

Your Integration Report

The Conscious Navigator

A Guide to Support Your Journey

Created specifically for you by:

Elizabeth Sabet, PCP, ACSLC, CBC | Integration Specialist
Coach and Consultant

YOUR NAME

Hello and...
Welcome!



Understanding your spiritual integration type is the first step toward creating a life that honors both your profound experiences and your practical needs.

Whether you've had mystical encounters, subtle shifts in consciousness, or periods of intense spiritual opening, the integration process requires both self-compassion and practical guidance. This personalized report offers you insights developed through years of professional experience supporting individuals through various stages of spiritual awakening.

Integration is not about making your experiences fit into conventional frameworks, but rather about weaving your authentic spiritual insights into a sustainable, grounded way of living. As you grow, your integration needs will change. Use this guide as a snapshot of your current situation, rather than as a definitive understanding of your potential.

The guidance in this report acknowledges that spiritual growth often challenges existing beliefs, relationships, and life structures while providing practical tools for navigating these changes safely. Your experiences are valid, your questions are normal, and with proper understanding and support, you can move forward with confidence rather than confusion.

Let's Begin!

Elizabeth Sabet, PCP, ACSLC, CBC
Integration Specialist | Coach and Consultant



WWW.ELIZABETHJSABET.COM

WELCOME TO YOUR PERSONALIZED INTEGRATION REPORT

Awakening Your Light

The following pages contain insights, practical guidance, and resources tailored to your specific integration type. This isn't generic advice - it's been developed through 18 years of professional experience supporting people through various stages of spiritual awakening and integration.

Spiritual Awakening is a normal human experience.

Integration is a Process

Remember that spiritual integration is not a destination but an ongoing process of weaving your deepest insights into authentic, grounded living. There is no "right" way to do this, and there is no specific timeline to follow.

Be patient and compassionate with yourself as you navigate this journey.

What You'll Discover

In your personalized guide, you'll find:

- **Your Integration Profile:** A detailed description of where you are in your spiritual journey
- **Your Unique Strengths:** The gifts and capabilities you already possess
- **Your Growth Edges:** Areas where focused attention will support your continued evolution
- **Comprehensive Integration Support:** Practical guidance for navigating your experiences safely
- **Self-Coaching Questions:** Tools for deeper self-understanding and reflection
- **Professional Resources:** Information about finding appropriate support when needed
- **Safety Guidelines:** How to share your experiences wisely and protect your energy

YOUR SPIRITUAL INTEGRATION RESULTS

The Conscious Navigator

"I'm actively integrating spiritual insights while navigating practical life"

Where You Are:

You're in the active phase of integration - consciously working to weave new insights and awareness into your existing life structure. You have some support and are developing skills for this ongoing process.

Your Strengths:

- Conscious awareness of the integration process
- Willingness to work with both spiritual and practical aspects
- Developing discernment and healthy boundaries
- Growing confidence in your own experiences
- Building supportive relationships and practices

Your Growth Edge:

- Strengthening trust in your own inner guidance
- Finding your authentic voice for sharing your experiences
- Creating more consistent, supportive practices such as meditation, service, physical well-being activities, lifestyle enrichment
- Balancing spiritual growth with practical responsibilities

Your Integration Path:

Conscious Evolution: You're learning to be intentional about your growth process while staying grounded in practical life. This is the heart of sustainable spiritual integration.



**You're ready to
practice trusting
your inner
guidance...**

Comprehensive Integration Support

Navigating Relationships & Sharing:

You're likely experiencing some challenges with how to share your evolving awareness, and understanding why this is so important can help you navigate it more skillfully.

The reason relationship dynamics become complicated during spiritual integration is that your experiences often challenge not just your own worldview, but implicitly question the worldviews of those around you - even when that's not your intention.

When you share spiritual experiences or insights, others may feel threatened because it suggests there are dimensions of reality they haven't accessed or don't believe in, which can trigger their own existential anxiety.

Being selective about who you share with isn't about hiding or being ashamed - it's about recognizing that not everyone is equipped to hear about non-ordinary experiences without becoming concerned for your mental health or

trying to talk you out of your experiences. Preparing for various responses helps because when people respond with curiosity, dismissal, or concern, you won't take it personally or doubt your own experiences.

Practice explaining changes rather than experiences because others can more easily relate to "I'm feeling more peaceful and purposeful" than detailed descriptions of mystical states.

