

NAVIGATING PSYCHEDELICS

Integration Journal

Planting Seeds of
Change and Growth



psychedelics
today

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Integration Workbook

PLANTING SEEDS FOR GROWTH AND CHANGE

Introduction

By Kyle Buller

So, you had a psychedelic experience. Now what?

Learning to integrate a psychedelic experience takes time and effort. It does not magically happen overnight. This workbook will guide you through an integration process and provide some tools and techniques to work through your experience. The integration process is very personal, so not everything in this book will resonate with you, and that is perfectly fine. The most important part of the process is to stick with it and trust it.

What does that mean? Psychedelics tend to bring emotional and psychic content to the surface. Dr. Stanislav Grof describes psychedelics as, “non-specific amplifiers of mental/psychic processes,” suggesting that the psyche processes the most highly charged emotion within the body and mind. This content may have been repressed for months or years. Some of the content can seem insignificant or extremely profound. Whatever it is, the energy of that content is beginning to move throughout the body and mind. It is common to experience shifts in emotions after a psychedelic experience. It is also common to be more open and aware of “stuff” emerging from within and from the external world. I mean “stuff” by emotional or psychic energy. We become more aware of what is going on around us and internally.

The energy and the shifts that begin to occur is the “process.” Whatever that means to you, stick with it. Feel it. Express it. And ride it out. This is a kind of birthing experience. New parts of you are beginning to emerge, old parts letting go and dying. The process can be painful and challenging but being able to work through the difficulty can foster transformation.

If the emotional content becomes too overwhelming at times, it is important to seek professional help. Sometimes the content that emerges has a hard time being contained in our normal life and needs a container to be processed in. It is important to understand this because people can tend to not seek professional help when they need it. As much as we recommend “sticking with the process,” also realize that this may consist of seeking help elsewhere.

What is Psychedelic Integration?

The psychedelic community has not clearly defined the meaning of “psychedelic integration.” Each person or community has their own way of viewing and interpreting what integration is. Rightfully so, this process is extremely personal and should be loosely defined. Let’s explore what the etymology of integration means.

The etymology of the word [integration](#) comes from Latin word *integrare*, which means “make whole” or to “begin again.” Integration also comes from the French word *intégration*, which describes the, “act of bringing together the parts of a whole” ([Etymologyonline](#)). The etymology suggests that the meaning of the word *integrate* is, “put together parts or elements and combine them into a whole” ([Etymologonline](#)).

Integration, therefore, is about creating wholeness in one’s life. Dan Siegel (2011) defines integration as the process of linking differentiated parts into a functional whole. But what does creating wholeness really suggest or mean? From Siegel’s (2011) perspective wholeness derives from healthy living, which he defines as, “integration of energy and information within the

nervous system and between people” (p. 8). The way that I look at this definition is about taking one’s experience and all the information and learning how to embody the information to continue to be part of functioning whole (community and people). We are, afterall, social organisms that functions “individually” within a whole system. We all need each other to survive and maintain health. As Louis Cozolino (2014) mentions, the human brain has evolved as a social organ to be in relationship with others.

Siegel (2011) speaks of integration in terms of interpersonal neurobiology and the mechanism of the brain. His definitions also encompass integrating trauma, but it seems relevant for the integration of psychedelic experiences. Siegel (2011) describes integration as the ability to flow between rigidity and chaos. In the middle of these two extremes is harmony. Siegel (2011) goes on to say, “Without the movement toward integration, the entire system moves away from complexity – away from harmony – and into rigidity” (p. 66). When thinking about integrating the psychedelic experience, isn’t this what we are trying to accomplish? Our rigid personality structures and beliefs are challenged through the chaos of a psychedelic experience. This chaos and novelty creates a disruption in one’s life. The psychedelic can foster insight and transformation, but it comes at the price of loosening the rigid structures that we typically live by that provide safety and security. Learning how to embrace some of the chaos and move away from the rigidity seems to be the key. Integration is about finding the middle ground.

What does integration mean to me?

After suffering a near-death experience at a young age, I felt so confused about how to make sense of my life. With my reality completely shattered, I sank deep into an existential crisis. I had no guidance from elders in my community and was left to put the puzzles pieces back together alone. It was a very long process. My integration of this experience really began with my first

psychedelic experience and then with diving into the psychedelic literature. The pioneers of this realm, Stanislav Grof, Rick Stassman, Terence McKenna, and Ram Dass became my framework and teachers, even though I did not know them personally. Their books inspired me and helped me put some context to what I had experienced. Learning about the clinical application of psychedelics as well as the indigenous shamanic use was extremely beneficial.

It wasn't until I met my teacher who taught me about shamanism that I started to learn about integration. When I told him about my near-death experience, he just said, "It's a shame. If you lived in a traditional culture, the elders would have stepped in and taught you what you needed to learn - how to navigate your experience and give you tools to work with the experience. Unfortunately, we do not live in that type of culture anymore and you had to do all that work yourself." Western culture lacks a framework to navigate powerful experiences, but we are slowly starting to put one together as the science behind psychedelic experiences and other holotropic states of consciousness begin to be examined. Indigenous cultures have a framework that has lasted for thousands of years that were passed down through their oral tradition. Holotropic states of consciousness are still somewhat new to the modern Western culture, and it is our job as a community to help create a framework to work with.



Weaving Wholeness

During a journey session, I brought the question, “Why do plant medicines exist? Why use them? And how can we use them properly?” I got the following message, “Our lives are like the life of a spider. We spin our realities into being through language and culture. As we spin our webs and create a reality of our own, nature ultimately begins to tear holes in the web (our lives). As each tear and hole is formed, we move away from the center (wholeness) and we become fragmented. Our narrative contains holes, old trauma and wounds, that we are afraid to address or repair. We become comfortable where we have moved to on our web. After neglecting these

holes and tears, we forget that there is even a center from which we originated. We become so numb to this idea that it is difficult to even remember. Plant medicines remind us of where we come from and who we are. Many of us suffer from an amnesia and because of this, we need someone else or an external force to tell us our story and who we are. This is where plant medicines come into play. These medicines remind us that there is a center to our being and that we have been living on the outskirts of who we are. Plant medicines are not necessary for this remembering, but they are extremely helpful. When we remember, we can get to work to repair the holes and tears around us, eventually returning to the center.”

