

Your Integration Report

The Emerging Phoenix

A Guide to Support Your Journey

Created specifically for you by:

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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!

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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 Emerging Phoenix

"I'm in the midst of a profound transformation that sometimes feels overwhelming."

Where You Are:

You're experiencing significant spiritual or personal transformation that may feel intense, confusing, or destabilizing. This can be a powerful but challenging phase requiring extra support and patience.

Your Strengths:

- Courage to face profound change and growth
- Sensitivity to spiritual dimensions of experience
- Willingness to let go of what no longer serves
- Potential for deep healing and transformation
- Capacity for significant personal evolution

Your Growth Edge:

- Finding stability and safety during intense change
- Distinguishing between healthy spiritual growth and other concerns
- Building support systems that understand your process
- Learning to trust the transformation while staying grounded
- Integrating changes at a sustainable pace

Your Integration Path:

Supported Emergence: You need extra care and support during this intense phase. Having proper guidance can help you navigate this transformation safely and emerge stronger.



”
**Willing to let go,
you find peace
and stillness**

Comprehensive Integration Support

Prioritizing Safety During Intense Transformation:

If your spiritual emergence and awakening process has shifted into a spiritual emergency, your first priority is ensuring your safety and stability because a spiritual emergency, while potentially transformative, can become genuinely dangerous without proper support.

Assessing your daily functioning isn't about judgment - it's about recognizing that if you can't work, maintain relationships, or handle basic responsibilities, you need different support than someone who can integrate while maintaining their daily life structure.

Creating financial safety becomes crucial because spiritual emergency sometimes requires stepping back from normal responsibilities to focus on integration, and having basic needs covered prevents additional stress that can complicate the process.

Distinguishing spiritual emergency from mental health crisis is

important because while they can co-occur, they require different approaches - spiritual emergency is about consciousness expansion that needs integration support, while mental health crisis requires immediate clinical intervention.

Maintaining connection prevents the isolation that can turn spiritual emergence into prolonged spiritual emergency - even when the world feels overwhelming, staying connected to trusted people provides anchoring in consensus reality.

Maintaining Grounding During Intense Opening:

- Stay in your body - physical exercise, eating regular meals, sleeping when possible
- Limit spiritual practices temporarily - if practices are intensifying your state, work with a professional to adjust them
- Avoid major decisions - wait until you're more stable before changing jobs, relationships, or living situations
- Create safety anchors - simple daily routines that keep you connected to ordinary reality

Understanding Intense Spiritual Experiences:

Learning about what might be happening during this intense phase helps normalize experiences that can feel frightening or confusing.

A dark night of the soul involves feeling disconnected from previous sources of meaning, purpose, or spiritual connection - this isn't depression, but rather a stripping away of old spiritual structures to make room for more authentic connection.

Identity dissolution means not knowing who you are anymore as old beliefs and self-concepts fall away - this temporary confusion is part of the process of discovering a more authentic sense of self beneath social conditioning.

Overwhelming love or bliss states can interfere with daily functioning because they're so different from ordinary consciousness that it becomes difficult to navigate practical reality - while these states are gifts, they need to be integrated gradually.

Frightening spiritual experiences might include encounters with what feel like negative entities, overwhelming psychic information, or dissolution experiences

that trigger existential terror - these experiences, while scary, are documented parts of spiritual opening that require specialized support to integrate safely. Rapid belief system changes involve sudden questioning of everything you once held true - this isn't mental instability but rather consciousness expanding beyond previous frameworks, though it needs careful navigation to avoid throwing away everything indiscriminately.



Safe Sharing During Crisis:

During an intense spiritual emergency, sharing requires extra care because the stakes are higher and the potential for harm is greater. Sharing only with professionals trained in differential diagnoses between psychosis and spiritually transformative experiences initially protects you from well-meaning but potentially harmful responses from people who might pathologize your experiences or become so concerned that they involve authorities who don't understand spiritual phenomena.

