



COSMIC

TRUFFLES



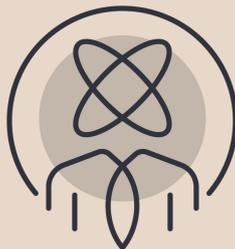
The Psychedelic Experience

Manual

An interactive guide to a safe and responsible Psychedelic experience



Self Awareness



Personal Development



Transformation

This manual can be used as a safe and interactive guide to prepare for a Psychedelic experience. Make sure you are educated on the subject. Undergoing a psychedelic experience should be a deliberate decision. If you are unsure about whether this is something you are suitable for, you can contact one of our professionals.



Preparation

Make sure there is an 'Experienced Expert' or acquaintance present who can keep an eye out and take care of your needs should they arise. Just the fact that there's someone familiar watching you offers a sense of comfort and space.

It is wise not to consume alcohol for 3 days prior to the scheduled experience. We recommend eating healthier and paying a little more attention to soothing activities such as meditation, yoga or mindfulness. Drink plenty of water to rid your body of as many toxins as possible before undertaking the experience. Proper preparation can have an incredibly positive effect on the course of the experience.

Determine for yourself whether you are confident enough to have the experience go well. If you have any doubts, we recommend that you seek professional help.



Setting

Pay attention to the physical, Mental and social setting. Pick a day where you are free and don't have to worry about anything.

Make sure you are in a positive and comfortable environment.

Keep in mind that your physical and mental health play a major role in the course of the experience. It is important that you are mentally stable in order to enter into the experience with an open mind. Make sure you feel good about yourself and that you are in tune with your emotions.

If you are not completely confident, it may be wise to consult a professional.



Safety

Safety is by far the number one responsibility you take on when you decide to embark upon a psychedelic experience.

When preparing, leave nothing to chance, so that during the experience you can completely surrender yourself to what the Experience has to offer. Act with the utmost care and respect.

Note: The psychedelic experience can cause a profound experience, should be taken seriously and not to be confused with a means for mere pleasure and entertainment.

If you are in doubt or unsure about your personal situation it is best to contact a professional.



Intention

Setting an intention and directing your attention can give steering to the course of the experience. An intention provides you with direction and can reinforce an open and receptive attitude during the experience.

When you have difficult moments during the experience, having an intention can provide support.

The reminder can provide you with a sense of orientation. In this manner you can also experience the less pleasant moments with full acceptance.

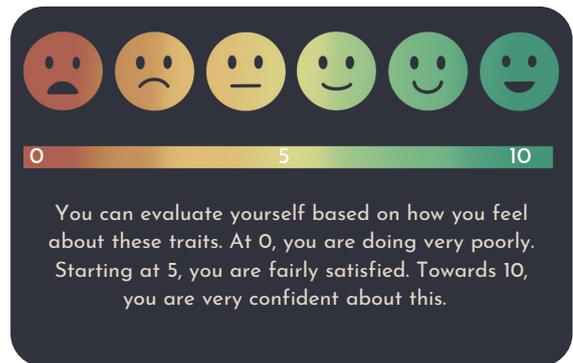
We advise you to write out your intention or a number of questions you can ask yourself beforehand. Do not set the bar too high. Some examples are:

- I am open to love and acceptance
- I am open to new insights
- What is my relationship to the natural world?
- What is my purpose in this world?
- What is my relationship with my environment?

Self-reflection

Reflect on the following characteristics of your life and rate on a scale of 1 to 10 how you feel you are currently performing in them. Below these traits are some examples that you can include in your consideration. The assessment is entirely personal and is different for everyone.

Write them down on a piece of paper or in a journal so you can reflect on them later. Of course, you can also just use this ready-made chart. Be as honest as you can and give yourself room for improvement and development. If you need help with this you can approach a professional.



Health Perception

Energy level, mood and vitality

Working Life

Problem solving, activity and learning ability

Personal Development

Creativity, self-confidence and motivation

Social Environment

Relationships, transparency and supportiveness

Spirituality and Fulfillment

Self acceptance, empathy and gratitude

Currently

.....

.....

.....

.....

.....

After the Psychedelic Experience

.....

.....

.....

.....

.....

Intention

Next, make an estimate of where you would like to be after the psychedelic experience. Note this following the first finding. What do you want to take away from the experience?

Find and circle the 2 aspects with the biggest difference in the assessment. These are the areas for aiming your goal or intention. You can thus open yourself up to draw a lesson from this. Whether you will find what you are looking for herein depends on several personal factors. In any case, a goal or intention will assist you to get the most out of your experience. An example of such an intention is as follows:

- I am receptive to what the experience has to offer me.
- I have the courage to accept what comes to mind regardless of what I think of it.
- I give way to the emotions and feelings which arise in me and I consciously give expression to them.

If you can't figure it out and need professional guidance, feel free to contact one of our experts.

Before you decide to have the Psychedelic experience, write down your intention. Allow yourself the time to reflect on it over the previous few days. This way, no matter what may happen to you, you can resign yourself to the knowledge that you have done all you could to make it as pleasant as possible.

Write out your intention.

It is my intention to

.....

.....

.....

.....

Now that you have written out your intention(s) it is time to prepare. Thorough preparation is of paramount importance so you can immerse yourself in the experience with complete confidence and security.



The Experience

Pick your chosen dosage and weigh it accurately beforehand. We recommend having a notebook or journal on hand so that you can take down any notes or creative indulgences during the experience.

Now that the moment has come, it is important that you are able to allow yourself to surrender completely to the effects.

Resisting during a tough moment is counterproductive. Acceptance and surrender are often the key to transitioning into a positive state of mind.

Be open to what the the experience has to offer you. Grant yourself the liberty to express yourself emotionally if your body asks you to.

It may be that you will encounter certain things that you find difficult or that will trigger a response within you. We recommend talking to a specialist who can guide you through this.



Integration

Integration is an essential part of getting the most out of your experience.

Contact with deeper layers of consciousness can sometimes be intellectually difficult to understand.

The experience can often be visual or symbolic in nature. This may complicate the translation into day-to-day living.

When words fail, physical expression and the practice of meditation, yoga or mind-fullness can provide a solution. Consciously working with your body can make you come back down to earth.

Give yourself the time to think about your observations and perhaps write some things out. Allow yourself time to process the experience.

Has it triggered anything within you?

Have you been able to learn anything from the experience?

Closure and Integration

Answer the following questions the day after you have had your experience, to facilitate the integration process. The experience can sometimes still be difficult to translate into the course of day-to-day living. It can be incredibly helpful to write some things out to make sense of it all a bit better.

What insights have you gained?

What have you encountered and what has it awakened in you?

Are there any things that you can bring with you into your day-to-day living?

Allow yourself time to integrate the experience. What did you experience? Did you perceive the experience as being positive and were you able to gain anything from it?

Whatever your personal conclusions may be, you have outdone yourself by engaging in the experience. Personal growth and development can be challenging and isn't always easy.

Have the courage to choose for yourself, dare to change your course, dream and don't let anything stand in your way of living the best version of yourself!

Disclaimer

The use of this manual is entirely at your own responsibility.

Consult a Professional if you are unsure if this is appropriate for your personal situation.

Microdosing is not a direct solution to any condition or problem.