



Journey Preparation Book
Trip Without Falling

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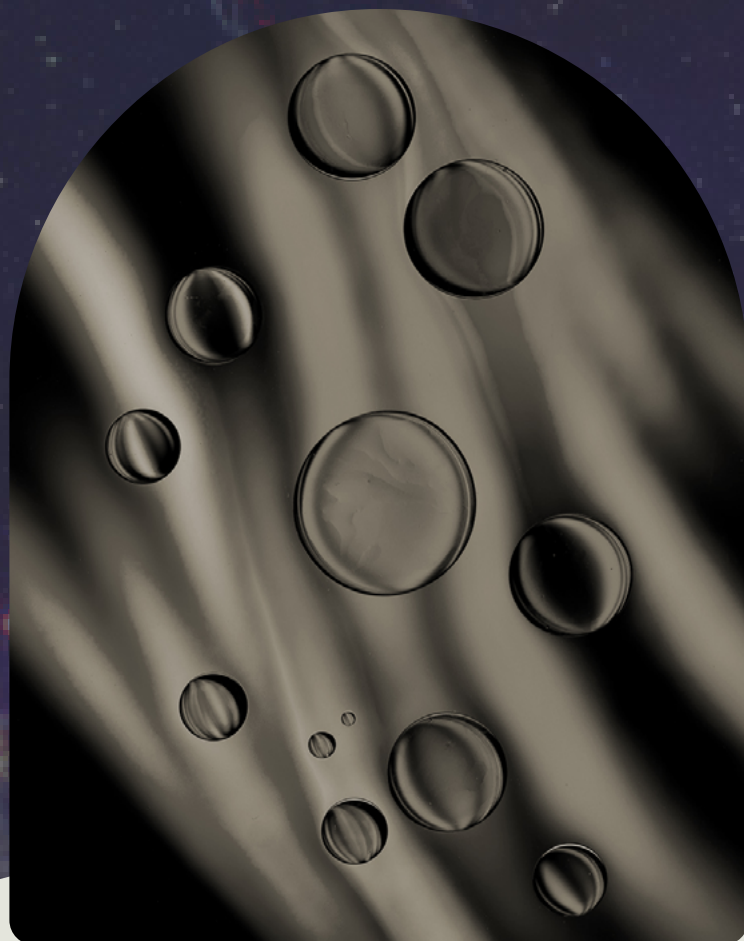
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Our Story

Looking back many years when we first started exploring psychedelics, we were looking for best practices and a easy to follow guide but couldn't find one. To give back to our community and in the spirit of reciprocity, we created a series of guidebooks that aim 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. We have poured over the reserach, blogs, podcasts, attended conferences, webinars and many integration circles, taken courses and brought it all into the form of interactive guidebooks. We hope you enjoy and trip without falling.

Disclaimer

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. Ultimately it is the user who bears full responsibility. We fully endorse harm reduction, a pragmatic, compassionate, and evidence-based approach to lessening the harms associated with drug use. This is a movement that recognizes the rights of drug users to explore non-ordinary states of consciousness as safely as possible.

All drugs carry risk and taking the right steps to educate and prepare for a psychedelic journey, does not preclude someone from a difficult experience. Use the following guidebook as a resource to navigate risk, facilitate self-discovery, optimize the experience and build an informed health decision.

Safety Checklist

The purpose of the preparation guidebook is to outline how to use psilocybin, LSD, or MDMA in moderate to high doses in a private setting in a way that facilitates positive, safe and ideal experiences for self-discovery and well-being. When traveling to a new territory, it's good to make some preparations. Explorers know the value of preparation. Like any drug, psychedelics carry **risks** but do have potential to aid in personal growth in healthy individuals and for some with psychiatric conditions such as depression, anxiety and trauma.

Pre-Flight Checklist

- I completed a medical screen checklist.
- I had my psychedelics tested.
- I learned about the right dose for me.
- I prepped my set, setting and intention.
- I have a trip sitter or have decided to journey alone and told someone to check-in.
- I know to go with the flow and when to ask for help in my journey.
- I plan to integrate insights after my journey.
- I recognize the uncertainty and unpredictability inherent to psychedelics.
- I take full responsibility for the outcome of my experience.

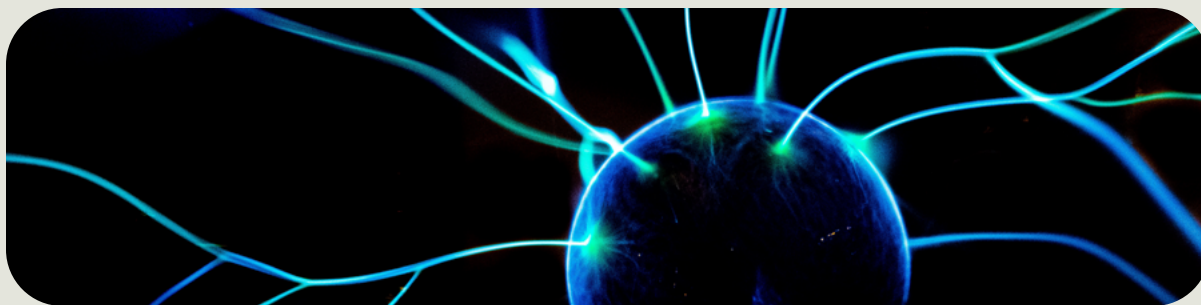
Note: this is an incomplete list but serves as a minimum.

If you catch yourself thinking there is a lot of information in this book, you're right, there is. At a minimum, complete the **Safety Checklist, Medical Screening and Safety Overview** sections. After, a good next step would be to review the contents page and let your curiosity guide your readings. We hope you enjoy this first step of your psychedelic journey as you embark on a journey of self-discovery and prepare yourself for the road ahead.



Safety Overview

No drugs are without risk, including psychedelics. In order to make an informed decision whether to use psychedelics, you need to gather information about what makes for a safe and ideal experience, conduct good medical screening and reflect on the risks and the potential benefits. Even though psychedelics are generally safe and well tolerated, each person needs to understand their own risk-benefit profile so they can make an informed health decision. An 'informed' decision suggests you know all the potential risks and potential benefits, however with psychedelics, no one can quite predict what is going to happen and so any outcome is possible. With good process most people have an ideal experience but this is not guaranteed. To this end, if you choose to use psychedelics, you are choosing to embrace their inherent uncertainty.



