Beyond the Trip



A JOURNAL FOR PSYCHEDELIC PREPARATION AND INTEGRATION

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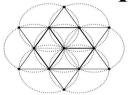
This journal holds many thoughts and ideas that I <mark>am</mark> grateful to have had. I would be very thankful to you if you returned this journal to me:

Name:
Address:
Phone:
Email:



YOU are the medicine

Beyond the Trip



A JOURNAL FOR PSYCHEDELIC PREPARATION AND INTEGRATION

Matt Zemon, MSc

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Beyond the Trip

A Journal for Psychedelic Preparation and Integration

By Matt Zemon, MSc

ISBN: 979-8-9862674-5-6 (Hardcover) ISBN: 979-8-9862674-6-3(Paperback)

Portions of this journal were originally created with Wolf Shlagman for HAPPÝÝ and are used with permission. I am grateful to Wolf for his generosity of spirit, his passion for the transformational power of psychedelic medicine, and his belief in the human promise.

First printing edition 2023.

Psyched Publishing, LLC www.mattzemon.com

PSYCHED

Disclaimer

This book relates to the authors' research on best practices related to the preparation and integration of psychedelic journeys. Neither the writer nor the publisher can be held accountable for any physical, psychological, or legal outcomes that may arise from consuming psychedelic substances.

It is a criminal offense in the United States and many other countries, punishable by imprisonment and/or fines, to manufacture, possess, or supply some of these medicines. This book is therefore intended to provide readers with information but does not encourage illegal activity, including but not limited to the unlawful sale, purchase, or use of controlled substances.

Please do not treat this book as medical advice, diagnosis, or treatment. Talk to your medical provider about your specific health-related questions. Never disregard professional medical advice or delay in seeking it because of something you have read in this book







With heartfelt reverence, this journal is dedicated to the indigenous communities spanning the Earth, who have preserved the sacred knowledge and traditions of psychedelic medicines through countless generations. It also honors those seekers who embark on the journey of inner exploration and connection to the transcendent, as they harness the transformative power inherent in these sacred medicines.

"Psychedelics, used responsibly and with proper caution, would be for psychiatry what the microscope is for biology or the telescope is for astronomy. These tools make it possible to study important processes that under normal circumstances are not available for direct observation."

-Dr. Stanislav Grof, MD

Psychiatrist with 60+ years of experience in research of non-ordinary states of consciousness

"I think psychedelic medicine has the potential to help heal the wounds of those suffering from racial trauma and bring healing to the consciousness of those who perpetrate and perpetuate racial violence."

> -Monica T. Williams Clinical psychologist, author, and certified Psychedelic Therapist

"Life lived in the absence of the psychedelic experience that primordial shamanism is based on is life trivialized, life denied, life enslaved to the ego."

> -Terence McKenna Author

"Reflect on the mysterious truth that, if you turn your attention inward, you can become aware that you are aware. When you do so, an indisputable and profound inner knowing arises that is at the core of our humanity: We recognize that we are all in this together, and an impulse for mutual caretaking arises. I believe that exploration of this inner knowing through contemplative and other spiritual practices can result in a profound, uplifting shift in worldview; a waking up to a sense of freedom, peace, joy, and gratitude that many people simply find unimaginable."

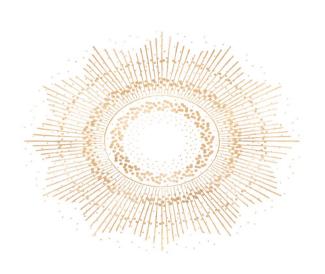
-Roland Griffiths, Ph.D. Johns Hopkins University

"I understood that our entire universe is contained in the mind and the spirit. We may choose not to find access to it, we may even deny its existence, but it is indeed there inside us, and there are chemicals that can catalyze its availability."

 -Alexander "Sasha" Shulgin, Ph.D. Chemist, biochemist, pharmacologist, psychopharmacologist, and author

"Psychedelics can act as catalysts for personal and spiritual growth, helping us to shed old patterns and beliefs, and embracing new ways of being that are more in alignment with our true selves."

