



Integration Book
Trip Without Falling

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Important Notes:

Entheo does not condone or promote the use of psychedelics or other illegal substances. In a spirit of harm-reduction, Entheo encourages safety and awareness for those who choose to use psychedelics, including those who wish to experience psychedelic integration.

If you have had a difficult experience and are having trouble coping, talk to a healthcare provider right away. If you encounter repressed psychological content, you may have a fear response which could be uncomfortable and challenge you to reflect upon your experience. In this case, you are encouraged to seek support and/or consultation with a healthcare provider during your integration process.

Remember: **You are not alone.** We encourage **ALL** journeyers to seek support (personal or professional) following their psychedelic experience.

Integration Overview

“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

Psychedelic Integration

Psychedelics can serve as a catalyst for a transformative journey by inviting us to embrace uncertainty, adopt a sense of curiosity, and illuminate the path towards **wholeness**. Whether you’ve gone on a psychedelic journey already and returned home, or are still preparing for your travels, **psychedelic integration** is a key ingredient to make the most of the psychedelic experience.

Psychedelic integration is a tool for reflection, self-discovery, and personal growth that provides an opportunity to connect with one’s experience, reflect on novel insights, and confront parts of the self that may or may not have been apparent to the journeyer. Becoming aware of new and old parts of self can be insightful, liberating, or challenging, and will often create ‘gaps’ or ‘holes’ in the understanding of ourselves, the world, and reality.

By disrupting our usual perspectives, beliefs, and patterns of thinking, reacting, and acting, psychedelics create a **precious window of opportunity for change**. It is during this window that integrating new habits becomes more accessible, from embracing a nourishing diet, establishing a consistent exercise routine, to fostering deeper connections within your community. Furthermore, they can extend into the realm of spirituality, encompassing practices like meditation, yoga, or the setting of intentions, among others.

Integration can help you make sense of it all through an **active process** of reflection, connection, and sustained practice. It’s essential to approach the process with an open mind and a willingness to explore and learn from the experience. These activities can help guide reflections on the psychedelic experience, identify and process themes, and integrate lessons to facilitate long-term changes that improve your wellbeing.

Integration Fundamentals:

- **Journaling:** Write down your thoughts, emotions, visuals, and insights as soon as possible after the experience. This helps capture the details and aids in later reflection.
- **Self-reflection:** Take time to introspect and reflect on the experience. Consider the themes, symbols, and patterns that emerged during the trip. Explore your emotional responses and contemplate their meaning. What would happen if you didn't change? What would happen if you did change your way of being?
- **Patience and self-compassion:** Integration is a gradual process, and it takes time to fully understand and integrate the psychedelic experience. Be patient with yourself and practice self-compassion as you navigate the insights and emotions that arise.
- **Seek support:** Engage in conversations with trusted friends, therapists, or support groups who have experience with psychedelics. Sharing your experience and receiving feedback or different perspectives can be valuable for gaining insights and understanding.
- **Integration practices:** Explore various integration practices such as mindfulness, meditation, grounding practices, breathwork, creative expression, or body-oriented therapies. These practices can help integrate the lessons and insights from the experience into your daily life.
- **Professional guidance:** Consider working with a qualified therapist or integration coach who specializes in psychedelic experiences. They can provide valuable guidance and support throughout the integration process.

Let's jump in right away with your first reflection:

In one sentence, describe your psychedelic experience or what you're hoping to achieve with your psychedelic experience:

Excellent! You've taken a great first step. Let's keep it going.

What To Expect Following The Journey:

There are a variety of experiences people may experience after using psychedelics, some of which include:

- **Afterglow:** Heightened emotional state that fosters psychological flexibility, openness to new experiences, or mindfulness to life and its parts (ref).
- **Increase in Motivation:** Strong impulse to make major life changes.
- **Decrease in Motivation:** Difficulty regaining momentum in existing behaviours if misaligned with new insights or realized values.
- **Sense of Purpose:** Increased awareness of intentions, ambitions, and aspirations.
- **Shift in Meaning:** Shift in being and purpose, or challenged with the ability to reconnect or find meaning.
- **Universal Connectivity:** Deep connection with the universe, humanity, the natural world, and the divine.
- **Noetic Experience:** Revelations that induce deep connection to wisdom, intuition, or implicit understanding.

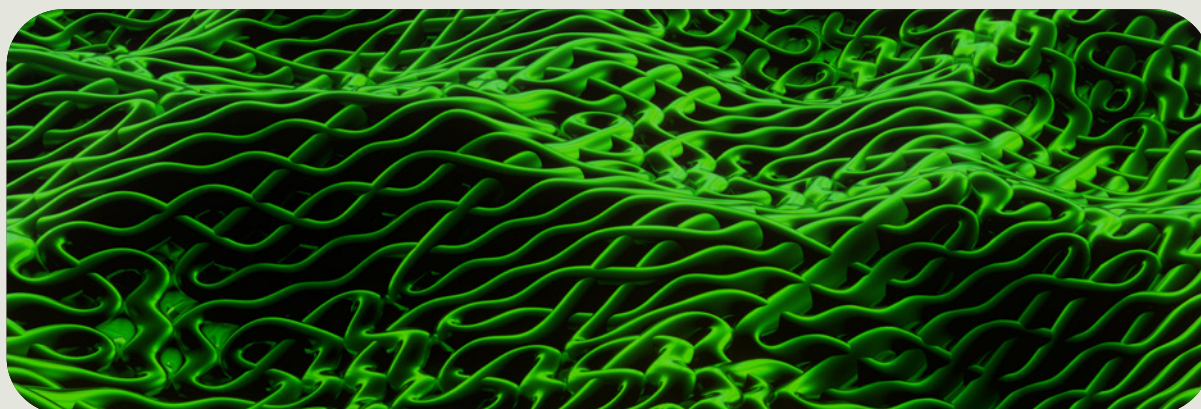
*What are your hopes for the integration process?
What worries or concerns do you have?*