As a first step to becoming more informed, slowly review the following principles of safe and responsible psychedelic use:

one.

Psychedelics are not for everyone. Clinicians and researchers caution that some people should not take psychedelics. These are mainly people who have or have a family history of schizophrenia, bipolar disorder or borderline personality disorder. Additional steps need to be taken with those who are taking prescribed medications to manage their mental health.

two.

For those with mental health conditions, it would be prudent to seek professional help before taking a psychedelic. Ask your healthcare provider's advice if psychedelics should or could be integrated into your care plan. Even in the absence of a mental health condition, it is helpful to seek psychotherapeutic support and guidance to learn about areas of your life you may be grappling with and other personalized areas you are looking to grow in.

three.

Medication Safety. Medications for the management of common mental health conditions such as depression and anxiety may blunt or amplify the psychedelic experience. In more rare circumstances, taking a psychedelic while using specific medications may lead to a life threatening complication. It is recommended that people taking these medications consult with their primary healthcare provider first to see if tapering from their medication is the appropriate decision. For more information on medication you can find it [here](#).

four.

Unless you have expert guidance, it's best to start with small amounts. Start low and go slow. If you are considering using psilocybin or LSD, many people start with microdosing. When you become familiar with the psychedelic and the experience consider increasing the dose. Keep in mind different doses produce different effects and are unique for each person and for each trip. If you are using MDMA, get your drugs tested at a local drug testing facility.

five.

Consider having a trip sitter with you. Having a trusted, compatible, and sober sitter to be with you during your journey is a good way to reduce potential harms and enhance the experience. Your sitter sits beside you to provide safety, support and reassurance. Tell them what psychedelic medicine you are using and how to [trip sit](#).

six.

Culture as context: Reverence reduces risks and can help lead to positive outcomes. Keep in mind many cultures around the world use psychedelics for ceremonies and rituals, which are approached with great respect for life-enhancing purposes. Be intentional and take care prior to, during and after the journey.

seven.

Using too casually: Being too casual or mixing alcohol, cannabis, caffeine, tobacco, stimulants or other drugs with psychedelics increases the likelihood of a difficult experience. If you are having full breakthrough experiences frequently, such as 2-4 times per month, ask yourself why you are using and consider speaking to your healthcare provider and look into support.

eight.

Beliefs and values: Be mindful that psychedelics can lead to changes in belief systems, worldviews, personality and values. Avoid big life changes such as switching jobs, changing your education path, intervening in a relationship (unless you are at risk of harm) immediately after your journey. Take time to make sense of your experience through conversation and journaling.

nine.

Tie up loose ends: Incomplete tasks, chores or work can make the mind wander and get one stuck in thought loops during the psychedelic experience. Take care of anything that might distract you. If you have specific anxieties, plan ahead where possible and accommodate prior to your experience. If you have a trip sitter, let them know about these.

ten.

Make a plan for difficult experiences: Many first time psychedelic users may be held back from having a psychedelic experience due to fear or anxiety surrounding the risk of a difficult experience otherwise known as a 'bad trip.' These experiences can occur and when supported in the right way, the experience can often be transformative and high in personal meaning. Develop a plan if things get challenging: have extra comforts on-hand such as pillows or blankets, water, another music list ready, a grounding technique or a well rehearsed mantra.

If you experience a mental health crisis after any psychedelic experience, it is important to seek professional treatment. If possible, seek out a professional who understands psychedelic experiences. Check the [MAPS](#) Integration List or the [Fireside Project](#) as a place to begin.

Medical Screening

Before venturing on a psychedelic journey, you want to ensure it is safe to travel and the timing is right. In general, psychedelics are well tolerated by most healthy people as the toxicity profile appears to be quite low when used in a private setting without other drugs or medications in the system. It is also important to consider if the timing of introducing a psychedelic is right. Psychedelics can often introduce uncertainty or chaos that require intentional processing and integration to make sense of and regain one's footing. If you are going through a significant life transition this may not be the best time to travel into the unknown.

As a first step, go through the medical screening checklist, consider timing and do your own research to see if psychedelics are right for you.

Use the following information as a guideline on when to avoid or when to consider taking psychedelics:

When To Avoid Psychedelics

- You are under the age of 19.
- You are pregnant, nursing or trying to conceive.
- You have uncontrolled high blood pressure.
- You have an uncontrolled heart condition.
- You have had a recent surgery or recovering from a significant physical injury.
- You want to rebel against, escape or avoid some given situation.
- You have active or recently active suicidality.
- You have a family history of Schizophrenia.
- You have Schizophrenia or Borderline Personality Disorder.
- You have an unstable mental illness such as bipolar disorder or psychosis.
- You have an uncontrolled eating disorder.
- You have uncontrolled anger issues.
- You have a history of long-term use of chronic tricyclic antidepressants and/or lithium.
- You have not tapered from your antidepressant medications.
- You are currently on tramadol or other serotonergic drugs.
- You are going through a significant life change and have an unstable living situation.

When To Consider Taking Psychedelics

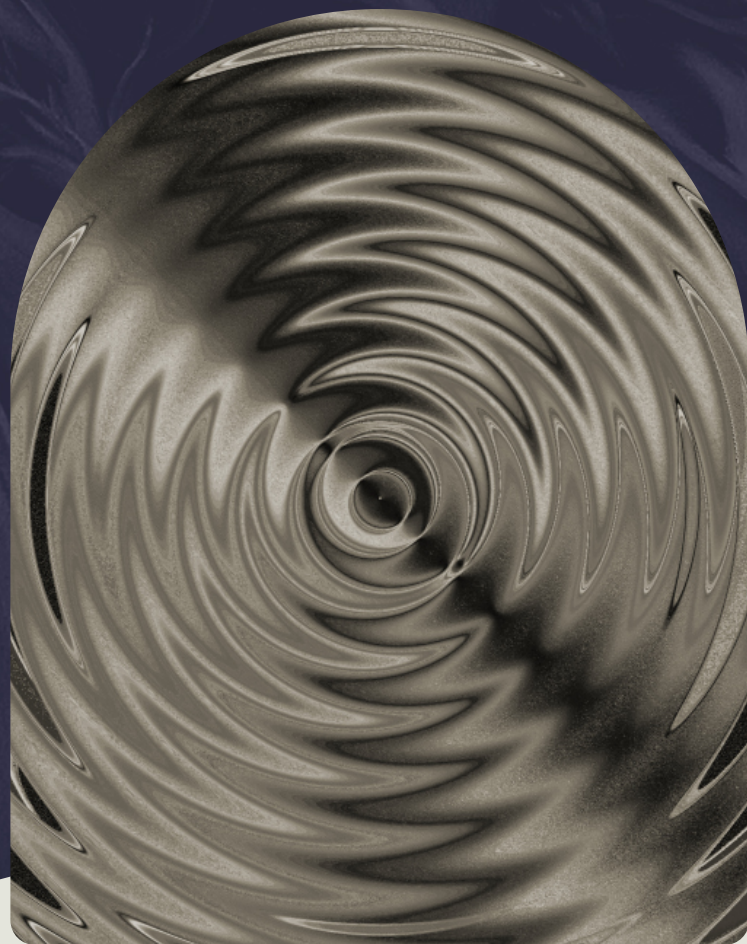
When You Are Curious About:

