



Preparation and Integration Guide

"Proper Preparation Cuts Lengthy Integration"

The Path from Nothingness to Oneness

The above passage encapsulates the journey of awakening to one's true self. It explores the concepts of Nothingness and Oneness as integral parts of this process.

Many of us are familiar with the feeling of Nothingness in life, where we constantly search for meaning and a sense of belonging. We often realize that our attempts to fill this void are temporary and unsatisfying. While some may believe that external objects or relationships can fill this void, true fulfilment can only be found within ourselves. We remain lost as long as we rely on external factors to fill our inner emptiness.

Psychedelics, when used responsibly, can provide an experience of Oneness. When integrated effectively, this profound sense of unity initiates the journey of self-discovery and connection to our authentic selves. The process of awakening and self-awareness can be challenging, requiring us to unravel layers of conditioning and traumas that have disconnected us from our true essence. This process of understanding, unlearning, relearning, and self-realization is known as integration.

Integration, derived from the root word "entire," involves restoring wholeness and renewing ourselves. It is the process of combining separate elements to create a unified whole. At Shangriballa, we define psychedelic integration as the period following a psychedelic experience, where we make sense of our journey and process insights, memories, and emotions that surfaced. It also involves resolving somatic aspects and aligning our external lives with our inner selves.

Integration poses essential questions: What does it all mean? Who am I? It's as if seeds were planted during the psychedelic session, and integration is the nurturing process from seed to harvest. We believe that external support is crucial during this period, whether through integration therapists, community groups, or supportive friends and family who are non-judgmental. Integration is a relational process; it doesn't happen in isolation.

Non-human support, such as spending time in nature or with animals and engaging in self-care practices like journaling, martial arts, painting, gardening, etc., are also valuable. Integration often requires taking action. If a trauma or challenging memory emerged during the psychedelic experience, what kind of trauma resolution or action is needed now? Similarly, what actions can we take in response if inspiration or insight arose? Responsible medicine use involves our ability to respond, and during the integration period, we must consider how we respond to the material that surfaced within us and the impact it has on our external lives.

At Shangriballa, we use a three-stage process. Preparation, Experience and Integration

Preparing for your experience is the most important part! This guide will assist you in preparing for your retreat/experience, but please feel free to add any other methods not mentioned here.

Intention

In the realm of psychedelics, you may come across a term that has resonated within the community, mentioned by friends or discovered during online explorations. Embarking on a psychedelic journey without a sense of direction is akin to venturing into the unknown without a map or destination. When approaching such an experience, it is essential to establish your intention, which can encompass one or all of the following aspects:

What am I hoping to get out of the experience? Before embarking on the upcoming experience, please take a moment to reflect on what you genuinely hope to gain from it. Give yourself ample time to explore your aspirations and envision the ideal outcome. Remember, there's no need to share this personal guide with anyone else, so be authentic and realistic as you craft your intentions. Direct your focus inward, making these intentions about yourself. It's crucial to fully embrace the responsibility for our lives and everything within them. We aim to empower you to cultivate lasting transformations. Embrace the notion of being your own guru on this

journey.

What is your intention? Write down what you are hoping to get from your experience. What do you want more of in your life. What do you want less of in your life. (Continue on another page if needed)

What am I hoping to get during the experience? As you approach the upcoming experience, please take a moment to contemplate what you truly desire to receive from it. Consider how a psychedelic journey can potentially support you in achieving your intentions. Feel free to include specific aspects or experiences you hope to encounter during your session. This question encourages you to delve into the depths of the psychedelic experience. It may inspire you to conduct research, deepening your understanding of how this modality can aid your personal growth.

Remember, this is your unique journey, and you can create an environment that aligns with your needs and preferences. Whether it's a particular setting, music, prayers, or comforting objects, please inform us before your ceremony so that we can accommodate your requests and ensure your comfort and grounding throughout the experience. Please continue on another blank page if needed.-

Resources

Before formally starting the work, first, take an inventory of all of the resources that are available to you. Create a list of resources. By bringing awareness to your support system, you will naturally relax and be better prepared for a psychedelic experience. These resource lists can also be compiled into collage or mandala form.

Use these lists of resources as a blueprint for your network of support. Map it out and write down specific names and phone numbers. Start making connections and speaking to allies about your process. You don't have to tell everyone what you are doing, just key people you know and love and who support you.

