

The Integration Navigator

Redefining Set & Setting

April, 2022 (v1)

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In **microdosing**, Set & Setting is not about preparing for a specific moment in time like a ceremony or trip. Since microdosing is a permanent part of a microdoser's daily life, it means permanently taking care of a number of integration elements, with the final objective of achieving a **successful microdosing process**.

Our team has developed the **Integration Elements Framework**, identifying **50 integration elements** that can surround a microdosing process, which can be useful to consider for microdosers and microdosing practitioners in their path towards a successful process.

Integration Elements of Result (18): Results a microdoser can experience. They are impacted by integration elements of care and integration elements of support.

Integration Elements of Care (24): Most of these elements would certainly surround a microdoser's daily life during their process. They can impact results with benefits or challenges.

Integration Elements of Support (8): Complementary and usually external elements that can aid a microdoser's process. They can impact results with benefits thus helping achieve a successful process.

We created a tool, the **Integration Navigator**, that Microhuasca's practitioners use to track Benefits (B) or Challenges (D) that come up every week (plus a baseline) in each of their users across the 50 integration elements.

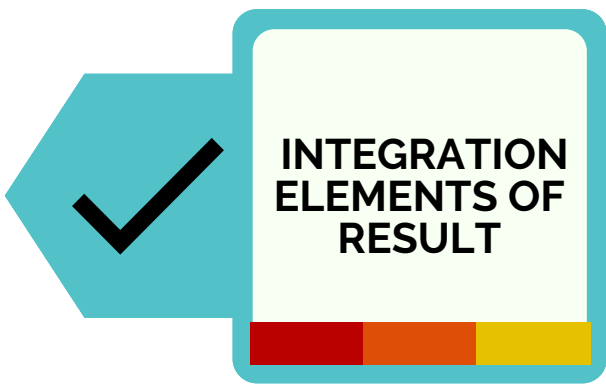
This means a lot of data. Now, approximately every 2 months, Microhuasca receives new groups of microdosers and both the *Integration Elements Framework* and the *Integration Navigator* receive a new upgrade, fully shaped from data analysis from the previous groups and dozens of interviews and designing in community with our practitioners. In 10 months, the Integration Navigator has gone through 10 iterations and has data from over 15,000 tracking notes from 20 practitioners and over 100 microdosers.

We mostly refer to microdosing in this document, but this Set & Setting framework could be equally applicable, with adaptations, to macrodosing and other portals to access expanded states of consciousness. The *Integration Elements framework* is a branch of the *Model of Learning and Action with Expanded States of Consciousness* by the same team, which explores the Integration Elements of Result as a path towards the successful consciousness-expansion process within this context.

With love to our friends of the International Microdosing Association, from the team at:



