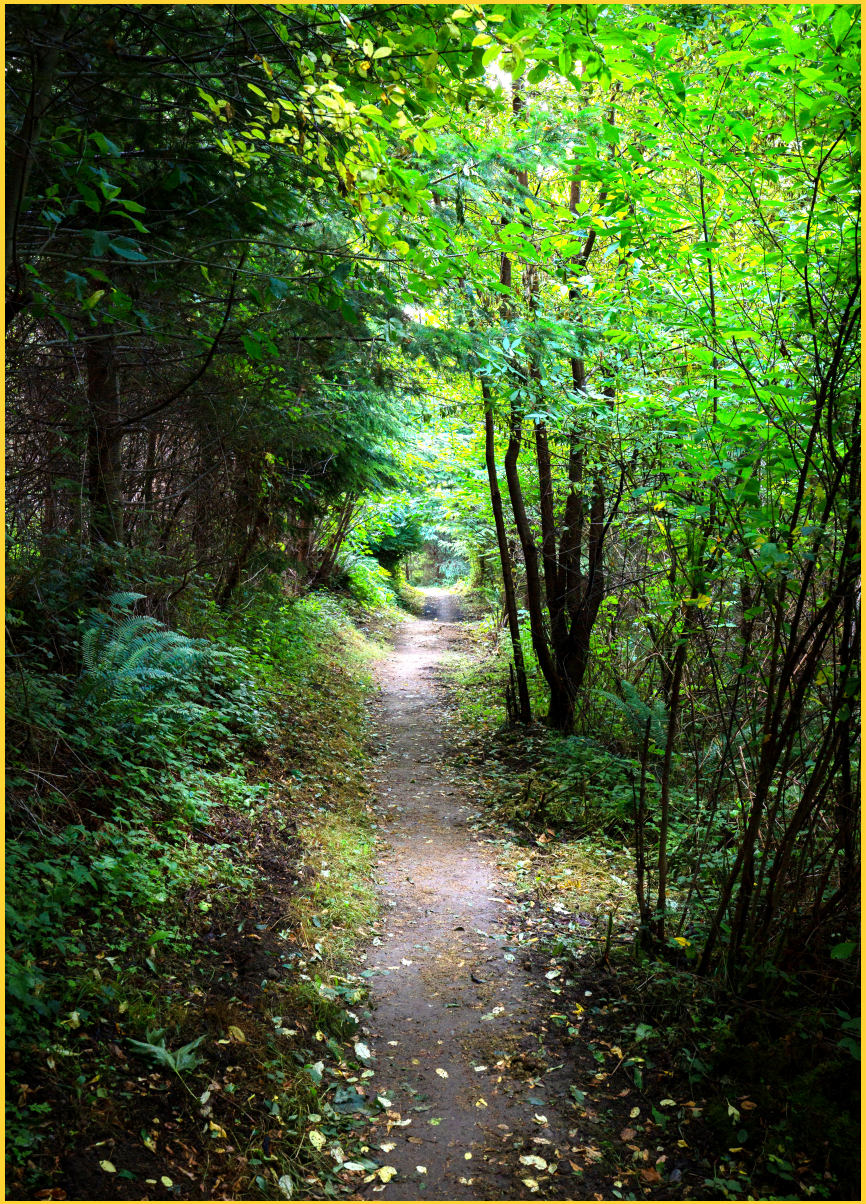
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Have a Good Trip

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A Personal **Journey**

- Ancient Ayurvedic medicine
- Modern functional medicine
- Eastern traditions and Western science

But something is missing…

What's holding me and others back from the **deeper healing** I *know* is possible?

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"We often stay sick, stuck, stressed, and self-sabotaging not for lack of knowledge but for lack of awareness in one critical area: the emotional pain lodged deep in the nervous system."

—Stacy Claxton

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An Experience **Guide**

- Transformational coach
- Integrative health practitioner
- Educator and group facilitator
- Seeker and healer

I help you access your own inner guide using **body-centered** tools to rewire the nervous system for **lasting change**.

