

PSILO PSOLO JOURNEY MANUAL

TIPS FOR A SAFE & OPTIMAL EXPERIENCE

A harm-reduction guide for exploring consciousness on *your* terms.
This protocol was stress-tested and sharpened over 100 magic mushroom trips.*

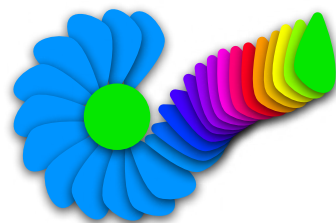
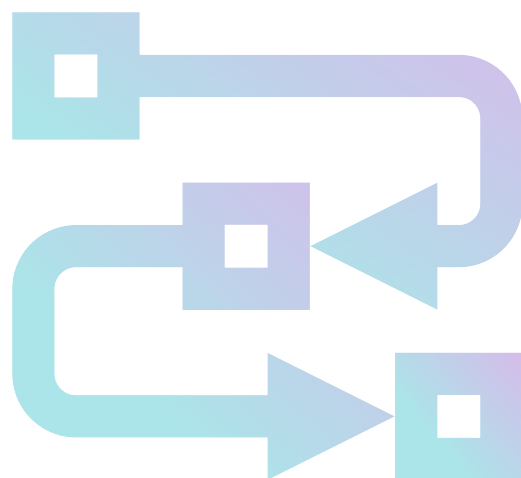


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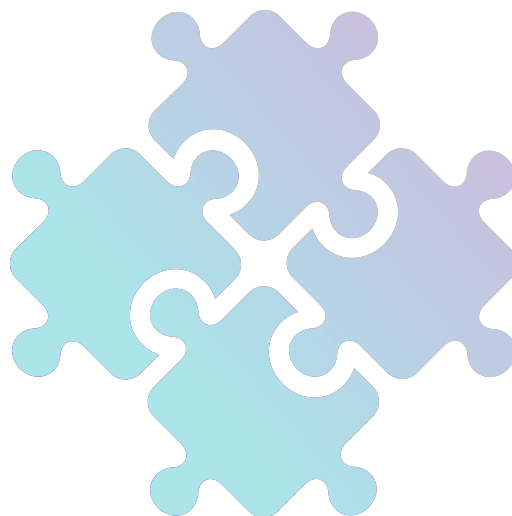
Pre-journey

- 1. Preparation
- 2. Cognitive framing
- 3. Movement & stillness



Mid-journey

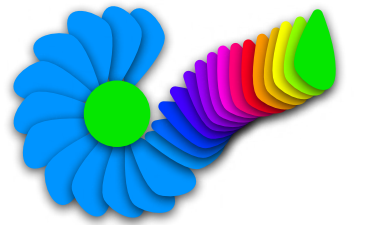
- 4. The day-of
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Post-journey

- 7. Integration
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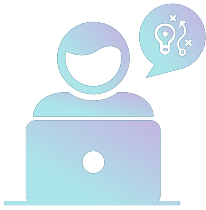
* It may be wise to work with a trained guide or trip-sitter for 2-3 sessions before considering solo journeys. The journey experience will vary and this guide is based on our experience, which may not be suitable for everyone.



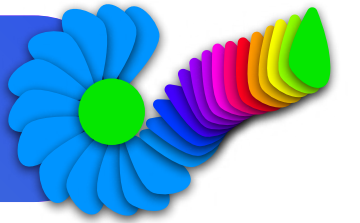
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**The conviction that some profound
objective truth has been disclosed
to you is a hallmark of the
mystical experience**

Michael Pollan
How to Change Your Mind



#1 PREPARATION



Rest

Live like a Tibetan monk for 3 days beforehand. Avoid:

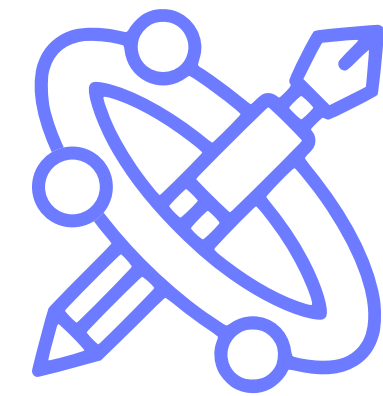
- ◆ Alcohol
- ◆ Junk food
- ◆ Recreational drugs

