeks 1 to 4 and check-in 11

Month 2 · Make meaning · weeks 5 to 8 and check-in 21

Month 3 · Live it · weeks 9 to 12 and check-in 31

TO RETURN TO

Pages to come back to · *low-energy days, open questions, postcards* 41

Not your first jungle · *ten deeper inquiries* 45

You are not meant to do this alone · *your next steps* 51

A letter to myself, one year from now 53

"Think of life as a dance with the universe. Each step you take, each decision you make, is part of a greater choreography, one that is guiding you back to your true essence."

SATYA

THE SPACE BETWEEN TWO WORLDS



Coming back from a retreat, you may feel suspended between two worlds.

The vastness you touched

The quiet knowing, the loosening of roles, the inner recognition.

Your daily life

The dishes, the messages, the unresolved.

You may feel expanded and lit from within. Or shaken, disoriented, vulnerable. Sometimes all of that in a single hour. **This is not confusion. It is your system reorganising.** Like any tide, it takes time to settle. So walk gently, and give yourself space to listen.

What is integration?

Integration is the process of letting what you experienced in ceremony find its place in everyday life. It begins where the ceremony ends, when the songs no longer echo through the forest and you return home carrying moments that don't always fit into words.

It is how your body, heart and mind absorb what was revealed. Not only to understand, but to live it. It is where insight becomes presence, and starts to shape **how you walk, how you choose and how you relate.**

FOUNDATIONAL INSIGHTS

WHY INTEGRATION MATTERS

Teacher plants such as ayahuasca can open deep inner landscapes. They can loosen old patterns, bring buried material to the surface and invite moments of clarity, release and connection. But these experiences, however expansive, **are only the beginning.**

WITHOUT INTEGRATION

- Insights fade, like dreams on waking.
- Familiar emotional loops quietly return.
- The nervous system can feel overwhelmed.
- Confusion grows when inner shifts are not mirrored in the outer world.
- Insight can be mistaken for arrival.

WITH CONSCIOUS INTEGRATION

- Reflection and repetition support new ways of responding.
- The body learns new rhythms, anchored in safety and connection.
- What surfaced can be met and understood, with support.
- Clarity shows up in how you speak, relate and choose.
- Insights are not only remembered. They are lived.

Change rarely happens in a single moment. It unfolds in how we return to ourselves, again and again. Integration is the art of making that return conscious, embodied and real.

> *"You can have a powerful experience, but if you do not integrate it, it fades, because most of your life happens in ordinary reality."*
>
> SATYA



BEGIN HERE

HOW TO USE THIS WORKBOOK



You don't need to read everything. Find your week, do three small things, and write a few lines. That is the whole practice. About 15 minutes a day.

1 Find your week

Count the weeks since you came home and open that page. Each week has one focus, in three months: **Ground**, **Make meaning** and **Live it**.

2 Do three small things

Something every morning and one thing once that week. Tick the boxes in the tracker. A missed day is not a failure. Simply begin again.

3 Carry one line

Each week brings one of the ten integration guidelines, or words from Satya. Read it in the morning and let it come with you.

4 Write

Each week has two pages. On the **evening pages**, write a few lines every night. On the week page, answer one bigger question, once. At the end of each month, a short check-in. No one else needs to read it.

If you have been before

From week 3, each page points to a **deeper inquiry** for returning participants (pages 45 to 50), with space to write. Start from the same ground: rest first.

If a day feels heavy

Go to pages 7 to 9, and to your low-energy plan on page 42. If things feel like too much, write to us and seek professional care. You don't have to wait.

Go at your own pace. If a week asks for more time, stay with it. Integration doesn't follow a calendar.

BEFORE YOU BEGIN

Write this in your first days home, while the jungle is still close.

What I want to remember from the jungle

My intention for these 12 weeks

People who support me, and how to reach them

Signs that I need more support

Our team: retreats@workingwithsatya.com · **My Working with Satya contact:** _____

My therapist or doctor: _____ · **Local emergency number:** _____

AFTER THE RETREAT: WHEN IT FEELS HEAVY

Many people notice strong feelings in the weeks after a retreat. These are some of the most common, with simple ways to meet them.

The urge for change

"I need to quit my job. End this relationship. Start over."

You may feel a strong wave inside, a wish to begin a new life. We honour the truth of that impulse, and we also invite you to **pause before acting**, unless you are in harm's way.

- Keep a change journal. Write down what you feel called to shift and come back to it after a few weeks. The wish may still be there, now with more wisdom, or it may have softened into a more sustainable direction.
- Ask: is this coming from clarity, or from intensity? One needs patience, the other action.
- Talk big decisions through with someone you trust, or in an individual session.
- If the call remains, map the path: the practical steps, the emotional and financial impact, who can support you, and the consequences you are ready to hold.

Identity confusion

"I don't know who I am anymore."

Some people return feeling like strangers to themselves. The masks, the shoulds, the habits of pleasing loosen. What emerges may feel raw and unfamiliar. Let it be. The true self doesn't arrive fully dressed. It comes barefoot, quiet, curious.

- Give yourself permission not to know yet. This is a fertile pause, not a void.
- Do simple things that feel like you: cooking, walking, singing, silence.
- Spend time in nature without needing to define yourself. Trees don't rush to become.
- Let the question "who am I?" stay open, as a mystery to befriend rather than a test to pass.

Questioning visions

"Was what I saw real?"

Satya speaks of humility with visions: what appears in ceremony does not always become a literal event in this life. The question is what you can learn from it.

- Separate what you experienced from the meaning you give it.
- Let the meaning stay open. A vivid image is not proof about another person, the past or the future.
- Don't use a vision alone to make big decisions, accuse someone or diagnose yourself.
- Share it only with people who listen without judgement.

Emotional intensity

"I'm crying more than usual. Or I feel numb."

Grief, joy, anger, tenderness. Old emotions and forgotten moments can resurface. What arises asks to be seen and held, not solved.

- Let emotions move through sound, tears, movement or writing.
- If you feel numb, don't force feeling. Stay near yourself, gently.
- Hum, place your hands on your heart, curl up in a blanket.
- Reduce stimulation: loud places, screens, a full diary.

Relationship shifts

"I feel different with the people around me."

As you change, your relationships change too. You may feel closer to some people and more distant from others.

- You don't need to explain your process to honour it.
- Let silence be a boundary when words aren't ready.
- Notice where honesty flows with ease, and follow that.
- If tension arises, stay rooted in your heart, not in defence.

Sleep and body sensitivity

"I can't sleep well. My body feels tense."

Your nervous system may stay activated for a while after a deep journey, and dreams can be vivid.

- Create an evening ritual: low light, slow music, stretching, a warm bath.
- Massage your feet and legs before sleep.
- Lie with your legs up the wall for a few minutes.
- Limit screens and intense conversations at night.

"True healing begins when we become deeply honest with ourselves. It requires courage, yes, but it is through this process that we can recover the sacredness of life."

SATYA

WHEN IT FEELS LIGHT

Some parts of integration feel beautifully clear or calm. You might sense yourself opening to love, softness, presence or joy. Let yourself receive these moments.

Peace or clarity

"Things feel simple."

Trust it. Let your body get to know this calm. Don't rush to question it. Celebrate small shifts.

Joy or lightness

"I want to laugh more."

Smile without needing a reason. Share joy with people who can receive it. Make space for beauty.

Feeling connected

"I feel part of something."

Spend time in nature without needing to do anything. Let your relationships reflect presence and honesty.

And when it feels ordinary, or disappointing

Not every retreat brings what we hoped for, and that is allowed. Disappointment and mixed feelings are part of honest integration too. You don't need to feel grateful on cue. Bring it to a session, or to someone you trust: it is worth speaking about.

PLEASE READ

When to reach out for more support

Most reactions settle with time, rest and connection. Some need more. Please contact our team, and seek professional care, if:

- difficult feelings are getting stronger, or lasting for weeks;
- you cannot sleep, eat, work or look after yourself as usual;
- you feel disconnected from reality, or the people close to you are worried about you.

If you feel unsafe or might harm yourself or someone else, contact your local emergency services now. Then let us know, so we can stay with you.

Our team: **retreats@workingwithsatya.com**

These feelings and sensations are often a sign that something real and meaningful happened. Let your days be tender and your pace slow. There is no rush to figure it out.

YOUR 12 WEEKS

THE JOURNEY AT A GLANCE

Each week has two pages: one for the week, with its practices and question, and one for your evenings.