-Rachel Harris, PhD Psychologist and Author



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Welcome

In the vastness of human experience, there lies an extraordinary opportunity for awakening, a path illuminated by the wisdom of our ancestors, the mystics, and the silent whispers of the universe. We embark on this journey to unveil the truth hidden within, to remember our inherent worth, and to embrace the power of love that permeates our very existence. For many, the exploration of psychedelic medicines offers a gateway to a deeper understanding of the self and the world, forging a connection with the divine that dwells within each of us.

This journal, a sacred space for introspection and transformation, has been lovingly crafted to guide you through the preparation and integration of your own personal voyage into the realms of expanded consciousness. Within these pages, you will find a multitude of tools designed to assist you in embracing the wisdom that emerges from the depths of your being, as you traverse the landscape of your inner world.

As you set your intentions before embarking on your psychedelic experience, allow the power of mindfulness and presence to guide your thoughts, opening your heart to the potential for healing, growth, and self-fdiscovery. Through intention-setting exercises, you will create a clear vision of your purpose and aspirations for your journey.

Following your journey, this journal offers a sanctuary for the recollection and processing of the insights and revelations that have arisen during your experience. The journey trackers, with thoughtfully curated prompts, will serve as a compass, helping you navigate the terrain of your inner landscape and illuminating the lessons that have emerged from the depths of your consciousness.

Over the course of four weeks, you will delve into the process of integration, weaving the threads of your experience into the fabric of your daily life. As you engage with these exercises, you will begin to see the patterns that have shaped your existence, allowing you to gently dissolve the barriers that have kept you from embodying your true essence. With each step, you will cultivate a renewed sense of harmony and alignment between your actions and values, nurturing the seeds of transformation that have been planted within.

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For thirty days, immerse yourself in the practice of gratitude, embracing the beauty and abundance that surrounds you in every moment. Through these gratitude journals, you will foster a deep appreciation for the gifts of life, inviting a sense of contentment and joy to permeate your being.

In moments of stillness, engage with the coloring exercises contained within these pages, allowing your attention to be fully absorbed in the act of creation. As you explore the intricate patterns and shapes, you will find yourself enveloped in a state of mindfulness, a respite from the cacophony of the external world.

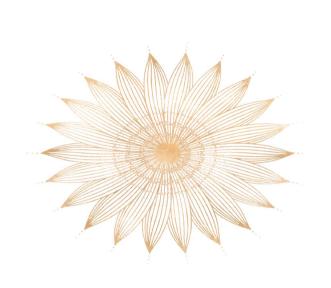
As you journey through this process, may you awaken to the profound truth that you are enough, that you are loved, and that you possess the innate wisdom to discern the path that is right for you. Through your connection with the divine, whatever that means to you, may you come to embody the essence of your highest self, living a life of authenticity, harmony, and boundless love.

Let this journal be your trusted companion, a beacon of light guiding you through the depths of your inner world, as you embark on the sacred yovage toward your most radiant self.

Reclaim your true self.

Matt Zemon, MSc Chapel Hill, NC





How To Use This Journal

This journal is crafted to accompany you in preparing for a psychedelic ceremony and during the four weeks that follow your journey. Allow yourself the space to contemplate the prompts and engage in the exercises during this period.

Before your psychedelic journey: Engage in Preparation and Intention Setting exercises.

During and immediately after your psychedelic journey: Capture and reflect with the Journey trackers. (Multiple journey trackers are included for those who attend multiceremony retreats.)

In the four weeks following your psychedelic journey:

Week 1: Engage in "The Release" exercises.

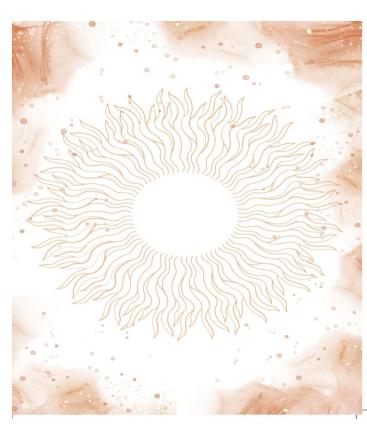
Week 2: Explore "New Sensations" exercises.