Focusing on your support needs rather than trying to explain experiences helps because during a crisis, what you need most is appropriate support, not understanding of the experiences themselves - saying "I need someone to listen who understands these kinds of experiences" is more likely to get you proper help than detailed descriptions of mystical states.

Ask professionals for educational materials about spiritual emergency to share with your family so they can understand what's happening and how to help, rather than inadvertently causing harm through their concern. Knowing the warning signs, particularly suicidal ideation, is crucial

because spiritual emergency can sometimes trigger existential despair that requires immediate intervention - if this happens, professional help is essential and not a sign of failure.

If you are suicidal, call 988 for immediate assistance.

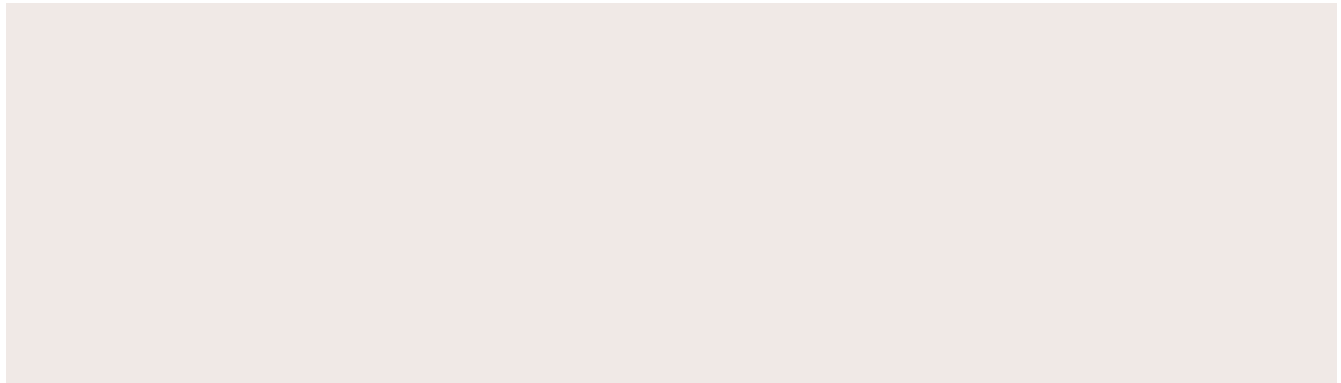
If you are in the care of a mental health professional, please go to the ACISTE resource in the back of this report for the link to their website. They have a Cultural Competency Guideline for Professionals that explains Spiritually Transformative Experiences. You can print this out and take it to your appointments or email it to your mental health professional. I usually encourage you to print a copy if you can. People are more likely to read something that has been handed to them than sent in an email.

The ACISTE guide is also a great resource for friends and family who may be concerned

