

# UNRAVEL YOUR JOURNEY

An Integration Workbook

BY JULIA BLUM

# Welcome ♡

"After the ecstasy, the laundry", renowned meditation teacher Jack Kornfield famously said. I'm glad you decided to open this workbook and expose yourself to (potentially) doing some of the laundry.

Psychedelic journeys are all about intentions, right? Intentions will influence your experience going in, but *integration* is what will influence your life coming out of it. Whether you've planned for months or decided to partake in a journey on a whim – you did it, and now you're here.

*But where exactly is "here"?*

Surely, you're not the same person you were before embarking on your inner journey.

After a psychedelic experience, we have a unique opportunity for real, lasting change. But to claim it, we need to do the work. Psychedelics are no magic pills, and no matter how magical or rewarding the experience, it's our ability to integrate it into our life that will determine its impact.

Whether you feel overwhelmed, are completely new to inner journeys, still struggle to understand what just happened to you, or have no idea what to do next. The question is: *where do we start?*

With this workbook, I'm hoping to share some of the reflections and techniques that have helped and continue to help me in my journey integrating psychedelic medicine work. If you feel like your peak experiences were profound, I cannot wait for you to witness the shifts they can produce when integrated intentionally. That is to say, when you do your laundry. Laundry you've perhaps been avoiding for years. Or laundry you just couldn't get clean, for the love of god. Suddenly, you're presented with a super detergent. It's now become hard to make excuses not to do your chores.

*"Enlightenment has no value until it's lived." - Byron Katie*

In this workbook, I invite you to explore your inner world and look deeply into your heart. To set intentions around the changes you want to make and to hold yourself accountable. You'll invest some time today, a bit of time in a month, and some final reflection time three months from now.

These medicines can gift us clarity and direction, but they can't walk the path for us. That we can only do ourselves. The good news is, we already have everything we need. We hold the compass.

I'm sending you lots of love for the journey ahead, it has only just begun.

Dearly,

*Julia*

# How to Use this Workbook

- ▶ Make sure you have an uninterrupted chunk of time

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- ▶ Make yourself comfortable — perhaps make some tea, light a candle or incense, play some soothing music (or find a still spot)

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- ▶ Print out the workbook if possible (or open on a tablet)

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- ▶ Focus on completing only those sections that you feel will be helpful, skip over the rest

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- ▶ Feel free to get creative and doodle or color the pages, add symbols or drawings

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- ▶ Get curious and stay open-minded

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- ▶ Be honest with yourself and resist the urge to make judgements

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- ▶ Thank yourself for taking the time to do this work

Let's take a deep breath and dive in.

## Part I: Initial reflections



*Within one week of your journey:*

- Reflect on your experience
- Plan your integration
- Write letters to yourself

# Reflect on your experience

*"Life will give you whatever experience is most helpful for the evolution of your consciousness." - Eckhart Tolle*

## Introduction

Let's start out with a high-level recap before we dive into details.

What are **three words** that best summarize your experience?

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What **feelings** are most alive in your body as you reflect on your experience?

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What **feelings** are most alive in your body as you set out to work through this workbook?

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Further reflection

*"Waking up to who you are requires letting go of who you imagine yourself to be." - Alan Watts*

Psychedelic journeys are about letting go. What do feel like you **let go of**? Any **parts of you that died**?

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What felt **most challenging** about your journey?

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What felt **most rewarding** about your journey?

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## Planning

Now that we've identified our priorities, it's time to make a plan. This will help us process insights that have come up or are coming up in the coming weeks. It will help us further explore what perhaps we were surprised to learn. It will help us find answers to those new questions that arose. It will help us integrate the teachings into our daily life, and with that, it can *change the way we live*.

We can look at integration from three different angles:

- a. Spiritual integration
- b. Emotional integration
- c. Physical integration

In the following pages you'll find prompts to go through each. Some prompts may feel repetitive to what you've already noted down in previous sections, some will be entirely new, some won't seem relevant at all. Again, trust yourself to determine what feels useful to you and skip what doesn't.

