

Tuning In: A Psilocybin Wayfinding Guide

Your map for meeting the medicine with clarity, courage, and care. This guide provides educational support to help you arrive at your psilocybin journey — physically rooted, emotionally supported, mentally anchored, and spiritually open. It's not just about asking revealing questions—it's about preparing your whole self for a safe, powerful, and transformative expedition inward.

1. Trailhead: Set Intentions & Build Foundation

- **Plant your compass.** Begin with clear intention. Confirm there is emotional support—trusted friends, a therapist, a sitter, or integration circle—available *before*, *during*, and *after* the journey.
- **Assess your timing.** Reflect on your personal healing arc and developmental readiness.

Here are a few key indicators of readiness for a journey:

- Not perfectly healed, but able to hold space for yourself without needing to be fixed
- Is your body speaking — the body is holding years of suppressed movement, desire, and responsibility - Are you ready to hear what's stored there?
- Have you been releasing guilt, fear, and shame - are you grounded so the medicine will amplify safety, not just surface tension?

Here's some indicators you may not be ready:

- Use is not advised under age 21, the prefrontal cortex matures at age 25 and is more stable.
- Still in crisis, emotionally raw, or unable to access a support system, therapy, or simply rest
- Using to escape, fix, or bypass pain
- Magical thinking signals a need for integration work first
- High control needs, fear of surrender, or over-planning, letting go requires trusting a higher power or similar notions
- Deep emotional suppression, numbness or dissociation, A shut-down system may require preparatory somatic or parts work
- Currently in unsafe living situations or toxic relationships, the healing will fade in destabilizing or retraumatizing environments

- **Prepare your inner infrastructure.** Complete foundational work—therapy, somatic regulation (e.g., IFS or nervous system practices)—especially if you carry trauma, dysregulation, or high anxiety. These form the bridges for deeper inner travel.
 - **Ensure there is support** for emotional processing (before, during, after). Therapy and nervous-system regulation techniques (like somatic work or IFS) may be safer foundations first.
-

2. Psilocybin & the Inner Terrain

Psilocybin recalibrates your internal map. Understanding its effects helps you step into the journey with awareness of how your brain and emotions will shift.

Brain Intersections

- **Neural crossroads** (*Neuroplasticity & Integration*): Your brain forms new connections, enabling fresh perspectives and emotional patterns.
- **Ego quieting** (*DMN downregulation*): The Default Mode Network—the seat of self-reference and rumination—softens, allowing a more interconnected sense of self.
- **Fear thresholds lowered** (*Amygdala response*): Emotional centers open with less resistance, making room for long-held memories and sensations to surface.

Healing from Trauma, Abuse, or Dysfunction

If your map has been shaped by past harm, psilocybin can shift old terrain patterns:

- **Rebuilding identity:** Softens imposed roles, helping you reconnect with your true self
- **Breaking loops:** Disrupts rumination, shame, and self-blame cycles
- **Releasing held emotions:** Allows deep somatic emotions—grief, fear, anger—to move through your system
- **Reclaiming boundaries:** Helps your inner compass re-establish clear yes/no signals
- **Reframing meaning:** Guides you toward a spiritual sense of belonging beyond past pain

“Healing doesn’t erase the terrain—it teaches you to walk it differently.”

3. Waypoints to Readiness

Inspired by *The True North Healing Map*, these seven preparation phases overlap and flow like trails converging toward the same summit—your journey day.

A. Trailhead Preparation (7–10 Days Before)

Journal with Intention:

Morning prompt: *“What do I most want to heal or understand in myself?”*

Discovery prompts:

- “What pattern feels stuck in my life?”
- “Which memory visits most often?”
- “Where am I unconsciously people-pleasing?”
- “What sensation wants my attention?”
- “What would my future self thank me for exploring?”
- “What kindness do I owe myself?”

Deep Healing Prompts:

- “What memory or pain am I ready to meet today?”
- “What part of me needs tenderness?”
- “What is my body asking to release?”
- “How can I welcome whatever arises?”
- “What does my inner child need to hear?”
- “When did I feel truly safe and alive?”

Cleanse Body & Spirit:

- 7 days: clean food, no alcohol or drugs
- 3 days: no stimulants, no sex
- Optional 24-hour light-liquid fast before journey day

Somatic Anchoring:

- Daily 15 minutes yoga (Cat–Cow, Pigeon, Child’s Pose)
- Morning 5-minute box breathing (4 s inhale, 4 s hold, 4 s exhale, 4 s hold)
- Nightly 5-minute body scan for tension release

Ceremony Music Mapping:

Select songs for phases:

- **Grounding:** soft instrumentals
 - **Release:** emotive tracks
 - **Insight/Mystical:** ambient or spacious sounds
 - **Integration:** warm, grounding rhythms
 - Plus: a song tied to a safe, heart-opening memory
-