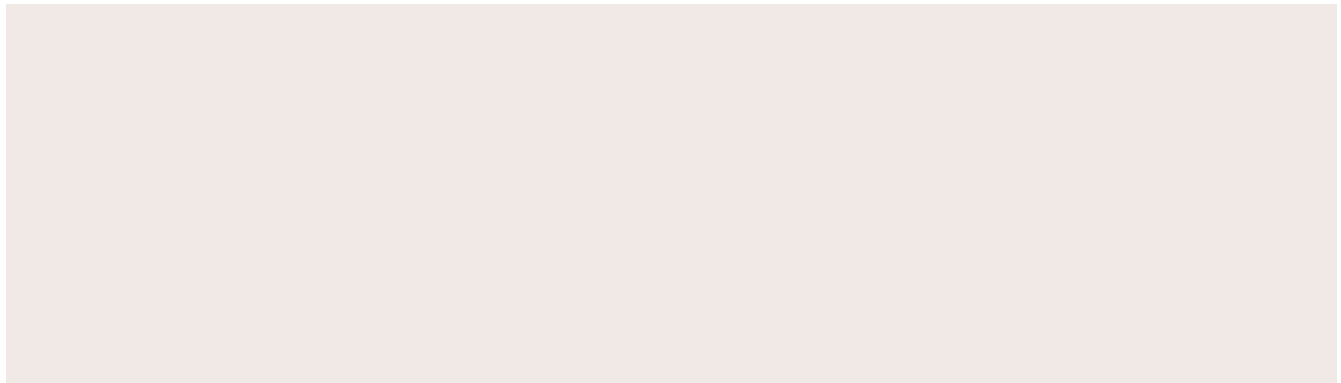
Coaching Questions

FOR THE NEXT LEVEL OF EXPLORATION FOR THE EMERGING PHOENIX

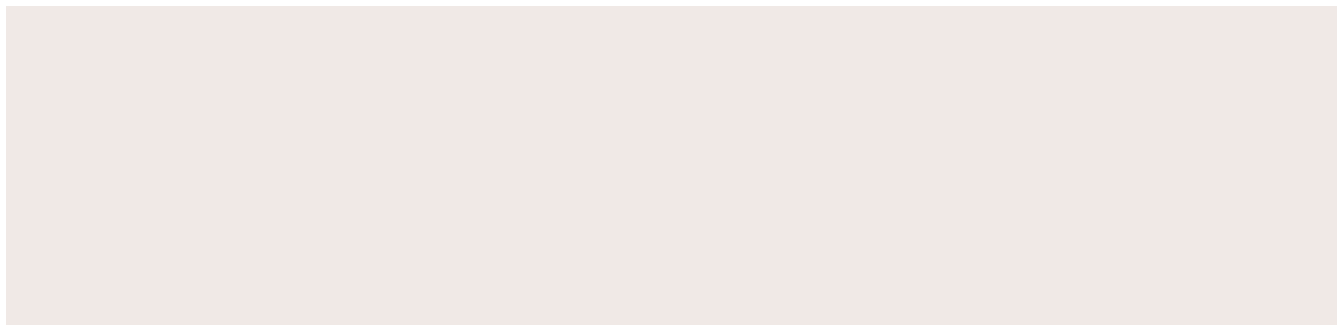
Do I feel emotionally and physically safe right now? If not, what aspects of my experience, don't feel safe? How would I describe this experience to someone else? (Having this description can help you talk to family, friends, and professionals)



Can I maintain my basic daily responsibilities, or do I need additional support? What support would make a difference and how?



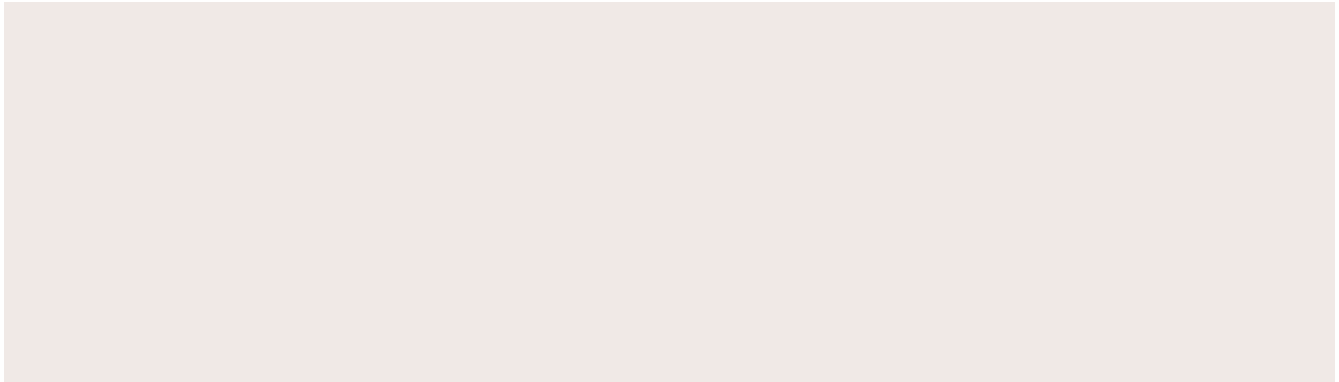
What positive changes are you noticing because of your experiences?