MONTH 1 · GROUND

Week 1 · Land softly p. 12
Week 2 · Protect the seed p. 14
Week 3 · Let yourself be witnessed p. 16
Week 4 · Hold it all p. 18
Check-in p. 20

MONTH 2 · MAKE MEANING

Week 5 · Choose your day p. 22
Week 6 · Listen to the body p. 24
Week 7 · Let it touch your relationships p. 26
Week 8 · A personal ceremony p. 28
Check-in p. 30

MONTH 3 · LIVE IT

Week 9 · Walk in truth p. 32
Week 10 · Ceremony in ordinary life p. 34
Week 11 · Give something back p. 36
Week 12 · Close the cycle p. 38
Check-in p. 40

After 12 weeks · keep your integration alive, and choose your next step p. 51





MONTH 1

GROUND

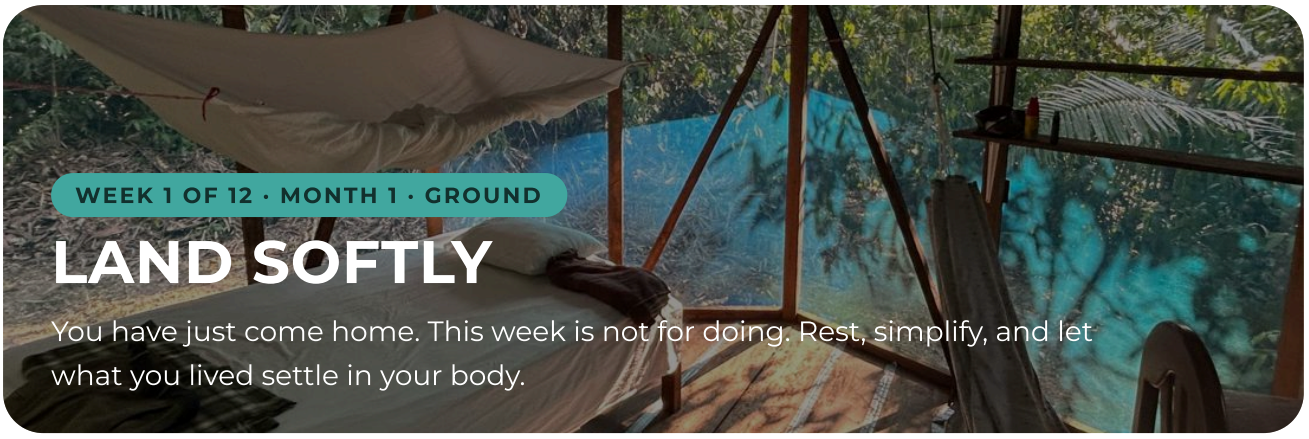
The first weeks home are for listening, not doing. Rest, simplify, and let what you lived settle in your body.

Week 1 · Land softly p. 12

Week 2 · Protect the seed p. 14

Week 3 · Let yourself be witnessed p. 16

Week 4 · Hold it all p. 18



WEEK 1 OF 12 · MONTH 1 · GROUND

LAND SOFTLY

You have just come home. This week is not for doing. Rest, simplify, and let what you lived settle in your body.

EVERY MORNING

Sit quietly for 5 minutes. Feel your breath and your feet on the floor. Let your body arrive home. Nothing to fix.

ONCE THIS WEEK

Fill in the “Before you begin” page while the jungle is still close.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Once this week
Morning	☐	☐	☐	☐	☐	☐	☐	☐

CARRY THIS · GUIDELINE 1 · HONOUR THE AFTERGLOW WINDOW

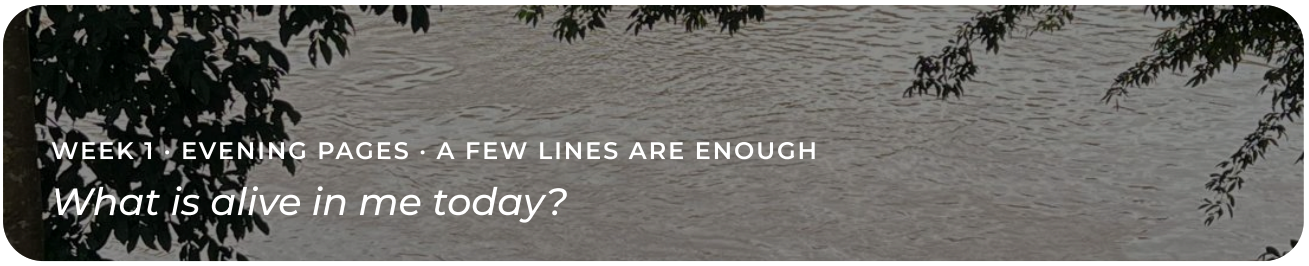
You don't need to rush. It is already working.

Every evening, write on the next page: *What is alive in me today?*

THIS WEEK'S QUESTION

What do I want to remember from the jungle, before daily life fills the space?

Not your first jungle? Start from the same ground. Rest first, as you did the first time. Experience with ceremony does not mean you need less care.



WEEK 1 · EVENING PAGES · A FEW LINES ARE ENOUGH

What is alive in me today?

DAY 1 · DATE _____

DAY 2 · DATE _____

DAY 3 · DATE _____

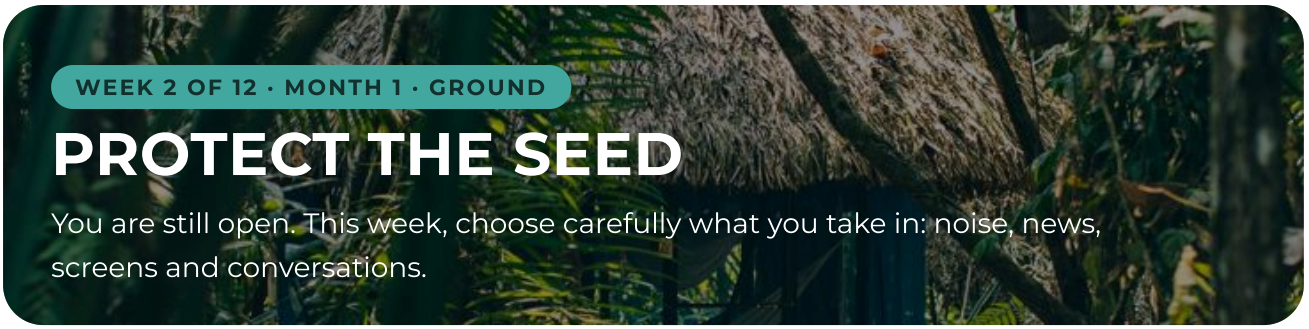
DAY 4 · DATE _____

DAY 5 · DATE _____

DAY 6 · DATE _____

DAY 7 · DATE _____

LOOKING BACK AT THIS WEEK



WEEK 2 OF 12 · MONTH 1 · GROUND

PROTECT THE SEED

You are still open. This week, choose carefully what you take in: noise, news, screens and conversations.

EVERY MORNING

Sit for 10 minutes. Breathe slowly and scan your body from head to feet. Notice where energy flows and where it feels held.

ONCE THIS WEEK

My everyday signals: notice three ordinary moments this week and fill in a card for each.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Once this week
Morning	☐	☐	☐	☐	☐	☐	☐	☐

CARRY THIS · GUIDELINE 7 · PROTECT YOUR ENERGY

Boundaries are a way of caring for yourself.

Every evening, write on the next page: *What nourished me today? What drained me?*

MOMENT 1

What was happening?

What did I notice in my body?

Did I respond to it?

What could I try next time?

MOMENT 2

What was happening?

What did I notice in my body?

Did I respond to it?

What could I try next time?

MOMENT 3

What was happening?

What did I notice in my body?

Did I respond to it?

What could I try next time?

THIS WEEK'S QUESTION

Where did I feel most like myself this week?

Not your first jungle? Notice the pace. Are you rushing back into normal life faster than the first time? Give yourself the same slowness.



WEEK 2 · EVENING PAGES · A FEW LINES ARE ENOUGH

What nourished me today? What drained me?