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Definitions

- "Good trip"
- Preparation
- Integration
- Journey
- Journeyer
- Medicine

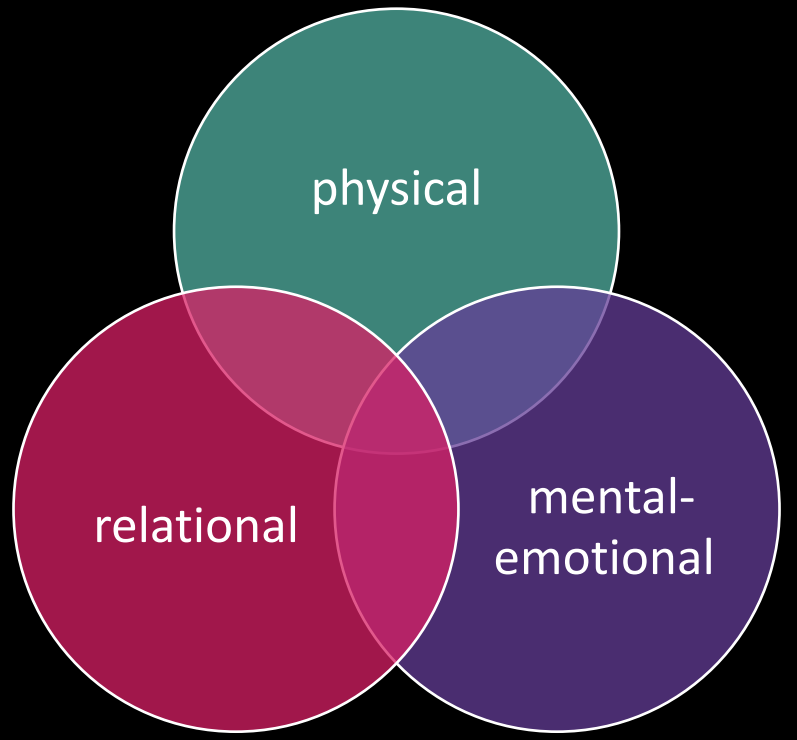
Being at this conference today is **powerful medicine**!

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Road Map

Trip Planning Essentials

1. The **physical**
   Nutrition principles
2. The **mental-emotional**
   Transformational tools
3. The **relational**
   Community support



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The Physical

Nutrition Principles

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Ayurveda

- The “science of life and longevity”
- Arguably the oldest medical system in the world
- A personal and practical science that teaches individuals about their unique **mind-body** constitution so they can take **ownership** of their well-being through **diet and lifestyle** choices

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Principle #1

Tend digestion.

- Favor plants.
- Prepare food simply.
- Heed hunger.
- Hydrate well.
- Eliminate nonessentials.
- Renounce vices.

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Principle #2

Feed all five senses.

- Avoid discordant media.
- Abstain from physical contact.
- Clean with care.
- Assess honestly.
- Reset and nourish the senses.

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Principle #3

Honor the elements.

- Ether (space) = the expansion of consciousness
- Air = the mobility of consciousness
- Fire = the concentration of consciousness
- Water = the condensation of consciousness
- Earth = the crystallization of consciousness

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Principle #4

Consult the qualities.

- Remember this: like increases like and opposites balance.
- Consider these: hot and cold, heavy and light, dense and liquid, soft and hard.
- Choose nourishment to invite a desired quality or counter an excessive quality.

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Principle #5

Remember why.

- Food is information.
- Food is a relationship.
- Food is a gift.
- Food is a dance of reciprocity.
- Food is a gesture of love.
- Food is a powerful message.

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Nutrition Principles

1. Tend digestion.
2. Feed all five senses.
3. Honor the elements.
4. Consult the qualities.
5. Remember why.

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The Mental-Emotional

Transformational Tools

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Tool #1

Breathe.

- Remember to breathe.
- Explore pranayama, holotropic breathwork, and other breathing techniques.
- Let’s practice!

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Questions

Reflect on your breathing experience.

1. How do you feel?
2. What did you notice?
3. What shifted in your body or mind?
4. How can you use the breath as a tool on your journey?

