



A psychedelic trip with Magic Truffles

Disclaimer

This e-book was compiled by the TripCoachTeam to inform interested parties. It is based on information from open sources, books, scientific articles and experiences.

There is currently plenty of scientific research being done on psychedelic assisted therapy. Therefore, it is impossible to claim that all the information in this e-book is absolute and undeniable.

Psychedelics in the past

Psychedelics are nothing new. Even archaeological finds regularly recover thousands of years old remnants of natural psychedelics. They were popular not only in South America and India, but even in our part of the world.

Mid-last century, the use of psychedelics, such as Magic Mushrooms and LSD, was socially accepted in Western countries. In the 1960s, psychedelics were even used as medicine to treat mental illness. It was common then to take LSD under the supervision of a psychiatrist. But this changed in the early 1970s. Under the influence of the growing "hippie culture," the use of mainly LSD became more widespread. As a result, the image of psychedelics was thoroughly tarnished and they were increasingly seen as a symbol of the counterculture.

U.S. President Richard Nixon even called LSD a danger to the state.

Not much later, psychedelics were banned along with all other drugs worldwide in the so-called "War on Drugs. All research into the possibilities of psychedelic therapy was also put "on hold." Psychedelics suddenly changed from a therapeutic tool to a banned drug.

Psychedelics today

Until a few years ago, there was not much attention to the use and possible applications of psychedelics from a scientific point of view. In recent years, however, the number of publications on the use of psychedelic drugs as therapy has been increasing. In our country, research is still limited, but that may soon change. At Johns Hopkins University and Imperial College London, research on psychedelics has been restarted. Scientists are even talking about a "psychedelic renaissance."

On June 25, 2022, the first Belgian symposium on psychedelic research also took place at the Free University of Brussels, organized by the Psychedelic Society Belgium. Scientists from the Netherlands, the United Kingdom and France came to speak about psychedelic-assisted therapy for mental health.

Clinical research shows that psychedelic-assisted therapy can have a positive impact on depression, anxiety, post-traumatic stress disorder and addictions. Currently there are also ongoing studies looking at the influence of psychedelics on Alzheimer's disease, eating disorders, obsessive-compulsive disorder, coma and (chronic) pain.

The therapeutic effects of psychedelic-assisted therapy occur much faster and work much longer than current treatments.

However, there is not yet a legal framework for psychedelic-assisted therapy to be used in Belgium.

So what are psychedelics?

The term psychedelics is composed of the Greek words psychè (soul) and dêloun (revealing). Freely translated, it means 'spirit-revealing'. The etymology of the word is no coincidence. Today, psychedelics are also called mind-expanding or consciousness-expanding substances. Psychedelics, hallucinogens or mind-altering substances, they all refer to a group of both natural and synthetic substances that contain a psychoactive component. The ingestion of these substances causes a change in the perception of reality, expanded consciousness and the experience of hallucinations.

These are the four "classic" psychedelic substances:

- **Psilocybin** is the hallucinogenic component of 'Magic Mushrooms' and 'Magic Truffles'.
- **LSD** (lysergic acid diethylamide), also known as 'acid', is a synthetic hallucinogen discovered in a laboratory in Switzerland, in 1938.
- **Mescaline** is a psychoactive substance found in the peyote cactus, a small spherical cactus that grows in the southern United States and Mexico. It has been used there in rituals for centuries.
- **DMT** (dimethyltryptamine) is found in ayahuasca, a brew native to the Amazon jungle, among other things. There, under the guidance of a shaman, it has been used for centuries as a plant medicine.

In Belgium, the possession, sale and importation of psychedelics are prohibited. The law provides for prison sentences of three months up to five years and heavy fines. Growing and picking psychedelic mushrooms is also prohibited by law.

In the Netherlands, however, the use of 'Magic Truffles' is permitted.

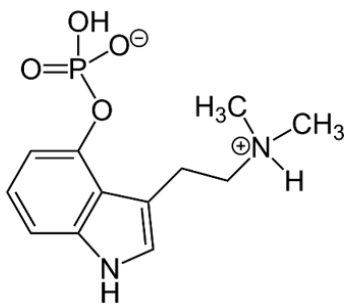
What are Magic Truffles ?



