

PREPARING FOR YOUR

*Psilocybin Medicine
Retreat*

Joshua Tree, CA

May 3-5, 2024

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A photograph of a desert landscape at sunset. The sky is a mix of blue and orange, with the sun low on the horizon, creating a lens flare effect. Several Joshua trees are scattered across the scene, with one large one on the right side. The ground is sandy and covered with sparse, dry vegetation. The overall mood is serene and contemplative.

The medicine will reveal the most important things you need to see.

The medicine does not always reveal what we want it to, but it always reveals what we need it to.

A desert landscape at sunset. The sky is a gradient of blue and orange. In the foreground, there are several Joshua trees with their characteristic spiky leaves and branching forms. The ground is sandy and covered with sparse, dry vegetation. In the distance, there are low mountains under the setting sun, which creates a lens flare effect.

Recent scientific breakthroughs have illuminated the therapeutic potential of psychedelics, revolutionizing the way we approach mental health and well-being.

As you embark on a psychedelic session—be it your first time or one of many—prepare to be astonished, challenged, and inspired.

This voyage through the uncharted waters of the human psyche, where the mysteries of the mind await those brave enough to seek them, is one that can pave the way towards deeper understanding of our innermost self.

Welcome to a world where reality is not what it seems, where the boundaries of the possible are pushed to their limits, and where the journey itself is the destination.

Psilocybin

Traditional use of magic mushrooms among indigenous cultures dates back thousands of years. In these original traditions, mushrooms are considered a sacred medicine and messenger of Mother Earth. In most traditions that involve plant and fungi medicines, mushrooms are usually taken within the context of ceremony, which adds to the meaning of the experience they provide.

Psilocybin containing mushrooms grow in nature all over the world, and can be found on all continents except for Antarctica. There are more than 200 species of mushrooms that contain psilocybin (sometimes referred to as “magic mushrooms”). After ingesting magic mushrooms, the psilocybin gets metabolized by our bodies into psilocin, which is the active compound that provides the psychoactive effects that these fungi are so well known for.

The Stoned-Ape Theory suggests that psilocybin mushrooms may have played a fundamental role in human evolution and history; aiding humanity in terms of developing our self-awareness and abstract thinking abilities.

What you will need

For Ceremony

- > A special or sacred item to place on ceremony altar
- > Journal & writing utensil
- > Headphones or earbuds
- > Optional: Eye cover or bandana (we will have some on hand)

During Your Stay

- > Water bottle
- > Comfortable shoes
- > Warm jacket
- > Swimsuit
- > Sunscreen & sun hat

Altar Piece

Bringing a special or sacred item to place on an altar during a healing ceremony holds profound significance and importance.

These items act as tangible symbols of intention, connection, and reverence, infusing the sacred space with personal meaning and energy. Whether it's a cherished heirloom, a natural artifact found in nature, or a sacred object imbued with spiritual significance, each item carries its own unique vibration and story.

Placing these items on the altar not only honors their significance but also serves as a focal point for meditation, prayer, and manifestation during the ceremony.

Psychedelic pre-session

Plan for your journey in advance to gain the most out of your experience.

1 Begin to decrease intoxicant use 14 days prior.

Then abstain completely from any cannabis or alcohol 7 days from your medicine journey. For the deepest dive into your journey space, we invite you to consider social media and news as a form of intoxicant.

2 If you don't have one, begin adopting a contemplative practice.

This can be yoga, meditation, walking in nature, journaling, etc. It should be something that brings you in tune with your inner world.

3 Pay more attention to your dreams.

Set an intention to remember your dreams when you go to sleep at night. Have a journal next to your bed or record them in your phone as soon as you awaken, either of which will help you remember them.

4 Create intentions around this experience.

What questions or challenges do you have in your life for which you want clarity? What answers do you want to obtain from your past? In what ways do you wish you could forgive yourself or others? All of these and more are deep questions we encourage you to ask. Please visit the Self-Awareness Assessment to explore and expand on your intention (sent separately).

5 Abstain from eating, or eat lightly, on the day of your journey.

On the day of your journey, try to make a light breakfast your only meal. If you can, fast the entire day, but feel into what works for you. Optional light breakfast will be provided for you.

6 Begin intention-setting before your journey.

We recommend to begin honing your intention at least an hour before your journey. If possible, it is preferable to set the whole day as a sacred day and meditate, do yoga, and/or walk in nature before your journey begins.

7 After your journey ends.

Journeys most often last 4-6 hours. The dose and strength of the medicine, in part, determines this. Light snacks for after the journey, like fruits, raw nuts, or a healthy soup, will be provided.

8 Practice silent contemplation in the following hours.

We recommend engaging in noble silence in the morning after the journey, to better internalize its effects on both the body and soul. There is time set aside in the schedule for this.

Location

Joshua Tree, California

Nestled amidst the stark beauty of the Mojave Desert, Joshua Tree stands as a sanctuary of spiritual awakening and natural wonder. This sacred land, with its ancient rock formations and iconic Joshua trees, holds a profound energy that beckons seekers from around the world.

In this mystical landscape, where the boundary between the physical and spiritual realms seems to blur, Joshua Tree offers the perfect sanctuary for those seeking to experience the transformative power of plant medicine.

