



SAN PEDRO (HUACHUMA) INTEGRATION TIMELINE

A SLOW SPIRAL OF SOFTENING, ROOTED IN THE HEART, THE EARTH,
AND QUIET BECOMING.

1. THE HEART EXPANSION (DAYS 0-2)



- Feelings of open-heartedness
- Deep love for self, others, and the natural world
- Gentle presence and heightened emotional sensitivity

INTEGRATION TIP

Let nature hold you. Be near trees, animals, water. Let the love continue to move through your body, there's no need to overthink it



4. THE EMBODIMENT (WEEKS 6-12+)

- Peace becomes your default
- More compassion and less reactivity
- Living from the heart instead of the head

INTEGRATION TIP

Share if you feel called. Be of service but not at the cost of yourself. Keep returning to slow rituals. This is a long-haul transformation

2. THE HUMBLE



RETURN (DAYS 3-7)

- A subtle heaviness or sadness may surface
- Longing to stay in the ceremonial field
- Unexpected emotions may arise.

INTEGRATION TIP

Stay soft. Journal your dreams. Take salt baths. There's no rush for clarity, San Pedro whispers long after the ceremony ends.



3. THE QUIET BLOOM (WEEKS 3-6)

- A gentle inner knowing begins to take root
- Clarity around relationships, purpose, or healing
- A subtle but steady shift in how you carry yourself

INTEGRATION TIP

Let your heart lead the mind. Tears may come... let them. Speak to your inner child and keep grounding practices close.