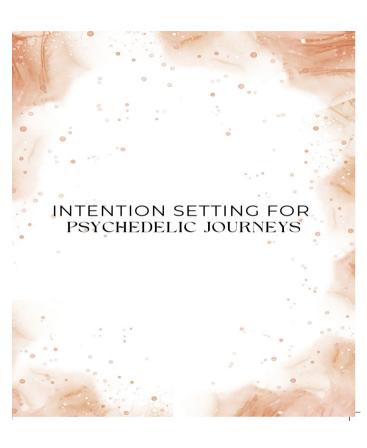
Week 3: Delve into "Revisiting The Past" exercises.

Week 4: Contemplate with "Envisioning the Future" exercises.

Daily: Practice gratitude and reflection journaling.

As Desired: Make time for Creative Play.





"Be smarter every day by listening to your intuition, looking at the world with your forehead. Jump, dance, sing, so that you live happier. Heal yourself, with beautiful love and always remember...You are the medicine." -Maria Sabina Mazatec curandera

Discovering Your Intention

Establishing an intention brings your motives and desires into the awareness of the conscious mind, setting the atmosphere and laying the foundation for each psychedelic journey. This section offers promots to help you begin.

Examples of intentions:

- Guide me towards a deeper understanding of my true essence and purpose.
- Reveal the aspects of my life that require transformation for greater alignment with my inner being.
- Uncover the hidden wisdom within me, enabling me to access my intuition more fully.
- Show me how to release attachments to past experiences and limiting beliefs that no longer serve my highest good.
- Assist me in embracing the present moment, cultivating mindfulness and inner peace.
- Enlighten me on how to embody unconditional love, for myself and others.
- Illuminate the roots of my fears and guide me in transcending them.
- Reveal the patterns within my relationships that need healing and growth, and help me cultivate deeper connections rooted in love, understanding, and compassion.
- Show me the aspects of my personality that require transformation, enabling me to embody my authentic self and express my truth with grace.
- Unveil the path to genuine forgiveness, guiding me to release the burdens of the past and cultivate a heart filled with compassion, understanding, and inner peace.

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re there any unresolved matters in your li	ife that call for your attention?
you could choose one thing to relinquish	right now, what would it be?
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Support

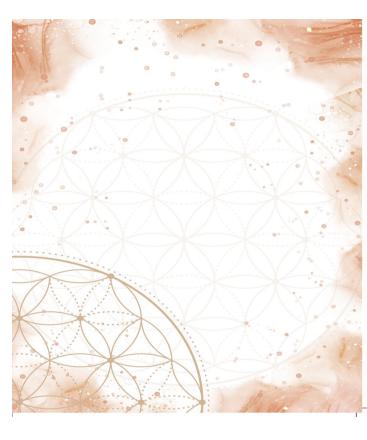
Before commencing the integration journey, take a few moments to gather a list of all your support resources, both within and without. Use the space provided to note your external, internal, and transpersonal sources of support. These resources can offer the assistance you may need throughout your journey. Do not hesitate to seek help and quidance when necessary.

External support comprises elements in your environment that

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Journey Tips

Release expectations

Every psychedelic experience is different, so don't try to plan it out. Just let go and accept what is presented.

Prepare your mind, body, and spirit

Physically prepare by eating a healthy diet and fasting for at least four hours before each experience. Give yourself adequate time and space to feel ready, and remember to ground yourself after each experience. Different medicines may require more specific preparations.

Set an intention

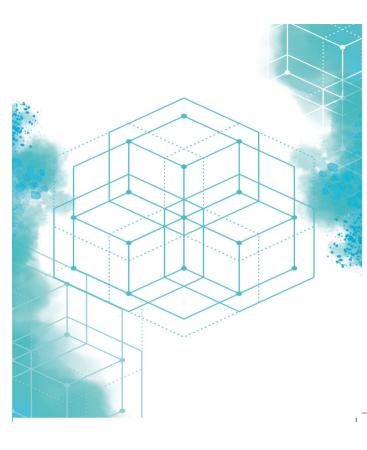
No need to over-complicate this. Make sure you have at least one intention for every journey and write it down in your Journey Tracker.

