



Journey Day Guidebook
Trip Without Falling



Disclaimer

Entheo is a community of people supporting safe and responsible use of psychedelics for the benefit of themselves and their communities. Informed by scientific evidence and experts in the field, Entheo provides an educational, pragmatic step-wise approach and a best practice guideline to reduce harm and facilitate safe and ideal experiences for people who are interested in learning about or using psychedelics such as psilocybin, LSD and MDMA for self-discovery in a private setting. Entheo does not encourage, endorse, or promote any illegal activities or reckless drug use. Entheo bears no responsibility for anyone's decision to do so or the outcome of any psychedelic experience, but does recognize millions of people use psychedelics outside the medical context, with or without good process. Entheo wants to provide a good process so you can increase the likelihood of a positive experience, but ultimately it is you the user who bears full responsibility.

Entheo does not endorse the use of drugs, but fully endorses harm reduction. Harm reduction is a pragmatic, compassionate, and evidence-based approach to lessening the harms associated with drug use. Harm reduction is also a movement that recognizes the rights of drug users to explore non-ordinary states of consciousness as safely as possible. Even though some drugs are safer than others, all drugs do carry risk, even psychedelics.

It is important to keep in mind that taking the right steps to educate and prepare for a psychedelic journey, does not preclude someone from a difficult experience. With this in mind, use the following book as a resource to navigate risk, facilitate self-discovery, and optimize the experience.

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Journey Day Checklist

To get started, begin by reviewing the Self-discovery essentials:

Self-Discovery Essentials

- | | |
|--|--|
| <input type="checkbox"/> Grounding technique ready | <input type="checkbox"/> Plan made for difficult experiences |
| <input type="checkbox"/> Psychedelic tested | <input type="checkbox"/> Grounding technique or mantra ready |
| <input type="checkbox"/> Comfortable clothing | <input type="checkbox"/> Mindset tended to |
| <input type="checkbox"/> Cell phone on silent / airplane mode | <input type="checkbox"/> Setting tended to |
| <input type="checkbox"/> Music lists prepared | <input type="checkbox"/> Intention set |
| <input type="checkbox"/> Decluttered private room | <input type="checkbox"/> Journal and pen ready |
| <input type="checkbox"/> Loose ends tidied up | <input type="checkbox"/> Water |
| <input type="checkbox"/> Trip Sitter educated and aligned | |
| <input type="checkbox"/> <i>Solo trip</i> : advised someone of your travel plans | |

Other Considerations

- | | |
|---|---|
| <input type="checkbox"/> Eyeshades, curtains shut, lights off | <input type="checkbox"/> Art supplies |
| <input type="checkbox"/> Fully charged headphones or speaker | <input type="checkbox"/> Photos of loved ones |
| <input type="checkbox"/> Inspiring quotes or pictures | <input type="checkbox"/> Meaningful items or trinkets |
| <input type="checkbox"/> Musical instruments | <input type="checkbox"/> Candles, incense or essential oils |
| <input type="checkbox"/> Plants or flowers | <input type="checkbox"/> Light and healthy snacks |

Notes

Safety Considerations And Mindset Advice

As a next step, review the Safety Essentials checklist.

Safety Essentials

- You have researched your psychedelic, completed a medical screen, and understand the potential risks even when accounting for good processes.
- You had your psychedelics tested, determined the desired dosage that is best for you and it's now ready for consumption.
- If you have a trip sitter, you two are aligned. If you are traveling solo, you have told someone about your travel plans.
- The set and setting has been optimized and you have made the necessary preparations based on your preferences that bring you a sense of safety and comfort.
- You have tools to take into the journey, such as a mantra or grounding techniques in case things get tough.
- An intention has been set and there has been some thought given to how to nurture and support yourself for the days and weeks following the experience.

Next, consider how to cultivate the ideal mindset to take into the experience:

Here are some 24-hr countdown considerations to cultivate the right mindset:

- Prioritize sleep the night before. Eat healthy and hydrate.
- Get some exercise.
- If possible, get out in nature.
- Meditate on your intention.
- Journal or reflect on your intention.
- Tend to the setting and prep your music list.
- Rehearse your mantra.
- Keep a light schedule and tie off loose ends.

Set and Setting Reflection

Answer the following writing prompts about 24 hours prior to your journey.

How will you prepare your mindset?

What is your ideal setting and how will you create this?

What is your intention for this psychedelic journey?

Safety Reflection

If a difficult experience arises, what is your plan? Do you have tools or techniques to help? Have you practiced them?

If a difficult experience arises and you have a trip sitter present, how would you prefer they assist?

What other specific worries or concerns do you have? How can you accommodate for these?

Final Prep

Date / Time:

Date Of Drug Testing:

Type Of Psychedelic And Dose:

Who Else Is Present Or Knows About Your Travel Plans?

