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PSYCHEDELIC
INTEGRATION

*A Journey
of
Transformation*



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What is Integration?

In its most general sense, integration is when something incorporates itself fully into something else. Think of it as a person moving to a new country. They embark on a journey to find their place in a new life, discovering new horizons, making friends, adapting to a new culture, and navigating the challenges of breaking old habits. Similarly, a significant psychedelic experience can be as transformative as starting a new life in a foreign land. It opens up new perspectives, unveils hidden truths, and presents the individual with the task of reshaping their understanding of themselves and the world.

Entheogenic Research Integration and Education (ERIE) offers a poignant definition of integration as "the process by which the material accessed and insights gained in a [psychedelic] experience are incorporated over time into one's life in a way that benefits the individual and their community." In essence, it's about bringing the wisdom and insights gained during a psychedelic journey into your daily life: think of integration as the practice that can make psychedelic experiences transformative.



Integration as a Process

Integration is not a one-time event; it's an ongoing endeavour. Just as healing and personal growth are processes that take time, so is integration. It's a journey that requires patience, self-compassion, and dedication. Behaviour change, adopting new perspectives, and establishing self-care practices don't happen overnight. Integration is about the gradual assimilation of the lessons learned and the changes desired into your life.



What Integration is Not

Integration doesn't happen overnight and it's not a service you pay for or outsource. In other words, integration is not a process that can be delegated or ignored: While therapists, teachers, friends, and support groups can be valuable resources in your integration journey, the real work lies within you. Imagine having a personal trainer who exercises on your behalf; you won't get fit unless you put in the effort. In the same way, integration requires your commitment and dedication to implementing the changes you aspire to make. Ultimately, psychedelic integration is about taking responsibility for your transformation.

Integration Tools: Returning to Your True Self

A multitude of activities, practices, and tools can greatly aid the integration process. As you explore these tools, you'll notice a common thread running through them – they all foster self-observation and deep reflection, encouraging a return to your authentic self, your divine essence.



Integration practices can help you reconnect with what brought you joy as a child – singing, dancing, imaginative play, and creativity. They can enable you to embrace presence and joy, dispelling the anxieties of an uncertain future and letting go of the worries of the past to see the perfection of the present moment.



Psychedelic integration is a profound journey of self-discovery and transformation. It's not a one-size-fits-all process, and what works best for you may differ from others. The key is to embrace the ongoing nature of integration, take responsibility for your growth, and use a combination of practices and tools that resonate with you to fully incorporate the wisdom gained from your psychedelic experiences into your daily life.

In this first part of our integration series, we'll begin with journaling, a powerful tool that can enable you to process, reflect on, and ground your experiences.

A guide to integration journaling

Below you'll find a list of journaling prompts tailored specifically to psychedelic integration. These prompts will help you reflect on your psychedelic journey, explore its insights, and think about your intentions. Don't worry about doing them all. Start by selecting a few that speak to you and take your time with them- the deeper you can dive, the better. You can come back to this list and explore it further at any time.





1. Descriptive Reflection:

Describe the setting and sequence of your experience.

Who were you with?

Where were you?

How did the journey unfold?

Detail any specific visuals, sounds, or sensations you remember.

Were there moments of peak intensity or calm? Describe them.

2. Emotional Exploration:

What emotions were most prominent during your journey?

Did you encounter any fears or anxieties? What were they centered around?

Were there moments of profound joy, love, or connection? If so, what were those feelings centered around?

3. Insights and Realizations:

What new insights did you gain about yourself?

Were there any realizations about your relationships, career, or life direction?

Did you have any spiritual or philosophical revelations?

4. Challenges and Difficulties:

Were there parts of the experience you found challenging or difficult to navigate?

How did you handle these challenging moments?

In hindsight, is there anything you would've done differently?

5. Symbols and Themes:

Were there any recurring symbols, animals, or themes throughout your journey?

What might these symbols or themes represent in your life?

6. Body and Physical Sensations:

How did your body feel during the experience?

Did you have any specific somatic sensations or releases?



7. Comparison to Past Experiences:

How does this psychedelic experience compare to any past journeys or significant life experiences?

Were there recurring patterns, issues, or themes? If so, are these themes that you'd like to explore further?

8. Integration and Application:

How can you integrate the insights or lessons from this experience into your daily life?

Are there specific steps or changes you want to make based on what you've learned?

