

How to Have a Fantastic Mushroom Trip

4 Essential Touchstones to Guide Your Trip

Hello beautiful soul!

Thank you for joining me on this adventure, where we dive into the world of psychedelics, spirituality, mindset, and how we can use plant medicine to evolve our life and our soul.

In this guide, I want to talk to you about the rituals and techniques you can use to make sure your mushroom trip — or any psychedelic journey you're doing — is the best it can possibly be.

What are the things you can do — beyond the basics of having a good set and setting — what are the attitudes and the mindsets and the rituals you can bring to your trip, the touchstones that will guide you through your psychedelic journey?

James

Touchstone #1: Intention

The first touchstone — and I mention this in all of my resources, because it is so important — is **intention**.

Being intentional about every part of your trip: where you trip, why you're tripping, who you're tripping with; what is the purpose of this experience? Being absolutely crystal clear about why you're doing this trip is key.

It's okay if your answer is simply "I'm curious" or "I want to see what happens". In that case, your intention is one of exploration and one of adventure.

Your intention could be as specific as "I want to work on the relationship with my mother", or as general as "I want to know if I'm on track with my life; I just want a tune-up."

General intentions, specific intentions, all are fine. Just be intentional.

Never do a trip from a place of desperation, or a place of "well, fuck it, let's just do it".

Always always always be intentional about *why* you're embarking on this journey.

By the way, when I say 'be intentional', I'm not excluding a spontaneous or inspired trip.

Sometimes you get the inspiration to do a trip and it's not super planned out, but the environment seems perfect and the people you're with are exactly right...

Spontaneous trips can be magical, but this is exactly where I would recommend you to take extra care to set an intention before you trip.

Especially if you're with a group, take 5 minutes before you start the trip, sit everyone down and ask "What does each member of this group want to get out of this trip?"

In other words, "Why are we doing this?"

And ask yourself: "Why am I doing this? What do I want to get out of this trip?"

And if the answer is "We're doing it for fun", that's all right; but I highly encourage you to weave another intention into the trip.

Is there something you'd like to learn on this trip? Is there something you want to discover about yourself? Is there an area of your life that you have found challenging lately, and you'd love to unpack it with the mushrooms.?

Take a moment and set those intentions. I guarantee you it will make a big difference.

Touchstone #2: Curiosity

The second touchstone — and this comes in very handy during difficult moments in the trip — the second touchstone is curiosity.

You cannot be afraid of something and curious about it at the same time.

When you're tripping, and things come up which make you nervous, make you uncomfortable, make you feel anger, make you feel resistance... You're confronting your demons.

In those moments, try to get curious about what's really going on.

"Wow, I'm feeling a lot of grief here." Let's get curious about it.
"I'm feeling a lot of anger here." Let's get curious about that.
"I'm feeling deep sadness, and loneliness." Ok. Let's get curious about that.

What are the mushrooms trying to show me here?
What is my mind trying to communicate to me through this overwhelming emotion?

I can get swept up in it and get lost in the vortex of emotions... but let me take a moment and get *curious* about the underlying reason why this is showing up for me.

Why is this emotion showing up in my trip? Why is this challenge showing up in my life? Why is my character having to face this situation? What is the lesson here?

Curiosity is such a powerful tool and if you make that the *theme* of your trips, your trips are going to be magnificent.

Why? Because everything that's going to show up in the trip — good, bad, easy, uncomfortable — if you view it through the lens of *curiosity*, it's going to reveal more of itself to you than if you take it at face value.

I love to look at life through the language of symbols.

When something happens in my life, I don't just look at the surface 3D event. I take a moment to really look "What is this symbolizing for me?"

What is this person symbolize for me? What does this challenge symbolize? What does this event mean in the video game/dream/simulation of my life?

What *could* it mean?

If life was a dream, and every single thing that was happening was *for* me, not against me, what could this possibly mean?

If life was a book, what would this sentence in my life represent? What would this chapter represent? What is the metaphor behind this problem, this challenge, this circumstance?

And, so, I take that attitude into my trips. I try to look for the symbols within my trip. What is my mind trying to communicate to me?

Curiosity will your best friend, your eternal friend, in your explorations of psychedelics, and life itself.

Touchstone #3: Trust

Touchstone number three, and this comes from experience, but if you know in advance, you can bring it your experience earlier – number three is trust.

If you trust the mushrooms, you're going to have a much easier time flowing with where the trip wants you to go. If you don't trust the mushrooms, there may be a subconscious—or conscious—resistance.