- Experiencing other states of consciousness.
- Find new avenues to Improve well-being.
- Explore purported enhancements to mental flexibility or creativity
- Improving self-acceptance
- Finding new perspectives on personal issues.
- Feeling more connected.
- Exploring your purpose or meaning at home, at work or in life.

You Are Exploring Other Options To Manage:

- Depression and Anxiety
- Post-traumatic stress disorder
- End of life anxiety
- Substance abuse and addiction disorders
- Cluster headaches and chronic pain
- Obsessive-compulsive disorder

For more information on the psychological and physical risks associated with psychedelic use review you can find it [here](#). More information can be found on the [Resources](#) page.



Select Your Psychedelic

These are common dosages for Psilocybin, LSD and MDMA. Do your own research on the psychedelic, know your body, know your comfort level and use this table as a guideline, not a recommendation.



Psilocybin



LSD



MDMA

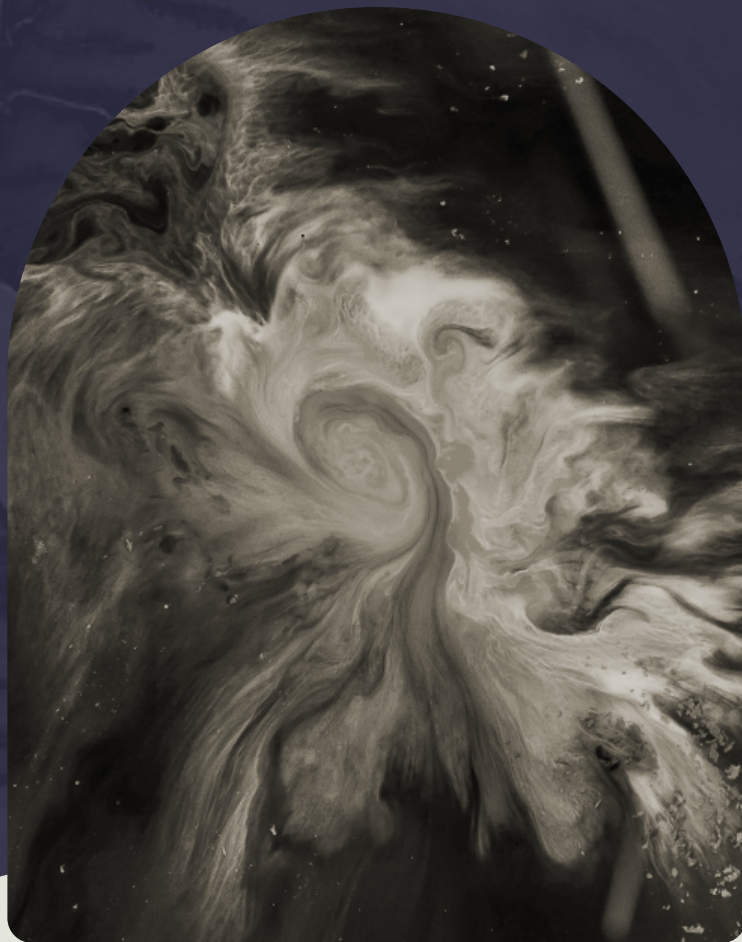
	Psilocybin	LSD	MDMA
Microdose	0.10 — 0.15 g	5 — 10 ug	NA
Threshold	0.50 — 0.75 g	10 — 20 ug	20 — 40 mg
Light	0.75 — 1.25 g	20 — 50 ug	40 — 60 mg
Common	1.25 — 2.50 g	80 — 150 ug	80 — 120 mg
Therapeutic	2.5 — 5 g	200 ug	120 mg

* Psilocybin refers to grams of mushrooms. Note that different types of psilocybe mushrooms contain different amounts of psilocybin.

** 1 blotting tab typically contains ~100 micrograms (ug)

Unless you have expert guidance, it's best to start with small amounts.

If you are using MDMA, be sure to get this tested for adulterants. You can find local drug testing sites that offer this service most often for free or you can order kits through [DanceSafe](#).



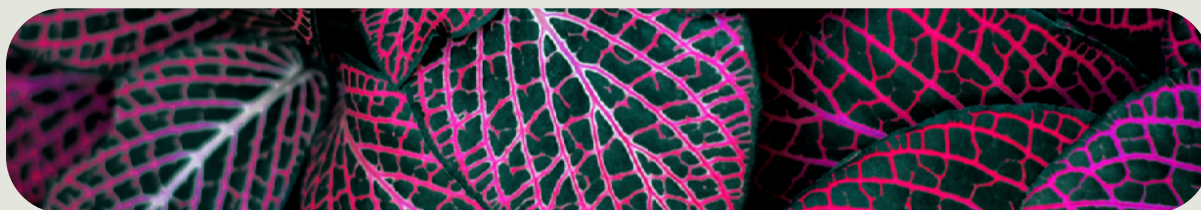
Set And Setting

“Of course, the drug dose does not produce the transcendent experience. It merely acts as a chemical key — it opens the mind, frees the nervous system of its ordinary patterns and structures. The nature of the experience depends almost entirely on set and setting. Set denotes the preparation of the individual, including his personality structure and his mood at the time. Setting is physical — the weather, the room’s atmosphere; social — feelings of persons present towards one another; and cultural — prevailing views as to what is real. It is for this reason that manuals or guide-books are necessary. Their purpose is to enable a person to understand the new realities of the expanded consciousness, to serve as road maps for new interior territories which modern science has made accessible.”

