

A woman with curly hair, wearing a flower crown with yellow and orange flowers and a light-colored fringe vest, stands in profile against a sunset sky. The sun is a bright orange orb on the horizon, and the sky is filled with soft, orange-tinted clouds. The woman's right hand is extended forward, holding a small object. She is wearing several gold bangles and a ring.

Integration

a guide for after the Lion's Gate portal

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*A Guide to Integration
After the Lion's Gate Portal*

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*Anchoring your portal insights from 13 August through 22 September
— from portal closing to the Fall Equinox*

Inside This Guide

- 01 What is integration? | 05
- 02 The First 72 Hours | 09
- 03 Reviewing Your Portal Journey | 13
- 04 Virgo Season: Building the Container | 17
- 05 The New Moon in Virgo | 21
- 06 The Fall Equinox Harvest | 25
- 07 Carrying the Light Forward | 29

A Note Before You Begin

“The wound is the place where the light enters you.”

— *Rumi*

The portal has closed, and now we begin the practice of integration. Whatever these past weeks held for you – something profound, subtle, or perhaps something you are still making sense of – this is an opportunity to notice what remains when the intensity begins to settle.

For me, integration is where practice becomes part of our lives. We take what we noticed, what we learned, what we felt or called in, and begin to ask: How do I live with this now? *What do I want to remember?*

That is what this guide is here to support. We’ll move from the days immediately following Lion’s Gate, through Virgo season, and toward the Fall Equinox – using reflection, simple practices, and small actions to give what emerged some room to take root.

You don’t need to have completed everything from the Lion’s Gate guide. You don’t even need to have felt it was a powerful experience for you. Begin with what is here now. Grab your journal – let these pages be the map, while your words hold the journey to come.

What *is* integration?

Integration is what allows an experience to become part of us. The word itself comes from the Latin *integrare* – to make whole – and I love that as a way of thinking about what happens after a powerful practice, retreat, ceremony, or moment of insight. Something opens, we see or feel something differently, and then comes the quieter work of letting that understanding make its way into how we actually live.

And it's not an instant process. Integration can come in waves, or arrive through layered insights over time. It is personal to you – to your experience, your way of learning, and the way you transform yourself – and it is rarely linear.

Here is the truth that most spiritual content does not tell you: the peak experience is not the destination. It is the catalyst. The portal, the

retreat, the ceremony, the breakthrough moment – these are the spark. Integration is the fire that keeps burning. Research on transformative experiences consistently shows that without intentional integration, even the most profound shifts tend to fade within two to four weeks. The nervous system, which is designed for survival and familiarity, will naturally pull you back toward your baseline unless you actively work to establish a new one. This is not a failure of will. It is simply how human beings are wired. The good news is that the period immediately following a peak experience – the window you are in right now – is one of the most neurologically receptive times for change. The brain is more plastic. New patterns can be set more easily. The insights are fresh. The motivation is alive. This is the window.

What Integration Looks and Feels Like

Integration is not always comfortable. In the days after a powerful portal, it is completely normal to experience:

- *Emotional waves* – feelings of grief, joy, tenderness, or overwhelm that seem to arrive without warning. This is the energy moving through and settling.
- *Fatigue* – your body has been doing significant energetic work. Rest is not laziness; it is part of the process.
- *Clarity followed by confusion* – you may feel certain about something one day and uncertain the next. This is normal. The new is still finding its form.
- *A desire to withdraw* – the impulse to be quiet, to be in nature, to be away from noise and demands. Honour this as much as you can.
- *Unexpected insights* – realizations that arrive in dreams, in the shower, in a moment of stillness. Keep something nearby to write them down.

The Three Pillars of Integration

Effective integration rests on three pillars that work together. You will find all three woven throughout this guide.