How do you feel the experience will impact your future decisions or direction?

9. Discussions and Sharing:

Have you shared your experience with anyone? If so, what was their reaction and feedback?

Would you like to join any online or in-person community groups to share your experience with others?

How did discussing the journey affect your understanding or perception of it?

10. Future Intentions:

Would you consider embarking on another psychedelic journey? Why or why not?

If yes, what would you hope to achieve or explore in a future session?





Remember, these prompts are just a starting point. Let your thoughts flow freely, and don't be afraid to dig deep. Integration is an ongoing process and consistency is key: you'll want to continue your journaling practice and revisit your journal entries over time for evolving insights.

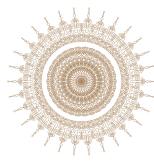
In our next article, we'll add to your integration toolkit by walking you through a number of breathing exercises that can help you slow down, ground yourself, and connect with your body after a psychedelic experience.



Meditations

Meditation can be a valuable tool for integrating insights and experiences from a psychedelic journey. By creating space for introspection, it aids in grounding, processing, and connecting more deeply with oneself. Here are some meditation techniques that can be particularly helpful for psychedelic integration:





1. Mindfulness Meditation:

Focus on the present moment without judgement. Observe your thoughts, feelings, and bodily sensations as they arise and pass.

When your mind wanders, gently bring your attention back to the present.

2. Body Scan Meditation:

Lie down comfortably. Close your eyes and bring your attention to different parts of your body, from the toes to the crown of your head.

Observe any sensations, tension, or relaxation in each area. This helps ground you and reconnects you with your body.

3. Loving-kindness Meditation (Metta):

Cultivate feelings of love and compassion toward yourself and others.

Start by sending love to yourself, then to a loved one, someone neutral, someone you have difficulty with, and finally, all sentient beings.

4. Guided Visualization:

Listen to a guided meditation that takes you on a journey, perhaps revisiting some of the more positive and enlightening aspects of your psychedelic experience or to a peaceful and grounding location, like a forest or beach.

5. Walking Meditation:

Walk slowly and deliberately, being fully present with each step. Feel the connection of your feet with the ground.

This can be particularly grounding after a psychedelic experience, reconnecting you with the earth and your environment.





6. Breath-focused Meditation:

Focus solely on your breathing. Observe the inhalation and exhalation, feeling the rhythm and sensations associated with breathing.

If thoughts arise, acknowledge them and gently return your focus to the breath.

7. Journaling Meditation:

Begin with a few minutes of stillness and breathing. Then, journal about your psychedelic experience, allowing your meditation to flow into words. This can help process and integrate the journey.

8. Chakra Meditation:

Focus on each of the seven chakras, or energy centers, in the body. Visualize each chakra as a spinning wheel of energy, moving from the root chakra at the base of the spine to the crown chakra at the top of the head.

This can be especially helpful if the psychedelic experience touched on issues related to any specific chakra, such as personal power, love, communication, or intuition.

9. Open Awareness Meditation:

Instead of focusing on a specific object or thought, remain open to all experiences without attachment or judgement. It's like observing the vast sky without attaching to any specific cloud.

10. Grounding Meditation:

Visualise roots growing from the base of your spine or feet, delving deep into the earth, anchoring you securely.

This can be particularly helpful if you're feeling "spaced out" or overly expansive after a psychedelic session.

When integrating a psychedelic experience, it's essential to choose a meditation technique that resonates with you and aligns with what you need at the moment. Whether it's grounding, understanding, self-compassion, or just processing, the key is to be patient and gentle with oneself.



Creative activities

Beyond standard practices like meditation and journaling, there are many creative approaches to facilitate this integration. Here are some imaginative ideas:

1. Artistic Expression:

Painting/Drawing: Express visuals, feelings, or insights from the journey through colors and shapes.

Sculpting: Use clay or other materials to give form to your experience.

Collage: Create a visual representation of your journey by combining images from magazines or printed pictures.

2. Music and Sound:

Composing: Write a song or piece that captures the essence of your experience.

Playlist Creation: Curate a playlist of songs that resonate with your journey. Use it as a backdrop for reflection.

Sound Healing: Explore instruments like singing bowls, tuning forks, or drums to ground your experience.

3. Movement:

Dance: Let your body express your journey's emotions and stories through free movement or structured dance.