*"Let me fall if I must fall. The one I become will catch me."*

*- The Baal Shem Tov*



## Spiritual integration

Psychedelic experiences allow us to get in touch with spirit, a higher power, our highest self, universal consciousness – however we want to call it. Spiritual experiences in themselves can be life changing. In fact, psychedelic research conducted at Johns Hopkins has shown that it was the most mystical psychedelic experiences that most reliably lead to positive changes in an individual.<sup>1</sup>

To integrate mystical experiences spiritually, we can review our notion of Self (core beliefs we have about ourselves and who we are), values (what's important to us), and our habits (how we show up in the world day-to-day).

### Self

*"In order to have self-expression, we must first have a self to express."*

*- Anton Chekhov*

What did you **learn about yourself** during this journey?

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What **core beliefs** about yourself did you uncover (or remember)?

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Values

What feels **most important to you** coming out of this journey? *(see next page for list of core values)*

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What were your **core values** going into the experience and **how do they align** with what feels important now? Do you notice any **gaps**?

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What **kind of person** do you want to be going forward? What do you need to do in order to be more in line with the values you want to embody? What **behaviors**, what **actions**?

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What kind of relationships do you strive for? What are ways you can cultivate them?

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*"Perhaps it is good to have a beautiful mind, but an even greater gift is to discover a beautiful heart." - John Nash*

### Core Values List

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|-------------------|--------------------|----------------------|-----------------------|
| 1. Abundance      | 42. Credibility    | 83. Healing          | 124. Peace            |
| 2. Acceptance     | 43. Curiosity      | 84. Health           | 125. Persistence      |
| 3. Accomplishment | 44. Decisiveness   | 85. Holistic         | 126. Playfulness      |
| 4. Accountability | 45. Dependability  | 86. Home             | 127. Positivity       |
| 5. Accuracy       | 46. Devotion       | 87. Honesty          | 128. Possibility      |
| 6. Achievement    | 47. Discipline     | 88. Honor            | 129. Progress         |
| 7. Action         | 48. Discovery      | 89. Hope             | 130. Purpose          |
| 8. Adaptability   | 49. Ease           | 90. Humility         | 131. Quality          |
| 9. Adventure      | 50. Education      | 91. Imagination      | 132. Question         |
| 10. Alertness     | 51. Effectiveness  | 92. Independence     | 133. Reason           |
| 11. Alignment     | 52. Empathy        | 93. Individuality    | 134. Recognition      |
| 12. Altruism      | 53. Empower        | 94. Innovation       | 135. Reflection       |
| 13. Ambition      | 54. Endurance      | 95. Inquisitive      | 136. Resilience       |
| 14. Attentiveness | 55. Energy         | 96. Insightful       | 137. Respect          |
| 15. Authenticity  | 56. Enjoyment      | 97. Inspiration      | 138. Responsibility   |
| 16. Awareness     | 57. Enthusiasm     | 98. Integrity        | 139. Rest             |
| 17. Balance       | 58. Excellence     | 99. Joy              | 140. Safety           |
| 18. Beauty        | 59. Expansion      | 100. Justice         | 141. Security         |
| 19. Belief        | 60. Experience     | 101. Kindness        | 142. Selective        |
| 20. Boldness      | 61. Expressiveness | 102. Knowledge       | 143. Sensitivity      |
| 21. Bravery       | 62. Exploration    | 103. Leadership      | 144. Service          |
| 22. Calm          | 63. Fairness       | 104. Learning        | 145. Significance     |
| 23. Candor        | 64. Faith          | 105. Lightness       | 146. Soulfully        |
| 24. Care          | 65. Family         | 106. Listen          | 147. Support          |
| 25. Carefulness   | 66. Fidelity       | 107. Logic           | 148. Simplicity       |
| 26. Challenge     | 67. Focus          | 108. Love            | 149. Sincerity        |
| 27. Clarity       | 68. Fortitude      | 109. Loyalty         | 150. Spirituality     |
| 28. Commitment    | 69. Freedom        | 110. Mastery         | 151. Stability        |
| 29. Communication | 70. Friendship     | 111. Meaning         | 152. Strength         |
| 30. Community     | 71. Fun            | 112. Motivation      | 153. Sustainability   |
| 31. Compassion    | 72. Generosity     | 113. Nurture         | 154. Thoughtfulness   |
| 32. Confidence    | 73. Gentleness     | 114. Observation     | 155. Tolerance        |
| 33. Connection    | 74. Giving         | 115. Openness        | 156. Transformation   |
| 34. Consciousness | 75. Goodness       | 116. Open-mindedness | 157. Transparency     |
| 35. Contribution  | 76. Grace          | 117. Opportunity     | 158. Truth            |
| 36. Control       | 77. Gratitude      | 118. Optimism        | 159. Understanding    |
| 37. Cooperation   | 78. Greatness      | 119. Order           | 160. Vitality         |
| 38. Courage       | 79. Grounded       | 120. Organization    | 161. Vulnerability    |
| 39. Courtesy      | 80. Growth         | 121. Originality     | 162. Wholeheartedness |
| 40. Creation      | 81. Happiness      | 122. Passion         | 163. Wisdom           |
| 41. Creativity    | 82. Harmony        | 123. Patience        | 164. Wonder           |