Integration Checklist

You can use this checklist to help you get started with psychedelic integration:

- Complete Stage 1 of this integration book.
- Identify a trusted person you can discuss your experience with.
- Commit to no significant life changes immediately after your journey (unless you are in immediate danger).
- Consider finding and engaging with a [psychedelic integration circle](#) or [online community](#) to learn more about your experience and what others are saying about theirs.
- 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*.
- Think about whether psychedelic integration with a [mental health provider](#) would be helpful. You can email us at info@entheo.org if you want to access one of Entheo's qualified Integration Specialists.
- If you need emotional or medical support, consult with your primary healthcare provider and consider calling the [Fireside Project](#), a psychedelic support line.
- If you experience a medical emergency, call your local emergency services or go to the nearest emergency room.

The following writing prompts are meant to inspire self-reflection and exploration. Feel free to **adapt** or **modify** them to better suit your unique experiences and needs during psychedelic integration.



Integration Stages

Stage 1: Capture and Reflect (weeks 1-4)

Often referred to as the “honeymoon phase”, the journeyer experiences the lingering effects of psychedelics and may experience a sense of euphoria in the first month. It is important to schedule time for self-care, to document your experience using your travel log, and to reflect on the journey and its teachings. This is the time for creating and capturing the narrative(s). We recommend taking 5 minutes per day to document the experience. You can use our writing prompts to get you started and begin to explore your questions or curiosities that come up.

Stage 2: Sense-Making (weeks 4-8)

Often referred to as “bridging worlds”, the journeyer may not identify fully with their previous self or ways of being. They’re still figuring out a new way of showing up in the world. This can be exciting and liberating for some. For others, it can be unmooring and disruptive. Lean on the community here and be easy on yourself. This is a time of exploration, where the journeyer’s new actions solidify and one lets go of old patterns. Identifying themes and decoding content is a critical step in this phase.

Stage 3: Embodied Change (weeks 8-12)

The journeyer may begin to see and feel more tangible evidence of their new life vision in real time. This “clarity of knowing” starts to emerge as journeyer’s set goals and implement steps to bring this vision to life, realizing benefits, making it easier to release old patterns and fully embrace the inherent gifts of being in this new way. During this stage, the journeyer can begin to see life expectations, relationships, and patterns evolve and often start to embody thoughts and actions that are in line with their authentic self. Planning actionable growth, development, and sustained practices is key during this phase.

At any stage during integration, we recommend speaking to trusted family or friends, social groups, or a healthcare practitioner for support and to help make sense of your experience.

If you have **had a difficult experience** and are having challenges coping, know that this does occur and your condition can improve.



Stage 1:

Capture And Reflect

weeks 1-4

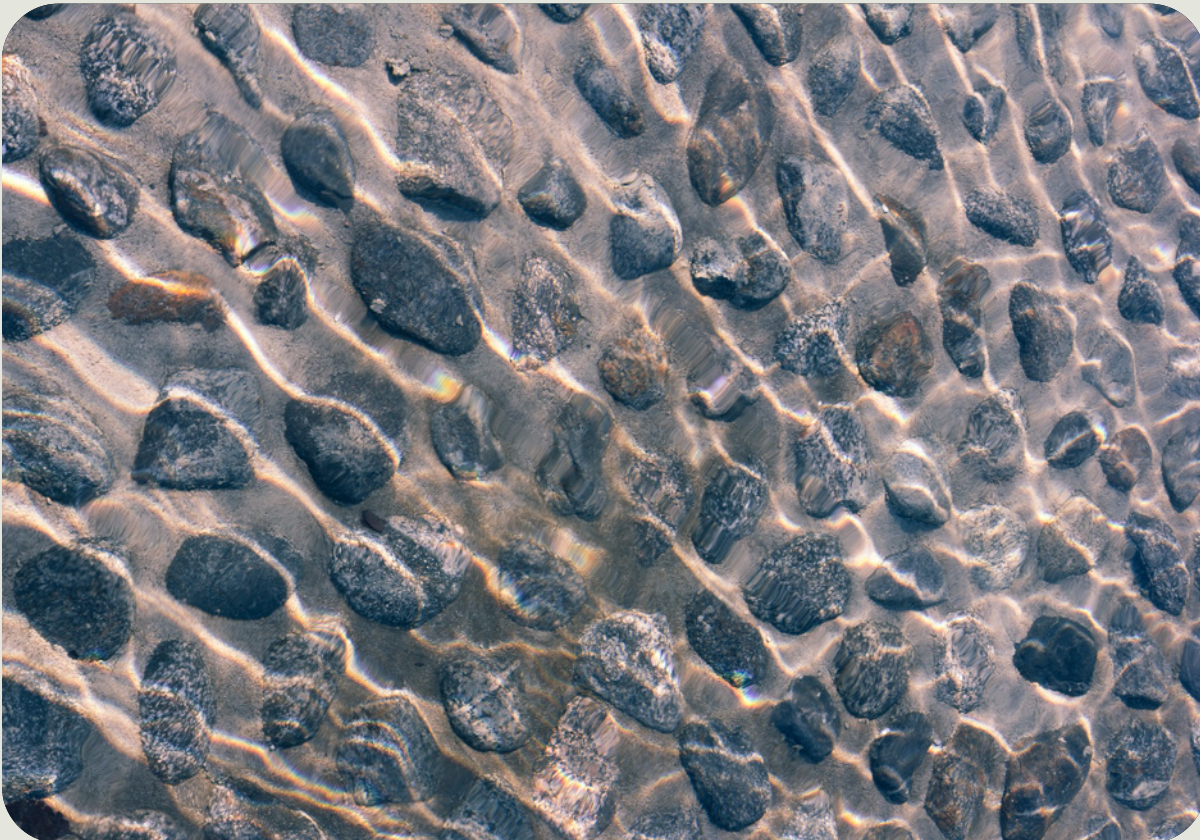
All 3 stages of psychedelic integration are important, but Stage 1 is a **key ingredient to making the most of your psychedelic experience**. In Stage 1, use a Travel Log to help navigate the initial reflections of the psychedelic experience. This includes contemplation, documentation, and conversations with trusted individuals.

