



Entheo Integration Book

Trip without falling



“Psychedelic experience is only a glimpse of genuine mystical insight, but a glimpse which can be matured and deepened by the various ways of meditation in which drugs are no longer necessary or useful. If you get the message, hang up the phone. For psychedelic drugs are simply instruments, like microscopes, telescopes, and telephones. The biologist does not sit with eye permanently glued to the microscope, he goes away and works on what he has seen.”

– Alan Watts

You have prepared for your travels, went on your journey and have returned home. Now you might be saying to yourself: “Okay. Ya. Wow. How to even begin to make sense of it all?” The next step and the purpose of the following content is to help the journeyer make sense of their experience through psychedelic integration - a process of reflection, action, and meaning making.

Integration is another key ingredient for many journeyers looking to make the most of their psychedelic experience. This helps ensure psychedelic experiences are not momentary and fleeting but instead become embodied to facilitate long-term change. To learn how to integrate your experience, discover principles of change, and make sense of it all, engage in the **Integration Guidebook**.

* If you have had a difficult experience and are having trouble coping, do not delay in seeking consultation with your primary healthcare provider.

What is integration?

Psychedelic Integration is an essential tool for self discovery and growth. The psychedelic experience often provides an opportunity to confront parts of the self that may or may not have been apparent to the journeyer. Becoming aware of new and old parts of ourselves can be insightful, liberating or challenging, often creating ‘gaps’ or ‘holes’ in the understanding of ourselves and the world. It is through the process of integration, which is a personal and individualized set of reflections and actions, that aims to link and weave old and new understandings together to foster personal growth and a new found wholeness. This path to wholeness may involve journaling, movement, meditation, psychedelic integration circles or therapy to name a few. Regardless of what practices the journeyer decides to engage with, the active process of psychedelic integration takes place by reflecting on narratives that manifested during the experience, identifying and making sense of any themes and implementing any insights where appropriate.

Integration Overview:

After using psychedelics, there are a variety of experiences people may have. Some may experience the *afterglow* which may include heightened mood, psychological flexibility, openness or mindfulness ([ref](#)). People may be highly motivated to make major life changes. Some people feel a shift in their being and purpose, while others are challenged with the ability to reconnect or find meaning again. Some are revealed seemingly objectively true and compelling aspects of reality often referred to as the noetic quality of a trip. At times, these revelations can be life changing realizations that make them feel more connected or even disconnected. No matter the type of experience, psychedelics invite us to embrace uncertainty, adopt a sense of curiosity and use integration as the path back towards wholeness. To help journeyers to make sense of their experience they should identify key insights and integrate them into daily living, and to do so, consider engaging in this 6-week integration guidebook.

This guidebook will move the journeyer through a 6-week process of reflection and action through journaling, conversation, and goal setting. The thrill of attaining any goal is often in direct proportion to the effort put in. To this same end, integration will require time, thoughtfulness, energy and commitment that will likely extend beyond a 6-week period. There will be weekly learning activities to set the stage for each week to guide you. Importantly, if you have had a difficult experience and are having challenges coping, know that this does occur and your condition can improve. By encountering previously avoided psychological content through the use of psychedelics, begin to incorporate these into the integration process, however, do not do this on your own and do not delay in consulting with your primary healthcare provider for support.



Psychedelic Integration Outline

Integration Outline:

- Week 1-2: Capturing and reflecting on your experience
- Week 3: Deciding on what matters most
- Week 4: Setting intentions and goal
- Week 5-6: Reflecting on your goals and beyond

Getting Started: Integration Checklist:

- Commit to no significant life changes immediately after your journey unless you are in danger.
- If you need immediate emotional support consult with your primary healthcare provider and consider calling the [Fireside Project](#), a psychedelic support line.
- Identify a trusted person you can discuss your experience with.
- Consider finding a [psychedelic integration circle](#) or [online community](#) to engage with.
- Think about whether psychedelic integration with a [mental health provider](#) would be helpful.
- Consider deepening your understanding of integration:
 - Consciousness Medicine by [Francois Bourzat](#)
 - [Bathje et al. \(2022\)](#). Psychedelic integration: An analysis of the concept and its practice. *Frontiers in Psychology*.
 - [Gorman et al. \(2021\)](#). Psychedelic Harm Reduction and Integration: A Transtheoretical Model for Clinical Practice. *Frontiers in Psychology*.