We have a private support group on Facebook where clients can share and find support. There are also several useful resources in the file section of the group. We work with trusted therapists and integration specialists to further assist you so you will always be supported.

Internal Resources

Take a moment to recognize and celebrate the positive aspects of yourself that contribute to your coping abilities. These may include healthy self-esteem, a good sense of humour, and determination. Embrace and appreciate these qualities as they empower you to navigate life's challenges with resilience and grace.

External Resources

Within your support system, you have valuable resources such as close friends, family, and communities you belong to. Additionally, your therapist or integration specialist can provide guidance and support if you have established one. Don't forget to draw strength from your favourite nature trails, special places, beloved pets, and other sources of comfort and solace. These essential pillars contribute to your overall well-being and can provide reassurance during challenging times.

Activities like Yoga, meditation, ecstatic movement, chanting, singing etc If you don't have any it might be a good time to start.

Transpersonal resources

Transpersonal resources encompass the profound support from the Divine, Mystery, Mother Nature, the Unseen World, God, or any other higher power one resonates with. These resources can take various forms, whether imaginal or energetic, spiritual or archetypal. They may involve rituals, ceremonies, prayers, or meditation practices. For instance, one may seek solace and guidance from the Goddess, Hanuman, Jesus, Muhammad, ancestors, or animal spirits. Embracing these transpersonal connections provides a deeper sense of meaning, spiritual nourishment, and a profound source of support on the transformative journey.

Integration

As individuals, we are dynamic and one-of-a-kind, which means our integration process may differ from others. This guide is a compass to help you explore and discover the approaches that resonate with you. Please view it solely as a guide without attaching any rigid expectations. Many people find that certain experiences and insights from their psychedelic journeys tend to fade with time. Therefore, keeping a written record can prove immensely beneficial for future reflection. Utilize the following stages as prompts for your journaling practice. Delve into each stage and write about your experience from that perspective. Take your time with this reflective process, but remember it doesn't need to be exhaustive. Allow your thoughts to flow naturally and embrace the personal insights that arise.

The Experience (Remembering)

Capturing your session experiences in writing as soon as possible while they are still fresh in your mind is highly recommended. Fully engage in this process, utilizing all your senses to recall the details. Reflect on what you smelled or tasted, the sensations you experienced in your body, and any sounds or songs that resonated with you. Embrace the vividness of the moment and let your words bring the essence of the experience to life on paper. By immersing yourself in the full spectrum of your senses, you can preserve the richness and depth of your journey for future reflection and integration.

What did you learn or discover about yourself? Through your journey, what valuable lessons or self-discoveries have you made? Reflect on the profound insights that have surfaced, shedding light on the depths of your being. Additionally, contemplate the new possibilities that have unfolded before you, both in terms of personal growth and the trajectory of your life. Embrace these revelations as catalysts for transformation, opening doors to untapped potential and uncharted paths. Let the wisdom gained from your experience guide you towards a future brimming with expanded horizons and endless possibilities.

Rewinding and Taking Action

In the undoing and taking action stage, we are compelled to make necessary changes in ourselves and our lives. It involves unravelling, unlearning, and dismantling unhealthy patterns that no longer serve us. Some of these transformations occur abruptly, while others unfold gradually and deliberately. We have received numerous accounts where changes naturally unfold over time, but it's important to note that our active participation is still essential.

It is crucial to approach this stage patiently and avoid rushing the process. It is not uncommon for individuals to make significant shifts during this phase, such as relocating, changing careers, ending relationships, or redefining boundaries in primary connections. This stage involves restoring or building a sense of self and self-confidence, aligning our external life, work, and world with our inner needs and soul's desires. Here, integrity is vital, as it shares etymological roots with integration.

Many clients have expressed sentiments like "I can no longer tolerate what I despise; it is detrimental to me" concerning certain jobs, toxic relationships, or behaviours. It is essential to embrace this stage as a natural and healthy growth process.

While it may bring about grief and anxiety, the rewards are worth it as your life moves towards greater alignment. This transformative journey can span weeks, months, or even years, as each individual's path is unique.