DAY 1 · DATE _____

DAY 2 · DATE _____

DAY 3 · DATE _____

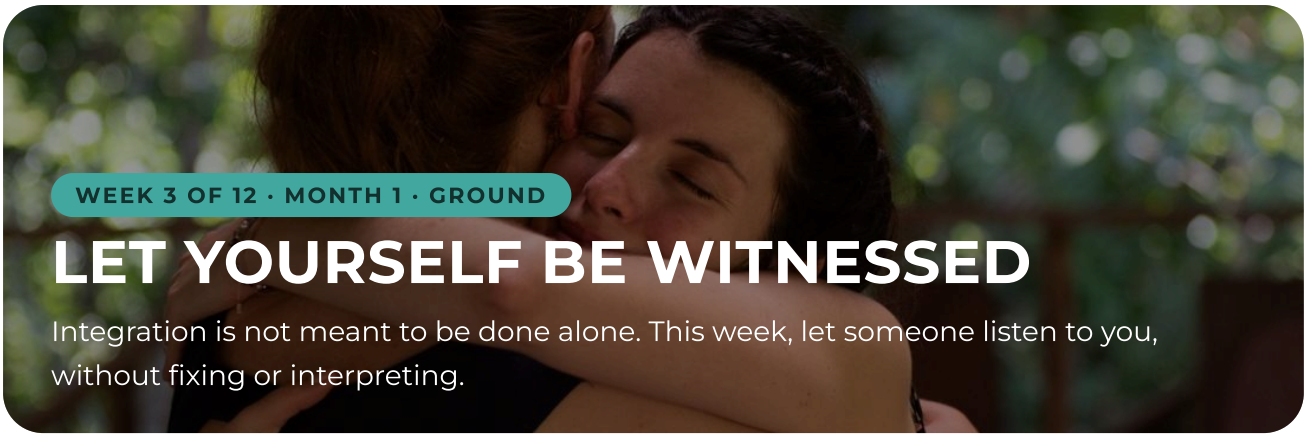
DAY 4 · DATE _____

DAY 5 · DATE _____

DAY 6 · DATE _____

DAY 7 · DATE _____

LOOKING BACK AT THIS WEEK



WEEK 3 OF 12 · MONTH 1 · GROUND

LET YOURSELF BE WITNESSED

Integration is not meant to be done alone. This week, let someone listen to you, without fixing or interpreting.

EVERY MORNING

Sit for 10 minutes with one hand on your heart. Ask: what do I need today? Listen for the first answer.

ONCE THIS WEEK

Share something of your journey with one trusted person who can listen without fixing or judging.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Once this week
Morning	☐	☐	☐	☐	☐	☐	☐	☐

CARRY THIS · GUIDELINE 5 · YOU ARE NOT ALONE

Being seen helps you remember who you are.

Every evening, write on the next page: ***Are any images, feelings or sensations from the ceremonies returning?***

THIS WEEK'S QUESTION

What would I like someone to understand about my journey?

Not your first jungle? Deeper layer: Review one theme across retreats, page 46.



WEEK 3 · EVENING PAGES · A FEW LINES ARE ENOUGH

Are any images, feelings or sensations from the ceremonies returning?

DAY 1 · DATE _____

DAY 2 · DATE _____

DAY 3 · DATE _____

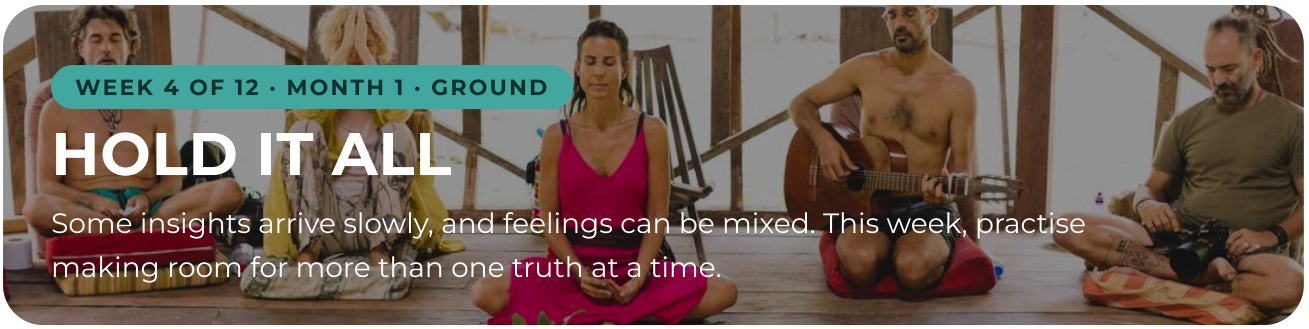
DAY 4 · DATE _____

DAY 5 · DATE _____

DAY 6 · DATE _____

DAY 7 · DATE _____

LOOKING BACK AT THIS WEEK



WEEK 4 OF 12 · MONTH 1 · GROUND

HOLD IT ALL

Some insights arrive slowly, and feelings can be mixed. This week, practise making room for more than one truth at a time.

EVERY MORNING

Sit for 10 minutes in silence. Bring back one moment from the jungle: a sound, a smell, the light. Let it be there, without explaining it.

ONCE THIS WEEK

Both can be true: choose one situation you are living now and write two feelings that sit side by side.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Once this week
Morning	☐	☐	☐	☐	☐	☐	☐	☐

CARRY THIS · GUIDELINE 6 · DON'T FORCE CLARITY

Let meaning unfold in its own time.

Every evening, write on the next page: *What did I notice about myself today?*

Example: "I can feel grateful for my experience and still feel disappointed about part of it."

THE SITUATION

I FEEL… AND WHAT MATTERS TO THIS FEELING IS…

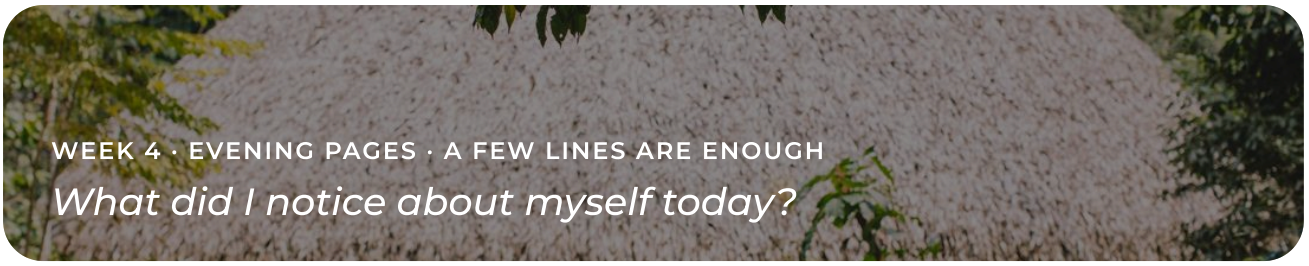
I ALSO FEEL… AND WHAT MATTERS TO THIS FEELING IS…

A RESPONSE THAT MAKES ROOM FOR BOTH

THIS WEEK'S QUESTION

What is still unclear for me, and can I let it stay open for now?

Not your first jungle? Deeper layer: Hold a vision with meaning and uncertainty, page 47.



WEEK 4 · EVENING PAGES · A FEW LINES ARE ENOUGH

What did I notice about myself today?

DAY 1 · DATE _____

DAY 2 · DATE _____

DAY 3 · DATE _____

DAY 4 · DATE _____

DAY 5 · DATE _____

DAY 6 · DATE _____

DAY 7 · DATE _____

LOOKING BACK AT THIS WEEK

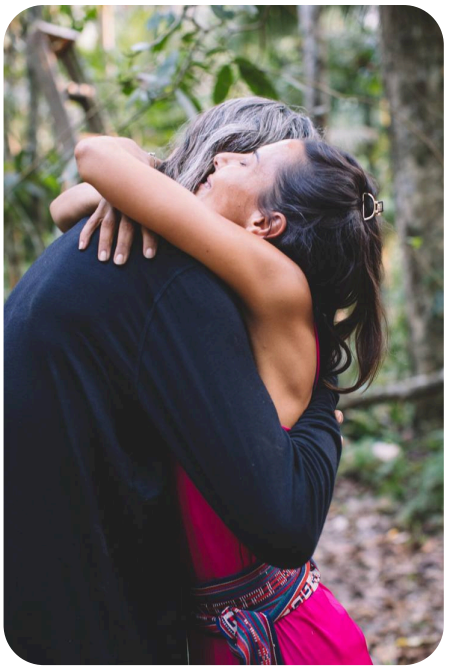
CHECK-IN · GROUND

END OF MONTH 1

Find a quiet moment. Read back through your last weeks, then write without editing.

LOOKING BACK · TICK THE WEEKS YOU LIVED

- [ ] **Week 1** · Land softly
- [ ] **Week 2** · Protect the seed
- [ ] **Week 3** · Let yourself be witnessed
- [ ] **Week 4** · Hold it all



What has settled in me since I came home?

What still feels tender, and how can I care for it?

What support would help me in month 2?

One word for this month:



MONTH 2

MAKE MEANING

What you learned begins to speak into daily life. Gently, you start shaping your days around what you now know.

Week 5 · Choose your day p. 22

Week 6 · Listen to the body p. 24

Week 7 · Let it touch your relationships p. 26

Week 8 · A personal ceremony p. 28



WEEK 5 OF 12 · MONTH 2 · MAKE MEANING

CHOOSE YOUR DAY

What you learned begins to speak into daily life. This week, start each day with one clear choice.

EVERY MORNING

Before you get up, choose one quiet sentence for the day: "Today I choose to..." rest, speak gently, nourish myself.

ONCE THIS WEEK

One week of trying something different: choose one quality you want to live, and one small action that expresses it.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Once this week
Morning	☐	☐	☐	☐	☐	☐	☐	☐

CARRY THIS · GUIDELINE 2 · INTEGRATION IS LIVING, NOT THINKING

Insight becomes wisdom when it is lived.