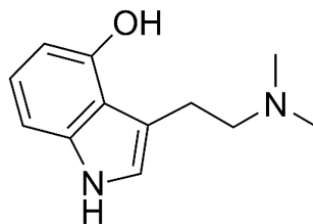
What we call psychedelic truffles are actually the sclerotia or compact mass of hardened mycelium of some mushroom species, that contain the psychoactive compound psilocybin.

The *psilocybe cubensis* is the most popular species in the Netherlands.

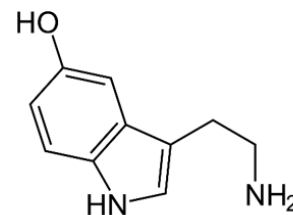
Psilocybin is a hallucinogen found in more than 200 species of fungi and mushrooms. Once ingested, psilocybin is converted into psilocin by the liver, which acts on the 5-HT_{2A} and 5-HT_{1A} serotonin receptors in the brain. This causes a change in consciousness.



Psilocybine



Psilocine



Serotonine

On brain scans, scientists see that psilocin mimics the effect of serotonin in the brain. Serotonin is a neurotransmitter with a predominantly stimulant effect that affects memory, mood, self-confidence, sleep, emotion and appetite. Furthermore, it also plays a role in processing pain stimuli and experiencing orgasms.

What happens when you are tripping?

Psilocybin is a consciousness-expanding drug, so its main effect is to alter your ordinary, everyday consciousness. Everything you can perceive sensorially can be distorted and changed under the influence of magic truffles. This can go as far as hearing, seeing, smelling, feeling or tasting things that are not there in reality. Objects sometimes seem to vibrate or move. Colors are more vivid. Even your sense of time and space changes.

Such psychedelic experiences are also called 'trips'. A trip is often experienced as a particularly transformative experience. They are usually accompanied by heightened emotions and sometimes even lead to mystical experiences.

Changes in sensory perception

Distortion happens in just about every psychedelic trip. Your sight, hearing, smell, taste and touch can change and distort. Therefore you experience your physical environment in a completely different way. Colors, music and smells become much more intense. Some see moving and rotating (geometric) patterns and surfaces (floors or walls) seem to move. Faces may distort and start to look older or younger. Colors and patterns begin to blend together and the proportions of objects in the environment may change.

Hallucinations, the perception of things that are not there, are also a common consequence of psychedelics. Although they do not occur at low doses or micro doses.

Changes in mood

A truffle trip very much amplifies any sensation, feeling or emotion experienced. This can make the experience very intense. The Set & Setting (see below) play an important role in a good, positive trip. It is important that you are comfortable in your own skin and feel safe and comfortable in the environment in which you are tripping. Otherwise, you may suffer from anxious or confused feelings.

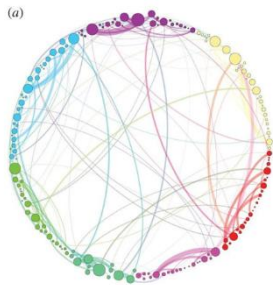
Change in the perception of time

One particular effect is that your perception of time may change. Most trippers experience that time runs much more slowly.

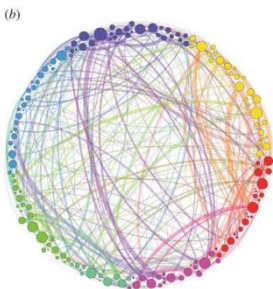
Change in thought patterns

When using psilocybin, an increase in brain activity is observed, particularly in the cerebral cortex. This leads to a higher degree of flexibility in thinking or increased neuroplasticity. It basically means that you can transcend the entrenched neurological pathways in your brain. Therefore, it is common to suddenly start making very different connections or it may be that old beliefs and patterns suddenly seem useless. This often leads to people coming to particularly valuable insights during a trip.

Scientists call this phenomenon of increased brain activity '**hyper-connectivity**'.



