



## Guide to Curating Your Music Playlist for Psychedelic Journeys

Music has an incredible capacity to shift energy, raise vibrational frequency, and transform our state of being. It inspires deep levels of healing, especially when combined with psychedelics. During a psychedelic journey, the music you choose can help you:

- Move through old traumatic memories
- Release stagnant or stuck energy
- Let go of attachments to people or past experiences
- Process deep emotions like grief, anger, or sadness
- Spark appreciation for your family and loved ones
- Unleash creativity and new capacities
- Foster a renewed sense of life's subtle beauty

Music serves as a powerful guide during psychedelic journeys, helping to direct the flow of your experience. There is no one-size-fits-all approach, as music preferences vary widely based on personal taste, upbringing, and cultural background.

### Opening Yourself to New Sounds

While you may have a preferred genre, I encourage you to remain open to other musical possibilities - especially those that feel good. Music you've never heard before can stir something profound within you during an altered state of consciousness. It may provide fresh perspectives, allowing you to step out of mental and behavioral conditioning.



It's important to choose music that adds to the experience, not detracts from it. If a song feels out of place, it can distract you from going deeper. Trust your intuition to guide you toward what resonates and what doesn't.

## Crafting Playlists with Intention

In my sessions, I use curated playlists that incorporate specific vibrational frequencies to support transformation. These songs can imprint new patterns into your nervous system, encouraging heart-opening experiences and new ways of perceiving. Staying open and curious throughout the journey is key.

This guide is designed to help you create your own playlist, which you can also use in our sessions together. The music you choose will vary depending on the emotional experience you're going through during each phase of the session. For example, if you're feeling anxious, calming sounds, such as rain, mantras, or guided meditation can be grounding. Sometimes, sitting in silence may be the most powerful choice.



## The Structure of a Psychedelic Journey

Every psychedelic journey has a natural progression: a beginning, a peak, and a come down.

1. Beginning: For the first 30-60 minutes, start with slower, gentle music to help center yourself. This is the time to include deeply meaningful songs that can elevate your energy and open your heart.
2. Peak: As the journey intensifies, you may feel called to move your body or engage with more rhythmic, high-vibrational music. This can be a time for dancing and releasing energy before focusing inward. Some prefer this phase later in the journey, after doing deep inner work. Listen to your body and intuition to determine what feels right.
3. Come Down: As the experience winds down, soothing, introspective music can help you integrate insights and ground yourself.

## Key Considerations for Your Playlist

A playlist for a psychedelic journey should be around 6-8 hours long, allowing for a continuous flow of music. If a song doesn't resonate, skip it, or repeat tracks that channel a deep heart-opening response.



Here are some tips to keep in mind:

- **Song Length:** Avoid songs that are too short (2-3 minutes), as they can interrupt your focus. Longer tracks allow you to fully immerse yourself in the experience.
- **Lyrics vs. Instrumental:** Some prefer instrumental music to avoid mental distractions, while others resonate with lyrics that help them process emotions. Be mindful of balancing both, as too many lyrics may bring you out of your inward journey.
- **Albums:** Listening to entire albums from artists whose energy you resonate with can enhance your experience. Mixing male and female vocals can also add depth to the emotional landscape of the journey.
- **Lyrical Messages:** In an altered state, lyrics can have a profound influence. Choose songs that inspire forgiveness, self-love, healing, and connection to nature.

## Practical Considerations

If you're journeying in an urban environment, noise-cancelling headphones can be invaluable for minimizing external distractions.



## Inspiring Playlists

Here are some playlists to inspire your musical journey (links included):

- [Spotify Playlist 1](#) East Forest, Album: Still
- [Spotify Playlist 2](#) Wavepaths, Album: Psychedelic Therapy Playlist 1
- [Spotify Playlist 3](#) Prime Feelings, Album: Shamanic Drumming | Healing Drums 2024