Every evening, write on the next page: ***Did I live my sentence today? What helped, and what got in the way?***

THE QUALITY I WANT TO LIVE

MY ONE SMALL ACTION

WHEN THE CHANCE IS LIKELY TO COME

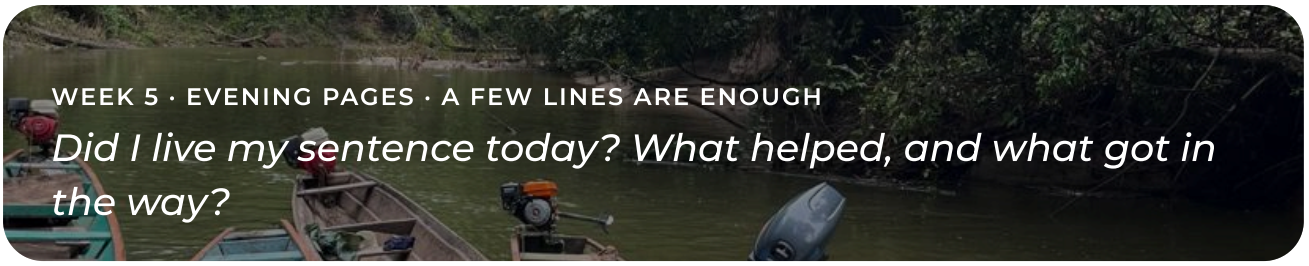
WHAT MIGHT GET IN THE WAY, AND WHAT WOULD HELP

AFTER A WEEK: WHAT DID I LEARN? CONTINUE, CHANGE OR STOP?

THIS WEEK'S QUESTION

What belief am I ready to release? What new truth wants to take root?

Not your first jungle? Deeper layer: Turn one insight into a small experiment, page 46.



WEEK 5 · EVENING PAGES · A FEW LINES ARE ENOUGH

Did I live my sentence today? What helped, and what got in the way?

DAY 1 · DATE _____

DAY 2 · DATE _____

DAY 3 · DATE _____

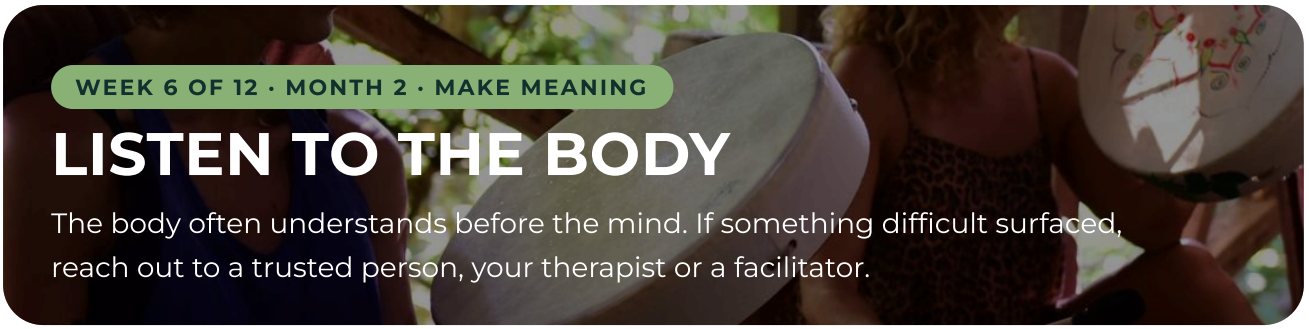
DAY 4 · DATE _____

DAY 5 · DATE _____

DAY 6 · DATE _____

DAY 7 · DATE _____

LOOKING BACK AT THIS WEEK



WEEK 6 OF 12 · MONTH 2 · MAKE MEANING

LISTEN TO THE BODY

The body often understands before the mind. If something difficult surfaced, reach out to a trusted person, your therapist or a facilitator.

EVERY MORNING

Body awareness, 10 minutes: stretch, sway or dance to soft music. No choreography, only listening.

ONCE THIS WEEK

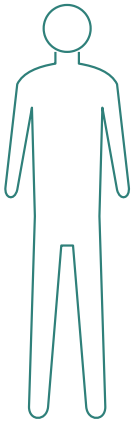
Body map: on the silhouette, mark where you feel ease, tension, warmth or numbness.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Once this week
Morning	☐	☐	☐	☐	☐	☐	☐	☐

CARRY THIS · GUIDELINE 3 · BE GENTLE WITH OLD WOUNDS: GROUND FIRST

Don't push the process. Hold it with care.

Every evening, write on the next page: *Where in my body did I feel at ease today? Where did I feel tension?*



MY BODY MAP

Mark what you notice, with colours or symbols:

O ease **X** tension **~** warmth **·** numbness

Then notice: is there anything this part of me wants?

THIS WEEK'S QUESTION

What is my body asking of me now?

Not your first jungle? Deeper layer: Notice the space before a reaction, page 47.



WEEK 6 · EVENING PAGES · A FEW LINES ARE ENOUGH

Where in my body did I feel at ease today? Where did I feel tension?

DAY 1 · DATE _____

DAY 2 · DATE _____

DAY 3 · DATE _____

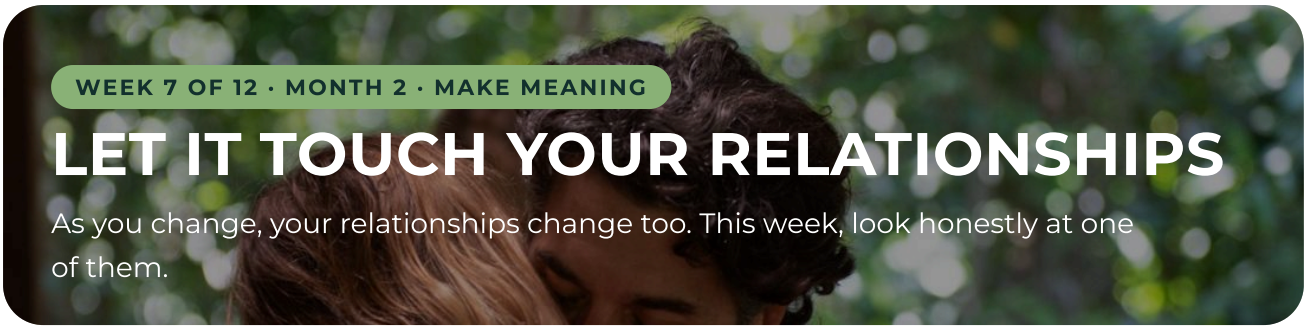
DAY 4 · DATE _____

DAY 5 · DATE _____

DAY 6 · DATE _____

DAY 7 · DATE _____

LOOKING BACK AT THIS WEEK



WEEK 7 OF 12 · MONTH 2 · MAKE MEANING

LET IT TOUCH YOUR RELATIONSHIPS

As you change, your relationships change too. This week, look honestly at one of them.

EVERY MORNING

Before you see anyone, take three slow breaths and ask: how do I want to show up today?

ONCE THIS WEEK

A reply I can actually use: prepare one honest answer to a request you find hard to answer.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Once this week
Morning	☐	☐	☐	☐	☐	☐	☐	☐

CARRY THIS · GUIDELINE 9 · LET IT TOUCH YOUR RELATIONSHIPS

Let your truth shape how you connect.

Every evening, write on the next page: *Where did I speak or act more honestly today?*

Example: "I'd like to see you. This week I only have an hour available."

THE REQUEST

MY AUTOMATIC ANSWER

WHAT I ACTUALLY HAVE CAPACITY FOR

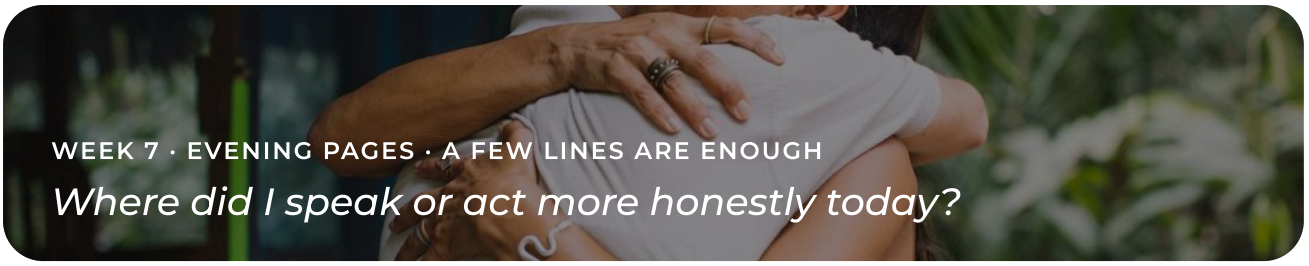
THE ANSWER I WOULD LIKE TO GIVE

A SHORTER VERSION I CAN SAY ALOUD (READ IT ALOUD AND ADJUST IT)

THIS WEEK'S QUESTION

What boundary, truth or gesture wants to emerge in this relationship?