Give it time

Not every journey leads to immediate insights or transformations. Everyone is unique and every day is different. There are also potential shifts happening in your body that may not correspond with how you feel.

Do the work

The medicine is a catalyst for change and connection, but the integration process is the most important part. Keep showing up for yourself and continue to do the work.







"We can pray about all we want to, but there has to be action in our prayer. We have to meet our creator. We have to work towards that prayer."

-Sandor Iron Rope President of the Native American Church of South Dakota

What is psychedelic integration?

After an expansive psychedelic experience, you may find yourself asking, "What comes next?" Integration is the process of aligning with our authentic selves, often perceived as a sense of unity, wholeness, and peace. This sensation can manifest in various ways, depending on our individual journeys, ultimately guiding us toward our true purpose and potential.

Psychedelics serve as a portal for exploring the depths of the Self and the universe we inhabit. They allow us to uncover hidden aspects of our being and the world that remain concealed in everyday life. This revelation can be deeply transformative, offering fresh perspectives and understanding of existence. The term "psychedelic" stems from the combination of psyche (mind, soul, spirit) and delos (to clarify, reveal).

The word "integration" conveys a profound meaning that is often lost in translation. It originates from the Latin term "integrare," meaning "to make whole" or "to begin anew." It also derives from the French word "intégration," which denotes the "act of assembling the components of a whole." Essentially, integration involves merging separate elements into a unified entity, whether it involves uniting individuals into a community or blending various aspects of one's personality.

The growth catalyzed by a psychedelic experience can challenge our rigid identity structures and beliefs, leading to significant realizations and transformations. However, this may also weaken the structures that provide stability and protection. Learning to embrace this newfound freedom and let go of rigidity is essential for effective integration.

Integration Exercises

The exercises that follow serve as a path of integration for individuals after their psychedelic journeys.

- 1. Journey Trackers: Documenting and Reflecting
- 2. The Release exercises
- 3. New Sensations exercises
- 4. Revisiting the Past exercises
- 5. Envisioning The Future exercises

For each exercise, mindfully read the provided prompts, instructions, guidelines, and questions, then record your unique experiences in relation to each stage. While the initial step of using the journey tracker for documenting and reflecting is completed after each journey, the subsequent four exercises unfold over four weeks. Through this process, you may uncover patterns that may have otherwise remained hidden. Be present with these recurring themes, allowing insights to a rise from them.

The benefits of the integration process may take months or even years to become fully evident, and this is entirely natural. Your community may also witness various advantages from your progression through this journey. Some of these effects may manifest immediately, while others may require a more extended period to unfold. The essential element is to remain patient and continuously work towards your goal.

Psychedelic medicine acts as a catalyst for transformation, rather than being the remedy itself. The exercises within this book have been chosen to support you in maximizing the growth that emerges from each experience.





Journey Tracker 1 Documenting and Reflecting

DATE: / /	Medicine:	
Mindset going in:	Intensity:	4 5
My intention with this journey was	5:	
Which aspects of this journey sta magery, sensations, and/or emoti		mories, visua

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Journey Tracker 2 Documenting and Reflecting

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Mindset going in:	Intensity:	4) (5)
му intention with this journey was:		
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ect of your experience that feels profoundly transf	formed now?
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elements of this journey were truly unforgettab ve? Were you surprised by anything? In which r der, and when did you perceive yourself holding b	moments did you fully
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1	Note: it is recommended that you take at least two weeks before implementing any major conclusions you have reached.
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Journey Tracker 3 Documenting and Reflecting

DATE: / /	Medicine:	
Mindset going in:	Intensity: 1 2 3 4 5	
My intention with this journey was:		
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Which aspects of this journey stand out imagery, sensations, and/or emotions that		ual

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Journey Tracker 4 Documenting and Reflecting

	Medicine:	
Mindset going in:	Intensity:	4 5
My intention with this journey was:		
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		mories, visual
Which aspects of this journey stand of imagery, sensations, and/or emotions t		mories, visual

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Week One: The Release

As we rediscover our sense of self and self-confidence, or perhaps cultivate them for the first time, we often experience a profound yearning to harmonize our outer worlds with our inner needs. Integrity, characterized by honesty and strong moral principles (the essence of integration), becomes indispensable. The journey of growth and change, though challenging, is crucial for aligning with our true selves. We may feel an urgent call to adapt our external lives in order to better nurture our deepest desires and souls' longing. This process can be demanding, yet it is invaluable if it leads us to live more authentically.