Integration is about creating wholeness. Spinning and weaving our being back together again, fixing the holes and tears in our narrative. This takes work. Plant medicines and psychedelics simply just remind us and show us our potential. Even though many of us in the psychedelic community like to believe these powerful substances are magical bullets or panaceas, unfortunately they do not always work for everyone. It is our job to spin our reality back into existence. We are the weavers of wholeness. It is our job to create it and patch up the holes.

How to Use this Book

This is a 7-week integration workbook. This book will guide you through a process of reflection and action through self-care practices, journeying and writing prompts, psycho-education, and more. While this journal can be used in a linear fashion, you may also use each exercise individually.

The first week is about developing and cultivating self-care practices to stay grounded throughout the practice. While this may seem pretty basic, it is surprising that so many of us get stuck in the same habits and routines. It is important to learn how to break these habits from

time to time in order to grow in a new direction. Growing is never easy. It comes with a lot of pain and challenges, but it is important to stick with the process.

Some of the activities in this book are metaphorical and work with the imaginal realm. Psychedelic substances seem open us up to the imaginal world, so it only makes sense to work with this type of subtle energy. What is the imaginal? [Mary Harrell](#) states that, “the imaginal realm is a subtle world, which exists in a field between matter and mind.” One can work with these subtle energies by engaging in journaling exercises, tracking dreams, and paying attention to archetypal messages or images in one’s life. I see integration as a process of soul work and soul making. In the psychedelic space, it is common to gain deep insights into some of our most difficult issues. While these insights are wonderful, they can often be confusing - leaving us with a feeling of not knowing how to work with the experience. While the idea of “soul work” or “soul making” may seem odd to some, think of it as a process of creating wholeness. The word *Psyche* originally means *soul* in Greek. I see this process as getting in touch with your self. It is about developing a relationship with the self. While some may have a spiritual experience when developing relationship, soul does not necessarily need to be spiritual. I see soul as the driving creative archetypal force that dwells in each and every one of us. Psychedelics open you up to the possibilities of the soul’s expression and potential. It is your job to continue to nourish this process.

For more context, here is a short introduction to the work of the archetypal psychologist, James Hillman. This short introduction is on the concept of serving the soul and psyche.

Serving Soul and Psyche

What is *Psyche*? What is *Soul*? According to Jung, psyche is the “totality of all psychic processes, the intentional subjectivity of this totality being the ‘self’” (Hillman, 1999, p. 51). Hillman (1977) describes soul as the imaginal. Soul is fantasy. It is the driving creative force that one feels deep

their bones but cannot convey into words. Soul is a feeling. Soul is the watery dreams that flood our consciousness during the night. Soul is life.

When soul emerges from the depths of our being, it can sometimes be uncontrollable, leaving one to assume that it needs to be fixed or treated, and suppressed to live in accordance to reality. Psyche and soul want to be expressed, though. It wants to be voiced. It wants to be painted. It wants to be played. Soul wants the world to know who and what it is.

Hillman (1977) argues that the psyche and the soul does not need treatment, but rather it needs to be **served**, “Psychotherapy, in accordance with the root meaning of the words ‘psyche’ and ‘therapy’ means to ‘serve soul,’ not to treat it” (p. 74). How does one serve soul? How does one tend to soul? Hillman (1977) suggests, “letting it rule; it leads, we follow” (p. 74).

How do you allow yourself to follow what the psychedelic experience is trying to teach you?

Integration and Growth

“Integration might be the principle underlying health at all levels of our experience, from the microcosm of our inner word to our interpersonal relationships and life in our communities.”

Dan Siegel – Mindsight

Take a moment and think about the concept of integration and what it means to you.

What does integration mean to you?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Let's identify some areas in your life that may seem out of balance.

Realms of Integration

FINDING AND CREATING BALANCE

Creating Wholeness

Mental and Intellect

Are there new intellectual pursuits that you may be interested in? Go back to school? Take a course? How do you mentally challenge yourself?

Relationships

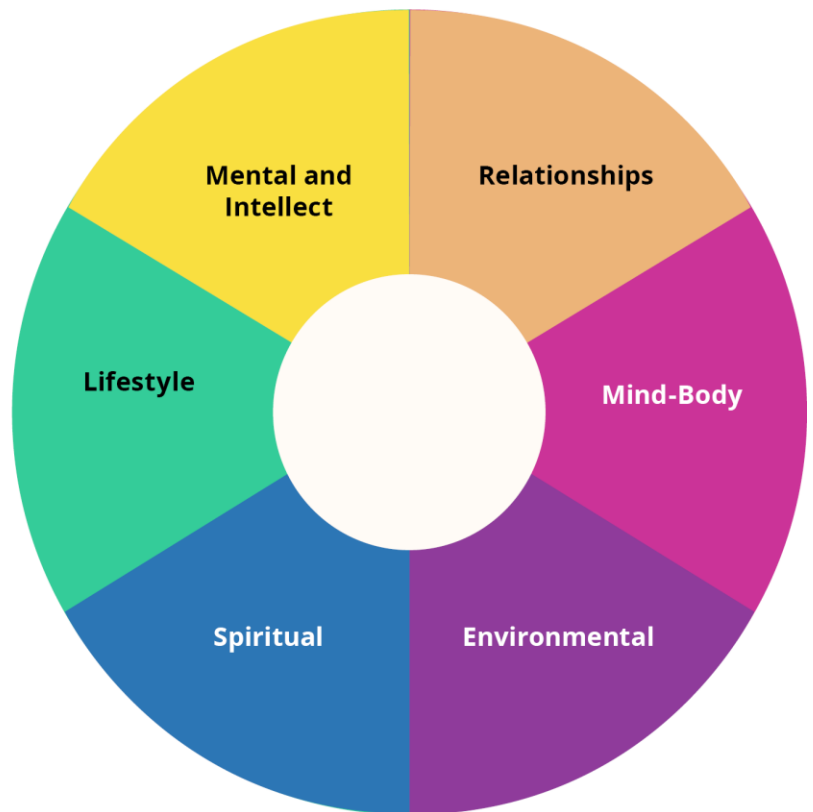
One of the biggest parts of integration is developing and cultivating healthy relationships that support growth. How can you work on your relationships?