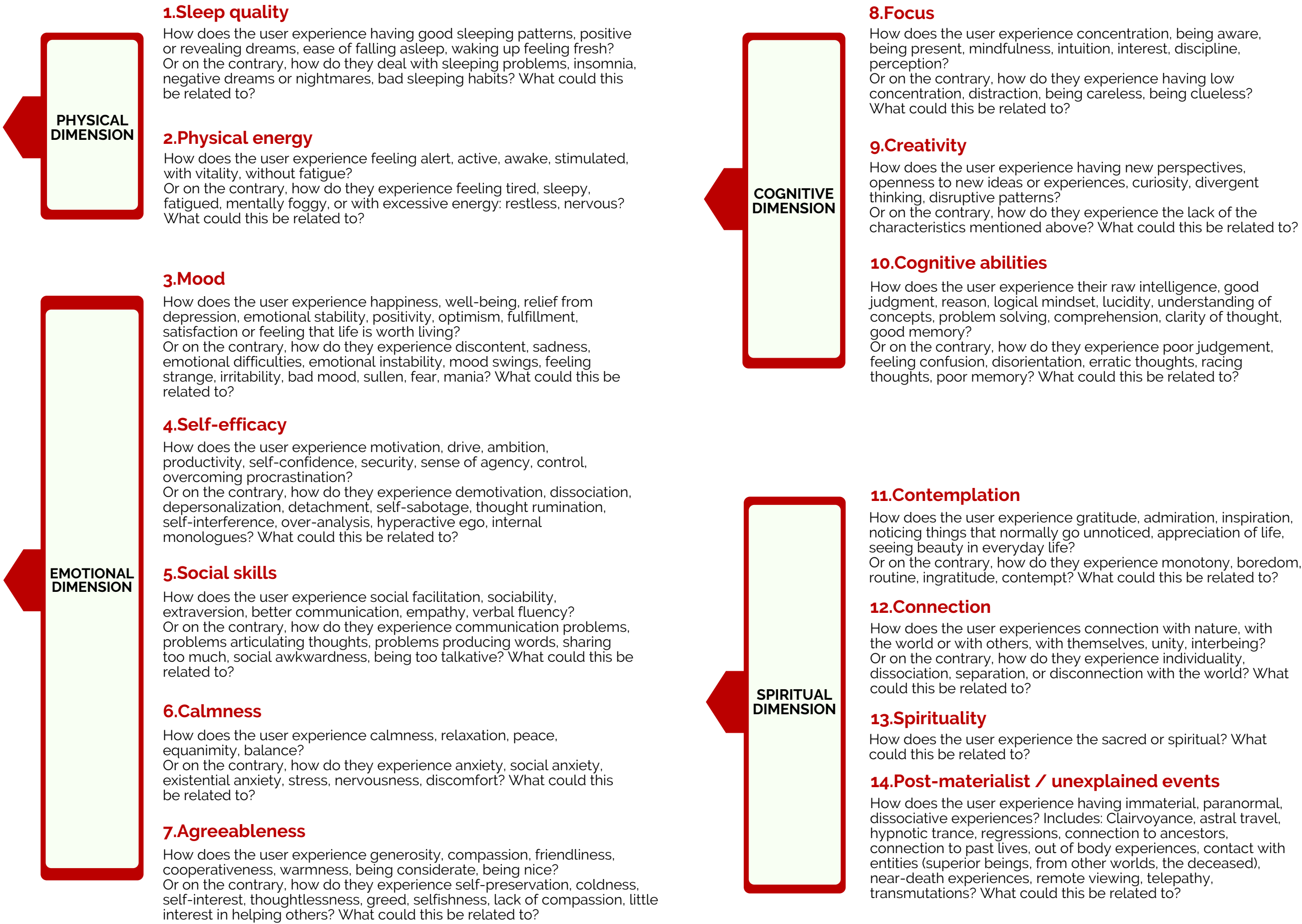
The Framework: The 50 Integration Elements



Results a microdoser could experience. The path towards a successful microdosing process*.

EFFECTS, STATES OR EXPERIENCES

The first manifestations in a microdosing process. For lasting change, we see this as a first step.



LEARNING AND ACTION

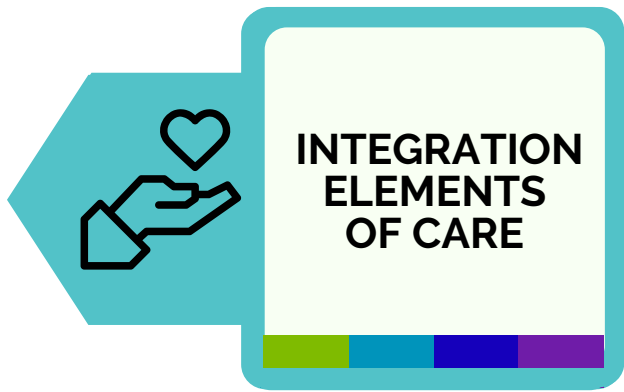
Some states or experiences lead to learnings and insights, and some of these should be acted upon if the user wants to pursue change.



* A **successful microdosing process** is the ultimate goal and why we're here. We'd love to agree on its definition in community. For now, ours is: *"When a microdoser considers they've achieved results they're comfortable with. Results could take the form of (1) learnings/insights that may or may not have the potential for change, or (2) changes (big or small)."*

For users whose final goals are changes, we've agreed that actionable learnings/insights/good experiences by themselves are most of the time not enough without taking action. We can celebrate them as successes, but remembering they are the first steps.

