

Your Integration Report

The Integrated Explorer

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 Integrated Explorer

"I'm successfully weaving my spiritual insights into authentic, purposeful living"

Where You Are:

You've developed a mature relationship with your spiritual growth and have learned to integrate insights into practical life. You trust your experiences, have supportive relationships, and are likely serving others from your integrated wisdom.

Your Strengths:

- Strong trust in your own spiritual experiences
- Ability to translate insights into practical action
- Balanced relationship between spiritual and everyday life
- Likely serving as a guide or inspiration for others
- Comfortable with uncertainty and mystery

Your Growth Edge:

- Deepening your unique expression of service
- Continuing to evolve your practices and understanding
- Supporting others who are earlier in their journey
- Staying open to new levels of growth and expansion

Your Integration Path:

Embodied Service: You're ready to step more fully into sharing your gifts with the world. Your integration isn't just for your own benefit - it's meant to serve a larger purpose.



**You're ready to
step more fully
into sharing
your gifts...**

Comprehensive Integration Support

Sharing Your Experiences Wisely:

As someone well-integrated, you likely share your experiences with discernment; however, it's essential to understand why this remains crucial even at this stage. When you've successfully integrated spiritual insights, there's often an impulse to help others by sharing your journey.

However, your integrated perspective can sometimes make you forget how destabilizing these conversations can be for people who haven't had similar experiences. Continue to choose your audience carefully, as not everyone is ready to hear about non-ordinary experiences. Sharing indiscriminately can create unnecessary conflict or concern among family and friends. You can be a bridge for others by sharing compassionately without overwhelming them.

This means starting with how your life has changed rather than describing the experiences themselves, and gauging their receptivity before delving deeper.

Continued Safety & Boundaries:

Maintaining healthy boundaries becomes more complex, not simpler, as you integrate and begin serving others. Your loving nature and integrated wisdom may attract people who need healing, but it's crucial to ensure you're equipped to hold appropriate space without taking on their energy or problems as your own.

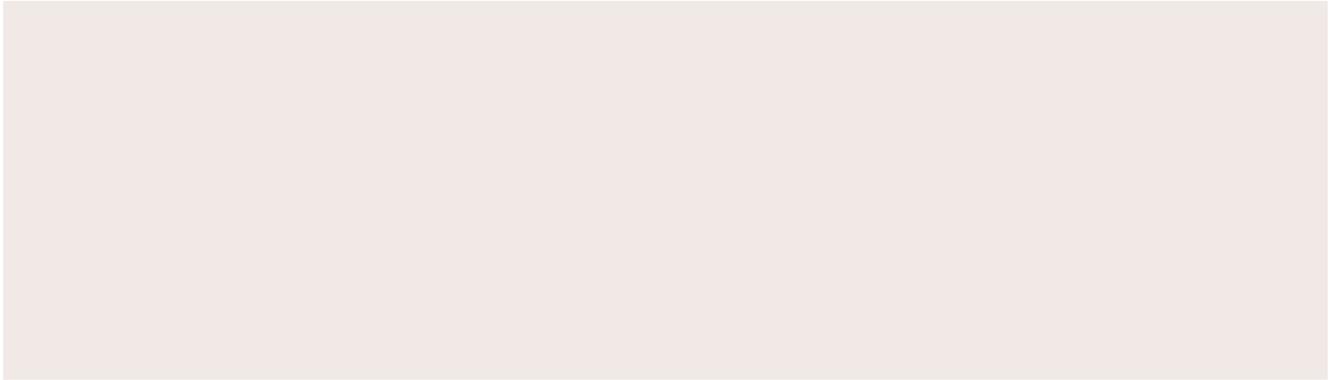
This means having clear containers for your service work - specific times, places, and structures rather than being "on call" for everyone's spiritual crises. Stay connected to your own support network and avoid isolation in your service role, as helpers often fall into the trap of giving to others while neglecting their own needs for connection and support.

Continue your personal growth work alongside serving others, because integration is an ongoing process, not a final destination. New levels of awareness will continue to emerge that require their own integration process.