Not your first jungle? Deeper layer: A boundary, a repair or an appreciation, page 49.



WEEK 7 · EVENING PAGES · A FEW LINES ARE ENOUGH

Where did I speak or act more honestly today?

DAY 1 · DATE _____

DAY 2 · DATE _____

DAY 3 · DATE _____

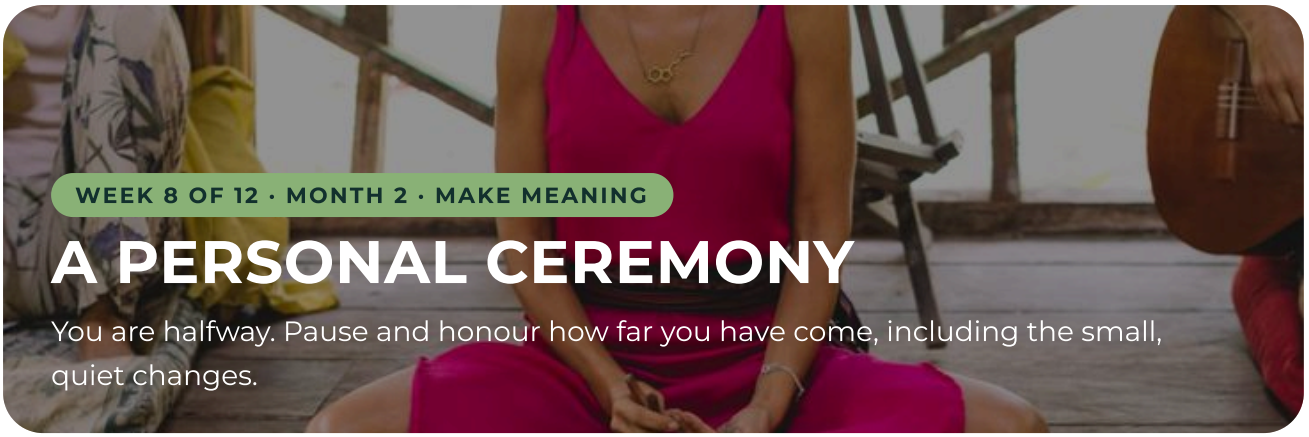
DAY 4 · DATE _____

DAY 5 · DATE _____

DAY 6 · DATE _____

DAY 7 · DATE _____

LOOKING BACK AT THIS WEEK



WEEK 8 OF 12 · MONTH 2 · MAKE MEANING

A PERSONAL CEREMONY

You are halfway. Pause and honour how far you have come, including the small, quiet changes.

EVERY MORNING

Light a candle and sit with it for 5 minutes. Name one small change you have noticed since the jungle.

ONCE THIS WEEK

Light a candle, write a letter to yourself or to someone who came before you, and read it aloud.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Once this week
Morning	☐	☐	☐	☐	☐	☐	☐	☐

CARRY THIS · GUIDELINE 8 · NOTICE THE SUBTLE CHANGES

Integration lives in small movements.

Every evening, write on the next page: ***What small change did I notice in myself today?***

THIS WEEK'S QUESTION

Write your letter here.

Not your first jungle? Deeper layer: Change one family pattern you can see, page 49.



WEEK 8 · EVENING PAGES · A FEW LINES ARE ENOUGH

What small change did I notice in myself today?

DAY 1 · DATE _____

DAY 2 · DATE _____

DAY 3 · DATE _____

DAY 4 · DATE _____

DAY 5 · DATE _____

DAY 6 · DATE _____

DAY 7 · DATE _____

LOOKING BACK AT THIS WEEK

CHECK-IN · MAKE MEANING

END OF MONTH 2

Find a quiet moment. Read back through your last weeks, then write without editing.

LOOKING BACK · TICK THE WEEKS YOU LIVED

- [ ] **Week 5** · Choose your day
- [ ] **Week 6** · Listen to the body
- [ ] **Week 7** · Let it touch your relationships
- [ ] **Week 8** · A personal ceremony



Which belief or habit has started to shift?

Which relationship feels different now?

What do I want to keep practising in month 3?

One word for this month:



MONTH 3

LIVE IT

Integration becomes action: the way you speak, rest, give and relate. The journey continues in ordinary life.

Week 9 · Walk in truth p. 32

Week 10 · Ceremony in ordinary life p. 34

Week 11 · Give something back p. 36

Week 12 · Close the cycle p. 38



WEEK 9 OF 12 · MONTH 3 · LIVE IT

WALK IN TRUTH

Integration becomes action. This week, bring presence to the way you begin and end each day.

EVERY MORNING

Breathe into your body, then your heart, then your mind, for 5 minutes. Ask: how can I walk in truth today?

ONCE THIS WEEK

Create a small integration altar with objects, stones or images that hold meaning from your journey.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Once this week
Morning	☐	☐	☐	☐	☐	☐	☐	☐

CARRY THIS · GUIDELINE 4 · CREATE A DAILY RITUAL OF CONNECTION

The ritual is the presence you bring to it.

Every evening, write on the next page: *Where did I live in line with what matters to me today?*

THIS WEEK'S QUESTION

Which daily ritual do I want to keep after these 12 weeks?

Not your first jungle? Deeper layer: The identity of being experienced, page 48.



WEEK 9 · EVENING PAGES · A FEW LINES ARE ENOUGH

Where did I live in line with what matters to me today?

DAY 1 · DATE _____

DAY 2 · DATE _____

DAY 3 · DATE _____

DAY 4 · DATE _____

DAY 5 · DATE _____

DAY 6 · DATE _____

DAY 7 · DATE _____

LOOKING BACK AT THIS WEEK



WEEK 10 OF 12 · MONTH 3 · LIVE IT

CEREMONY IN ORDINARY LIFE

The work continues in the dishes, the traffic, the difficult conversation. This week, practise in the ordinary.

EVERY MORNING

Choose one ordinary task, like making tea or showering, and do it slowly, with full attention.

ONCE THIS WEEK

A postcard from ordinary life: draw or describe one ordinary moment you want to remember.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Once this week
Morning	☐	☐	☐	☐	☐	☐	☐	☐

CARRY THIS · GUIDELINE 10 · CEREMONY CONTINUES IN ORDINARY LIFE

It continues in how you choose to live, moment by moment.

Every evening, write on the next page: *Where did I breathe instead of react today?*

FRONT · DRAW, STICK A PHOTO OR DESCRIBE THE MOMENT

What made this moment matter to me?

What helped make it possible?

Would I like more room for this?

More blank postcards on page 44.

THIS WEEK'S QUESTION

Where did the jungle show up in my ordinary life this week?

Not your first jungle? Deeper layer: Make room for a life beyond processing, page 50.



WEEK 10 · EVENING PAGES · A FEW LINES ARE ENOUGH

Where did I breathe instead of react today?

DAY 1 · DATE _____

DAY 2 · DATE _____

DAY 3 · DATE _____

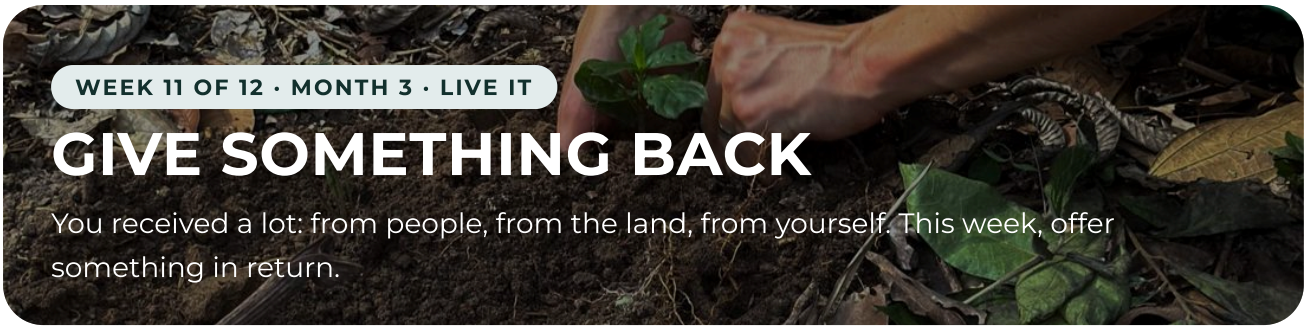
DAY 4 · DATE _____

DAY 5 · DATE _____

DAY 6 · DATE _____

DAY 7 · DATE _____

LOOKING BACK AT THIS WEEK



WEEK 11 OF 12 · MONTH 3 · LIVE IT

GIVE SOMETHING BACK

You received a lot: from people, from the land, from yourself. This week, offer something in return.

