



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

INTEGRATING AN ALTERED STATE



Altered State
or Experience

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

INTEGRATING AN ALTERED STATE



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

INTEGRATING AN ALTERED STATE



Altered State
or Experience

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

Altered states are
portals for
transformation.

INTEGRATING AN ALTERED STATE



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.

INTEGRATING AN ALTERED STATE



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 partner-
guide and
monitor, sharing
circles

INTEGRATING AN ALTERED STATE



Altered State
or Experience



Observation or
Awareness



Insights or
Learnings

INTEGRATING AN ALTERED STATE



Altered State
or Experience



Observation or
Awareness



Insights or
Learnings

What have
these benefits
and challenges
taught you?

INTEGRATING AN ALTERED STATE



Altered State
or Experience



Observation or
Awareness



Insights or
Learnings



Action

INTEGRATING AN ALTERED STATE



Altered State
or Experience



Observation or
Awareness



Insights or
Learnings



Action

Microdosing is
not a quick fix or
silver bullet

INTEGRATING AN ALTERED STATE



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

- 01** 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

- 01** 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