To what extent do you feel like you **processed these emotions fully** during your journey? Which emotions do you feel like will need further processing going forward?

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What are some **ways you typically process emotions**? How may those show up in the coming weeks?

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Reflection

Which of your emotion-driven behaviors are **avoidant** or **harmful**, and why?

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How can you adopt more **adaptive emotional responses** when you notice the urge to avoid? How can you best support yourself in processing these emotions?

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Action

Are there any **conversations you need to have** coming out of your experience? How do you feel about those conversations?

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What **support** can you ask for, from family, friends, or professionals? Is there anyone who might be able to **help you process** your emotions? *(see Appendix for overview of therapeutic modalities)*

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## Physical integration

*"There is more wisdom in your body than in your deepest philosophy."*

*- Friedrich Nietzsche*

At their core, emotions are simply physical sensations that we give meaning to. Emotions are quite literally "energy in motion" intended to flow through our body. When we experience trauma or repress our emotions, we interrupt the process. Trauma is not what happens to us, but how we interpret it, as well as the fact that we weren't able to process it in the moment. If that happens, our emotions won't just fade away. Our body remembers. As psychiatrist Bessel Van Der Kolk notes, "The Body Keeps the Score".<sup>2</sup>

When we liberate repressed parts within ourselves and the emotions they hold on to, we also become more embodied. That means that we may reexperience emotions that we felt in childhood – both those we were trying to avoid, such as pain, neglect, rejection and fear, as well as those that we unintentionally muted along the way, such as awe, joy, and empathy.<sup>3</sup>

Given this strong connection between our physicality and our emotional world, devoting some time to somatic integration can be instrumental in our healing journey.

There are many different practices to explore. These practices can be *anything* that makes us feel more embodied and more connected to Self. What helps will be highly individual.

### Movement

What are some **ways to explore mindful movement** that feel supportive in the coming weeks?

*Some options are yoga (especially trauma-informed yoga, yin yoga and restorative practices), nature walks, intuitive movement such as ecstatic dance, and so on.*

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## Therapies

What are some **somatic therapies** that you feel may be helpful to explore?

*Some modalities that can be helpful are Somatic Experiencing or breathwork (see Appendix for more detail), or perhaps massage therapy, Reiki, and so on.*

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## Environment

What are some **changes to your physical environment** that you'd like to make? Whether it's your home or your workplace, making sure our physical environment reflects our internal environment can be a helpful reminder of your inner journey.