EVERY MORNING

Five minutes alone, without your phone. Simply observe and breathe.

ONCE THIS WEEK

Care that reaches beyond me: choose one person, place or community, and one realistic act of care.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Once this week
Morning	☐	☐	☐	☐	☐	☐	☐	☐

CARRY THIS · SATYA

In ancestral traditions, healing was never just personal. It was about becoming more conscious in how you live and relate to the world.

Every evening, write on the next page: ***Who or what supported me today?***

WHO OR WHAT I CHOOSE

WHAT CARE WOULD ACTUALLY BE USEFUL HERE?

DO I NEED TO ASK BEFORE HELPING?

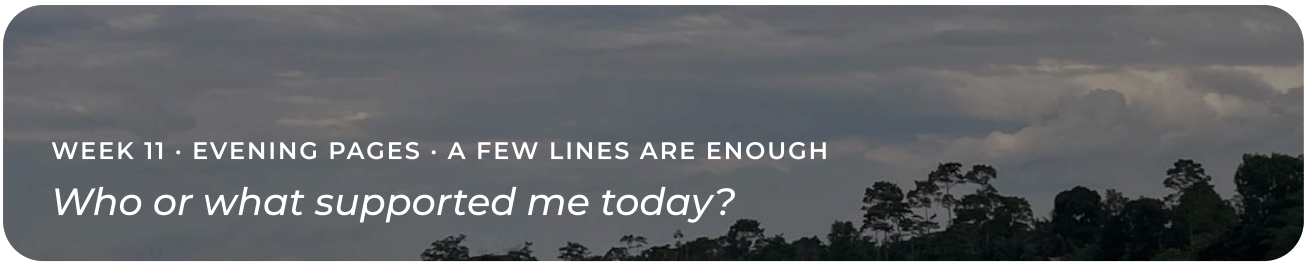
WHAT I CAN OFFER WITHOUT OVEREXTENDING

AFTERWARDS: WHAT DID I NOTICE?

THIS WEEK'S QUESTION

What did I receive in the jungle, and how do I want to give it back?

Not your first jungle? Deeper layer: Bring solitude and reciprocity home, page 50.



WEEK 11 · EVENING PAGES · A FEW LINES ARE ENOUGH

Who or what supported me today?

DAY 1 · DATE _____

DAY 2 · DATE _____

DAY 3 · DATE _____

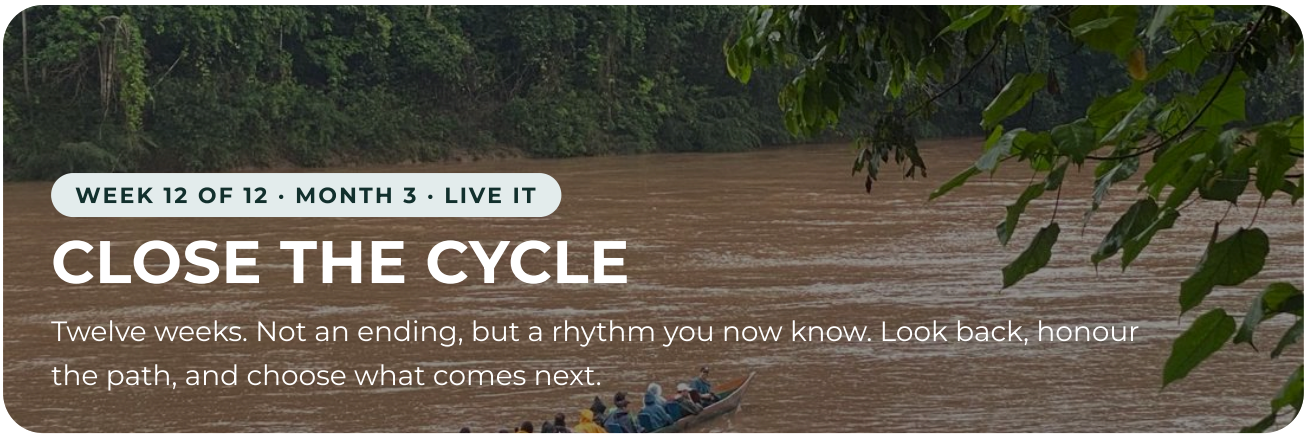
DAY 4 · DATE _____

DAY 5 · DATE _____

DAY 6 · DATE _____

DAY 7 · DATE _____

LOOKING BACK AT THIS WEEK



WEEK 12 OF 12 · MONTH 3 · LIVE IT

CLOSE THE CYCLE

Twelve weeks. Not an ending, but a rhythm you now know. Look back, honour the path, and choose what comes next.

EVERY MORNING

Return to the morning practice that helped you most in these twelve weeks.

ONCE THIS WEEK

Read your workbook from the beginning, slowly. Notice how far you have walked.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Once this week
Morning	☐	☐	☐	☐	☐	☐	☐	☐

CARRY THIS · SATYA

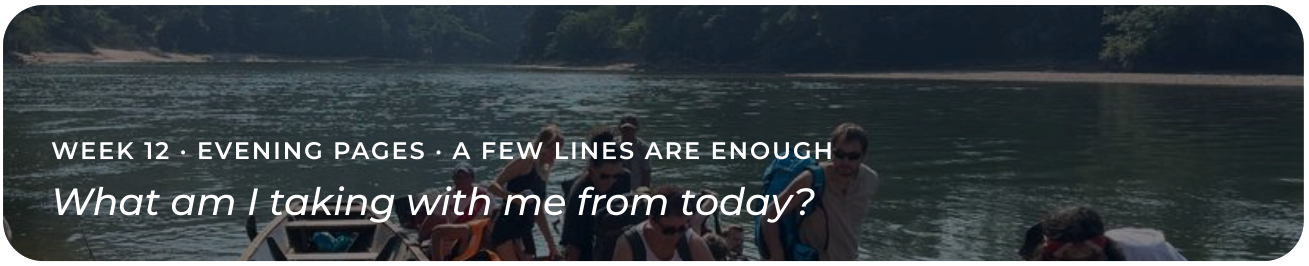
You are not here to escape life. You are here to meet it fully.

Every evening, write on the next page: *What am I taking with me from today?*

THIS WEEK'S QUESTION

A letter from my wiser self to the part of me still integrating.

Not your first jungle? Deeper layer: Explore what draws you back, page 48.



WEEK 12 · EVENING PAGES · A FEW LINES ARE ENOUGH

What am I taking with me from today?

DAY 1 · DATE _____

DAY 2 · DATE _____

DAY 3 · DATE _____

DAY 4 · DATE _____

DAY 5 · DATE _____

DAY 6 · DATE _____

DAY 7 · DATE _____

LOOKING BACK AT THIS WEEK

CHECK-IN · LIVE IT

THREE MONTHS HOME

Find a quiet moment. Read back through your last weeks, then write without editing.

LOOKING BACK · TICK THE WEEKS YOU LIVED

- [ ] **Week 9** · Walk in truth
- [ ] **Week 10** · Ceremony in ordinary life
- [ ] **Week 11** · Give something back
- [ ] **Week 12** · Close the cycle

