

Journey Guidelines

1. General

- **Feel good** about your guide. *This is very important.*
- Consider your diet and possibly eating lighter, less heavy foods, less processed foods, more fruits and vegetables. Possibly fast for a few days.
- Clarify personal **preconceptions** about psychedelic / **entheogen experiences** in general.
- Reflect on personal **understanding of mystical experiences, cosmic consciousness**, and God/Goddess or the Divine.
- **Set intention.** Possible work with prayer if you are so inclined.
- Realize that there are **three stages** to the journey: preparation, the journey, and integration. **Set aside** adequate time for the entire experience.

2. Set (*internal landscape*)

- **Feel** reasonably well **prepared** for the coming session.
- Have a good **understanding** of the general **flow of time** and likely types of internal visions and external changes anticipated during a session
- Have a **positive overall mindset** with respect to the coming session.
- Have spent part of the day **before** the session quietly in **preparation**.
- **Free from unusual** or intense suicidal, dark, or otherwise **troubling thoughts**.

3. Setting (*external landscape*)

- A **private, safe, comfortable** indoor **space** for the session's duration.
- Soft **pillows** and **blankets** available.
- **Music** capability: headphones, ear buds or speakers available in accordance with Voyager's preference.
- **Water** for Voyager and Guide.
- Adequate **restroom** facilities.
- Have otherwise **minimized** likelihood of **external interruptions**.
- **Agree on whether outdoors is safely** accessible for latter part of session.

4. Substance

- **Understand** likely overall **effects** from entheogen at chosen dose.

5. Session

- **Create intentional, sacred space.**
- Agree to keep unnecessary conversation to a minimum.
- An appropriate **sitter is available** to care for the Voyager **at the end** of the session and after the session.
- **Feeling physically well** (or well enough) to go forward with session.
- **Prepared to let go** of expectations about session, let go of personal concerns about relationships, personal issues and habits. And, each experience, feeling or visual event as it occurs.

6. Post-Session Situation and Sitter

- **Post-session Sitter**, ideally a friend or relative with psychedelic experience, **identified** ahead of time.
- Prepared to spend the **day after** the session **integrating** insights and experiences.
- Will **not make any major life decisions** – other than immediately stopping toxic behaviors — for at least the first few weeks.