B. Crossing the Threshold (Day-of Ritual)

- **Morning Silence (30 min):** 10 minutes meditation + recite your intention aloud three times
 - **Light Movement & Hydration (15 min):** Gentle walk or stretch + a glass of lemon water
 - **Final Journal Check-In (10 min):**
 - “How do I feel going into today’s journey? What hopes or fears are present?”
 - “What am I opening to—whether painful or joyful?”
-

C. Journey Flow (During the Session)

- **Music Guidance:** Play curated playlist in sequence (Grounding → Release → Insight → Return)
 - **Sitter as Trail Companion:** Calm presence, water, breath reminders—offer no unsolicited words unless invited
 - **Embodied Support:** If emotions feel deep, encourage movement, gentle rocking, mantra (“I am safe, I am here”), or soft ambient light
-

D. Immediate Integration (First Return Trail)

- **Grounding Rest (15–30 min):** Lie quietly with soft breath, optional eye mask
 - **Emotional Opening (≈45 min):** Get curious—return to journal or playlist
 - **Body Check:** “What sensations remain in my body?”
 - **Reflective Journaling:** Answer your top three prompts, note images or messages
 - **Hydration & Nourishment:** Herbal tea + light protein (nuts, yogurt)
-

E. Follow-Up Integration (Days 3–7)

- **Daily Prompts:**
 - “What am I ready to release that wasn’t mine to carry?”
 - “What insight emerged yesterday?”
 - “What action moves me forward?”
 - “What small step honors yesterday’s learning?”
 - **Somatic Check-In:** 5-minute body scan each morning
 - **Support at Camp:** Schedule integration session with therapist or group
-

F. Embodying the Insights (Weeks 1–26)

Explore longer trails with deeper orientation:

- “What fear or doubt am I ready to befriend?”
 - “What creative impulse arose—writing, art, movement?”
 - “What hidden strengths are waiting to be used?”
 - “What patterns are keeping me off course?”
 - “What small habit reflects my insight today?”
 - “What limiting belief is ready to be released?”
 - “How can I share these insights with someone I trust?”
 - “Which book or concept aligns with my path?”
 - **Create Your Personal Compass:** Write a short bio capturing your transformation
 - **Values & Vision:** What core values guide you? What future success might this path lead to?
-

4. Supplies & Routes of Ingestion

How you consume psilocybin shapes the path ahead—each method a different trail marker.

Raw Mushrooms:

Chew thoroughly to activate psilocybin. Onset: 30–60 min; Duration: 4–6 hrs. Good for traditional use, but can cause nausea.

Powder + Chocolate/Capsules:

Powdered and mixed with dark chocolate or encapsulated. Onset: 30–45 min; Duration: 4–6 hrs. Easy to dose and discreet.

 Mushroom Tea:

Steep chopped or powdered mushrooms in hot (not boiling) water for 10–15 min. Strain if preferred. Onset: 20–30 min; Duration: 3–5 hrs. Gentler on digestion.

 Lemon Tek:

Soak powder in lemon juice for 15–20 min before drinking or adding to tea. Onset: 10–20 min; Duration: 2–4 hrs. More intense peak, shorter duration.

Method	Onset	Duration	Nausea Risk	Ideal For
Raw Whole	30–60 min	4–6 hrs	Medium	Traditional, natural ceremony
Powder + Chocolate	30–45 min	4–6 hrs	Low–Med	Precise dosing, taste masking
Mushroom Tea	20–30 min	3–5 hrs	Low	Smooth onset, gentle digestion
Lemon Tek	10–20 min	2–4 hrs	Low	Fast, intense, time-efficient journey

5. Compass Calibration: Dosage & Strain Guide

Dose Type	Weight	Experience Description
Microdose	0.05–0.3 g	Subtle uplift, enhanced focus
Threshold	0.3–0.7 g	Gentle body buzz, mild perceptual shifts
Low	0.8–1.5 g	Noticeable perceptions, mild visuals
Medium	1.5–3 g	Strong visuals, emotional insight
High/Macro	3–5 g	Deep immersion, ego softening
Heroic	5 g+	Full dissolution—only with intention & support

Strain Note – *Psilocybe cubensis* (B+): Gentle onset and emotionally rich journeys—a steady friend for mapping your inner landscape.

6. Safety & Developmental Considerations

- **Age Threshold:** Recommended for 21+, ideally 25+, due to brain maturity and absence of teen-centered research
- **Potential Pitfalls:** Heightened emotions, ego destabilization, misinterpretation without professional guidance
- **Wise Navigation:** Use only in a supportive, therapeutic context—trust your internal compass and external guide team

Closing the Map

This guide serves as your trail map. Each waypoint reflects your care, curiosity, and courage—qualities that will hold you steady on the path into and out of your psilocybin journey. When you walk this map, you walk with intention and clarity, not into the wilderness unprepared.