Finding a healthy, supportive community and professionals trained in spiritual emergence and emergency becomes essential because you need people who can witness your growth without trying to fix or change you back to who you were before your awakening.

Integration is a process of uncovering the meaning of your experiences and understanding how those meanings affect your choices.

Often, once you have gone through a process of understanding the meaning and purpose of your experiences, it becomes easier to share them with others.

Safety & Discernment Practices:

The advice to trust your knowing isn't just New Age philosophy - it's based on research showing that people experiencing spiritual phenomena usually retain awareness that their experiences are outside normal reality, which is why they often preface sharing with phrases like "you're not going to believe this."

Questioning your beliefs thoughtfully is part of healthy integration, as spiritual experiences often reveal that some of our conditioning doesn't align with our more profound truth. However, this process requires proper support to avoid discarding everything indiscriminately.

Working with a trained professional helps you distinguish between beliefs that genuinely no longer serve you versus temporary confusion that comes with any major life transition.

Maintaining healthy boundaries becomes more important, not less, as you open spiritually because increased sensitivity can make you more affected by others' emotions and energy - learning to distinguish between your feelings and others' feelings is a crucial skill for sustainable integration.

Grounding your experiences means ensuring that your spiritual growth

enhances, rather than detracts from, your ability to function in daily life. Integration that leaves you unable to handle practical responsibilities isn't actually integration; it's spiritual bypassing.



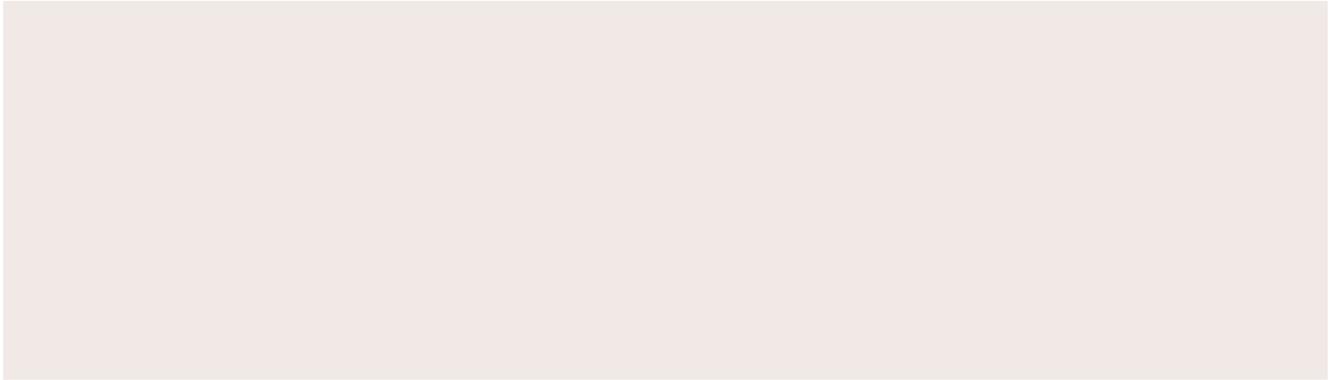
Financial & Practical Considerations:

- Assess your stability - can you function well at work and in your daily tasks? If integration is affecting your ability to work, seek additional support.
- Plan for potential changes - spiritual growth often leads to life changes. What might need to shift in your career, relationships, or living situation?
- Budget for support - investing in proper guidance during integration can prevent longer, more challenging integration periods.