— Timothy Leary

The Set and Setting has been regarded as one the most influential factors one can prep to shape the complexion of the journey. Because psychedelics amplify all incoming sensory information such as what you see, feel, think and hear, tending to the set and setting thoughtfully sets the stage for an ideal experience. Journeyers want to have both safety and the perception of safety for self-discovery.

- **The Set** is understood as anything related to the internal state of a person, including personality, preparation for the experience, intention, as well as mood, expectations, fears, and wishes. If the journeyer is calm, relaxed, and has good energy, this will likely be heightened during the experience.
- **The Setting** is understood as anything related to the environment in which the experience takes place, including the physical, emotional, social, and cultural environment. Journeyer's who are in a familiar and safe environment will tend to be more comfortable, have more positive thoughts and emotions versus those who are in an unfamiliar setting.
- **Music** has long been thought of as an important part of the psychedelic experience. Music has been characterized in terms of supporting specific emotional experiences, such as peak or mystical experiences or emotional catharsis. Even the use of specific musical pieces or styles of music that support specific phases of experience (e.g. 'onset of effects', 'peak intensity of drug action', and 'return to normal consciousness') are at times integrated into an experience.
- **Bill Richards**, a psychologist at Johns Hopkins University School of Medicine and the primary curator of the Hopkins psychedelics playlist thinks of music "as a nonverbal support system, sort of like the net for a trapeze artist. If all is going well, you're not even aware that the net is there — you don't even hear the music — but if you start getting anxious, or if you need it, it's immediately there to provide a structure." Music may also play a role in changing the tone of the experience. For example, if a journeyer is having a difficult experience, switching the music to another list or a nostalgic song may bring them to a better place.



Prep The Set

When we take psychedelics, we become profoundly more sensitive to our immediate internal and external environments. If we take care to prepare our mindset we will carry a sense of safety and comfort into the experience. Here are some ideas to optimize the set.

The Set: The Mindset And Intention Of The Journeyer

- Set: the personality, intentions, attitude, expectations, and overall physical and mental well-being of the journeyer.

Mindsets That Cultivate An Ideal Journey

- Growth mindset
- Flexible with thinking and reasoning
- Able to take multiple perspectives on issues
- Embrace challenges
- See mistakes or setbacks as opportunities to learn
- View effort as a path to mastery
- Open to experience, curious and adaptable
- Trusting and accepting
- Self-aware
- Physically, psychologically and emotionally stable

Mindsets That Cultivate A Less Ideal Journey

- Fixed-mindset
- Rigid with thinking
- View issues solely through one perspective
- Avoid challenges
- Ignore mistakes
- View setbacks as failures
- View effort as a negative thing
- Pessimism
- Neuroticism
- Significant recent life changes and stressors
- Impatient, controlling, rebellious
- Moderate to high levels of hostility or anger
- Physically, psychologically and emotionally unstable

How To Cultivate An Ideal Mindset



1 Week Prior

- **Prioritize Sleep.** Current recommendations are 7-9 hours per night.
- **Get regular exercise and mindfulness practice.**
 - └ We all require weekly, moderate to vigorous physical activity.
 - └ Exercise looks different for everyone: brisk walks, running, hiking, swimming, yoga, dancing, strength training, etc
 - └ Mindfulness makes us more present and more aware of our internal state, reactions, thoughts and emotions. This is key for the journey and the integration phase.
 - └ Both exercise and mindfulness helps regulate our emotions and mood.
- **Connect with Nature**
 - └ Settle into a setting that promotes a feeling of safety and connection.
 - └ Find your favourite spot to reflect on your intentions.
 - └ Nature has been shown to have a calming and stress-reducing effect.
- **De-Stress Where Possible.**
 - └ Engage less, if possible, with known triggers or stressors:
 - └ Work, financial, health, relational.
 - └ If possible, have 2-days that are free of obligations: one for your journey day and one for the day after.
 - └ Knowing you have free time and space around your journey without obligations can be supportive and reduce unnecessary worry.
- **Prepare And Practice Grounding Techniques:**
 - └ Grounding techniques or mantras are helpful in the presence of discomfort, fear or anxiety. A common mantra to use: trust, be open, accept, breathe
 - └ Examples: [Physiological Sigh](#), [Extended Exhale](#), [4-7-8 Breath](#)
 - └ Grounding can help the journeyer surrender to the experience, move through difficult aspects of the trip, and explore.
 - └ Practice grounding in challenging circumstances: a cold shower, strenuous exercise or when bringing to mind known stressors.
- **Consider Reducing The Use Of Other Psychoactive Substances.**
 - └ Alcohol, caffeine, tobacco, cannabis and other drugs.

- Hydrate, eat light and healthy.

- └ Be mindful to drink the amount of water that you think is best for you.
- └ For eating, a good rule of thumb: “eat food, mostly plants, not too much.”
— Michael Pollan

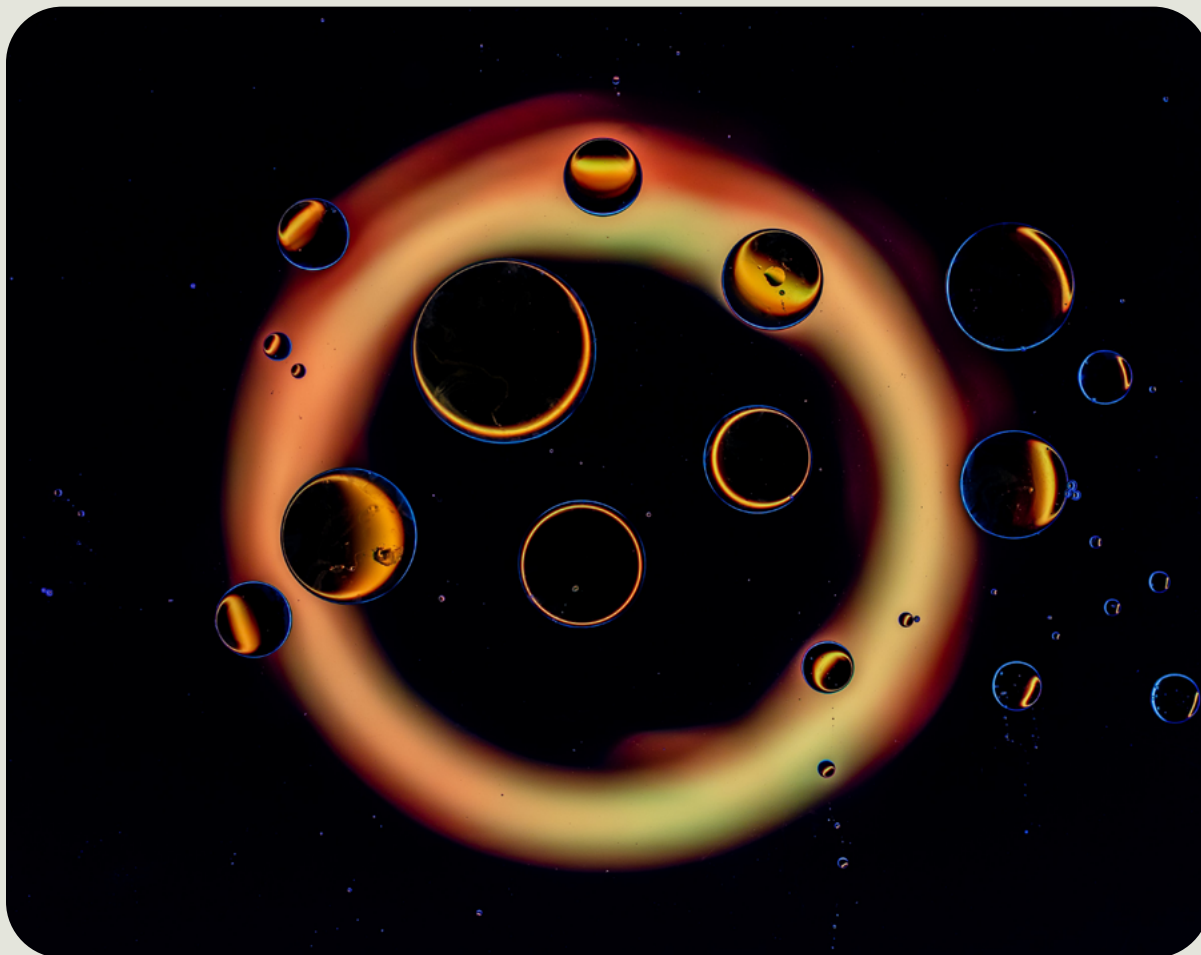
- Growth mindset

- └ Consider how flexible your thinking is, are you able to take multiple perspectives on issues, embrace challenges, and see mistakes or setbacks as opportunities to learn.

- If you choose to use a sitter, connect with them and discuss the journey plan.

- └ Ideally, you have found your sitter 1-2 weeks in advance for adequate planning and agreements to be made.
- └ For many, the sitter is often a trusted friend or family member.
- └ Provide your sitter the [Sitter Guidebook](#).
- └ Complete the Journey Plan found in the Sitter Guidebook with your trip sitter.

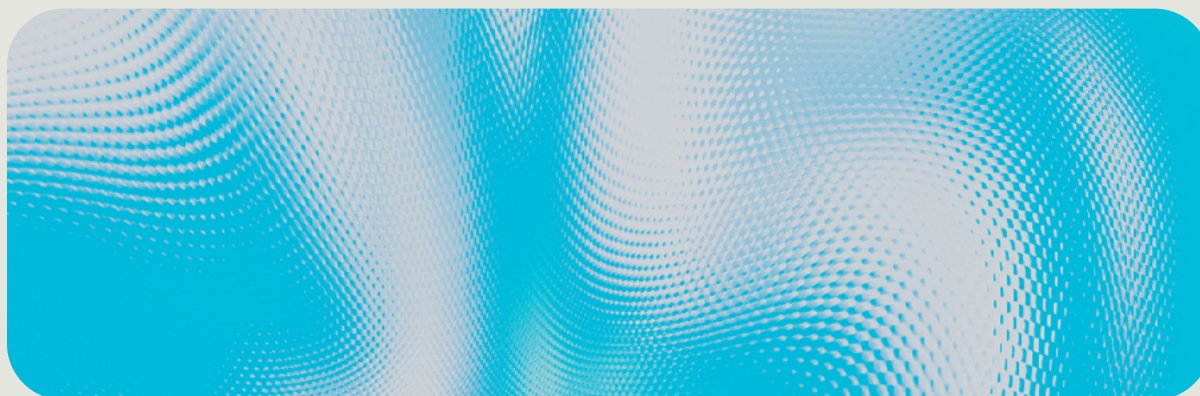
* Take a moment to consider practices you will be intentional about incorporating into your weekly routine to arrive at your ideal mindset. Write this in a weekly planner.*



Set Your Intention

“If a person knows not which port he sails, no wind is favorable.”

— Seneca



Intention Setting is the practice of defining a broad purpose and what one hopes to bring about from the journey and into their life. Intentions should be personal and align with your values and what you find meaningful. The intention also helps guide trip planning, where one wants to go on the journey and can direct integration. Without intention, journeyer’s may not gain or retain information that is relevant to them living a better life.

An intention is also a clear, conscious declaration of what you want to achieve or how you want to feel. However, we want to hold intentions loosely and let journey go where it goes.

Intention Setting Questions Can Be

- General or specific.
- Thematic and explore worries, problems, curiosities, identity, etc.
- From meditation, gratitude or journaling practices.
- Co-constructed with a friend, family member or a healthcare provider.

Here Are Some Ideas To Help Clarify Your Intention

- *“To discover, to grow, to heal, to process, to transform ...”*
- *“I want to uncover my feelings towards ...”*
- *“I want to see what there is to learn about this path ...”*
- *“I am curious about ...”*
- *“Why do I respond, react, behave like ...”*
- *“How can I approach my relationship with ...”*

More About Intention Setting

When you set an intention, you are putting out that which you hope to attract and call into your life. When intentions come from a place of contentment versus a sense of lack or need, you will become aligned with your own values and goals. While having hopes and dreams is a normal part of life, at the same time, it is also important to detach from any specific outcome and trust in the path you're on. Often how we reach our goals does not go entirely as planned and so it becomes important to be flexible, be curious, be willing to change and continue to engage in the process over time. This is the heart of a growth mindset.

