



PSYCHEDELIC INTEGRATION

Guidelines

LEVEL 1 COMMITMENT

'I want this to work'



- **Meditation: 10 minute meditation** (morning routine)
- [The Waking Up App](#)
- **Intentions:** embody your intentions in your daily life (whenever you have an instinct on what the medicine would guide you to do, follow through)
- **Sustain:** for 30 days

LEVEL 2 COMMITMENT

'I really want this to work.'



- **Meditation: 20 minute meditation** (morning routine) -
[The Waking Up App](#)
- **Intentions:** reread your intentions each week and actively embody daily across your life
- **Wisdom Intake:** read / listen / view material building on wisdom related to your experience (see below)
- **Habits:** [sleep guidelines](#) + [green diet](#) + [replace addiction w/ healthy choices](#) + [social connection](#)
- **Sustain:** for 90 days

LEVEL 3 COMMITMENT

'I'm so jazzed I literally want to do it all.'



- **Meditation: 60 minute meditation** (morning routine)
- [The Waking Up App](#)
 - Annual: do a 10 day silent [Vipassana retreat](#)
- **Intentions:** reread your intentions each day and actively embody across your life
- **Wisdom Intake:** every day intake material building on wisdom related to your experience (see below)
 - In a year engage with each listed resource
- **Habits:** [sleep guidelines](#) + [green diet](#) + [replace addiction w/ healthy choices](#) + [social connection](#)
- **Enjoyable Contribution:** shape your career and life around enjoyable heartfelt forms of contribution
- **Sustain:** for a year

RESOURCES



UNDERSTANDING INTEGRATION



Mentality

Enjoyable Growth - choose the forms of growth that feel authentic and enjoyable (rather than orienting as a task list)

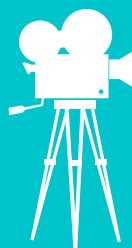
Metaphors

Metaphors: Seed Metaphor (psychedelic experience = a seed, soil = positive environment, light = attention, water = practices / wisdom intake, fertilizer = coaching / mentorship, growth = wellness), Compass Metaphor (on the wellness path the psychedelic experience = the compass, meditation practice = the vehicle), Helicopter Metaphor (psychedelic is like a helicopter taking you to the top of the spiritual mountain, then you come down and climb it yourself), Snowfall Metaphor (psychedelic = fresh powder over engrained snow tracks, chance to carve new helpful paths). Supplement Metaphor (psychedelics are to building spirituality as supplements are to building strength - won't do it alone)

MEDIA

Movies

[IMDB list of movies](#)



Short Videos

[The Real You](#), [Jim Carrey](#), [Waking Up](#), [The Self Illusion](#), [TED Talk](#), [Loneliness](#), [Dissatisfaction](#), [Life](#), [Oneness](#), [What Are You?](#), [You are the Universe](#), [How to be Spiritual](#), [Minimalism](#), [Nothing](#), [Money](#).

Music



[Epic Spiritual Guidance Songs Playlist](#), [5-MEO Playlist](#), [Trip Playlists](#)

Books



[The Four Agreements](#) (practical guide to wholesome living), [The Power of Now](#) (spirituality and the present moment), [The Book](#) (on the nature of your true self), [The Science of Enlightenment](#) (technical text on meditation), [Consciousness Medicine](#) (on psychedelic integration), [Sacred Knowledge](#) (psychedelics from John Hopkins perspective) [How to Change Your Mind](#) (great overview of psychedelics), [Waking Up](#) (meditation / neuroscientists guide to spirituality), [The Art of Living](#) (Vipassana meditation philosophy of life)

Podcasts



[Waking Up App](#) (conversations section), [Jordan Peterson and Ronald Griffiths](#), [Sam Harris and Francoise Bourzat](#), [Michael Pollan NPR](#), [Joe Rogan and Rick Doblin](#), [Joe Rogan and Duncan Trussell](#)

RESOURCES



PRACTICES

Meditation

[Headspace](#) (Netflix series on meditation), [Vipassana Retreat](#) (10 day silent meditation* - highly recommended), [Meditation Practice](#) ([Mindfulness Meditation](#), [Unified Mindfulness](#), [Loving Kindness Meditation](#), [Transcendental Meditation](#), [Open Monitoring Meditation](#), [Guided Visualization](#), [Body Scan](#)), [Meditation & Psychedelics](#) ([research article](#))



Empathy Building

[Dominion](#) (movie - courageous eye opening to animal industry), [Unity](#) (movie - explores suffering in the context of our unity), [13th](#) (movie on the prison system), [Earthlings](#) (movie on animal industry)



