

The MAPS Psychedelic Integration Workbook

A guide to help process, understand,
and incorporate psychedelic insights
into your daily life

maps.org/integration



What is Psychedelic Integration?

The process of integration involves making sense of and incorporating the insights, emotions, and changes that may arise during a psychedelic journey into your everyday life. Integration is an essential aspect of the psychedelic experience because these substances can bring about intense and often challenging insights, emotions, and shifts in perspective.

There's no one-size-fits-all approach to integration. You can do it independently or supported by peers, community, coaches, or therapists. There are a wide variety of integration strategies, and there are many frameworks and practices that can be used.

No matter the approach, integration is an intentional process for understanding a psychedelic experience and bringing its lessons into daily life. It is a fundamental and essential part of using psychedelics for personal growth.

Psychedelic integration is a personal and ongoing process. Each individual's experience is unique, and the integration process may unfold over an extended period of time. Professional or experienced guidance, when available, can be beneficial in facilitating a more structured and supportive integration process.



GETTING SUPPORT

Having a difficult time integrating a psychedelic or other experience with a non-ordinary state of consciousness? Consider seeking support from our friends at the **Fireside Project**, the **Zendo Project**, or working with a clinician trained in psychedelic integration. **Psychedelic.Support** is a useful resource to search for a provider near you.

<https://firesideproject.org/>

<https://zendoproject.org/>

<https://psychedelic.support/>

Why do I need an integration guide?

An integration journal, workbook, or guide such as this one can help provide some structure to the integration process and ensure that you get as much out of the experience as possible. Specifically, it can help with:

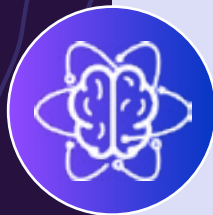
Reflection and Processing

Psychedelic experiences can be intense and profound, often bringing up a range of emotions, thoughts, and insights. A journal provides a space for you to reflect on and process these experiences in a structured and intentional way.



Memory Enhancement

Psychedelic experiences may lead to heightened states of consciousness and altered perceptions. A journal can help you capture and preserve details that might be challenging to remember accurately over time, ensuring that you have a record of your thoughts and experiences.



Emotional Expression

Writing in a journal allows you to express and explore your emotions in a safe and private space. This can be especially important when dealing with intense or challenging emotions that may arise during or after a psychedelic experience.



Celebrating Progress

Regularly documenting your thoughts and feelings over time allows you to track your progress, growth, and changes. This can be a powerful motivator and provide a sense of accomplishment as you see how your perspectives and behaviors evolve.



Before You Begin

Preparing for psychedelic integration is a thoughtful and intentional process that ideally begins before your psychedelic experience — but you can still reap the benefits of integration if you're just reading this now, after a trip. Here are some things to consider as you prepare.

1. SET INTENTIONS

Before embarking on a psychedelic journey, set clear and positive intentions. Consider what you hope to explore, understand, or work on during the experience, while allowing space for what may emerge. Intentions can guide the journey and provide a framework for integration afterward.

2. CHOOSE A SUPPORTIVE SETTING

Ensure that the physical and social environment for your psychedelic experience is safe, comfortable, and supportive. Consider factors such as lighting, music, and the presence of supportive, trusted individuals.

3. CULTIVATE MINDFULNESS PRACTICES

Incorporate mindfulness practices such as journaling, meditation, or deep-breathing exercises into your daily routine. These practices can help you stay grounded during the experience and aid in the integration process afterward.

4. ESTABLISH AN INTEGRATION PLAN

Develop a plan for integration before the psychedelic experience. This may include identifying activities or practices you can engage in post-experience, such as journaling, meditation, or creative expression, as well as ensuring you have time set aside for both rest and integration.

5. BUILD A SUPPORT SYSTEM

Connect with friends, family, or a community that understands and supports your decision to explore psychedelics. Having a supportive network can be crucial during the integration process.

When Should I Integrate, and for How Long?