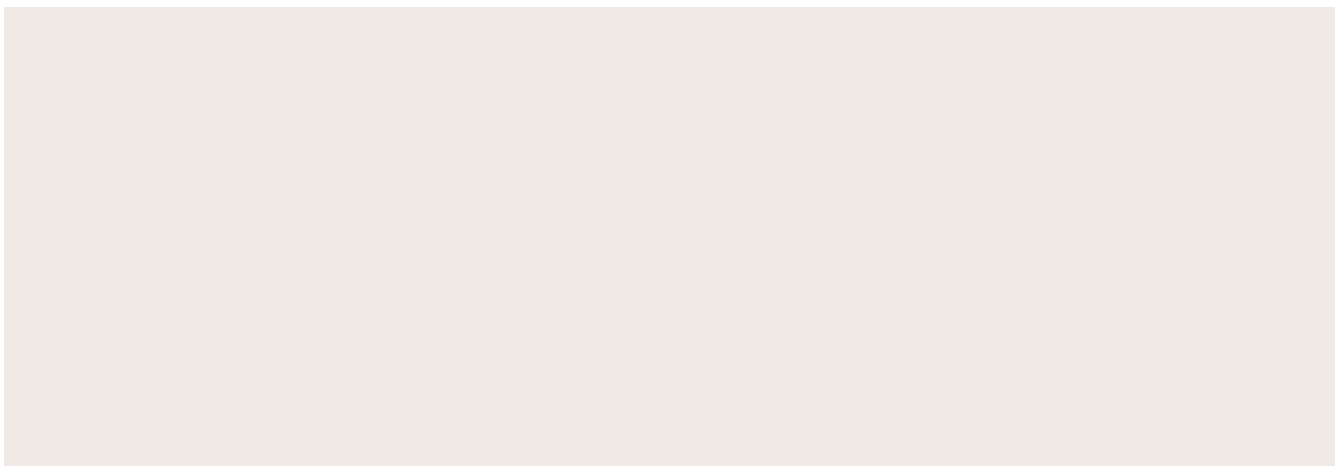
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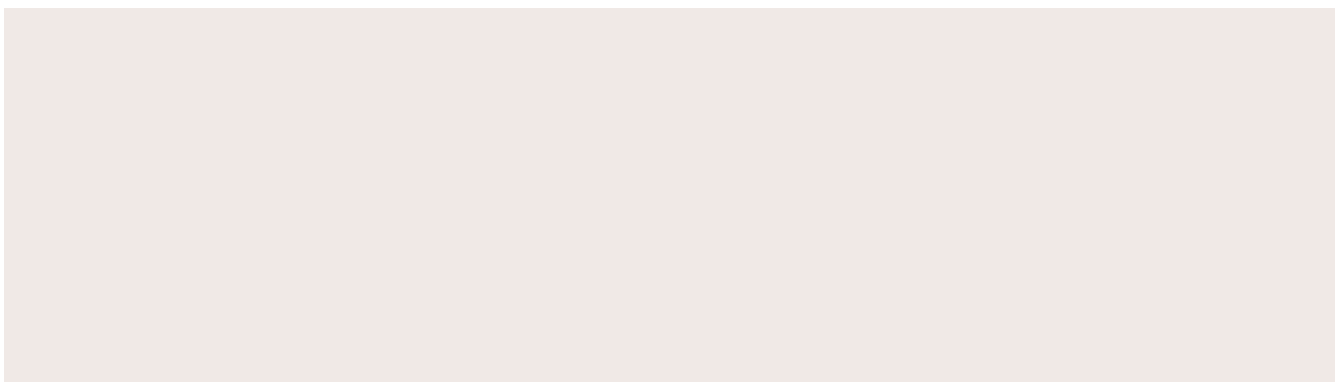
What grounding practices help me feel more stable?



What boundaries do I need to protect my energy during this sensitive time?



