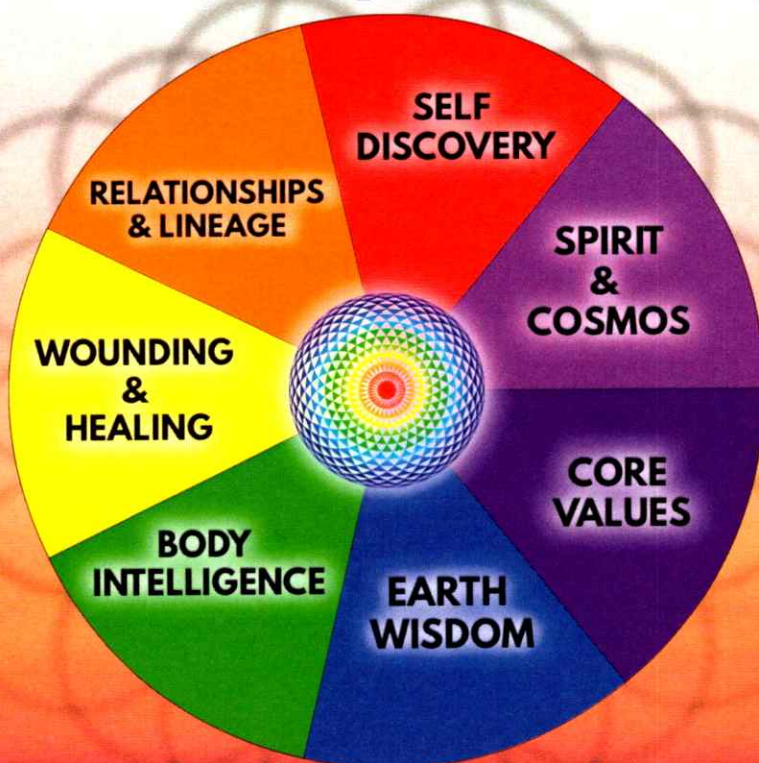



# Seven Realms of Psychedelic Integration



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**Earth Wisdom**




Eco-Consciousness  
Grief for the Planet  
Earth activism  
Listening to Nature  
Plant Intelligence  
Animals & Guides  
Web of Life

**Core Values**




Morals & Ethics  
Beliefs  
Behavior Change  
Freedom & Equality  
Social Justice  
Compassion  
Gratitude

**Spirit & Cosmos**




Spirituality  
Meaning & Faith  
Space & Time  
Spirit Guides  
Source & Deities  
Time travel  
Universal Love

**Self Discovery**



Purpose & Meaning  
Learning & Growth  
Self-Love  
Self-Care  
True Nature  
Transformation  
Death & Dying

**Relationships & Lineage**




Community  
Family & Ancestry  
Belonging  
Forgiveness  
Childhood  
Friendship  
Sex & Intimacy

**Wounding & Healing**



Traumatic Experience  
Addiction  
Remembering  
Witnessing & Clarity  
Child States  
Forgiveness  
Unburdening

**Body Intelligence**



Health & Wellness  
Pain & Relief  
Somatic Release  
Vitality & Strength  
Total Relaxation  
Body Insight  
Dis-Ease



# Seven Realms of Psychedelic Integration

## GUIDING QUESTIONS & ACTION ITEMS

When we INTEGRATE our psychedelic experiences into our lives & relations,  
we move toward growth and transformation with INTEGRITY.

Integration happens through the choice of action items that arise as we make meaning of our psychedelic experiences. Action items can be any step, change or direction that is in line with the wisdom, questions and information we receive in a journey. Our action items can be internal or external, easy or difficult, and be everything from small steps to big projects.

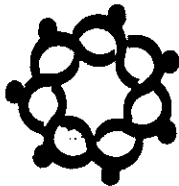
Below are a sampling of guiding questions & action items for each of the Seven Realms to get you started.  
What other personal action items would make sense for you? May it be so!



### **Self-Discovery**

Who are you? How do you make meaning of your journey through this life?

- Write in a daily or weekly journal
- Journal about your psychedelic experiences
- List your passions in life
- Keep track of new insights & decisions
- Write a letter, poem or song to yourself about who you are
- Listen to music that supports your growth & passions
- Explore your emotions through dance, music, time in nature, art, exercise...
- Start a meditation or yogic practice



### **Relationships & Lineage**

What came up around your family of origin? Are you in healthy connection with your family or chosen family, or do you need to make repair?

- Write letters to friends or loved ones & decide whether to mail
- Explore the history of your culture & lineage
- Connect with people to let them know how much you appreciate them & why
- Ask for a heartfelt conversation seeking to make repair
- Take responsibility for your past behaviors
- Invest time in courses using Non-Violent Communication & Mindful Compassionate Dialogue



### **Wounding & Healing**

Where has there been emotional or physical wounding in your life? Are you engaged in healing practices to address that wounding? Do you have a sense of love, care and compassion for yourself?

- Read books on PTSD, addiction, recovery, Internal Family Systems, Somatic Awareness, Attachment, etc...
- Validate & explore your fear, trauma in a safe container
- Seek counseling to support you on a healing path
- Explore breathwork & meditation for self-regulation
- Define self-care & nourishment for yourself & attend to it



### **Body Intelligence**

Did you receive information about your diet & nutrition? What are the practices that bring you a sense of physical health & well-being? Did you receive information about a potential health issue you need to explore?

- Make a shift in your food buying practices to support your health
- Explore where the food you eat comes from
- Follow up with a healthcare or nutrition practitioner for support
- Develop a movement practice involving exercise, hiking, biking, backpacking, breathwork, yoga, ecstatic dance, meditation, walking...



### **Earth Wisdom**

Did you come into contact with the earth as a conscious being? Did you receive messages from plant or animal intelligence? Did you experience grief or distress for the state of the natural world?

- Volunteer in Nature/Environmental-based activities & organizations
- Donate money to ecological or conservation organizations aligned with your sense of eco-consciousness: Pachamama Alliance, 350.ORG, Rainforest Action...
- Spend more time connected to & honoring nature
- Garden with friends
- Learn more about living sustainably



### **Core Values**

Did you explore your beliefs, ethics & principles? Do you have a sense of social justice? Have you witnessed or been complicit in the oppression of others? Do you wish to make a change within yourself, your community, in society?

- Learn how to be in service to your community
- Learn & practice mindful compassionate dialogue.
- Become active in restorative / social justice movements
- Build awareness of the effects of racism in your life
- Seek & practice collective reckoning with all types of oppression & hatred
- Practice compassion for others
- Begin a daily or weekly gratitude practice



### **Spirit & Cosmos**

Did your journey give your specific spiritual guidance? Do you have a way to describe your faith or cosmological beliefs? Did you journey through space or travel through time? Did you experience death or rebirth?

- Begin or deepen a spiritual practice you feel called to
- Sing songs, chant mantras, hum melodies, play music & make art that moves your body, mind & spirit
- Identify resources for spiritual development: teachers, books, organizations, music, meditations, retreats...
- List changes you need to make to align with your spiritual path