*Some ideas could be writing affirmations on your mirror(s) or on post-its placed in areas around your house you frequently visit, buying a plant that serves as a reminder, creating a little altar to host objects that are sacred to you, or simply putting up some candles or incense around your space.*

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What are some **changes to your digital environment** that you'd like to make?

Is there anything you'd like to declutter on your computer or phone? Any people you'd like to unfollow or follow? Any apps you'd like to delete?

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## One-page summary

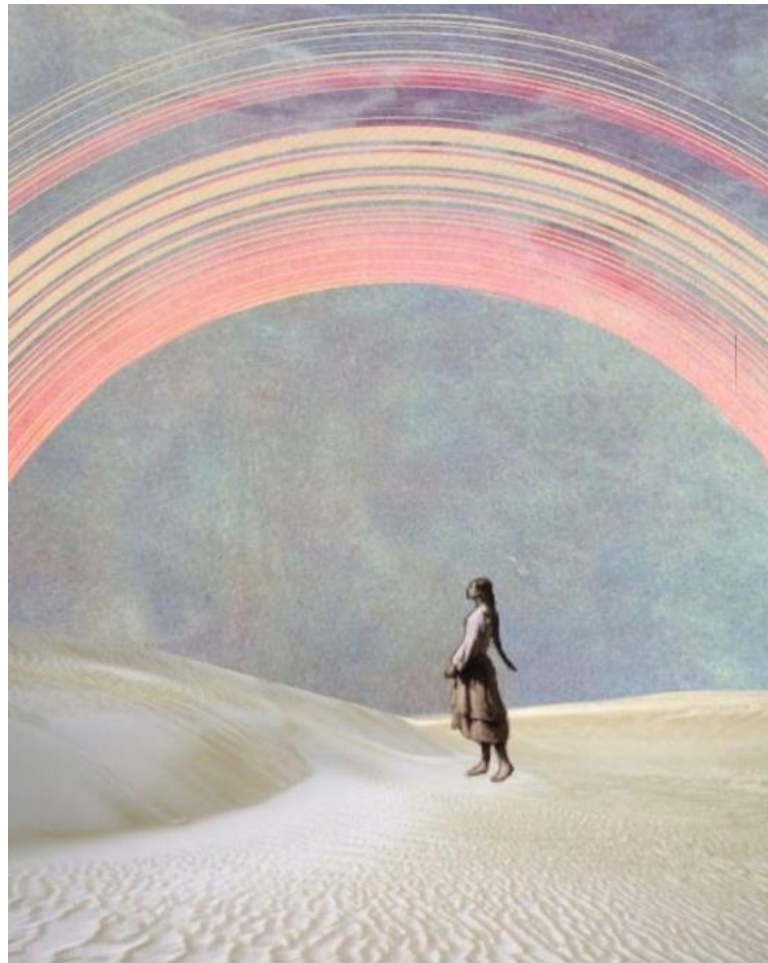
Complete this page based on some of your reflections so far. You'll use it to come back to in the coming weeks and months, to see where you've met your intentions and where you'll require some course correction. Be as brief as possible. Once you've completed it, set two alarms in your calendar or phone: one exactly one month from now, and one three months from now.

<p><b>Top priorities</b> you want to focus your integration on</p>	<p>Priority 1 _____</p> <p>Priority 2 _____</p> <p>Priority 3 _____</p> <p>Priority 4 _____</p> <p>Priority 5 _____</p>
<p><b>Core values</b> you want to cultivate going forward</p>	<p>_____</p> <p>_____</p>
<p><b>Emotions</b> you need to process, as well as strategies and support systems you can leverage to do so</p>	<p>_____</p> <p>_____</p> <p>_____</p>
<p><b>Action items</b> you want to follow through on</p> <ul style="list-style-type: none"> <li>- Conversations</li> <li>- Habits</li> <li>- Practices</li> <li>- Therapies</li> <li>- Changes to your environment</li> <li>- ....</li> </ul>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>





## Part II: First check-in



*Within one month of your journey:*

- Review your summary
- Reflect on new insights
- Create your dream journal

## Review your summary

Go back and take a look at your one-page overview (p.23).

