Preparing for a Psychedelic Experience
An Informational Guide for Ceremony Readiness

Psychedelic experiences are often profound, complex, and transformational. Preparing with intention can help ensure you are supported throughout the process — before, during, and after.

This guide offers foundational information for individuals considering or preparing for a psychedelic experience. It is not a set of rules or a proprietary method, but a general resource intended to support reflection, personal empowerment, and safety.

Reflect Before You Begin

Before committing to any psychedelic experience, take time to reflect:

Why are you seeking a medicine experience?

- Are you looking to grow, heal, gain clarity, or release?
- Is your desire rooted in escape or avoidance?
- What emotional, physical, or spiritual shifts are you seeking?

Being honest about your motivation can guide whether this experience is the right next step. You should never feel pressured to participate. Some nervousness is normal — it may reflect your ego's resistance to change — but you should also feel a sense of readiness.

Setting Your Intention

Intention gives structure to the experience. When things feel confusing or intense, your intention can serve as your compass.

Take time to reflect and write your intentions down. You may want to:

- Heal from past trauma
- Connect more deeply to yourself
- Release stuck emotional patterns
- Find clarity in a specific area of life

We suggest 1–3 clear intentions. You can watch this short video on setting intentions: https://youtu.be/l0bpC6IbUwQ

Choosing the Right Experience

There are several ways to engage with psychedelic medicine:

- Privately, with a facilitator
- In a small group ceremony
- Solo (with a trusted sober sitter)

Support is a critical factor. If working with a guide or facilitator:

- Choose someone with trauma-informed training
- Ensure you feel safe and respected
- Avoid anyone who pressures or disrespects boundaries

If you've had a past experience that felt unsafe, it may be helpful to speak with a trusted integration coach before engaging again.

Understanding Different Medicines

Psilocybin (found in magic mushrooms):

- Commonly used for emotional healing, spiritual connection, and mental health support
- Effects begin within 20–40 minutes and last 3–6 hours
- Often used in conjunction with therapy to address depression, PTSD, anxiety, OCD, and addiction

5-MeO-DMT:

- Extremely fast-acting compound associated with ego dissolution and non-duality
- Typically not visual, but deeply spiritual and expansive
- Effects are intense and brief

LSD:

- A classic hallucinogen known for visual and emotional depth
- Historically used for spiritual growth and personal development
- May help with depression, personality shifts, and existential clarity

Each medicine comes with unique effects and risks. Choosing the right one depends on your needs, goals, and support structure.

How to Prepare Mentally, Physically, and Emotionally

Even if your experience is weeks or months away, you can begin preparing now:

Mind:

- Reflect through journaling
- Limit stimulation and external noise

Body:

- Reduce or eliminate alcohol, cannabis, and processed foods
- Eat nourishing whole foods and stay hydrated
- Prioritize sleep

Spirit:

- Practice meditation, breathwork, or time in nature
- Explore somatic movement or energy work

Take note of what surfaces after you commit. Sometimes, emotions and patterns begin to arise well before the ceremony itself. These are part of the process.

What to Expect During a Journey

Psychedelic experiences may include:

- A sense of surrender or loss of control
- Emotional release or catharsis
- Repressed memories or patterns resurfacing
- Ego softening or "ego death"
- Profound connection to the universe, nature, or self

Without support, these states can feel overwhelming. That’s why a safe container — and post-journey integration — is essential.

Support & Safety Considerations

Working with a trained, trusted guide can help:

- Navigate the experience in real time
- Process emotions or discomfort safely

- Reflect on what emerges with clarity

Avoid going it alone, especially for deep or first-time journeys. Support matters before, during, and after.

Integration Begins with Preparation

Intention and integration are connected. Your readiness shapes the depth of your experience — and the more care you bring in, the more insight you can carry out.

Afterward, support yourself with:

- Journaling
- Rest and movement
- Community or 1:1 integration coaching

Further Resources

Educational Articles:

- Mindcure: Preparing for a Psychedelic Experience
- SELF: Psychedelic-Assisted Therapy
- Medical News Today: Psychedelic Therapy Overview

Explore 5-MeO-DMT Further:

- https://five-meo.education

This guide is not a substitute for professional or medical advice. It is offered as a general framework to support your preparation process.