

# MOVEMENT | MEDITATE | MEDICINE

integrating the moments of self-surrender



Every offering here is an invitation, loving suggestion, hopeful connection, & support for you to know that you are always held in deep, unconditional love by this medicine, this work, & the community that you are a part of on your healing journey.

This is a place to begin, to draw inspiration from, to allow ideas to spark & flourish, & to contemplate. Use all or none of this. Listen & be present: the answers you seek will present themselves.

At the innermost core we are clear, immortal beings without conditioning. Restoring & consciously experiencing pure awareness is the first step toward uncovering your essential underlying truth.

In love & light. Aloha, Aho.

*Aimee Serene*



# PREPARATION

## Practice Presence

### It is easy to push presence into the future

"I'll do it when I get there", "I have time set aside later to really focus and be present, I'm too busy now"

Ceremony invites you into divine connection with the medicine; the only thing she asks is to honor yourself by being present for this healing work. When you slip into the past or create an imaginary future, the ego mind (EM) takes over & spins complex webs of amplified story-lines that can lead to anxiety & depression. Witnessing the EM & quieting all those "stories" in daily meditation can help you navigate when you are with the medicine. Be careful though, this witness can be another form of ego - one that is judging & prideful - thus creating a spiritual ego.

Presence disguised as a mindful witness is not actually willing to observe mind as separate & autonomous from you. Remember, the mind is a brilliant survivalist.

#### Awareness

Begin to see how the mind sneaks into the eyes of the observer & become aware of what it is saying in every moment. Behind each thought is another thought.



#### Observation

Witnessing the mind you begin to see the source of sprouting stories & notice the constant stream of thought flowing in the background.

#### Interaction

The mind is clever & puts itself everywhere. Be vigilant. Notice who is doing the witnessing & ask, "is there a thought about the thought?" This is the ego.

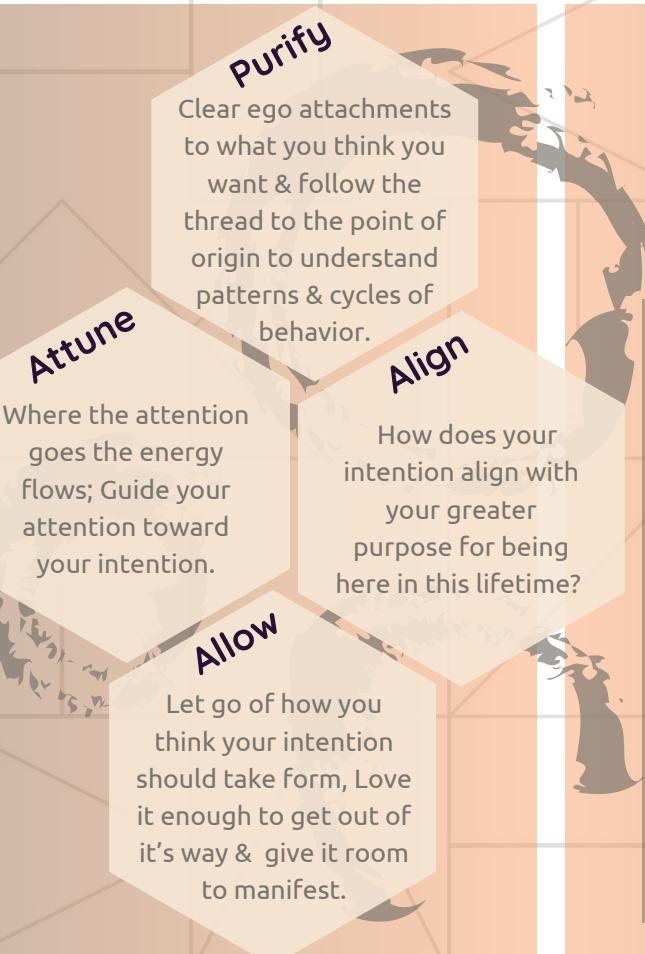


#### Stillness

Bring yourself to the quiet center with breath to calm the train of thoughts ~ even if only for a moment at a time. Explore different forms of meditation.

