

Sacraments—Some Best Practices for Guides and Participants

Why do this Work?

- Each well-prepared-for and well-integrated Journey brings a lasting benefit. This may include increased Self Awareness, Clarity, Insight, Openness, Kindness, Forgiveness, Acceptance, Empathy, Compassion, Generosity, and Creativity.

Helpful Reading

- Stan Grof calls sacraments “non-specific amplifiers”—ethics become central! [MAPS Psychedelic Assisted Psychotherapy Code of Ethics V4 7 January 2021 Final.pdf \(maps-training.s3.amazonaws.com\)](https://maps-training.s3.amazonaws.com/2021_Final.pdf)
- MAPS MDMA Assisted Psychotherapy Manual <https://maps.org/wp-content/uploads/2022/05/MDMA-Assisted-Psychotherapy-Treatment-Manual-V8.1-22AUG2017.pdf>
- www.erowid.org--descriptions/properties, history, and reports of each sacrament.
- *The Psychedelic Handbook* Rick Strassman; *Psychedelic Cannabis* Daniel McQueen; *The Toad and the Jaguar* (for 5-MeO-DMT) Ralph Metzner

Some Screening Questions for Participants (“First, Do No Harm”)

- What would you like to have happen if you decide to participate in a safe Inner Journey? What concerns, if any, do you have?
- Do you use any pharmaceuticals and at what dosage? (*Guide might suggest “No psychotropic pharmaceuticals or psychoactive supplements--e.g. St. John’s Wort or SAMe—for a month beforehand.” Some guides recommend up to six months.*)
- What is your blood pressure? (*Guide knows that the ideal is 130/85 or lower—without blood pressure medication.*)
- What is your history with? Alcohol, Cannabis (both smoked & eaten), MDMA (aka Ecstasy or Molly), Mushrooms, LSD, Ayahuasca, DMT, Ketamine, Other substances (*Guide looks for abuse, addiction, and bad experiences.*)
- What is your and your family’s history with? Mental illness, Epileptic seizures, Heart issues, Diabetes (*These diseases can be triggered in some by a Journey.*)
- Are you pregnant or nursing?

Dose (Ensure you have a safe source—high quality is essential)

- “**Start low and slow.**” Every substance has a micro/small/medium/large/jumbo dose which is **different for each participant**. Trustworthy and compassionate guides have taken the time to personally experience all doses.
- Don’t combine sacraments until you and the participant are very experienced.
- Cannabis THC—Cannabis shouldn’t be underestimated! CAED (Cannabis Assisted Ego Dissolution) is possible with the perfect dose of either edible or smoked cannabis combined with the perfect music. Determine Indica or Sativa? Cannabis Edible—Micro 1 mg; Small 2 mg; Medium 3.5 mg; Large 5 mg; Jumbo 7 mg+. Wait two hours before increasing dosage. Alcohol with Cannabis increases both the potency and speed of onset. Careful!
- MDMA—Micro 20 mg; Small 40 mg; Medium 80 mg; Large 1 mg per 1 lb of body weight--eg 125 lb person is 125 mg; Jumbo is more than large.
- Mushrooms—Micro 0.1 g; Small 1 g; Medium 2 g; Large 3 g; Jumbo 4+ g
- 5-MeO-DMT—Micro 1 mg; Small 2 mg; Medium 3 mg; Large 4 mg; Jumbo 5+ mg

Preparation

- Ensure participant schedules enough time that day and following day for integration.
- No food/coffee for three or four hours beforehand for MDMA and Mushrooms and two hours beforehand for 5-MeO-DMT
- Have fruit and juice available for after the Journey or to help ground the participant, if necessary, during the experience.
- Participant brings paper (journal) and pen.
- Guide brings smudge, candle, lighter, eyeshades and headphones (optional).

Experience

- Setting should be warm and cozy because cold dramatically distracts.
- Two to three hours of recorded music or live music sensitively played in combination with the silence and recorded ocean sounds. Could be very simple percussion instruments—e.g. rattles and ting shaws.
- Live drumming amplifies the experience.
- Breath work amplifies the experience.
- After all the phones are turned off and the participant is ready, Sitter asks "What Would You Like to Have Happen Today?" "Letting go" "Emptying"; "Opening to God"; "Releasing sadness" are examples of perfect answers—it all works!
- Invite participants to enjoy the music, the silence, speaking to the guide, and writing (rather than saying things aloud so they can review notes later).
- After ingestion, Journey will start: Edible Cannabis 30-120 minutes; MDMA and Mushrooms 30-75 minutes; Smoked 5-MeO-DMT Immediately.
- With MDMA drink lots of water.
- After two to four hours of Journeying, the participant can have some fruit or juice.
- After the peak, one may go for an accompanied walk, if desired. Stay warm.
- No driving for several hours.

5-MeO-DMT—Have a few moments of silent meditation time. Turn on ocean sounds. Smudge. Ask "What Would You Like to Have Happen Today?" Light pipe. Add rattle but ensure the participant is enjoying it and the volume. Peak of Journey lasts 15-30 minutes (don't take your eyes off participant for at least 20 minutes). If the participant is experienced, then a second Journey may be offered. Plan on a minimum of 90 minutes for the whole experience. No driving for at least 90 minutes after the Journey completes. Ideally the participant goes for a walk (accompanied or unaccompanied) for part of this time.

Follow Up—For Three Days

- Ask the participant to call or text you each day.
- Suggest they practice extra Self compassion especially because they may be a little tired
- .With MDMA--Continue to drink lots of water and take Vitamin C (up to 3 grams per day); 5 HTP (up to 200 mg per day); High-Dose Echinacea.