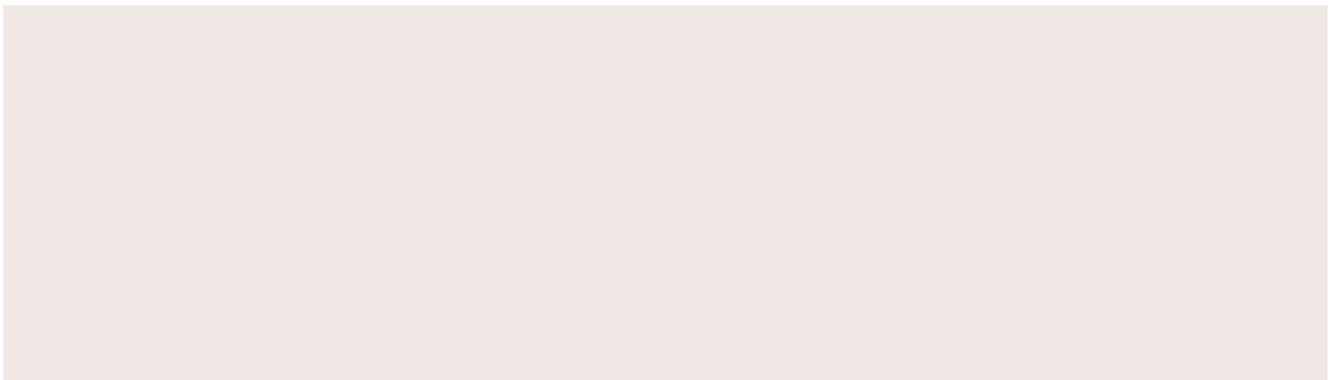
Coaching Questions

FOR THE NEXT LEVEL OF EXPLORATION FOR THE CONSCIOUS NAVIGATOR

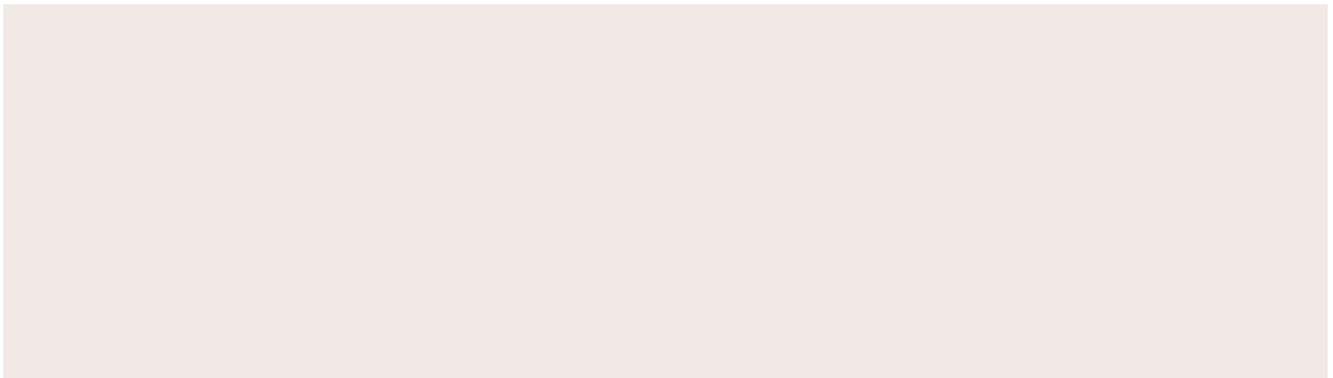
How can I describe the changes in my life while respecting others beliefs?



Who in my life feels safe to share my growth journey with?



What old beliefs am I questioning, and what feels true for me now?



Coaching Questions

FOR THE NEXT LEVEL OF EXPLORATION FOR THE CONSCIOUS NAVIGATOR

How do I maintain my spiritual practices while meeting daily responsibilities?

What parts of my process feel confusing or unsafe? What support do I need to continue integrating safely?

Am I able to function well in my everyday life, or do I need additional grounding support?

What Integration Might Look Like for the Conscious Navigator

Practical Integration Process:

You're actively learning to translate spiritual insights into everyday decisions and behaviors. This may be like pausing before reacting to ask what your deeper wisdom suggests, or choosing work that aligns with your evolving values, even if it means financial adjustment. You're developing practices that help you stay connected to your spiritual understanding throughout busy days.

Evolving Relationships:

Some relationships are deepening as you become more authentic, while others may feel strained as you grow. You're learning to communicate your changes in ways that don't threaten others while still honoring your growth. You may be seeking new communities that understand your journey while maintaining respect for those who don't.

Building Your Support System:

You're actively creating structures that support your continued integration - this might include regular spiritual practices, therapy or coaching, spiritual community

involvement, or reading and study programs. You recognize that integration isn't something you can do alone and are learning to ask for appropriate support.

Navigating Uncertainty:

You're becoming comfortable with not having all the answers while your new understanding develops. You may be questioning career paths, relationship patterns, or life directions without knowing exactly where you're headed. This uncertainty feels uncomfortable but no longer terrifying because you trust the process.

Integration Challenges:

You sometimes struggle with feeling between worlds - not quite fitting into your old life but not fully established in your new understanding. You may have days when your spiritual insights feel very real, and others when you question everything. This fluctuation is normal and part of the integration process.