This figure (a) is a schematic representation of the brain connections of someone who is not under the influence of psilocybin.



In figure (b) you can see a schematic representation of a person's neural connections after ingesting psilocybin.

Trippers taking a dose of magic truffles sometimes experience a blurring of the boundaries of their sense of 'self' (the identification with your own person). This psychedelic experience is described by many people as a complete loss of one's own identity and merging with "all that exists" or the "greater whole". One often has a sense of great connection with others and with nature.

Some people experience the dissolution of their ego. This is a very intense experience with a strong spiritual or even religious character. After this mystical experience, they feel "like new" or "reborn", as if a neurological reset button has been pressed.

Physical effects

The ingestion of psilocybin also causes some changes on the physical (bodily) level. These include slight increases in heart rate and blood pressure, dilation of the pupils and a slight rise in body temperature.

Because the pupils dilate, you become more sensitive to strong light, and because of the rise in body temperature, you may feel cold and shivery. Therefore, make sure you have comfortable and warm clothing or a blanket.

Occasionally a person may become dizzy and/or nauseous. Often these symptoms go away fairly quickly. By mixing the truffles into a tea, we reduce the chance of nausea.

After taking Magic Truffles, this is detectable in your urine for up to two days.

How long does a trip last?

A trip with magic truffles can last up to 5 - 6 hours and passes through several stages. After ingesting the truffles, it takes about 30 to 60 minutes before the first effects start to show. In the meantime it is a good idea to listen to relaxing music, do breathing exercises or meditate if you wish.

Slowly, the first signs of the trip will appear. Relax your body and mind and allow yourself to be carried away. Your body will get heavier and heavier and the experience will become stronger and stronger. Eventually you will surrender to it like you do on a roller coaster. Let yourself be carried away on a stream of images, sounds and impressions.

For some people this phase goes somewhat rigidly. Trying (unconsciously) to maintain control during a trip is counterproductive. You may end up in a struggle for control, resulting in a disappointing experience.

You get the best experience when you are mentally prepared for an intense emotional journey. It's like getting on a roller coaster and being prepared in advance to sit out the entire ride. What you experience along the way can be movingly beautiful or brutally confronting.... it will always be a valuable life lesson or precious insight.

About 2 hours after ingestion, you reach the peak of the trip. At that point you are deeply immersed in an altered state of consciousness. You are both deeply introspective and completely merged with the universe. You may also ask questions at this stage that you would like answers to.

Once the peak is over, the impressions will become less overwhelming and they will decrease in speed. At this point, most people experience a great sense of gratitude, love and beauty. The trip gradually fades away but every now and then you will be engulfed by yet another trippy wave. Take enough quiet time for yourself to come back 'down' before you turn your attention back to the outside world.

There is an after-effect or after-glow in the hours and days that follow. Some memories of the trip come back in surges. At this stage it is a good idea to listen to calming or meditative music and write down your impressions.

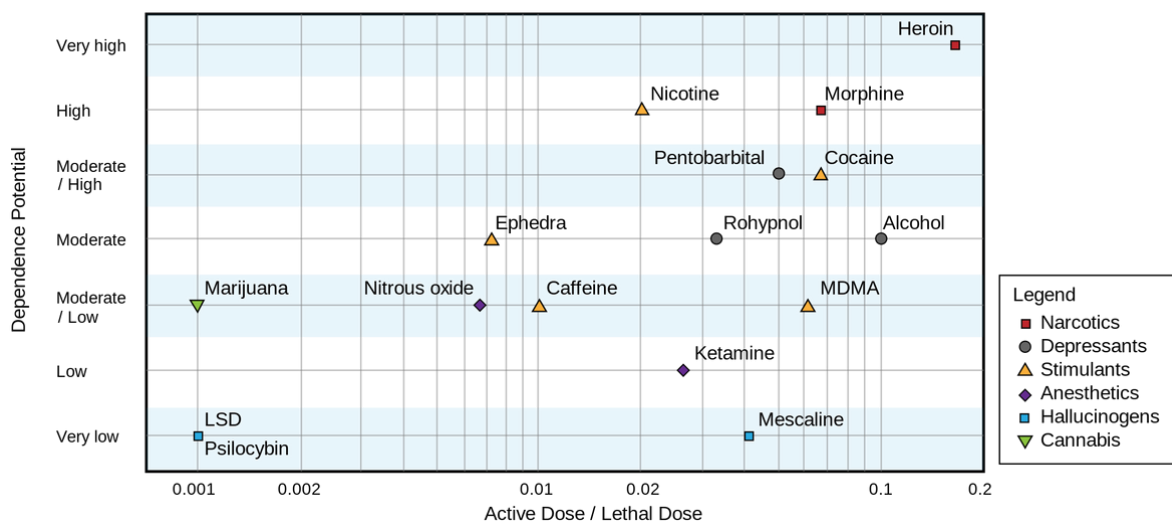
Is tripping on psilocybin dangerous?