This definition of success considers that the objective of the microdosing process is the betterment of oneself (eg. in health, self-development). This might apply differently for other objectives, such as recreational ones.



Elements that surround a microdoser’s daily life. Related to harm reduction and other areas, they can impact results through benefits or challenges.

INTENTION

INTENTION

19.Intention
What is the user's intention for their process? Does it require rephrasing or refocusing? User feels progress and clarity? Are they aware of other ways to reach their intention?

20.Other motivations
How the user navigates new motivations that appear that may or may not be related to their intention?

HEALTH AND CONSUMPTION

PHYSICAL AND MENTAL HEALTH CONDITIONS

27.Health conditions (active or inactive)
How does the user's physical, psychological or psychiatric health conditions impact their process? Ask for conditions, diagnoses, previous surgical interventions and/or relatives with worrying health history. Pay attention to new conditions or relief of conditions.

USE OF THE PORTAL

HOW TO MICRODOSE

21.Dosage and Calibration
How does the user navigate their dosage amounts and calibration period? How do they decide and fluctuate their ideal dosage for the day? Suggested dosage unit: "% from a full dose". Pay attention to calculation errors or sudden changes.

22.Dosing days and hours
How dosing in their selected schedule impacts their process. Pay attention to errors, forgetfulness, or sudden changes.

23.Relationship with the substance
Which substance is the user taking? Have they fostered a conscious connection with it?

ATTITUDE AND MINDSET

24.Commitment to the process
How does their willingness and commitment to carry out personal work have an impact on their process?

25.Openness / Mental barriers
How being open-minded or closed-minded impacts their process? Pay attention if this changes. How do they experience denial, rejection, self-judgment, self-ignorance, lack of motivation to improve, resentment? What could this be related to?

26.Expectations about the process
How having expectations impacts their process? Are they an aid or a challenge for their process?

CONSUMPTION OF FOOD AND OTHER SUBSTANCES

28.Nutrition
How food and 'dieta' impacts their process? It is suggested to avoid red meats, fats, sweets, processed, artificial or spicy food. Pay attention to changes in their relationship with food.

29.Medications and supplements
How taking medications or supplements impacts their process? (synthetic or natural). It is suggested not to medicate and passing a filter before microdosing, but pay attention if for some reason they should take medication. Pay attention to changes in consumption habits or their relationship with these substances.

30.Common stimulants
How consuming or avoiding caffeine, theine, energizers, etc. impacts their process? Pay attention to changes in consumption habits or their relationship with these substances.

31.Psychoactive substances
How the use or its relationship with cigarettes, alcohol, marijuana, cocaine, etc. impacts their process? Pay attention to changes in habits or attitudes or their relationship with these substances.

ENERGY AND ENVIRONMENT

ENERGY CARE

32.Leisure and fun
How leisure and fun activities they carry out impact their process.

33.Money and materialism
How their relationship with money, material things, their personal economic situation, personal or family assets, material ambitions, etc. impact their process.

34.Sex / Sexuality
How their sexual energy, libido, contact with pleasure, eroticism, sexual identity, among others, impact or are impacted in their process.

35.Menstruation / Ovulation
How feminine cycles impact their process. Pay attention on how/if they change with microdosing.

36.Use of electronic devices
How being close to electronics or TV screens, PCs, mobile phones, etc. impacts or are impacted in their process.

37.Dense situations or concerns
How other situations that are emotionally or energetically charged impact their process.

SETTING CARE

38.Social, cultural, political context
How the external context that they cannot control impacts their process.

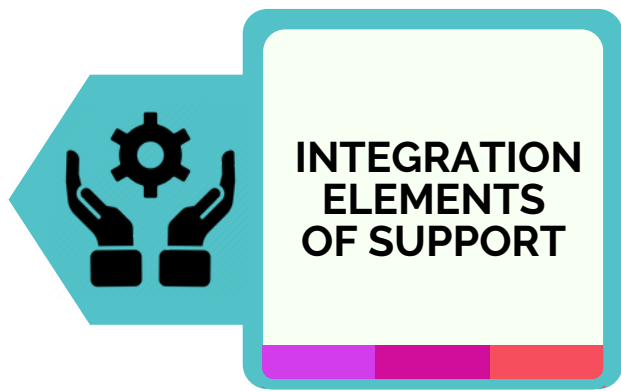
39.Personal and social relationships
How their relationships with family, partner, friends, others (from outside to inside) impact their process.