REFLECTION:

Turning inward to understand what happened and what it means for you

GROUNDING:

Bringing the energy into the body and into the physical world

ACTION:

Taking one concrete step that demonstrates your commitment to what you called in

None of these pillars works alone. Reflection without grounding stays in the mind. Grounding without reflection misses the meaning. Action without reflection leads to busyness rather than transformation. Together, they create lasting change.

The First 72 Hours

August 13, 14, and 15

The first few days after an intense period of practice can feel a little tender. Your nervous system may still be settling, your subconscious may still be processing, and you may notice that you need more quiet, rest, or space than usual. Think of these first seventy-two hours as a chance to be gentle and intentional with yourself – to let what has opened begin to settle before you rush to understand it, explain it, or turn it into action.

Capture Before It Fades

One of the most valuable things you can do in the first twenty-four hours is to capture your portal experience before the details begin to fade. Memory is reconstructive, and the specifics of what you felt, saw, dreamed, or realized during the portal window will become harder to access as ordinary life reasserts itself. Set aside thirty to sixty minutes – ideally on August 13 – to write a full account of your portal experience. Do not edit. Do not judge. Simply record.

The Portal Capture Exercise

Find a quiet space. Light a candle if you have one. Open your journal to a fresh page and write at the top: “My Lion’s Gate Portal 2026.”

Then write freely in response to these questions. Do not think too hard. Let what wants to come, come.

What was the most significant moment, feeling, or realization of the portal window for me? What surprised me? What did I release? What did I call in? What feels different in me now than it did on July 27? What do I most want to remember from this experience?

Write until you feel complete. Then close your journal and rest.

Grounding Your Body

After any high-energy spiritual work, the body needs grounding. Elevated states of awareness, emotional processing, and energetic opening can activate the nervous system. Grounding practices can help the nervous system return to a more settled, regulated state.

In the first seventy-two hours, prioritize:

- *Feet on the earth.* If possible, walk barefoot on grass, soil, or sand for a few minutes. It’s a simple grounding practice, and it costs nothing.
- *Nourishing food.* Root vegetables, soups, whole grains, and protein all support grounding. The body has been doing significant work: feed it well.
- *Water.* Stay hydrated. Keep water nearby and drink regularly.
- *Sleep.* The subconscious processes and integrates during sleep. If you can allow yourself more sleep than usual in these first few days, do.
- *Gentle movement.* A slow walk, gentle yoga, or simple stretching helps move energy through the body and prevents it from becoming stuck.

Protecting Your Energy

In the days immediately after the portal, your energy field is more open and receptive than usual. This is a gift – it means you are still in a heightened state of receptivity. It also means you may be more sensitive to the energy of others, to news and social media, and to environments that feel draining. Be selective about what you take in during these first seventy-two hours. This is not about avoidance – it is about stewardship. You have done meaningful inner work. Protect the space around it.

A gentle reminder: You do not need to explain your portal experience to anyone who will not understand it. Some experiences are meant to be held quietly for a while before they are shared. Give yourself permission to keep this one close until it has fully settled in you.

Reflection Prompts: The First 72 Hours

Take your time with these. There is no rush.

August 13 – The Day After

What is the first thing I notice in myself today – in my body, my emotions, my thoughts – now that the portal has closed? What feels different, and what feels the same?

August 14 – What I Am Carrying Forward

Of everything that came up during the portal window, what feels most important to carry forward? What insight, intention, or commitment do I want to make sure does not get lost in the return to ordinary life?

August 15 – My Body's Wisdom

What is my body telling me right now? Where do I feel the portal's energy in my physical self? What does my body need most in this moment?

Reviewing Your Portal Journey

August 16 through 22

A little distance can change what we're able to see. After a few days of settling and grounding, this is a good moment to look back over your Lion's Gate experience with fresh eyes. Revisit what you wrote, notice what stayed with you, and pay attention to the themes that kept returning. You do not need to make meaning out of every detail – simply begin with what still feels alive now.