The ideal mindset for the integration process:

- Flexible with thinking and reasoning
- Able to take multiple perspectives on issues
- Embrace challenges
- See mistakes or setbacks as opportunities to learn
- View effort as a path to mastery
- Open to experience, curious and adaptable
- Trusting and accepting
- Self-aware
- Physically, psychologically and emotionally stable



Week 1-2: Capture and reflect your experience

Journaling:

Writing in a journal aids in more objective reflections on our previous experiences, where we currently are, and what is ahead. The benefits of journaling often come from getting experiences, thoughts and emotions written down so they can be processed in a rational, non-emotional, and analytical way helping us make better decisions for potential lines of action. At times, it can also be a tool that allows you to directly confront difficult or stressful experiences, by inviting regular exposure to aid in processing. Importantly, journaling serves as a way to track your progress and see how far you've come when looking back. This retrospective reflection on the path and progress to date bolsters future efforts and motivation leading to more of this virtuous cycle. There are many other benefits to journaling, but the best journal is the one that gets done. So your first step is to find something to journal in, plan a time and place to do it, start small, adopt a growth mindset and keep it simple.

Integration Tips: starting new habits

- Optimize the starting line. Make a plan and consider starting small, perhaps journaling for 5 minutes once per day. The hardest part is simply getting started.
- Write down where and when you will journal. This removes ambiguity on the 'how' to make a new habit happen. Consider using 1-2 writing prompts to explore each day.
- The environment shapes behaviour. Be sure to leave your journal in a place you will see it regularly, this is the environmental prompt to do it. Consider setting a calendar reminder to prompt you to write and have someone hold you accountable.
- Self-monitoring tracks bolsters efforts and tracks our progress. Checking off a calendar each time you journal, although simple, is a powerful tool to help overcome the ebbs and flows of motivation.
- If motivation is low or you are having trouble keeping up, make the habit (i.e. the journal entry) smaller. Consider writing even one word or one sentence to keep the momentum going. Consistent small actions lead to big change over time.



Week 1 Activities: grab your journal and use any number of these writing prompts below to capture the many different aspects of your experience. Consider writing once per day for 5 minutes or more to answer the following questions by the end of the week. At the end of the week, complete the summary writing prompts.

What did you learn about your intention?

What did you experience? Can you summarize this in one sentence?

Did you have any key insights? Were there any themes? Were they subtle or profound?

What feelings did you experience? What feelings are you experiencing now?



What did you let go of? What did you have challenges letting go of?

What was most challenging? What felt most rewarding?

What are some questions you have? What are you still curious about?

Are there 'gaps' in understanding to continue to make sense of?



Week 1 Summary:

Since having your psychedelic experience, what have you learned or noticed about this week?
Any insights?

What have you learned from your journaling practice if you have started one?



Week 2 Activities: use the writing prompts below to capture reflections on your daily experience.

Has there been a shift in your thinking or how you go about your day to day activities?

What has changed for you? What have you learned?

Have you discussed your experience with others?



Week 3: Deciding on what matters most

Up until this point, you have started building a new habit of journaling, casting the net wide with your reflections and capturing many different aspects of the journey. You have also started reflecting at the end of each week to see what is changing and what you are learning as you go. Now it is time to go deep in a few select areas. By directing efforts and energies towards a few aspects of a journey, we create an optimal environment for in depth exploration and meaning making to happen. From here, you can set goals, create an action plan and develop a path for personal growth.

Integration Tips: be intentional and share

- Reflect on how successful you were in completing your journal entries through week 1-2.
 - What were the causes and conditions that led to you journaling? Be intentional about the things that led to your success, keep this up.
 - If you encountered any barriers, what were they and how can you overcome them?
- Think about how to make undesired behaviours harder to do and the ones you want to do easier. Stack the deck in your favour of reaching your goals.
- Consider sharing your experience with a person you trust this week if you have not done so already. This could be a friend, loved one or a healthcare professional. This is another step to aid in processing and sense-making. This person should be someone who can listen completely and is non-judgmental.
- If you have regular therapy sessions, consider bringing your journal entries or experiences to therapy.
- If you are having difficulties coping since your psychedelic experience, consult with your primary healthcare provider.



Week 3 Activities: continue with your regular journaling. As a next step, it is time to identify 1-2 key areas of focus that matter most to you and would like to see growth in.

Identifying Key Areas of Focus:

Reflect on your daily journaling practice to date. Write down 1-2 key insights, themes, questions, challenges, curiosities or gaps in understanding you would like to explore further? These 1-2 areas should be ones you would like to see personal growth in, want to set goals around and take action on.

After identifying what matters most, write down your answers to the following questions:

- Why do you want to explore these key areas?
- What meaning do they hold? What are they linked to?
- Do they help weave a path to wholeness?
- What did you learn about them in the psychedelic experience?



Week 3 Summary:

What have you noticed or learned about this week? Any insights?