40.Work or Academics
How their work or academic contexts impact their process.

41.Physical environment
How their physical environment (spaces they frequent or new ones) impacts their process.

AMPLIFIERS

42.Use of Amplifiers
How contact with nature, meditation/prayer, breathwork, listening to music, artistic practices, dancing, physical exercise, isolation or other portals to amplify states of consciousness impact their process.



Complementary and usually external elements that can aid a microdoser to achieve a successful process.

PROFESSIONAL AND COMMUNITY SUPPORT



43.Receiving close support from a professional

How receiving professional one-to-one support and accompaniment by a trained facilitator, guide, monitor, therapist, coach, healer, etc., impacts their process.



46.Sharing experiences in community

How sharing their microdosing experiences as a group impacts their process: Sharing circles, virtual channels, safe spaces, etc.

47.Listening to community experiences

How listening to microdosing experiences from a group impacts their process: Sharing circles, virtual channels, safe spaces, etc.



44.Receiving close support from other microdosers

How receiving non-professional one-to-one support from a microdosing peer or partner impacts their process.

45.Giving close support to other microdosers

How providing accompaniment (professional or non-professional) to the microdosing process of others (the user being a peer/partner, facilitator, therapist, coach, etc. impacts their personal process.

EDUCATION AND EXPERIENCE



48.Knowledge or experience in personal development practices

How performing or educating themselves about personal development practices impacts their process. eg: therapies, programs, studies, retreats, coaching, rituals, etc. (individually or collectively)

49.Knowledge or experience in psychedelics or similar forms of consciousness expansion

How educating themselves or having experience in the use of psychedelics, plant medicine (macro or micro) or other similar methods of expanded states of consciousness impacts their process.

USE OF REGISTRY TOOLS



50.Journaling

How does keeping a historical record of their experience impact their process?

The Integration Elements, along with other frameworks, are building blocks that practitioners and creators in the Latin American microdosing space are using today to build or execute programs, protocols and tools that always put users' goals first.

Every element could be a separate field of psychedelic studies by themselves, and microdosers and practitioners in Peru and other plant medicine friendly regions are feeding this framework with field data and valuable contributions in a way that we are building foundations together as a decentralized autonomous organization ([DAO](#)) called **Cosmovision**. We are working towards a future with open sourced protocols, programs or resources that enable safe access to successful consciousness expansion processes, in health and even other areas, like education.

Everything we create adheres to these objectives:

- Above all, help people achieve successful psychedelic processes
- Gather actionable data for research (citizen science), development and execution (**scientific researchers become scientific creators**), to:
 - Build open-sourced powerful tools, protocols, programs or products that can be immediately applied in the field in countries like Peru or The Netherlands, and iterate quickly and easily.
 - Keep track of individual users' integration elements and their challenges in time, as a live backlog for one to one interventions.

If you are a practitioner, researcher or creator in the psychedelic/consciousness space and profit is not your most important metric, please [contact us](#).

The Tool: The Integration Navigator

Currently on its 10th iteration, we're permanently refining the Integration Navigator as a tool that goes beyond tracking data from the 50 Integration Elements, but also making it useful for practitioners and creators in the psychedelic space to better help users and build useful tools towards this goal.

The Microhuasca team is honored to be acknowledged by experienced microdosers and professionals as having one of the most complete and effective frameworks in the microdosing space, and we want to share soon our methods and results in detail with the world.