Reflection requires time, curious inquiry, and compassionate self-exploration. This process may have already begun during your psychedelic experience with your trip journal as you were coming down. Our memory of events fades quickly if we don't actively engage with them; use note taking and journaling to help preserve the details and allow for the lengthier process of meaning-making to shape.

Tips For Keeping Up With Journaling In Your Travel Log:

Optimize the starting line. Make a plan and start small, perhaps journaling for 5 minutes once per day. The hardest part is getting started.

- Write down where and when you will journal. This removes ambiguity on the ‘how’ to make a new habit. 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 can be the environmental prompt.
- Consider setting a calendar reminder to prompt writing times.
- Share your journey with a trusted family member or friend. Also, having an accountability buddy helps keep us moving in the right direction.
- Self-monitoring tracks efforts, follows progress, and supports engagement. 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. Write one word or one sentence to keep the momentum going and activity sustained. Consistent small actions lead to big change over time.
- Build a support system of friends, family, or professionals who can provide guidance and accountability.



Free Writing Reflection:

This style of journaling is commonly known as “stream-of-consciousness” writing. It involves sitting down and freely expressing whatever comes to mind, without any editing or filtering. As you begin, you may discover that the words effortlessly flow onto the page, almost as if they have a mind of their own.

Reflect on your trip journal within the **Journey Day Guidebook** and allow your flow to take over. Start with the very first thing that comes to mind and allow script, pictures, or doodles to continue onto the page.

Before each entry or activity, we recommend engaging in a short meditative or breath practice to ground oneself and bring intention to one’s experience.

Set a timer for 5 minutes, or more, and enjoy!

Free writing reflection:

Stage 1: Travel Log Journal Prompts

Here Are Your Instructions:

- **Week 1:** write down the date and answer one writing prompt per day.
- **Week 2:** return to these same prompts and entries and expand on each of them, one per day. We encourage you to take the time to explore your own questions and curiosities as well.
- **Week 3:** complete the writing prompts that get you thinking about change.
- **Week 4:** this is a summary week where you will document what you have learned.

Before you begin, just know that if you miss a day or two of journaling, don't sweat it, this won't derail the process. Just begin again and pick up where you left off.

Week 1 and 2: Writing Prompts

Reflecting on the Free Writing activity, what stands out? What was most challenging? What felt most rewarding?

Did any physical sensations appear? If so, where in the body did you feel it most? Describe the feeling, was it tight or relaxed, warm or cool, etc.?

Did you feel moments of extreme emotion? Did you experience a spiritual/religious connection? What did you feel yourself let go of? Explore the range and describe the feelings.

Are there any people you are feeling the need to connect with? If so, what would you like to say to them?

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

Describe five things you love about yourself and feel gratitude for.

Week 3: Writing Prompts

For week 3, spend 5-10 minutes answering these questions. Consider completing one at a time. These are invitations to **compare and contrast** how things were prior to your psychedelic experience and how they are now 3-weeks out from your trip.

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

What has changed for you? Consider if small behaviours, thoughts, beliefs, mood, connection, perspectives etc. have shifted.

Do you have any visions or insights that are easy to recall from your trip? Why might this be?

Have you discussed your experience with others? If so, how did it go and did this help you make sense of your experience? If not, what barriers are you encountering and how can you overcome them?

Week 4: Stage 1 Summary

Week 4 is a summary week and the final week of Stage 1 of the psychedelic integration process. During this week you can document what you have learned and what has changed. Answer these prompts and continue to explore your own curiosities.

Since having your psychedelic experience, what have you learned or noticed? What feels most important to you after this psychedelic experience?

What have you learned from your journaling practice so far?

Have the writing prompts brought up any of your own questions or curiosities? If so, why do you think they have come up and what meaning may they have?

Interlude

Integration Tips: *Be Intentional and Share*

- Reflect on how successful you were in completing your journal entries through Stage 1.
 - └ 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.

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. Now it is time to go deep in a few select areas. By directing efforts and energies towards a few aspects of a journey, you can 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.



Stage 2:

Sense-Making

weeks 5-7

In **Stage 2**, we will organize the data and themes from your initial experience to clarify direction and next steps. This stage serves as a road map for your personal growth.

During this stage, you will identify a few key presenting themes and start extracting meaning. Intentional action will be directed to decode some of the difficult or persistent topics to foster long-lasting change. In the first 2 weeks of Stage 2, there are **10 writing prompts to complete.**

Here Are Your Instructions:

- **Week 5 and 6:** Complete 1 prompt per day (or every other day) and continue to document answers to your own questions and curiosities that have come up.
- **Week 7:** complete the Stage 2 summary then move into Stage 3.

Always take your time and write free of judgment about whatever comes naturally to you. Go at your own pace and be flexible in your approach. See if you can inject a sense of playfulness and fun into the process.

