


Preparation Guide

for your journey



Before enlightenment,
chop wood and carry water.





After enlightenment,
chop wood and carry water.

Zen Buddhist saying

About Preparation

We invite you to embrace this time of preparation with mindfulness and intention, creating the foundation for your upcoming journey. The primary factor that influences the benefits of your experience will be your mindset. Adequate preparation will help optimize your mind and body to harness the healing benefits of the treatment.

Specifically, we invite you to prepare your body and mind through a practice of a healthy diet, optimal hydration, self reflection, deepening your relationship with yourself, chemical detoxification, and daily physical movement.

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01.

**Dosing
Session
Preparation**

Mental and Emotional Preparation

Contemplate:

Identifying your intention

List a few reasons you're embarking on this journey.

What makes this the right moment for you?

What ideas/changes/intentions do you wish to invite into your life?

How do you envision your future self?

Are there any thoughts, beliefs, emotions, memories or experiences that you wish to process or explore?

Identify an intention - while remaining open to additional insights that may arise during your journey.

keep in mind:

Intentions are created to accompany the process. They can help ground us and come back to when needed; however, they are not goals to accomplish or a metric of success. Think of an intention as a loosely held wish to guide your process, while a mantra serves as a grounding self-statement. See page 10 for more on mantras.

Be open and flexible:

Each journey is unique.

Be willing to explore whatever comes up, even if it feels unexpected or uncomfortable.



Stay Open.

Meet whatever arises with curiosity and understanding, trusting it as part of the healing process.

Embrace the unknown.

Let go of any impulse or need to control.



Talk with your clinical facilitator:

1. Explore and identify questions, fears, concerns about the process and what to expect.
2. Identify what will help increase a sense of safety and comfort on your dosing day.

Identify value-driven anchors to help support your experience:

What are your most defining characteristics?

What are your priorities or values in life?

How would you like to experience change or evolution in your life?

keep in mind:

You might find that a simple mantra can help ground you. Some examples may be:

“Trust the process”

“I am safe”

“Be open”

“I can let go”

Physical Preparation

Mindful Nutrition:

- Consider abstaining from highly refined simple carbohydrates (pastries, candy, juice, chocolate, etc), highly processed complex carbohydrates (white bread, pasta, etc) and other processed foods (fast food, frozen food, etc).
- Consider fueling your body with whole foods and a balanced diet of clean proteins, fruits, vegetables and fiber rich foods.
- Avoid heavy meals on the day of your dosing session.
 - Eat lightly or fast for 4-6 hours beforehand, as psilocybin may cause nausea on a full stomach.

Optimal Hydration:

- A glass of water every hour during wakeful times can be helpful for mind and body.

Sleep:

- Be mindful of your routine before bed, ensuring healthy choices to maintain peace within the mind and body in order to sleep well and long enough every night.
- Get a good night's rest before your dosing day and keep your schedule clear on the day of administration and the days following.

Detoxification:

- In order to fully experience your treatment, we suggest detoxifying from sedatives (such as alcohol, benzodiazepines, and opiates), as these substances can dull the mind, as well as from psycho-stimulants (caffeine, nicotine, ephedrine, and energy drinks etc.).
- We recommend abstaining from cannabis at least 24-48 hours prior to your treatment.

Take Medications Only as Prescribed:

- Let your care team know about all current medications and supplements.
- You may need to pause some medications before your session for safety reasons.
- For any questions or concerns about medications, please consult your doctor. You may also book a consultation with our Medical Advisor for additional guidance and support.

Daily Exercise:

- Our bodies thrive when they're engaged in positive, intentional movement—it helps prepare us for meaningful growth.
- Engage in 30-60 minutes of exercise or movement at least 3 days a week.
- During rest periods, participate in low-impact exercise or movement for at least 30 minutes (ie walking, stretching, yoga).

Routines and Responsibilities:

- It is recommended that you are mindful of your obligations and environment prior to your session.
- If possible, seek support for strenuous or stressful responsibilities and chores.

Social Support

- Connect with those in your life whom you feel most yourself and comfortable sharing your experiences.
- Be aware of any social obligations around the time of your dosing session and make mindful decisions on what you plan to do and with whom as you may feel an increased sense of vulnerability.