If possible, engage relaxing leisure activities on the days **before** AND **after** your journey



Safe container

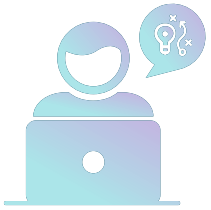
- ◆ Secure a private time and place where you can be very loud and uninterrupted
- ◆ Tell one person you'll be incommunicado for 4-8 hours on the day of the journey
- ◆ Plan to consume the medicine (1) on an empty stomach and (2) in the morning, so that none of the day's events will affect you
- ◆ Prepare a launch "cockpit" by placing pillows and blankets on the floor



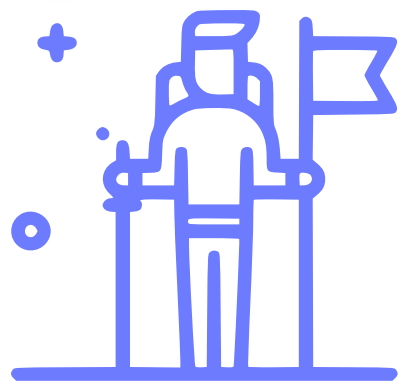
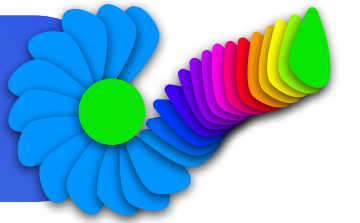
Concept totems

Write down three "concept totems."
Like Leo in *Inception*, utilize the totems as a beacon when feeling lost:

- ◆ **Your intention:** (<20 words) "By taking this medicine I will..."
- ◆ **1-word mantra:** e.g. "gratitude," consider this the theme of your trip
- ◆ **The funniest thing:** (<5 words) What moment or thing made you laugh hard recently? Condense the concept into a short phrase



#2 COGNITIVE FRAMING



Prepare for an adventure

- ◆ Your body may not move, but your mind will go places. Imagine you'll be piloting a spaceship like Matthew McConaughey in *Interstellar*
- ◆ Your perception of time will change so be ready for time-dilation
- ◆ Remember your physical body is resting safely in the "cockpit"



There is no bad trip... but deep cleanings can be unpleasant

- ◆ During the trip, your brain's neuroplasticity is very similar to the brain of a 10-year old. This can make the hard parts *harder*
- ◆ **Your mental resilience will be temporarily compromised:** psychological concepts and challenges that you normally handle well may feel as overwhelming as they would to a child
- ◆ Challenging experiences may manifest from your innermost demons or trauma. Just like your family knows EXACTLY how to push your buttons... the skeletons in your closet know the buttons even better

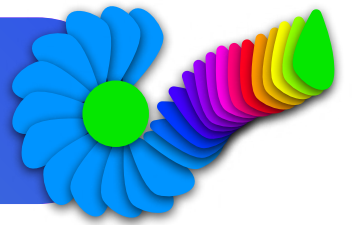


Silver linings

- ◆ The deep cleaning may hurt, but, much like physical therapy on a knot, it will be rewarding once you've worked through your *mental knots*
- ◆ Challenging trips become **very rare** after a couple sessions
- ◆ Difficult sessions are key to unlocking the blissful journeys



#3 MOVEMENT & STILLNESS



Physicality has a powerful impact on the journey.
Toggle between **MOVEMENT** & **STILLNESS** during the 4 modules (M).



