Psilocybin Prep Guide

An overview for first-time journeyers

What is a psilocybin journey?

A psilocybin journey is a guided experience with psychedelic "plant medicine" designed to open the mind, body, and spirit. It can support healing, self-exploration, and connection. Whether you call it a trip, journey, or ceremony, this is a sacred space where you're invited to release expectations and engage with the unknown.

Honoring the legacy

Psilocybin is not new: it has deep Indigenous roots, including the Mazatec tradition and healers like María Sabina, who used mushrooms ceremonially to access insight and healing. These traditions remind us to approach the medicine with reverence, humility, and respect. Psilocybin is traditionally experienced communally, in ceremony, with support, music, and intention – all of which we will honor in a 1:1 setting.

Set & setting matter

There's no "right" way to set your intention, but intention does shape experience. Your "set" (mindset) and "setting" (environment) can significantly influence the quality and outcome of your journey. According to Carhart-Harris et al. (2018), several factors predict a deeper, more transformative (or "mystical") experience:

- Feeling ready to surrender to whatever unfolds

- Having a clear intention going in
- Participating in a safe, supportive setting with preparation and integration
- Taking a therapeutic-level dose appropriate for your goals

Setting intentions

Your intention is your internal compass. It doesn't need to be profound or perfect. It just needs to be real. It could be something you're wanting a new perspective on, a question you would like to explore or a topic you want to release. Common intentions include:

- "What's my purpose now?"
- "I'm open to healing. Show me where to start."
- "I'm ready to meet myself."
- "Help me release my feelings of regret."

The ceremony begins the moment you commit. From that point on, be mindful of what you consume: food, media, thoughts, and energy. Gentle reflection, journaling, and meditation are helpful tools to clarify your intention. Trust that even if your experience doesn't unfold exactly as imagined, the medicine often gives you what you need.

What to expect

Sliding scale, $820 to $1,500 through the end of 2027. Pay what you can, no questions asked.

- Two separate 1:1 telehealth calls $85 each; or billed to some insurance plans
- Sliding scale for facilities, journey + medicine, and follow-up integration support, $820 to $1,500 through the end of 2027
- 50% deposit needed to reserve facilities, finalize date and time

Preparation (ideally 2–3 weeks before Journey date)

- Book 55-minute telehealth 1:1 screening and Q&A phone call with Tisha; discuss current medications *(privately, not on a website form)*
- It's recommended that you communicate with your primary medical and psychiatric providers ahead of time, so that any psychiatric medications can be tapered under their care two weeks prior to your journey date.
- Complete the journey questionnaire to the degree it's relevant and helpful to you
- Book 55-minute telehealth 1:1 preparation call with Tisha to review questionnaire, psilocybin dosage and intention
- Note: Through my therapy practice, An Enduring Love, I am able to directly bill UnitedHealthcare, Cigna, Medicaid and Kaiser (out of network) for these appointments which are required by the state of CO; alternatively you can self-pay $85/session and a superbill will be provided for reimbursement.

Day-of

- Morning arrival between 9:30–10am at Reflective Healing Center; get situated and create your "nest"
- 1:1 check-in with Tisha and setting up a personal altar with your items
- Sharing your intention with Tisha (optional)
- Ingesting the medicine (usually as tea)
- Quiet, supported personal journey for 4–5 hours
- Closing integration conversation with Tisha
- Plan for a ride home via Uber, a friend or medical transport

What you may experience

- Warmth, energy waves, tingling
- Shaking or purging (vomiting or diarrhea) – this is rare and often a release of held energy, not a reaction to the medicine
- Emotional highs and lows along with vivid visuals
- Visuals, deep insights, or a sense of timelessness

What's happening in the brain

Psilocybin is converted in your body to psilocin, which activates serotonin receptors and quiets the default mode network, the part of the brain involved in self-talk, rumination, and ego. This break from mental chatter moves us from an ordinary state of consciousness (OSC) to a non-ordinary state of consciousness (NSC). NSC allows for connection, neuroplasticity, and the formation of new thought patterns. Think of it like being able to choose a new road instead of staying stuck in the same mental ruts.

What to wear and bring

- **Clothing:** Dress in soft, cozy, easy-to-remove layers (avoid zippers, buttons, or tight clothing).
- **Blankets and comfort items:** Consider bringing a blanket or wrap that will keep you warm and cozy without being restricted. Some find a hot water bottle (or Nalgene filled with hot water) to be comforting.
- **Somatic support items:** Pack hand towels, an eye mask, and noise-canceling headphones if you're sensitive to light or sound. These small items can make a big difference.
- **Items for the altar:** A meaningful object or two (stone, photo, small token) to set up a personal altar. This helps anchor your intention.
- **Journal or notebook:** To capture reflections, insights, or messages from your journey. A pen you like helps, too.
- **Food and drink:** Bring your favorite hydrating beverage and a few hearty snacks for afterward; simple, grounding, and caffeine-free foods are ideal.
- Tisha will have backup items if you forget anything.

Self-care before & after

The week before: Eat and drink clean (limit alcohol, caffeine, processed foods); stay hydrated. Try simple meditation daily (body scans, breathwork,

loving kindness).

The day before: Optional light fast after dinner. Ground yourself, rest, and prepare emotionally.

Journey day: Restrict food and water at least 4 hours prior to arrival. Surrender to the process.

The day after: Journal or record your experience. Spend time in nature. Avoid rushing back into routine. Give yourself space.

The days and weeks after: The medicine will stay with you for a couple of weeks so no big decisions for a month or more. Focus on making meaning of your journey and developing actions to support your new insights (boundaries, conversations, new hobbies, etc). Integration is everything. Healing doesn't end when the trip is over. The medicine opens a door, but your ongoing reflection, therapy, and community support carry you through it.

Following through on post-journey plans to formally integrate your experience is proven to help people turn the journey into sustainable change that is truly therapeutic and long-lasting. Your first integration appointment is included in your journey fees.

Common questions

What am I likely to experience?

Ego dissolution: feeling expansive, interconnected, or "beyond the self." Mystical experience: timelessness, peace, clarity, a sense of sacredness. Gentle insights or silence: not all experiences are vivid. Sometimes nothing "big" happens outwardly, but inward shifts begin. Somatic responses: you may cry, laugh, shake, purge, or sing. All of it is welcome.

How do I decide how much to take?

Most people journey with a dose between 2–5 grams of dried psilocybin mushrooms, depending on their intention and experience level. This is a personal decision and will be discussed with Tisha. You can start with an initial dose and, if needed, take more about an hour into the journey. It's often

said that at first, the medicine works on you, and over time, you learn to work with it. Go at your own pace and let the relationship with the medicine develop gradually.

What if I get scared?

This is normal. Remember: "I've taken some medicine, and the medicine is working." You're supported, and we hope you'll ask for help if and when you need it. I'm here to help you move through fear and strongly believe each of us have an inner healing intelligence that will guide you. Trust it, trust yourself.

Can I avoid a "bad trip"?

Instead of avoiding it, reframe it. Challenging journeys often bring the most transformation. Trust, surrender, and ask for support.

If I need to purge what do I do?

This doesn't happen often but our best advice is to let it out! Many who try and hold it in regret doing that because "trying not to purge" becomes a focus and prevents one from having other experiences. You're doing a guided experience for exactly this reason and you will have support along with a safe space to purge if and when needed.

Will my PTSD or depression immediately go away?

Psilocybin creates openings for change. The experience can interrupt rumination and awaken connection, but it's what you do with the insights through ongoing integration that creates lasting healing.

Remember to make this your journey. You will be guided by ancient wisdom, supported by science, and supported along the way.

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