Mind-Body

This realm consists of balancing your physical health and emotional health. Are you exercising regularly? Eating healthy? What are you doing for your mental health?

Environmental

What is your physical environment like? Do you need to change scenery? Our environment can have a large impact on our health and wellness.



Spiritual Life

Do you have a spiritual practice? Developing a sense of spirituality can help bring meaning to life.

Lifestyle

What is your work/life balance like? Are you creating enough time for fun and hobbies? In search of a new career shift?



Take some time to reflect how each one of these realms is in balance or out of balance in your life at this current moment. Also, describe how you would like to change certain aspects in each area.

Body, Mind, and Spirit

The body, mind, and spirit can be split into three different categories, but science is starting to realize that everything is connected. The body informs the mind, the mind informs the body, and the balanced state between those two affects the way we perceive the world around us and interact with it, which we will call *spirit*. Instead of labeling this realm as the *emotional* realm, this will be referred to as the **mind-body realm**. Emotions live both in the mind and the body.

Describe how you perceive the body, mind, and spirit connection. Write about a time you felt this connect was in balance and out of balance.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Physical

The physical realm consists of taking care of your body. Are you eating healthy or exercising regularly? Are you attending regular doctor visits? How can you begin to take care of your body in a new way?

Describe your physical life. Tell a story about it.

What is your vision for balance?

Environmental

What is your physical environment like? Do you need to change scenery? Our environment can have a large impact on our health and wellness. Are you living in a community that supports you? How can you create community?

Describe your environment. How does it influence your life? Tell a story about it.

What is your vision for balance?

Spiritual Life

Do you have a spiritual practice? Developing a sense of spirituality can help bring meaning to life. How can you develop a spiritual practice? What calls to you? What are your beliefs?

Describe your spiritual life. Tell a story about it.

What is your vision for balance?

Lifestyle

What is your work/life balance like? Are you creating enough time for fun and hobbies? Are you in search of a new career shift? Do you need to focus on having more fun and stop working so hard? Are you spending enough quality time with friends and family?

Describe your lifestyle. Tell a story about it.

What is your vision for balance?

Mental & Intellect

Are there new intellectual pursuits that you may be interested in? Go back to school? Take a course? How do you mentally challenge yourself?

Describe your mental life. Tell a story about it.

What is your vision for balance?



Relationships

One of the biggest parts of integration is developing and cultivating healthy relationships that support growth. How can you work on your relationships? Which relationships do you want to work on? Which ones are healthy and which ones are not healthy? How can you cultivate and foster new healthy relationships?

Describe your relationships. Tell a story about it.

What is your vision for balance?

Week One

The psychedelic experience is like a journey to space. There is a lot of preparation before the experience. The come-up anxiety of the substance is like sitting the cockpit of a spaceship, blasting off the Earth. When we reach the peak and blast into space, we can become overwhelmed by all of the beauty and chaos. In the chaos, we acquire insights and lessons. These quick glimpses of



insights are like seeds that we gather on our journey. They are little chunks of cosmic wisdom that we would not normally be able to perceive in the physical reality of Earth. Then we come back down to the Earth after the experience and are sometimes blown away by the magnitude of what just happened. We return to Earth with these little seeds or chunks of insights/wisdom and have no idea what to do with them.

It is our job to bring these seeds back home to plant, nourish, and take care of. This is the first part of the integration phase. This is the process of moving towards *wholeness*.

When we come home (back to our bodies) it is important to get grounded. After a life-changing psychedelic experience, it is easy to be unsure what to do or how to work with the experience. First thing first, just get grounded. If you used our Trip Journal, hopefully you documented the experience. If you haven't, go back and write up a trip report. It does not have to be a recent trip. It could be something that you want to work on. It is just important to write it down.

Self-Care & Grounding



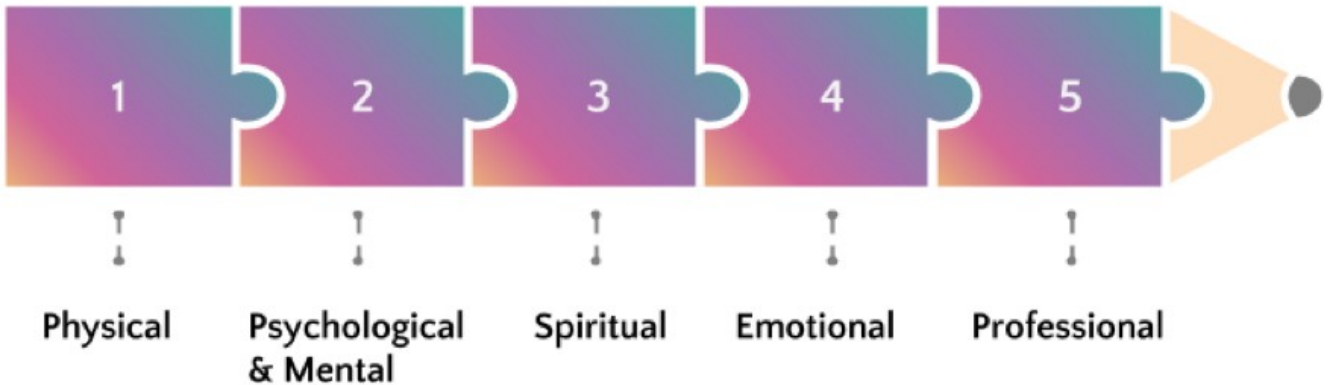
*We are not human beings having a spiritual experience.
We are spiritual beings having a human experience.*

Pierre Teilhard de Chardin

Self-care is a crucial part to integrating not just a psychedelic experience, but any experience. Looking at the Pierre Teilhard de Chardin quote above, the emphasis is on the human experience. We have a body. We need to care for this vehicle that carries us. Much of what self-care is about is developing healthy skills and habits to care for the brain and the body.



