



Psilocybin Retreats
JAMAICA

ONE Psilocybin Workbook

Your Journey
Starts Here



www.oneretreatsjamaica.com

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About Psilocybin

What is Psilocybin?

Psilocybin is to mushrooms, as THC is to marijuana. It is the naturally occurring active ingredient that generates a psychedelic experience for the user. This form of plant medicine is legally grown and used in Jamaica, offering individuals the opportunity to evolve into their higher selves, safely.

A Brief History of Psilocybin

The sacred medicine, psilocybin, has been used by indigenous people around the world for thousands of years, to honor nature, discover personal truths and feel connected to the divine.

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In the 1960's, LSD grew in popularity and became associated with an anti-war group of young people called Hippies. The US Government felt threatened by the 'free love' protests of this far-out group who called for an end to the controversial Vietnam War and wanted a way to suppress them. Suppression came in the form of legislation, and psychedelic substances were quickly declared illegal.

Overnight, Psilocybin, a naturally occurring psychedelic substance—the once promising medical breakthrough turned party drug--was relegated to the fringes. Stigmatized for decades.

Every country in the world followed suit, banning this natural substance, except for 7 territories that still believed in the epic potential of nature. One such renegade was the island paradise of Jamaica.

Fast forward to now. Psilocybin is back on the table of medical researchers around the globe. It has become a transdiagnostic treatment for a host of mental conditions such as depression, anxiety, PTSD and addiction. The 'counterculture' of the Hippies has faded into the background and been replaced by intentional integration. Society has shifted its view of this psychedelic substance, evidenced by the thousands of guests visiting Psilocybin retreats across Jamaica in the past 5 years, who all attest to having a transformative experience.

Medical Agencies around the world are currently in the process of decriminalizing psilocybin because they now understand what we in Jamaica have known all along: nature is the best medicine.



What Does a Psychedelic Trip Feel Like?

That said, each individual experiences psilocybin differently. Here are a few common experiences we have observed over the years:

- ✔ Extra-Sensory Perception
- ✔ Expanded Consciousness

Many claim to have experienced a mystical opening of the mind. Things that didn't make sense to them previously, suddenly they understood. Hurts in the past were seen from different perspectives, forgiven, and healed.

Visions & Tracers

Some see patterns, shapes or 'trails' as objects move through the air.

- ✔ Auditory Experiences: You may hear sounds or voices.
- ✔ Euphoria: A feeling of being one with nature and humanity.
- ✔ Out of Body Experience

Psilocybin Should NOT Be Taken:

- ✔ Without proper supervision by an experienced practitioner.
- ✔ In a loud space that may overload the senses, like a crowded nightclub.
- ✔ If you have a personal history of severe psychiatric problems (Speak with your Psychiatrist first).
- ✔ If you have been experiencing heart problems
- ✔ In tandem with other mind-altering or medical substances.
- ✔ If you have a family history of bipolar disorder or schizophrenia.





What is a BAD Trip?

We've all heard the phrase 'bad trip', but what does it really mean? It all boils down to how we face the challenges/ difficulties we encounter during our psychedelic journeys. Those who run from the challenges tend to experience unpleasant, unhelpful hallucinations that leave them feeling shaken.

However, when you face challenges with courage, acceptance, and proper planning, you will experience a great level of healing. This is why the prep stages of this workbook are so important.

Yes, psilocybin gives you the keys to your journey--but where you go is entirely up to you.





About ONE Psilocybin Retreats

Mission Statement

ONE Psilocybin Retreats is where nature's sacred medicine and the potency of Jamaica's unparalleled beauty, meets safe, experienced psilocybin facilitators, on our transformative journey to ignite the inner flame of creativity, spirituality, and higher purpose.

