

Safe Spaces Amsterdam

Trip Preparation Guide



One to more days before the trip

Prepare your mind:

- Contemplate on your direction in life
- Meditate on and write down your intentions for the trip
- Review the intentions before the trip and if you like, share them with friends and relatives who are open to it.
- Allow yourself to be curious and release expectations
- Transit into a calmer, more introspective state of mind and body, maintain a healthy day-night-rhythm and lifestyle (Anything that you like and make you feel relaxed, spending time in nature, physical exercise, yoga or meditation)

Prepare your body (The day of the trip)

- Make sure you sleep well and are rested.
- 3-4 hours before the trip: Eat light things that nourish and will not upset your body (Fruits, vegetables, soups, salads, reduce-minimize animal products and processed foods).
- Avoid alcohol, cigarettes, marijuana, and other substances.
- Drink enough water, juices or smoothies

The day of the trip:

Clarify your intentions with your tripsitter guide. We will prepare time for this with you. For example, are you seeking for creativity on a professional level and for your career? Personal development? A mystical experience or something else? Please let us know so we know what dose is optimal to meet your needs. It is possible to consume psilocybin truffles at a low, moderate or a high dose.

During the trip:

Always feel free to ask for assistance from your tripsitter. Feel into your needs. Allow yourself to be curious and release expectations. Explore, relax, surrender and enjoy! Accept not-knowing, acknowledge all feelings and sensations. Surrender to what is and what comes. Everything is okay and welcome; Laughing, crying, screaming, dancing, silence, talking, music.

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Embrace all emotions; they are messengers and not enemies. There is no need to fear the inner self.

When discomfort or less pleasant feelings arise:

It is common for journeyers to experience some type of physical or psychological discomfort. We do not define them as a bad trip, rather as a chapter of your journey. Embracing those feelings is often where the healing begins, and those experiences might bring provide the biggest reward, as well as the most relief.

The less you focus on discomfort, the less it will affect your journey. In case of psychological discomfort, you are encouraged to explore where it stems from with curiosity.

- Remember that every feeling is temporary, and that it will pass. No matter how weird, uncomfortable, sad or scary the journey gets, you are safe, and the journey will end.
- Accept whatever comes forth and surrender to the truffles. The truffles will give you only what you need and are ready for.
- Do not resist the feeling but go along with the flow of the trip. Flow with the tide of the experience.
- If it takes long for the feeling to pass, a change of surroundings, change of light or music might help. Ask your tripsitter for assistance anytime you need.

After the trip

Last but not least According to your preferences, spend time in conversation and dialogue.

Always listen closely to your (body's) needs. We are pleased to assist you, and share practices and techniques but participation is up to you. Feel free to follow your flow and know that nothing is mandatory. Always stay connected to your inner needs and feel free to communicate them to your tripsitter.

Facebook integration discussion group:

<https://www.facebook.com/groups/safespacesamsterdam/>

Our email: safespacesamsterdam@gmail.com

Success, and enjoy your journey. Safe spaces,
Ellen, Luc & the Team