Week 5: Writing Prompts

Take 5 minutes to read and review some of your Travel Log entries to date. After, write down 2-3 of the most notable insights, themes, questions, challenges, curiosities, or gaps in understanding you would like to explore further.

How do the above-mentioned concepts relate to your current life's practice? Are there obvious alignments or misalignments?

Who or what are these concepts related to (e.g., behaviours, actions, patterns, and lifestyle; family, friends, or colleagues)?

How do these understandings help weave a path to wholeness?

What did you learn about these topics and/or relationships during the psychedelic experience?

Week 6: Writing Prompts

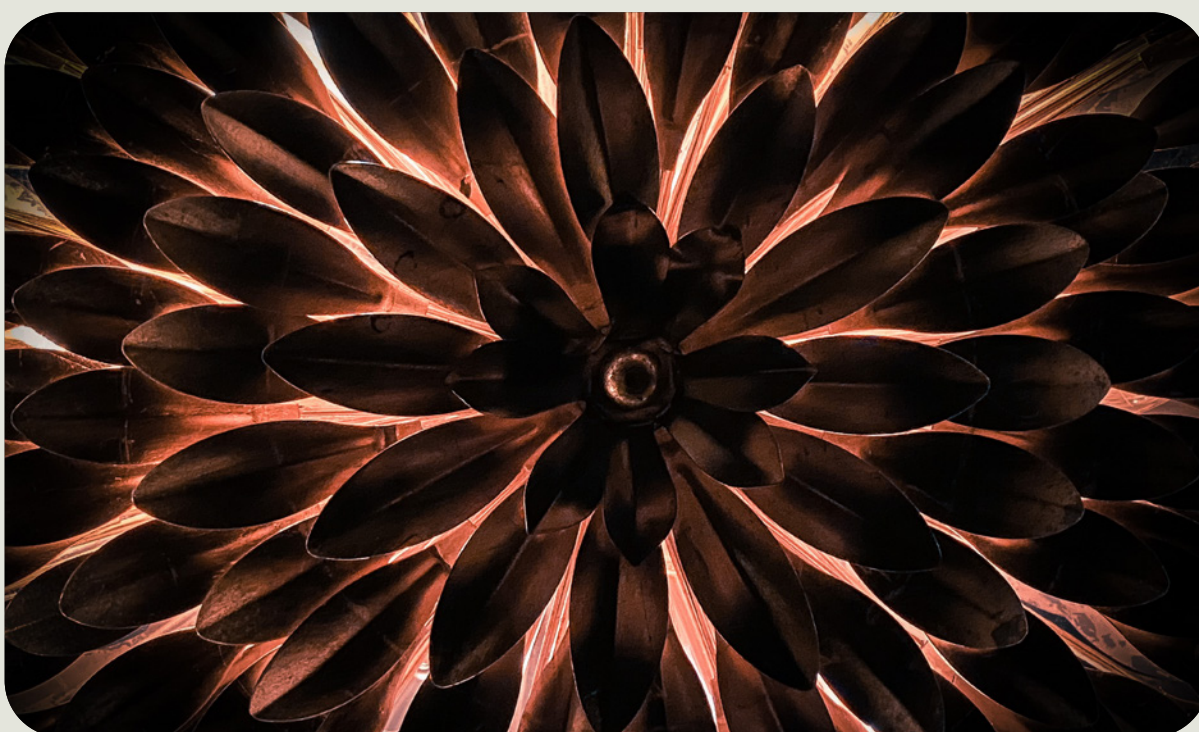
By exploring the previously identified 2-3 key areas, how might they relate to different aspects of your health? Importantly, comment on any potential impacts for your physical health, mental health, social health, relationships, lifestyle and balance, and/or spiritual health.

How have things changed since your journey? What have you understood/accepted? Is there anything you are still struggling to understand/accept?

What are your biggest challenges in your integration process? What are the toughest areas?

What would help you in this process? Which resources, inner and outer, are needed in this situation?

Use this space to explore your own questions and curiosities.



Week 7: Stage 2 Summary

You have made it to the Stage 2 summary week of the psychedelic integration process! Great job and keep up the good work. Hard work is the catalyst that transforms a vision into reality, perseverance into achievement, and potential into success.

Here Are Your Instructions:

- Document what you have learned and/or changed.
- The writing prompts will start to get you thinking about **small, safe, low consequence actions** you can experiment with that nudge you along your path to personal growth.
- Take your time, be intentional and meet any mistakes or setbacks as opportunities to improve.

In this Stage you identified 2-3 key areas that may be related to some aspect of your health. What changes are you considering making? What would happen if you made this change?

