



The Veteran's Guide to Psychedelics A Preparation and Integration Workbook

A hard copy of this workbook will be sent to you (at the address you provided in your Enrollment Request Form). You will be sent an email letting you know when it is on route. If you have moved since completing your Enrollment Request Form (ERF) and need it sent to another address or did not receive a copy (prior to receiving your Welcome Packet) for any reason, please let us know at operations@heroicheartsproject.org.

This workbook will be your companion throughout your HHP retreat program. It offers structure, support, and wisdom to help you prepare for your journey and integrate the insights that follow. Through journey logs and reflective exercises, you'll be able to capture the indescribable and weave the wisdom of your experience into your everyday life.

Topics include:

- Types and effects of psychedelic substances
- The importance of setting intentions
- Creating an optimal environment for your journey
- Best practices for integration
- Guidance for overcoming potential challenges
- With this foundational knowledge and additional resources, you'll be empowered to embark on an informed and transformative journey. Remember, every experience is unique, and you may receive specific guidance from your facilitator.

Preparation: Preparation is key to a safe and insightful psychedelic experience. This section provides comprehensive tools and exercises to enhance your mental, physical, and spiritual readiness.

Mental and Spiritual Preparation:

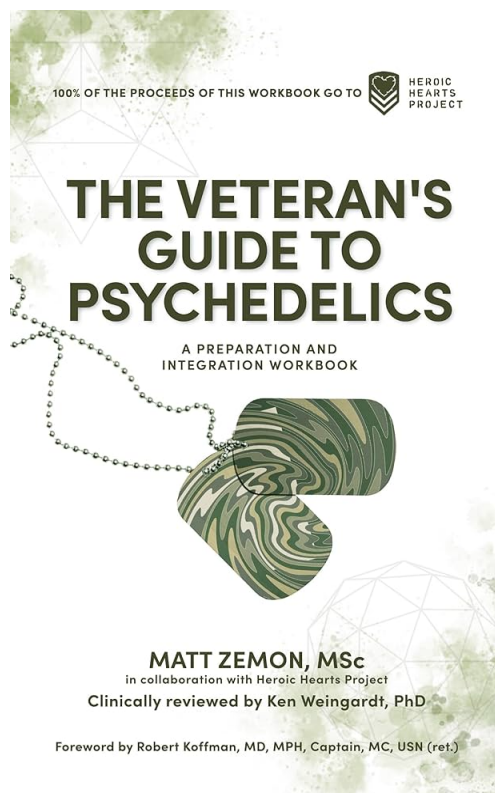
Meditation Practices

Intention-Setting Exercises

Physical Preparation:

Dietary Recommendations

Physical Health Tips



Homelife and Relationship Preparation:

Creating Supportive Spaces

Communicating with Loved Ones

Reflective Journaling Exercises:

Self-Awareness

Discovering Your Intentions

Identifying Your Support System

Meditation Exercises

Packing Essentials for a Psychedelic Retreat:

Comfort and Aid

Through these exercises and checklists, you'll have a structured approach to preparing for your psychedelic journey, addressing all facets of readiness.

The Journey: Adaptable to your unique experience, the Journey Logs provide structures to record your thoughts, feelings, visions, and revelations at each stage of your exploration. This mindful practice unlocks the full potential of your transformative experience.

Integration: The period following your psychedelic experience is rich with change. This section includes weekly themed exercises to help you identify and process these developments:

Week 1: Embracing Change and Cultivating New Habits

Week 2: New Sensations

Week 3: Revisiting The Past

Week 4: Envisioning the Future

If you would like to share a copy with another veteran, [this Veteran's Guide to Psychedelics is also available for purchase online](#), with 100% of proceeds going to Heroic Hearts Project.

Heroic Hearts Project also has available [a Therapist/Coach version of the Veteran's Guide to Psychedelics for purchase online](#) that bridges theoretical knowledge with practical application to support veterans through their psychedelic experience. It enhances the role of a therapist or coach, ensuring veterans feel understood, valued, and empowered, while promoting broader acceptance of psychedelics in mental health.