

# **SoulMate Attraction's**

## Informative Guide To Understanding Magic Mushrooms

And How They Can Help You Attract Your Soulmate



*Clear your mind and open yourself to the fascinating  
world of mushrooms*

<http://leidymunera.com>

SoulMate Attraction is a program designed for single women who feel frustrated or unhappy with their love life and want to attract their soulmate through psilocybin-assisted psychotherapy and personal coaching. The program includes a retreat for a ceremony with magic mushrooms in a paradisiac venue in magical Colombia.

## What is psilocybin?

Psilocybin is a naturally occurring psychedelic compound found in certain types of mushrooms, often referred to as "magic mushrooms."

When ingested, psilocybin is metabolized into psilocin, which interacts with serotonin receptors in the brain. Serotonin is a neurotransmitter that mediates satisfaction, happiness and optimism. This leads to a profound and transformative psychedelic experience.



# History

Psychedelic mushrooms have a long history of use in traditional healing practices and spiritual ceremonies, particularly in indigenous cultures throughout the Americas.

In these traditional ceremonies, psychedelic mushrooms are often consumed in a ritualistic setting, with the guidance of a shaman or spiritual leader.

The purpose of the ceremony is often to seek guidance, healing, or spiritual insight, and the use of psychedelic mushrooms is seen as a way to connect with the divine.

The use of psychedelic mushrooms in Western culture is more recent, with their popularity rising in the 1960s and 70s during the counterculture movement.





*Various Mushroom Stones  
(approx 1 ft tall - 1000 B.C. to 500 A.D.)*

However, their use was also met with resistance and stigma, with many governments and institutions cracking down on their use and labeling them as dangerous and illegal substances.

In recent years, there has been a growing interest in the potential therapeutic benefits of psychedelic mushrooms, particularly in treating conditions such as depression, anxiety, and PTSD (If you're interested in learning more about the research and scientific studies behind the information presented in this guide, I encourage you to take a look at the [references provided at the end](#)).

This has led to renewed interest in their cultural and historical significance, and a greater appreciation for the traditional healing practices and spiritual beliefs that have long surrounded these powerful substances.

# Important Factors Before a Psilocybin Journey

## *Preparation*

Education surrounding the benefits, expectations and intentions prior to the experience. You will learn all this 2 weeks before the retreat.

## *Type of Mushroom*

Understanding the effects of the type of mushroom you will have. At SoulMate Attraction, we use Golden Teachers for a deeper experience.



## *Dose*

The dosage depends on your weight and the experienced facilitators will take care of that.



## *Intention*

Having a clear intention for using psychedelic mushrooms can help you to focus on your experience and gain the most benefit from it. It's important to set clear goals or intentions, such as seeking healing, gaining insight, or exploring personal growth. We will help you with clarity around this, for instance in terms of your attachment style (anxious, avoidant or disorganized).

## *Set*

Refers to your mindset or mental state at the time of the experience. It's important to approach the experience with a positive and open mindset, and to be in a good mental and emotional state before using the plant medicine. During the preparation process and the reception at the retreat we will make sure you feel mentally ready for the experience.

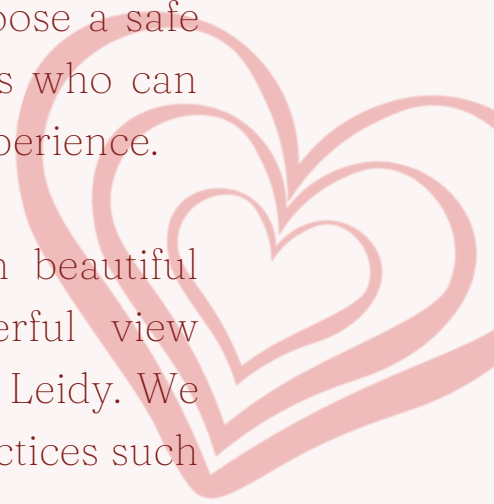
## *Setting*

It refers to the physical and social environment in which the experience takes place. It's important to choose a safe and comfortable setting, with trusted facilitators who can provide support and guidance throughout the experience.

At SoulMate Attraction, we do our retreats in beautiful luxurious villas in Colombia with a wonderful view overlooking the ocean, guided by Elizabeth and Leidy. We will provide relaxing music and mindfulness practices such as meditation and yoga.

We also believe that nourishing the body is just as important as nurturing the mind and spirit. That's why we've partnered with a skilled chef who is passionate about creating delicious and healthy meals using whole foods.

Whether you're vegetarian, vegan, or have dietary restrictions, our chef will work with you to provide meals that meet your individual needs and preferences. We believe that food is medicine, and we're committed to providing our guests with the nourishment they need to support their journey towards healing and transformation. Everything you need to ensure you have a deep and transformative experience, so that you can find true love.