#### Practice

Feed your mind & body high-quality fuel, so you have the strength to persevere in your work. This is a lifelong practice & challenge that is well worth the effort.



## Setting Intention

### What do you want in life?

Ceremony is where you merge with the divine energy that hears your intentions & sets them in motion.

Setting an intention is powerful.

The deeper you are able to go with your awareness & consciousness to explore what it is you want & why, the clearer it will become & energy will flow with greater ease to manifest what you want into your life.

There is work to do on the path to receiving it - many steps along the way that ask for you to make decisions everyday - coming to a crossroad where each choice is yours to make. This is a great opportunity to practice working with intuition, asking & trusting your inner wisdom to guide you to the path of least resistance to your intention. We are intentional creators: without wanting & thus creating an intention to manifest, you are like a ship stocked with supplies set out to sea without a destination.

# CEREMONY

the medicine work begins as soon as you say yes

I am deeply grateful for the divine healing, insights, wisdom & teachings from the medicine. My intention is to build a bridge, integrating the cosmic connections with daily living & supporting others in their process of making sense of the ineffable. I believe eventually every soul, without exception, is destined to awaken their full self-realization.

“  
I felt the medicine course through my entire body and in a single instant I sensed her entering my mind and my memories, as she wove together the experience that it must be to be me.  
”

Below are a few of the themes that I have experienced, witnessed & learned. As with everything I offer here, only take what resonates & further explore these concepts on your own as you build your unique relationship with the medicine.

“  
There were moments when my mind would peek over my shoulder and whisper into my ear that it felt fear and I wrapped my arms around her, whispering back that only peace is welcome here.  
”

drink  
medicine

breathe  
deeply

see the  
illusion  
of fear

purge &  
release

Your experience will be dictated by the past & future moments that make up your entire lifeline. The memories, traumas, pleasures, pains, perceptions, symbols, culture, & every single thing that makes you, YOU. The medicine will work with you on a cellular level to heal. While you will drink the same medicine as everyone else in your ceremony, everyone will have a unique experience - so different from one another that you may wonder if you in fact drank from the same cup.

Begin with breath & always come back to breath. It will anchor you in your body, release blockages, calm muscles & tensions & bring you to the present here & now. In moments when fear emerges, becoming present will bring you back to your pure connection to the medicine. Coming back to quiet stillness, working with the relationship to the ego mind & breathing deeply can help calm waves of fear. Your entire experience can shift in a few breaths.

Fear is normal: it's the nervous anticipation of something that you cannot fathom until it is upon you. In whatever way you find to trust in the essence of this benevolent medicine, know that you are in the hands of love & light, you are not alone, & there is nothing to fear...not even fear itself.

***“I can sense your fear, and until I appear, I cannot make it disappear. It is the unknown, unseen, unheard of, that spins an illusion to keep the comfort of knowing near.”***

This comes in many forms. Some examples are yawning, tears without emoting, spitting, shaking, stretching, laughing, crying, vomiting, & pooping. People experience each of these uniquely. The preparation of diet & environment can help alleviate or lighten some of the more uncomfortable symptoms but remember, purging is not just about the physical. You may purge emotional trauma in the form of physical vomiting; All of it is releasing, & there is nothing to be afraid of. It shall pass. It is coming out to be released.

# INTEGRATION

There are many ways to integrate, express, release, & heal. I invite you to truly listen to your inner wisdom & the medicine that is still shimmering in your cells to decide what is best for you & your divine process of connecting the cosmic dots & day-to-day living that comes once the medicine journey is closed.