Looking back over the past 3-weeks, has anything surprised you?



Week 4: Goal setting

In week 4, you will continue with your journaling practice and start the process of goal setting. With your journaling, continue to write about those 1-2 key areas, how your psychedelic experience informs the different domains of your health, and anything you have found helpful to date. However, we are now going to get into goal setting and planning using those key areas you have identified as inspiration. In addition to goal setting, this week consider joining a [psychedelic integration circle](#) or [online community](#) to learn more about your experience and what others are saying about theirs. This continues the process of sense making, learning and growing from the experience.

Integration Tips: planning for success

- Making a personal action plan can be helpful to adopt new lifestyle changes that are inline with your goals.
- As you make your plan consider that behaviour happens when it is small and easy to do.
 - Small behaviours that we successfully implement frequently, early in the change process result in longer term success. If motivation is low, small and easy behaviours make consistent effort possible.
 - If I want to walk 30 minutes per day, I may begin with a walking habit of 5 minutes 3 days per week.
- Behaviour happens when it is tied to a prompt or cue that is in the person's environment, is encountered daily, is salient and obvious.
 - If my goal is to walk 30 minutes per day, having walking shoes left out at the front door is the prompt for the behaviour. I may also hide the TV remote to make another behaviour that competes for my time more difficult to do.
- Behaviour that is self-monitored dramatically improves our success and our satisfaction.
 - Use a calendar or a habit tracker. This is another technique that displays our progress, assists with accountability and elicits positive emotions.



Next, we are going to use an example to help clarify the process of goal setting:

- **Psychedelic experience intention:** to explore why I have trouble connecting with people?
- **Insights gained:** during the psychedelic experience, it was clear and obvious that I have meaningful connections to so many people. However, I am having difficulty connecting to one person and perhaps I am not making the time to cultivate this relationship.
- **Short term goal:** I want to text my friend once per week for 6-weeks.
- **Long term goal:** In 6-months, I want to feel more connected to my friend.
- **Plan:** I will text my friend once per week, on a Saturday morning, and I will call them on the last Saturday of the month. I will arrange a coffee chat once every 1-2 months.
- **Self-monitor:** mark my progress on a calendar.



Week 4 Activities: with this previous example in mind and some of the integration tips from this week, give yourself 15-20 minutes to complete a personal action plan at the beginning of your week.

Personal Action Plan

1. Write down your initial intention and any insights gained on it during your psychedelic experience.

2. Write down one short term and one long term goal. These goals are centered around the key areas you previously identified.

3. Write down the plan and what behaviour(s) will help you achieve your goal. Start by identifying one high-impact and easy to implement behaviour that nudges you toward your goal.

- **Write down a behavioural or environmental prompt:**
 - After I ... have Saturday breakfast
- **Map out the behaviour:**
 - I will ... text my friend
- **Celebrate and self-monitor**
 - A silent congratulations to myself and put a check mark on my calendar

After I ...

I will ...

Celebration / self monitor ...



Week 5 Summary:

What have you learned about yourself this week? Any insights?

What has been the most rewarding part of this journey thus far?



Week 6: Life and integration

Integration is a continuous process. It does not simply end since life is always unfolding, which provides us with new experiences and different problem sets, but it is through reflection and action where we can better inform how we as individuals can live our best lives.

After using psychedelics, some people feel a subtle or profound shift in their being and the aim of integration to help reconnect, find meaning and weave that path to wholeness once again. Given that this is the final week of integration, it is likely that many of you still need more time to work with what is already here. And so, the purpose of this final week is to provide you with a framework to continue to do the work you think you need to do to reach your goals, improve your health, well-being and fill in any gaps in understanding that may have manifested from the psychedelic experience.

Week 6 Activities: let's start with a journal reflection.

What are some things you have learned about yourself since having your psychedelic experience?

What has been the most important thing you have learned?



What is the biggest challenge you overcame?

Moving forward, how will you stay on track with your goals?

Integration Framework: use this as a guide to support your future goals.

- 1) Make time to continue to journal about your experiences and goals.
- 2) Follow up on your goals and plan at set intervals.
- 3) Review the integration tips. Troubleshoot as needed.
- 4) Share your experiences with a trusted friend, a family member, healthcare professional or community group. This is another way to process and make sense of experience.
- 5) Journal about what is changing, what you have learned, what has been rewarding and unpack any barriers to your success.
- 6) Once you have obtained your goals, set new ones and begin again.



Week 6 Summary:

How can you continue to work on integration beyond week 6? What will you do next?

Do you feel equipped to do this? If not, where could you find the answers?

How will you continue to attend the different domains of health that need attending to?
