

# Set and setting

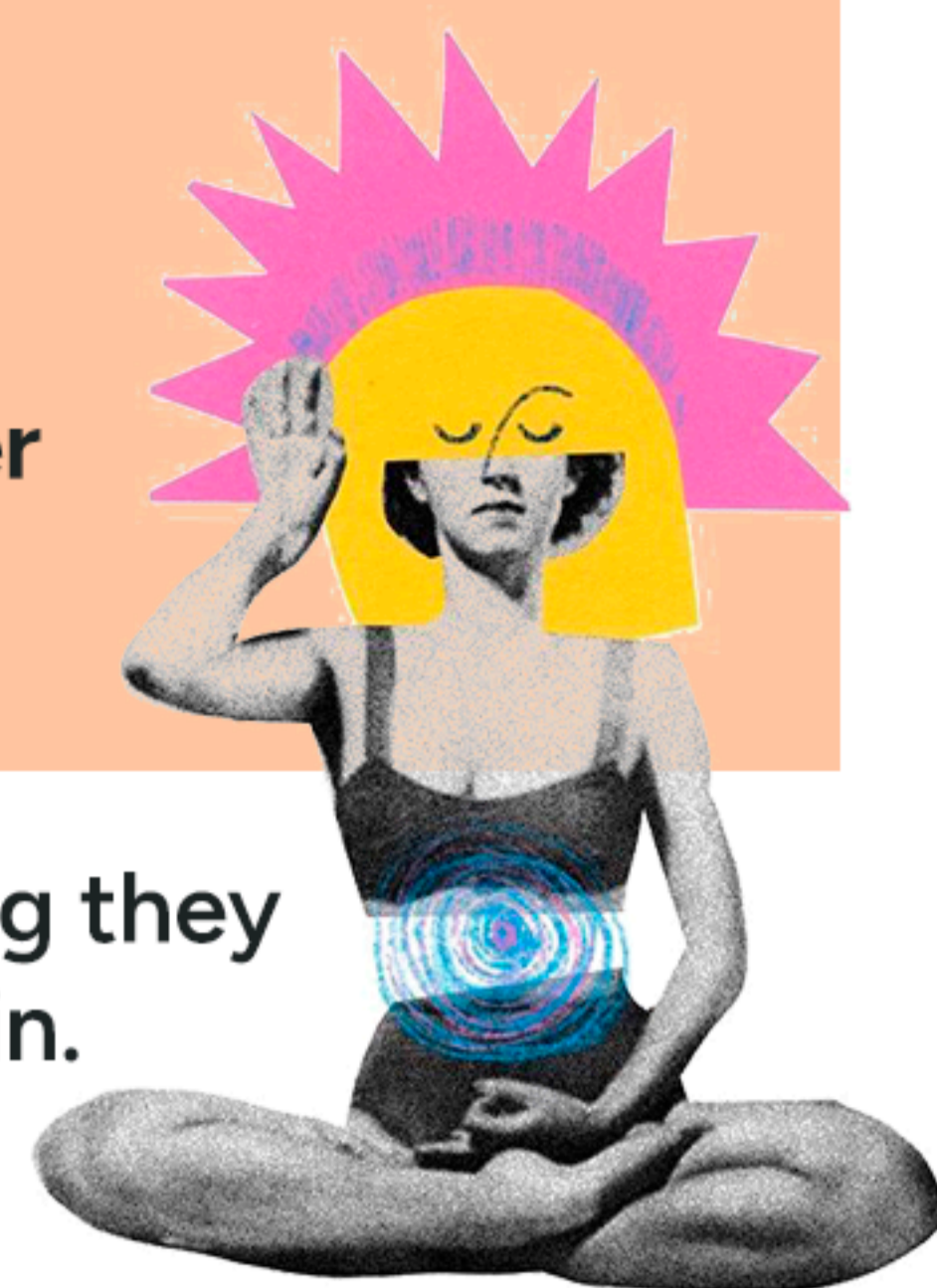
statesofmind

## Set — Your Mindset

"Set" refers to your psychological state entering the experience: your mood, intentions, beliefs, and whatever is emotionally unresolved.



Psychedelics are non-specific amplifiers, meaning they deepen whatever psychological state you arrive in. What's been sitting below the surface gets



Honest preparation matters more than forced positive thinking. The goal isn't necessarily to feel "perfect," but to be aware.

### Pre-Session Reflection

- Identify what is "alive":** Do I know my current mood, fears, or resistance?
- Clarity of Intention:** Why am I doing this? Is my intention sincere?
- Emotional Inventory:** Am I aware of any unresolved material or trauma I am carrying?
- Preparation vs. Expectation:** Have I prepared my mind while remaining open to whatever surfaces?
- Surrender:** Am I willing to trust the process, even if it becomes difficult?

### A Note on Resistance

Your critical inner voices or fears aren't reasons to postpone; they are often the very material the experience wants to work with.

**"I choose to let go. I trust the process. Awareness with acceptance is the healing process."**

## Setting — Your Environment

"Setting" is your external container. A comfortable, familiar, and supportive environment dramatically reduces the risk of anxiety and allows you to go deeper.

### The Physical Space

- Safety & Privacy:** A space where you won't be interrupted or overheard.
- Comfort Logistics:** Ideal temperature, soft lighting, and supportive bedding/pillows.
- Zero Obligations:** Phone off, no scheduled calls, and no chores for at least 24 hours.
- Nature Access:** Is there a garden or a window with a view for the "return" phase?



### The Auditory Journey

Music deserves particular attention. A thoughtfully sequenced playlist moves from grounding to expansive to gentle return, shaping the arc of the experience.

- Curated Playlist:** Use a sequenced playlist
- Personal Anchors:** Have I added 2–3 tracks with personal weight (a memory, a relationship, or a specific emotion)?

### Final Check

Look around and look inward: does this space feel like somewhere you could completely let go?