There are different realms of self-care that we can look at



Realms of Self-Care

Physical

Taking care of your body and physical vehicle. Self-care in this realm consists of exercise, movement, healthy eating habits, and anything else that keeps the body healthy.

Psychological & Mental

While this could describe the emotional realm, this realm focused on the brain and intellectual pursuits. This can consist of reading, writing, learning a new trade or pursuing a degree. How does one keep the mind sharp and learn new things? Strengthening neural pathways is crucial for healthy brain development.

Spiritual

Do you have a spiritual practice of some sort? Do you meditate or pray? Do you go to church or temple? Developing a healthy spiritual or religious life can be important for psychedelic integration. As Lenny Gibson once said, spirituality consists of developing a relationship with the

world. It is your relationship to the world around you. How do you cultivate that and engage with it?

Emotional

While emotions are usually thought to be of the psychological and mental realm, our emotions come from our whole body. While we might process thoughts and feelings in the mind or the brain, the body itself is constantly processing emotional information. In the somatic psychology world, emotion can be stored in the body and manifest into psychological issues, so it is important to realize that the emotional realm consists of both body and mind. How does one care for emotions? Therapy? Massage? Taking a vacation? Setting boundaries? Engaging in personal development work?

Professional

Work-life balance is crucial. Since most people identify their life with their work, it is important to incorporate professional self-care into this. How can you develop a healthy work-life balance? If work is becoming too stressful, what will you do? How can you set professional boundaries to avoid burnout? Others feel that changes in professions or careers are needed to maintain a healthy life. It is important to keep the work/play life balanced!



**“Take care of the body,
and the spirit will take care of itself.”**

Identifying Self-Care Practices

For each realm, identify at least five self-care practices that you can implement. While you may only practice a few, it is important to identify what you like or what works for you. Having options and backup plans is important. Also, pick practices that you can become lost in for hours. A self-care practice should be fun, not a task.

For example, going for a walk is a great physical self-care practice, but what if you develop a walking self-care practice outside daily and the weather is not nice? How will you supplement that practice for another? It is easy to make excuses to get out of not doing the work! Let's try to hold ourselves accountable.

Also, if you fall off of practicing self-care, it is important to not beat yourself up over it. Part of self-care is also practicing self-love and acceptance. We are, in fact human, and life sometimes get in the way. The negative self-talk can be detrimental to one's emotional well-being.

Physical

- Exercise daily and regularly
- Eat healthy
- Doctor checkups and visits
- Get massages
- Acupuncture
- Dance and move
- Sing
- Get outside in nature
- Make time away from telephone and technology
- Get outside in nature
- Taking a bath or cold shower
- Walk, run, swim, play sports, or physical hobbies
- Sexual life / needs: with your partner or with self
- Get enough sleep
- Take vacations
- Plan day trips

1.

2.

3.

4.



Psychological & Mental

- Exercise daily and regularly
- Personal therapy
- Read a book
- Decrease stress in your life
- Cut out toxic energy
- Make changes in your schedule or routine
- Pay attention to your inner world
- Attend to those feelings, emotions, dreams, or visions you may be experiencing
- Expand your horizons and explore something new
- Live music, workshops, sporting events, museums, nature hikes, something that you would not normally do
- Stay curious and open to your experience
- Setting boundaries on different areas in your life
- Just say “no”
- Self-reflection and meditation
- Yoga

1.

2.

3.

4.



Emotional

- Spend time with friends and loved ones
- Limit time with toxic people and situations
- Reach out to someone important in your life for a talk
- Stay connected with nourishing / supporting relationships
- Affirmations, self-love, praise, and positive self-talk
- Spa night (paint nails, facial, hot bath)
- Aromatherapy
- Reading favorite books
- Create space to process emotions (allowing yourself to cry)
- Laugh! Or learn to laugh a little more ☺
- Spend time with children
- Breathwork
- Yoga
- Meditation
- Allow yourself to be vulnerable and to take healthy risks
- Set boundaries and limits
- Turn off the cell phone and social media
- Therapy
- Healthy food
- Comfort food
- Somatic — get in touch with your body

1.

2.

3.

4.



Spiritual

- Meditation
- Self-reflection
- Astrology
- Continue to work with the plants
- Spend time with nature
- Find and connect with a spiritual mentor or community
- Be open to inspiration
- Be aware of nonmaterial aspects in your life
- Try at times not to be in charge or the expert
- Ask questions and be open to not knowing
- Identify what is meaningful to you
- Pray
- Sing
- Stay open to new experiences
- Volunteer and contribute to your community
- Find a cause to back up
- Read inspirational literature
- Listen to inspirational talks and music
- Aromatherapy
- Sage / smudge
- Dream work
- **Trust the process**

1.

2.

3.

4.



Workplace & Professional

- Take a break during the workday (e.g., lunch)
- Connect with co-workers
- Set limits with colleagues and clients (if you can do so respectfully)
- Can you negotiate for your needs? (pay raise, benefits, time off)
- Supervision and consultation with your employer
- Organize and prioritize your tasks / projects
- Can you say no to projects or work? (e.g. taking on new projects outside of work)
- Take advantage of time off / sick time
- Identify nourishing projects or work that are exciting, fun, and energizing
- Make quiet time to complete tasks
- Balance your caseload
- Arrange your workspace so it is comfortable and comforting
- Develop a peer support group
- Attend a training or workshop
- Go to a conference
- Network with others

1.

2.

3.

4.



Why stress the importance of a daily practice and self-care?

Exploring Neuroplasticity

This is really about creating new neural pathways and neural connections. When we start to strengthen and create new neural pathways/connections, the brain can change and grow because of neuroplasticity. Siegel (2011) suggests:

Careful focus of attention amplifies neuroplasticity by stimulating the release of neurochemicals that enhance the structural growth of synaptic linkages among the activated neurons....In sum, experience creates the repeated neural firing that can lead to gene expression, protein production, and changes in both the genetic regulation of neurons and the structural connections in the brain. (p. 42)

When engaging in self-care practices that are different than the normal routine, it helps to stimulate the brain and to create change. Developing new habits is not easy. If it were easy, there probably wouldn't be a huge selection of self-help guides. A research study conducted by Lally, van Jaarsveld, Potts, and Wardle (2010) found that it took an average of 66 days to create a new habit, but the range was from anywhere between 18 to 254 days. Practice makes perfect, as they say. As Dan Siegel (2011) highlights, "Neurons that fire together wire together," meaning that the more one practices or engages in the process, the stronger the neural connections become.