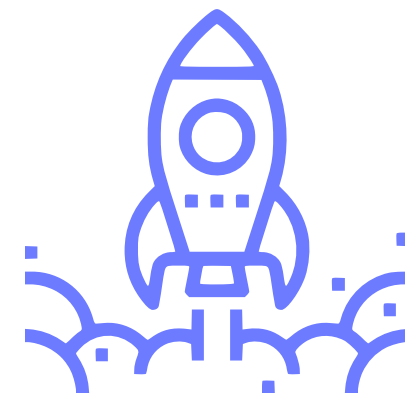
M1: Pre-trip

Movement

Duration: 20–30 mins

Description: After consuming but before it has taken effect

Directions: Utilize **MOVEMENT** to get endorphins flowing. Your mind and body state as you enter the “Stargate” portal will dictate the tone of the journey (more on p9 “Music”)



M2: Liftoff

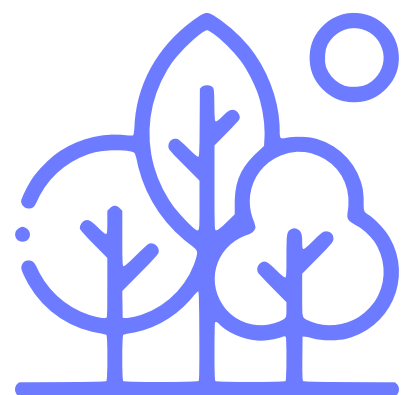
Stillness

Duration: 1.5–2 hours

Description: The most intense module

Directions: Engage complete physical

STILLNESS: this is key for going deep. Your body should be still for long stretches of the journey so your mind can travel



M3: Cruising Altitude

Stillness

Duration: 30–60 minutes

Description: A stable equilibrium within the journey. You won’t feel “normal,” but you’re finding balance

Directions: Aim for continued **STILLNESS**



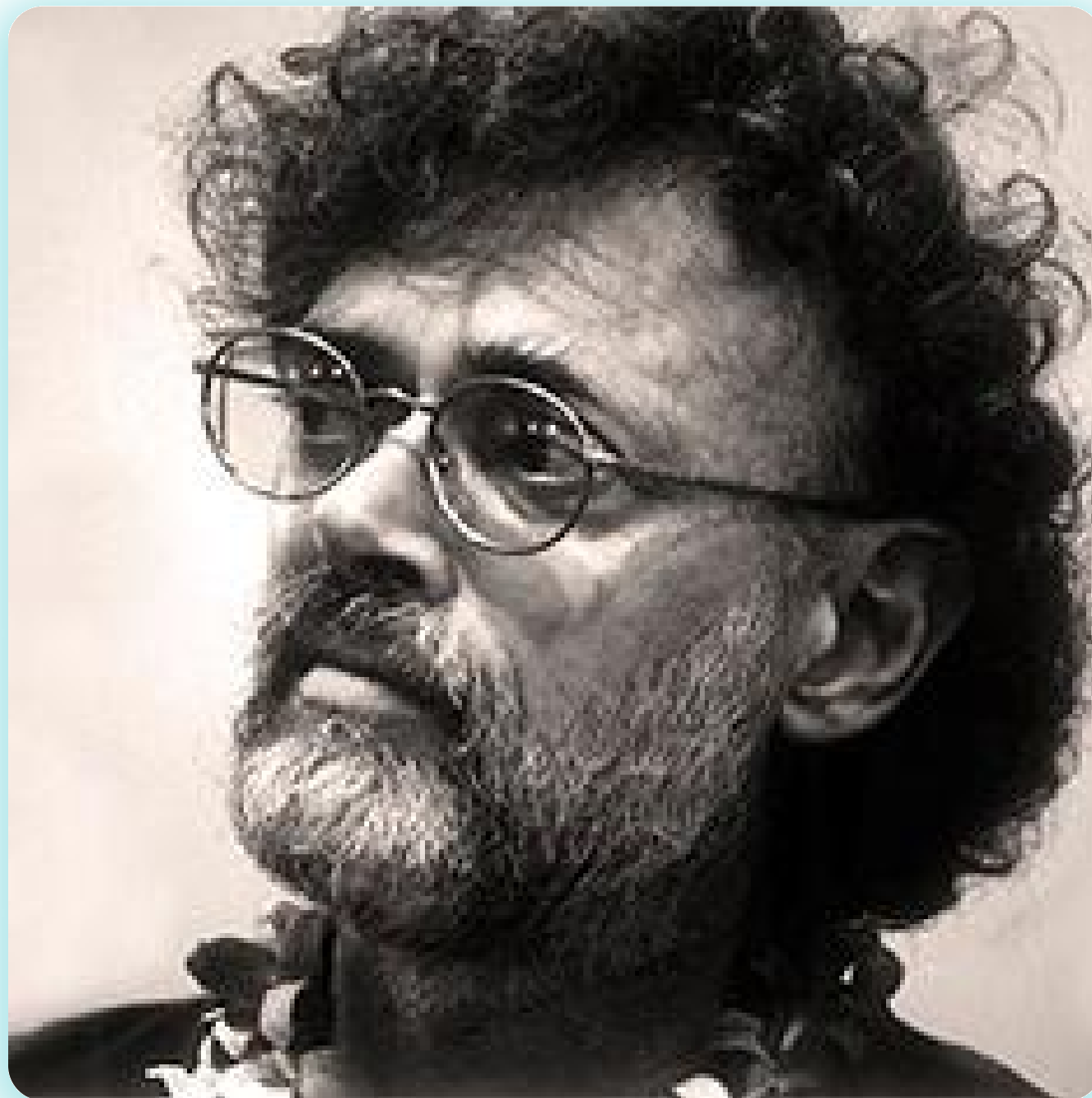
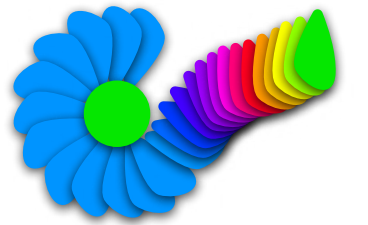
M4: Landing

