

INTEGRATION

MICRODOSING INSTITUTE

TODAY'S LEARNING

☑ Process of integrating expanded or altered states of consciousness:

- Altered State or Experience
- Awareness
- Insights
- Taking Action





INTEGRATE:

To make whole





Altered State or Experience

A state of mind that differs from the normal state of consciousness





Altered State or Experience

A state of mind that differs from the normal state of consciousness

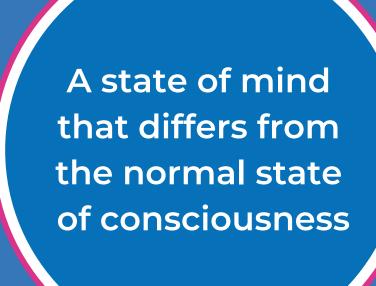
Can include:

- trauma
- panic
- dreams
- sleep deprivation
- breathwork
- childbirth
- psychedelics





Altered State or Experience



Altered states are portals for transformation.





Altered State or Experience

A state of mind that differs from the normal state of consciousness Altered states are portals for transformation.

Intentional altered states can be portals for guided and sought after transformation.

An intentional microdosing journey can be a portal for transformation that you are seeking.



Altered State or Experience



Observation or Awareness

Benefits and challenges of your experience trigger reflection

Intentional reflection can deepen and accelerate this process

Journaling,
sessions with
your partnerguide and
monitor, sharing
circles





Altered State or Experience



Observation or Awareness



Insights or Learnings



Altered State or Experience



Observation or Awareness



Insights or Learnings

What have these benefits and challenges taught you?





Altered State or Experience



Observation or Awareness



Insights or Learnings



Action





Altered State or Experience



Observation or Awareness



Insights or Learnings



Action

Microdosing is not a quick fix or silver bullet

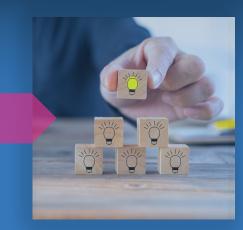




Altered State or Experience



Observation or Awareness



Insights or Learnings



Action



Wholeness or Integration



A SUCCESSFUL MICRODOSING PROCESS



Guided by an Intention



Altered State or Experience



Observation or Awareness



Insights or Learnings



Action



Wholeness or Integration



COMMON MISTAKE:

BELIEVING THAT THE PROCESS
STOPS WITH THE INSIGHT;
NOT TAKING ACTION ON DEEP
LEARNINGS.



ACTIVITY:YOUR PERSONAL INTEGRATION STORY



Altered State or Experience



Observation or Awareness



Insights or Learnings



Action



Wholeness or Integration

WEEKLY REFLECTIONS

- Ol Are you bringing awareness to your states and experiences?
- **02** Have you had revealing insights?
- **03** Are these insights related to your intention?
- **04** What actions can you take to integrate your insights?





INTEGRATION TOOLS

O1 Share your reflections in your journal:
Reflections section: Have you done, felt or
thought of something different from the
usual?

02 Share your reflections with your facilitator/monitor/partner-guide