How can I be gentle with myself while navigating this intense transformation?



What Integration Might Look Like for the Emerging Phoenix

Crisis and Breakthrough Cycles:

Your integration may involve intense periods of breakthrough followed by times when you need to rest and assimilate what you've experienced. You might have days or weeks where spiritual realities feel overwhelmingly real, followed by periods of doubt or exhaustion. This cycling is normal during intense transformation phases.

Support System Activation: You're learning to recognize when you need professional support versus peer support versus solitude. During acute phases, you may need daily or weekly contact with trained professionals who understand spiritual emergency. You're building a team that includes both spiritual and practical support people.

Daily Life Management: Integration might look like having good days where you can handle normal responsibilities and difficult days where basic self-care is all you can manage. You're learning to adjust your expectations and create flexibility in your schedule during intense integration periods. You may need extended time away from normal work or social obligations.

Safety and Grounding: You're developing concrete practices that help you stay grounded when experiences become overwhelming - this might include physical exercise, creative expression, time in nature, or connection with trusted friends. You're learning early warning signs that indicate when you need additional support or lifestyle changes.

Meaning-Making Process: You're working with professionals to understand what your experiences mean and how they fit into your life story. This isn't about explaining them away but rather finding ways to honor their significance while maintaining your ability to function. You may be discovering new purposes or callings that emerge from your experiences.

Long-term Vision: Even during difficult phases, you're building trust that this intense process has purpose and meaning. You may be beginning to see how your experiences, once integrated, can serve others who go through similar transformations. You're learning that a spiritual emergency can become a gentler spiritual emergence process with proper support and patience.

Coaching Questions

NEXT STEPS FOR THE EMERGING PHOENIX

Prioritize Safety: Ensure you have proper support for navigating intense experiences safely - list the people and processes you have to help you stay safe.

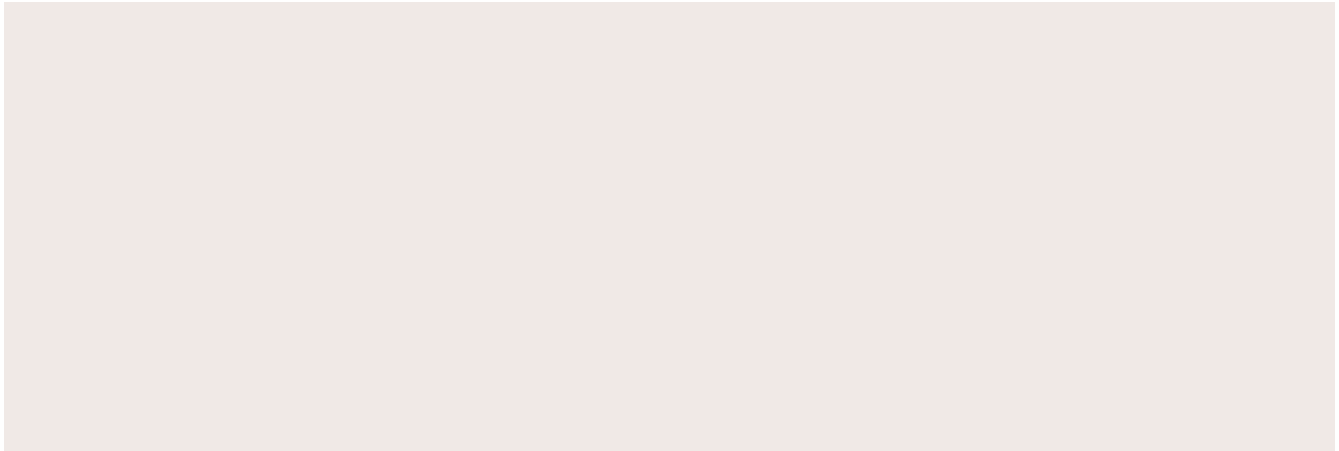
Find Professional Support: Connect with someone trained in spiritual emergency/emergence - see the resources in the back and list the options you would like to research

Go Very Gently: Allow transformation to happen at a pace that doesn't overwhelm your system - consider temporary medication support if prescribed - it can help you stay in the integration process when you can't on your own.

