# Workbook 10: Psychedelic Integration Guide

## From Journey to Life: Integrating All Medicine Work

**For all psychedelic experiences - Psilocybin, LSD, Ayahuasca, MDMA, and more**

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## Welcome to Integration

### The Journey is Just the Beginning

**You had an experience.**

Maybe: - Profound and beautiful - Terrifying and difficult - Confusing and overwhelming - Blissful and transcendent - Meaningless and empty - All of the above

**And now you’re back.**

**And the real work begins.**

### What Integration Actually Is

**Integration is NOT:** - Trying to get back to the peak experience - Forcing the insights to make sense - Immediately changing your entire life - Spiritual bypassing with “it was all perfect”

**Integration IS:** - Slowly metabolizing the experience - Embodying the insights over time - Making aligned changes gradually - Allowing confusion and not-knowing - Living the medicine (not just remembering it)

**The medicine happens twice:**

**First:** In the journey.

**Second:** In the integration.

**The second is what matters most.**

## Why Integration Matters More Than the Journey

### The Research

**Studies show:** - 80% of the benefit comes from integration (not the experience itself) - Without integration, insights fade within weeks - Difficult trips can be more healing than blissful ones (if integrated) - Peak experiences mean nothing if not embodied

**The journey opens the door.**

**Integration is walking through it.**

### What Happens Without Integration

**Common patterns:**

**1. The Fade** - Insights feel profound for days - Slowly fade back to “normal” - 3 months later: “Did that even happen?” - Nothing changes

**2. The Spiritual Bypass** - “It was all love and light!” - Avoid dealing with real issues - Use the experience to bypass pain - Nothing actually heals

**3. The Crash** - High after journey - Crash into depression/void - Confusion about what happened - Feeling more lost than before

**4. The Addiction** - Chase the peak experience - Journey again too soon - Use medicine as escape - Never actually integrate

**All of these happen without proper integration.**

### What Integration Provides

**With integration:** - Insights become embodied - Real change happens - Difficult experiences heal - Life actually shifts - Medicine keeps working long after journey

**Integration is the medicine.**

## The First 48 Hours

### Sacred Window

**The first 48 hours are critical.**

**Your nervous system is:** - Wide open - Highly impressionable - Vulnerable - Sensitive

**What you do now sets the tone for integration.**

### Immediate Post-Journey Protocol (0-6 hours)

**Right after you return:**

**1. Rest (don’t force anything)** - Lie down if needed - No pressure to “make sense” of anything - Let your body recover - Sleep if possible

**2. Hydrate & Nourish** - Water (lots) - Simple, light food when hungry - Fruit, soup, gentle foods - No heavy processing

**3. Minimal Talking** - Don’t try to explain yet - Don’t post on social media - Don’t call everyone you know - Silence is medicine

**4. Journal (if you want)** - Stream of consciousness - Images, words, fragments - Don’t force coherence - Just capture what you can

**5. Feel Everything** - Emotions might be intense - Crying, laughing, numbness—all okay - Let it move through - Don’t suppress

**What NOT to do:** - Drive or operate machinery - Make big decisions - Engage in conflict - Overshare before ready - Try to “return to normal”

### Day 1: The Raw Window

**First full day after:**

**Treat yourself like a newborn.**

**Do:** - Move slowly - Speak softly - Stay home if possible - Simple, gentle activities - Nature time (even 10 minutes) - Body awareness - Lots of rest

**Don’t:** - Go straight back to work (if possible) - Engage in drama or stress - Overstimulate (screens, crowds, noise) - Drink alcohol or use substances - Make commitments - Explain yourself to everyone

### Day 2: Gentle Re-entry

**Second day:**

**You might:** - Feel clarity or confusion - Have energy or exhaustion - Want to share or stay silent - Feel grounded or unmoored

**All normal.**

**Practices:** - Morning: Body scan + grounding - Midday: Gentle walk in nature - Evening: Integration journaling (see prompts below) - Before bed: Gratitude + release

**Integration Journaling Prompts:**

What I experienced:  
(Don't censor, just write)  
  
What I'm noticing in my body:  
  
What emotions are present:  
  
What I'm learning:  
  
What I don't understand yet:  
  
What's asking for attention:

## Medicine-Specific Guidance

### Psilocybin (Mushrooms)

**Typical duration:** 4-6 hours

**Common experiences:** - Visual patterns, enhanced colors - Emotional release (crying, laughing) - Nature connection - Insight into life patterns - Ego softening (or dissolution)

**Integration focus:** - Emotional insights - Relationship revelations - Nature connection - Simplicity in life

**Timeline:** - Acute: 1-7 days - Integration window: 6-12 weeks - Full integration: 3-6 months

### LSD (Acid)

**Typical duration:** 8-12 hours

**Common experiences:** - Visual distortions, fractals - Cognitive insights - Interconnection awareness - Analytical clarity - Creative breakthroughs

**Integration focus:** - Cognitive insights - Creative expression - Mental clarity - Systems thinking

**Timeline:** - Acute: 1-7 days - Integration window: 6-12 weeks - Full integration: 3-6 months

### Ayahuasca

**Typical duration:** 4-6 hours

**Common experiences:** - Visions, entities, otherworldly realms - Purging (physical/emotional) - Life review - Ancestral/past life material - Deep downloads

**Integration focus:** - Embodying visions - Processing purge material - Ancestral work - Integrating “downloads”

**Timeline:** - Acute: 1-14 days - Integration window: 3-6 months - Full integration: 6-12 months (or longer)

**Note:** Ayahuasca is DEEP. Take integration seriously.

### MDMA

**Typical duration:** 3-5 hours

**Common experiences:** - Heart opening - Empathy, compassion - Trauma processing - Relationship healing - Self-love

**Integration focus:** - Embodying heart-opening - Relationship shifts - Trauma integration (with support) - Self-compassion

**Timeline:** - Acute: 1-3 days - Integration window: 4-8 weeks - Full integration: 2-4 months

**Note:** Often used therapeutically for trauma. Get professional support.

### DMT (Vaporized)

**Typical duration:** 5-15 minutes (breakthrough), 30-60 min (extended release)

**Common experiences:** - Geometric patterns, hyperspace - Ego death - Entities, alien intelligences - Timelessness - Ineffable experiences

**Integration focus:** - Not getting lost in the otherworldly - Grounding insights - Embodying (even when ineffable)

**Timeline:** - Acute: 1-3 days - Integration window: 2-6 weeks - Full integration: 1-3 months

### Cannabis (High-Dose/Intentional)

**Typical duration:** 2-4 hours

**Common experiences:** - Perspective shifts - Body awareness - Anxiety or paranoia (sometimes) - Creative insights - Ego observation

**Integration focus:** - Subtle shifts in awareness - Anxiety work (if present) - Creative expression

**Timeline:** - Acute: 1-2 days - Integration window: 1-2 weeks - Full integration: 1-2 months

## Week-by-Week Integration Timeline

### Week 1: The Raw Opening

**What’s happening:** - Still in the experience - Highly sensitive - Insights feel fresh - Emotions may be intense

**Primary task:** Protect the opening.

**Practices:** - Daily grounding (feet on earth, cold water) - Minimal obligations - Journaling (no pressure to make sense) - Rest without guilt - No big decisions

**Red flags:** - Forcing yourself back to “normal” - Spiritual bypassing - Making impulsive life changes - Isolating completely

### Week 2-4: The Integration Window

**What’s happening:** - Insights starting to land - Real life demands return - Trying to embody insights - Confusion about how

**Primary task:** Slowly embody insights.

**Practices:** - Daily: One aligned action (from journey insight) - Weekly: Longer integration sit (30-60 min) - Support: Talk to integration coach/therapist - Movement: Let body process

**Integration Questions:**

What's one insight that feels most important?  
  
What would it look like to live that?  
  
What small step can I take this week?  
  
What's in the way?

### Week 5-8: Real Life Meets Medicine

**What’s happening:** - Old patterns returning - Difficulty maintaining shifts - Frustration (“Am I back to square one?”) - Testing insights in daily life

**Primary task:** Don’t abandon the work.

**Practices:** - Revisit journal from first week - Notice what’s actually shifted (even small) - Get support when stuck - Adjust expectations (it’s a process)

**Common struggles:** - “The medicine didn’t work” - “I’m the same as before” - “I’ve lost the insights”

**Truth:** Integration is slower than the journey. Trust the process.

### Month 3-6: Embodiment Phase

**What’s happening:** - Insights becoming lived - Real changes emerging - Less about the journey, more about life - Medicine integrated into being

**Primary task:** Live it.

**Practices:** - Continue daily practice - Make aligned life changes (slowly) - Share insights (when appropriate) - Give back/serve (if called)

**Check-in:** - What’s actually changed in my life? - What patterns have shifted? - What relationships have evolved? - Am I living the insights?

### 6 Months+: Long-Term Integration

**The medicine keeps working.**

**Integration continues:** - Insights deepen with time - New layers emerge - Understanding evolves - Life continues shifting

**Practices:** - Annual integration review - Ongoing inner work - Community/circle support - Service or expression

## Difficult Trips & Challenging Experiences

### Not All Journeys Are Blissful

**“Bad trips” are often the most healing.**

**If your journey was:** - Terrifying - Overwhelming - Confusing - Dark - Hellish

**This doesn’t mean you did it wrong.**

### What Difficult Trips Reveal

**Challenging experiences show:** - Unprocessed trauma - Shadow material - Suppressed emotions - What needs healing - Truth you’ve been avoiding

**The medicine is showing you what needs attention.**

### Integrating Difficult Experiences

**Don’t:** - Try to make it “all love and light” - Bypass the difficulty with spirituality - Immediately journey again to “fix” it - Pretend it didn’t happen

**Do:** - Feel what came up (with support) - Process trauma properly (therapy) - Honor what the medicine showed - Take time before next journey - Get integration support

**Difficult trips need MORE integration, not less.**

### When the Journey Was Traumatic

**If the journey itself was traumatic:** - Improper set/setting - Overwhelming dose - Lack of support - Triggering material

**This is medicine trauma.**

**Get support:** - Trauma-informed therapist - Somatic practitioner - Integration specialist - Fireside Project (free psychedelic crisis support)

**Don’t journey again until this is processed.**

## Entity Encounters & Visions

### What Were They?

**During journey, you might have encountered:** - Beings, entities, aliens - Deceased loved ones - Spirit guides - Archetypal figures - Geometric intelligences

**Were they real?**

**Maybe yes. Maybe no. Maybe both.**

**What matters: What did they teach you?**

### Integrating Entity Experiences

**Don’t:** - Get lost in the otherworldly - Abandon human life for spirit realm - Become a channel for every entity - Make it your whole identity

**Do:** - Extract the teaching - Ground it in human life - Discern helpful vs. distracting - Bring wisdom here

**Questions:**

What did this entity/vision teach me?  
  
How does this apply to my human life?  
  
What's the medicine here?  
  
What do I need to embody?

**The point is not the vision.**

**The point is what it reveals about living.**

## Bringing Insights Into Daily Life

### From Peak to Practice

**The journey gave you insights.**

**Now what?**

### The Integration Formula

**1. Name the insight**

“During the journey, I saw that I’ve been living for others’ approval.”

**2. Feel the truth**

Where do you feel this in your body? What emotion comes with seeing this?

**3. Identify aligned action**

“If this is true, what would change?”

“What’s one small step toward alignment?”

**4. Take action (slowly)**

Not: “I quit my job, leave my partner, move countries.”

But: “I practice saying no once this week.” “I notice when I’m performing.” “I make one choice from my truth.”

**5. Repeat**

Small aligned actions. Consistently. Over time.

**This is embodiment.**

### Common Insights & How to Integrate

**“I saw that I’m already whole/loved/enough”**

→ Practice: Daily reminder. When you catch self-criticism, pause. Hand on heart: “I am already whole.”

**“I saw my life purpose/calling”**

→ Practice: Don’t quit everything today. Research it. Take one small step toward it this week. Build slowly.

**“I saw that this relationship needs to end”**

→ Practice: Don’t immediately leave. Sit with this knowing. Get support. Feel the grief. Move when ready (weeks/months, not days).

**“I saw I need to forgive [person]”**

→ Practice: You don’t have to reconnect. Forgiveness is internal. Process your anger/hurt first. Then release (in your own time).

**“I saw that nothing matters/it’s all meaningless”**

→ Practice: This might be void medicine (see Workbook 7). Don’t make big decisions. Let it be empty. Meaning will return differently.

## When to Journey Again

### The Integration Gap

**Common mistake:**

Journeying again before integrating the first.

**Why it’s a problem:** - Insights pile up but nothing changes - Escaping integration work - Medicine becomes entertainment - Diminishing returns - Spiritual bypassing

**The rule:**

**Don’t journey again until you’ve integrated the last one.**

### How to Know You’re Ready

**Signs of integration:** - [ ] Insights are embodied (living them, not just knowing them) - [ ] Life has actually changed - [ ] You’ve processed difficult material - [ ] You’re not chasing the peak - [ ] You’re not escaping life with medicine - [ ] Months have passed (minimum) - [ ] You’re journeying to deepen (not escape)

**If unclear:**

Ask yourself: “Am I trying to get back to the experience? Or am I ready to go deeper?”

“Have I lived the insights from last journey?”

**Wait until the answer is clear.**

### Recommended Spacing

**Minimum between journeys:**

**Psilocybin/LSD:** 4-6 weeks (integration-focused) Better: 3-6 months

**Ayahuasca:** 3-6 months minimum Better: 6-12 months

**MDMA:** 3 months minimum (neurochemistry needs time)

**DMT/Bufo:** 6-12 months minimum Better: 1-2 years

**These are minimums for integration.**

**More time is often better.**

## Solo vs. Guided Journeys

### The Difference

**Guided journey:** - Facilitator/sitter present - Held space - Support when needed - Safety container

**Solo journey:** - You alone - Self-facilitated - Full responsibility - Higher risk

### When Solo is Okay

**Solo might be appropriate if:** - [ ] You’re very experienced - [ ] Low-moderate dose - [ ] Safe set/setting - [ ] Intention is clear - [ ] You’re emotionally stable - [ ] Support available (even if not present) - [ ] You know your medicine

**Even then: proceed with caution.**

### When You NEED Support

**Don’t journey solo if:** - First time (ever) - First time with this medicine - High dose - Trauma present (unprocessed) - Mental health instability - Suicidal ideation - You’re in crisis - Recent major loss

**Get a sitter/guide.**

**Safety first.**

### Finding Good Facilitators

**Red flags:** - Promises healing/awakening - Sexual boundary violations - No screening process - Minimal integration support - Ego-driven (“I’m enlightened”) - Overly expensive (or suspiciously cheap)

**Green flags:** - Thorough preparation - Clear boundaries - Integration support included - Trauma-informed - References/training - Humble approach - Sliding scale options

**Trust your gut.**

## Microdosing Integration

### The Subtle Medicine

**Microdosing:** - Sub-perceptual doses - 2-3x per week - Subtle shifts over time - Not a journey (no trip)

**Common medicines:** - Psilocybin (0.1-0.3g) - LSD (5-10μg)

### What Microdosing Offers

**Benefits (research + anecdotal):** - Mood enhancement - Creativity boost - Focus and flow - Emotional processing - Subtle awareness shifts - Depression relief - Anxiety reduction

**It’s NOT:** - A magic pill - Substitute for therapy - Bypassing real work - Always effective

### Microdosing Integration Practices

**1. Track it**

Journal: - Dose - Effects (physical, emotional, mental) - What you notice - Patterns over weeks

**2. Pair with practice**

Microdose days: - Meditation - Creative work - Nature time - Therapy/inner work

**Let the subtle medicine support your practice.**

**3. Cycle appropriately**

**Common protocol:** - 1 day on, 2 days off - Or 1 day on, 3 days off - Weekly off-weeks

**Don’t microdose daily.**

**Your brain needs integration time.**

**4. Check in monthly**

“Is this still serving?”

“Am I using it as crutch?”

“What’s shifting?”

**Be honest.**

**5. Take breaks**

**Every 2-3 months:** - 2-4 weeks off - Notice what’s different - Integrate shifts - Decide if you continue

**Microdosing is a tool.**

**Not a lifestyle.**

## Relationship Navigation Post-Journey

### Everything Looks Different

**After a journey:**

Relationships often shift.

**You might:** - See your partner with new eyes (good or bad) - Realize relationships are inauthentic - Want to end things or deepen them - Feel alone even with people - Need space from everyone - Feel more connected

**All normal.**

### Don’t Burn Your Life Down

**Common post-journey mistake:**

Immediately ending relationships based on journey insights.

**Why this is risky:** - You’re in altered state for weeks - Insights need time to land - Grief hasn’t been felt yet - Decisions might be reactive

**The practice:**

**See the truth. Feel it. Don’t act immediately.**

**Give it time:** - Weeks (minimum) - Months (better) - Process with support - Let clarity deepen

**Then decide.**

### How to Relate Post-Journey

**With partner:** - Share what feels safe to share - Don’t expect them to understand fully - Give yourself space if needed - Come back when ready - See Workbook 9 (Couples) for more

**With friends/family:** - Don’t overshare - Not everyone needs to know - Find integration buddies - Share with those who can hold it

**With yourself:** - Honor your changing needs - Set boundaries - Protect integration time - Trust your process

## The Integration Window

### The Sacred 6-12 Weeks

**The integration window:**

First 6-12 weeks after journey.

**What makes it special:** - Nervous system open - Neuroplasticity high - Change is easier - Insights are fresh - Momentum available

**This is your time.**

### Maximizing the Window

**Daily (non-negotiable):** - Morning practice (grounding + intention) - One aligned action - Evening integration (journal + reflect)

**Weekly:** - Integration session (therapist/coach/circle) - Longer practice (meditation/movement) - Nature time

**Monthly:** - Review progress - Adjust practices - Celebrate shifts - Recommit

**After the window:**

Integration continues.

But this window is prime time.

**Use it wisely.**

## Common Integration Pitfalls

### 1. The Spiritual Bypass

**“It was all perfect! I’m healed!”**

→ Avoiding real issues with spiritual ideas → Not actually changing anything → Bypassing difficult emotions

**Fix:** Be honest about what still needs work.

### 2. The Messiah Complex

**“I’ve seen the truth! Everyone needs to know!”**

→ Preaching to everyone → Trying to save/wake people → Alienating friends/family

**Fix:** Embody it. Don’t preach it.

### 3. The Escape Artist

**Journeying again instead of integrating.**

→ Chasing peak experiences → Avoiding real life → Medicine becomes addiction

**Fix:** Commit to integration before next journey.

### 4. The Instant Transformation

**Blowing up your whole life immediately.**

→ Quitting job day after journey → Ending relationships impulsively → Moving countries without planning

**Fix:** Give insights time to land. Move slowly.

### 5. The Isolation

**Withdrawing completely from life.**

→ Cutting off everyone → Can’t function → Lost in the otherworldly

**Fix:** Stay connected. Get support. Ground.

### 6. The Forgetting

**Letting insights fade without action.**

→ Back to “normal” in weeks → Nothing changes → “Did that even happen?”

**Fix:** Daily practice. Weekly check-ins. Embody insights.

## Resources & Support

### Integration Support

**Fireside Project:** - Free psychedelic peer support - Call/text: 62-FIRESIDE (623-473-7433) - 11am-11pm PT daily

**MAPS Integration Circles:** - Free peer-led support - maps.org

**Integration Therapy:** - Find psychedelic-informed therapist - Psychedelic.Support directory - InnerSpace Integration

### Books

**Integration:** - *The Psychedelic Explorer’s Guide* by James Fadiman - *How to Change Your Mind* by Michael Pollan - *The Doors of Perception* by Aldous Huxley

**Processing:** - *The Body Keeps the Score* by Bessel van der Kolk - *When Things Fall Apart* by Pema Chödrön

### Communities

* r/PsychedelicTherapy (Reddit)
* r/IntegrationCommunity
* Local integration circles
* Psychedelic Society chapters

### Crisis Support

**If you’re struggling:** - Fireside Project: 62-FIRESIDE - National Suicide Lifeline: 988 - Crisis Text Line: Text HOME to 741741

**You’re not alone.**

## Final Words

### The Journey Was a Gift

**But the real gift is what you do with it.**

**The peak experience:** - Opened a door - Showed you truth - Revealed possibility

**Integration:** - Walks through the door - Embodies the truth - Lives the possibility

**This is the work.**

### You Have Everything You Need

**You don’t need:** - Another journey (yet) - Perfect understanding - To have it all figured out

**You just need:** - To show up daily - To take small aligned actions - To trust the process - To ask for support when needed

**The medicine is working.**

**Even when you can’t feel it.**

**Even when it’s hard.**

**Trust.**

### Integration is Forever

**You don’t “finish” integrating.**

**The medicine keeps teaching:** - Years later - New insights emerge - Deeper understanding comes - Life continues shifting

**That’s the beauty.**

**One journey.**

**Infinite integration.**

**This workbook is part of the Astral Refined Offerings 2025 course materials.**

For integration support: [astralamat@gmail.com](mailto:astralamat@gmail.com)

**May you integrate deeply.** **May you embody your insights.** **May you live the medicine.**

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*End of Workbook 10*