

The Lighthouse Orientation

A Gentle Guide for Your Psilocybin Journey

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You will come back.

Let this time be an invitation to soften and open.

Trust the process.

Trust psilocybin.

Trust the deep intelligence within you.

Trust the steadiness of the space holding you.

There's nothing to figure out or solve.

This is not a space for answers-it's a space for discovery.

Let the experience unfold in its own way, in its own time.

Bring a beginner's mind-curious, present, and openhearted.

Whatever comes forward is worthy of your attention-whether quiet, confusing, radiant, or unfamiliar.

Even without full understanding, your being knows how to meet it with care.

What arises may be ready to be seen, felt, or gently acknowledged.

When something beautiful or comforting appears, allow yourself to rest there.

Soften into it. Receive.

If discomfort or uncertainty comes forward, pause.

Center yourself. Listen inward.

You might ask:

"Is there something you'd like me to understand?"

Let the response come in whatever form it needs to. Welcome the insight, however it arrives.

Let the music hold you.

Let sound become your companion.

Follow its current.

Allow yourself to trust the unfolding.

Wherever the journey takes you, trust that presence is enough.

Imagine the music holding your hand like a beam from the lighthouse-steady, gentle, guiding.

Your breath is your anchor.

Return to it when the waters feel deep.

Breathe to expand.

Breathe to stay present.

Breathe to meet resistance with softness.

In journey space, not everything will make sense right away.

Perception may shift. Meaning may come with time.

Let patience be part of your path.

If support is needed, speak or gesture.

Grounding.

Steady presence.

Reassurance.

All are available to you.

You are not alone.