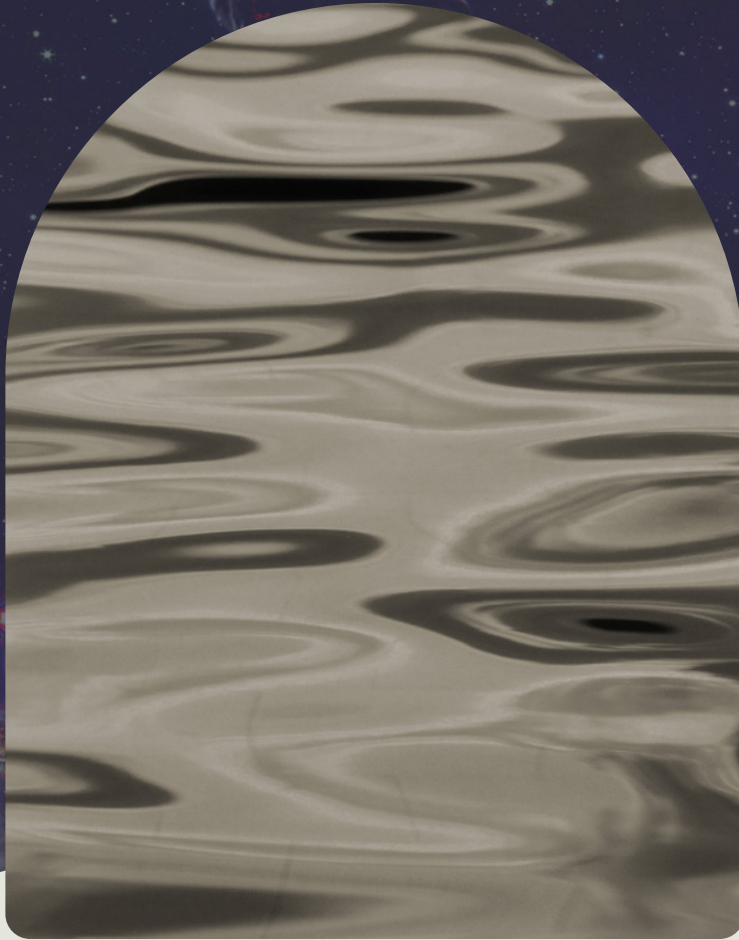
What would happen if you did not make this change?

Are there any patterns that are being learned or ones that need to be unlearned?

What are your unique strengths and/or skills? How can you use them to your advantage during your psychedelic integration?

In your interpersonal communications, has anything changed in your presence, active listening skills, ability to take different perspectives or ability to connect? If so, what have you noticed? How could you incorporate presence, active listening and perspective taking more?

Consider any potential biases or assumptions that may influence your connection to others. How can you become more aware of these biases?



Stage 3:

Embodied Change

weeks 8-12

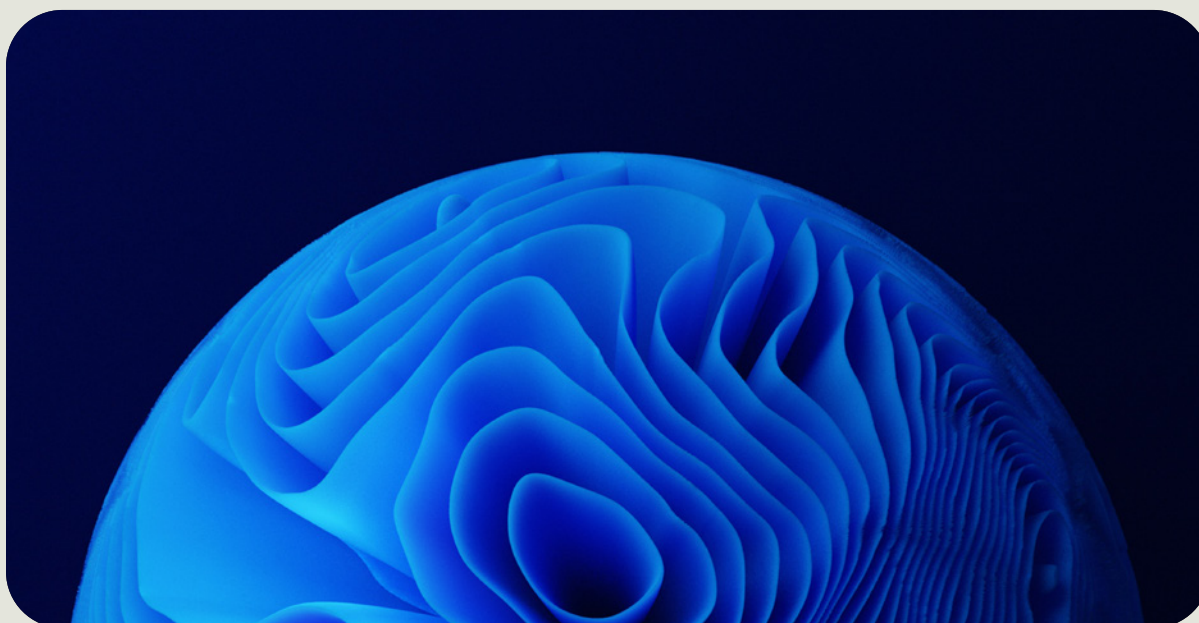
In **Stage 3**, often weeks 8 through 12, you will identify tangible activities that you would like to incorporate into your life's practice, create goals that reflect these valued-actions, and outline this process through a personal action plan. This will all be centered around the 2-3 key themes you have previously identified. In Stage 3, you will continue your daily writing habit about how your psychedelic experience informs the different domains of your health while you start to take small actions and run **low consequence experiments** to see where some of the insights you have gained fit in your life on the path to personal growth.

Psychedelic experiences can leave gaps in our understanding of ourselves and how the world works. Weaving a path to wholeness and new understanding requires active effort, reflection, and importantly, engagement. **Engagement** comes in the form of taking small steps over a long period of time which then becomes the tool where you gain **tangible life experience** and learning opportunities to see if these insights gained from the psychedelic journey can help improve well-being. Self-compassion and a growth mindset will be key.

So be intentional about what steps you will take and **attune** to where your body, mind, and spirit are taking you. If you feel called or compelled to try a new behaviour out, trust in this feeling, set a goal around it and action it. This helps build trust in the integration process, weave in new understandings of being and facilitate authentic change.

Integration gets enacted if you are moving in a direction that is values-driven.

What is one small step that you could take to facilitate positive change in your life now?