Contemplative Practices

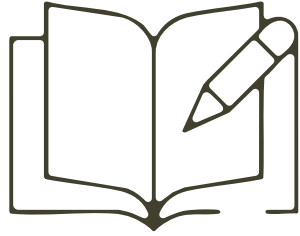


Mindfulness Meditation:

- To calm and prepare the mind, make time daily for 10-20 minutes of mindfulness, meditation, or breathwork.
- This could be broken into a morning and evening session or all at once. Take time to self-reflect and set intentions for your experience.

Journaling:

- Record your intentions, document progress, and reflect on your process.
- Write about the benefits and regressions during your preparations (ie daily gratitude practice, a daily Haiku, journal entries).



Creative Exploration:

- Engage in creative practices that help root you within yourself, increasing connection internally, as well as the environment around you.
- Consider practices such as creative movement, art, writing, etc.

A Medicine Woman's Prayer

I will not rescue you, for you are not powerless.

I will not fix you, for you are not broken.

I will not heal you, for I see you in your wholeness.

I will walk with you through the darkness as you
remember your light.

Sheree Bliss Tilsley

Preparation for your Integration:

The days following your journey are an important part of your healing process. Take time to thoughtfully prepare so your environment and schedule support integration and rest.

- Schedule time for integration activities in advance (time and movement in nature, a massage, journaling, mindfulness, etc).
- Clean your home/space so you're returning to a calm environment with minimal distractions.
- Make arrangements to be off work and offline for at least 24 hours and turn off notifications.
- Be mindful of any obligations within 3-5 days following your journey.
- Confirm appointments (e.g. massage) and travel beforehand so you can remain in the relaxed state of being.
- Have nourishing food and quality water available.
- Have a plan for responding to any known and avoidable habits and patterns that may arise.
- Choose clothing, jewelry, scents, any ceremonial items that feel aligned with your intentions.

Things to avoid:

- Feeling pressured to talk about your journey right away.
- Consuming anything (media, substances, people, environments, etc.) that you don't want hard wired in during your critical period of openness.

02.

**Dosing
Session**

On the day of your dosing session

To get the most out of your experience, we have outlined some important information below about dosing and what to expect during the treatment period.

What to bring:

- Your journal, a bottle of water, and a light snack if you'd like.
- An eye mask will be provided, though you're welcome to bring one that feels more comfortable or familiar.

What to Wear:

- Wear comfortable, loose clothing.
- Consider wearing layers for added comfort and flexibility.
- Pillows and blankets will be provided for warmth and comfort, however, feel free to bring anything that helps you feel grounded and comfortable.

Transportation:

- You must have a safe ride home after your dosing treatment.
- A designated driver is required: family member or trusted friend.
- If you're unable to arrange your own transportation, our team can coordinate a driver for you.

Medications:

- Do not use: benzodiazepines, opiates, stimulants, lamotrigine, Synthroid, and Armour. Otherwise, take your regular morning medications as discussed with your doctor.
- Together with your physician and our clinical advisor, you will have received clear guidance regarding your medications. If you have any questions or need clarification, please contact our office for support.

Drugs and Alcohol:

- Abstain from recreational drug and alcohol use including cannabis.

Food and Beverage:

- It is recommended to not eat the day of your dosing journey. If you are sensitive to fasting or prone to gastrointestinal discomfort, eating a light, easily digestible meal 1-2 hours before your journey can reduce nausea.
- A diet of whole foods, like fruit or vegetable and whole grains is recommended.
- Drink plenty of water before, during and after your dosing journey.
- Avoid caffeine on the day of your treatment if possible.

Arrival and Timing:

- Plan to arrive at your scheduled time, allowing a bit of extra time for travel so you don't feel rushed. A relaxed arrival helps set the tone for your session.
- You will spend approximately 15-30 minutes reviewing paperwork and preparing for the treatment with your clinical facilitator (asking questions, grounding techniques, and reviewing intentions).
- Part of your experience will also involve creating a peaceful and relaxing environment tailored to your sensory preferences (lighting, headphones/music, eye mask).
- Sessions are typically 6-7 hours long, but vary.



The Guest House

This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness,
some momentary awareness comes
As an unexpected visitor.

Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still treat each guest honorably.
He may be clearing you out
for some new delight.