Many journeyers bring intentions such as 'what is my purpose', 'who am I?' or 'what is the next step' in the journey. You may develop questions that are more specific and personal, including questions concerning physical illness, specific worries, problems, traumatic or conflicted experiences from the past, unsatisfactory relationships with others such as parents, spouses, children, family, and friends. It is not uncommon for individuals to spend much of their experience reflecting on and healing interpersonal relationships. If you have been engaging in psychotherapy, you may decide to bring in this content for deeper reflection in the psychedelic space. Although you may have specific content you would like to explore in your journey, be open to the idea that 'you can't always get what you want... you get what you need'.

During a psychedelic journey, reminders about our intentions can shift both our attention and mindset. In the experience, intentions have the power to re-orient the journeyer and remind them why they decided to journey in the first place. Be sure to tell your trip sitter (if you have one) about your intention so they are able to remind you if needed.

What Is The Intention For Your Journey?

Other Tools For Success: *Mindfulness And Journaling*

Mindfulness is the open, nonjudgmental, and non-discursive attention to the contents of consciousness, whether pleasant or unpleasant.

Mindfulness is associated with being more present and more aware of our internal state, reactions, thoughts and emotions. When we are mindful, we can become less identified with our experience and can clearly see thoughts, emotions, sounds or reactions simply as content arising then passing in our awareness.

Take a moment to practice mindfulness now using this 1-minute [guided meditation](#).

Take time to make mindfulness apart of your everyday. This will be an important practice that will carry over into the psychedelic integration that follows the journey. One experience relevant to psychedelics is coming in contact with anxiety, entities or difficult memories. Often the antidote here is to get curious and gently 'lean into it' to explore it further. The effect here of wanting to feel and explore a particular aspect of a difficult thought or emotion paradoxically can reduce the half life in which we experience that content. For many it can reduce the resistance, the contraction or the unpleasantness as we adopt curiosity, a willingness and openness to feel and a scouts mindset.

The **first step** is to recognize we are resisting something because the degree of resistance is often associated with the degree of suffering. The **second step** is to see this challenging experience as something that has the ability to arise and pass away, similar to patterns of weather. This shift allows us to: (1) become de-identified with the experience, changing our position from 'I am anxious' to 'there is the anxiety, (2) surrender, soften or relax our resistance to it and (3) explore it with curiosity often leading to interesting insights. Mindfulness like anything requires practice and is complemented by a mantra such as 'trust, let go, be open, breathe, surrender' to help ground us so we can regain our footing.

Try This Exercise:

To practice mindfulness during a safe and unpleasant experience, try using a cold shower. Stand in the cold shower for 1 minute and notice your resistance to wanting to feel the cold. Pay attention to details such as the location, the intensity of the resistance or uncomfortable aspects of it. Next, see if you can relax, open and surrender to the experience. 'Lean' into it and adopt a sense of curiosity and see how it changes. You can do the same exercise using a negative experience or a negative thought while seated in a comfortable position. Recognize it, allow it in, and investigate.

Take Home Points

one.

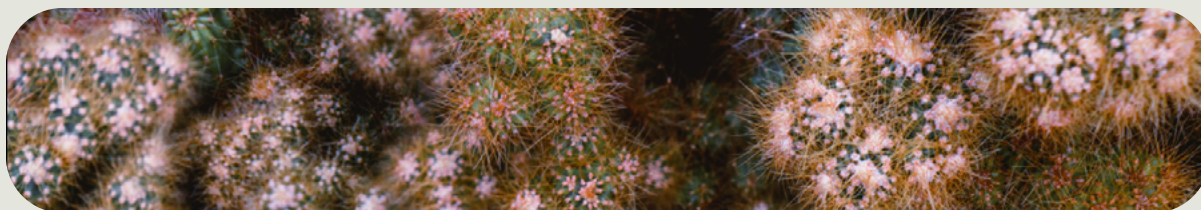
Certain aspects of the psychedelic experience can be challenging and mindfulness might help you through it.

two.

The degree of resistance is often equal to the amount of suffering. Let go, be open, surrender, get curious about the experience and shift.

three.

Beginning a mindfulness practice now will not only help during the preparation and journey, but also the psychedelic integration that comes afterward.



How Could I Learn To Be Mindful Or Start A Meditation Practice?

- Start with 2 minutes per day. Just sit and notice. And every time you forget your supposed to be meditating or your lost in thought just come back to the breath. This is how we build our mindfulness muscle. Celebrate this.
- Sit comfortably and just notice the breath: the inhalation, the space between the inhalation/exhalation, and finally the exhalation. Don't control it, let it be as it is.
- As a next step, bring this into your day to day activities.
- To learn how to meditate follow the instructions at [UCLA Health](#).
- Explore key meditation instructors: Sam Harris, Tara Brach, Sharon Salzberg, Joeseeph Goldstein and Jack Kornfield.

Can Technology Help Me? Are There Any Apps?

- There are many great apps to choose from. Whichever app you choose, consider starting with a multi-day introductory course to learn the foundations.
- Recommendations: (1) [Waking Up](#), followed by (2) [10% Happier](#), and (3) [Headspace](#).