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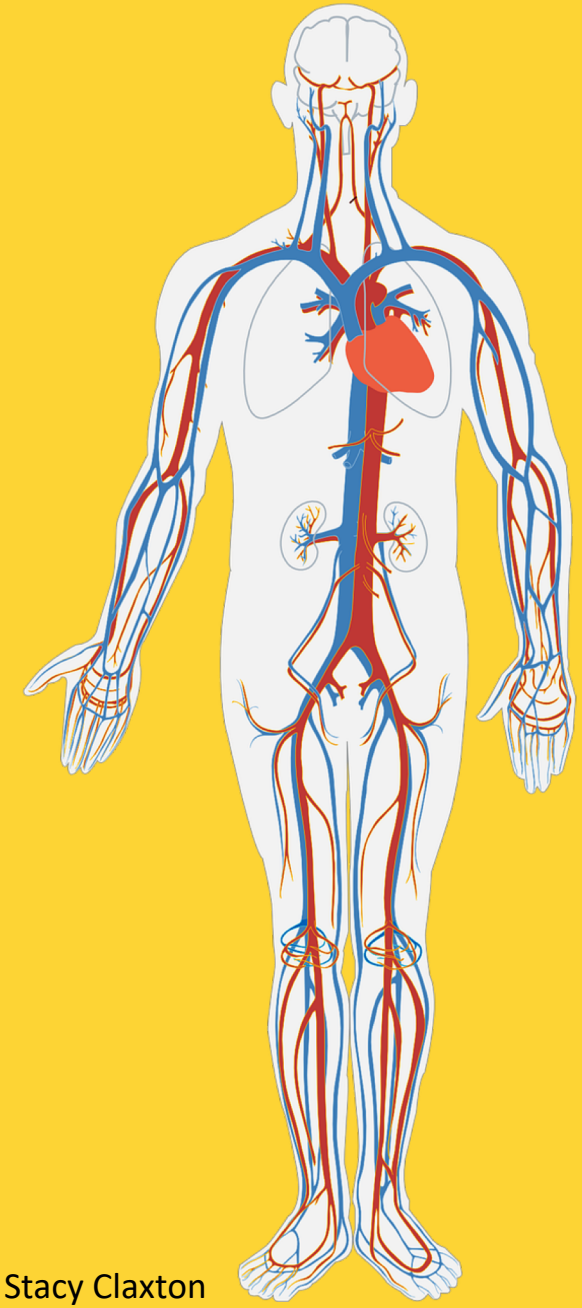
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Tool #2

Use EFT.

- Learn what Emotional Freedom Techniques (EFT, or tapping) is.
- Practice doing it.
- Commit to taking it on your trip.

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Tapping

- A simple practice to quickly and powerfully shift the mental-emotional state
- An effective, versatile method for returning the body to safety and connection
- A process that stimulates specific points that correspond to energy meridians
- A way to calm down the nervous system, allow safe access to emotions, restore the body's energy flow, and rewire the brain

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Tapping Benefits

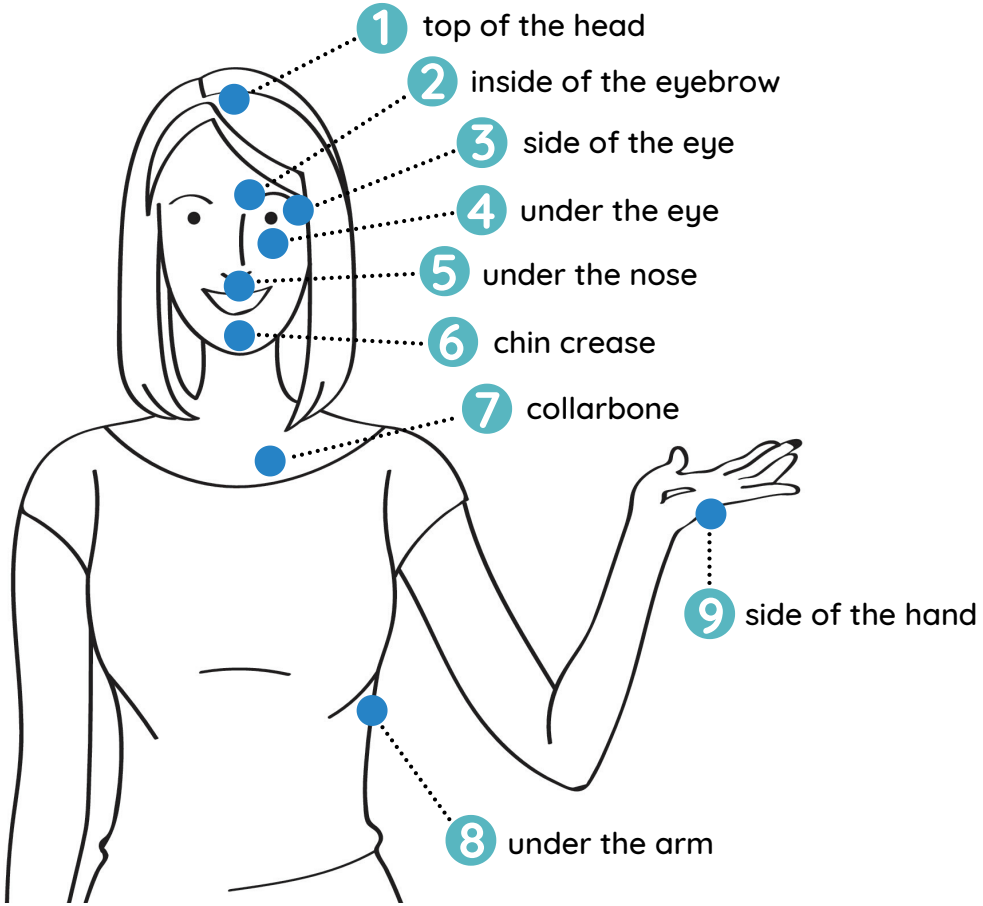
- physical pain
- emotional issues
- stress relief
- weight challenges
- health diagnoses
- phobias
- cravings
- addictions
- compulsive behavior
- self-sabotage
- limiting beliefs
- family paradigms
- intergenerational patterns
- healing trauma
- building resilience
- resolving interpersonal conflict
- improving relationship dynamics
- overcoming financial blocks
- achieving professional success
- developing confidence
- precipitating behavior change
- encouraging spiritual growth
- accessing creativity and inspiration
- finding greater peace and joy
- cultivating equanimity
- and more!