The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.

Be grateful for whoever comes,
because each has been sent
as a guide from beyond.

Rumi



03.

*After Your
Dosing
Session*

We encourage you to embrace an integrative integration process following your experience. The primary factors that influence the benefits of your experience will be your mindset and your healthy habits focused on intentionality. Proper aftercare can lead to the changes that will optimize your body to harness the healing benefits of the treatment.

Psilocybin effects will slowly wear off over time. Some effects, however, may linger throughout the day/night. Please be aware that even though you may feel 'normal' now, these effects may influence your thinking process and connection with reality. For your own safety, protection and wellbeing, please be mindful and gentle with yourself. Insights may come up slowly and it can take time to settle.

Important:

Avoid making any significant, life impacting decisions for many weeks following your dosing session.

The First 24 hours:

Rest Period:

- Ensure a quiet, comfortable space to rest and reflect after the session.
- Clear your schedule of any strenuous or stressful activities, responsibilities, or chores. If possible, arrange support to help with necessary tasks.
- If you'd like, a loved one can sit with you at home for comfort.
- If memories or feelings arise, consider journaling or sharing them with a trusted loved one.
- Avoid signing or entering into any legal contracts for at least 72 hours after your journey. Give yourself space for clarity and grounding before making formal commitments.

Hydration and Nutrition:

- Drink plenty of water and stay hydrated.
- A light, balanced meal or snack based on your appetite later in the day.

Avoid Driving or Operating Machinery:

- No driving, operating heavy machinery, or engaging in strenuous activities for the remainder of the day.

Emotional and Psychological Support:

- You will have an integration therapy appointment with your clinical facilitator within 72 hours following your treatment.
- Remember that you'll be in a period of heightened meaning-making and neuroplasticity.
- If you feel the need for support sooner than your appointment, you can call our office at (216) 262-4445 to schedule an appointment based on availability. You may also choose to confide in a trusted friend or loved one, or take time to journal and record your thoughts and emotions to later discuss with your clinical facilitator.
- The Fireside Project offers support via text and phone (623) 473-7433 or visit www.firesideproject.org.
- If you feel that you require emergency support, please reach out to a crisis helpline by dialing: 988 or 911 or go to your nearest emergency department.

Avoid Alcohol and Recreational Drugs:

- We recommend avoiding alcohol and recreational drugs, including cannabis, as they may interfere with the therapeutic process and diminish the benefits of your dosing experience.

Prescription Medication:

- Continue your regular prescription medication unless otherwise instructed by your physician. If you have any questions, please contact our clinical team for more information.

Recommendations:

<i>Do</i>	<i>Don't</i>
<p><i>spend time in nature</i></p> <p>Spend time outdoors to reconnect and let insights settle. Even a quiet walk or moment under the sky can restore balance and clarity.</p>	<p><i>immediately return to devices</i></p> <p>Stay unplugged and contemplative—avoid screens as much as possible, silence notifications and avoid digital distractions.</p>
<p><i>incorporate movement</i></p> <p>Engage in gentle movement—stretching, yoga, or walking—to help energy flow and support emotional release.</p>	<p><i>travel</i></p> <p>Refrain from unnecessary travel. If travel is necessary, move slowly and allow extra time for rest.</p>

The First Week:

Integration Therapy:

- Your integration therapy appointment will be scheduled within 72 hours of your dosing treatment.

Journal or Reflective Practice:

- Schedule reflection/ integration time and activities.
- We encourage you to journal about your experience, noting any thoughts, feelings, or insights that arose during the treatment and/or integration therapy session.
- Yoga Nidra for integration.
- Creative practices.

Physical Activity:

- We recommend light physical activities such as walking or gentle yoga to help integrate the experience.
- Consider spending time in nature when possible.

Mindfulness or Meditation:

- We suggest daily mindfulness or meditation practices to stay grounded and process the experience.

Avoid Alcohol and Recreational Drugs:

- We advise to avoid alcohol and recreational drugs, including cannabis, as these can interfere with the therapeutic benefits of dosing.
- Continue to nourish your body with healthy, whole foods and water.

Connection:

- Connect with family, close friends, or peers with whom you feel most yourself.
- Minimize inputs—notice what you consume and choose consciously.