Movement

Duration: 60–120 minutes

Description: Journey & “reality” merge

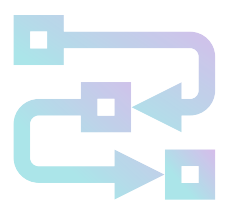
Directions: Gentle **MOVEMENT**. Dance or play an instrument, but take it slow. You’re like a newborn gazelle on the African plains



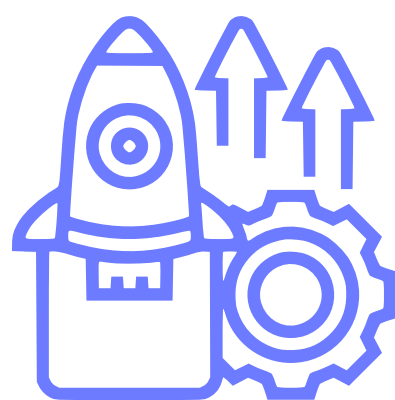
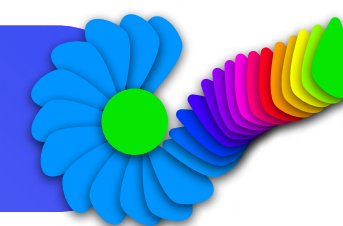
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Psychedelic drugs,
especially psilocybin, allow
a searchlight to be thrown on
these deeper levels of the psyche

Terence McKenna
Food of the Gods



#4 THE DAY-OF

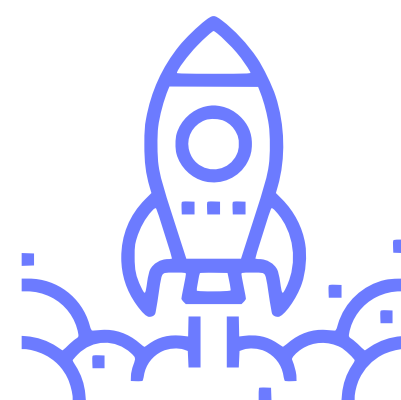


Launch checks

- ◆ Turn off all electronics
- ◆ Place a pen and paper nearby
- ◆ Put water and orange juice nearby
- ◆ Put keys in an inconvenient place
- ◆ Make it slightly difficult to leave