One of the key practical lessons of modern neuroscience is that the power to direct our attention has within it the power to shape our brain's firing patterns, as well as the power to shape the architecture of the brain itself.

Dan Siegel, 2011, p. 39



Action Steps

“If we get stuck in one pattern or the other, we are limiting our potential.”

— Dan Siegel, *Mindsight*

Taking action to care for yourself is important. Without a healthy vessel, our experience here is limited. It is important to work with the body over the next few days after a psychedelic experience to help become grounded.

So, let's explore some self-care and what self-care means to you!

Journal Prompts

1. What does self-care mean to you?

2. Is self-care important to you? Why is it? Or if you have no thought about it before, why not?

3. What stops you or has stopped you in the past from implementing these practices/techniques?

4. Why did you choose the practices?

5. How can you hold yourself accountable for engaging in self-care?



For the next week -- practice either once or twice a day depending what the self-care tip is.
If you need some motivation, how can you reward yourself for practicing a self-care practice each day?

If I practice for a week, I will reward myself with:

If I practice for two weeks, I will:

If I practice for three weeks, I will:



Weekly Recaps

Come back to this section after a week to reflect on your experience. Hopefully you were able to find the motivation to continue your practice of staying grounded.

Journal Prompts

1. How was the first week of practicing self-care?

2. Did you notice any shifts? These could be energetically, spiritually, emotionally, psychologically, or physically.

3. Were you able to practice each day? If not, what stopped you from doing so?

4. Were there any highlights of the week?

5. What practices did you find to be the most beneficial for you?

6. What practices did not work for you?

As you continue this integration path, try not to become too rigid. If things are not working, try shifting your perspective and try something new. This is really just an experiment to get you to figure out what works for you and what doesn't work.





Photo by [Neslihan Gunaydin](#)

Week Two and Three

Planting Seeds and Intentions

Getting grounded and practicing self-care is one of the first steps towards integrating a psychedelic experience. As you find your way back to your body and feel a sense of being grounded, we can then move towards some of the real work. The next two weeks will focus on “planting” the seeds (intentions) of your journey, creating a plan, and beginning the work.



For this section, think back to a recent or significant psychedelic experience that you are continuing to process. As you think about the experience, let's refer to the metaphor of the psychedelic experience being a trip to space and collecting little seeds of cosmic wisdom.

Identify one deep insight or lesson that you learned from the experience:

We will use the metaphor of a garden to work through the process. Gardens represent work, patience, determination, constant effort, reward and celebration. If anyone has ever planted a garden, you may know or remember that it was not as easy as it sounded. "Just plant things and it will grow." Not exactly. There are so many variables to a garden - weather, soil consistency, soil contaminants and pH levels, bugs and insects, knowing which crops do best in what location and what type of soil, and the list goes on.

A Meditation

I invite you to close your eyes and begin to turn inward. Take three deep breaths into the belly. Simply pay attention to how you're feeling. What feelings are you experiencing? What is your body feeling like? Are you aware of any particular feelings or sensations?

As you begin to become more aware of this internal space, I invite you to think about or remember the psychedelic experience that holds the most charge. Whatever comes to mind first. As this experience comes to the forefront, begin to ask yourself these questions:



Where are you? Who are you with? What did you take?

What does your body feel like?

What emotions are you experiencing?

What is a message that you received during this experience?

Why is this experience sticking out for you?

As you remember this experience, stay present with your body and breath. Remember to breathe. Slow, long, deep breaths.

Explore this experience for a few minutes.

As you find your way back into this psychedelic state, what do you notice?

I invite you to imagine that you are floating in a cosmic sea of potential.

Everything that has or will exist is alive in this space.

Each potential is a seed.

Reach out and grab a seed.

As you grasp it, pull it into your chest and place it against your heart.

Feel the energy of it.

What is it telling you? What does it represent?

How does it relate to your psychedelic experience?

I invite you to sit with these feelings for a few minutes.

Take a deep breath and just be aware of any feelings.



I invite you to place the seed in your pocket or keep it in your hand.

Bring this seed back with you as you slowly return to your body.

Journal Prompt

Now that you have returned from your journey, how will you care for the seeds that you brought back with you? What intentions will you plant? How do you plan to create growth?



Planting Seeds



"In this earth, in this soil, in this pure field let's not plant any seed other than seeds of compassion and love." - Rumi

Now that you have returned, it is time to start planting seeds in your garden. These "seeds" are your intentions for the rest of this book. These "seeds" represent your goals, and things to work on.

Take a moment and think about what integration means to you. As you nourish these seeds of change within you, what are you trying to manifest?



Example

1. What type of message did you get from the meditation or from your psychedelic experience?

During my psychedelic vision, I got a message to reconnect with the earth and spend more time in nature. I also got a message to continue to listen to my inner voice and to not be afraid to be myself.

2. What are you trying to integrate? What type of experience are you working with?

Part of the vision that I experienced consisted of two worlds - one was covered in cities, garbage, disease, and famine. The other was a world based in nature, or more like a culture that embraces nature. I sometimes feel like I want to move out to the woods and get away from the city.....

3. What types of seeds are you planting? (could be a nice flower that you like or goals).

I'd like to plant sunflower seeds because of how beautiful they are, and they represent "moving towards wholeness." I'd like to spend more time in nature throughout the week to help me become grounded. I also want to start creating more. My inner voice keeps telling me to show up and do the work, and not to be afraid of showing up.

4. How will you care for these seeds over the next few days or weeks? (Action plan)

I can start by taking small steps. I would like to spend at least one hour outside everyday. I will also try to engage in some type of creative/work project.