The Portal Review Process

If you journaled during the portal window, set aside an hour to read back through everything you wrote. As you read, notice:

- What themes appeared more than once? The portal often speaks in patterns. If the same word, image, or feeling appeared across multiple days, that is significant.

- What surprised you? The things that surprised you are often the things the portal most needed you to see.
- What did you resist? The places where you felt resistance – where you did not want to look, did not want to write, felt uncomfortable – are often where the deepest work was happening.
- What felt most alive? The moments of excitement, joy, or recognition are pointing you toward something important.

If you did not journal during the portal, that is perfectly fine. Use the reflection prompts below to reconstruct the experience from memory. Memory is imperfect, but it tends to hold onto what mattered most.

Identifying Your Portal Themes

After reviewing your experience, use the space below to identify the two or three most significant themes that emerged for you during the portal. These themes will guide the rest of your integration work.

My Portal Themes

Theme 1:

Theme 2:

Theme 3:

Reflection Prompts: The Review Week

August 16–17 – Looking Back

When I look back at the full portal window from July 28 through August 12, what stands out most clearly? What was the portal asking me to see, release, or step into?

August 18–19 – The Resistance

Where did I feel resistance during the portal? What did I not want to look at, feel, or write? What might that resistance be protecting, and what might it be keeping me from?

August 20–22 – The Commitment

Based on everything the portal revealed, what is the one commitment I am making to myself as I move into the integration period? Not a list – just one. The most important one.

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Virgo Season

Building the Container

August 23 onward

On August 22, the Sun moves from Leo into Virgo, and the energy shifts with it. Leo gives us the courage to name our desires, open to our dreams, and imagine what might be possible. Virgo brings us back to the details – to tending, refining, and building. It asks us to take what opened during Leo season and begin giving it form in our daily lives. This is where integration becomes practical.

Understanding Virgo's Energy

Virgo is an earth sign, ruled by Mercury. It is practical, detail-oriented, health-conscious, and devoted to service. Where Leo shines, Virgo refines. Where Leo declares, Virgo discerns. Virgo is not the opposite of Leo's magic – it is the container that holds it.

*Leo's Gift to the Portal**Virgo's Gift to Integration*

Big vision and heart-centred desire	Practical structure to hold the vision
Courage to claim what you want	Discernment about what truly serves you
Creative fire and self-expression	Daily habits that sustain the creative life
Sovereignty and personal power	Service and contribution to something larger
Calling in the new	Building the container for the new to live in

Virgo season is your invitation to take the one commitment you identified in Chapter Three and build one simple, sustainable daily practice around it. Not five practices. Not a complete life overhaul. One practice, done consistently, is more powerful than any amount of inspired intention that never touches the ground.

Creating Your Anchor Practice

An anchor practice is a small, daily action that keeps you connected to what you called in during the portal. It is the thread that runs from the peak experience into your ordinary days.

The most effective anchor practices share three qualities: they are specific (you know exactly what you are doing), brief (five to fifteen minutes is enough), and consistent (done at the same time each day, ideally in the morning).

Designing Your Anchor Practice

Ask yourself: What is the one thing, if I did it every single day, that would most directly support what I called in during the portal?

Some examples: five minutes of morning journaling using one of your portal themes as a prompt. A daily gratitude practice focused specifically on evidence of your intentions already manifesting. A brief morning meditation or breathwork session. A daily walk in nature with the intention of receiving guidance. Reading one page of something that nourishes the vision you are building.

The practice itself matters less than the consistency. Choose something you will actually do.

Reflection Prompts: Virgo Season

August 23–25 – The Handoff

Leo brought the vision. Virgo builds the container. What does the practical, grounded version of what I called in during the portal actually look like in my daily life? What small, specific action can I take today that is in alignment with my portal intentions?

August 26–31 – My Anchor Practice

I am committing to one daily anchor practice for the integration period.

It is:

I will do it at _____ each day.