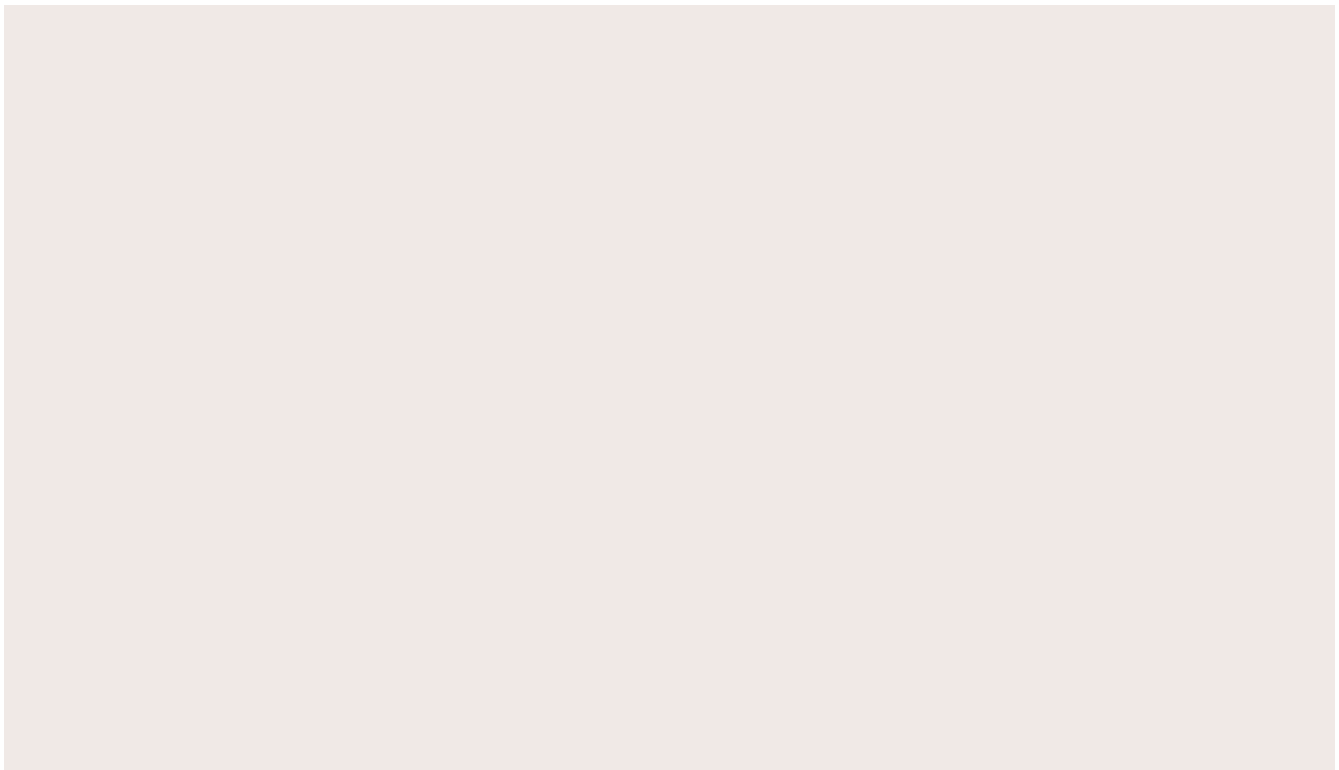
Coaching Questions

NEXT STEPS FOR THE EMERGING PHOENIX

Build Foundation: Focus on basic grounding practices and maintaining daily functioning - List the activities and practices that result in grounding and stillness.



Educate Your Network: Help trusted people understand what you're experiencing with appropriate resources - List the resources from this report and other sources you would like to share with your network.



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