What's coming undone now? In this moment, what aspects of your life are unravelling and coming undone? Pause and reflect on what you are letting go of—those attachments, beliefs, or patterns that no longer serve your growth and well-being. Embrace the changes that have already occurred or are currently unfolding. It could be relationships shifting, perspectives evolving, or old habits dissipating. Allow yourself to acknowledge and honour the transformations within and around you. By releasing what no longer resonates, you create space for new possibilities and authentic self-expression. Embrace this journey of shedding the old and stepping into the uncharted territory of growth and self-discovery.

What rules or norms don't work for you anymore in relationships? Reflect on the rules or norms that no longer align with your relationship values and needs. Consider the boundaries that require adjustment or transformation. Identify the limitations or restrictions that hinder your authentic self-expression and emotional well-being. Explore how these rules or norms no longer serve your growth and happiness. Embrace the opportunity to redefine boundaries and establish healthier dynamics that honour your individuality and foster genuine connections. Challenging outdated norms and embracing necessary shifts creates space for relationships that align with your true self and promote mutual respect, understanding, and growth.

Psychedelic medicines tend to "call us out." Psychedelic medicines possess a unique ability to beckon us towards introspection and self-reflection. They shine a light on areas of our lives that have fallen out of alignment. Take a moment to consider what aspects of your life feel askew or out of balance. Reflect on the areas that require a shift for you to reclaim a sense of authenticity and equilibrium. These transformative experiences encourage us to realign with our true selves and create a harmonious existence. Embrace the opportunity to identify what needs to change, paving the way for a life that resonates with your core being and brings a greater sense of inner harmony.

Orienting to Health and Remembering

Embarking on a path of health, self-connection, and personal sovereignty brings forth a process of integration and remembrance. It is akin to rearranging the furniture of our psyche or constructing an entirely new inner abode. As you journey towards feeling good, you may question whether others will recognize the transformed version of you and perhaps even question your recognition of yourself. How much goodness, abundance, and joy can you embrace without becoming overwhelmed? It's important to acknowledge that positive emotions have the potential to overwhelm the nervous system, and it takes time to cultivate our capacity to experience and embrace these uplifting states truly. Particularly if feeling good is unfamiliar territory or has been absent for an extended period. Utilizing various resources such as meditation, ecstatic movements, yoga, and other practices can be beneficial during orienting to health and remembering.

What is it about your experience that feels good? Did you experience this anywhere in the body? Take time to think about your experience, take the same posture you did during the experience and try and remember with the body.

Where in your body can you feel a change or melting away of what no longer serves you?

Explore the expanses of spaciousness and openness within your body and life. Take a moment to tune into the areas where you sense a sense of vastness and freedom. Notice the new life sprouting within you, the seeds of growth and transformation taking root. What novel experiences or endeavours ignite your inspiration? Allow yourself to embrace the curiosity that sparks within, guiding you towards new knowledge and unexplored territories. You embark on a journey of self-discovery and limitless potential by seeking out these realms of spaciousness, openness, and newfound passions. Embrace the unfolding of this new chapter and the boundless opportunities that await.

What practices (art, movement, meditation, etc.) Discover the practices that resonate with you—art, movement, meditation, or other modalities—that you are naturally drawn to and wish to cultivate further. These practices serve as gateways

for expanding your capacity to embrace and tolerate the abundance of goodness in your life. Engage in them wholeheartedly to deepen your connection and allow personal growth to flourish. By nurturing these practices, you open yourself to a richer experience of well-being and joy.

The Reconsolidation of Memories - aka Filing Things Away into the Right Place & Time in History

Witness the remarkable process of memory reconsolidation, a captivating facet of intentional psychedelic experiences and integration. As you embark on this journey, you'll witness overwhelming and traumatic memories finding their rightful place and time in history. Rather than overpowering the present moment, these memories are gracefully organized and categorized, ensuring they no longer dominate your nervous system. Your focus shifts to the present while still acknowledging the intricate details of past traumas, now securely positioned in the depths of history. Psychedelics possess a profound ability to restructure, conclude, and neutralize traumatic memories. Even the smallest changes signify the potential for profound transformations and deserve recognition as meaningful progress. Embrace this awe-inspiring process as you navigate the path of healing and growth.

