



SAGE SOUL INITIATION

Rite of Passage into the Medicine Woman Path

Workbook & Integration Journal

A sacred passage of slowing down, listening deeply, meeting the medicine with reverence, and remembering the wisdom within.

Welcome

Welcome to your Sage Soul Initiation.

This experience marks a meaningful threshold in your life: a rite of passage into deeper self-trust, inner listening, plant medicine wisdom, and the sacred path of healing.

At 20 years old, you are standing in a powerful doorway between who you have been and who you are becoming. This workbook is here to support you as you step into that doorway with intention, humility, curiosity, and care.

This is not about becoming someone else. It is about remembering who you are beneath the noise, expectations, stories, and roles you have carried.

During this initiation, you will be invited to:

-  Slow down and listen to your body
-  Connect with nature as teacher
-  Learn about plant medicine with respect and responsibility
-  Prepare for your first journey with intention and care
-  Explore your emotions, fears, gifts, and inner wisdom
-  Reflect on what the medicine shows you
-  Integrate your experience into everyday life

There is no right or wrong way to use this workbook. Write. Draw. Reflect. Pray. Question. Listen. Let this be a place where your honest inner voice can speak.

Most importantly, remember: you are not here to force healing. You are here to create the conditions where healing can unfold.

Section 1: Arriving at the Threshold



I am arriving feeling:

Three words that describe my inner world right now:

What I am bringing with me into this experience:

What I am ready to release, soften, or understand more deeply:

What I hope to receive from this Rite of Passage:

Section 2: What Is a Rite of Passage?



A rite of passage is a sacred transition. Across cultures and throughout history, rites of passage have helped people mark important moments of growth, maturity, responsibility, and identity. They often include preparation, ceremony, challenge, reflection, mentorship, and integration back into life.

This initiation is a passage into deeper womanhood, self-responsibility, and sacred service.

It may invite you to ask:

-  Who am I becoming?
-  What wisdom lives inside me?
-  What patterns am I ready to outgrow?
-  How do I care for myself, my body, and my spirit?
-  What does it mean to walk the Medicine Woman path with integrity?

A rite of passage is not complete because of one ceremony. It becomes complete through how you live afterward.

What does “rite of passage” mean to me?

What part of me feels ready for this?

What part of me feels nervous, unsure, or resistant?

What support do I need as I cross this threshold?

Section 3: Entering the Medicine Woman Path



The Medicine Woman path is not about performance, power, or appearing spiritual. It is a path of humility, listening, devotion, compassion, embodiment, and relationship.

A Medicine Woman learns to listen deeply — to the body, the earth, the ancestors, the plants, the unseen, and the truth that lives within her.

She does not use medicine casually. She does not rush healing. She does not bypass pain with spiritual language. She honors the sacredness of life.

To walk this path is to become a student first: a student of nature, the body, your own heart, the medicines, and the traditions that have carried them.

What does “Medicine Woman” mean to me right now?

Women, elders, teachers, healers, or guides who inspire me:

Qualities I want to cultivate on this path:

Compassion	Humility	Courage	Integrity
Presence	Devotion	Discernment	Patience
Honesty	Groundedness	Creativity	Reverence
Self-trust	Service	Listening	Responsibility

Add your own qualities:

My top 3 Medicine Woman qualities are:

Section 4: My Sacred Values



Every path is shaped by values. Values are the inner compass that help us know how to walk with ourselves, with others, with the earth, and with medicine.

The values I want to carry into this initiation are:

The kind of woman I am becoming:

The kind of healer, guide, supporter or space-holder I may one day become:

What I never want to forget as I walk this path:

Section 5: My Medicine Woman Symbol



Throughout time, people have used symbols to represent identity, lineage, values, and transformation. Create a personal symbol, crest, or altar image that represents this stage of your becoming.

Include symbols for your strengths, connection to nature, intuition, healing path, ancestors or lineage, what you are releasing, and what you are growing into.

Draw your Medicine Woman symbol here

My symbol includes:

My Medicine Woman motto or prayer is:

Section 6: Understanding My Nervous System



Your nervous system is your body's communication system. It helps you sense safety, danger, connection, overwhelm, and rest.

Before working with plant medicine, it is important to understand your own nervous system patterns. Medicine can open deep emotional material. Knowing how your body responds to stress, fear, tenderness, and expansion can help you feel more prepared and supported.

Green Zone — Connected and Present

This is when I feel grounded, open, calm, curious, and connected.