What I expect this practice to do for me is:

What I will do if I miss a day:

September 1–7 – The Evidence

What evidence am I already seeing – however small – that the energy I called in during the portal is beginning to manifest? What is showing up, shifting, or arriving in my life that is aligned with my intentions?

The New Moon in Virgo

September 10, 2026

The New Moon always offers an invitation to begin again, and on September 10 we meet the New Moon in Virgo. By then, we've had a few weeks to let the Lion's Gate settle and to begin integrating what it opened in us. Now, earthy Virgo asks a beautifully practical question: what are you ready to build from what you've learned? And before we begin building, this New Moon asks us to look at the ground beneath it – our own sense of worthiness. We can know what we desire and see the vision clearly, but some part of us also has to believe we are worthy of receiving it. We can do this in community, in our Lunar Magic and *Imprint* practices, or you can do this on your own. So as you plant your intentions at this New Moon, notice the way you speak to yourself, and begin from the belief that you are already worthy of what you're asking for.

Why New Moons Matter for Integration

New Moons are traditionally associated with new beginnings, intention-setting, and planting seeds. In the context of integration, the Virgo New Moon is particularly powerful because Virgo's energy supports the kind of intentions that are specific, actionable, and rooted in daily life. This is not the time for sweeping, abstract intentions like "I want to be abundant" or "I want to live my purpose." Virgo asks for more precision: What does abundance look like in my specific daily life? What is one concrete step toward living my purpose that I can take this week? The more specific your New Moon intention, the more traction it will have.

A Simple New Moon Ritual

You do not need anything elaborate for this. The most powerful rituals are often the simplest.

New Moon Integration Ritual

What you need: A candle, your journal, and a quiet space.

Step one: Clear. Light your candle. Take three slow, deep breaths. As you exhale, release anything that has been weighing on you – any doubts, any fears, any residue from the portal that you are ready to let go of.

Step two: Review. Read back through your portal capture notes and your reflection prompts from the past few weeks. Let yourself feel the arc of the journey you have been on.

Step three: Set. Write one New Moon intention in the present tense, as if it is already true. Make it specific and grounded – practical, health-supporting, service-oriented, or rooted in a daily habit. Example: "I am building a daily morning practice that keeps me connected to my highest self and my portal intentions."

Step four: Commit. Write one concrete action you will take in the next twenty-four hours in support of this intention. Then take it.

Step five: Close. Thank yourself for showing up. Blow out the candle or let it burn safely. The ritual is complete.

Reflection Prompts: The New Moon

New Moon – Planting the Seed

What is the one grounded, specific intention I am planting at this New Moon? What does it look, feel, and sound like when it has fully taken root in my life? What is the first concrete action I am taking in the next twenty-four hours?

Join me for Lunar Magic and the New Moon practice on September 10 at 18h30, where we'll work through some journal prompts together post-meditation!

New Moon Week – Tending the Garden

Integration is not a one-time event – it is a daily tending. What does it mean for me to tend the garden of what I called in? What does consistent care look like, and what gets in the way of that care?

Don't forget to sign up for *The Imprint* so you're ready to join me for five days of meditation, September 14 to 18 – practices designed to help seal this work into your consciousness and support its integration across mind, body, and spirit. When you sign up in advance, you get early access to music and a how-to for the meditations so you can start Monday with more ease: saragallagherbloom.com/the-imprint

The Fall Equinox Harvest

September 22, 2026

On September 22, we arrive at the Fall Equinox – a turning point in the solar year, when light and dark come into balance. It also gives us a beautiful place to close this Lion’s Gate integration period. After several weeks of tending what opened during the portal, we can pause and ask: What has grown? What am I gathering in? What still needs more time – and what am I ready to release? This is a moment to honour the journey, to seal our integration, and to open the next chapter. *The Imprint* meditations help us do just that, as we meet for five days leading up to the Equinox, from September 14 to 18. There is something beautiful about doing this work together, in community.