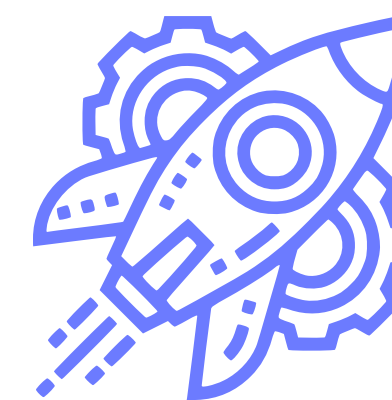
Imagine there's a team of doctors in the *5th dimension* and they can't safely pull you through the worm-hole until your **body AND mind** are still

Prepare to focus on your breath or the music. Don't "try" to have a deep trip. Let the medicine do what it wants



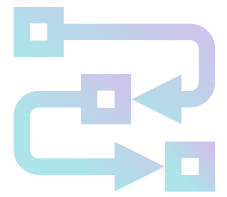
Launch engaged

- 1 Meditate for 5-12 minutes
- 2 Vocalize 3 things you're grateful for
- 3 Spend 1-2 minutes noodling on your *funniest thing* totem
- 4 Speak your intention **LOUDLY**. E.g. "by taking this medicine I will..."
- 5 Consume: powerful trips can occur on 2+ grams of dried magic mushrooms
- 6 Optional: use a light snack to soften to taste. Follow with citrus juice or orange slices
- 7 **Nausea prevention:** One hit of cannabis (via inhalation), immediately after consuming, can prevent nausea

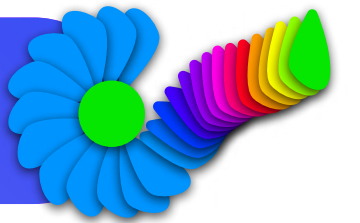


Launch stabilization

- 1 **Get endorphins flowing.** Run around, dance, sing, shout like 10-year-old-you on a Friday night sleepover with your best friend
- 2 A major benefit to the solo journey is the ability to move without inhibition. Embrace the physiological benefits for blood circulation, dopamine release, and positive affect
- 3 The exertion also plays a key role in tiring out your body so it's easier to embrace **STILLNESS**
- 4 As the medicine takes effect or the body tires, settle into your launch "cockpit"



#5 MUSIC & MODULES



Music is a powerful tool for enhancing the experience and helping your consciousness surrender. Build a playlist that caters to the four journey modules (at HIGH volume)

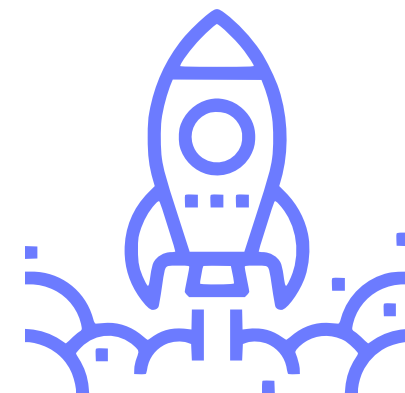


M1: Pre-trip

Movement

Music profile: 5-7 songs that get you dancing, singing, or moving

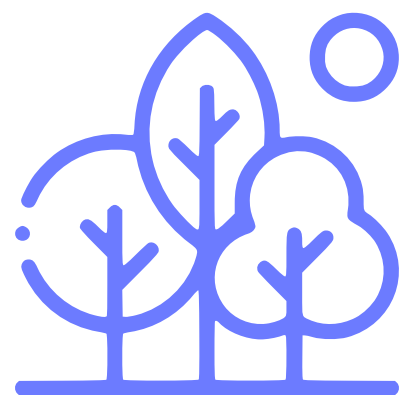
Commentary: This is the **#1 secret: movement before liftoff**. Play anything that compels you to move e.g. George Clinton's *Flashlight*, or Peter Gabriel's *Sledgehammer*. At minimum, utilize power-poses and mantras



M2: Liftoff

Stillness

Music profile: 25-40 songs with no lyrics. Use this "1-2 punch" cadence: **(1)** an introspective classical song (e.g. Philip Glass); then, **(2)** an upbeat classical cover (e.g. Vitamin String Quartet); then repeat
Commentary: This allows deep travel without getting stuck in a thought loop*



M3: Cruising Altitude

Stillness

Music profile: Nature sounds for 30-60 mins
Commentary: With the right rainforest sounds, you'll feel like a newborn babe in an enchanted forest. At minimum, continue playing songs without lyrics

