



Safe Spaces Integration Guide

This is the end of the experience with us but it will not be the end of the healing and integration process. One of the most important aspects of any meaningful psychedelic experience is the integration. The intention of this guide is to provide you with some essential information that may assist you during this. This may help on how to process the experience and incorporate the experience, insights or lessons, and how to make concrete, meaningful and long-lasting changes into daily life. We recommend to maintain and integrate a healthy rhythm and lifestyle, practice meditation, yoga or other self-care techniques that you enjoy and work for you (For example physical exercise, spending time in nature, journaling).

Always feel free to contact us for a private integration session via skype or in person with us.

After the experience

- Ideally, give yourself some days to recover and integrate. In the day after, your body and mind might still feel tired and a need to rest, relax and integrate
- Always pay attention to your (body's) needs. Treat yourself to some extra care & comfort
- Maintain the healthy diet and lifestyle (Preferably long-term, but at least for a while)
- Keep avoiding substances that will distract you from integration of the experience, either by overstimulating you or numbing too much down
- Maintain and integrate mind/body/spirit practices that you enjoy and work for you
- Spend time on introspection and self-reflection, use journaling & art tools to get a grip on thoughts and the reflection on your experience
- Spend time outside and in nature
- Connect to others that understand your experience. It could be interesting to connect to worldwide psychedelic or conscious communities, and visit psychedelic integration circles in real life or online.
- Psychedelic experiences can bring up issues that are buried deep within. If you need more help to integrate, do not hesitate to seek for professional help (Preferably a psychedelic friendly therapist to whom you can speak openly about your experience)
- Write down dreams. After a psychedelic experience, your dreams may be extra vivid. Your dreams may show you things that might have a specific meaning or messages to you
- Write a plan about the changes you want to make and integrate into your life. Start new practices, remove old practices, and do not hesitate to ask for help and assistance.



What is healing?

Nowadays there is a lot to read and learn about healing, but what is it and what practices contribute to it? First of all healing is a life-long journey; It does not begin when consuming truffles, and it is not over after the experience. Some people find it beneficial to work annually with psilocybin truffles. Every truffles experience is unique and brings what is needed at that moment in time. The deeper the wounds, the more layers might need to be peeled off to discover relief. There are many different methods that can be applied; The key essence of all tools is to silence the mind, release resistance and allow the well-being that is always inside of you. Returning to your natural state which is joy, love and wellbeing.

Healing is this daily cleansing and unlearning of patterns of self-protection that once kept you safe. Try to let go with gratitude for they once served you well. Embodiment of love is the biggest service that can be provided to yourself, others and humanity. This path to relief is found by shedding old layers, beliefs and thinking patterns. Know that you are supported, you are not alone, although you may feel alone at times.

Everyone is on their unique path and that which works for another, may not work for you. The most important thing is therefore to listen closely to your body needs and inner wisdom. In the end you know best what is good for you and what you need. Often there are no shortcuts in the healing process. We believe that life will always give you what you need so the best is to just relax, calm down and trust the process of life.

Healing may ask from you to:

Body

- Stretch and move, practice physical exercise or yoga (Any exercise, Dance, Tai Chi)
- Eat healthy and more alive, non-processed, local, vegetable or vegan foods as a medicine
- Detox
- Breathe consciously
- Relax and get enough sleep
- Walk barefoot
- Use etheric oils
- Get a massage
- Visit a practitioner; Physiotherapy, osteopathy, physical exercise trainer

Mind

- Be gentle and patient with yourself. The mind will always believe what it is told; so feed it silence, faith, truth, love and kindness. Choose your own thoughts that empower you.
- Practice more self-love and compassion; this is the basis of a healthy relationship to yourself and others
- Make peace with where you are;



- Practices; Journaling, set intentions, affirmations, meditation, mindfulness, hypnosis, yoga, relaxation and visualization techniques, music, art or creative therapy, support groups
- Visit a practitioner; Psychologist, therapist or hypnotherapist

Spirit

- Make time for doing nothing and resting; just Being
- Make space for transformation and time to contemplate and empty your mind
- Create time for developing new, healthy habits and behaviors
- Be honest about how you feel to yourself and others
- Have courage to try new practices
- Have faith in yourself and in the process
- Spend time in solitude and silence to connect to yourself
- Listen more to your inner voice
- Show appreciation and gratitude
- Stop watching news, newspapers or anything that is upsetting you or drains your energy
- Spend time in nature, be creative, play music
- Visit a practitioner; Craniosacral therapy, energy healing, reiki,
- Practices: Anything mentioned above and anything that lights up your spirit!

Best wishes,

The team @ Safe Spaces Amsterdam
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