The timing and duration of psychedelic integration can vary from person to person, and there isn't a one-size-fits-all answer. Many choose to begin integration soon after a psychedelic experience. A period of rest can be an appropriate first step.

Psychedelic experiences are believed to lead to a period of increased neuroplasticity that lasts for anywhere from a few days to a month or so. Integrating during this time allows you to explore and process the immediate insights and emotions while they are still fresh while taking advantage of this period of receptivity to change.

Integration is not a one-time event but an ongoing process. Incorporate integration practices into your daily life. This may include mindfulness, meditation, yoga, creative expression, or any other activities that support your mental and emotional well-being. Consistent practice can help reinforce and deepen the integration process.

Integration is an ongoing process, and we may continue to integrate just one profound psychedelic experience for years or even the rest of our lives.

How to Integrate After “Good” and “Bad” Trips

First, we need to talk about labels. People often use “bad trip” to describe a range of experiences that seem to be, or from the outside look like, less-than-ideal psychedelic experiences. The reality of working with psychedelics is a lot more complicated and is not well-served by reduction, judgment, flattening, or simplification as “bad” or “good” (although we know sometimes it can be almost unavoidable). Almost everyone who has experience with psychedelics has experienced challenges before, during, and after a psychedelic journey. And, of course, our community is bound together in the belief that psychedelics have unique and valuable benefits.

It is all too easy to simply equate “pleasurable” or “fun” with “good” while labeling emotionally difficult, frightening, or somber with “bad.” Pleasure, if chased, can become part of detrimental cycles; challenges, if met, can produce some of the most meaningful and lasting impacts. We encourage you to go deeper and approach your self, world, and experiences as holistically as you can. As our friends at The Zendo Project remind us, “difficult does not mean bad.”

We can’t say it too many times: if you’ve had a difficult or challenging experience, you are not alone. A range of help is available, from some quick tips to volunteers and professionals who specialize in integrating challenging experiences.

IF YOU OR A LOVED ONE NEED IMMEDIATE HELP

- If you are at a festival or event, **The Zendo Project** may have a presence there
- If you need support by phone, **The Fireside Project** can be reached at 62-FIRESIDE
- To find a licensed specialist who can provide ongoing help, navigate to the **psychedelic.support** website

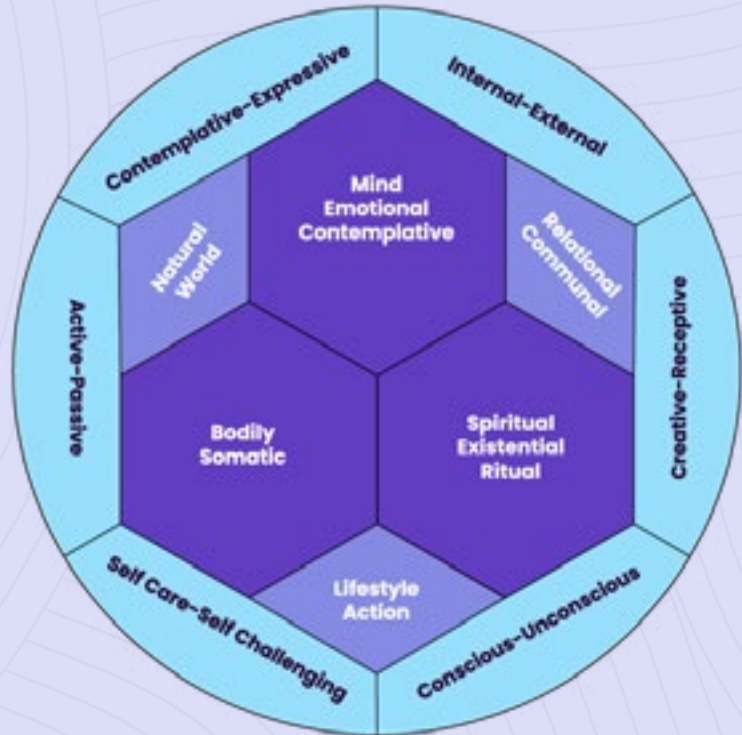
Integrating after challenging experiences

Challenges can range from thoughts or images that you can’t really make sense of, to notions in opposition to your emotions or beliefs, to psychotic breaks and emergencies. First, make sure you are safe. Harm reduction is a critical part of responsible use of psychedelics.

