

Flight 777 Integration

Answer the following questions in your notebook.

What happened during your trip?

Describe in as much detail as possible: visuals, imagery, emotions, insights, downloads, breakthroughs.

How do you feel about your experience?

Reflect on:

- *what felt good or pleasant*
- *what felt challenging*
- *emotional highlights and shadow material*

What is different now? Is there something I can't unsee or unknow?

What is the deepest truth you faced in the trip?

What would I like to leave in the past that is no longer serving me that I need to let go of?

Identify:

- *misalignments*
- *habits or beliefs that no longer serve*
- *people, environments, or patterns to release*

What are some new things, beliefs, values, and ways of being that I would like to move toward?

Explore:

- *your "2.0 self"*
- *new habits and identity shifts*
- *desired states of being*

Write 3-5 concrete, measurable, action steps that I would take in the present or near future...

This is the key integration step:

- *immediate action (ideally next day)*
- *behavior that locks in the insight*
- *small but real embodiment moves*

Closing Integration Reflection

The essence of my journey in one sentence:

The medicine's core message for me:

What my future self wants me to remember: