

TERRAIN | 2021

# INTEGRATION

A Grounded Crown Creation

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## LIVING AN EMBODIED LIFE

**by: Alex Crow**

We are alive at a pivotal moment in Earth's timeline; a moment where I believe that humanity is in the midst of a reckoning with the impact that our lack of integrity and alignment with our organic, original nature has caused. The faulty program of the ego-construct has been too heavily focused upon personal gain and individual "success" for many to notice the harm that has been caused to their fellow human, animal & plant kin, the Earth as a whole.

It is my personal belief that one of the many steps humans must take if we wish to support the healing that is necessary for our survival is that of embodiment. We must remember and awaken to all the places in which we have separated ourselves from our natural rhythms and the organic flow or way of our evolution. This awakening requires a capacity for deep listening and a devotion to a larger intention of reunion with our innate wholeness. As we reunite with our individual sense of wholeness by reclaiming wounded and traumatized versions of ourselves, we slowly, breath by breath, begin to realize how we are interrelated to all life everywhere. As we heal our personal embodied fractal, our ancestral lineage can begin to heal as well as the web of relations that each of us tis woven into. Personal liberation is essential for collective liberation to be realized.

As each of us is carrying a unique blueprint, we each need different medicines along our healing journey. Each of our paths are varying and yet are leading us to the same place, to the source of our togetherness.



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## EMBODIMENT IS A PROCESS

### **The foundation is an open heart.**

A good place to begin and return to again and again along our embodiment journey is to the foundation of an open heart. In its original state, the heart is a vortex, a spaciousness that serves as a channel for earthly and heavenly qi (life force energy) to be exchanged through the vessel of our body and being. Unfortunately, this is not the experience that many of us have. Due to lifetimes of ancestral and personal trauma, the heart has hardened within many. A hardened heart can result in an apathetic or aggressive relationship with the happenings of life,



making it incredibly challenging to feel in touch with the natural rhythms and flow of life unfolding. We must reestablish the heart as the foundational open space of our center to be able to even begin the process of embodiment. For without access to the unconditional loving, kind and compassionate presence of our hearts, we will not last long on our healing journey.

Maintaining a heart of compassion is essential if we wish to heal and harmonize with our original nature. For the good of all beings, this is where we must begin and return to again and again.

Here is a simple way to begin the process of cracking open the shell around your heart... The next time life offers you a challenging moment and you feel the resistance to meet the experience fully, see if you can catch yourself reacting and instead of doing what you normally do, simply breathe into the sensations in your body/mind that are arising. See if you can create just a little space for the potency of the moment to touch your heart. Ever so gently, patiently and with great devotion to your evolution, let the challenge touch you. With time and practice, the shell around the heart will crack and you will begin to feel the vulnerable and tender spaciousness of the broken-open heart.

Healing is available to all who are courageous enough to reach for it.

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# THE PURPOSE OF INTEGRATION

If you have ever had the privilege of going on a retreat, extended vacation or attending a ceremony, you may have had the experience of returning from the trip feeling changed and yet a little nervous to return to your "normal life". This transitional period between a peak experience and the daily rhythms of life is precious and can even feel vulnerable at times. We can either allow the echoes of a potent experience to either be filtered and integrated into our daily lives to create lasting change, or we can simply go back to how we are conditioned to do things. If we are interested in transformation, then we need to learn how to bring the gems of our heightened experiences into the fold of our day to day lives and habits.

I can safely say that as a ceremonialist and one who participates in and creates ceremony regularly, one of the most important aspects of ceremony is the tender transition time that follows the ritual itself. Regardless of how profound a ritual can be, the gifts and insights received during the ceremony will only be able to take root if they are honored and integrated properly. So what does this mean exactly?

Let's say for example, that you receive clear guidance during a retreat to make specific changes to your life such as dietary shifts. If you get home and fall right back into old eating patterns, you have missed the opportunity to embody the medicine.

One of the reasons why I am so strongly focused on embodiment is because I see this happen all too often. People have amazing and thrilling experiences in ceremony, on vacation, or on a retreat where literally everything is mapped out and taken care of for them, and as soon as they get home they become overwhelmed by the strength of the patterns and habits that their daily life holds.

When I work with people 1:1 I often have to begin by learning about the patterns and daily rituals that are already in place for that person. Once I know what rhythms and ways are already in place, I can then

begin to work with them to create space for their soul-level intentions to be embodied through the creation and implementation of more aligned daily rituals and practices. And still, no matter how much support and guidance I can offer to a person, it is always and forever in their hands to cultivate the vigor and devotion to be able to create space for transformation in their lives.

My deepest and highest prayer is that more of us can walk the path of embodiment by willingly and joyously make choices that truly reflect the guidance of their inner teacher. With integrated and embodied humans on planet Earth, I have no doubt that we will be able to experience healing with all our relations.



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# RESOURCES FOR FURTHER EXPLORATION

There are as many ways to support integration and embodiment as there are human beings. Each of our experiences is incredibly unique and many require differing medicine. The following list reveals the medicine that I personally can offer as well as a few fellow practitioners that may be able to serve in other ways.

## **Grounded Crown Offerings (groundedcrown.com):**

- 1:1 Embodiment Guidance
- High Heart Healing Journeys
- Embodying your Yin | Yin Yoga, Yoga Nidra + Seasonal Alignment
- Embodied Rituals
- Elemental Embodiment
- Meditation

## **Plant Medicine**

- Flower Essences | IG @goldeneaglethunder
- Hawaiian Plant Medicine | pohala.net
- Tea Ceremony | globalteahut.com + livingtea.net
- Cacao | ceremonial-cacao.com
- Mushrooms | microdosingforresilience.com
- Copal Incense | IG @invokecopal
- Scent | houseofsacredscent.com

## **Chinese Internal + Martial Arts**

- Qigong, Gongfu + Taiji | Quanyingongfu.com

## **Integration Support**

- Maggie McCloud | maggiemccloud.com
- Ky Soto | IG @ky.soto
- Natalie Zacharias | tendingyourspirit.com

## **Embodiment Support**

- Jes Allen | jesallen.com
- Keith Borden | reunionyoga.com
- Brea Fisher | quanyingongfu.com
- Janine Trinidad | janinetrinidad.me
- Mary Mailhot | IG @maryheart333
- Hallie Dalsimer | humaning.space

## **Ritual + Ceremony**

- Liv Mokai Wheeler | earthsamulet.com
- Natalie Zacharias | tendingyourspirit.com
- Maggie McCloud | maggiemccloud.com
- Baelyn Elspeth | allmattersofspirit.com

## **Music + Sound**

- Mary Mailhot | IG @maryheart333
- Ahmed Ragab | musicwithahmed.com
- Deya Dova | deyadova.com
- Mackenzie Madrone | mackenziemadrone.com

## **Subtle Body Work + Study**

- Aurora | flyingrainbowlasagne.com
- Reiki | janinetrinidad.me + IG@maryheart333
- Qigong | quanyingongfu.com
- Craniosacral | biodynamicsinmotion.com
- Chiropractic | IG @thesourcechiro

## **Meditation**

- Wu De | globalteahut.com
- Ang Davis | thegrounding.org

## **Cosmic Information + Study**

- Aurora | flyingrainbowlasagne.com
- IG @alchemise\_
- Sarah Barab | sarahbarab.com
- Alice Tarkeshi | IG @urania.x

## **Earth Wisdom + Study**

- Centehua Sage | IG @centehuasage
- Marisa Franco | IG @memoriesbymarisa
- Uala | IG @ualalenta

## **Social Justice**

- Dia Tschirki-Penning IG @diajoycepenning
- Brima Jah IG @brimajahyoga
- Kelly Behrend

## **Art**

- Sam Crow | samcrowrugs.com
  - Kinweaver | IG @kinweaver
  - Alexa Eisner | alexaeisner.com
  - Willow Defebaugh | atmos.earth/overview
  - Ryan Kemp | ryanjkemp.com
  - Uma Ceramics | umaceramics.com
  - Alice Birnbaum | aliceinwanderlustland.com
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