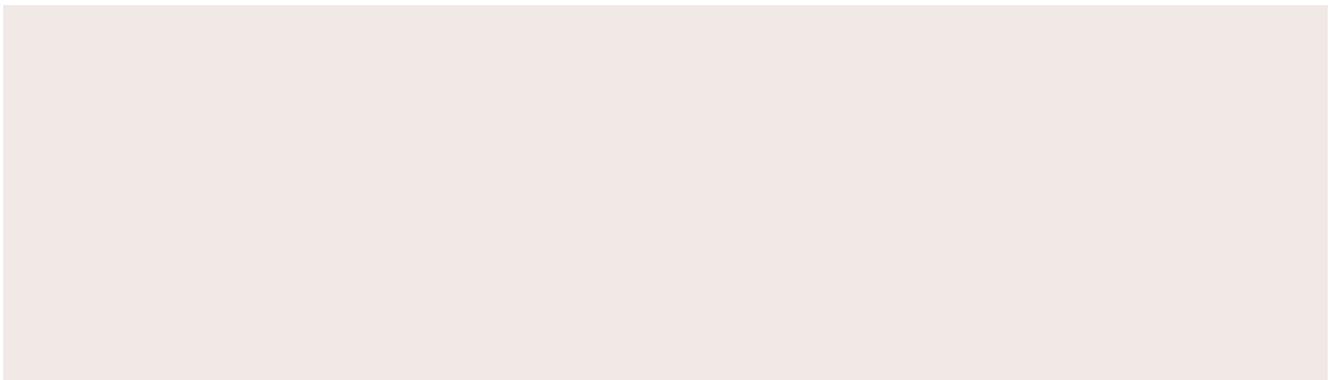
Coaching Questions

FOR THE NEXT LEVEL OF EXPLORATION FOR THE INTEGRATED EXPLORER

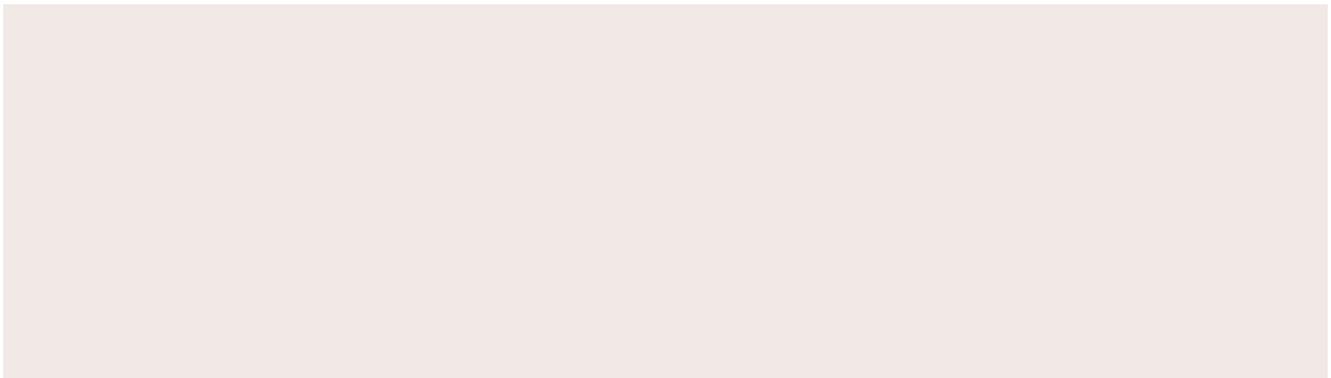
How can I share my gifts more fully while maintaining my energy and boundaries?



What new levels of service am I being called to explore?



How do I stay ground in everyday life while expanding my spiritual expression?



