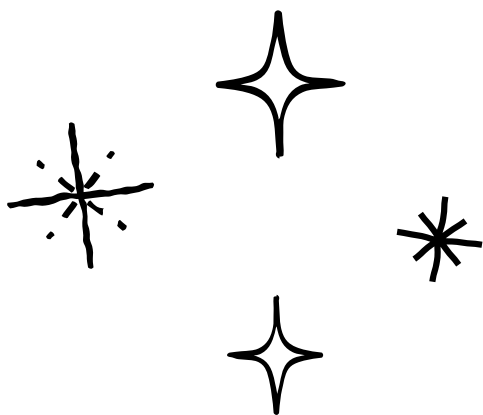


HOW TO TRIP



by emily squadra





“The great wild force of our own psyches means to place its paw on our shadows, and in that manner she claims us as her own.”

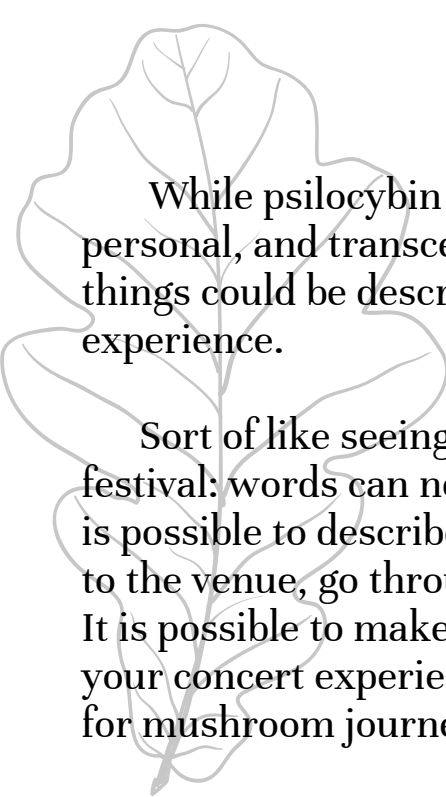
~ *Women Who Run With the Wolves*
Clarissa Pinkola Estés

INTRO

I have found psilocybin mushrooms to be invaluable in combating existential dread, anxiety, disassociation, and depression. Things I once thought were only attainable through the innocence of childhood: joy, connection, clarity, and mysterious encounters, have been propagated in abundance through this little mushroom.

Through trial and error, I have been honing a “ritual” or a mindful set, setting, and process. Many times I have done mushrooms, it has been haphazard: during a camping trip in the woods, or at a music festival. However, this doesn’t always go so well.

Dosing information should be considered and researched beforehand. Starting low and going slow is the best method. Psychedelic mushrooms can widely vary in strength, so it is best to know what you are consuming. One gram of some mushrooms may feel like four grams of another, so tread lightly and respect the mushrooms. See resources on where to obtain test kits for specific potency information.



While psilocybin trips are intrinsically fluid, personal, and transcendent of language, I think some things could be described to prepare people for the experience.

Sort of like seeing your favorite band at a music festival: words can never do the feelings justice, but it is possible to describe how to purchase tickets, travel to the venue, go through security, and find the stage. It is possible to make a list of what to bring to enhance your concert experience. I want to try to do that, but for mushroom journeys.

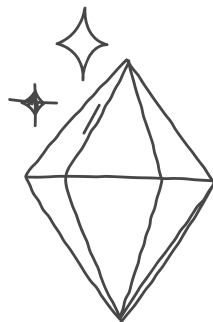
This guide is for psychedelic experienced people who want to explore a deeper journey and are looking for instructions on how to do it as supportively as possible while also doing it alone. Having a written down process with tangible steps, like a recipe, can help ease anxiety so that the experience can be meaningful and healing.

Enjoy!

p.s. Psychedelics are not recommended for people who are pregnant, have taken lithium, are vulnerable to psychosis or who have heart conditions.

NESTING

- Pick a **time and location**. Somewhere very comfortable and relaxing when you have nothing planned for the rest of the day. This will take **4-8 hours**, but you will be useless afterward.
- Don't hesitate to **plan a couple weeks** ahead for this experience. Planning can give you time to center yourself and prepare.
- Choose a good place to do it. Having a contained, comfortable, and **physically and emotionally safe container** is so important.
- Build a **nice environment** in a private room...nest with all your favorite pillows, blankets, and other comfort objects. Tidy up and *make it nice*.
- **Set intentions***.
 - Why am I doing this?
 - What am I looking for?
 - See prompts in back



TIPS

- Do not eat anything for about 12 hours before your journey. **Fasting** can ease digestion issues and ensure the dosage takes full effect.
- Find a **phrase** to hold onto if anxiety comes up. “Trust, let go, be open.” is a good one, but you may find another that resonates.
- Consider **reading** this whole guide through a few times and familiarize yourself with it.
- Discuss the plan with a **trusted person**. Maybe they are in the house with you or maybe they just know what is going on.
- Pick a **playlist**. I like the 432hz nature playlists on Spotify, which are gentle. Search for “psychedelic therapy playlist” for professional quality playlists.