How do you **feel about what you wrote** one month ago?

What resonates, what doesn't? What's been challenging, what's been easy? What have you followed through on, and what haven't you done yet, and why? Feel free to cross out and add things on your summary page directly.

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What are you **proud of** in the context of your integration?

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## Create your dream journal

Sometimes, we'll continue processing emotional experiences through our dreams. Transpersonal psychoanalysts like Carl G. Jung recognized dreams as a core part of our subconscious and emphasized their value in healing our psyche.<sup>4</sup> You can become your own dream analyst.

Below you'll find a table where you can note down some of your dreams and how they may relate to your journey and integration. If you're anything like me, taking notes right after you wake up will be crucial to avoid losing the memories before they're tucked away in your subconscious.

Date	What happened?	Why is this relevant?

## Part III: Final check-in



*Within three months of your journey:*

- Review your summary
- Reflect on new insights
- Final reflections

## Review your summary

Go back and take another look at your one-page overview (p.23), as well as your previous reflections (p.27-29).

How do you **feel about what you wrote** a few months ago?

What resonates, what doesn't? What's been challenging, what's been easy? What have you followed through on, and what haven't you done yet, and why?

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What are you most **proud of** in the context of your integration?

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## Reflect on your insights

Any **new insights** that have emerged in the last three months? Anything that has happened since?

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What do you want to **do differently** going forward? What feels most alive for you now?

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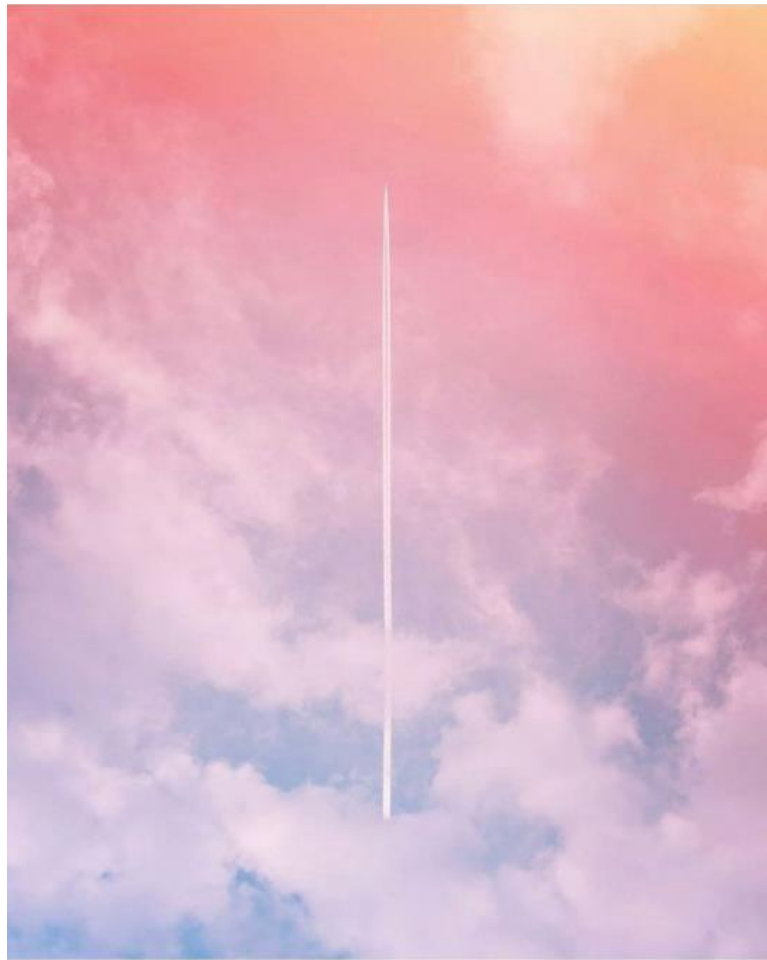
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## Appendix



- Integration practices
- Integration resources
- Sources and credits

## Integration practices

Below you'll find a selection of practices that may be useful in your integration. If anything sparks your curiosity, I'd encourage you to seek out more information and explore.