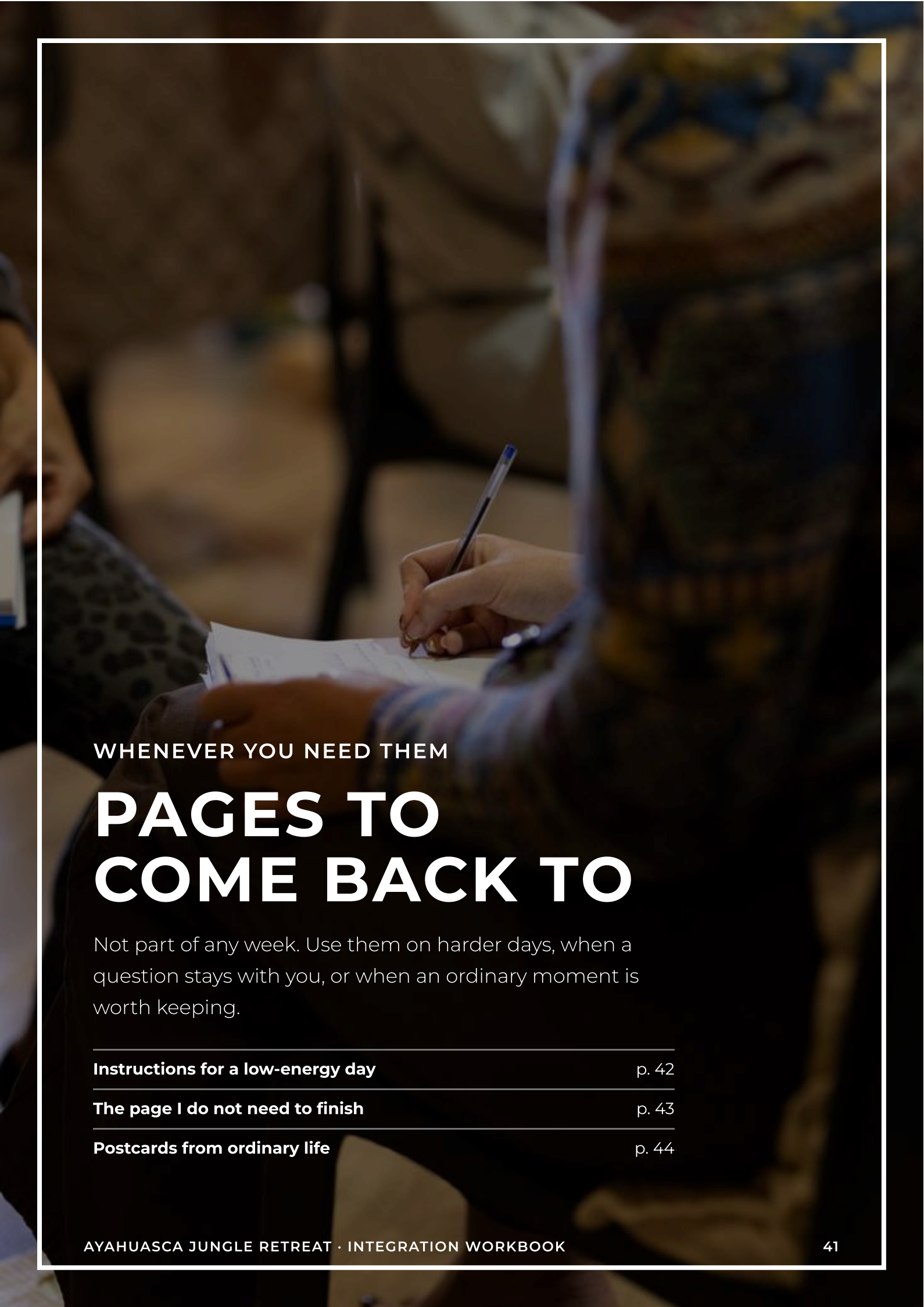


What has become easier in ordinary life?

What still needs support, and from whom?

Do I have more freedom to choose my response? Where?

What do I want for the year ahead?



WHENEVER YOU NEED THEM

PAGES TO COME BACK TO

Not part of any week. Use them on harder days, when a question stays with you, or when an ordinary moment is worth keeping.

Instructions for a low-energy day p. 42

The page I do not need to finish p. 43

Postcards from ordinary life p. 44

A PAGE TO COME BACK TO

INSTRUCTIONS FOR A LOW-ENERGY DAY

Fill this in on a good day, so it is ready when you are tired or have little capacity. Keep it simple and specific: an easy meal, a task you can postpone, someone to ask for company.



THE SIMPLEST WAY TO LOOK AFTER MYSELF TODAY IS…

SOMETHING THAT CAN WAIT IS…

ONE PERSON OR SERVICE I COULD CONTACT IS…

IF I WANT COMPANY, I COULD…

IF I WANT LESS STIMULATION, I COULD…

SOMETHING EASY I COULD EAT IS…

If it is more than a low-energy day, see “When to reach out for more support” on page 9. You don't have to wait.

A PAGE TO COME BACK TO

THE PAGE I DO NOT NEED TO FINISH

Some questions don't need an answer yet. Write them here without trying to solve them. Then choose how you would like to hold each one. There is no need to find a positive meaning or reach a conclusion.

QUESTION 1

☐ Reflect on it privately ☐ Talk about it with someone ☐ Find reliable information
☐ Comfortable leaving it open

Who or what could help: _____

QUESTION 2

☐ Reflect on it privately ☐ Talk about it with someone ☐ Find reliable information
☐ Comfortable leaving it open

Who or what could help: _____

QUESTION 3

☐ Reflect on it privately ☐ Talk about it with someone ☐ Find reliable information
☐ Comfortable leaving it open

Who or what could help: _____

QUESTION 4

☐ Reflect on it privately ☐ Talk about it with someone ☐ Find reliable information
☐ Comfortable leaving it open

Who or what could help: _____

A PAGE TO COME BACK TO

POSTCARDS FROM ORDINARY LIFE

Cooking with someone, watching rain, laughing at work, enjoying quiet. Keep the ordinary moments that matter. Make a new postcard whenever you wish.

FRONT · DRAW, STICK A PHOTO OR DESCRIBE THE MOMENT

Date _____

What made this moment matter to me?

What helped make it possible?

Would I like more room for this?

FRONT · DRAW, STICK A PHOTO OR DESCRIBE THE MOMENT

Date _____

What made this moment matter to me?

What helped make it possible?

Would I like more room for this?

FOR RETURNING PARTICIPANTS

NOT YOUR FIRST JUNGLE



If you have sat in ceremony before, the questions often change. Less *what will happen?* and more *what keeps coming back, and why is it still hard to live?*

This part invites a slower, more honest inquiry across your retreats. It keeps the same foundations as the first time. **Experience with ceremony does not mean you need fewer resources or more intense practices.** Some days the simplest grounding in this workbook is exactly right.

One at a time

Choose one inquiry for 10 to 20 minutes, then one small action during the week.

Your pace

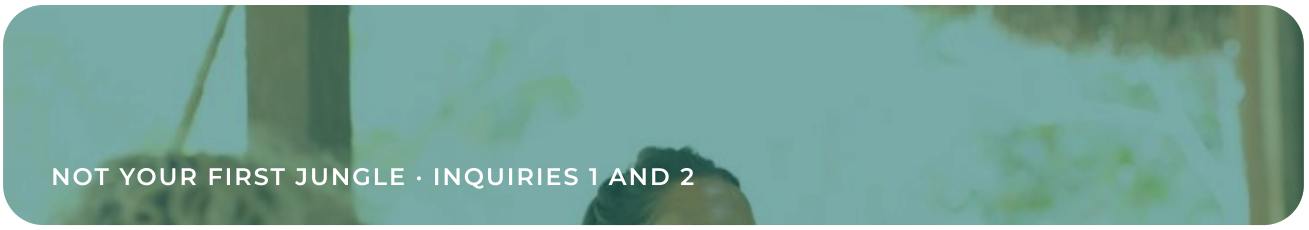
Shorten, skip or stop whenever you need. Nothing here is a test.

Not alone

If an inquiry brings up more than you can hold, pause and reach out.

“Ancestral work is not about consuming an experience. It's about entering a relationship that changes how you live.”

SATYA



1 Review one theme across retreats

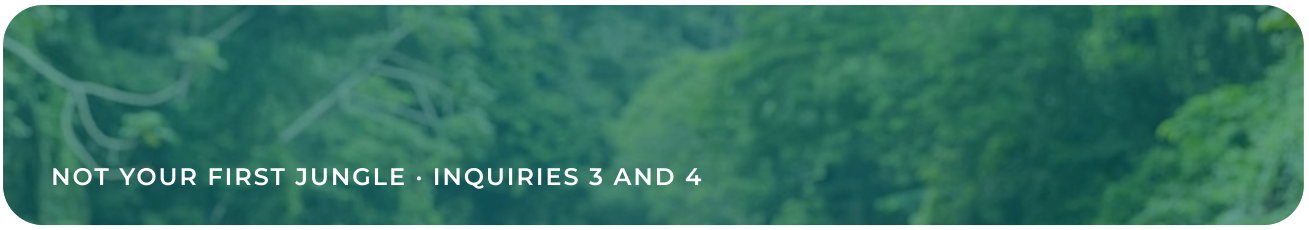
Choose one recurring theme, such as self-respect, conflict or asking for help. For each retreat, note what you learned, what you meant to practise and what you actually did. What supported change, and what made it hard?

You leave with: one next action and one support you need.

2 Turn one insight into a small experiment

Write one insight in your own words, then a behaviour another person could notice: “When I notice I'm answering too quickly, I will pause and say I need to check first.” Practise it, and review weekly with curiosity.

You leave with: one clear experiment and a review date.



3 Notice the space before a reaction

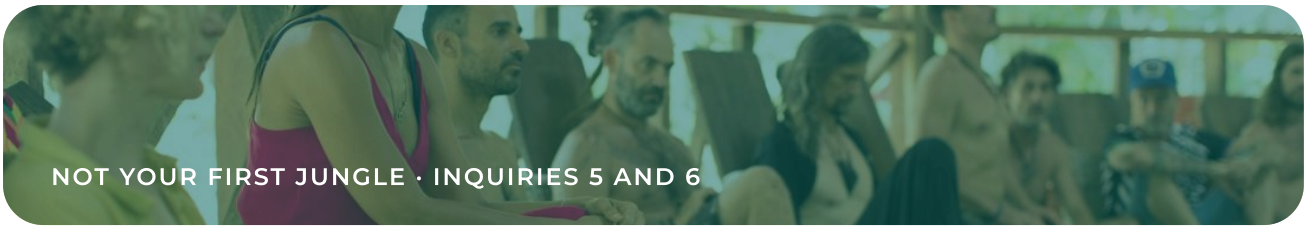
Choose a small recent difficulty. Write what happened, without guessing the other person's intention. Then the body sensation, the emotion, the story you told yourself, and what you did. Choose one new response.

