

HAVE A GOOD TRIP



My Trip Journal

The background of the page is a repeating pattern of stylized mushrooms. Each mushroom has a green stem and a green cap with purple gills and light blue spots. The mushrooms are outlined in brown and have a white drop shadow.

**THIS 'TRIP' JOURNAL
BELONGS TO:**

A large, light blue rectangular box with rounded corners and a black border, intended for writing the owner's name.

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**“AS WE EACH TRANSFORM, LET
GO OF OUR FEARS AND OPEN OUR
HEARTS TO LOVE, WE INSPIRE A
REVOLUTION OF LOVE.”**

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Welcome Fellow Journeyor,

This journal is designed to help you prepare for and integrate your psychedelic experience, so that you can Have a Good Trip!

Journalling before a trip can help you to prepare your mind and set a clearer context for the journey ahead - and this can be an important north star to have during your journey, especially if things get challenging.

I've loved cultivating a journalling practice especially around my trips, and it's been so valuable to be able to look back at intentions, insights and breakthroughs to remind me of the magic I've experienced, when I need it.

So, write away to your hearts content. Get it all out, and then make space after your trip to revisit your journal, and get down any important insights, words, really anything : let your channel flow and don't judge it.

Have a Good Trip always,

Alex



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**“FOR THE WORLD TO CHANGE,
WE MUST FIRST CHANGE OURSELVES.”**

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journey kit

Checklist:

- I've told someone I'm tripping, or have a trip sitter with me
- I've told people I will be offline (work/friends/family)
- Cleansed the space with Palo Santo and or Sage
- Speaker for music is charged and ready
- The playlist is downloaded on Spotify
- Decluttered my space
- The playlist is downloaded on Spotify
- I've set my space up the way I want:
 - Cushions / Pillows / Blankets
 - Blinds / Curtains closed
 - Temperature is cool
 - Soft lighting
- I have:
 - Water bottle filled
 - A box of tissues
 - Essential oils
- Journalled
- Food available for afterwards
- Meditate

Dosage:

Time consumed:

Consumption method:



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**“THIS IS ALL A GAME. A GAME
WITHIN A GAME WITHIN A GAME!
THIS IS ALL JUST AN EXPERIENCE!”**

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“THE POINT OF INTEGRATION
IS JUST DON'T FORGET THE
EXPERIENCE YOU HAD.”

Integration

To integrate effectively also requires you to take action to change the parts of your life that you're aware is not working for you anymore.

It's important after a trip to nourish your body well. Eat some delicious fruit, hearty soup, a nice lean healthy meal.

Jump in a lake or the ocean, take a long hot shower or a bath. You could even get a relaxing massage, or if you feel called, spend time with a loved one and connect with long hugs.

Continue to give yourself space to write, or record a video or voice message to yourself. Listening to the music you played during your journey will help you reconnect with the expanded states you accessed.

In this section, we'll delve into the aftermath of a psilocybin journey. **What can you expect to feel, and more importantly, how do you integrate the profound insights gained during your journey into your everyday life?**

This is super important and is the part that is usually missed, and because of that I've seen many people have hugely profound and awakening experiences with psilocybin only to fall back into the same old patterns just a few months later and feel "stuck" again.

For people that haven't ever tripped before, usually their primary point of reference for what happens after taking a substance is a

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hangover after alcohol. We all know it. The disgusting feeling of waking up dehydrated, maybe sick, with a pounding headache, feeling foggy, like an empty shell of yourself. Fortunately, psilocybin is not like that at all.

The day after a psilocybin journey what you can expect is:

1. Elevated Mood and Clarity:

- Many individuals report an immediate improvement in mood and mental clarity after a psilocybin journey. The burdens of daily life may feel lighter, and a sense of inner peace can prevail.

2. Increased Emotional Sensitivity:

- Your emotional sensitivity might be heightened. This can be a positive aspect, allowing for a deeper connection with your emotions and those of others.

3. A Shift in Priorities:

- Personal values and priorities may undergo a transformation. You might find that certain aspects of your life become more or less important, leading to shifts in your goals and aspirations.

4. Enhanced Creativity:

- Creativity often receives a boost. Whether you are artistically inclined or not, the creative channels of your mind may open up, fostering new ideas and ways of thinking.

5. A new flow of insights:

- Often the days following a journey are when more insights flow through that can have a vast impact on your life.

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It can be normal to feel tired after a journey - your body has sometimes gone through a lot of change and growth in a short space of time.

So how does one integrate their journey back into life?

This is a part that's missed a lot. You have this hugely profound opening experience and then re-enter your life a changed person, altered in some way, but your life is exactly as it was before the journey.

In the instance of hugely transformative journeys, it can feel like you have completely changed but everyone around you is most likely still expecting you to be the same person.

Maybe you have realisations that your job, or romantic relationship isn't aligned for you.

It can feel jarring to have these massive awakening moments and recognise that your life no longer reflects the most authentic version of - or maybe that it never did, and you have only just realised.