5 Things You Need to Know About ONE Psilocybin Retreat in Jamaica

- 01 Jamaica is one of 7 countries in the world where it is legal to grow and consume psychedelic mushrooms.
- 02 ONE Psilocybin Retreats has been growing psychedelic mushrooms for over 10 years and supplying various retreats across Jamaica since 2018, and is therefore held to the highest quality standards in Jamaica and the world.
- 03 The organizers behind ONE Psilocybin Retreats have been involved in the experiential tourism and international event industry for over two decades.
- 04 Our facilitators are well trained and experienced, having amassed hundreds of collective hours guiding guests safely through their psilocybin journeys.
- 05 ONE Psilocybin Retreats are overseen by licensed psychiatrists and medical professionals who ensure that each guest can journey confidently and without worry, towards their higher selves.



Before You Apply to ONE Psilocybin Retreats:

Get Educated

Before you apply to ONE Psilocybin Retreats, you should read up on the latest scientific research. We have a few resources on our website, but we recommend you do some personal investigations on your own.

Medical Screening

You should visit your General Practitioner and get a full medical check-up before traveling to Jamaica. Your physical well-being is of utmost importance to the quality of your experience at ONE Psilocybin Retreats.

I've Booked My Retreat. Now What?

MENTAL PREP:

Set Intentions

The key to harnessing the full benefits of the sacred medicine is to first drop your expectations and instead, set your intentions. Write them down. Focus on them. Visualize them manifesting in your life.

Get Comfortable Being... Uncomfortable

We're not talking about sleeping on a lumpy mattress (our mattresses are quite comfy, actually). We're talking about growth. Growth can only happen when you dip your toe into unfamiliar waters. Try to get used to feeling 'out-of-control' (think rollercoasters or public speaking). These are the moments where we have no choice but to submit to the process and at the end, we find we've gained a lot.

Practice Listening to Your Body

Our bodies communicate with us several times a day, but we get really good at ignoring it. Before your retreat, this needs to change. Spend a few minutes a day taking deep breaths and paying attention to what your body is feeling.

Declutter Your Mind

Easier said than done, we know. However, in the time leading up to the retreat, try to quiet your mind. Take deep cleansing breaths and distance yourself from drama as best as possible, while you begin to focus on your needs and wants.





PHYSICAL PREP:

Eat Clean

A healthy body makes a healthy mind. That's why it's so important to eat nutritious meals and stay hydrated, especially in that 2 week window before arriving at ONE Psilocybin Retreats.

Sleep Well

Try to get at least 7-8 hours of sleep each night.

Exercise

Aim for light to moderate exercise a few times a week in the weeks leading up to the retreat.

Hydrate

Make sure you're drinking 8-10 glasses of water per day. More on the days you exercise.



SPIRITUAL PREP:

Check in With Yourself

Are you a spiritually aware person? Do you often contemplate the purpose of life? Your place in the world? How can you deepen the spiritual dialogue you have with yourself?



Clarify Your Spiritual Purpose

Think about what characteristics you will need to evolve into the best version of your future self.

Prep for Post-Retreat

Your Home

Before you leave for the retreat, already start preparing for your return. Declutter, dust and leave your home in a tidy, welcoming state that you can look forward to re-entering.

Your Relationships

Let your friends and partners know in advance that you're taking time to work on yourself and ask for some space. Assure them that you'll reach out when you're ready.



Your Work

It's a good idea to take a few days between the retreat and returning to the office. This grace period allows you to slowly ease back into your old life while retaining the new insights and enlightenment you gained on the retreat.

Continue Your Journey at Home

ONE Psilocybin Retreats offers you fresh insights and new pathways towards your higher self, but your journey should not end with the retreat. Continue working on yourself in your own way. Your Journey continues....



Get the Most Out of Your Journey

Psychedelic journeys can be intense and require endurance and patience. You might feel like time is standing still, or like you have lost control of your body and your grasp on reality. You may encounter memories from your past that are painful, present concerns, or future doubts and you will have no choice but to stick it out.

Or you might feel nothing at all.