Thinking of psychedelics, you may possibly associate them with addiction. It may surprise you, but classic psychedelics are not addictive at all. That's because they act on very different brain regions than addictive drugs. As a matter of fact, psychedelics may play a

role as medicine in the fight against addictions. For instance, scientists are studying whether psilocybin can help treat tobacco and alcohol addiction.

The major difference between psychedelics and the other drugs is that psychedelics are not addictive and there is no known case of overdose (to this day). This, of course, does not mean that these substances cannot be abused. The irresponsible use of psychedelics can lead to dangerous situations for the user and his surroundings. The guidance and support of an expert trip coach and the ingestion of a safe and controlled dose minimize the risks.

The graph below shows the relationship between the active/lethal dose (X-axis) and dependence potential (Y-axis) of various psychoactive drugs.

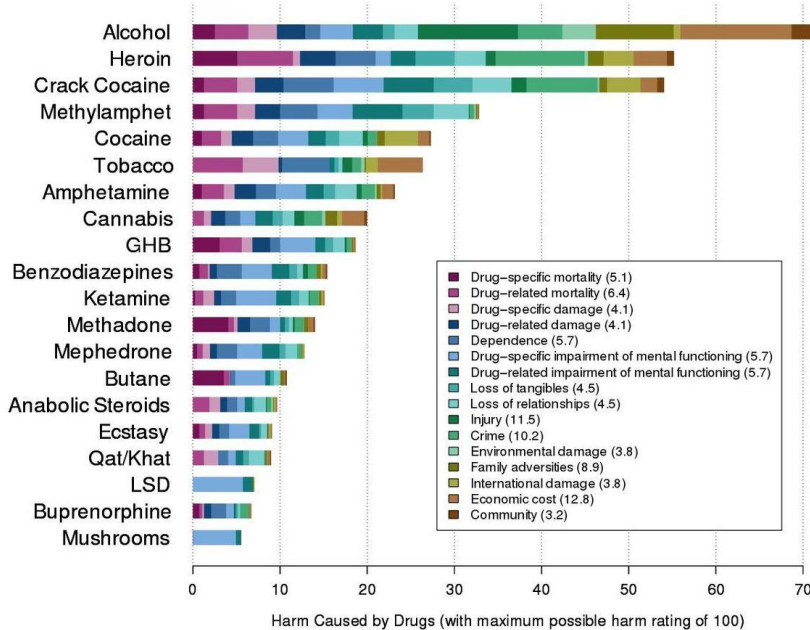


(Data source: Gable, R. S. (2006). Acute toxicity of drugs versus regulatory status. In J. M. Fish (Ed.), *Drugs and Society: U.S. Public Policy*, pp.149-162, Lanham, MD: Rowman & Littlefield Publishers.)

Objective data on the use and effects of drugs (both legal and illegal substances) repeatedly show that substances such as alcohol and tobacco are much more harmful than magic mushrooms and psilocybin. The 'harm' discussed in this study relates to both the user himself (overdose, drug-related physical damage, impairment or disability,...) and the socially caused harm such as committing crimes or causing material and economic damage.

The table below summarizes the scores for each of the drugs as measured in the 2010 Drug Harms study. The colored bars indicate the partial scores for each of the criteria. The legend shows the mean score for each criterion.