### Meditation

Meditation is perhaps the most accessible integration practice. It's free and simple, but it's not easy. Different meditation practices resonate for different people. It's best to explore a few techniques before deciding that "meditation is not for you". One thing to remember: the purpose of meditation is not to relax or have an empty mind, but to practice equanimity in the present moment. Whether that present moment involves an empty or a scattered mind. By teaching ourselves to redirect our attention away from our thoughts and towards our object of attention –whether it's our breath, physical sensations, or a mantra – we practice being with what's there without judgement. We also connect with what's behind our thoughts. We connect with Self. Some practices to explore are mindfulness, Vipassana, Transcendental meditation, Metta meditation, and Zen.

### Yoga

Yoga is another beautiful way to get out of our minds and into our bodies. Yoga is a moving meditation. It allows us to focus our attention on our breath while moving our body in ways that feel nourishing. Yoga can be strenuous (Vinyasa, Ashtanga, or Jivamukti) but yoga can also be extremely relaxing (Yin and restorative yoga). If you feel disconnected from your body, this is a great movement practice to explore. Yoga is also a super accessible integration practice, there are plenty of great classes online as well as an abundance of studios in all big cities across the globe.

### Breathwork

There are generally two types of breathwork: relaxing and activating breathwork. Relaxing breathwork is more commonly found in yogic practices such as "Pranayama". More activating breathwork modalities such as holotropic breathwork (or "transformational breath") can have a very different effect on the mind and body: By oversupplying our system with oxygen, we're able to move energies and release "stored" emotions in our body. We may even access altered states of consciousness – this type of breathwork can be quite psychedelic for some people. It's a great way to connect with your subconscious, prompt emotional releases, and feel more connected to "Self".

## Journaling

Not too much to say here (you're already doing it!). But journaling, especially daily, can be a very important part of your integration. Whether it's more guided journaling practices like this one, The 5-Minute Journal, or freehand writing in the mornings such as Morning Pages (coined by Julia Cameron in "The Artist's Way") – there are again many options. It seems simple but it can make a real difference.

## Intuitive dance

Most of us are not used to moving our bodies with the intention of intuition. The invitation here is to find a practice that allows you to move your body in ways that are *completely disconnected from how you look* while being *completely focused on how you feel*. You could simply put on a song, close your eyes, and shake away in the privacy of your own home, or explore ecstatic dance or contact improv.

## Circling

Circling is an incredibly powerful integration practice. It's an intimate interpersonal meditation that can help you build empathy and practice vulnerability. With a group of people, you'll explore what it's like to be in each other's reality while simultaneously being in your own. Everyone's invited to "come as they are" and bring their full selves. The facilitator and group will hold each other accountable for doing just that. As a result, circling is a fruitful ground for deep, intimate connection. You can look for a local circling group or, alternatively, circle virtually with [CircleAnywhere.com](https://www.circleanywhere.com)

## Integration coaching

If you feel like you could benefit from more extensive support in your integration, you may want to consider integration coaching. Integration coaches may have a formal education (such as certificate programs), but they don't need to. Coaching is different from therapy in that it's much more focused on immediate action and your future, rather than reflection and interpretation of your past. The app *Mindleap* is a great resource to find psychedelic integration coaches including specialties and rates.

## Integration circles

Integration circles are another targeted way to process your experience in group settings. They are usually facilitated by a practitioner with extensive experience who will work to create a safe space for participants to process. You can check online or Meetup for psychedelic societies or integration circles in your city or ask any practitioners you know if they are aware of any virtual or local circles.

