WAIT.
Before You Name It

Eight practices for the weeks after your retreat

> *5-MeO-DMT often leaves little story to tell. What stays is a felt sense. Give it time to settle before you explain it, share it, or act on it.*

GIVE THANKS

Start with gratitude.

Thank the medicine, your support team, the land, and most importantly yourself.

TEND THE BODY

Rest, eat well, and walk outside.

Notice what your body asks for, and give it that.

SHARE WITH CARE

Choose who hears it first.

Tell a few people who can listen without advice or judgment.

USE YOUR SUPPORT

Keep your integration calls.

Also find one friend you can call on a hard day.

DIGEST SLOWLY

Do not rush big decisions.

Give it some weeks before you change your work or home.

LEAVE IT UNNAMED

You do not need to explain it.

Some of what happened has no words. Let that be true.

EXPECT AFTERWAVES

Feelings and energy can return.

This is normal. Allow and receive with curiosity.

KEEP IT ORDINARY

Practice in daily life.

Wash the dishes. Answer the email. Awareness. Awareness. Awareness.

The session lasted minutes. The integration takes months.
Go slowly, and ask for help when you need it.

Don Mullen
donmullen.guide

Andrew Dunn
thevision.guide