<http://www.drugscience.org.uk/whatwedo/drugharms>



(Source: Drug harms in the UK: a multi-criteria decision analysis" van David Nutt, Leslie King en Lawrence Phillips)

Very occasionally, unpleasant psychedelic experiences or ‘bad trips’ can occur. If someone has a very bad attitude, is very suspicious or suffers from some form of long-term negative emotions (such as borderline), this can seriously increase the chances of a bad trip. These trippers then experience severe anxiety, confusion or very gloomy feelings. Heart palpitations and nausea also occur.

Very important for minimizing factors that can trigger a bad trip is what is called ‘**Set and Setting**’.

‘**Set**’ stands for your personal mental state: your thoughts, expectations, intentions and feelings prior to the experience. The risk of a bad experience is much higher if you are psychologically vulnerable or emotionally struggling. If you feel anxious, stressed or insecure, psychedelics can intensify that effect. Be aware of your mindset.

‘**Setting**’ is the overall environment, conditions, atmosphere,...before and during the trip. The presence of a professional trip coach or trip sitter can reassure you that you are not alone. It is preferable to be in a quiet place with not too many stimuli, in a pleasant, warm space where no unexpected things can happen.

Psychedelics are therefore best taken in a safe, quiet place and certainly not alone. This short video clearly explains the risks of psychedelics:

<https://www.youtube.com/watch?v=ISM9OeWs7yw>

Preparing for a psychedelic trip

It is important that during the weeks leading up to your psychedelic trip you do not use drugs or take any strong medication. If you are taking medication and plan to stop it in order to participate in a trip, do not do so on your own but consult with your doctor.

We recommend avoiding alcohol and heavy meals a few days in advance. If possible, leave dietary supplements aside.

Have an easy-to-digest meal the night before your trip day. It is best to stay sober on your trip day and not eat breakfast. If that is difficult you can opt for a very light breakfast. Do not drink coffee or green tea. Drink water or herbal tea instead.

Please provide the following things yourself:

- Comfortable clothing in neutral colors (white, gray, beige,...) and without busy prints or patterns. Keep in mind that you must be able to go to the toilet easily.
- An eye mask if you wish

Because we value your and our safety and privacy, we ask that you sign our **Disclaimer and Privacy Statement** before the start. This form will be emailed to you in advance so that you have plenty of time to read it at your convenience.

Car keys, smartphones and other electronic devices will be kept aside for the entire day and will not be available to you during your trip. Under no circumstances audio or video recordings will be made.

As mentioned earlier, the set & setting contribute greatly to how the trip is experienced. Try to live towards the day with a positive mindset. You can look forward to the experience with a specific intention or you can keep an important question in mind that you would like to see answered. That's fine. However, the best experiences appear to occur in people who can let go of their intention or goal and then surrender to the experience. It turns out to be counterproductive to fixate on a goal or to stubbornly try to direct the experience.

In other words, keep a peaceful open mind, be curious and let the experience unfold.

Setting on the day itself will be taken care of by us. Because that too is important and contributes to a successful psychedelic trip. We will always choose a safe and discrete location. The trip coach/trip sitter will ensure that a quiet, warm and comfortable environment is created. Soothing music, a calming atmosphere and breath work will help

you to fully relax and surrender to your inner world.

Our team guarantees your safety and comfort, which is why we always ask for a person to contact in case of unforeseen circumstances.

Who's behind TripCoach.be?

The TripCoachTeam is a multidisciplinary team of professionals who will guide you before, during and after your psychedelic trip. We are a group of psychedelic enthusiasts whose mission is to introduce others to the wondrous effects of magic truffles.

Depending on your needs and requests, we bring in experienced facilitators, professional coaches and/or a psychologist.



What do we offer?

We offer two formats for a guided initiation to the potency of magic truffles in a safe environment.