Journalling And Reflective Practices

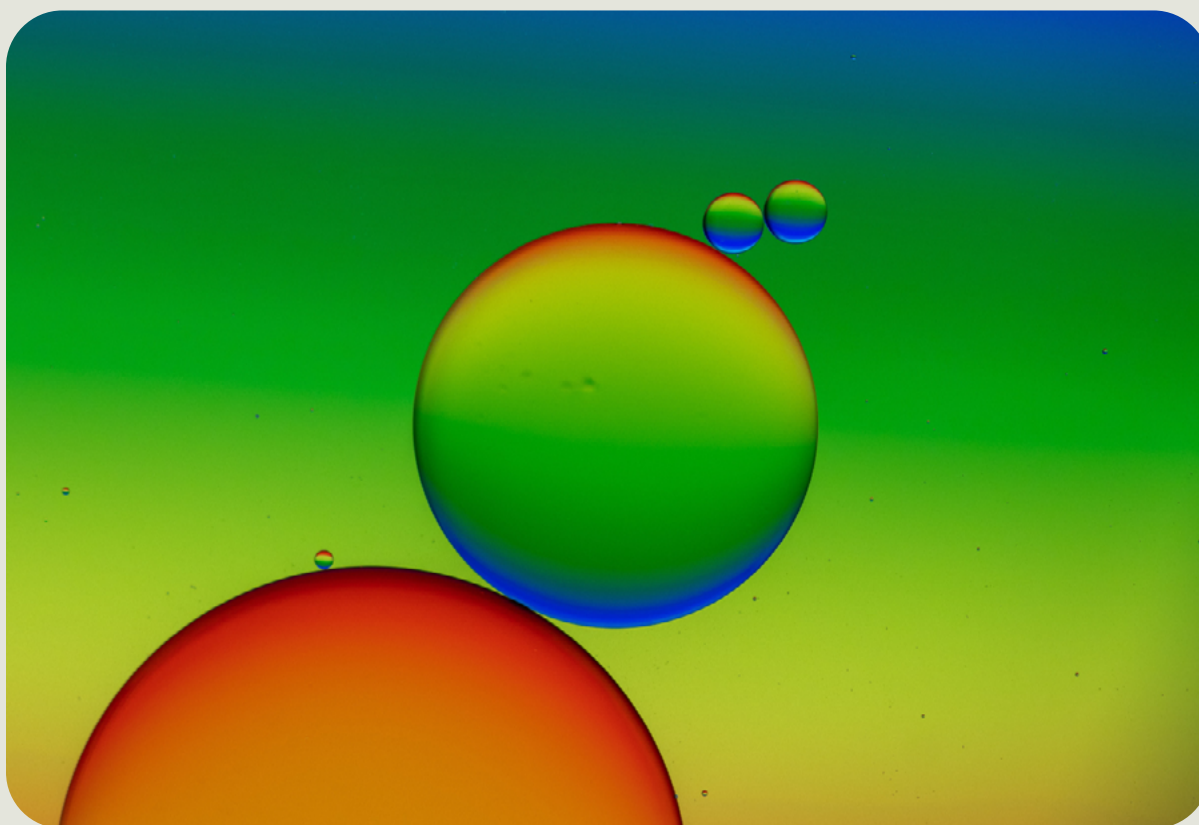
A journaling practice in the days leading up to your psychedelic journey. Write down your thoughts from the day or week, specific narratives or emotions that come to mind. Write freely without stopping and without judgment. Write 3 days per week or daily and keep it short and easy. Alternatively, consider keeping a gratitude journal and mark down 3 things you are grateful for each day. This should take less than 3 minutes to complete.

5 Things To Write About In A Journal

- Weekly events that have gone well or have not gone well.
- Your thoughts and feelings.
- Things you want to do or get done.
- Your goals or vision.
- What you are grateful for.

3 Things To Write About In A Gratitude Journal

- What have you given to or received from others that you're grateful for?
- Is there something in your home or environment you're grateful for?
- Is there a friend, family member, colleague, stranger, or someone you don't know in which you are grateful?



When we take psychedelics, we become profoundly more sensitive to our immediate internal and external environments. If we take care to prepare our setting, we can create safety, bringing better energy into the psychedelic experience. Here are some ideas to optimize the setting:

Setting

The External Conditions Of The Journey - Location, Time, Music, And Logistics

- One key to an ideal experience is to ensure the environment is both safe and the journeyer feels that sense of safety. A journeyer's sense of safety, just like thoughts, emotions, sounds and visuals, become amplified during a journey. A quiet, relaxed, and comfortable environment with a trusted sitter without distraction is ideal for self discovery.
- For a self-discovery journey, most feel safer in a controlled, indoor environment, often in the comfort of their own living room or bedroom.
- Outdoor experiences:
 - └ These may offer less sense of safety, comfort and predictability.
 - └ For some people, being outdoors provokes feelings of overwhelm and anxiety.
 - └ For others, being near a river or a tree and having a forest, landscape or mountains in view can be wonderful, expanding, and unifying.
 - └ None of these aspects of the setting are inherently good or bad. Depending on the journeyer's intention and level of experience, each could be supportive or a hindrance to the psychedelic journey. Safety includes both the reality of safety, but also the perception of safety.

Time

Pick a day where you have ample time to prepare your body, mind, sitter, and environment.

Give yourself enough time for the entirety of the journey:

- └ **Psilocybin:** 6 hours
- └ **LSD:** 10-12 hours
- └ **MDMA:** 4 hours

Time your journey so you can get a full night's 7-9 hour sleep afterwards. Morning or a mid-day psychedelic experience often allows for this.

If you operate heavy equipment or drive for work, give yourself at least 48 hours prior to returning.

Ensure you have the next day after your journey clear of obligations and events.

Prep The Setting

Location

Find a private, familiar indoor space you feel safe and comfortable in.

Lay on a bed or couch getting cozy with pillows and blankets as needed.

Have extra pillows or blankets on hand to accommodate body temperature changes and physical comfort changes that allow you to further surrender to the experience.

Have soft lighting lights or turn them off.

Clean, declutter and organize your space.

Ensure easy access to a clean and decluttered bathroom.

If you look after children, family members or friends, have your journey in another space and arrange the appropriate care.

Music

Charge your phone, computer and headphone(s).

- └ If using your phone, set it to silence or airplane mode.

- └ Commit to not calling or texting your friends or families during the journey.

Prepare your music:

- └ Suggested listening:

- └ [John Hopkins](#) playlist.

- └ [Kelan Thomas](#) playlist.

- └ Find 2-3 playlists you might want to listen to. If you have a sitter, advise them about these.

- └ Create a list of nostalgic songs that resonate with you.

Clothes And Comfort

Wear eye shades and light comfortable clothing.

Have drinking water available.

Consider preparing an altar: candles, incense, flowers, photographs, and or trinkets.

Consider preparing fruit, nuts or chocolate as a healthy snack for after the journey.

Have a pen and journal available to capture key experiences, insights and essential questions during and after your experience.