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EFT TAPPING POINTS

a handy reference for Emotional Freedom Techniques



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Mental-emotional component

- Use words, feelings, sensations, emotions.
- Start with the "negative."
- Open to change.
- Shift to the "positive."

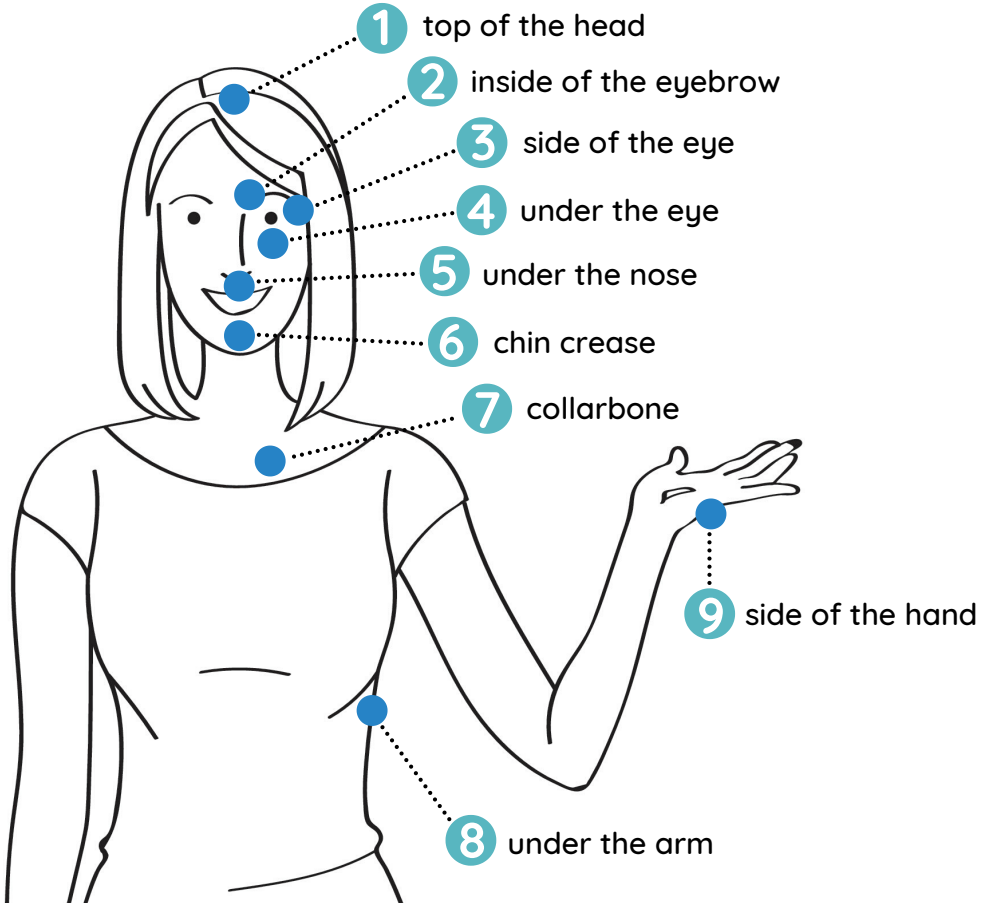
The result?

- Converse with your subconscious mind.
- Give yourself permission to feel, voice, and release.
- Gain new insights.
- Rewire your brain!

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EFT TAPPING POINTS

a handy reference for Emotional Freedom Techniques



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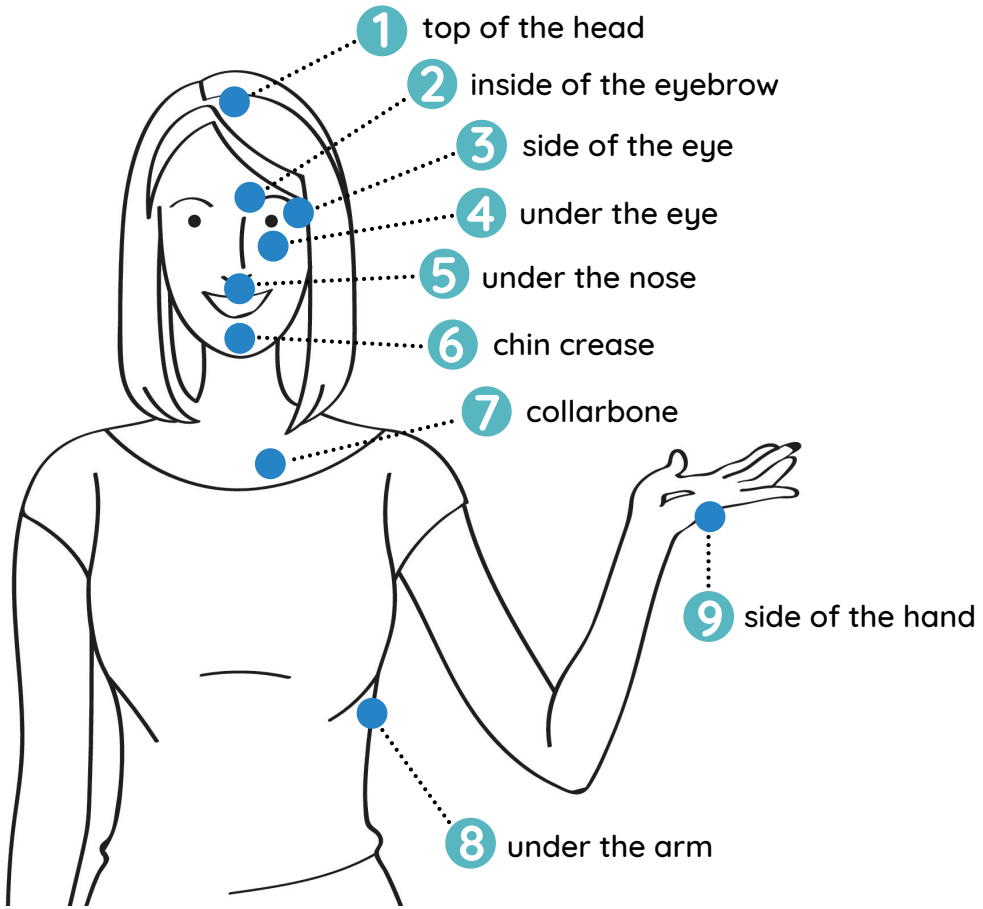
Physical component

- Pick one hand.
- Use three or four fingers.
- Apply firm pressure with the fingertips.
- Tap several times on each point.
- Move through the sequence of points.