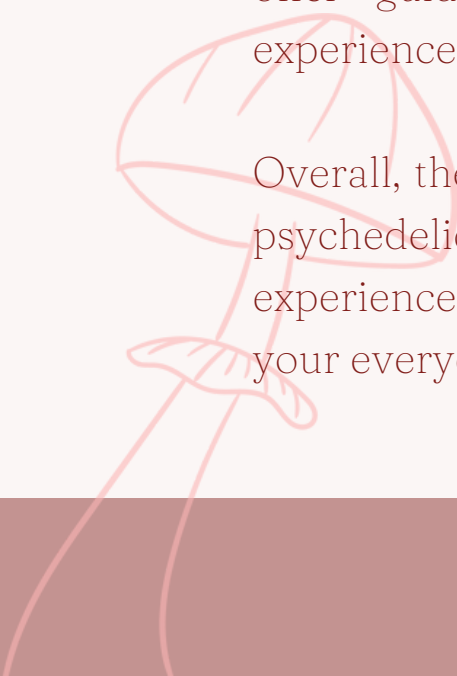


## *Integration*

This is the most important process of the whole entire program. It is the process of incorporating the insights and experiences gained during the psychedelic journey into everyday life. It involves reflecting on the experience, processing any emotions that may have arisen, and taking action to make positive changes in your life. It helps to make sense of the experience and to apply it in practical ways.

We will support you during this process with individual and private sessions. We have a skilled integration facilitator, who has years of experience as a session guide. She has helped individuals navigate complex psychedelic experiences and effectively integrate them into their lives. Her experience includes providing specialized psychedelic psychotherapy with preparation, support, and integration for individuals in the treatment of psilocybin-assisted psychotherapy. She will offer guidance and practical tools for integrating your experience in a safe, healthy, and sustainable way.

Overall, the process of integration is an essential part of your psychedelic experience. It helps to ensure that the insights and experiences gained during the journey are incorporated into your everyday life in a positive and meaningful way.







At SoulMate Attraction, we understand that approaching a psychedelic experience can be both exciting and overwhelming.

That's why we want to ensure that our guests feel supported every step of the way. We believe that it's important to have clarity with your intention and to carefully consider the set and setting in order to maximize the potential benefits of the experience.

To that end, we have taken care of everything for you so that you can eliminate the guesswork. Our team will work with you to clarify your intentions and provide you with a safe, supportive, and comfortable environment for your journey. We have carefully curated the set and setting to ensure that you have the best possible experience.

With SoulMate Attraction, you can approach your psychedelic experience with confidence, knowing that everything has been taken care of for you so that you can attract true love ❤️

# Questions we are asked frequently

*How many people will be participating in the retreat, and what is the overall group dynamic like?*

We have two different retreat experiences, the classic retreat with a maximum of 18 women and the Premium retreat with only 10 women to ensure a more intimate group dynamic.





*What type of accommodations will be provided during the retreat, and are there any amenities available?*

Accommodations will be provided. Participants can choose to pay a little extra to have their own private room for added privacy and comfort.

The accommodations will be conducive to relaxation and introspection, providing a peaceful and supportive environment for the psychedelic experience.



*Is there a pre-retreat preparation process, such as a specific diet or meditation practice?*

Yes, there will be a pre-retreat preparation process that includes guidance on diet and other practices to prepare the mind and body for the experience.







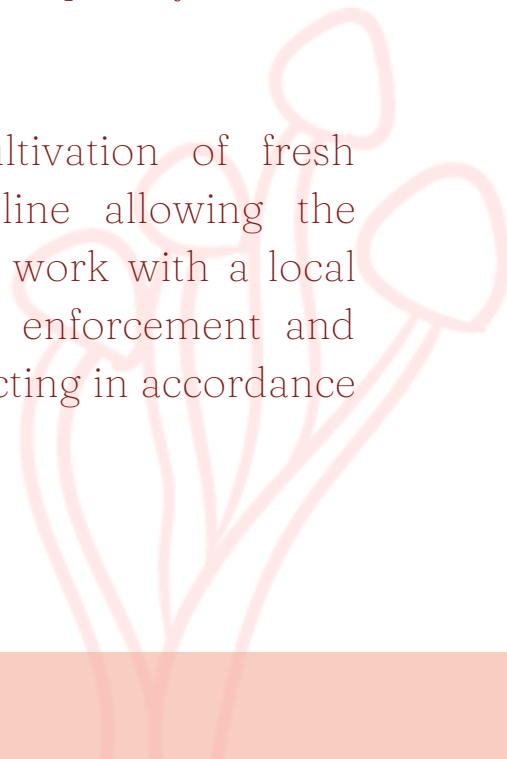
## *Are psilocybin mushrooms legal in Colombia?*

The legality of psychedelic mushrooms varies depending on the country and state/province.

In many countries, they are legal to grow and possess in their natural form (mushrooms) but when the compound is extracted and sold it's not legal.