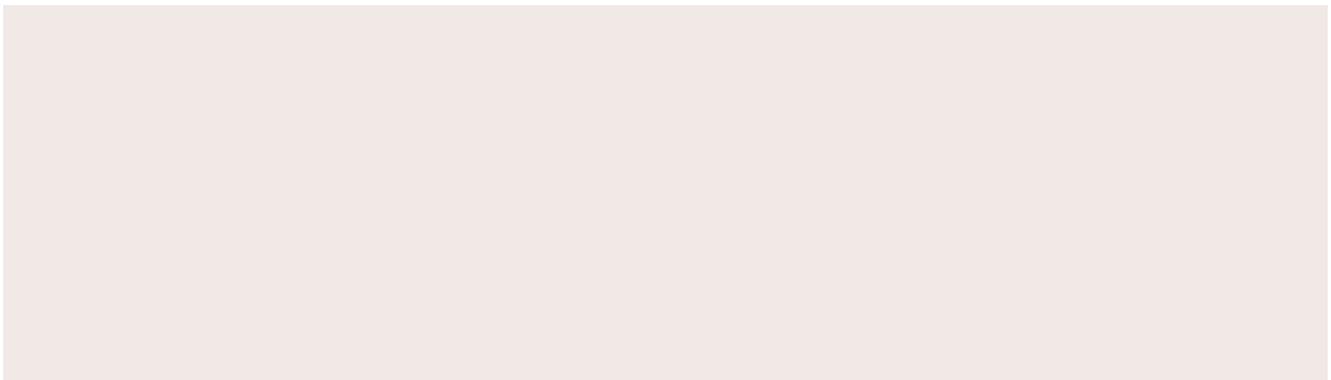
Coaching Questions

FOR THE NEXT LEVEL OF EXPLORATION FOR THE INTEGRATED EXPLORER

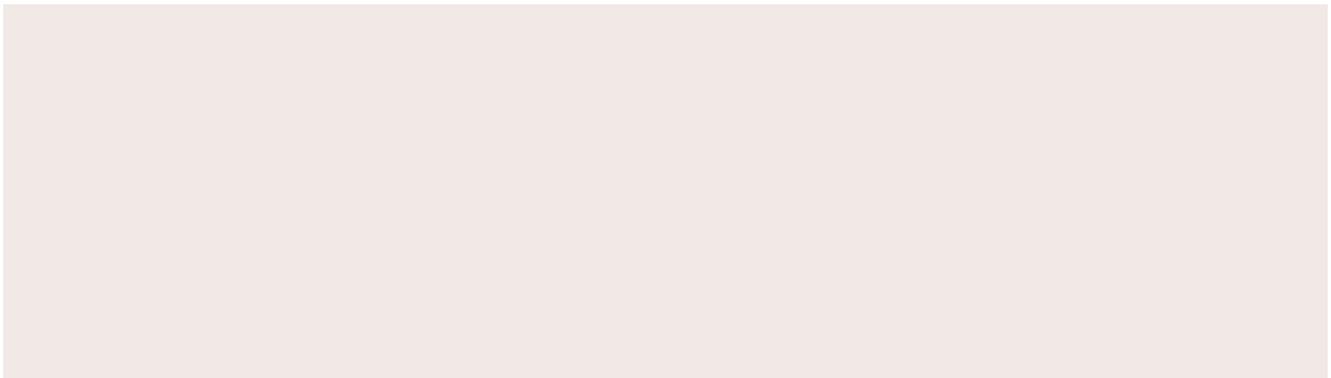
What support do I need to continue evolving at this stage?



How can I help create safer spaces for others who are integrating spiritual experiences?



How do might these potential choices affect the close relationships in my life?



What Integration Might Look Like for The Integrated Explorer

Daily Life Integration:

Your spiritual insights have become woven into the fabric of your daily existence rather than existing as only separate spiritual experiences. You make decisions naturally from your integrated understanding, whether choosing how to respond to conflict, what work to pursue, or how to spend your time. Your spiritual practices feel like natural extensions of who you are rather than disciplines you force yourself to maintain.

Relationships and Service:

You can discuss your spiritual perspectives openly with those who are ready to hear them, while remaining compassionate and patient with those who aren't. Your service to others flows from overflow rather than obligation - you help because you're naturally drawn to support others' growth, not because you feel you should. You maintain healthy boundaries even in service roles, knowing when to engage and when to refer others to different support.

Ongoing Growth:

Integration doesn't mean you've "arrived" - rather, you experience growth as a continuous spiral where new insights arise and require their own integration process. You're comfortable with mystery and uncertainty, seeing them as natural aspects of an evolving spiritual life rather than problems to solve. You can hold paradoxes without needing to resolve them into neat categories.