1st iteration (apr 2021) - image 1



8th iteration (oct 2021). Facilitators use spreadsheets to weekly monitor Benefits(B) and Challenges(D) in integration elements and register their tracking notes. - image 2

PERIODO 6G (Oct-Nov 2021) // MONITOR O FACILITADOR -->			CASO N° 140									
Categoría	Elemento	Definición para el facilitador	Antes de las microdosis - Semana 0 (Línea Base) -		Semana de calibración - Semana 1 de toma -		Semana de toma - Semana 2 de toma -		Semana de toma - Semana 3 de toma -		Ser - Ser	
			¿Beneficio o Desafío?	Observaciones	¿Beneficio o Desafío?	Observaciones	¿Beneficio o Desafío?	Observaciones	¿Beneficio o Desafío?	Observaciones	¿Beneficio o Desafío?	
I. COMPONENTES DE RESULTADO												
Los pasos para llegar al resultado final deseado: El camino hacia el cambio duradero.												
Intención												
Intención	Intención aterrizada	Cuál es su intención según la ve esa semana. ¿requiere reafirmarse o reenfozarse? Durante el proceso ¿sienten avances y/o claridad?	B		B		B		B		B	
	Otras motivaciones	Cómo navega nuevas motivaciones que aparezcan y puedan estar o no relacionadas a la intención.	B/D		B/D		B/D		B		B	
1: Estados o Efectos: ¿Qué siente?												
Dimensión Física	Calidad de sueño	Me despierto fresco y descansado.	B		D		B/D		B/D		B/D	
	Energía física	Me siento activo y con vigor.			B/D		B		B		B	
Dimensión Emocional	Ánimo	Me siento animado y de buen humor.	D		B/D		B/D		B		B	
	Autoeficacia	Confío en mi capacidad para hacer frente a las cosas.	D		B		B		B		B	
	Habilidades sociales	Me va bien relacionándome.	B/D		B/D		B/D		B		B	
	Tranquilidad	Me siento en calma y relajado.			B/D		B/D		B		B	
	Amabilidad	Trato a los demás con consideración.	B		B/D		B/D		B		B	
Dimensión Cognitiva	Foco	Dirijo mi atención completamente a lo que realizo.	D		B		B/D		B		B	
	Creatividad	Afronto situaciones de forma ingeniosa.	B/D		B		B/D		B		B	

We still have much work to do and we feel the only way to move forward is in community. **We're currently looking for help in open sourcing our complete frameworks**, tools, and aggregated data in a safe way, to be able to create powerful and useful open tools that get better as more organizations, professionals and users use it. Expertise in **IP, DAOs, Web3, tokenomics** and **team culture needed**.

Our team currently conforms three organizations:



Microhuasca is a Peruvian organization that runs a 6-Week [Program for Ayahuasca Microdosers](#) and a 12-month [Microdosing Professional Certification Program](#), where practitioners learn through microdosing themselves and supporting users from our 6-Week Program.

Our frameworks and formats have been successfully adapted internationally in institutions like Microdosing Institute (NL) and Cercle Transpersonal (ES), which led us to create **Cosmovision** to further develop projects in the fields of sacred medicines, mental health and self-development.



Cosmovision is a DAO (Decentralized Autonomous Organization) that unites psychedelics professionals to create and execute initiatives together in community. Initiatives can be psychedelics programs, protocols or other related products or services for mental health and self-development, with users first in mind.

We're building an impact-based economy where community members (currently Microhuasca's users and practitioners) are compensated from their involvement in open projects and its impact on users actually achieving successful processes.



Endocosmic Foundation

[Endocosmic](#) builds or backs early stage initiatives on applications for consciousness/post-materialist science and helps them transition to the lab and into the public.

Initiatives are built around consciousness expansion practices like psychedelics, spirituality and the arts. We explore applications for fields like health (mental and physical healing), self-development (coaching) education (optimized learning, critical thinking), communications (remote viewing, ancestral memories, space/time travel), entertainment (true metaverse), among others.

We believe that, if done consciously, all applications can help users foster new worldviews of unity, love and care that could help in reforming society into a more beautiful world.

Let's unite.

If you'd like to join, partner up or just get more information please contact
Álvaro Zárate: alvaro@microhuasca.com

ABOUT THIS DOCUMENT:

This document is a draft summary by Microhuasca and Cosmovision. This version of this document was built to be shared with members of the International Microdosing Association (IMA) community. **You are free to distribute this document without alterations.**

If you find this material useful for the development of your organization or professional practice, [we'd love to meet you](#) and explore possibilities together.