Coaching Questions

NEXT STEPS FOR THE CONSCIOUS NAVIGATOR

Find Your People: Connect with others who understand spiritual growth and integration. What are the qualities of the people you feel most comfortable and safe with?

Strengthen Your Foundation: Develop consistent practices that support ongoing integration and grounding. From the Growth Edge section on page 2, what resonates with you now?

Build Community: Participate in groups (online or local) with others on similar journeys. Look at the resource page and research groups you might enjoy exploring.

Coaching Questions

NEXT STEPS FOR THE CONSCIOUS NAVIGATOR

Expand Your Expression: What ways of sharing your integrated wisdom feel aligned with overall well-being?

Trust Your Process: Continue building confidence in your own unique path. List all the things in your process that you feel confident about. Think of experiences, beliefs, practices, people, and anything else that brings you a sense of solid ground.

Options for Support and Development

Professional Options

- Spiritual Integration Coaching - Work with coaches trained in spiritual integration and spiritual experiences
- Spiritual Direction - Traditional spiritual guidance from trained directors familiar with mystical experiences
- Transpersonal Therapy - Mental health professionals who integrate spiritual dimensions into healing work
- Peer Mentoring - Connect with others further along in integration to serve as mentors and guides

Community Resources

- Integration Circles - Groups of people at similar stages sharing experiences and insights
- Online Communities - ACISTE forums, Spiritual Emergence Networks, and other moderated spaces (**see the resources section at the back of the report**)
- Local Spiritual Centers - Some offer support groups or classes for spiritual development
- Service Opportunities - Teaching, mentoring, or creating resources for others earlier in their journey

Self-Directed Learning:

- Advanced Training Programs - Deepen your understanding through formal study of consciousness, spirituality, or healing arts
- Retreat Experiences - Intensive periods for deepening integration and clarity about next steps (**ensure you have had therapy for any trauma or profound challenges first, as retreats can often trigger unhealed issues and cause crisis**)
- Creative Expression - Art, writing, music, or other forms that help you express and share your integrated wisdom

Six Characteristics OF A PSYCHO-SPIRITUALLY SAFE PROFESSIONAL OR CLERGY

1. Exquisite self-awareness
 - High emotional intelligence
 - Have a personal growth and devotional practice
 - Has or is developing somatic awareness and the ability to know if what they are noticing is their own or someone else's feelings

2.
 - Demonstrates the highest regard, caring, and respect for clients without a personal agenda
 - They care deeply about humanity as a whole without preferential treatment to people of like faith and belief
 - Aware of their biases and endeavor not to project them onto the client/student
 - Has a support team or a professional supervisor to aid in professional development and accountability

3.
 - They have incredibly high personal standards
 - Walking the talk and modeling a good life for their clients
 - Humble, open, nurturing, and grateful to the world
 - Holds themselves accountable when they do not meet their standards in a nonpunitive, forgiving manner

Six Characteristics

OF A PSYCHO-SPIRITUALLY SAFE PROFESSIONAL OR CLERGY

4.
 - Is educated about potential spiritually transformative experiences or transpersonal experiences (pSTEs)
 - Has a broad knowledge base about the different types of pSTEs and the needs and interests of experiencers
 - Understands their professional responsibilities to spiritual experiencers
 - Understands the other potential causes and contraindications and makes appropriate adjustments to their practices, teachings, and techniques to support the client's well-being
 - Knows which experiences they want to work with and which experiences they will refer to other professionals

5.
 - Has solid personal psychological, emotional, and energetic boundaries
 - Understands the basics of transference and countertransference and knows when it is occurring and how to stop it
 - Has clearly defined written guidelines that they share with clients, students, and community members on what their clients can expect from them, and what they expect from their clients, students, and community members
 - Do not use their influence to coerce clients, students, or community members into having sexual or romantic relations

6.
 - Non-Competitive
 - Refers to other professionals who can support their client or student's wellness
 - Does not speak ill of other professionals in the field
 - Reports abuse to the appropriate authorities

Additional Resources

1. Spiritual Emergence and Emergency Videos by Elizabeth Sabet

2. The American Center for the Integration of Spiritually Transformative Experiences www.aciste.org -

-A FREE Private Experiencer Forum moderated by trained moderators. This forum is for all types of spiritual experiences to share with other experiencers in a private and safe setting.