## Talk therapy

Another way to support your integration is through regular talk therapy. While it may help some, there are probably modalities that are more impactful than the most widely adopted technique of Cognitive Behavioral Therapy (CBT). There are psychedelic therapists who at this point will most likely be trained in working with Ketamine and MDMA (unless they're part of one of the ongoing studies with other medicines), it's worth inquiring whether they'd be willing to work with you just on the integration piece (without facilitating the journey itself). If you're looking for a regular therapist, some good specialties to look out for are Depth or Jungian psychology, Transpersonal psychology, or IFS (Internal Family Systems, more on that on the next page).

## IFS therapy

Out of all the different talk therapies, I've found IFS therapy to be the most useful. It's extremely complementary to psychedelic medicine work. The Internal Family Systems (IFS) model is an approach that addresses multiple sub-personalities or families within an individual. In IFS, you'll work on identifying your different parts – the protectors, the firefighters, and the exiles – in order to go into dialogue with each of them to learn what they need. The underlying thesis is that no parts are bad, even those that drive our most problematic behaviors. They are often frozen in time (frequently in childhood) and may be reacting in ways that were helpful back then but no longer serve us now. In parts work, we bring to light and liberate those parts we've tucked away in our shadow. Through the process, we can achieve a stronger connection to Self and embrace all parts so that they no longer feel they have to "act out" as much.

## Somatic Experiencing

Somatic experiencing is a modality developed by trauma therapist Peter Levine with the goal to modify the trauma-related stress response. Practitioners are trained to revisit traumatic experiences in small increments and guide the patient's attention to internal sensations rather than cognitive or emotional experiences. It's a great way to recover emotions trapped in our body as a result of trauma, places where we're stuck in fight, flight or freeze responses. It's particularly helpful in the treatment of PTSD and addiction and can be integrated with other therapeutic modalities. There's a directory of practitioners online that can help you find local support.

## Other practices

Reiki, Massage therapy, Acupuncture, Qigong, Tai Chi, Eye movement desensitization and reprocessing (EMDR), Neuro-linguistic programming (NLP), Emotional freedom technique (EFT), ...

## Integration resources

This is a collection of my favorite resources for psychedelic integration. Everything from books, documentaries, and podcasts to communities. Please note, there's an abundance of resources about psychedelics at this point – this is just focusing on those helpful for *integration* specifically.

### Books

"The Psychedelic Explorer's Guide" – James Fadiman

"Consciousness Medicine" – Françoise Bourzat, Kristina Hunter

"How to Change Your Mind" – Michael Pollan

"No Bad Parts" – Richard Schwartz

"The Body Keeps the Score" – Bessel Van Der Kolk

"The Language of Emotions" – Karla McLaren

### Documentaries

Trip of Compassion (Vimeo)

Neurons to Nirvana (Prime)

The Reality of Truth (YouTube)

Psychedelics, explained (Netflix)

### Podcasts

Plant Medicine Podcast

Third Wave Podcast

Modern Psychedelics

Psychedelics Today

### Online and local communities

The Third Wave

InnerSpace Integration

Local integration groups (e.g., Aware project in Los Angeles, Brooklyn Psychedelic Society, etc.)

Mindleap (online platform for psychedelic integration practitioners)

## Sources and credits

### Art credits

- p.4 @seamlessoo (Instagram)
- p.13 @takiisbranding (Instagram)
- p.16 [www.thebeautifulifeplan.com](http://www.thebeautifulifeplan.com)
- p.25 @hheinige (Instagram)
- p.29 @hheinige (Instagram)
- p.33 @staines (Instagram)

### Sources

1. Psychopharmacology, 2006, "Psilocybin can occasion mystical-type experiences having substantial and sustained personal meaning and spiritual significance", Griffiths et al.
2. Bessel Van Der Kolk, 2015, "The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma"
3. Richard Schwartz, 2021, "No Bad Parts: Healing Trauma and Restoring Wholeness with the Internal Family Systems Model"
4. Carl Gustav Jung, 1974, "Dreams"

### About the author

Julia Blum is a psychonaut living in Los Angeles who likes to write in her free time. You can follow her work on Medium (@juliachristinar).