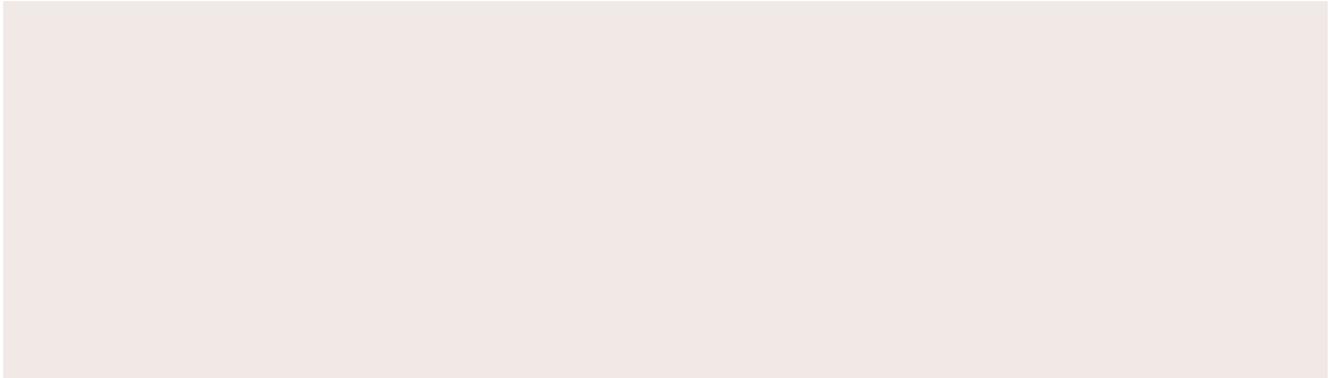
Challenges and Shadow Work:

You recognize that spiritual integration includes working with your human limitations and psychological patterns rather than transcending them. You can acknowledge when you're triggered, make mistakes, or fall into old patterns without it threatening your spiritual identity. You understand that integration means becoming more human, not less.

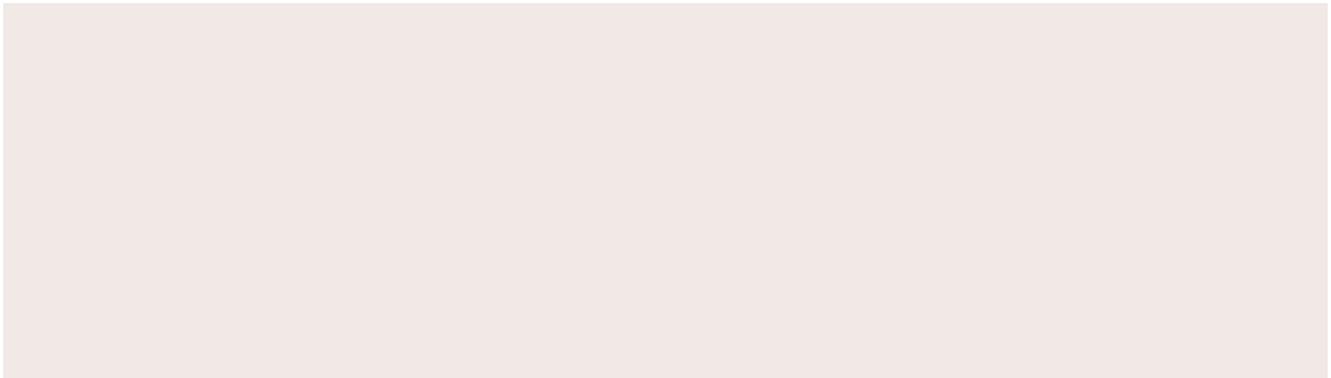
Coaching Questions

NEXT STEPS FOR THE INTEGRATED EXPLORER

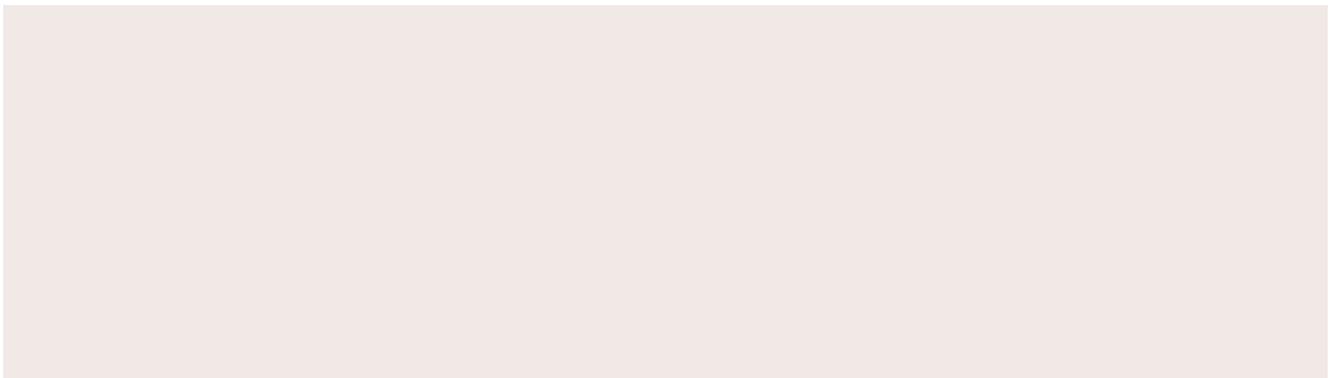
Clarify Your Unique Contribution: How is your specific journey meant to serve others?