With proper support and integration, most of these challenges can become meaningful and beneficial. But it’s work! Transforming challenging experiences starts with proper planning, harm reduction, and communities of support. If you need someone to sit with you as you navigate a challenging experience, consider calling the Fireside Project or someone you trust who has trained in peer support.

A Synthesized Model of Integration

There are many different definitions of integration and models for describing how integration works in theory. In perhaps the simplest terms, integration is the process of making sense of psychedelic experiences. At MAPS, we adopt the intention that integration be approached holistically. For this reason, we are drawn to Bathje, Majeski, & Kudowor's (2022) *Synthesized Model of Integration*.



This model posits 6 domains that integration practices work within: **Mind, Body, Spirit, Relationships, Lifestyle, and Nature.**

It can be beneficial to plan integration practices and intentions that relate to several (or all) of these domains and the connections among them, in alignment with the idea that integration is about the whole of experience and intactness.

The model also describes 6 *continuums*: **Contemplative-Expressive, Internal-External, Creative-Receptive, Conscious-Unconscious, Self Care-Self Challenging, and Active-Passive.**

Each of these continuums pairs well with one or more of the domains of integration, and the same activity could fall on an end or in the middle of one or more of these continuums. Specific integration activities can relate to more than one continuum. For example, a walking meditation in nature might be thought of as Contemplative, Active, and occurring in a middle space in the Internal-External continuum.

The Six Domains of Integration

1. MIND

Processing and integrating emotions that surfaced during the psychedelic journey, whether they were positive, challenging, or complex, and reflecting on mental activities such as creativity, mindfulness, and gratitude.

2. BODY

Considering how the psychedelic experience may influence lifestyle choices, physical health, and habits.

3. SPIRIT

Exploring any spiritual or existential insights and integrating them into one's understanding of life, purpose, and meaning.

4. LIFESTYLE

Identifying the rituals, routines, and habits that support your well-being, or changes to current lifestyle patterns that would be beneficial.

5. RELATIONSHIPS & COMMUNITY

Reflecting on how the psychedelic experience may impact relationships with friends, family, partners, or the broader community.

6. NATURE

Reflecting on the impact of the psychedelic experience on environmental awareness and sustainable practices.

The Six Continuums of Integration

1. CONTEMPLATIVE-EXPRESSIVE

Activities on this continuum can involve considering our thoughts and feelings and/or expressing them. They can occur in isolation or with a group. Meditation is on this continuum. So is ecstatic dance.

2. INTERNAL-EXTERNAL

When we work with this continuum, we can turn inwards. Or, we can move our attention into the world around us. Journaling relates to this continuum. So does sharing your experience with a trusted friend or guide.

3. CREATIVE-RECEPTIVE

Many psychonauts have been inspired to produce art or felt as if they received deep insight through mystical experiences. Drawing or even scribbling is an example of activity on the Creative-Receptive continuum. So is a simple reflection on any changes in feelings or perception that you experienced during your trip.

4. CONSCIOUS-UNCONSCIOUS

As we integrate, we can reshape limiting beliefs we held unconsciously. Or we can choose to make changes in our habits and routines. Creating a new bedtime routine might fall into this continuum, as might pulling tarot cards and thinking about how their symbolism and archetypes relate to our experience.

5. SELF CARE- SELF CHALLENGING

Psychedelic experiences and integration can both be wonderful spaces for self-care. But they also often involve an element of challenge. Self challenge is an important part of growth and it is important not to pathologize difficulties. Be willing to go deeper with yourself and your obstacles. And if you need support, ask.