- If you want, **build an altar**. Choose natural materials you like. Maybe some oracle cards that call to you. Look up altar ideas for specific moon phases throughout the year.
- Make sure your **waterbottle** is handy. Maybe have two water bottles.
- Prepare an **easy peasy meal** that you can just pop in the oven as you're coming down. Something comforting, hearty and low effort. Soup, lasagne and pizza are great options.
- **Grind your mushrooms.**
A coffee grinder or herb grinder will do.
- Expect to block out about **4-8 hours...**a Saturday afternoon- evening perhaps. Keep your calendar cleared for the rest of the day.



TEA TIME ✨

(20-45 minutes)

Prepare to drink the mushrooms while in a calm headspace. Go on a walk, meditate, set some intentions, listen to your favorite music, and appreciate nature.

Set up your space and gather materials beforehand.

In a ceremonial and intention centered fashion, mix your ground mushrooms with a cool beverage in your favorite glass. Drink the whole elixir, mushroom bodies and all. Eating a banana or kiwi along with it can help prevent stomach problems.

Have a pen and paper set up to write words down that might come to mind.

Play your chosen music.
I prefer speakers because headphones are over-stimulating.



GERMINATION

(1-2 HOURS)

After you drink the tea, **melt** into your prepared nesting space.

Make sure you are **hydrating**. Drinking water can be a very pleasurable experience.

Assume a **comfortable** position, this might be sitting or lying down, or both.

Let your trip **unfold**.

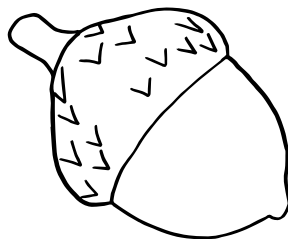
Focus on what's happening **behind your eyelids** and relax. Feel the music.

Wriggling is normal. **Connect** to your body.

Let come what may and remember:

You are safe.

All journeys come to an end.



SPROUT

(1-2 hours)

Slowly emerge when you feel ready.

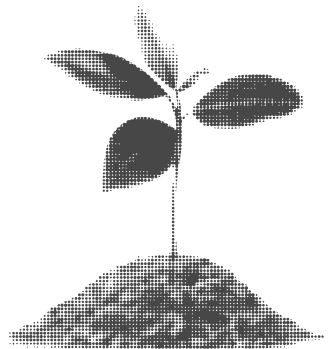
Maybe venture outside, but always move very slowly and inspect things with a childlike curiosity.

This can be in your backyard or another mostly private space. Going in public areas can be frightening.

Seeing other people will definitely change your experience, so be careful who you allow into your container.

Go back to your nest whenever you feel it's necessary.

As things unravel, ask yourself,
“How do I feel this in my body?”



COMING DOWN

(1-2 hours)

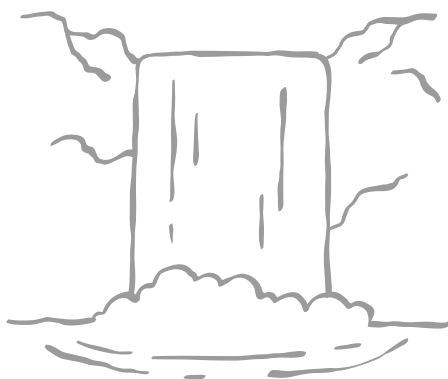
Eventually, you'll start coming down. I like to take a nice leisurely shower when doing this. Maybe a bath if that's what you feel called to.

Prepare your easy-peasy dinner (set a timer) and snacks. I like to drink herbal tea, maybe some nervines like chamomile, oatstraw or skullcap.

Write down a few keywords or phrases that came up to expand on later. Don't feel obliged to write everything down.

You're still basking in the afterglow.

Language doesn't need to claim this space.



At the end, after you're cleaned and fed, find a lighthearted activity to engage in.

It is nice to sit with people or animals you love.

Expression through simple art can feel "right." Watercolors, coloring pages, music, etc.

A lighthearted movie can be the perfect thing to end on.

Just be very gentle with yourself.

You will be mushy and sensitive.



INTEGRATION

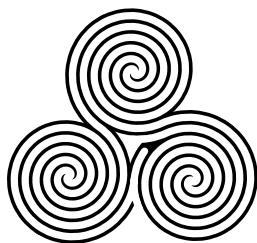
(the weeks, months, years after)

Integration is key. You want to take these lessons that you have learned going through this intense emotional, spiritual and physical experience and weave them into your waking life.

Start asking yourself questions and writing them down. Julia Christina has a great integration guide on her Substack “The Journey.” Google her name and “Psychedelic Integration 101” to find it!

Integration can mean taking action, shifting or widening perspective, holding less tightly, aligning your life with your values or an infinite amount of other things.

Find what it means for you.



JOURNAL

Why am I doing this?

Who or what is with me through this journey?

RESOURCES

- **Fireside Project** - a free psychedelic peer support line for during or after journeys.
Call or text: (623)473-7433
- **r/unclebens** - a beginner-friendly reddit community centered on growing your own
- **The Journey** - Julia Christina's Substack, loaded with resources, guides and personal anecdotes.
- **Miraculix-lab.de/en** - online distributor of drug test kits, including psilocybin potency test kits.
- **beforeyoutrip.org** - an excellent website to self assess if you are ready to go deep. Many other resources are linked on this site as well.
- **Psychedelic Passage** - an informative podcast and network of psychedelic guides

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