Relationships

[Good Communication](#) (youtube), [Sadghuru on Relationships](#) (youtube), [Spiritual Love](#) (youtube), [Nonviolent Communication Practice](#) (article), [If the Buddha Married](#) (book), [Tantra](#) (article), [Active Listening](#) (worksheet), [The State of Affairs](#) (book on understanding affairs in marriage), [Mating in Captivity](#) (book on erotic intelligence in long term relationship)



Wellness

[Quality Sleep](#) (Netflix series by Headspace), [Breathwork](#) (Whim-Hoff app), [Sensory Deprivation Tank](#), [Ritual](#), [Prayer](#), [Journaling](#), [Improv](#), [Dreamwork](#), [Artistic Expression](#), [Positive Habits](#), [Contribution](#), [Intentional Silence](#), [Spiritual Path](#)



Psychological Skills

[Curiosity](#), [Mindfulness](#), [Embrace](#), [Non-Judgment](#), [Forgiveness](#), [Self-Soothing](#), [Trust](#), [Gratitude](#), [Integrity](#), [Reframing](#)



WHO AM I?

Interbeing (The 5-MEO Philosophy)

[The Egg](#) (youtube), [Interbeing Explained](#) (youtube), [The Book](#) (book), [Interbeing Elaborated](#) (youtube), [Interbeing as a Framework for Psychedelic Integration](#) (article), [Interbeing FAQ \(Q&A\)](#), [You are Them](#) (short book), [Interbeing and Society](#) (youtube), [Interbeing Related Quotes](#) (quote compilation), [Midnight Gospel ep. 5](#) (Netflix)



RESOURCES



SUPPORT

Coaching, Therapy, & Groups

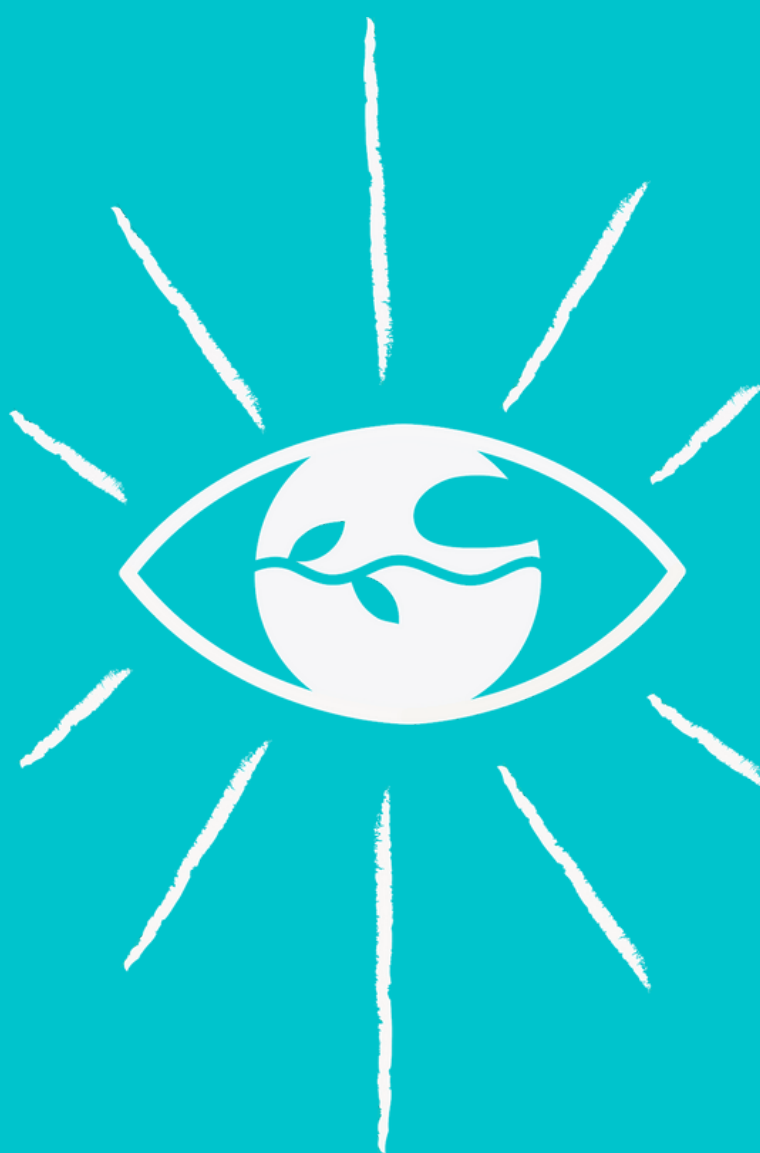


[Tracking Progress](#) (apps), [Therapy](#) (ACT therapy, couples therapy, etc),
Support Groups, [Interbeing Community](#), [Integration Coach](#)

Integration Self-Assessment



[Integration Self Assessment Questionnaire](#)



*note: links are underlined