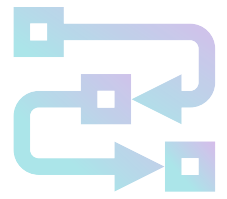


M4: Landing

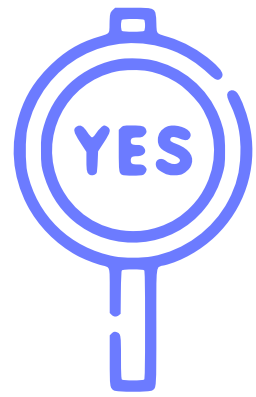
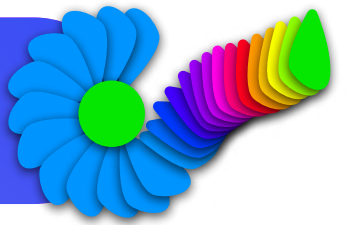
Movement

Music profile: 20-40 positive sentiment songs
Commentary: Although still tripping, there may be a feeling of control and an urge to move. The first songs after nature sounds should be pleasant and movement-inducing (lyrics are okay)

* Overwhelmed? Here's an [example playlist](#) for M2



#6 MID-JOURNEY CHALLENGES



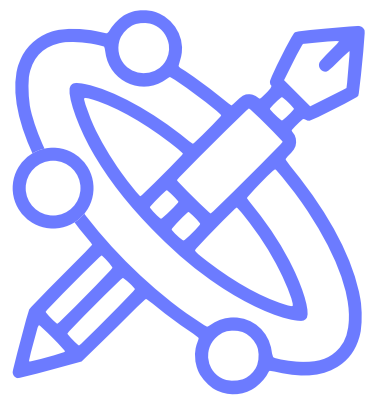
Say “Yes”

- ◆ When in doubt, say “YES” to whatever the medicine is showing you
- ◆ If it feels like you are dying, let it happen
- ◆ Let go of control and fully surrender



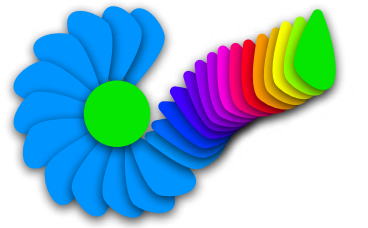
Curiosity and Gratitude

- ◆ You may have trauma or inner demons that need to be processed. These mental knots may manifest in the form of vivid and life-like entities in your visual field. **Go towards them with curiosity and gratitude**
- ◆ Thank them. If it feels natural, ask them what they want. As you engage you are releasing them from your psyche. If it's painful or scary, remember this is very good sign



Use your concept totems

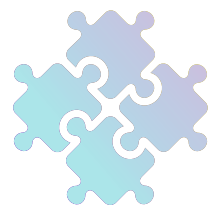
- ◆ When feeling excessively lost, utilize the concept totems by speaking them out loud or concentrating on them
- ◆ BONUS: If you find yourself in your subconscious. Repeat your 1-word mantra to plant it there. The seed will bloom later



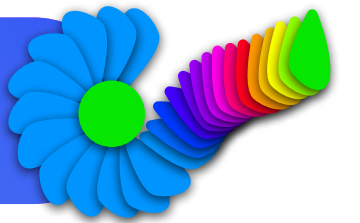
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**It explained the mystery of life...
and we realized we could
break barriers**

Paul McCartney
The Beatles



#7 INTEGRATION



Welcome back to Earth!

Your body and mind have gone through an intense and exhausting journey. Treat yourself like you just got home after a 12-hour flight

- ◆ Engage a 30 minute journaling session
- ◆ Remind yourself of your intention. Was it already answered, clarified, or realized? What are the implications?
- ◆ Imagine yourself 3 weeks into the future: what new habit or behavior would help maintain this insight?



Do's and don'ts

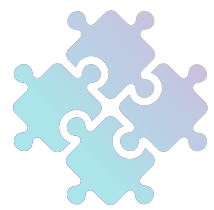
Your brain will be very open to change and new neural patterns, like a ski slope with a fresh coat of powder

.....DO.....