Week 8: Identify The Small Steps / Actions

Here Are Your Instructions:

- Complete the 7 writing prompts over the week.
- Identify small steps to enact. Use the options below for inspiration.
- Document these small steps that you think will help you achieve your goals.

To start week 8, let's identify tangible activities that you would like to incorporate and begin to embody into your current life's practice. If you are looking to optimize the integration experience, consider the following **6 domains** to create a **holistic model** for a **balanced life**. ([ref.](#))

1	<i>Mind & Contemplative Practice</i>	2	<i>Nature Practice</i>	3	<i>Relationships & Community Practice</i>
	Meditation Body Scan Breathwork Mundane Activities Done With Mindfulness		Nature Walks Time In Nature House Plants Or Other Nourishing Environments		Boundary-Setting Building Connection Community Participation & Support Volunteer Or Activism
4	<i>Spiritual, Religious, Or Existential Practice</i>	5	<i>Body & Physical Health</i>	6	<i>Lifestyle Practice</i>
	Gratitude Exercises Self-Awareness Practice Creation Of An Altar Or Sanctuary		Stretching & Yoga Progressive Muscle Relaxation Massage Acupuncture Physiotherapy		Comfortable And Organized Living And Workspace Healthy Diet Regular Exercise Adequate Sleep Schedule

Write down 1 or more of the 6 domains of health you are in need of balancing. What specific actions or changes do you feel inspired to implement in creating balance?

How can you break down these actions into manageable steps?

What are some potential challenges you may face when implementing these actions? What can you do to remove any barriers?

Next, Let's Consider What Sets The Trajectory For Successful Implementation Of Values-Driven Action:

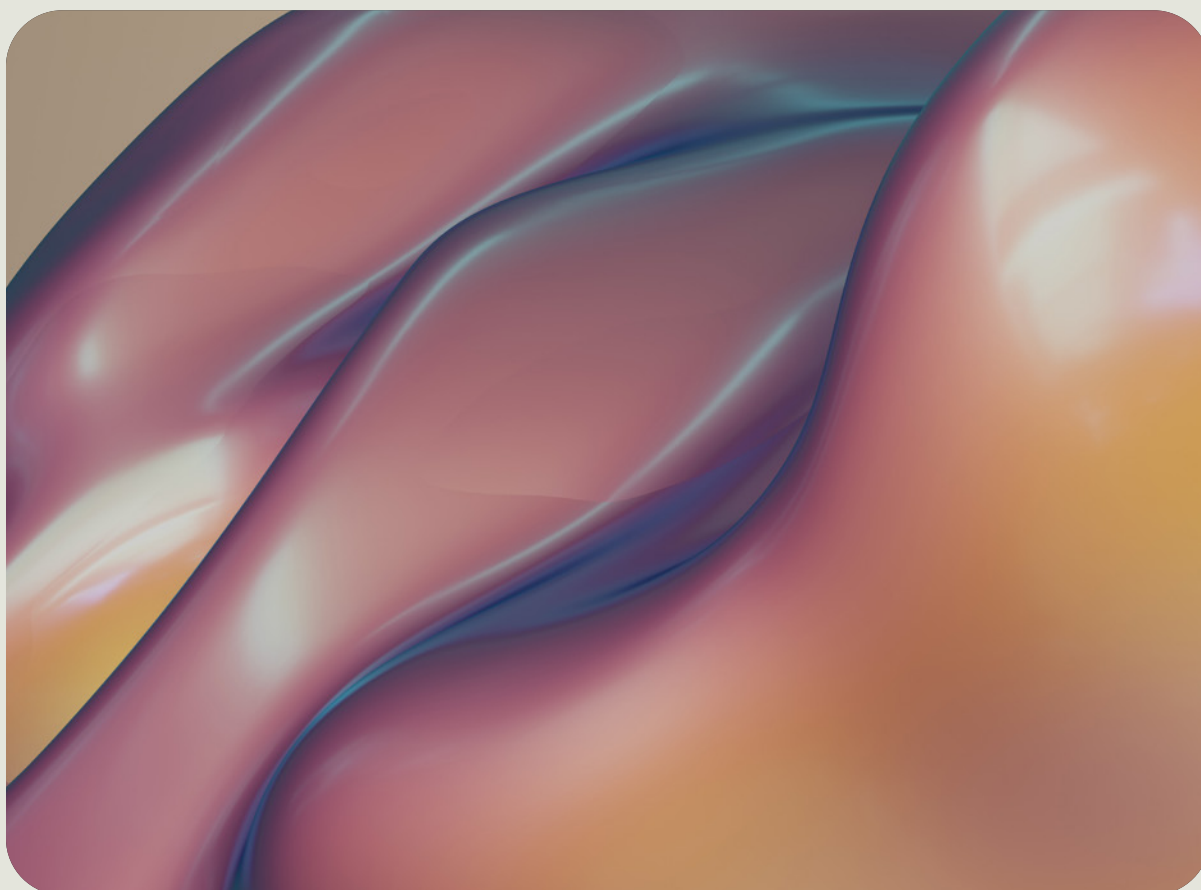
- Making a personal action plan can be helpful to adopt new lifestyle changes that are in line with your goals.
- Behaviour changes happen when they are small and easy to do. Small behaviours that we implement frequently, early in the change process result in longer term success. If motivation is low, try small and easy behaviours to make consistent effort possible.
 - └ For example, if you are striving to walk 30 minutes every day, you can start by creating a habit of walking **5 minutes every day, 3 days a week**. Shorter, more consistent actions lead to long-lasting success.
- Behaviour changes happen best when they are tied to a prompt or cue that is in the person's environment, is encountered daily, is salient and obvious.
 - └ For example, if your goal is to walk 30 minutes every day, try leaving your walking shoes at the front door to prompt the new behaviour.
- Behaviour that is self-monitored can dramatically improve success and satisfaction. A calendar or a habit tracker, displays our progress, assists with accountability and elicits positive emotions.

