



Going Home & Self Care after a Holotropic event

Going home after a Holotropic event can for some people be a difficult transition. The nature of entering into holotropic states of consciousness, may create an intense opening of the energetic and psychic body, and a subsequent hypersensitivity to the outside world. The shift back into our everyday lives needs to be taken gently, so be kind to yourself. There are a number of guidelines and useful bits and pieces you might want to consider to assist you in this process.

Driving – When leaving the centre where you did your work, drive with care and be careful with the music you play so that it doesn't send you into a Holotropic state. Play music with words you can understand. Take regular breaks if you have a long journey.

Food - Eat grounding foods, meat, beans, chocolate or whatever suits your own diet – you know what grounds you. Eat healthily and compassionately - sometimes you can come out the other side of a journey feeling a little raw, bruised and sore emotionally. By eating food which nourishes you and is not toxic to the body, helps to create a smoother transition.

Take time out - It is important to make time for yourself for at least the week after your event, so to give time to allow the insights gained to filter into your current life. Do things that keep you connected – sitting in stillness, being in nature, gardening, listening to/playing music, play, dance, yoga, meditate, hill walking, massage, acupuncture, Chi Gong, drawing more mandalas. Make use of this time to reflect and remember what happened on your event.

Sleep - You may want to sleep more or less than usual, try to listen to the needs of your body. Pay attention to your dreams. It can be useful to note them down for a few weeks after an event, as doing this can help to clarify things and bring them to closer to the conscious mind.

Mandalas - Take your mandalas home with you and use them as a reminder of the experiences and insights that came to you over the event. Put them up somewhere you can see them easily.

Talking to friends and family - You have been away and in quite a different environment. The people that you meet when you go home have generally no experience of this and if they have, they have not had the experience this time themselves and are more disconnected from it. They may also have been “holding the fort” so to speak. Therefore find a good time when they can listen with full attention, before you talk with them about what has happened for you and be sensitive to how much you can say without losing them.

Sometimes it can be better to hold on to an experience until you have come to deeper terms with it yourself before talking about it with someone else – be careful, as you may dilute by talking away

your experience. Be careful who you share with as not everyone understands the effects of being in Holotropic states.

Aftershocks - This type of work is deep and you may have a continuation of your experiences popping up during the days/weeks after your event. This is not unusual, in some cases it may be quite intense. In either case be compassionate with yourself to allow this experience to continue to come through. If it is very intense for you, contact someone who you can talk with, a friend, someone who was on the workshop or a facilitator.

We strongly advise that you do not do Grof breathwork or psychedelic work on your own without a guide or sitter. It might bring up material physically or emotionally, which is very difficult to contain, without the safety of a sitter or facilitator.

You might consider it beneficial to do one to one therapy which may provide a type of continuation of working with the material that has come up for you. In which case try and find someone who is open and sympathetic to the transpersonal model.

Please do not make any big life changes in the week or two after an event (leaving the job or ending a relationship for instance). If you feel the need for this, see how you can integrate it into your life without making the major change immediately.

Gift to yourself - Give yourself a gift to celebrate the work you have undergone – a massage, a flower, a set of beautiful music...so to keep the connection alive.

No Alcohol - We recommend that you stay off alcohol and/or substances for a few days after an event as they can affect the integration of the experience by reducing your awareness. It is worth knowing that for some people addictive patterns towards the need for substances, can be enhanced temporarily, for a period of time following.

The events are an opportunity to work more consciously with yourself. To provide continuity and smoothness, consider to incorporate a daily practice, such as meditation, yoga, an expressive art form or something that will raise awareness of who you are.