6. ACTIVE-PASSIVE

This continuum reminds us that sense-making can occur through both action and rest. Playing a favorite sport or spending time with a hobby can be an active part of integration. Meditation could be considered more passive. And then there are all the activities in the middle like journaling, scribbling, and so much more.

Ready to Integrate?

How to Use This Guide

- 1.** Grab your integration journal—paper, digital, or other. The medium doesn't matter as long as you have somewhere to capture your thoughts.
- 2.** Make note of the details of your psychedelic experience as guided by the prompts in the **"Review Your Experience"** section below.
- 3.** Capture your general impressions, memories, and reflections on the experience as a whole as guided by the questions in the **"Remembering and Reflecting"** section below.
- 4.** Circle one or more of the **"Integration Domains"** that you wish to focus on for this session, and try to reflect on the questions listed on each of those domains' pages. You may elect to reflect on a few questions deeply or to answer all of the questions more briefly; either is valid.

MIND

BODY

SPIRIT

LIFESTYLE

COMMUNITY

NATURE

- 5.** Engage in one or more of the artistic exercises outlined in the **"Artistic Expression"** section.
- 6.** **"Integrate your integration"** by reflecting on the process above, following the prompts in the last section of the guide.

Review your Experience

In your integration journal, make note of the following details.

DATE OF EXPERIENCE

DRUG

What drug did you use, what route of administration (how did you consume it), and what dose was involved?

SET

*What was your state of mind coming into the experience?
How did you prepare yourself (your Set – sleep, nutrition, media consumption, mindfulness practice, etc)*

SETTING

*Where was your journey?
Who were you with?
What music, if any, was playing?
What sort of furniture or other materials were in your surroundings?
What was supportive of your experience? What would you have changed or added to increase your sense of safety and comfort?*

Remembering and Reflecting on the Experience

In your integration journal, write down your reflections on the experience guided by the prompts below.

What were your intentions for this experience?

How did your experience respond to your intention?

Also considering opposites of your intention that might be barriers. It may help to start by assuming the experience was just what it needed to be.

Describe the overall feeling of your psychedelic experience.

What emotions, thoughts, and sensations stood out to you the most?

Reflect on the visuals or symbols that appeared during your journey.

What do you think they represent, and how do they relate to your life?

Were there any specific insights or realizations that you gained during the experience?

How have these insights influenced your perspective on life?



The word “psychedelic” is derived from Greek terms for “mind” and “to manifest,” so you have probably heard the term “mind manifesting” in reference to psychedelics. It’s remarkable, then, that the psychedelic experience is probably most often described as “ineffable.” Even the most seasoned psychonauts may find it difficult to describe their experiences to another person.

By working in the domain of Mind during integration, you may find it easier to understand your experience through language and emotion, and therefore easier to relate the insights you gained with others...regardless of whether you disclose what was happening when you gained them.

In your integration journal, write down your reflections on the experience guided by one or more of the prompts below.

How did the psychedelic experience impact your emotions?

Were there moments of intense joy, fear, or sadness?

Explore any unresolved emotions that surfaced during the trip.

How can you address and process these emotions in a useful way?

How have your thought patterns and mental processes shifted since your psychedelic experience?

Are there recurring themes or new perspectives that you've noticed?

Explore mindfulness techniques that resonate with you.

How can you incorporate mindfulness into your daily routine to maintain mental clarity and presence?

Identify specific cognitive insights gained during the psychedelic experience.

How can you apply these insights to enhance your problem-solving skills or creative thinking in your everyday life?

Reflect on any heightened sense of mindfulness or presence during the psychedelic experience.

How can you bring this awareness into your daily life?

Explore the role of gratitude in your life.

What are you grateful for, and how can you express that gratitude more regularly?

Body



For many, it is extremely helpful to use psychedelic experience to deepen our understanding of and connection to our bodies.

This can be especially true for those of us (often Westerners) who spend too much time fixated in our minds. Psychedelics can help us to become more aware of our bodies and this awareness can persist even after the psychedelic experience—particularly if we focus on it during a period of integration.

Integration in the domain of the Body can make use of the connection between psychedelics and other types of practices and non-ordinary states. We can choose to focus on our breath or augment our experiences with breathwork. We can meditate, practice yoga, and explore the connection between Mind and Body with mindful movement practices or dance.

In your integration journal, write down your reflections on the experience guided by one or more of the prompts below.

As you recall parts of your experience, what sensations do you notice in or around your body?

You might try focusing on and breathing into any sensation you'd like to remain connected with.

Reflect on the sensations and awareness of your body during the psychedelic journey.

How can you maintain a deeper connection with your body through practices like yoga, meditation, or mindful movement?

Consider how your psychedelic experience may have influenced your relationship with food and overall well-being.

Are there dietary changes or wellness practices you'd like to implement?

Explore physical activities that align with your newfound insights.

How can activities like exercise, dance, or outdoor adventures contribute to your physical well-being?



Spirit can be tricky to discuss for those of us who are committed to the role of science in psychedelics. However, while psychedelics means “mind manifesting” there is another word for these substances, entheogen, which means “to come into being” or “to generate into being” and harkens to the long and deeply held sense of connection between these substances, the plants that give rise to them in nature, and their connection to consciousness and spiritual mysteries and experiences.

Some of the most interesting academic research in the field is exploring how religious leaders experience psychedelics and how their experiences impact their spirituality and beliefs. Regardless of your specific beliefs (or lack thereof), we encourage you to consciously and intentionally explore how your experiences relate to the domain of Spirit during your periods of integration.

In your integration journal, write down your reflections on the experience guided by one or more of the prompts below.

Reflect on any experiences of spiritual connection or a sense of unity during the psychedelic journey.

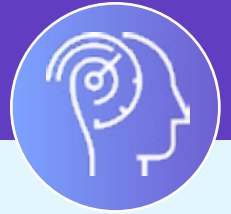
How can you nurture and integrate this connection into your spiritual practices, if any?

Consider any shifts in your beliefs or perspectives on spirituality.

How can you continue exploring and deepening your understanding of your spiritual path?

Explore practices that align the mind, body, and spirit.

How can you create harmony and balance between these aspects of yourself in your daily life?



Many of us seek out psychedelic experiences, at least in part, because we desire to make changes to our lifestyle, behaviors, and actions. Psychedelics increase neuroplasticity and best evidence suggests that this period of increased connection and plasticity persists in the days and weeks following a psychedelic experience. So we can use this opportunity to help cultivate new habits, change our routines, work on our actions, and more.

We always encourage those using or considering the use of psychedelics to pay attention to harm reduction best practices. In integration, this can mean getting support from friends or support networks. It can also mean remembering that not everything you experience during a psychedelic journey is to be taken literally. Act carefully. The root of integration is the same as the root of integrity and refers to being “whole” or “complete.” Pay attention to your complete self as you work with your lifestyle.

In your integration journal, write down your reflections on the experience guided by one or more of the prompts below.

Identify rituals or routines that support your well-being in the domains of mind, body, and spirit.

How can you create a daily schedule that nurtures a balanced lifestyle?

Reflect on the importance of setting healthy boundaries in various areas of your life.

How can you establish and communicate boundaries that align with your well-being?

Consider any lifestyle changes you feel called to make based on your psychedelic insights.

How can you implement these changes gradually and sustainably?

Identify specific actions or habits that align with the positive aspects of your journey.

In what ways can you introduce these practices into your life to enhance your overall well-being?

Relationships and Community



We are social animals. One of the most sublime aspects of being human is our ability to form and deepen relationships and community. Integration asks us to take our psychedelic (and other) experiences and consider how they can further our connection to others.

It is important to look for safe people and safe community spaces that allow us to practice open communication, exploration of truth and insight, and open dialogue with others.

Integration may also call us to share new insights, skills, ideas, and challenges with those we love or those we are just meeting. Many report that psychedelic experiences, properly integrated, have helped them take new approaches with family, friends, partners, and colleagues.

In your integration journal, write down your reflections on the experience guided by one or more of the prompts below.

Reflect on the impact of your psychedelic experience on your relationships.

How can you foster deeper connections and more open communication with those around you?

Explore whether there are safe and supportive spaces to share your psychedelic experiences within your community.

How can open dialogue contribute to collective understanding and growth?

Consider ways to contribute positively to your community.

How can you share your skills, insights, or newfound perspectives to benefit others?

Explore how your psychedelic experience may have influenced your relationships with others.

Are there new insights into your connections with friends, family, or partners?

Consider whether there are aspects of your communication or behavior that you would like to improve based on your psychedelic insights.



Psychonauts have long pursued psychedelic experiences, at least partially, to deepen their connection with nature. Psychedelic substances originated in plants and plant medicine is and has always been an important part of Indigenous cultures, traditions, and societies. In the West, many feel that they live life largely disconnected from nature and have found that experiencing psychedelics in natural spaces, with proper attention to harm reduction, deepens many aspects of both the experience and life outside of psychedelic experiences.

As we struggle with the impacts of human life on other species, the environment, and even the geology of the planet, it is important to consider how we can integrate connection to nature into our lives. We hope that as more and more people, both psychonauts and the psychedelically naive, deepen their understanding of nature, these understandings and connections can also encourage us to live and work more sustainably.

In your integration journal, write down your reflections on the experience guided by one or more of the prompts below.

Reflect on any experiences of connection with nature during your journey.

How can you continue to foster a relationship with the natural world in your daily life?

Explore how your psychedelic insights might influence your ecological consciousness.

Are there sustainable practices or environmental initiatives you feel inspired to support?

Consider incorporating nature-based activities into your routine, such as hiking, gardening, or spending time in natural settings, to enhance your well-being.

Artistic Expression

*If you engaged in any form of creative expression during or after the psychedelic experience, **reflect on the symbolism and meaning behind your creations.***

How can you continue to express yourself creatively in your daily life?

If you have not yet had a chance to express yourself creatively, we strongly encourage it! On the following pages are drawing activities from our friends at Sana Healing Collective that are sure to inspire your inner artist. Play. Create. Enjoy!



Scribble Drawing

Art can give insight into the unconscious, giving voice to something beyond the ego's grasp.

MATERIALS:

- You can work large or small with this process. 18x24 sketch paper, newsprint, or drawing paper will work well.
- It can be useful to have a journal dedicated to this process, where you can make your drawing on one side and journal about it on the other.
- You can do this with anything you have on hand! Crayons and notebook paper, oil pastels, markers, colored pencils, pens, whatever you have!

STEP-BY-STEP INSTRUCTIONS:

Allow 20–30 minutes of uninterrupted quiet time to do this process.

Meditate

- It's always helpful to meditate for a few moments before starting this practice — try taking 3 deep breaths and consciously connecting to your physical body. Feel your breath entering and leaving your body. Continue breathing in and out with awareness until you feel settled and centered.

Set an Intention

- Now, imagine a situation you would like insight, help, or guidance with, jot it down either directly on the front of the paper where you will be scribbling on the backside of your paper or in a separate journal.

Scribble!

- Select a color that seems to speak to you and put it in your non-dominant hand. Close your eyes recalling again the situation you are scribbling about. Take a deep breath and then scribble all over the paper using your non-dominant hand while keeping your eyes closed and without lifting the drawing tool from the paper.

Find a shape, symbol, object, or creature.

- Now open your eyes and find an image or shape in the scribble, if you don't see one at first keep turning the paper in different directions--trust your intuition and go with the first image you find.

Flesh out the image.

- Use the rest of the colors of chalk pastels, paint, or crayons to flesh out the image and develop the drawing. You may also fill in the background or add other elements, some days your scribble drawings may be very simple, others more elaborate. Follow your intuition and let it be fun!

Reflective writing.