Emergency Contact Information:

*Health concerns or medications to be aware of
(i.e. SSRIs, unstable cardiovascular issues, mental health history, etc.)*

What is your current mindset? How are you feeling?

The Psychedelic Experience

Capture your insights and experience here.

Trip Journal

Complete these writing prompts hours or 1 day after your psychedelic experience.

How was your experience?

What were you feeling?

How are you feeling now? How does your body feel?

*What did you learn? Did you have any insights or visions?
Were they profound or subtle?*

What can you note about your...

Visual, Mental, Emotional or Spiritual Experience.

What did you have challenges letting go of? What did you let go of?

What did you learn about your intention?

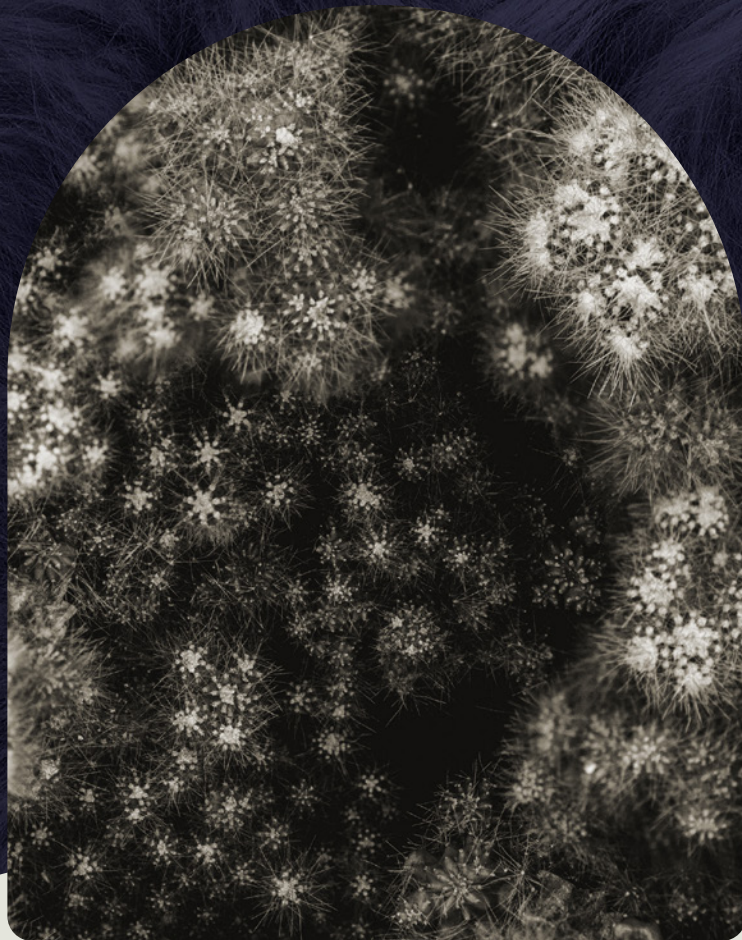
Has there been a shift in your thinking about yourself, your circumstances, a particular problem, your environment etc?

How does this experience inform your integration over the next few weeks?

How was your preparation leading up to the journey? What would you do differently? What would you keep doing?

Notes





Self Care After Your Journey

The shift from a psychedelic journey back to normal waking consciousness is quite stark and at times challenging. If you have taken psilocybin, LSD or MDMA, some report an ‘afterglow’ of acceptance, warmth, openness and relaxation. Conversely, some report feeling emotionally flat, depressed and exhausted for a few days afterwards which may feel like you have run a marathon, both physically and emotionally. Whatever you are feeling, right after your journey, it is good to check in with yourself to tend to your physical and emotional needs.

Self-Care 101

Tending To The Physical, Consider:

- Rehydrating with water or herbal tea
- Eating something light such as fruit, soup or crackers.
- Have a shower and change into a fresh set of clothes.
- Take it easy, be gentle and go slow as you regain your energy and strength.
 - └ A quiet walk in nature may be one way to do this.
- Eating something light such as fruit, soup or crackers.

Self-Care 101

Tending To The Physical, Consider:

- Reflect and journal on your experience.
- Prioritize rest and sleep.
- Meditate, listen to light music.
- Discuss your experience with a trusted friend or family member.
- If you need immediate emotional support consult with your primary healthcare provider and consider calling the [Fireside Project](#), a psychedelic support line.

Day 2 And Beyond After Your Journey

- Gently integrate:
 - └ Discuss your experience with a trusted friend or family member.
 - └ Journal your experience and your daily reflections.
 - └ Commit to not making any big changes for at least 1-2 weeks after your journey.
 - └ Use this time to re-energize, journal and reflect.
 - └ Connect with a registered psychotherapist such as a psychologist or counselor to explore your experience further.
 - └ **Refer to the [Integration Guidebook](#) for more detailed guidance on processing and making sense of the psychedelic experience.**



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