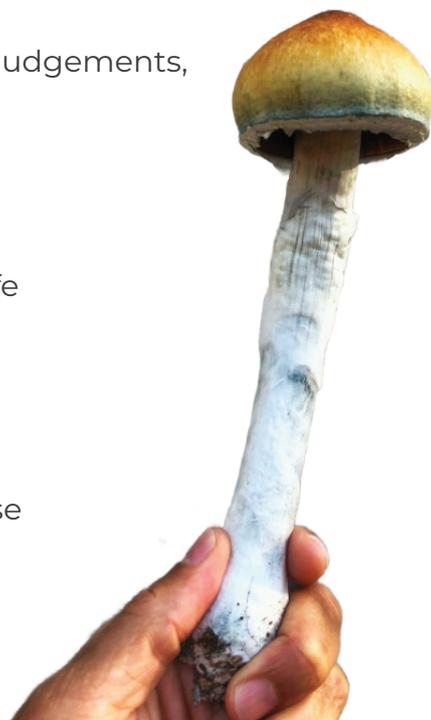
Every body reacts differently to the sacred medicine. Here are some tips to help you get the most out of your psychedelic journey.

BEFORE the Journey You Can:

- Meditate on a familiar reassuring mantra or affirmation
- Picture someone you love and admire
- Imagine yourself surrounded by white light
- Hold a grounding object in your hand, something that holds emotional significance.
- Connect with nature by walking barefoot and sitting outside in the fresh air
- You can use incense/ essential oils to activate your senses.
- Follow sound vibrations and breath moving through the body
- Cover yourself with a comfortable blanket
- Gather fans or feathers to help 'move' stuck energy

During the Journey You Can:

- Talk to the medicine. Tell it what you need.
 - Observe your thoughts
 - Surrender to the experience: Feel your emotions, listen to your judgements, worries and fears, and track the narrative voices in your head
 - Pinpoint and release negativity
 - Invite positivity and light into your emotional field
 - Practice gratitude
 - Say yes to moving past resistance into the next phase of your life
 - Own your experiences
 - Love and accept yourself deeply and completely
 - Look for blessings and intrinsic value in all things
- Be both the driver and the passenger on this journey
Ask specific questions about your life, yourself, and your purpose
Talk to your future self and ask for guidance
Send healing, acceptance, and forgiveness to your younger self
Trust you are safe





What is Integration?

Integration is the process that allows you to positively implement the insights you gained from your experience, into your regular life. Psychedelics open the door for transformation, but integration drives it home permanently. This happens through practicing mindfulness, so you can intentionally implement insights into your relationships, lifestyle, and career. Integration holds you accountable and allows you to easily transition back into regular life.

What Happens If I Decide Not to Practice Integration?

Without proper integration, you will miss out on 95% of the benefit from your experience. Essentially, your entire journey would amount to no more than a nice holiday in a beautiful setting and miss out on becoming a 'transformative' experience. You also put yourself at risk of creating psychological instability, by not following-through with this imperative last step

Process of Integration

RECEIVE

Take in the information you received during the psychedelic experience, as well as insights and connections made on your own and during group/ 1 on 1 coaching session afterwards.

PROCESS

Create space, physically and psychologically, to allow introspection. We all need time to think things through. Give yourself this much needed space to contemplate, feel and think.

ACTION

Turn your experiences, insights and feelings into an actionable plan you can implement in your regular life.

RELEASE

Identify that which no longer serves you and let it go.

PRACTICE

Repeat and reinforce your new habits every day to establish your new routines, daily anchors, and weekly/monthly accountabilities. Practicing follow-through will help you feel more in control and allow for the creation of new healthy habits.



Integration Guide

- ✓ Journaling
- ✓ Charting/ Tracking New Goals
- ✓ Meditation
- ✓ Breathwork
- ✓ Being in Nature (hiking, camping, taking walks outside)
- ✓ Painting/ Sketching
- ✓ Composing music
- ✓ Dancing
- ✓ Chanting
- ✓ Drumming
- ✓ Keeping a dream journal
- ✓ Fasting/ juicing
- ✓ Sensory deprivation tasks
- ✓ Yoga
- ✓ Connecting with positive communities
- ✓ Connecting with your Retreat Group virtually





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