The First Month:

Ongoing Therapy or Coaching Sessions:

- Continue regular integration therapy sessions following treatment, as needed

Healthy Lifestyle Choices:

- We encourage maintaining a balanced diet, regular exercise, and adequate sleep to support overall well-being.

Intention Setting:

- We can assist you in setting realistic, achievable goals based on insights gained during your dosing session.

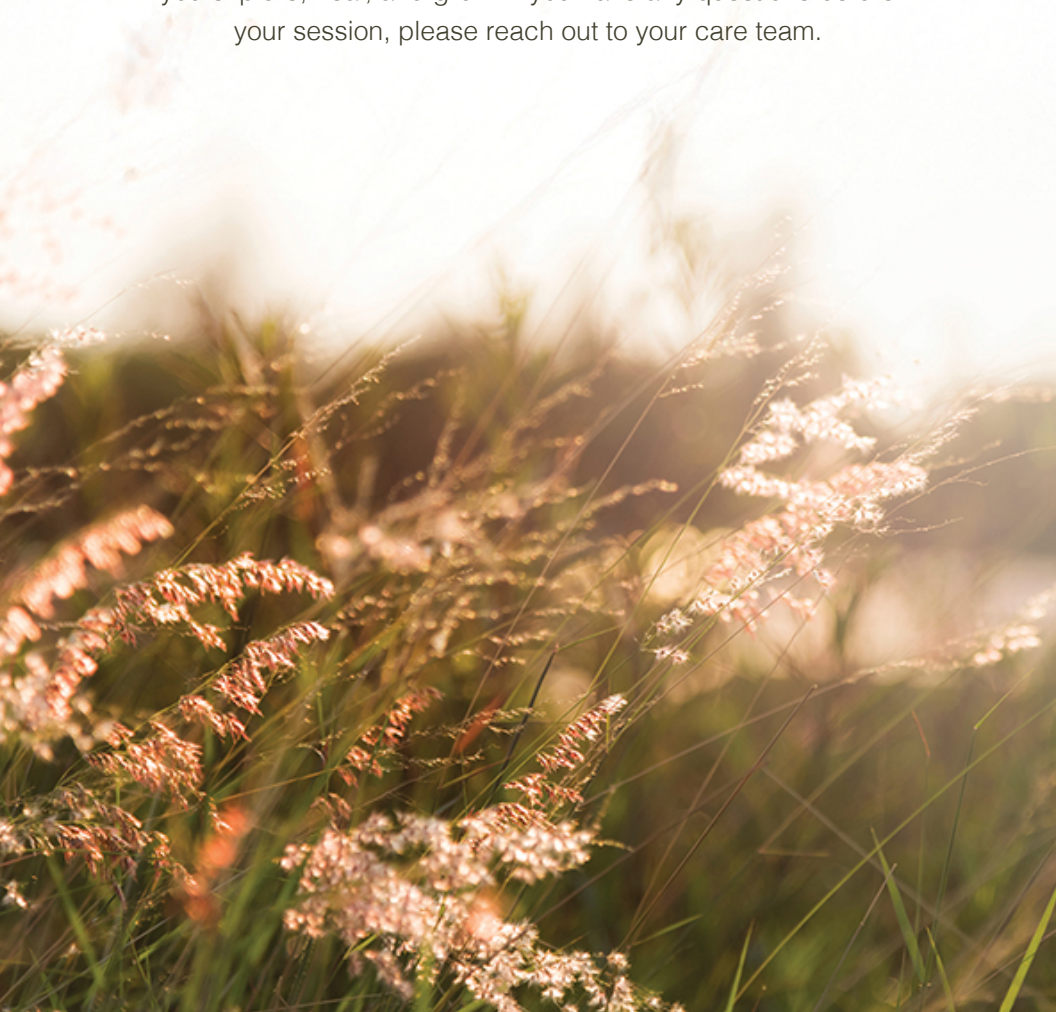
Life Decisions:

- Refrain from making significant life decisions for several weeks. Allow your insights to settle and your perspective to integrate naturally over time.

We're with you every step of the way.

Your journey is personal and unique.

Our role is to create a safe, supportive environment to help you explore, heal, and grow. If you have any questions before your session, please reach out to your care team.





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