



60-MINUTE MEDICAL MUSHROOM MEDITATION GUIDE

SAFETY FIRST

This practice requires intention, preparation, and care. Mushrooms can amplify emotions and sensations. Being mindful of your mental, emotional, and physical safety is non-negotiable.

- Do NOT operate heavy machinery for 8+ hours, under any circumstances.
- Do NOT go outside for 8+ hours, under any circumstances.
- Use a dose that matches your experience level.
- Only proceed if emotionally stable and well-rested.
- Have a trusted person nearby if this is your first time.
- Avoid mixing with other substances, including alcohol.

CALMING ENVIRONMENT

Set and setting define the experience. Choose a location that feels safe, quiet, and familiar. The more comfort and stillness you create in the space, the more inward your focus can go.

- Use low or soft lighting or natural light.
- Recommend using a blind fold.
- Prepare a mat, cushion, or reclined chair.
- Have a blanket nearby for temperature shifts.
- Remove clutter and visual distractions.
- Optional: Prepare calming music or nature sounds in advance.

PREPARATION

Your mindset entering the session matters. Take time beforehand to slow down, breathe, and set your intention.

- Eat a light meal 2–3 hours before.
- Use the restroom.

- Write down a goal in a single word or phrase to center your practice.
- Stretch, breathe, or sit quietly for a few minutes before starting.
- Have water nearby and a journal within reach for afterward.

SILENCE YOUR PHONE

Disconnection is part of the practice. You don't want notifications, calls, or external noise pulling you out of the moment.

- Turn your phone completely off or place it in another room.
- Let others know you'll be unavailable.
- If using your phone for music, switch to airplane mode and preload everything.
- Eliminate digital distractions entirely.

SUGGESTED TIMING

Structure helps you stay grounded. Use the following as a loose guide, but do give each phase room to breathe.

- **0–10 min:** Breathwork and grounding
- **10–20 min:** Body scan or somatic awareness
- **20–40 min:** Themed reflection, visualization, or mantra
- **40–55 min:** Silent presence
- **55–60 min:** Gentle return and grounding
- Use a soft chime or timer if you need structure.

END

The meditation doesn't end when the timer stops. Integration begins now. Be gentle with your body, allow time for reflection, and avoid rushing into tasks.

- Sit or lie still for a few extra minutes.
- Drink water and eat something grounding (e.g., fruit, nuts, broth).
- Journal or sketch any thoughts or emotions.
- Avoid screens, social media, or overstimulation for at least an hour.
- If possible, take a walk or rest quietly for the remainder of your day.
- Remember, it is unsafe to operate heavy machinery for 8 hours after your initial dose.