You leave with: a short reaction map and one new response.

4 Hold a vision with meaning and uncertainty

Write what you experienced, the meanings you give it, what is known and what is uncertain, and one small grounded step that helps you now, whatever the vision meant.

You leave with: a discernment record, with the meaning left open.



5 Explore what draws you back

What attracts you to the jungle now: curiosity, community, grief, beauty, relief, the wish to feel as you once felt? Which of those needs could you also meet in ordinary life?

You leave with: a map of your needs and one step outside ceremony.

6 The identity of being experienced

Complete privately: “Because I have been before, I think I should…” and “It is hard to admit that I still…”. What would an honest, kind response look like?

You leave with: one act of honesty, such as asking a question or naming a limit.



7 A boundary, a repair or an appreciation

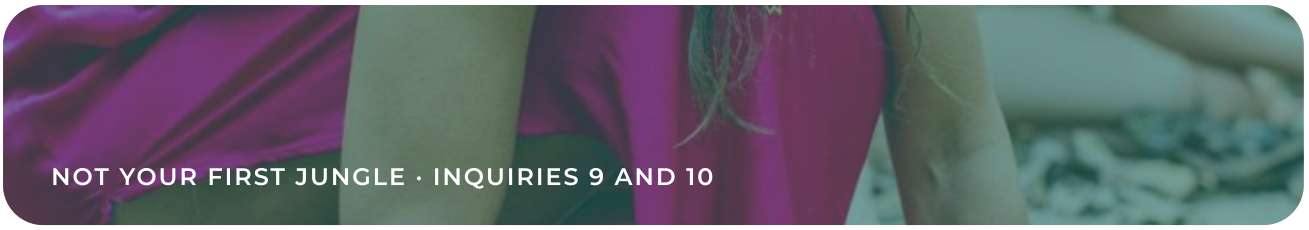
Where is respect missing? Where have you been disrespectful? Where is gratitude due? Choose the one that is relevant and safe. Harm done by others is not yours to repair.

You leave with: one message, conversation plan or unsent letter.

8 Change one family pattern you can see

Choose a pattern you have actually observed. When does it appear in you now? What might it once have protected? What would you like people around you to receive from you instead?

You leave with: “When this happens, I usually do X. I will practise Y, with Z's support.”



9 Bring solitude and reciprocity home

Take five minutes alone, without your phone. What did you receive during the retreat, from people or the land? What act of care can you offer in return?

You leave with: a daily moment of solitude and one act of reciprocity.

10 Make room for a life beyond processing

What would you make room for if life were not organised around healing? Cooking, friendship, music, play. Choose one simple thing for this week.

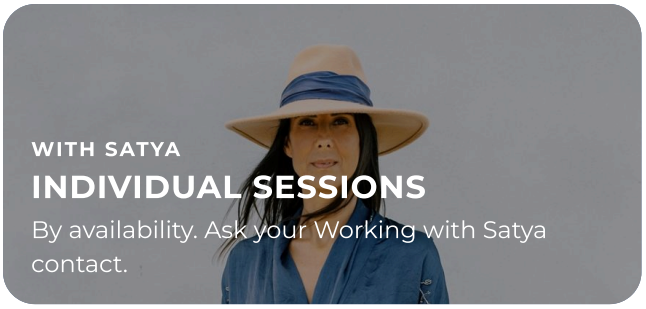
You leave with: one small plan for living.

AFTER THE 12 WEEKS, AND WHENEVER YOU NEED

YOU ARE NOT MEANT TO DO THIS ALONE

Integration comes first. When you feel ready, start from what you need most right now. Our contact: **retreats@workingwithsatya.com**, or the Working with Satya contact who accompanied you on this journey.

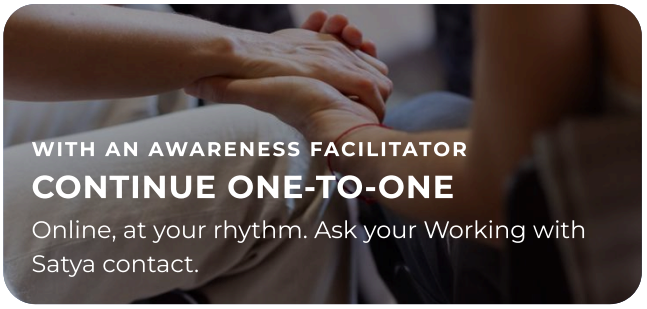
IF YOU WANT TO KEEP WORKING ONE-TO-ONE



WITH SATYA

INDIVIDUAL SESSIONS

By availability. Ask your Working with Satya contact.



WITH AN AWARENESS FACILITATOR

CONTINUE ONE-TO-ONE

Online, at your rhythm. Ask your Working with Satya contact.

IF YOU FEEL CALLED TO GO DEEPER AND SUPPORT OTHERS



TRAINING · 2 YEARS

AWARENESS FACILITATOR SCHOOL

workingwithsatya.com/afs



TRAINING · ONLINE AND IN PERSON

WORKING WITH PSILOCYBIN

wwpschool.com

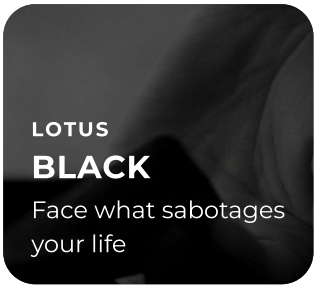
IF YOU ARE A WOMAN AND WANT TO GO DEEPER WITHOUT PLANTS · LOTUS SACRED JOURNEY



LOTUS

RED

The pleasure of being truly alive



LOTUS

BLACK

Face what sabotages your life



LOTUS

WHITE

Come back to who you really are

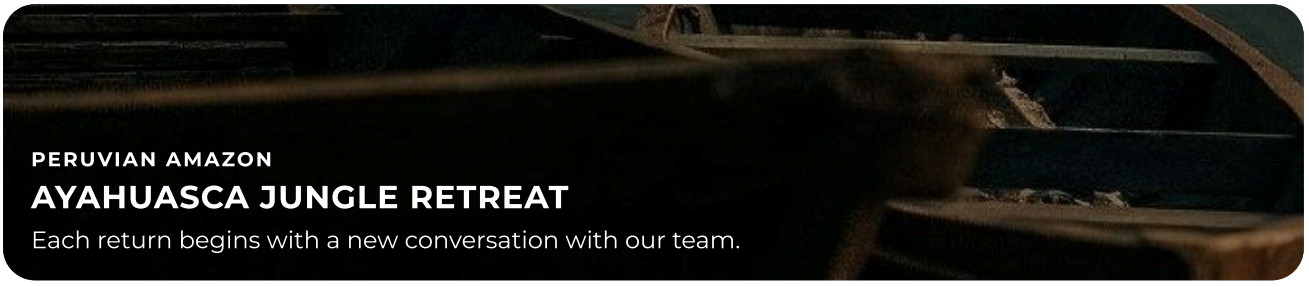


LOTUS

YELLOW

Ignite your inner power

WHEN THE TIME IS RIGHT AGAIN



PERUVIAN AMAZON

AYAHUASCA JUNGLE RETREAT

Each return begins with a new conversation with our team.

All dates and details: **workingwithsatya.com/calendar**

A RHYTHM FOR THE YEAR

ONE RETREAT A YEAR, AND PRACTICE IN BETWEEN

Satya recommends making time **once a year for a retreat**: days away from everyday interaction, where you can be alone with yourself, relax more deeply and notice what arises. It doesn't have to be with us. What matters is that you give yourself this space, and that you choose carefully who you go with: people who prepare you well, take integration seriously and put your wellbeing first.



"In silence, you start to feel what you actually feel, not just the big moments, but what lives underneath your daily life."

SATYA



TO CLOSE YOUR WORKBOOK

A LETTER TO MYSELF, ONE YEAR FROM NOW

Write to the person you will be a year from today. What do you hope they remember? What do you wish for them? Keep it in this book, and read it on the same date next year.

Date: _____



A WORD FROM SATYA

You are not here to escape life.
You are here to meet it fully,
with eyes that remember beauty,
a body that trusts again,
and a heart rooted in truth.

Let this guide walk beside you, gently, as you return home to yourself.

SATYA

The door remains open, whenever you feel the call.

retreats@workingwithsatya.com
workingwithsatya.com

WORKING
WITH SATYA