

7-Day Mushroom Ceremonial Dieta

(3 days before – 1 day of ceremony – 3 days after)

Here's a **sample 7-day ceremonial dieta** tailored for working with **psilocybin mushrooms**.

This dieta is designed to help you enter the journey as a clear vessel and integrate what you receive with depth and care.

OVERVIEW

Day	Focus	Notes
-3 to -1	Cleansing & Centering	Gentle detox, grounding, reflection
0	Ceremony Day	Mindful, sacred, slow
+1 to +3	Integration	Soft landing, nourishing body/soul

Days -3 to -1: Purification Phase

DIET: Eat:

- Steamed veggies, leafy greens
- Simple whole grains (rice, quinoa, oats)
- Light fruits (bananas, apples, pears)
- Legumes (if well-tolerated)
- Herbal teas (peppermint, chamomile)

Avoid:

- Alcohol, caffeine, tobacco, cannabis
- Red meat, pork, dairy, fried foods
- Refined sugar, artificial sweeteners
- Heavy spices or ultra-processed food
- Garlic/onion (optional – some traditions restrict)

MIND:

- Begin **journaling daily**: intentions, emotions, dreams
- Practice **10–15 min of meditation or breathwork**
- Reduce screen time & emotional input
- Avoid news, stressful conversations

SPIRIT:

- Set up a small altar with candle, nature items, and intention notes
- Do **daily smudging** or energetic cleansing
- Spend **time in nature** if possible

- Optional: affirmations like

“I open myself to receive truth.”

“I cleanse my mind and spirit in preparation.”

Day 0: Ceremony Day

MORNING:

- Light food only (if any): fruit or tea
- Hydrate moderately (not too much)

RITUAL:

- Clean space
- Light candle or incense
- Center yourself
- Speak your **intention aloud**
- Consume mushrooms slowly and mindfully
- Optional: play soft ceremonial music

DURING:

- Lie down, breathe, surrender
- Trust the process—even if it's challenging
- Remember: “This is happening *for* me, not *to* me.”

EVENING:

- Rest. Journal if you're clear enough.
- Avoid screens or talking too much.
- Eat a light, grounding meal if needed (e.g., rice and steamed veggies)

Days +1 to +3: Integration Phase

DIET: Eat:

- Continue with clean, simple, grounding meals
- Hydration is key
- Herbal teas (ginger, nettle, lemon balm)

Still avoid:

- Alcohol, weed, processed food
- Stimulants (unless required medically)

MIND:

- Journal your insights, dreams, visuals, emotions
- Don't rush to "figure it all out"—just record

- Let feelings come up without judgment

SPIRIT:

- Spend time in silence or nature
- Revisit your altar or intention
- Gentle movement (yoga, walking)
- Optional: share with a trusted person or guide

Sample Intention Statements

- "I open myself to healing and truth."
- "I surrender what no longer serves me."
- "I ask to reconnect with my heart."
- "Show me what I need to remember."

Optional Enhancements

- Guided meditations
- Mushroom-friendly music playlists
- Integration therapy or circles afterward
- Artistic expression: drawing, singing, writing