Working With Your Trip Sitter

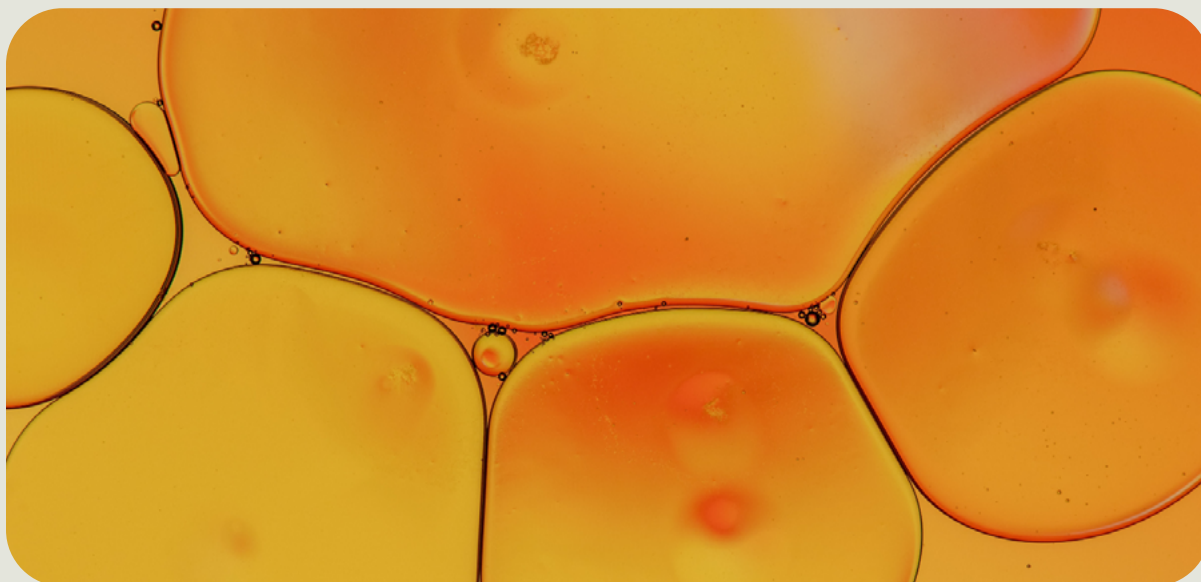
Have a supportive, compassionate, non-judgemental, and trusting sitter during your journey. This is often a friend or family member.

Share the educational resources of the psychedelic of choice and the [Sitter Guidebook](#), with your sitter.

Consider A Trip Sitter

“Everything that strikes his eyes and his ears. A word, a gesture, a look, a sound or the slightest noise, by demanding his attention, will confer a special character on his illusions.”

— Jacques Joseph Moreau



Not everyone will use a trip sitter, however, they can be incredibly supportive whether or not you have experience with psychedelics.

A trip sitter, often a close family member or a trusted friend, plays an important role during a psychedelic experience. Their responsibility is to sit alongside the journeyer, remaining sober and engaged. They are the guardians of presence, ensuring the physical safety, and supporting the emotional comfort of the journeyer, all while honoring the boundaries set before the psychedelic experience commenced.

Their presence is also a reassuring bridge to reality. If the journey takes a challenging turn, the trip sitter is there to offer words of safety and reassurance. They provide simple comforts like extra pillows, blankets, or water, offering just enough to bring a sense of calm and stability back. Beyond these physical comforts, they play a deeper role; they might remind the journeyer of a chosen mantra, offer a reassuring hand to hold, guide them through specific parts of their experience, or help them with grounding techniques. In the rare situation of a medical emergency, they are the vital link to external assistance.

For those who choose to embark on this journey alone, it is essential to inform a reliable person about the endeavor, including the specifics of when they should check in. Once the journey concludes, it's important to connect back with this person, ensuring them of your safe return. This practice embeds a layer of safety and connection, ensuring that even in solitude, the journeyer remains tethered to a supportive and caring network.

Checklist:

Have I Found The Right Sitter?

You feel safe being with this person while you are in a non-ordinary state of consciousness.

You can be vulnerable around this person.

You feel safe despite knowing your ability to provide valid informed consent will be compromised.

This is someone you regard as trustworthy, empathetic, compassionate, supportive and caring.

This is someone you can discuss and agree upon the journey plan found in the Sitter Guidebook. The plan outlines the roles and responsibilities of the journeyer and sitter.

└ This outlines:

- └ What is appropriate guidance during times of anxiety or fear?
- └ What therapeutic touch (i.e. hand holding) is appropriate?
- └ What the sitter can help with (i.e provide blankets, pillows, water, adjust lighting, etc) or guide you to the restroom if needed, etc.

Your sitter can keep the experience confidential.

The sitter is physically, psychologically and emotionally stable.

Bonus Trip Sitter Characteristics

Have experience with psychedelics.

Personally understand the potential benefits of psychedelics.

Have experience with trip sitting.

Have valid first aid training.

Are trauma-informed.

Is a registered health professional.

Have completed a recognized course or training program such as MAPS, ATMA or Therapsil.

Have read [The Manual for Psychedelic Guides](#).

Are aware of the [6 Core Competencies of a Psychedelic Therapist](#).

Once you determine who the sitter could be, ask them if they would be willing to sit for you weeks in advance of your journey. If they say yes, provide them with educational content about the psychedelic which you can find on 'Know Your Psychedelic' page along with the Sitter Guidebook. After they have completed their readings, check in with them to see if they have any questions or concerns about the process. Next, go through the journey plan found in the [Sitter Guidebook](#) and review each other's roles and responsibilities.

Checklist:

Commitments To The Trip Sitter

To not leave the space while in a non-ordinary state.

To not engage in risky behaviours such as driving a vehicle, cycling, climbing or sexual acts.

Provide the sitter with educational content on the psychedelic and how to trip sit.

Stick to the agreed upon journey plan during the experience.

Advise the sitter what psychedelic and dose is being used.

Disclose in advance your experience with psychedelics.

Have the psychedelics tested.

Have the set and setting prepped.

Provide a comfortable, safe and clean space for the sitter to sit and supervise in.

Tell the sitter about your intention, any specific worries you have, and your mantra.

Let your sitter know how they can assist you if you have a difficult experience during your journey.

Prepare emergency contact information of close family or friends.

Outline any relevant physical or mental health conditions you have.

To learn more about the role of a trip sitter and the journey plan, please review the [Sitter Guidebook](#).

Notes:

Final Remarks

Congratulations on completing your journey through Entheo's Preparation Guidebook!

We created this book as the guide we wish we had during our initial forays into the world of psychedelics. It is our hope that you find it not only helpful but also instrumental in setting a positive and enlightening course for your journey. For insights on making the most of your trip day, please delve into our [Journey Day Guidebook](#). If you're seeking further knowledge about psychedelics, our Entheo Resources and Blog are rich with more information.

Warm regards,

The Entheo Team



www.entheo.org