“  
Capturing the ineffable moments from a state of consciousness that exists without words is both a challenge & an inspiration, drawing forth the creative combinations of letters that flow from lips & fingertips to paint a picture of a reality tasted with all of my senses.  
”

“  
To wind down to stillness & still exist in this world. My only fear was that I will no longer care about anything once I have seen what lies beyond; but instead, I care more.  
”

## expression

### Find your outlet & let it flow

The experiences in ceremony can spark divine inspiration and leave you in deep contemplation. There are countless ways to create, and the imagination is a powerful tool. Draw, paint, write, tell stories, make jewelry, bead-work, woodwork, design, decoration, play music, dance, sing, or build. Most of all, listen to what calls to you, it may be something new, or an old hobby ready to re-emerge in your life. What inspires you? A spark of imagination & creativity has the power to change your world.

Work with your hands & your heart to weave the medicine into your life, embodying & grounding the energy into the Earth plane of your life experience.

“  
I am grateful, humble, silenced. From the beginning I knew this was coming, though never in what form.

Here I stand today, medicine of the earth in my hands & heart, together, intertwined... in love... in light... in-finity.  
”

RememBEING who you are.

This is when the real work begins.

## Care

### self-care & environment

The first few days after ceremony are an opportunity to focus, evaluate, interpret & experience a new self. We are all highly sensitive to our environment; after the ceremony this is even more amplified. Stay unplugged from the news & media. Listen to the needs of your mind, body & spirit each day to determine what care each energy body requires. Nourish your body & be gentle with your heart. Spend time in nature. Consider daily meditation, rituals, writing & connecting with those who love you.

Do not make any drastic life changes for at least a few weeks, allow things to integrate & settle to ensure you are making changes for the reasons that resonate long term.

## support

### seek support & help

You may not feel like you need help, or you may feel like you will be lost without it.

Regardless of where you are on the spectrum, there are people here to help you along the way. Whether a friend, soundboard, therapist, coach, or healer - ask for what you need. Never underestimate the power of connection; it's why we are here, it gives purpose & meaning to our lives.

Connect with me for recommendations of integration coaches, therapists, somatic practitioners, energy healers. Tap into your community support. You are deeply loved.

[www.aimeeserene.com](http://www.aimeeserene.com) | 206.856.7079

“  
We worked together in this harmonious exchange of pain releasing into light & each time my body felt lighter, free of the hurt that existed in places unseen. Then she would ask, what next? A smile forming & tears pouring out. A feeling of deep bliss, my soul kissed.  
”

# WE ARE ONE

A shimmer of light reminds me of you.

A streak of clouds across the sky that feel like long fingertips touching my heart and mind remind me that you are holding me in your hands.

The ripples in the water are like the waves of your presence as I breathe deeply in your medicine and allow my body to slip away, dissolving in the essence of your energy. You fill my being to the brim and pour over me in pure light, spilling down my soul and back into the Earth, bringing forth life and love in the seeds of potential that we plant together.

My eyes fill with tears in the presence of you. Unimaginable beauty that leaves my mouth agape in awe and inspiration, frozen in a moment I hope will last forever as I perceive and take in your magic.

Towers and tunnels of energy pouring in and out in all directions, flowing with white light, iridescent radiance illuminating from all around, I am inside, I am outside, I am allowing myself to become one with you, radiating your essence from my heart as you pour your love back into me and I express your medicine through all dimensions of space and time.

Breathing in deeply so I may exhale and slip deeper into our connection as you take my hand and guide my heart, weaving your wisdom into the tapestry of my understanding, flowing your teachings into my mind through the lens that only I can see through, removing the obstacles that obscure my vision and showing me the way back to you through myself.

I read my words and I see you.

I listen to sacred songs and I hear you.

I move my body and I feel you.

Our connection is so strong, I know that we are close to the point of intersection where I forget that I am me and you are you, and I remember that we are One.

~ Aimee Serene

journal

A blank journal page featuring horizontal grey ruling lines on a light beige background. The page is framed by a thin grey border. In the background, there is a faint, semi-transparent illustration of a landscape with mountains and a small building.