How have your beliefs, perspectives, priorities or values changed? How can you align your actions with these insights?

Are there any potential limiting beliefs or thought patterns? If so, how might you reframe them?

When learning something new, we can have successes but can often make mistakes. How have you approached mistakes or failures in the past?

What are you most excited about since having your psychedelic journey?



Week 9: Creating The Plan

In **week 9**, we are going to create a personal action plan which is a clear framework for us to articulate our goals and the habits and behaviors needed to achieve it. Essentially, the personal action plan serves as a clear roadmap for personal growth and development. Let's begin developing your goals and the map to get there.

Here Are Your Instructions:

- Complete the personal action plan.
- Take action and try out some of these new behaviours.
- Complete the 4 writing prompts.
- Embrace mistakes as opportunities for growth.

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... _____

If you are finding the behaviour too easy or too hard to do, come back to this exercise in step 3 and adjust it accordingly.

Integration Tips:

- Consider using a calendar or a habit tracker to **keep track** of your progress.
- Next, score yourself on a scale of 1 to 10, how confident you can make your plan happen. If you score a 6 or less, think about what things you could do to **increase your confidence** to a 7 or more out of 10, and update your personal action plan accordingly.
- Set and write down a follow-up date where you can **review** your Personal Action Plan and progress every 2-weeks. It's likely you will adapt to the plan overtime.

Week 9: Writing Prompts

Have you acted on your Personal Action Plan yet? If so, how did it go?

What did you learn?

Did you have any early wins? Did you make any mistakes? How did you embrace this?

How might mindfulness be helpful in this process of implementing these action steps?

Week 10: Making Lasting Changes

Sustaining change is a pivotal part of personal growth. It's an intricate balance of planning, steadfast commitment and adaptability. Having completed a personal action plan and taking the first steps towards transformation, we're going to introduce a tool to help you sustain your progress.

Here Are Your Instructions:

- Continue with your personal action plan. Monitor your progress.
- Progress or regress those small actions as needed.
- Complete an activity schedule to organize your week.
- Consider integrating mindfulness and meditation into your week.
- Complete the 4 writing prompts.

Use the activity schedule below to help plan how best to integrate your chosen activities into daily practice:

	MON	TUE	WED	THU	FRI	SAT	SUN
Morning							
Afternoon							
Evening							

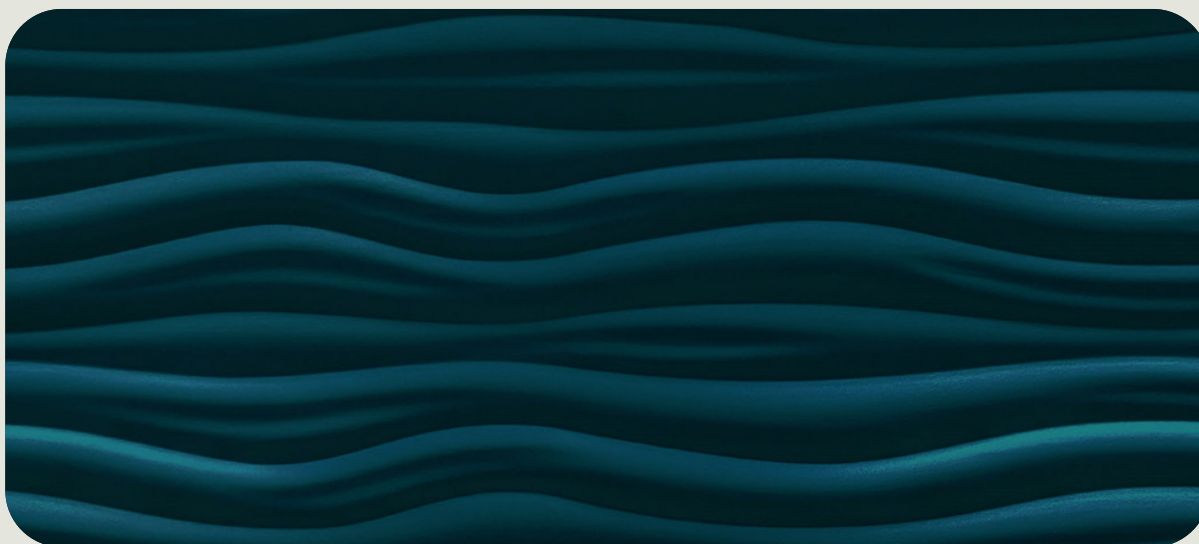
Notes for activity scheduling:

Mindfulness And Meditation

Mindfulness and meditation help with integrating and sustaining the benefits of psychedelics in daily life. They are practices that can develop a state of heightened awareness and presence in the present moment. Through mindfulness, you can learn to observe thoughts, emotions, and sensations without judgment.

Meditation, on the other hand, is a technique that trains the mind to achieve a state of calm and clarity. Both are useful for integration as they can help you develop a grounded presence and emotional stability in your daily experience, while also facilitating self-awareness, insight processing, and the cultivation of compassion and openness.

Engaging in regular mindfulness practices, such as meditation, breathwork, or even body awareness exercises, helps to cultivate presence, self-awareness, and a deeper connection to one's inner experience. Mindfulness practices provide a deeper foundation for ongoing self-reflection and emotional regulation.