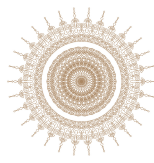
Yoga: Create a specific sequence that mirrors your experience's peaks and valleys.

4. Nature Immersion:

Planting: Plant a tree or garden as a living testament to your journey and its growth.

Nature Walks: Spend time in natural settings that mirror the tranquility or wildness of your experience.

Stargazing: Contemplate the vastness and interconnectedness of life under the night sky.



5. Writing:

Poetry: Pen verses that capture the essence, emotion, or lessons of your journey.

Short Story: Narrate your experience as a fictional tale, allowing you to explore its symbols and themes.

Letters: Write to your future self, reminding them of the insights gained.

6. Drama and Role-Playing:

Acting: Create a skit or short play based on your experience.

7. Crafting:

Jewellery Making: Craft a piece of jewellery that symbolises your journey, carrying its essence with you.

Herb Bundle Making: Gather herbs native to your area like sage, rosemary, thyme, lavender, or chamomile and bundle them together with thread to create your own smudge stick. You can burn these herbs once they dry for energetic cleansing and a pleasant smell.

8. Ritual Creation:

Design a personal ritual that encapsulates your experience, using candles, symbols, or other items significant to your journey.

9. Photography:

Capture images that resonate with your experience, helping you see the world through the lens of your insights.





10. Cooking and Baking:

Create a dish or dessert inspired by your journey, using ingredients that symbolize different aspects of your experience.

11. Group Sharing:

Organise a gathering where participants share their psychedelic experiences through stories, art, or any other medium.

12. Dream Exploration:

Take note of your dreams in the weeks following your experience. They might be particularly vivid or insightful, providing another layer of understanding.

13. Altar Building:

Create a sacred space in your home with items that remind you of your journey, serving as a daily touchpoint for reflection.

Remember, integration is a deeply personal process, and there's no one-size-fits-all approach. Choose methods that resonate with you, fostering a deeper connection to the insights and realizations gained during your psychedelic experience.





Further support and resources

If you would like more guidance in your psychedelic integration process, several sites offer professional or peer integration. Here are some suggestions for how to find support:

Fireside Project's Psychedelic Support Line: <https://firesideproject.org/>

This organization offers call and text support by rigorously trained, compassionate, supportive volunteers from diverse backgrounds who listen deeply and from a place of non-judgment. Open from 11am-11pm PST.

Fireside also offers resources, psychedelic writing and music, community stories, and a blog.

La Sociedad Psicodélica: <https://lasociedadpsicodelica.es/en/>

A welcoming space offering guidance, peer support, and resources to aid you in your integration process. Information on having a safe trip

Community of psychedelic groups to share and growth with.

Psychedelic.Support: <https://psychedelic.support/>

This organization offers free courses in psychedelics, harm reduction, and best practices along with paid facilitator training programs and a monthly online event series featuring experts in the psychedelic field

They also offer a directory of mental health providers who work with psychedelics and psychedelic integration and information about clinical trials regarding psychedelics and cannabis

In addition, they offer a list of community groups that offer integration circles and meetups related to psychedelics, integration, and harm reduction

Multidisciplinary Association for Psychedelic Studies (MAPS):

<https://maps.org/> MAPS

The Multidisciplinary Association for Psychedelic Studies,

<https://integration.maps.org/>

offers another comprehensive directory of mental health support practitioners working with psychedelics:

MAPS also offers in-depth information about psychedelic research, policy reform, facilitator training, and harm reduction



Psygaia: <https://www.howtousepsychedelics.com/>

Psygaia is a risk-reduction resource that provides information on how to use psychedelics in a safe way, and provides options for support from mentors and community, rooted in modern science and ancestral wisdom.

Erowid: <https://erowid.org/>

Erowid provides access to reliable, non-judgmental information about psychoactive plants, chemicals, and related issues.

They also include a large collection of psychedelic art and articles

Empathic.Health: <https://empathic.love/>

Empathic.Health is a peer-support community for psychedelic integration. Community members connect 1:1 and in small groups to learn, share, and help others.

Recommended Apps

Fabulous - personalized coach in your pocket. This can really help you shape new habits and behaviors.

Fasting tracker - a great way to control your eating habits, stay healthy, organize eating times and fasting support.

Daily mudra - great app for assisting meditation

Home Workout - No Equipment - a great way to stay in shape