Here, amidst the tranquil beauty of the desert, surrounded by the whispers of the wind and the timeless wisdom of the land, you are invited to embark on a journey of healing, self-discovery, and profound connection with the natural world.

Our sacred space

9073 Tortuga Trail, Joshua Tree, CA 92252

A private desert oasis nestled just blocks away from the awe-inspiring Joshua Tree National Park. This expansive and thoughtfully-designed retreat offers a unique blend of comfort, tranquility, and natural beauty.

Within the park and property, you can explore the rugged landscapes, fascinating wildlife, and the mystical Joshua trees that give this place its name.



Inside, the house boasts four tastefully decorated bedrooms spread across two separate buildings, providing ample space and privacy for guests, as well as a large living area and fully-stocked kitchen and dining room.

The outdoor area includes a luxurious hot tub, offering an unparalleled stargazing experience amidst the peaceful silence of one of Joshua Tree's quietest neighborhoods. It's an idyllic setting for relaxation and rejuvenation.



Culinary Medicine

While retreat attendees seek deep self-connection and healing, we extend this by crafting a culinary journey that supports you in connecting to yourself through your sense of smell, sight, touch, taste, and sound. When food is treated as medicine, prepared and presented with intention, thoughtfulness, and love, it has the ability to nourish the body and the soul - fostering a deeper connection to the flavors, the moment, and the shared experience of breaking bread with fellow seekers.



The meals served at our retreat are plant-forward, clean, nutrient-dense, and healing. Viewing food as medicine promotes a mindful approach to eating, which influences our health and well-being in significant ways.



Daily Flow

Check-in

May 3, 5:00 pm PT

Check-out

May 5, 12:00 pm PT

Day 1

Arrival time: 5pm or later
Settle into your accommodation
Connection: Meet and greet
Opening dinner
Pre-ceremony evaluation
Night tea and journaling in silence at 9pm
Recommended lights out for a restful night at 10pm

Day 2

Morning silence practice
Morning movement and breathwork
Optional light breakfast
Optional trip to Joshua Tree National Park
Intention-setting tea ceremony
Medicine journey
Reflections
1:1 Integration sessions
Dinner
Night tea
Lights out for a restful night

Day 3

Morning silence practice
Breakfast and group integration
Optional additional 1:1 integration sessions
Closing ceremony
Check-out by 12pm

An open book with blue pages and butterflies on a grassy field. The book is open, showing many pages. The pages are a deep blue color. There are several butterflies of different colors (blue, brown, white) scattered around the book and in the air. The background is a soft-focus grassy field under a bright sky. A small yellow ribbon-like shape is in the top right corner.


Quotes

“The psilocybin experience reminds us that there is a deeper reality beyond our ordinary perception, a reality that is both awe-inspiring and humbling.”

– Terence McKenna

“Psilocybin can be a doorway to the mystical and the divine, allowing us to glimpse the interconnectedness of all things and our place in the cosmic tapestry.”

– Albert Hofmann



“Psilocybin has the potential to unveil the hidden dimensions of our own consciousness, revealing the depths of our inner being and the mysteries of existence.”

– Stanislov Grof

“Through psilocybin, we can transcend the limits of our ego and tap into a profound sense of unity and interconnectedness with all of life.”

– Michael Pollan

“The deeper purpose of psychedelics is spiritual, and the primary function of psychedelics is to dissolve boundaries, not only the boundaries between different cultures but also the boundaries between the past, the present, and the future.”

– Graham Hancock

“Psychedelics are a way of shaking us out of our ordinary, conditioned mindsets and inviting us to see the world with fresh eyes, to question our assumptions, and to explore the depths of our own consciousness.”

– Michael Pollan

Suggested Reading & Film

DOCUMENTARIES



How to Change Your Mind

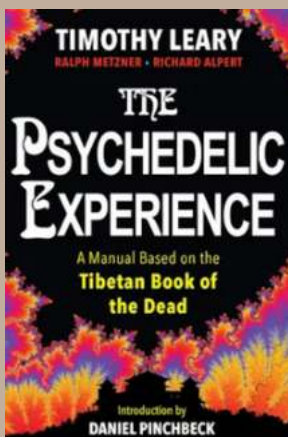
by Josh Adler | Netflix



Fantastic Fungi

by Mark Monroe | Netflix

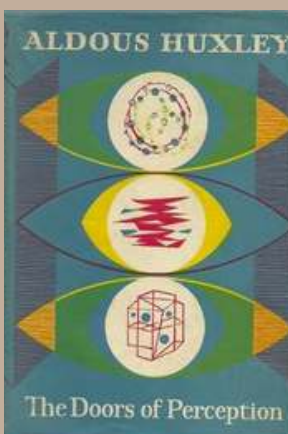
BOOKS



The Psychedelic Experience: A Manual Based on The Tibetan Book of the Dead

by Timothy Leary, Ralph Metzner, and Richard Alpert.

BUY >



The Doors of Perception

by Aldous Huxley.

BUY >

Final Note

We look forward to welcoming you in Joshua Tree!
We encourage you to reach out if you have any questions, or if you would like to delve deeper into what to expect prior to our time together.

[Contact Us](#)

Warmly,

Dr. Leanne Whitney & Crystal Soto

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