- Select a color that seems to speak to you and put it in your non-dominant hand. Close your eyes recalling again the situation you are scribbling about. Take a deep breath and then scribble all over the paper using your non-dominant hand while keeping your eyes closed and without lifting the drawing tool from the paper.
 - What's going on in this picture?
 - What makes you say that?
 - What more can you find?
 - If this image could talk, what would it say?
 - Does this image have any advice for me about my original intention? Anything it wants me to be aware of, do differently, or change?



Blind Contour Drawing

Contour drawing is drawing the edges of something. Continuous contour drawing means that once you start, you don't pick the pencil up again until you finish. And blind means that you'll draw without ever looking away from your subject, so you won't see what you're doing on the page until the very end.

- This method allows us to pay full attention to our subject – to see the details created by the contours, which can extend beyond the edges of the subject itself. Not just the outline of a leaf, but the window frame behind it, the edge of a harsh shadow, or the light beam in the water of a vase.
- This focused attention on the subject can help reduce judgments and expectations about what is on the page. The objective isn't to make a pretty image. It's to loosen up & feel comfortable in your drawing, to attend to what's important – a flower, for example, and the connection between the flower, the eye, the mind, and the hand – rather than what isn't, like self criticism or pride.
- Here are a few examples of what you can expect in a blind contour drawing. Some are by artists, and some by people who haven't drawn since childhood. Although your sketch might not be an accurate representation of your botanical, this process illuminates the connection between the botanical, your eyes, and your hand.



- Move your focus to your subject. Let your consciousness move between you and the subject, making a connection to it, regarding it, and getting to know it.
- Choose which part of the subject you'll begin your single continuous line. Will it be the top, or where the stem meets the petal, or the lowest spine of the cactus on the left?
- Then put your pencil on paper, bring your eyes back to the subject, and begin, slowly. You should take about 10 minutes or so to engage in this activity.
- Remember to breathe!
- You might try to move your pencil at the same speed as your eyes move over the contours.
- You might imagine that your drawing implement is touching the subject instead of the paper.
- Notice what details are coming to your attention.

If you've completed your drawing, you might take this time to contemplate the botanical you chose without the pencil in hand. How does it look to you now after attending to it so closely? What, if anything, has it revealed about itself to you, or otherwise taught you?



Integrating your Integration

In your integration journal, write down your reflections on the integration experience itself, guided by the prompts below.

Reflect on your integration activities.

Do any new themes or insights arise? Do you feel called to spend more time contemplating those new insights?

Did anything come up that you would like to share with a member of your support network?

What would you like to remember next time you are setting intentions?

What's Next?

Congratulations! Now that you've integrated your psychedelic experience, you have embarked on an ongoing journey of personal and spiritual growth. Post-integration is not a fixed endpoint, but rather a continuation of the transformative process initiated by the psychedelic experience.

Here are several aspects to consider as you move forward after psychedelic integration:

1. CONTINUOUS SELF-REFLECTION

Cultivate a habit of regular self-reflection. Ongoing introspection allows you to stay connected with your evolving thoughts, feelings, and insights.

2. INTEGRATING LESSONS INTO DAILY LIFE

Actively apply the insights gained during integration into your daily choices, behaviors, and relationships. Consistent integration into your life is a key aspect of sustained personal growth.

3. SEEKING PROFESSIONAL GUIDANCE

If needed, continue seeking guidance from therapists, counselors, or integration professionals. Periodic check-ins can offer support and help you navigate challenges that may arise along your journey.

4. SETTING NEW INTENTIONS

Consider setting new intentions for your ongoing journey. These intentions can guide your actions, experiences, and personal development in the months and years ahead.

It's important to approach this post-integration period with patience and openness. The journey is unique to each individual, and the process of growth and self-discovery is ongoing. While psychedelics can serve as catalysts for change, the real work lies in the choices and actions taken in the aftermath of those experiences. Always prioritize your well-being, and if needed, seek professional guidance as you navigate your continued journey of personal development.

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