1. What type of message did you get from the meditation from your psychedelic experience?

2. What are you trying to integrate? What type of experience are you working with?

3. What types of seeds are you planting? (It could be a nice flower that you like, or goals).



4. How will you care for these seeds over the next few days or weeks? (Action plan)

5. The next six months?

6. How would you like to see your life manifest from this experience over the next year?

7. Is there an area of integration that you would like to focus on? (Relationship / Community, Lifestyle / Career, Mind / Body / Spirit, Mental / Intellect, Environmental, or Spiritual).

8. Why do you think you need to work on these particular areas?



Making a Plan

Break down small actionable goals or steps that you can perform each week. Think about the bigger picture/goal and break it down.

What is your overall goal? To eat clean? To exercise? To develop healthy relationships?

Name one BIG goal - something that resonates with your integration process or overall psychedelic vision.

Then think about a project that you can achieve and work towards.

Make one BIG Goal, one realistic/lifestyle goal, and then think of a creative project that you can work on.

Big Goal

Integration/lifestyle Goal

Creative Project Goal

Weekly Planning and Action: For the next two weeks, focus on breaking down your goal into small actional steps and begin to put these plans into action.



Weekly goals

Breaking down weekly goals into daily goals

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							
Week 9							
Week 10							

Week Four

Watering Your Seeds with Dreams and Interpretation



This week will consist of watering the seeds and providing it with sunlight. Water, being the unconscious and sunlight, representing fire and action. This week will focus on dreams and also implementing some small actions that you stated.



Dreams

One way to water the “seeds” that we planted is to pay attention to dreams. Some people say that they do not dream. That is ok. If you are one of those people, I encourage you to make an intention before going to bed at night to remember a feeling from your slumber. If you can remember a feeling, write it down. Continue to write down any feelings or dreams that you may have over the week.

Dreams are watery by nature. Freud believed that “dreams are the royal road to the unconscious.” While it seems that tracking dreams or emotions during sleep may seem odd or maybe worthless, it is always surprising how much rich content can come out of the experience.

This is also one process that can help us get in touch with the psyche and unconscious. Dreams can be a window to the soul. For example, dreams can inform us about our emotional state and different things that are going on. I awoke from a dream about being angry at a person in my life and began venting about it to someone. Ironically, during the day I ended up having a conversation with a family member about this and the conversation unlocked a bunch of missing pieces to the story I was telling myself. While dreams may be subtle, they can often inform us about a lot of things that are going on.

Also, working with dreams was an integral part of Hippocratic medicine. According to my philosophy and breathwork teacher, Lenny Gibson, the word *therapist* derives from Greek and has associations with dreams:

The word “therapist” comes directly from Greek, where it designates a temple attendant role was to wait on people who came to lie at a temple in order to experience healing dreams, which were an integral part of Hippocratic medicine.



Use these dreams as a window into the unconscious and examine how this process begins to manifest over time. This process is subtle at times, so it is important to continue to stay engaged, even if it seems like there is no progress.

Night Time Practice

Before going to sleep each night, create a ritual of meditating and setting an intention. This can be as simple as sitting down for five minutes, turning inward, and quieting the mind. Each night, write down or say an intention before going to sleep to help to cultivate awareness in the dream world. You can also ask a question for guidance or insight.

Plants and Dreams

If you are currently working with any plant medicine, or if you have a plant that speaks to you, you may ask this plant for insights or guidance. If you have been working with ayahuasca, for example, and you happen to have a piece of the bark, place the plant under your pillow at night. If you are working with any herbs, use one that is calling out to you. When I first learned about this practice, I was working with the plant Mullein. I had a piece of mullein leaf under my pillow while I slept.



Night 1

What is your intention or question?

Day 1

Write down your dream content or an emotion that you remember/feel. If you can't remember the dream in full detail, just write down anything that you remember from it.

Use this space to draw or doodle anything that you are feeling.



Night 2

What is your intention or question?

Day 2

Write down your dream content or an emotion that you remember/feel. If you can't remember the dream in full detail, just write down anything that you remember from it.

Use this space to draw or doodle anything that you are feeling.



Night 3

What is your intention or question?

Day 3

Write down your dream content or an emotion that you remember/feel. If you can't remember the dream in full detail, just write down anything that you remember from it.

Use this space to draw or doodle anything that you are feeling.



Night 4

What is your intention or question?

Day 4

Write down your dream content or an emotion that you remember/feel. If you can't remember the dream in full detail, just write down anything that you remember from it.

Use this space to draw or doodle anything that you are feeling.



Night 5

What is your intention or question?

Day 5

Write down your dream content or an emotion that you remember/feel. If you can't remember the dream in full detail, just write down anything that you remember from it.

Use this space to draw or doodle anything that you are feeling.



This Time in My Life

Finish the sentence below without thinking too much. It can be metaphorical or literal or both.
Answer it from the heart.

This time in my life...

Look back at the past few days and what you just wrote; do you notice any themes or commonalities? Is anything of importance sticking out for you?

Week Five

Embodiment: Cultivating Awareness and Relationship



One of the key practical lessons of modern neuroscience is that the power to direct our attention has within it the power to shape our brain's firing patterns, as well as the power to shape the architecture of the brain itself.

– Dan Siegel

As the seeds begin to sprout and grow, so are you. Things are shifting. Are you noticing it?

This week will focus on cultivating personal awareness, relationship, and embodiment.

Looking back to last week, is there anything that continues to stick out for you from your dreams? If so, write any insights or thoughts down.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Integration is about embodiment. Integration is also about relationship. To be able to embody insight, we need to cultivate awareness of the insight and be able to develop a relationship between the insight and reality. This week will focus on developing somatic awareness.

Action Steps

Dedicate 10-20 minutes each day this week to either meditate, take a slow walk in nature or meditate in nature.

Meditation: Close your eyes and turn inward. Take three deep breaths into the belly, hold, and exhale.

This meditation is about developing body awareness.

How does your body feel in the moment?

How does it feel after it took in those three deep breaths?

As you inhale, pay attention to the feeling of the air rushing up your nostrils or in through your mouth. Feel the sensation. Feel the air fill your body.

Where are you bringing the air?