Remember that this transformation may unfold over several months. During this phase, it is not uncommon for individuals to change careers, end relationships, relocate, or set healthier boundaries within relationships.

Which aspects of your life require adjustments to align more closely with your

authentic self and achieve a sense of balance?

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Week Two: New Sensations

Embarking on a journey centered on health and well-being can be an extensive process. This week's exercises were designed to help you reflect on how you have been feeling during the past weeks.

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Week Three: Revisiting the Past

Safe and effective processing of challenging memories is often facilitated through psychedelic experiences. Memories that might have previously overwhelmed and paralyzed an individual or have been concealed can shift, allowing them to be remembered and addressed in a more manageable manner. Psychedelic journeys offer a powerful means of confronting, reorganizing, and neutralizing challenging memories.

In which areas of your life can you affirm with absolute certainty, "This is in the

past" and "I am done with this"? Flahorate on this

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Week Four: Envisioning the Future

The profound and peak experiences we encounter during our psychedelic journeys can significantly impact our lives. While these experiences hold value in themselves, transforming these moments into tangible external changes in our day-to-day lives necessitates time and intentional action. This is an exhilarating time as we begin exploring our personal potential and uncovering what truly brings us joy.

What possibilities lie ahead for you that were previously unattainable?

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"How long will this last, this delicious feeling of being alive, of having penetrated the veil which hides beauty and the wonders of celestial vistas? It doesn't matter, as there can be nothing but gratitude for even a glimpse of what exists for those who can become open to it."

-Alexander "Sasha" Shulgin, Ph.D. Chemist, biochemist, pharmacologist, psychopharmacologist, and author



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The root of joy is gratefulness. - David Steindl-Rast

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HOW COULD I HAVE MADE T	ODAY BETTER?

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We suffer more often from imagination than from reality.
- Seneca

THREE THINGS I AM GRATEFUL FOR AND WHY:
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THREE GOOD THINGS THAT HAPPENED TODAY:
HOW COULD I HAVE MADE TODAY BETTER?
FREE FLOW THOUGHTS OR NOTES FROM TODAY:

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A flower does not think of competing to the flower next to it.

It just blooms.

- Zen Shin

HOW DO I FEEL RIGHT NOW?

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What you think you become. - Gautama Buddha

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HOW COULD I HAVE MADE TODAY BETTER?
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A grateful mind is a great mind which eventually attracts to itself great things.

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HOW COULD I HAVE MADE TODAY BETTER?

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It is not how much we do, but how much love we put into doing.

-Mother Teresa

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Our life is what our thoughts make it. - Marcus Aurelius

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Be careful how you are talking to yourself because you are listening. -Lisa M Hayes

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I was complaining that I had no shoes till I met a man who had no feet.

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	DW COULD I HAVE MADE TODAY BETTER?

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Join with those who sing songs, tell stories, enjoy life... because happiness is contagious. -Paulo Coelho

HOW DO I FEEL RIGHT NOW?

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Part of being optimistic is keeping one's head pointed toward the sun, one's feet moving forward.

- Nelson Mandela

THINGS I AM GRATEFUL FOR AND WHY:
GOOD THINGS THAT HAPPENED TODAY:
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Be happy for this moment. This moment is your life.
-Omar Khayyam

THREE THINGS I AM GRATEFUL FOR AND WHY:
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THREE GOOD THINGS THAT HAPPENED TODAY:
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HOW COULD I HAVE MADE TODAY BETTER?
FREE FLOW THOUGHTS OR NOTES FROM TODAY:

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Gratitude will shift you to a higher frequency, and you will attract much better things. - Rhonda Byrne

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Just one small positive thought in the morning can change your whole day.