Magic Truffle Explorer

The standard guided psychedelic experience

For 1 or 2 people

Price: €950 all-in (for 1 or 2 people)

- Screening and intake via videocall
- Preparatory reading material
- Relaxation before the start of the session
- Guided psychedelic session in the Netherlands

- Light meal after the session
- Possibility to stay overnight
- Guidance and support for integration afterwards

Magic Truffle Voyager

A complete coaching track for you personally. For people struggling with a particular issue.

Individual and customized

Custom price. Please contact us.

- Same offer as the Magic Truffle Explorer, with the additional:
- Preliminary coaching around the specific issue
- Coach sessions as follow-up and integration
- If needed, counseling or therapy by psychologist or physician

Magic Truffle Visitor

A guided psychedelic experience at a location of your choice.

For 1 or 2 people

Price: 700€ all-in (for 1 or 2 people)

Same offering as *Magic Truffle Explorer*, with these differences:

- You provide a suitable location
- If within Belgium, you'll have to provide the psychedelics yourself. We can inform you about the possibilities
- TripCoachTeam charges travel costs to your location, starting from Brussels (€0.43/km)

A few quotes from psychonauts:

Every so often, a macro dose of psilocybin is recommended. "It has been scientifically proven that you create new brain pathways and gain new insights," Putseys said. She already took two such macro doses. "It's my appointment with God. Or the cosmos, or an omnipotent force. I don't know. But it's there. I've felt it. Those experiences have also given me the

ultimate realization that we are all hustling and rooting equally hard. I looked in the mirror and didn't see a me anymore; I really became detached from my ego. I realized that your thoughts about others, and what you think others think about you, are all made-up. I used to bring myself down, but since that trip I am much more gentle with myself. I used to be the storm, now I am the sea. I know that harsh weather is temporary."

Her transformation has not gone unnoticed by those surrounding her, Putseys says. "My friends from school recognize the Sanne from before again. I can get the giggles or be deeply moved again. I get touched by a movie and listen to music. I couldn't do that anymore."

Interview with **Sanne Putseys (Selah Sue)** in Bruzz d.d. 27/4/2022 -

<https://www.bruzz.be/culture/music-nightlife/selah-sue-stelt-haar-nieuwe-album-voor-de-ab-ik-voel-me-fucking-herboren>

"It's hard to reproduce...but I did get a lot of insights that I didn't have before. So I suspect that connections have been created...or they were already there but have been deactivated."

Otto-Jan Ham in Brain Man - [Brain man - Aflevering 4 \(Seizoen 1\) | VRT MAX](#)

Want more?

Books and articles

Pollan, M. (2018). How To Change Your Mind. The New Science of Psychedelics. Penguin Books

Roobrouck, J., De Wolf, J., en Van Nuffel, R., (2020) We moeten af van het verbod op psychedelica. VRTNWS. <https://www.vrt.be/vrtnws/nl/2020/01/29/psychedelica/>

<https://www.businessinsider.com/elon-musk-psychedelics-burning-man-journeys-mdma-mushrooms-report-2022-10?international=true&r=US&IR=T>

<https://psychedelictimes.com/?s=psilocybin>

Websites

<https://www.beckleyfoundation.org/>

<https://www.heffter.org/>

<https://maps.org/>

<https://paulstamets.com/>

Video

YouTube - 2-Minute Neuroscience: Psilocybin - <https://youtu.be/XBEas8MGzd0>

YouTube - Psilocybin Medical Trial: The Healing Mushrooms (Medical Documentary) - https://youtu.be/UGN2I-XY_EE

YouTube - The science of psilocybin and its use to relieve suffering - <https://youtu.be/81-v8ePXPd4>

YouTube - Psychedelics: The scientific renaissance of mind-altering drugs | Sam Harris, Michael Pollan & more - <https://youtu.be/5T0LmbWROKY>

[YouTube – The Mystical Experience produced by Psilocybin - https://youtu.be/K5C9Rnr3cDI](https://youtu.be/K5C9Rnr3cDI)

Netflix Documentary - How to change your mind

Netflix Documentary - Fantastic fungi

Netflix Documentary - The Mind, Explained: Psychedelics

VRT MAX Docu - [Brain man - Aflevering 4 \(Seizoen 1\) | VRT MAX](#)