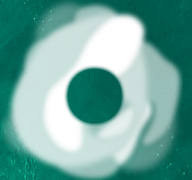


The MIND Foundation

Psychedelic Integration Workbook



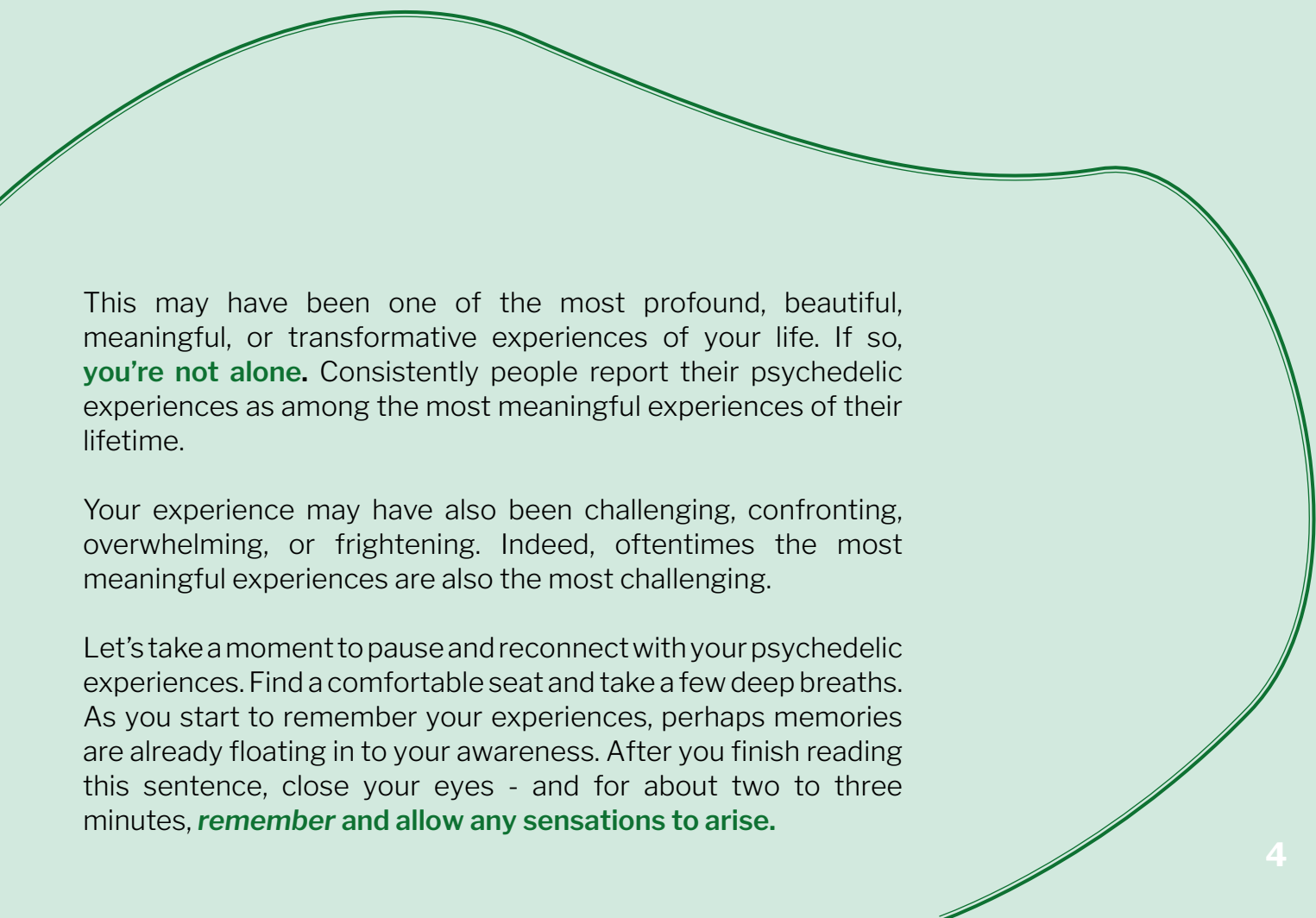
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This may have been one of the most profound, beautiful, meaningful, or transformative experiences of your life. If so, **you're not alone**. Consistently people report their psychedelic experiences as among the most meaningful experiences of their lifetime.

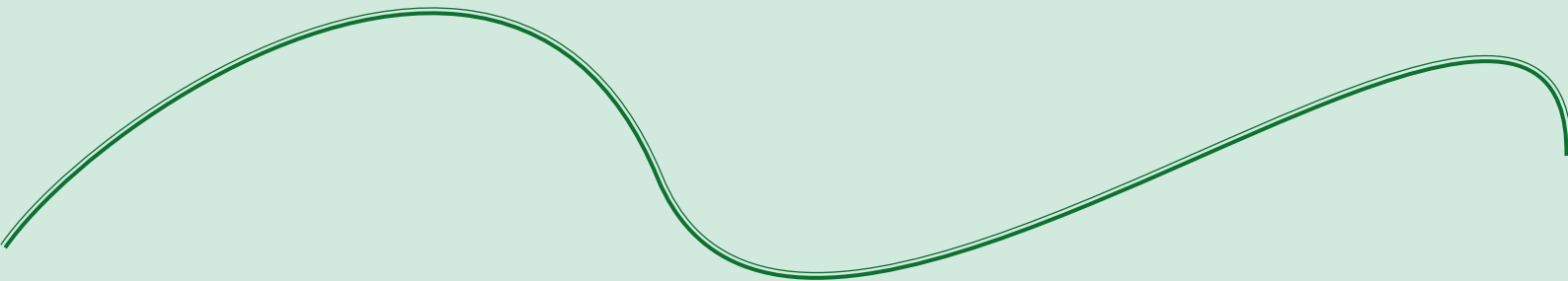
Your experience may have also been challenging, confronting, overwhelming, or frightening. Indeed, oftentimes the most meaningful experiences are also the most challenging.

Let's take a moment to pause and reconnect with your psychedelic experiences. Find a comfortable seat and take a few deep breaths. As you start to remember your experiences, perhaps memories are already floating in to your awareness. After you finish reading this sentence, close your eyes - and for about two to three minutes, **remember and allow any sensations to arise**.

The purpose of this workbook is to support you in developing a **conscious attitude towards your psychedelic experiences**, helping you to integrate them into your daily life. Here you will find a brief overview of psychedelic experiences and an introduction to psychedelic integration, along with practical exercises to help you along your integration journey.

Across this workbook you will find guiding questions aimed at prompting self-awareness and self-reflection. We encourage you to take the time and space to consider these questions at your own pace and in a comfortable environment.

What are Psychedelic Experiences?



First, let's be clear about what we mean by a psychedelic experience.

A psychedelic experience is a temporarily altered state of consciousness induced either through **pharmacological methods** (psychoactive substances) or **non-pharmacological methods** (e.g. breathwork, meditation).

Psychedelic experiences are unpredictable, but can be significantly influenced by the individual and cultural contexts in which they occur. This is commonly understood as **set** (the person's state of mind) and **setting** (the surrounding atmosphere and people). Set & setting can mean the difference between a chaotic, fearful experience and a warm, protected experience.

What comes to mind when you reflect on the set & setting of your psychedelic experiences?

How were you feeling prior to the experience?

Were you surrounded by people or alone?

How safe did you feel?

Were you able to let go and surrender to the experience or did you feel some resistance?

Everyday Consciousness

To understand the way psychedelic experiences impact the way we think, let's take a closer look at how the mind interacts with the environment every day.

The experience of navigating through the world is colored by our system of **beliefs**. Our beliefs act as lenses that allow us to **filter and simplify** the vast amount of information reaching our senses at every moment. Among these are beliefs about ourselves ('I am a good artist') and beliefs about the world around us ('I am supported by others').

If I believe that I am a good artist, I am more likely to notice and accept information from my environment that affirms this view of myself.

Our beliefs provide us with stability and security, but can also be **limiting**. Limiting beliefs may be ‘I am a bad artist’ and ‘no one understands me’, leading to potentially unhealthy patterns of behavior.

As we grow older, we actively choose to **enhance** certain beliefs and **repress** others. We then effectively decide which ‘parts’ of ourselves to amplify depending on how we want to show up in the world. These decisions are largely based on the **feedback we receive from others** as a child, and our **personal values**.

I might believe that ‘I am a good artist’ and ‘I am intelligent’, but if my parents reward me for being intelligent, I am more likely to enhance this belief. In the same way, if I value intelligence over creativity, I may repress my artistic identity while enhancing my intelligent identity.

During a Psychedelic Experience

As the mind enters an altered state of consciousness, its way of perceiving the world shifts. Depending on your attitude and available support, this shift may bring up feelings of resistance and discomfort, or acceptance and feelings of surrender.

Besides visual-hallucinatory phenomena, one of the most commonly reported effects of psychedelic experiences are disruptions in the sense of self. This can be understood on a continuum:

Loosening of beliefs

*Dissolution of boundaries
between self and other*

Ego dissolution

According to the REBUS model¹, our beliefs are also affected during a psychedelic experience. Specifically, our **previously rigid beliefs** and models about who we are and how the world works **become malleable**, opening our minds to new information that was previously ignored. Often this is experienced as a **change in perspective**, or an insight into previously nonconscious patterns.

Another way to think about this is disengaging from ‘auto-pilot’, moving away from well-trodden paths towards experimenting with new ways of thinking and being.

¹ Carhart-Harris, R. and Friston, K., 2019. REBUS and the Anarchic Brain: Toward a Unified Model of the Brain Action of Psychedelics. *Pharmacological Reviews*, 71(3), pp.316-344. doi:[10.1124/pr.118.017160](https://doi.org/10.1124/pr.118.017160)

After a Psychedelic Experience

The REBUS model suggests that during and shortly after a psychedelic experience, there is a **window of opportunity**. Within this window, our beliefs are flexible and thus open to **revison and updating**. In other words, if you had a significant insight during the experience, you may be able to utilize this insight to create lasting changes in your thoughts and actions.

Beneficial effects that you may experience shortly after a psychedelic experience include increased mindfulness and overall wellbeing². These effects may **maintain** in the long term provided you are equipped with tools for integration.

If you had a challenging experience or insight, you may experience short term effects such as confusion, anxiety, or fear. These emotions can **transform** into valuable instruments of personal growth. Now let's move back to your psychedelic experiences...

² Aday, J., Mitzkovitz, C., Bloesch, E., Davoli, C., & Davis, A. (2020). Long-term effects of psychedelic drugs: A systematic review. *Neuroscience & Biobehavioral Reviews*, 113, 179-189. doi: [10.1016/j.neubiorev.2020.03.017](https://doi.org/10.1016/j.neubiorev.2020.03.017)

What stands out when you reflect back on your experiences?

Is there something you feel has changed?

If so, do you feel equipped to support that change?

In the next section, we will show you some **integration tools and techniques** that you can directly apply to work with your experiences.

A Practical Introduction to Psychedelic Integration

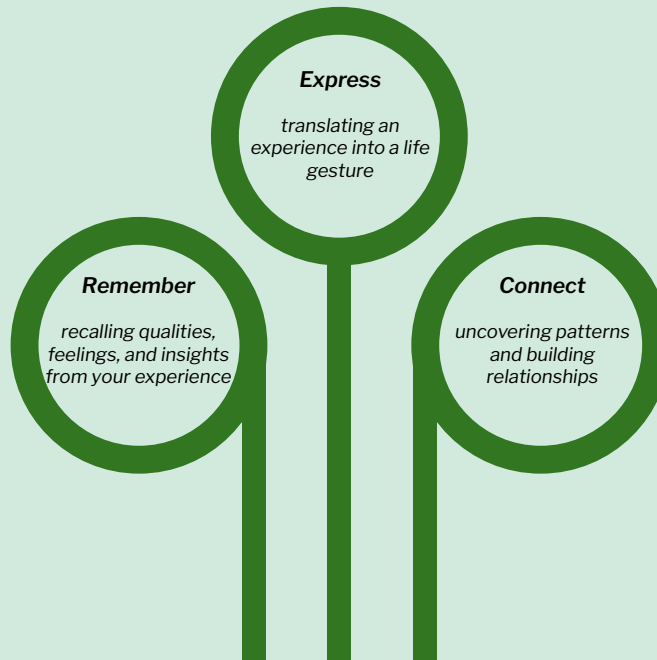
The word **integration** has its etymological roots in the Latin *integrare* (to restore or rebuild), *integrum* (complete or whole), and *integratio* (restoration, renewal, regeneration). From this perspective, integration can be defined as the **restoration of wholeness**.

Psychedelic integration is often viewed as a point along a timeline:



While this timeline is useful, it misses out the bigger picture. Integration cannot be constrained to a single point in time – it is a **dynamic and constantly evolving process**. This process is guided by a **value-based attitude** of integration.

The psychedelic integration process can be understood through three basic dimensions: remember, express, and connect.



Remember

Let's begin by remembering.

We have already started our remembrance practice on page one. You are now invited to revisit your psychedelic experiences in a guided meditation by following the link [here](#). You will be prompted to recall one experience, but many experiences may naturally emerge. Observe what comes up.

Please ensure you are in a comfortable and undisturbed environment, with some writing materials nearby, and play the meditation.

After you have played the meditation, allow yourself at least 10 minutes to free-write.

Slowly bring yourself back to your surroundings. Check in with how you're feeling **right now**.

Before we move on to the next exercise, settle your gaze on **five** objects in the space around you. Feel **four** things that you can touch. Listen, and notice **three** sounds that you can hear. Notice **two** aromas you can smell, and **one** flavor you can taste.

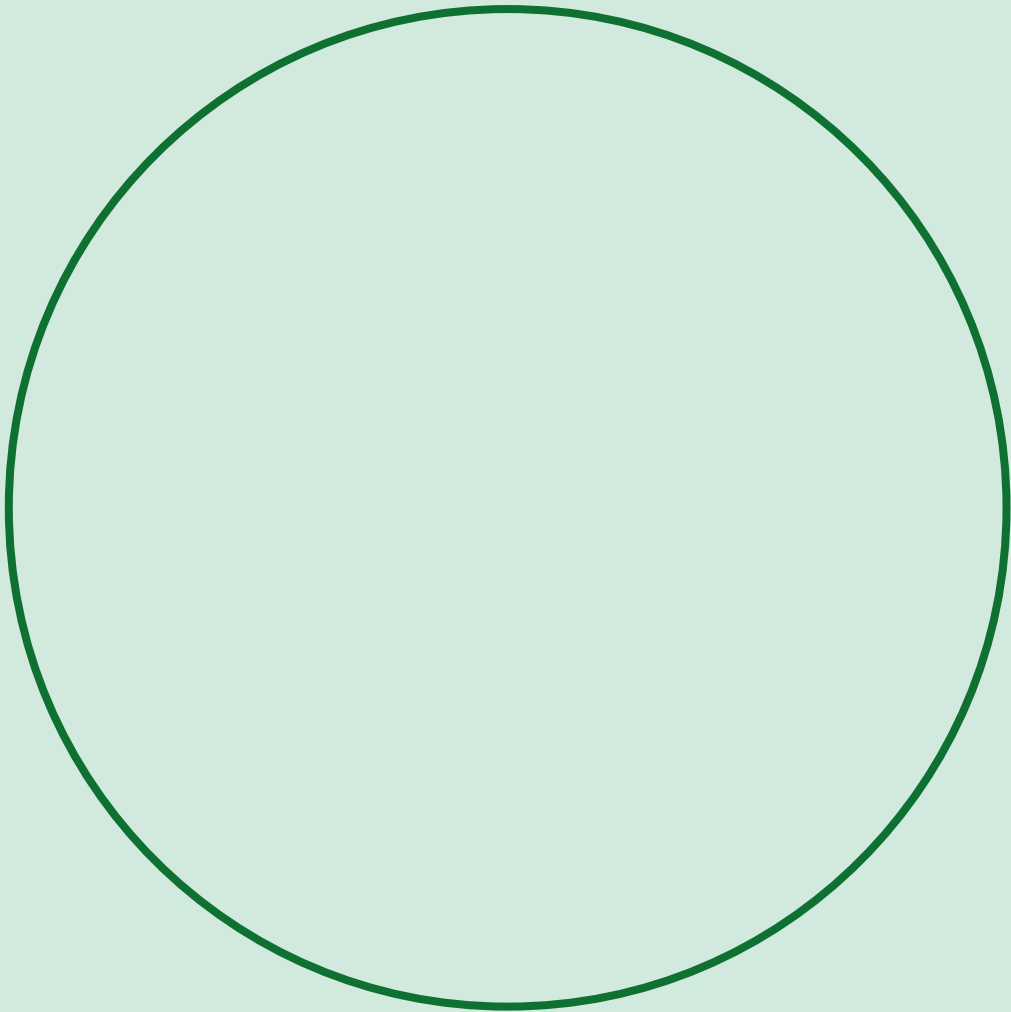
Express



Now it's time to express.

You may either use the following page or draw into a notebook or piece of paper.

Allow yourself at least 15 minutes to freely express yourself. You may draw, paint, move, dance, or make any other form of creative expression that feels right. Be playful. This is not about creating art, but rather about finding new ways of expression.



What does your expression mean to you?

How does it relate to your psychedelic experience(s)?

Connect

Take a deep breath and reconnect with your body and mind. Check in with how you are feeling at this moment.

Let's take a few minutes to reflect on the previous exercises. Look back on your work, and ask yourself the following:

What is the most meaningful takeaway from this process right now?

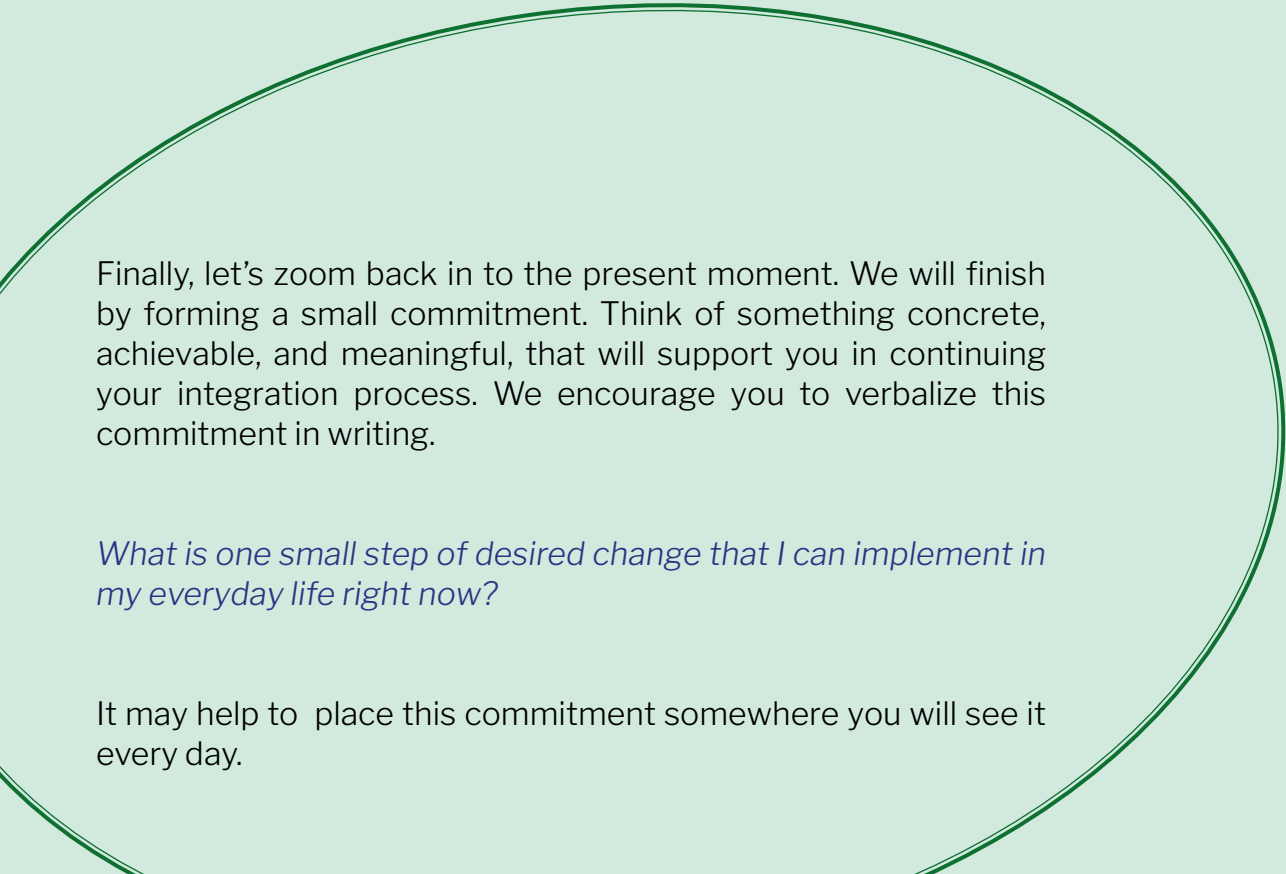
How does this relate to my life right now?

Let's zoom out for a moment and reflect on our lives and what brings us meaning.

How do my psychedelic experiences connect to my biographical patterns?

How do my experiences relate to one another?

How do my experiences help to clarify, alter, or enhance my values (i.e. what brings me meaning in life)?



Finally, let's zoom back in to the present moment. We will finish by forming a small commitment. Think of something concrete, achievable, and meaningful, that will support you in continuing your integration process. We encourage you to verbalize this commitment in writing.

What is one small step of desired change that I can implement in my everyday life right now?

It may help to place this commitment somewhere you will see it every day.

An aerial photograph of a boat moving across a vast expanse of teal-colored water. The boat is positioned in the upper center of the frame, leaving a dark wake behind it. The water's surface is textured with small ripples and larger, curved waves. The overall color palette is dominated by various shades of green and blue.

Continue the Process...



You have reached the end of the MIND Foundation Psychedelic Integration Workbook. Take a moment to thank yourself for taking this time to dedicate to your integration process.

If you would like to learn more about psychedelic integration, we invite you to visit our website at:

<https://mind-foundation.org/academy/personal-development/>

We - the MIND Integration Program Team - offer many more integration tools within our **BEYOND EXPERIENCE** five-day intensive workshop and our **Footsteps** online integration journey. We hope to see you there.

As a special thanks, we would like to invite you to join the MIND online community [here](#), where you will receive a coupon code for our next courses.