The Harvest and the Compost

Not everything we plant grows. Not every intention we set during the portal will have manifested by the Equinox. This is not failure – it is the nature of growth. Some seeds need more time. Some need different soil. Some were planted in the wrong season and will come back around. The Equinox invites you to be honest about both: what has grown, and what has not. Both deserve acknowledgment.

What has grown calls for celebration and gratitude. What has not grown calls for curiosity, not judgment – and sometimes, for release. Composting is not giving up. It is the recognition that some things need to be broken down before they can become nourishment for something new. The Equinox is a beautiful time to consciously release what is not serving you, with love and without self-criticism.

A Fall Equinox Closing Ceremony*The Harvest Ceremony*

What you need: A candle, your journal, and ideally something from nature – a leaf, a stone, a flower, or a small bowl of water.

Step one: Create your space. Light your candle. Place your natural object in front of you. Take a few moments to be still and to feel the balance of the day – equal light and dark, equal action and rest.

Step two: The harvest. Open your journal and write freely in response to: What grew? What am I gathering in from the portal season? What has shifted, arrived, or transformed in me between July 28 and today?

Step three: The compost. Write freely in response to: What did not grow? What am I releasing with love? What is ready to be broken down and returned to the earth so that something new can grow from it?

Step four: The gratitude. Write a brief letter of gratitude – to yourself, to the portal, to the cosmos, or to all three. Acknowledge the courage it took to show up, to look inward, and to do this work.

Step five: The blessing. Read the closing blessing at the end of this guide aloud. Then blow out your candle, knowing that the light it held is now inside you.

Reflection Prompts: The Fall Equinox

September 22 – The Harvest

What has grown in me since the Lion's Gate Portal opened on July 28? What am I gathering in – what has shifted, arrived, softened, strengthened, or become clearer? What am I most grateful for from this season?

September 22 – The Compost

What did not grow, and am I ready to release it with love? What am I consciously choosing to let go of as I move into the next season? What would I like to say to it as I release it?

September 22 – The Letter

Write a brief letter to yourself from the perspective of the version of you who has fully integrated the portal's gifts. What does that version of you want you to know? What are they proud of? What do they want you to remember?

Carrying the Light Forward

September 22 and Beyond

By the time we reach the Equinox, we've moved through the full arc of this Lion's Gate season – from opening, to peak, to integration. And integration doesn't really end here. What you've noticed, practised, and begun to build can continue to unfold long after this particular season closes. The invitation now is simply to carry forward what matters – the insight you want to hold onto, the rituals that support you, the change that has begun to take root. Let our practices be a way of remembering.

What Comes Next

Integration does not end at the Equinox. It continues for as long as you tend it. The practices you have built during this window – the anchor practice, the journalling, the grounding rituals – are yours to keep. They

do not belong to the portal season. They belong to you. The insights you received during the portal are seeds that will continue to grow for months and years. Some of what was planted in you this summer will not fully bloom until next year, or the year after. Trust the timing. Trust the process. Trust that the universe does not waste a single moment of sincere inner work.

A Final Reflection • The Full Arc

Looking back at the entire portal season – from the moment you first heard about the Lion’s Gate Portal through today – what is the one thing you most want to remember? What is the truth that this season revealed to you about who you are and what you are here to do?

A Closing Blessing

Carry with you what became clearer during this season, and give what is still unfolding the time it needs.

Let the seeds you planted take root in the ordinary places – in your choices, your relationships, your rituals, and the way you speak to yourself.

You do not need to know exactly where every intention is leading. Some things reveal themselves slowly. Keep returning to what feels true, and to the practices that help you hear yourself clearly.

The light of Sirius will move out of view. The season will change. And what you have begun can keep unfolding.

When you lose the thread, begin again.

May the practice become a way of remembering.

xxoo
Sara



“May the practice become a way of remembering.”

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