What's in the past now? Release the burdens of the past and embrace the present moment. What once consumed your energy and attention is now left behind. Step into the current year and let go of what no longer serves you. Consider mapping a timeline, chronicling the significant events that have shaped your journey. Acknowledging these dates gives you clarity and perspective on your life's path. Embrace the power of now and leave the weight of the past behind as you move forward with purpose and renewed vitality..

What does it feel like inside your body now that those things are filed away into the past? Experience the profound shift within your body as the weight of the past is gently filed away. Notice the spaciousness and lightness that now reside within. Feel the freedom as those burdensome memories find their rightful place in history. Allow your body to revel in the present moment, unencumbered by the weight of past experiences. Embrace the sensations of release and renewal as your inner being finds solace and peace.

What effort will you make to keep these things filed in the past where they belong? Commit to maintaining a healthy boundary between the past and the present. Cultivate self-awareness and mindfulness to recognize when old patterns or memories resurface. Practice grounding techniques, such as deep breathing or meditation, to anchor yourself in the present moment. Engage in self-care activities that nourish your well-being and support emotional resilience. Seek support from your network of loved ones or professionals when needed. Embrace the power of conscious choice and actively choose to let go of the past, reaffirming your commitment to a brighter future.

A New Beginning

Now that you have cleared the trauma and experienced a fresh start in life embrace the possibilities. Past traumas no longer define Your sense of self, allowing you to explore your potential and pursue new paths. Open yourself up to inspiration, pleasure, love, and deeper connections. Nurture your creativity and engage in activities that bring you joy. Embrace a mindset of curiosity and explore new avenues. Shift from a defensive mindset to an exploratory one, focusing on growth and expansion. While unity consciousness experiences may be perplexing, rely on your tools and maintain a strong connection to yourself throughout the journey. Keep moving forward, building a life filled with possibility and fulfilment.

What's possible now that wasn't possible before?

Translation and Service

As we integrate our psychedelic journeywork, our lives undergo inevitable changes. While the experiences themselves are profound, the translation of those insights into tangible transformations in our daily lives hold great significance. This stage of integration requires both time and intentional effort. It beckons us to acquire new skills and embrace healthy risks. It is common to feel a strong desire to assist others after deep healing and transformation. However, this stage often entails significant work. A peak experience may spark a brilliant idea, inspiring a complete life change or initiating a new business venture. Yet, realising these aspirations may require years of dedication and strategic planning. It is crucial not to rush through this stage, as doing so can lead to panic and potentially undermine the progress achieved.

In what ways do the profound insights, imagery, and sensations from your journey reshape your daily life and your impact on the world? What aspects outside of your being have transformed as a result?

How would your loved ones and friends characterize the noticeable changes in your personality or demeanour?

In what ways could your community experience positive outcomes or improvements as a result of your personal integration journey? This phase of the integration process may span several months or even years, and that's perfectly acceptable and expected.

Next Steps

Is there a definitive point at which we can consider ourselves fully integrated? The integration process doesn't have a clear-cut endpoint. As time passes, the integration work may feel more or less complete, and you might find yourself contemplating another psychedelic journey. While some individuals feel strongly inclined to work with the medicine again soon after their initial experience, it is advisable to follow this guide to ensure that you have derived maximum benefit from your first encounter. However, certain substances may require longer intervals between sessions. It is important to self-assess your relationship with psychedelics and determine if you are prepared for your next experience. To aid in this reflection, consider the following questions:

Is your current relationship with psychedelics beneficial to you? Can you provide specific instances of how they contribute to your personal growth, relationships, and overall well-being?

—

What potential benefits or outcomes can I expect from another psychedelic session at this point in my journey?

Have you felt a sense of integration with your most recent psychedelic journey?_____

—

Does the psychedelic approach you employ or desire to employ have a significant impact on your physical well-being? How is your overall health and immune system holding up? What were the effects of your previous session on your physical health?_____

Disclaimer: This book serves as an informational guide and is not intended to replace professional medical care or therapeutic treatment. The reader assumes full responsibility for applying the material provided within these pages. The author and publisher cannot be held accountable for any physical, psychological, legal, or social consequences that may arise from the use of psychedelic substances or their derivatives. Although the publisher and author have carefully prepared this book, they do not guarantee its accuracy or completeness. Furthermore, this book does not offer legal or medical advice; it is advisable to consult a licensed professional when necessary.