So to integrate effectively also requires you to take action to change the parts of your life that you're aware is not working for you anymore. I once heard Aubrey Marcus say "the point of integration is just don't forget the experience you had." He means, don't forget the love, the opening, the feelings of freedom, the experience you felt. On this, I say: You will forget. At least some of it.

Your brain has been operating for as long as you've been alive, or at least from the age of 7-12 years old, it's been running most of the same conditioning and a lot of your patterns, identities and beliefs

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are super engrained. The integration strategies I'm going to give you will not only help you to forget less, but will also help you to remember, when you do forget!

Now let's explore strategies to integrate your trip, and 'not forget':

1. Make space after the journey:

- Avoid going straight back to work, or into the duties of your regular life if possible.
- Avoid usual external inputs like the TV, news, audiobooks, social media or podcasts. Let your brain rest, and allow the channel to be open and have space for new insights to flow in.
- This space will also allow you to embody the new state of awareness you've unlocked and will reduce the external triggers that can have you retract back.
- Stress is one of the main triggers that will cause a retraction as it is a survival response, and psilocybin is helping you to embody a new experience of abundance and trust: the opposite of survival.

2. Maintain a clean diet:

- Avoid alcohol, coffee, fried foods and anything that can be altering for the brain or body. You want to remain as clean and clear as possible. Drink lots of water and stay hydrated. You'll feel amazing :)

3. Take Action:

- Write down a list of actions you wish to take from your journey. These could be as simple as "clear out my wardrobe" to as big a "have a conversation with my ex partner and apologize" or "Move countries"!

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- Get it all down so you have clarity. I suggest actioning the small things first, and try for the very next day to complete at least one action: taking affirmative action will continue to solidify your new neural pathways as a part of the newer you.
4. Get support:
- Often we have huge experiences and have no idea how to integrate them into our life. It can feel like our life is so far apart from the experience and awakening we have just had.
 - Getting support can be one of the most effective ways to integrate your psychedelic experiences, and this is exactly why I have an online coaching aspect of all of my retreats and ceremonies I facilitate.
 - It helps to know that you're not alone, and to be able to talk with someone who understands exactly what you're going through, and help you through it from their own vantage point of experience.
5. Journaling:
- Start a post-journey journal. Document your thoughts, feelings, and any insights gained during the experience. This reflective practice can help solidify the lessons learned.
6. Mindfulness and Meditation:
- Incorporate mindfulness and meditation into your daily routine. These practices can help you stay present, manage stress, and continue the introspective journey beyond the psychedelic experience.
 - You may even notice that meditation becomes easier after experiencing a psilocybin journey.
7. Artistic Expression:

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- Let out your inner artist! Whether it's music, drawing, painting, writing, or any form of creative outlet. This can be a powerful way to externalize and process the internal shifts and continue to allow the channel of your spirit to flow.

8. Nature Connection:

- Spend time in nature, whether it's the ocean or the trees. The tranquility of natural environments can complement the inner peace gained from your journey and provide a space for reflection.
- Remember that mushrooms are a medicine of nature. They're here to help you come back into alignment with the natural rhythm of nature: your natural rhythm. So being in nature afterwards can really help your mind & body to remember, and come back to presence.

9. Revisit the physical aspects of your journey:

- The music you listened to during your trip can have a profound effect on the journey and can be a powerful anchor for remembering the feelings you accessed during it.
- There are usually specific songs that stand out to individuals: save these and play them in the days following the journey.
- Burning Palo Santo, Sage, any incense or smelling essential oils that you used during the journey can help you to access the moments you were in and remember.

10. Share your experience with the people around you who you trust and know will receive you well.

- Avoid sharing the experience at this early stages with people you feel may not understand, may judge, or project their own limitations on to you.

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- You can also share your experiences in a safe space in the Have a Good Trip Telegram Community Channel where I'm also active and present.

11. Reading books that are written as channels of the divine:

- Ram Dass wrote a book called *Be Here Now* and half of it was written on LSD, and the entire book speaks into the wondrous nature of the psychedelic realms. Texts like this one can help you to piece together parts of your experience and integrate even deeper.

In conclusion, the post-journey phase is a pivotal aspect of the psychedelic experience. **By understanding what to expect and incorporating intentional integration techniques into your life, you can harness the transformative power of psilocybin for lasting personal growth.**

Well, that concludes the official Have a Good Trip journey, designed to equip you with everything you need to Have a Good Trip, and **safely utilize the power of psychedelic medicine to grow and expand, and open your heart to love, and life itself.**

Continue to give yourself space to write, or record a video or voice message to yourself. Listening to the music you played during your journey will help you reconnect with the expanded states you accessed.

If you need support to integrate your journey, you can reach out via the Have a Good Trip community Telegram channel. For more guidance on 'Integrating Your Journey', please refer to the Have a Good Trip eBook.



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**“STAY CURIOUS, STAY SAFE, AND
CONTINUE YOUR EXPLORATION OF
SELF-DISCOVERY.”**