Are you taking shallow inhales that only touch the top of your chest?

Or are you taking deep breaths that fill your chest and abdomen.

Imagine each breath as a ball of white light entering into the body.

You have the ability to control where this light goes.

You can bring it down into the soles of your feet

Or you can bring it into top of your head/crown.

As you pay attention to the inhale, focus on a part of your body that you would like to bring this ball of light.

Breathe into that space.

How does it feel?

What happens when you hold it?

What does it feel like when you release it?

Scan your body and just simply pay attention to how it feels.

If you sense any discomfort, return to your breath.

Take a deep breath into that region of the body and guide the ball of light there.

Continue to stick with the breath and the body until you feel ready to come back.

Journal Questions

1. What does having a body mean to you?

2. What does embodiment mean to you?

3. How does your relationship to your body inform your reality?

4. How does your relationship to your body inform your reality?

5. How do psychedelics inform you of your relationship with you body?

Let's come back to Pierre Teilhard de Chardin's quote:

We are not human beings having a spiritual experience. We are spiritual beings having a human experience.

What does this quote mean to you?



Psychedelics dissolve boundaries between the physical and the spiritual. Many people report feeling more open after a psychedelic experience. People also can report feeling connected with the universe and something much bigger than this life. When we travel deep into the psychedelic void, the body seems to disappear and all is left is psyche, soul, or spirit. Integration is about getting back in touch with the body and developing a relationship with the world around us.

It is easy to want to stay in the psychedelic space. It is blissful and that feeling of pure consciousness is like nothing else. But in reality, this... this life is the trip! In pure consciousness, nothing matters. To come back to this reality is strange. It is easy to feel all of sudden out of place and not too sure what to do. This is integration - embodying the experience and living it - walking the walk.

Look back to your dream connections and your integration intention, are things manifesting in the way you want so far?

If not, what would you like to start focusing on? Identify one project, activity, or thing that would help you start making moves towards your integration intention.

One aspect of embodiment and integration is the ability to cultivate discernment. Often, actions and thoughts are based off of impulse. What we believe to be true or what we want may not actually be the thing that we should be working on or moving towards.

Throughout the week, try to develop a relationship to your body and gut. The stomach is often referred to as the “second brain” as it can inform our brain for decision-making.

Each day this week, write down a question or action step that you need help with or want clarity for. After writing down this desire, close your eyes, tune inward, and take seven deep breaths into the belly. As you tune into your body and the intention, begin to focus on your body. What is it telling you? Do you feel anxious when you think about this particular thing? Does it make you excited? Just pay attention to the body’s messages.



Example

Intention/Question #1

Looking back at my dream and intention, I am feeling the need to use my voice more and get out there in the world.

Body

When I think about putting myself out there in the world more, I feel anxious. My stomach begins to knot and my throat feels like it wants to close up. It makes me nervous. It feels like there is a fear there that is blocking me from doing anything. It's not telling me not to do it, but the fear that comes up is stopping me. I'd like to work with this fear and overcome it.

Action Step

Write a blog post or create an Instagram story to share a vulnerability.

Intention/Question #1

Body:

Action Step:

Intention/Question #2

Body:

Action Step:



Intention/Question #3

Body:

Action Step:

Intention/Question #4

Body:

Action Step:

Intention/Question #5

Body:

Action Step:

Weekly Recap

What have you noticed about this week? Any insights or noticeable events?



[illegible]

Week Six

Gratitude, Growth, and Change



Taking action is important. To develop new patterns and to create change, we must engage in the process. As Hanson and Mendius (2009) mention in their book, *Buddha's Brain*, "Small positive actions every day will add up to large changes over time, as you gradually build new neural structures. To keep at it you need to be on your own side" (p. 19).

For this week, keep a free flow journal tracking gratitude, action steps, and other notes.

Day 1

Small positive actions every day will add up to large changes over time, as you gradually build new neural structures. To keep at it you need to be on your own side.

Hanson and Mendius

Date:

What are you grateful for today?

What is one positive thing that happened today or one positive thing you are looking forward to today?

Things to do today:

- 1.
- 2.
- 3.
- 4.
- 5.



Thoughts and Reflections

This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal grey lines across its entire width, typical of notebook or school paper. The lines are thin and light grey, set against a plain white background. There are no margins, text, or other markings on the page.

Day 2

Action Step: Find an old journal from the past and read a few pages. Reflect on where you were and where you are now. How much have you grown?

Date:

What are you grateful for today?

What is one positive thing that happened today or one positive thing you are looking forward to today?

Things to do today:

- 1.
- 2.
- 3.
- 4.
- 5.



Thoughts or Reflections

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 3

"No one who achieves success does so without acknowledging the help of others. The wise and confident acknowledge this help with gratitude."

Alfred North Whitehead

Date:

What are you grateful for today?

What is one positive thing that happened today or one positive thing you are looking forward to today?

Things to do today:

- 1.
- 2.
- 3.
- 4.
- 5.



Thoughts or Reflections

[illegible]

Day 4

"Appreciation is a wonderful thing: It makes what is excellent in others belong to us as well."

Voltaire

Date:

What are you grateful for today?

What is one positive thing that happened today or one positive thing you are looking forward to today?

Things to do today:

- 1.
- 2.
- 3.
- 4.
- 5.



Thoughts or Reflections

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 5

I don't have to chase extraordinary moments to find happiness - it's right in front of me if I'm paying attention and practicing gratitude.

Brené Brown

Date:

What are you grateful for today?

What is one positive thing that happened today or one positive thing you are looking forward to today?

Things to do today:

- 1.
- 2.
- 3.
- 4.
- 5.



Thoughts or Reflections

[illegible]

Day 6

The essence of all beautiful art, all great art, is gratitude.

Friedrich Nietzsche

Date:

What are you grateful for today?

What is one positive thing that happened today or one positive thing you are looking forward to today?

Things to do today:

- 1.
- 2.
- 3.
- 4.
- 5.



Thoughts or Reflections

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 7

*We can't change anything until we get some fresh ideas,
until we begin to see things differently.*

James Hillman

Date:

What are you grateful for today?