- Dalai I ama

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Be here, now.

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Everything will be okay in the end.

If it's not okay, it's not the end.

- John Lennon

HOW DO I FEEL RIGHT NOW?

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THREE GOOD THINGS THAT HAPPENED TODAY:

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Knowing others is intelligence; knowing yourself is true wisdom.

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There is nothing either good or bad, but thinking makes it so. - William Shakespeare

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Happiness is an inside job. -William Arthur Ward

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If you can change your mind, you can change your life.
- William James

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Let gratitude be the pillow upon which you kneel to say your nightly prayer. - Mava Angelou

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This moment is all there is.

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You are what you repeatedly do. - Aristotle

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You can't stop the waves, but you can learn to surf.
- Jon Kabat-Zinn

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THREE GOOD THINGS THAT HAPPENED TODAY:
HOW COULD I HAVE MADE TODAY BETTER?
FREE FLOW THOUGHTS OR NOTES FROM TODAY:

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Life wastes itself while we are preparing to live.
- Emerson

HOW DO I FEEL RIGHT NOW?

THREE THINGS I AM GRATEFUL FOR AND WHY:

THREE GOOD THINGS THAT HAPPENED TODAY:

HOW COULD I HAVE MADE TODAY BETTER?

FREE FLOW THOUGHTS OR NOTES FROM TODAY:

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The more grateful I am, the more beauty I see.
- Mary Davis

THREE THINGS I AM GRATEFUL FOR AND WHY:
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THREE GOOD THINGS THAT HAPPENED TODAY:
3
HOW COULD I HAVE MADE TODAY BETTER?
FREE FLOW THOUGHTS OR NOTES FROM TODAY:

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Thoughts become things... choose the good ones!
-Mike Dooley

HOW DO I FEEL RIGHT NOW?

THREE THINGS I AM GRATEFUL FOR AND WHY:

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THREE GOOD THINGS THAT HAPPENED TODAY:

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HOW COULD I HAVE MADE TODAY BETTER?

FREE FLOW THOUGHTS OR NOTES FROM TODAY:

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You'll never find rainbows, if you're looking down... - Charlie Chaplin

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THREE GOOD THINGS THAT HAPPENED TODAY:
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HOW COULD I HAVE MADE TODAY BETTER?
FREE FLOW THOUGHTS OR NOTES FROM TODAY:

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Happiness is when what you think, what you say, and what you do are in harmony.

—Mahatma Gandhi

HOW DO I FEEL RIGHT NOW?

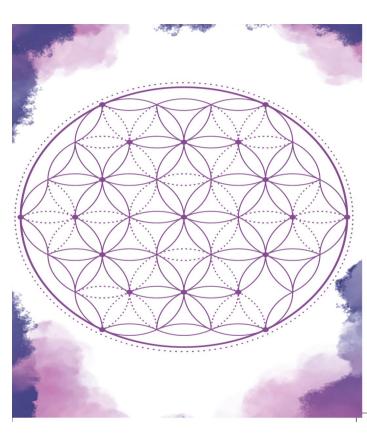
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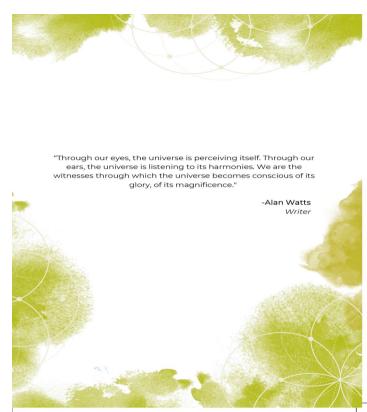
If you want to be happy, be.
-Leo Tolstoy

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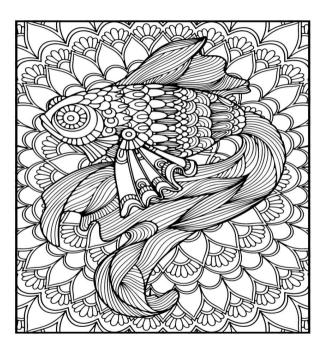