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EFT TAPPING POINTS

a handy reference for Emotional Freedom Techniques



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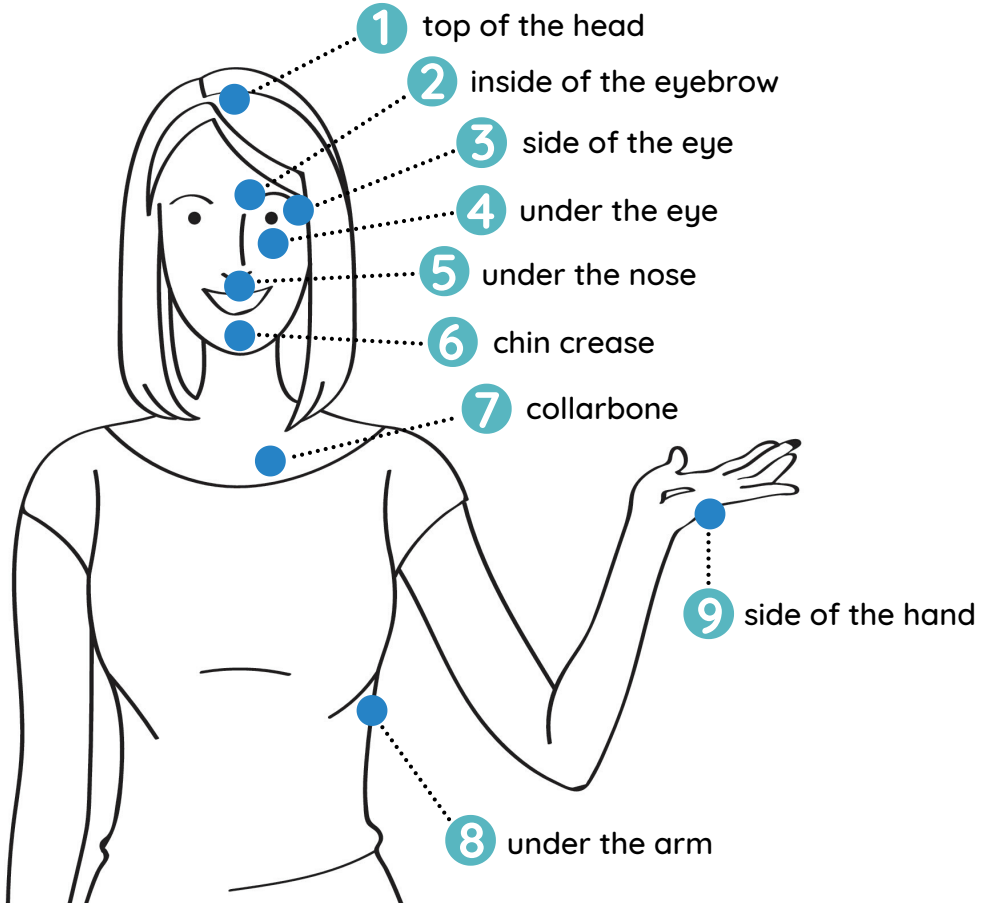
Can you relate?

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EFT TAPPING POINTS

a handy reference for Emotional Freedom Techniques



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Questions

Reflect on your tapping experience.

1. How do you feel now?
2. What did you notice?
3. What shifted in your body or mind?
4. Did anything unusual or surprising arise?
5. Do you have any new insights?
6. How can you use tapping as a tool on your journey?

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The Relational

Community Support

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Core Truth

Community is key.

- Start building a support network.
- Seek guidance before you embark.
- Consider support during the journey.
- Plan for integration when you return.

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Integration

Real transformation happens here.

- Brings separate parts together into a whole
- Assimilates all the parts of ourselves and all our diverse experiences into a cohesive, consistent, empowering reality
- Distills the thoughts, feelings, emotions, sensations, images, memories, beliefs, lessons, and more that arise during an experience
- Mines the physical, psychological, and spiritual insights so we can incorporate them into our body, mind, and life
- Happens within us, between us, and among us

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Integration Options

Choose what works for you.

- Journal.
- Create artwork.
- Move to music.
- Eat nourishing foods.
- Hydrate properly.
- Get adequate sleep.
- Examine dreams.
- Exercise.
- Practice yoga.
- Meditate.
- Get a massage.
- Spend time in nature.
- Talk to a therapist or friend.
- Find a support group.

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Action Steps

Embark empowered.

- Reach out to me (stacy@soulsinsynergy.com).
- Attend a Dallas Psychedelic Society event.
- Stop by the Integration Lounge today.
- Build your community at this conference!

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Have a Great Trip!

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