

WHAT TO KNOW IF YOU DECIDE TO SIT FOR SOMEONE'S PSYCHEDELIC JOURNEY



FieldGuide9 does not support the usage of plant medicines for recreational purposes, but for spiritual, emotional and health reasons. The material in this guidebook is offered for informational use only and is not intended for use in encouraging or supporting any usage of psychedelics, diagnosing any disease or condition or prescribing any treatment whatsoever. The participant and sitter are advised to carefully consult appropriate sources for the medical, and legal issues involved in plant medicines. This material is not intended to and should not be used as a substitute for personal consultation with knowledgeable physicians, therapists and attorneys. We also are not encouraging any action but wish to offer our personal experiences as a guide.

Sitting for a Journey

Sitting—The term comes from sitting as in meditation or holding space. It is a passive, observer role; that one should take seriously but not attempt to control or alter or “fix” someone. Instead, it’s to be present and help when clearly needed or asked.

Create The Setting:

Set up a comfortable, calm, and safe environment for the journey. Consider lighting, seating, music, and other sensory elements that might enhance the experience.

Stay Grounded:

Do not consume any substances during the sit. Your sobriety ensures that you can provide a clear and focused presence for the individual.

Respect Privacy and Confidentiality:

Respect the privacy and confidentiality of the individual's experience. Do not share their journey details without their explicit consent.

Stay Present and Attuned:

Be fully present during the journey. Actively listen and pay attention to the individual's needs, thoughts, and emotions. Offer validation and empathy. Gently check in with your friend to see if she needs something—water, to go to the bathroom, different music, to talk; but don’t ask many questions or talk yourself. Be present. Hold space.

Offer Reassurance:

Remind the individual that what they are experiencing is temporary and that they are safe. Reassure them that any challenging experiences will pass and that you are there to support them.

Encourage Open Expression:

Encourage the individual to express their thoughts, feelings, and experiences openly and without judgment. Avoid trying to control their journey or interpret their experiences for them.

Use Gentle Guidance:

If needed, gently guide the individual through challenging moments with calming words or suggestions. Encourage them to focus on their breath and remind them of their intentions.

Practice Non-Interference:

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Avoid interfering or disrupting the natural flow of the individual's journey. Let them navigate their experience, trusting their inner wisdom.

Prepare for Emotional Release:

Understand that the psilocybin journey may bring up deep emotions or unresolved issues. Be prepared to provide emotional support and a safe space for processing these emotions.

To Reduce Experience:

If your friend wishes to bring the experience down, food, sitting up and assisted walking will most likely do this.

Getting Help:

Know what the person is taking, the amount, their medical history and have a plan for an emergency. It is rare, but possible that you may need urgent help from an injury or adverse reaction. Some states have Good Samaritan laws in which the consumer and the giver of an illegal substance will not be prosecuted if they seek medical treatment. In all circumstances, have a pre-agreement with the journeyer on what will happen in a medical emergency, and do not risk a person's well-being.

Remember, being a sitter is about being a compassionate and caring presence, allowing the individual to navigate their own journey while providing a sense of safety and support. Always prioritize the well-being and comfort of the person undergoing the experience.

Psilocybin Dosage & Known Impacts—note, these are natural substances and dosage may be very challenging to determine.

1. **Microdose (0.1 to 0.5 grams):**
 - Sub-perceptible dose, no hallucinations.
 - Often used to reduce mood disorder symptoms or enhance focus and creativity.
 - No clear studies showing efficacy
 - May cause anxiety in some
2. **Low Dose (0.5 to 2 grams):**
 - Mild effects, potentially euphoria and sensory experiences.
 - Lasts 2 to 8 hours, may impair judgment.
3. **Medium Dose (2 to 3 grams):**
 - Similar to low dose but with more intense effects.
 - Mild hallucinations, brighter colors, and altered thoughts.
4. **High Dose (3 to 5 grams):**
 - Strong hallucinations and sensory distortions.
 - Cross-sensory experiences like synesthesia.
5. **Heroic Dose (5+ grams):**
 - Very high dose, and normally used only after other journeys.
 - Requires supervision in a safe and calm environment.
 - May provide a sense of unity and liberation, often associated with deeper connection and enhanced spirituality.