My Green Zone feels like:

In my body, I notice:

Things that help me return to my Green Zone:

Red Zone — Activated or Overwhelmed

This is when my system feels like too much is happening. I may feel anxious, angry, panicky, restless, or out of control.

My Red Zone feels like:

In my body, I notice:

When I am in my Red Zone, I need:

Blue Zone — Shut Down or Disconnected

This is when my system feels frozen, numb, tired, distant, quiet, collapsed, or hard to reach.

My Blue Zone feels like:

In my body, I notice:

When I am in my Blue Zone, I need:



Section 7: My Support Signals



Sometimes when emotions are big, words can be hard to find. Before ceremony, it is helpful to create simple signals that let your guides know what you need.

Signal: "I Need Space." My signal is:

When I use this signal, I would like my guides to:

Signal: "I Need Support." My signal is:

When I use this signal, I would like my guides to:

Signal: "I Need Grounding." My signal is:

Grounding tools that help me:

Signal: "I'm Ready to Share." My signal is:

When I am ready to share, I would like:

Section 8: Consent, Boundaries, and Safety



Sacred work requires clear boundaries. Your body, your voice, your pace, and your consent matter. Before entering ceremony, take time to reflect on what helps you feel safe and respected.

I feel safest when:

I do not feel safe when:

Touch preferences during ceremony — I am comfortable with:

I am not comfortable with:

If I become emotional, I prefer:

Words or phrases that help me feel supported:

Words or phrases that do not feel supportive to me:

What I want my guides to know about me:

Section 9: Learning About Plant Medicine



Plant medicine is sacred. It is not a shortcut, party, escape, or performance. It is a relationship.

Many plants and fungi have been used ceremonially for healing, connection, grief, vision, and spiritual insight across many cultures. These medicines deserve respect, humility, and careful preparation.

As you begin learning, remember:

-  The medicine is not here to “fix” you
-  Your intention matters
-  Your environment matters
-  Your guides and support matter
-  Your body and nervous system matter
-  Integration is as important as the journey itself
-  The teachings continue after the ceremony ends

Plant medicine may bring forward beauty, insight, emotion, memory, fear, love, grief, laughter, or deep stillness. Every experience is different. The work is not to control the journey. The work is to listen.

What I already know or believe about plant medicine:

Questions I have about plant medicine:

What I feel curious about:

What I feel cautious or nervous about:

What respect for the medicine means to me:

Section 10: My Relationship with the Earth



A Medicine Woman is in relationship with the earth. Nature teaches through cycles, seasons, death, rebirth, patience, beauty, decay, storms, and stillness. During your initiation, spend time outside. Let nature be one of your teachers.

Something beautiful I noticed in nature:

Something nature reminded me about life:

A plant, tree, animal, stone, or landscape that felt meaningful to me:

What I sensed, felt, or imagined from this being:

A message I received from nature:

Section 11: Preparing for My First Journey



Preparation is part of the ceremony. The days before a plant medicine journey are a time to slow down, simplify, listen, and become clear.

Preparation may include:

-  Resting the body
-  Eating clean, nourishing food
-  Spending time in nature
-  Journaling
-  Meditating or praying
-  Reducing distractions
-  Avoiding unnecessary emotional intensity
-  Speaking honestly with your guides
-  Clarifying your intention
-  Creating space for integration afterward

This is a time to ask your body and spirit: What am I ready to see? What am I ready to release? What am I ready to receive? What am I ready to become responsible for?

My Preparation Commitments

In the days leading up to ceremony, I commit to caring for myself by:

Ways I will simplify my life before ceremony:

Foods, habits, media, or conversations I may want to reduce or avoid:

Practices that will help me feel clear and grounded:

People I can reach out to for emotional support:

Section 12: My Intention



An intention is not a demand. It is a prayer, a direction, a doorway. Your intention can be simple. It does not have to be perfect. The medicine may respond to your intention in unexpected ways.

Examples: Help me trust myself. Show me what I am ready to heal. Teach me how to love myself. Help me understand my fear. Show me my gifts. Help me release what is not mine. Teach me how to walk this path with integrity.

My intention for this journey is:

Why this intention matters to me:

What I hope to understand more deeply:

What I am willing to surrender:

What I am asking the medicine to help me see:

Section 13: Meeting My Parts



Before ceremony, it can be helpful to notice the different parts of you that may show up. You may have a part that feels excited, scared, in control, seen, doubtful, longing to surrender, carrying old pain, or holding deep wisdom.

All parts are welcome. There is nothing inside you that needs to be rejected. The practice is to listen with compassion.