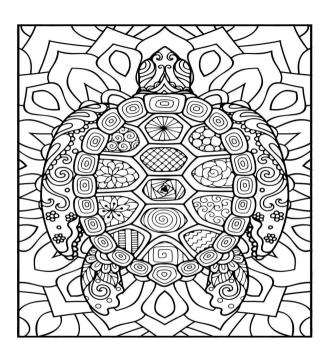
In coloring, one finds a precious respite from the constant whirl of everyday existence, allowing you to engage in a soothing endeavor. It serves to mitigate tension while directing your focus toward your emotional landscape. As you engage in coloring an image, your awareness is anchored to the present moment, allowing you to appreciate the splendor of the illustration fully. This practice is a potent method for nurturing mindfulness.

The pages within this portion of the journal offer an ideal sanctuary for relaxation, attentiveness, and creative exploration. The elaborate designs invite you to delve into the world of color and form, fostering an oasis of tranquility and present-moment awareness.









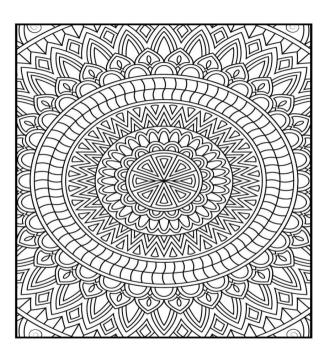


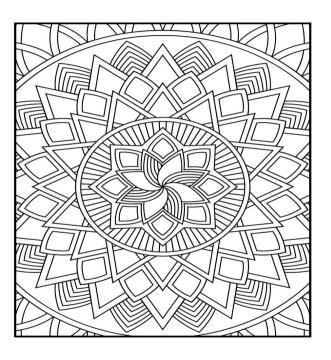


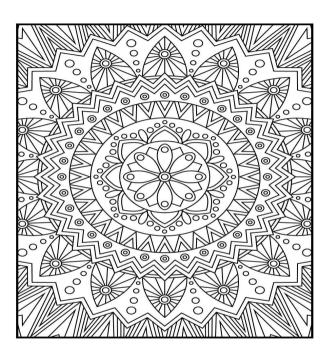


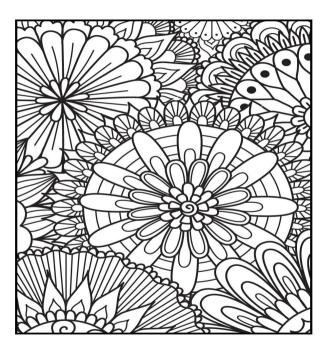


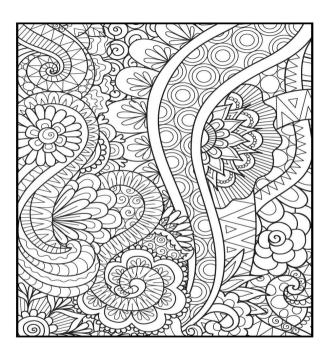




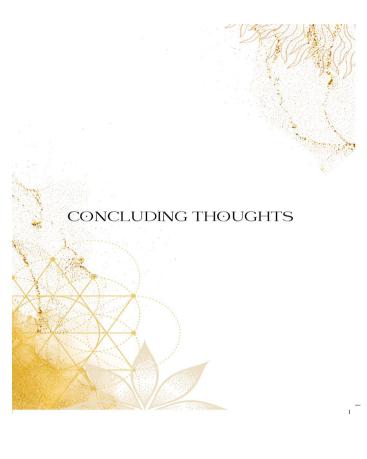


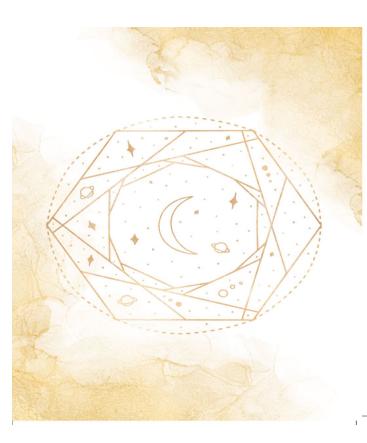














"For working purposes, you might separate the personal, the community and the planet, but within the vision, the cosmology of Indigenous communities of the Amazon rainforest, you do not separate the individual from the community from the planet, that's fictitious. Individual health is collective health, collective health includes the territory. We're talking about one ecosystem which is inseparable and it's very important to view it as one.