Let's Practice A Short Meditation You Could Incorporate Into The Week:

- Start with 2 minutes of meditation per day.
 - └ The goal is not to eliminate or suppress thoughts, but rather to cultivate awareness and non-judgmental observation of them. When the mind wanders, gently bring the attention back to the breath, and repeat this process as thoughts arise.
- Now set a timer and draw awareness to your breathing.
- Sit comfortably, breathe normally, and just notice the inhalation, the space between the inhalation/exhalation, and finally the exhalation, without attempting to control it.
- For other free meditation instruction check out [UCLA Health](#).
 - └ To dive deeper complete the 28-day introductory course at [Waking Up](#).

Week 10: Writing Prompts

What new behaviours have you been implementing and experimenting with? How has this process been for you?

Where do you need to grow?

If you experimented with mindfulness or meditation this week, how might this be supportive of your psychedelic integration?

If we reflect on where you started prior to your psychedelic experience and where you are today, what has changed?

Week 10: Making Lasting Changes

In **Stage 3**, you have engaged in personal action planning and set goals around the 2-3 key areas of focus. Also, you have taken action on your goals, which may have led to important learnings and insights that touch one or more domains of your health. As a next step we are going to touch on the **maintenance** of embodying long-term change in your life.

The **maintenance phase** of psychedelic integration refers to the ongoing practices and strategies implemented to sustain and deepen the benefits and insights gained from the psychedelic experience. It is a phase that follows the initial integration period and can extend indefinitely, as the journey of personal growth and transformation continues.

Key Components Of The Maintenance Phase Of Psychedelic Integration Include:

one.

Continuation of Mindfulness Practices: Engaging in regular mindfulness practices, such as meditation, breathwork, or body awareness exercises, helps to cultivate presence, self-awareness, and a deeper connection to one's inner experience.

two.

Integration of Insights Into Daily Life: Actively applying the insights, realizations, and lessons gained from the psychedelic experience into everyday life is crucial during the maintenance phase. This may involve setting new goals, aligning actions and behaviors with newfound values, prioritizing self-care, fostering healthy relationships, and living in accordance with one's authentic self.

three.

Continued Self-Reflection: Maintaining a practice of self-reflection allows for ongoing exploration of thoughts, emotions, and behaviors. Journaling, therapy, or engaging in regular check-ins with oneself can aid in processing and integrating the experiences, as well as identifying areas for further growth and development.

four.

Community and Support: Connecting with a supportive community or seeking guidance from a trusted integration therapist or coach can be invaluable during the maintenance phase. Sharing experiences, receiving feedback, and gaining insights from others who have gone through similar journeys can provide a sense of validation and guidance in sustaining and deepening the integration process.

five.

Cultivating balance and Well-Being: Prioritizing well-being is essential during the maintenance phase. This includes taking care of physical health through exercise, nutrition, and restful sleep, as well as nurturing mental, emotional, and spiritual well-being. Engaging in activities that promote creativity, self-expression, and connection with nature can also be beneficial.

six.

Continued Learning and Growth: The maintenance phase is a time for ongoing learning and personal growth. This may involve exploring various therapeutic modalities, engaging in further research, attending workshops or retreats, or pursuing practices that enhance personal development and self-exploration.

The maintenance phase of psychedelic integration is a dynamic and evolving process, unique to each individual. It requires commitment, self-compassion, and a willingness to continue exploring and integrating the transformative experiences and insights gained from the psychedelic journey into one's life on an ongoing basis.

Here Are Your Final Two-Weeks Of Instruction:

- Update your personal action plan and check in on how things are going so far.
- Complete the writing prompts for **Week 11** and **Week 12**.
- Set the right trajectory for the next phase of your life.

Week 11: Writing Prompts

Consider your current personal action plan and write down the answers to the following questions:

How did it go these past few weeks? Are things going as planned? Do you need to make modifications to the plan, either the goal, the prompt or the behaviour? If yes, write down what you need to modify.

Has anything surprised you by taking action on your goals?

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

How has this process impacted the different domains of your health?

What has been the most important thing you have learned so far?

What is the biggest challenge you overcame?

Moving forward, how will you stay on track with your goals? And what are your next steps?

Week 12: Writing Prompts

Describe one ongoing self-reflection practice you will continue to engage in. How do they support your continued growth and integration?

Share how your community and support network have played a role in integration. How have connections with others who understand the psychedelic experience supported you?

Reflect on the holistic well-being practices you prioritize. How do they contribute to your overall sense of balance and thriving?

Explore the areas of your life where you still feel a need for further growth or integration. How do you plan to address these areas moving forward?

Describe any resources, books, or workshops that have supported your ongoing learning and growth. How have they contributed to your journey?

What would you tell yourself, prior to the psychedelic experience, how you have changed in the past 12-weeks?

Congratulations on completing the integration guidebook! We hope through this phase, you have embraced the challenges, celebrated the victories, and cultivated a deeper understanding of yourself. Additionally, we hope your commitment to mindfulness, self-care, and integrating insights into daily life has paved the way for remarkable transformations. Your courage to explore and embody the lessons learned from your psychedelic experiences is truly commendable.

As you move forward, may the positive changes you have witnessed during this integration phase continue to ripple through all aspects of your life. Embrace the newfound wisdom, continue to nurture your well-being, and let the seeds of growth flourish. Remember, this is just the beginning of an ongoing journey of self-discovery and personal evolution. Your dedication to your own growth is an inspiration, and we celebrate your achievements thus far.

If you are looking for additional support connect with an Entheo Integration Specialist by emailing us at info@entheo.org. Once again, congratulations and may your integration journey continue to bring you fulfillment, connection, and profound transformation.



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