A part of me that feels excited:

What this part wants me to know:

A part of me that feels afraid:

What this part needs from me:

A part of me that wants control:

What this part is trying to protect:

A wise part of me that already knows:

Its message for me:

Section 14: Ceremony Day Reflection



Before the ceremony begins, take a quiet moment.

My body feels:

My heart feels:

My mind feels:

My spirit feels:

One thing I want to remember before I enter:

My prayer before ceremony:

I give myself permission to:

I trust myself to:

I ask for support with:

Section 15: Journey Notes



Use this section after the journey, not during unless it feels natural and supported. Let your reflections be imperfect. Write words, images, sensations, colors, memories, symbols, songs, or fragments.

What I remember from my journey:

Images, symbols, or visions that stood out:

Emotions that moved through me:

Body sensations I noticed:

Messages or teachings I received:

People, memories, or parts of myself that appeared:

Something that surprised me:

Something that felt challenging:

Something that felt beautiful:

A moment I never want to forget:

Section 16: The Morning After



The morning after ceremony is tender. This is a time for gentleness, hydration, nourishment, quiet, nature, and reflection. You do not need to understand everything right away. Some teachings unfold slowly.

Today I feel:

My body needs:

My heart needs:

My spirit needs:

The clearest message from the journey was:

What still feels confusing or unfinished:

What I want to be gentle with:

What I am grateful for:

Section 17: Integration Begins



Integration is the process of living the teachings. A journey can open a door, but integration is how you walk through it.

Integration may include:

-  Rest
-  Journaling
-  Time in nature
-  Therapy or coaching
-  Creative expression
-  Honest conversations
-  Body-based practices
-  Prayer or meditation
-  Making small life changes
-  Letting insights become habits

Integration is not about changing everything overnight. It is about choosing one honest step at a time.

What feels most important to integrate from this journey:

One insight I want to remember:

One pattern I am ready to soften or change:

One truth I can no longer ignore:

One small action I can take this week:

One small action I can take this month:

Section 18: My Integration Support Plan



Integration is easier with support.

Who can I speak honestly with after this experience?

What kind of support do I need?

What practices will help me stay grounded?

What should I avoid immediately after ceremony to protect my tenderness?

What signs would tell me I need extra support?

What I can do if I feel overwhelmed:

My grounding plan:

Section 19: My Medicine Woman Commitments



A Medicine Woman path is not measured by how many ceremonies someone has attended. It is measured by how they live: how they listen, repair, serve, honor the body, respect medicine, continue learning, and stay humble.

After this initiation, I commit to:

The way I want to walk with plant medicine moving forward:

The way I want to care for my body:

The way I want to care for my mind and emotions:

The way I want to care for my spirit:

The way I want to care for the earth:

 Section 20: Letter to My Future Self



Write a letter to yourself to open in six months.

Dear Future Me,

Remember this:

I hope you have continued to:

I am proud of you for:

With love / Date:

 Closing Reflection



One moment I will never forget:

One thing I learned about myself:

One thing I learned about medicine:

One thing I learned about becoming a woman:

One word that describes me now:

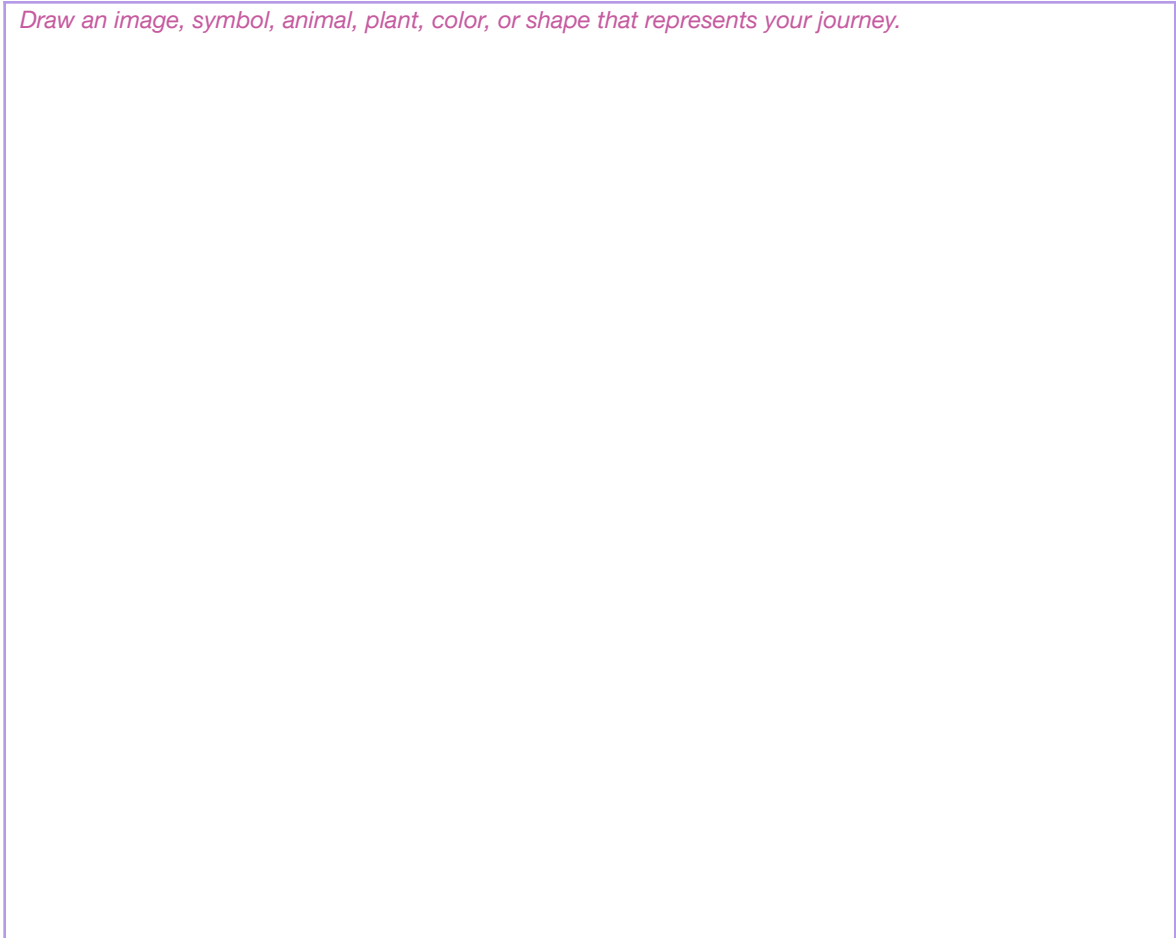
My closing prayer:

 Activity Pages



Draw Your Journey Symbol

Draw an image, symbol, animal, plant, color, or shape that represents your journey.



What does this symbol mean to me?

If My Inner Medicine Woman Were an Animal...



She would be a:

Because:

The medicine this animal carries is:

My Favorite Thing About My Becoming

Something I am proud of in myself:

Something I am learning to love about myself:

Something I am ready to protect in myself:

Something I am ready to share with the world:

Daily Reflection Page 1



Each day, write or draw. Let the page hold whatever is honest.

Today I felt:

Something meaningful that happened today:

Something I noticed in my body:

Something nature taught me:

Something I learned about myself:

One moment I want to remember:

Optional drawing space

Daily Reflection Page 2



Each day, write or draw. Let the page hold whatever is honest.

Today I felt:

Something meaningful that happened today:

Something I noticed in my body:

Something nature taught me:

Something I learned about myself:

One moment I want to remember:

Optional drawing space

Daily Reflection Page 3



Each day, write or draw. Let the page hold whatever is honest.

Today I felt:

Something meaningful that happened today:

Something I noticed in my body:

Something nature taught me:

Something I learned about myself:

One moment I want to remember:

Optional drawing space

Daily Reflection Page 4



Each day, write or draw. Let the page hold whatever is honest.

Today I felt:

Something meaningful that happened today:

Something I noticed in my body:

Something nature taught me:

Something I learned about myself:

One moment I want to remember:

Optional drawing space

Daily Reflection Page 5



Each day, write or draw. Let the page hold whatever is honest.

Today I felt:

Something meaningful that happened today:

Something I noticed in my body:

Something nature taught me:

Something I learned about myself:

One moment I want to remember:

Optional drawing space

Final Blessing



May you walk forward with reverence for your body, your heart, your spirit, and the medicine.

May you remember that becoming a Medicine Woman begins with becoming deeply honest with yourself.

May you honor the plants, the earth, your ancestors, your teachers, your guides, and the wisdom that lives within you.

May you move slowly enough to hear what is true.

May your healing ripple into your family, your community, and the world around you.

And may you always remember:

You are not here to become powerful by escaping your humanity. You are here to become whole by embracing it.



With love and gratitude,
Shelley & Mark
Sage Soul