Deepen Community: Connect with others who can support your continued evolution - what do I want from community?



Create Safe Containers: Consider how you can help others integrate their experiences safely



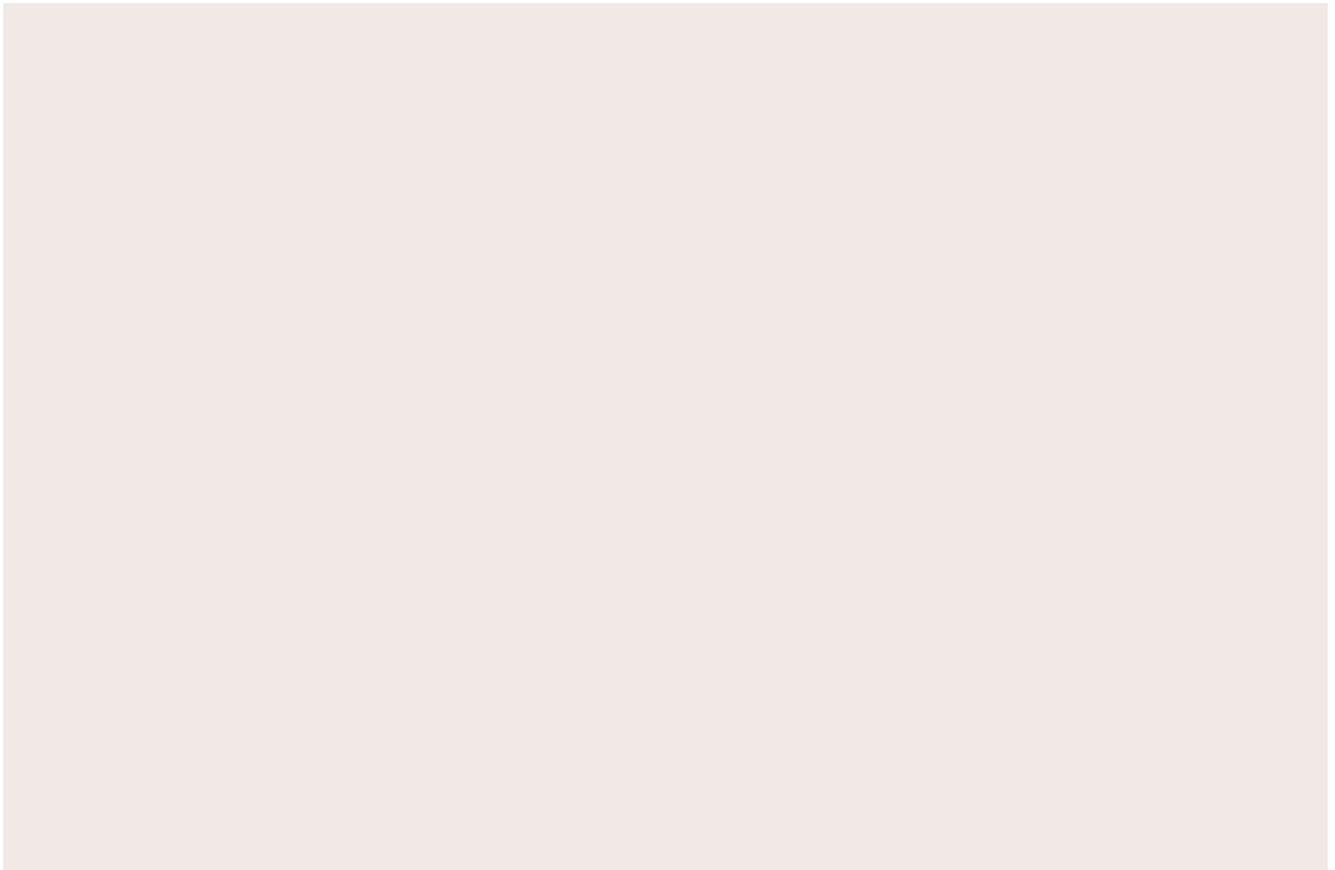
Coaching Questions

NEXT STEPS FOR THE INTEGRATED EXPLORER

Expand Your Expression: Find new ways to share your integrated wisdom



Mentor & Model: I show others what healthy integration looks like by...



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