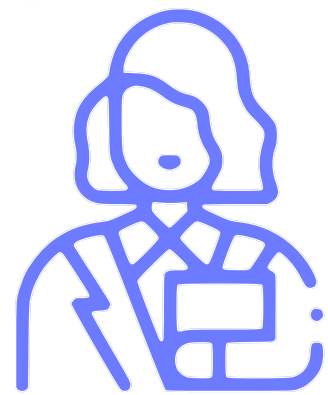
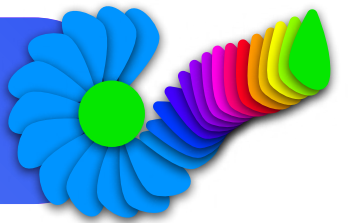
- 1 Choose **ONE** new habit that you will try everyday for a month. E.g. journaling or meditation
- 2 Develop **TWO** mantras for daily use to reprogram your thought patterns
- 3 Make it **IMPOSSIBLE** to forget your new habit and mantras. Set up daily visual queues

.....DON'T.....

- 1 Avoid microdosing for at least 10 days
- 2 Avoid another large dose for at least 30 days
- 3 Don't expect "non-travelers" to want to hear about your experience



#8 MOZART ZONE



The Mozart Zone is a 4-week period of optimal neuroplasticity

You'll have the resilience & intuition of an adult, plus the creativity and wonder of a child. If you follow the guidelines below, the Mozart Zone will start on DAY 5 after the trip.



Day 0-4: "The 10-year-old child"

Your brain will have too much neuroplasticity for a few days. This means your mind will be suggestible, like a child's, so treat it like one for 4 days.

When you get a sinus infection the doctor prescribes antibiotics. You need to take 4 pills the first day, but critically, you have to *keep taking 1 pill a day* for the next few days. If you stop taking the pills after day 1 it won't work.

The Mozart Zone works in a similar manner. The psychedelic journey is the "4 pills on day 1." The "1 pill a day for the next few days" is treating your mind like a 10-year-old's with **these seven guidelines**:

Guidelines:

1. Avoid alcohol & recreational drugs
2. Avoid irreversible decisions
3. Avoid news & social media
4. Avoid important meetings
5. Avoid bad influences
6. 12-min meditation
7. Eat healthy

NOTE: One session is often *not* enough. Consider 4-5 total large dose sessions in a 12-18 month window

CONNECT WITH OTHER EXPLORERS



Tik Tok LIVE

Join the LIVE chats with
[@Psy_diaries](#) to talk
high-dose sessions



Psilocybin Psoirée

Join the [community of explorers](#)
& integrate your journey with
other travelers

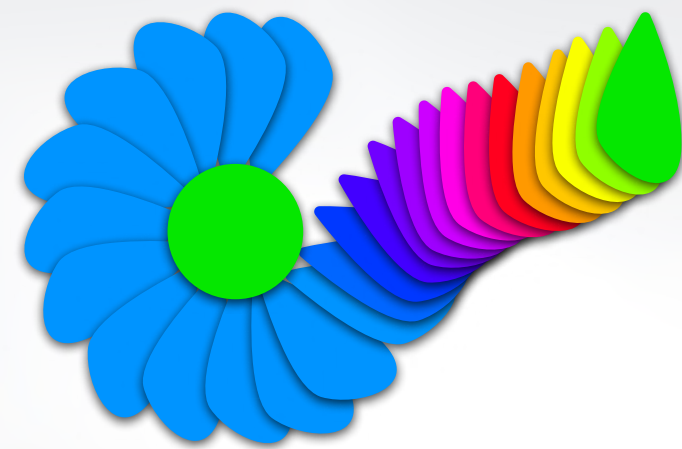


Watch the show

[A 30-min show](#) with expert
interviews discussing
psychedelics

GIVE YOURSELF CREDIT FOR HAVING THE COURAGE TO EXPLORE.
YOU MAY NOTICE YOU'RE CHANGING IN SUBTLE, PROFOUND, BEAUTIFUL WAYS.

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