What is one positive thing that happened today or one positive thing you are looking forward to today?

Things to do today:

- 1.
- 2.
- 3.
- 4.
- 5.



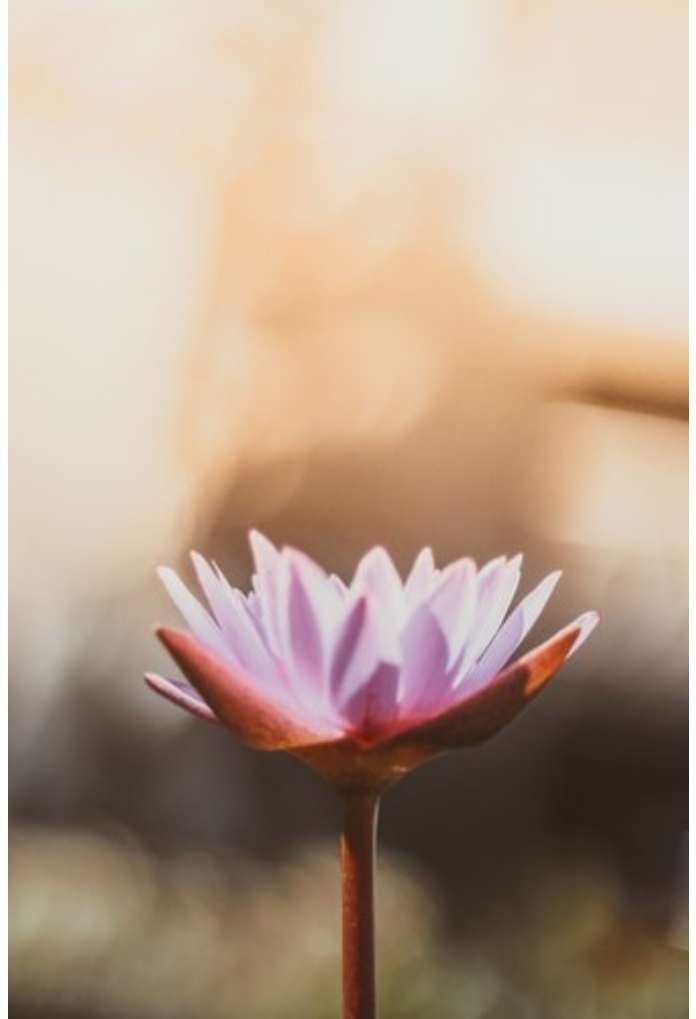
Thoughts or Reflections

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Weeks Seven and Eight

Flowering your Intentions

Integration, and much of life, is like a flower or plant. As we grow, we grow towards a potential. Some plants and trees produce flowers and others produce flowers and fruits. Both are gifts to the world. The bees pollinate flowers and use the sweet nectars of the flowers to produce honey. Fruits and vegetables are eaten by many animals and humans. The integration process is much like this. We spend time growing, changing, letting go, and finally flowering and fruiting all before letting go again. This is the opportunity to share our gifts and sweet fruits of labor with the world.



What are you trying to share with the world? What are some of the gifts that you want to share?

Looking back at your 12-week goal calendar, how are you doing?

What have you accomplished?

What type of gifts have you been sharing with the world so far?

If you have not been achieving or working towards your goals, what has been stopping you?

How can you make some adjustments? Did you set your expectations too high? Have your priorities shifted at all or have changed direction?



If your priorities have shifted or changed direction, why? What is causing the shift?

If you have not spent any time working on your creative project, think about what you would like to work on or create.

Part of integration is about making lifestyle changes and developing a relationship with one's self. Another part is expressive and creative. Going back to the concept of psyche and soul, the creative energy wants to flow. The left brain wants to see some concrete accomplishments and actions while the right part of the brain wants to express the language of the soul.

Think about creating a poem, art piece, mandala, music, podcast, a paper, article, or research paper. Whatever the psyche is asking for you to do.

For the next two weeks, work on this project. This is the flower blooming into reality.



Add Creative Project calendar to map out this project.

Example: Create photo album of the past year

Day 1	Day 2	Day 3
Brainstorm theme	Find phtos and one’s to print	Print photos

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Free Journal / Note Space

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Week Nine

Moving Past Integration



Integration is a continuous process. It does not simply just end. It is always unfolding in subtle and mysterious ways. It is important to stay open, stay curious, and also stay engaged in the process. The psychedelic experience shows us a new way of seeing and being in the world. The trick of integration is now re-adjusting to the world with these new sets of beliefs and thoughts.



How do we move past the integration phase and just be? How do we begin to thrive in our community and environment with these new sets of skills and mindset?

What are some things that you learned about yourself over the past few weeks?

How can you continue to work on your integration?



What type of reminders can you give yourself if you start to feel like you are moving off path?

Are there ways to get involved in your community, if you are not already involved?

What does integration mean to you?



Closing

While this workbook can continue going on with journal entries and prompts, the real work is out in the world. The world needs you. The world needs your psychedelic visions and gifts. We hope that you move this work forward in your life someday. It can be extremely meaningful.

We hope that you have taken enough initiative to finish the creative integration project. We would love to see what you have come up with and would love to learn about your integration process. If you feel called to do so, email your projects to us at

psychedelicstodayemail@gmail.com



Integration Resources

- Psychedelics Today – [Integration Coaching Services](https://psychedelicstoday.com/services/coaching/)
(<https://psychedelicstoday.com/services/coaching/>)
- [Navigating Psychedelics: Lessons on Self-Care & Integration](https://psychedelicstoday.teachable.com/p/navigatingpsychedelic) (Online Course)
(psychedelicstoday.teachable.com/p/navigatingpsychedelic)
- MAPS: [Psychedelic Integration List](https://maps.org/resources/psychedelic-integration-list) - An online directory of integration professionals
(<https://maps.org/resources/psychedelic-integration-list>)
- [Psychedelic.Support](https://psychedelic.support) – An online directory of integration professionals
(<https://psychedelic.support>)
- [Psychedelic Program](https://www.psychedellicprogram.com/) at the Center for Optimal Living
(<https://www.psychedellicprogram.com/>)



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