- A Support Directory of mental health professionals, spiritual coaches, spiritual guidance directors,

- A Cultural Competency Guideline for ALL mental health professionals. Please be sure to print this out and take it to your appointments to help your professional understand what you think you are experiencing.

3. IANDS.ORG, A research and community organization for anyone who has experienced a Near-Death or Near-Death-like experience. FREE participation in groups.

4. Brent Spirit, A Kundalini specialist who offers a free course on Kundalini integration, a podcast, and other services.

5. The International Journal of Spiritual Direction

www.sdicompanions.org - This edition of the journal provides the latest research and guidance for clergy about spiritually transformative experiences.

6. Emerging Proud www.emergingproud.com - Reframing mental distress as a potential catalyst for positive change.

Additional Resources

7. Spiritual Awakening International -

<https://spiritualawakeningsinternational.org>

Spiritual Awakenings International™ (SAI) is a non-profit worldwide network of individuals and groups who are interested in collaborating to raise awareness, network and share personal experience relating to diverse types of Spiritually Transformative Experiences™, “STEs™”, to raise global spiritual awareness.

8. Shades of Awakening www.shadesofawakening.com

sofawakening@gmail.com The MISSION of this Facebook group is to provide a rich forum for discussion on the topics of Spiritual Emergence(y) (SE) and spiritual crisis so that those seeking support may receive the community validation, normalization, friendship, insight, understanding, education, and healing they seek.

9. The Spiritual Emergence Network

<https://www.spiritualemergence.org/directory/>

SEN provides individuals who are experiencing psychospiritual difficulties with a specialized mental health referral and support service.

Your Next Steps Forward

A Personal Note From Elizabeth

Having walked my own spiritual integration journey and supported many, many others through theirs, I understand both the profound gifts and the real challenges that come with spiritual awakening.

My commitment is to provide a psycho-spiritually safe space where you can explore your experiences without judgment, receive practical tools for integration, and connect with others who understand your path.

Whether you're just beginning to awaken or have been on this journey for years, there is always a next level of integration, service, and authentic living available to you.

*I would be honored to support you in embodying your
psycho-spiritual process!*

The Journey Continues

You've taken an important step in understanding your spiritual integration process. Knowledge is powerful, but transformation happens through supported action and continued growth.

**You Don't Have to Walk This Path Alone
Join the Free Monthly Extraordinary Experience Sharing Group**

Every month, I facilitate a free sharing group for you to connect with others who have had extraordinary, non-linear awakening experiences. Please go to elizabethjsabet.com/group-sessions/ to learn more and register.

Professional Support Makes a Difference

Research and experience show that having proper professional support during spiritual integration:

- Reduces the time and intensity of challenging integration phases
- Prevents spiritual emergency from becoming a spiritual crisis
- Helps you maintain relationships during periods of growth and change
- Provides tools and frameworks for ongoing integration
- Connects you with a community of others on similar journeys

Ready to Explore Working Together?

If you're feeling called to deepen your integration journey with personalized support, I invite you to explore how we might work together.

Your Free Consultation Invitation

To help you determine the best path forward for your unique situation, I offer a complimentary 30-minute consultation where we can:

- Explore your specific integration challenges and goals
- Discuss which approach would be most supportive for you
- Answer your questions about working together
- Ensure we're a good fit before making any commitments

How to Connect

Schedule Your Free Consultation:

✉ **Schedule Your Appointment: [HERE](#)**

What to Include in Your Message:

- **Your integration type from this assessment**
- **Brief description of what you're experiencing**
- **What kind of support are you most interested in exploring**
- **Your availability for a phone conversation**

Professional Support Makes a Difference

Elizabeth's Specialized Services for Spiritual Integration

Awakening and Spiritual Integration Coaching

For all integration types

- Private or group coaching options
- Safe container for processing experiences
- Practical tools for daily integration
- Community with others who understand your journey in the Monthly Extraordinary Experiences Sharing Group

Core Success Activation Private Workshop

Especially supportive for those feeling stuck or unclear about next steps

- 2-hour intensive breakthrough session
- Identify and release blocks to authentic expression
- Create a clear roadmap for moving forward
- Foundation for ongoing coaching work

Spiritual Response Therapy (SRT)

For those seeking energetic clearing and deeper healing

- Clear subconscious blocks and limiting beliefs
- Address spiritual interference or attachments
- Support for those experiencing spiritual emergency
- Complement to integration coaching