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Intention Setting & Mental Preparation Guide

Welcome to the internal phase of your preparation. While the 5-day physical detox cleanses the vehicle, this guide is designed to prepare the navigator—your mind.

Psychedelic work operates on the principle of “Set and Setting”. While we meticulously curate the physical setting, your mindset (“set”) is the ultimate compass for your journey. Entering a ceremony with a focused, open, and prepared mind radically transforms how you interact with the medicine.

Understanding Intentions vs. Expectations

The most common hurdle for journeyers is confusing an *intention* with an “expectation”.

An Expectation is rigid: “I expect to see a vision of my future career,” or “I expect to cure my anxiety today.” Expectations create a tight grip on the mind. If the medicine takes you on a different path, expectations lead to resistance, frustration, or a sense of failure.

An Intention is a direction: “I intend to understand the root of my anxiety,” or “I intend to practice letting go.” Intentions act as an anchor you can return to if the journey feels vast or disorienting, while still leaving room for the medicine to show you what you *need* to see, rather than what you *want* to see.

Journaling Prompts for Clear Focus

Over the next 3 days, set aside 15 minutes of quiet time—ideally during your digital detox window—to answer these questions in a physical journal. Be ruthlessly honest; no one else will read this.

The Current Landscape: What areas of my life currently feel heavy, stagnant, or out of alignment?

The Blueprint of the Heart: If fear were not a factor, what would I want to invite more of into my life? (e.g., peace, self-compassion, boundaries, creativity).

The Heavy Lifting: What am I holding onto from my past that I am genuinely ready to look at, process, and release?

The Core Request: If I could boil my entire reason for sitting in this ceremony down to one question or one sentence to ask the medicine, what would it be?

Navigating the Landscape: The Art of Surrender

During a psilocybin or DMT journey, you may encounter different emotional or visual terrains. The golden rule for any psychedelic experience is **“total surrender”**. Resistance is the primary cause of difficult experiences.

Here is your mental toolkit for the ceremony:

Lean Into the Discomfort

If a difficult emotion, a dark vision, or a physical sensation of discomfort arises, your natural instinct will be to push it away. Do the opposite. Lean directly into it.

Mentally speak to the experience: “Show me what you are here to teach me.” Or simply tell yourself, “I am safe, and I am willing to look at this.”

Your Breath is Your Anchor

If you ever feel overwhelmed, confused, or like you are spinning out of control, return to your breath. Deep, slow, belly exhales activate your parasympathetic nervous system, signalling to your brain that your body is safe, even while your mind travels.

Trust the Purge

Purging is not just physical; it is energetic and emotional. It can manifest as crying, laughing, shaking, sweating, or yawning. If you feel an emotion bubbling up, do not suppress it to stay "composed." This container is entirely safe for your raw expression. Let it out.

The Final 24 Hours: Shifting Gears

On the day before the ceremony, transition from "doing" to "being."

Slow Down: Avoid intense workouts, heavy social interactions, or chaotic environments.

Rest: Prioritise a deep night of sleep. A tired brain has less resilience when processing deep subconscious material.

Trust the Container: Remind yourself that you have vetted your physical health, cleared your schedule, and chosen a safe space with facilitators who care for you. You have done the work. Now, give yourself permission to completely let go of the steering wheel.