-Miguel Evanjuanov.

Inga from Colombia, engineer, and member of UMIYAC (the Union of Indigenous Medics and Yageceros of Colombia)

A New Path

As you now stand at the threshold of a new beginning, having journeyed through the depths of your inner world, embraced the wisdom of the psychedelic experience, and engaged with the transformative power of this journal, remember that the path of awakening is an ongoing process, one that unfolds within the ever-evolving tapestry of life

In this sacred dance of existence, it is essential to surround yourself with a community of like-minded souls, those who share your quest for higher consciousness and who can uplift, support, and shower you with love. Seek out the consciousness communities in your area, for it is within these nurturing spaces that you can truly flourish and continue to explore the depths of your being.

Be mindful of what you allow into your sacred temple, whether it be the nourishment of your body, the words that echo in your mind, or the images that captivate your gaze. For it is through the conscious choices you make each day that you shape the landscape of your reality, cultivating a life that is in harmony with your true essence.

As you integrate the insights and revelations of your psychedelic journey into your everyday existence, seek out opportunities to connect with others on a deeper level. It is through these authentic connections that we can truly embody the love that dwells within each of us, creating a world where compassion, understanding, and unity prevail.

Remember to revisit the pages of this journal from time to time, to remind yourself of the profound experiences that have shaped your path and to rekindle the fire of transformation that burns brightly within your heart. For it is through the ongoing practice of reflection that we remain connected to the essence of our being, ensuring that the wisdom we have gained continues to inform our journey.



Through your psychedelic process, may you come to know, beyond the shadow of a doubt, that you are enough. That you are loved. That within you resides a wellspring of wisdom, waiting to be tapped into and shared with the world. May you recognize your innate connection to a higher power, whatever form it may take, and trust that you possess the discernment to choose what is right for you.

Let this journal be a testament to your commitment to aligning your actions and values in all aspects of your life, a reflection of the inner transformation that has taken place within the sanctuary of your soul. As you walk the path of awakening, remember that you are a beacon of light, a radiant expression of the divine, and an essential part of the tapestry of existence.

Carry with you the lessons, insights, and love that have arisen from your journey, and let them illuminate your path as you continue to explore the infinite landscape of consciousness. For it is in the ongoing dance of awakening that we come to know the true depths of our being, embracing the sacred gift of life with open hearts and boundless love.

Go forth, fellow traveler, into the world, and may the light of your radiant soul shine brightly upon all those you meet along the way.



About the Author

Matt Zemon, MSc, is a dedicated explorer of the inner world, and a passionate advocate for the thoughtful and responsible use of psychedelics. With a Master of Science in Psychology and Neuroscience of Mental Health with honors from King's College London, Matt has studied the effects of psychedelics on the mind and the potential for these experiences to serve as a catalyst for positive transformations.

His work in this field is motivated by a profound desire to help people navigate the sometimes challenging terrain of the psychedelic experience, and emerge from it with a deeper sense of purpose, connection, and understanding. To reclaim their true self-

Matt is the author of the Amazon Best-Seller, Psychedelics for Everyone: A Beginner's Guide to these Powerful Medicines for Anxiety, Depression, Addiction, PTSD, and Expanding Consciousness. As an entrepreneur in the wellbeing sector, Matt has co-founded various companies, including HAPPYY, a mental wellness company specializing in psychedelic-assisted ketamine therapy, Psychable, an online community connecting people who would like to explore the healing power of psychedelics with a network of practitioners and psychedelic-based treatments, and Take2Minutes, a nonprofit dedicated to helping individuals improve their mental health and wellbeing.

For inquiries regarding speaking engagements, please visit www.mattzemon.com.





You are enough. You are loved. Reclaim your true self.

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