Let me use the metaphor of a cat. All you want is to give this cat is love and affection; but it doesn't trust you. And it doesn't really come close enough to you. And so it cannot receive your cuddles and your love and affection because of a lack of trust. And there may be logical reasons why that cat is being suspicious, but do you see how its suspicion is in a sense preventing it from receiving the full spectrum of your love?

Now compare that to a cat who just implicitly trusts you. And it's friendly, it's cuddly, it comes up and it just is so open to receiving your love.

Now let's apply that to the trip.

You are the cat; the mushrooms are leading you on a journey. The more open and trusting you can be, the more they can work with you and show you things and take you on a ride. And the more skittish you are, the more scared you are to fully give yourself to the trip, the harder it's going to be for you.

So, trust is not something you can fake, but you can develop it. You can intend to trust more. You can set the intention that on this trip, you will trust. You will trust that you will be guided, that you will be safe, that you will emerge from this trip changed and transformed in ways that will be beneficial to you.

I think sometimes people are nervous of psychedelics because they know, deep down, that if they do mushrooms, if they do Ayahuasca, they are not going to come out of that trip the same person that went into the trip. But they don't know what's going to change. And that scares them. So some people would rather not venture into the psychedelic world at all because they don't trust, on some level, that whatever transformation they're going to go through, that it will positively impact them.

Now, I can only speak for myself, but for me, the changes I've experienced from psychedelics have been overwhelmingly positive provided that I haven't take care of the basics of safe environment, safe people, and intention. I have had difficult trips, but none of the difficulty came from the mushrooms. It all came from my own resistance, or my own mistakes of environment or people.

So, I'll wrap this point by saying: yes, psychedelics will change you, and your trust is an essential component of the puzzle. Trust that this trip, if you go into with intention, will benefit you and will mold you and shift you and transform in unexpected ways, but all for the evolution of your soul.

Have absolute faith and trust that whatever happens in the trip is happening for you, and that it's going to be ok. Your job is to take care of the basics, the prep — you can check out [The Mushroom Trip Checklist](#) to find out the basics.

Once you have the basics in place, leave everything else up to God, up to the mushrooms... and yourself! Trust *yourself* that you're going to be able to navigate this.

Touchstone #4: Surrender

The final touchstone is surrender.

Surrender goes hand in hand with trust — you cannot surrender if you don't trust — but there's an extra nuance to surrender, and that nuance is *detachment*.

To surrender on a mushroom trip, it helps to have a healthy mix of **presence and detachment**.

You are present and conscious and paying attention to everything that comes up *and equally*, you are detached from expectations, from specific results, from specific things that have to happen on the trip. You are detached from needing to control how the trip flows.

If things go smooth on the trip, you are detached. If things go sideways, you *remain* detached. This one takes practice, and it's something I have developed over multiple trips. It's an invaluable tool.

Just to reiterate: detachment doesn't mean you're checking out. You are present to what's happening, but you are not attached to anything happening any specific way.

That to me is surrender (in this context) – surrendering to what is, surrendering to what's showing up, flowing with it, staying present with it, and being curious about it, coming back to your intention about your trip... all of the previous touchstones flow into this final surrender piece.

Bonus: No Expectations

And the final bonus touchstone which I'll leave you with is: **having no expectations.**

I have done, at this point, probably forty to fifty mushroom trips (I have not been counting) and every time I do a trip, I go into it with zero expectations.

I don't know if it's going to be a strong trip, or a mild trip. I don't know if there will be visuals or if I'm going to have any breakthroughs. Experience has shown me that I *do* get breakthroughs on every trip, and yet, I still will not go into a trip with any expectation.

And that makes it easy to surrender, it makes it easy to trust, makes it easy to flow with where the trip wants to go, because you are not coming in with baggage and with these giant expectations of how things should be on a trip.

It frees you up.

Having no expectations is something I highly recommend for anyone tripping, but especially beginners. If this is your first trip, go into it with zero expectations. You might have read a lot of things, you may have certain ideas of how it will look or sound or feel, but try as much as possible to drop all of those expectations, and just go into this with an open mind.

If it's second or third trip, I would say it's even more crucial to go into with no expectations, because it will likely be different than your first trip. In fact, I'm almost certain it will be.

You don't want to measure your second trip against your first trip, because every trip is its own unique beast. Its own unique journey. It's like surfing the ocean. Every day, the ocean is going to give you some unexpected twists and turns. Your job is to maintain your balance amongst the waves, be they gentle, rough, or something in between.

I hope this helps you on your future trips. Remember the four touchstones: intention, curiosity, trust, and surrender. Have zero expectations; be open to magic.

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Let me know how your trip unfolds!

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Thank you so much, and have a fabulous trip!