In Colombia, there is no restriction on the acquisition, carrying, and consumption of magic mushrooms in their natural and unprocessed form; this includes spores and mycelium. Article 376 of Law 1453 of 2011 states that possessing pure or synthetic psilocybin and psilocin (e.g., in capsules or crystals) isn't legal. To recap, magic mushrooms are legal in Colombia, but concentrated or synthetic psilocybin and psilocin are not.

Overall, sacramental or traditional use and cultivation of fresh mushrooms is legal in Colombia. This is in line allowing the sacramental use of psychotropic preparations. We work with a local shaman who is familiar with the local laws, law enforcement and medicine community ensuring that we are always acting in accordance with the highest standard of the law.



*What safety protocols are in place to ensure the well-being of participants during the retreat?*

The retreat will have safety protocols in place to ensure the well-being of participants.





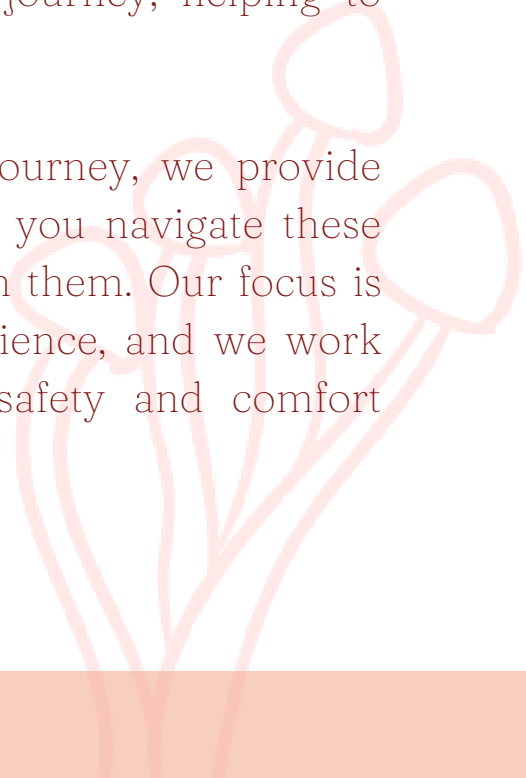
## *Will I have a bad trip?*

While there is always the potential for difficult experiences during a psychedelic journey, our retreat is designed to minimize this possibility by providing a safe and supportive environment for participants.

Our facilitators are experienced in guiding individuals through the experience and will ensure that the physical and energetic space is properly held, allowing you to explore the depths of your consciousness in a meaningful and safe way.

It's important to understand that a "bad trip" is often the result of a poorly planned physical setting or an unprepared mindset going into the experience. At Soulmate Attraction, we emphasize the importance of preparation and intention-setting before the journey, helping to minimize the risk of negative experiences.

Even if challenging moments arise during the journey, we provide ample support and integration resources to help you navigate these experiences and extract meaning and insight from them. Our focus is on providing a transformative and healing experience, and we work closely with each participant to ensure their safety and comfort throughout the journey.





## *How safe is psilocybin? Is it for everyone?*

Research indicates that psilocybin is toxicologically safe and has a very low dependency risk [1] [3] [4] [28], it can be considered the safest psychedelic that we've discovered yet.

It still has some risks, which is why we will ask you to go fill out a screening form to determine whether psilocybin can be safe for you. It is contraindicated in people who suffer psychotic or bipolar disorder, schizophrenia, or who have a family history of these psychiatric disorders [3] [4] [28].

There are no studies regarding pregnant or lactating women, therefore, it's advised against in these cases [3]. And if you take certain types of psychiatric medications, it's not necessarily contraindicated but it is indispensable to evaluate the interaction of both substances in your system [28].



# How can psychedelics help me attract my soulmate?

At Soulmate Attraction, we understand that the idea of using psychedelics for healing can be intimidating for many women. However, it's important to note that we are fortunate to live in a time where the benefits of these substances are being scientifically studied and validated.

In fact, research from Imperial College London has shown that carefully administered doses of psilocybin can lead to lasting improvements in mood and symptom severity for those who were previously resistant to traditional treatments [34] [35]. By helping us to be fully present in the moment, psilocybin mushrooms can help us break free from the patterns that contribute to having a not fulfilling love life.

At the Soulmate Attraction retreats, we provide a safe and supportive environment for women who are interested in exploring the potential healing benefits of psychedelics. Our team of experienced facilitators will guide you through your journey, ensuring that you are comfortable and supported every step of the way.



You will learn how to embrace your feminine polarity to attract your complimentary divine masculine. We will help you clarify what you want and most importantly, what you don't want. You will recognize your attachment style and gain tools to develop into secure attachment. And with the boost from a psilocybin-assisted session, these learnings will be potentiated and you will attract your soulmate just like I did.



*Jeidy Herrera*



## More Information

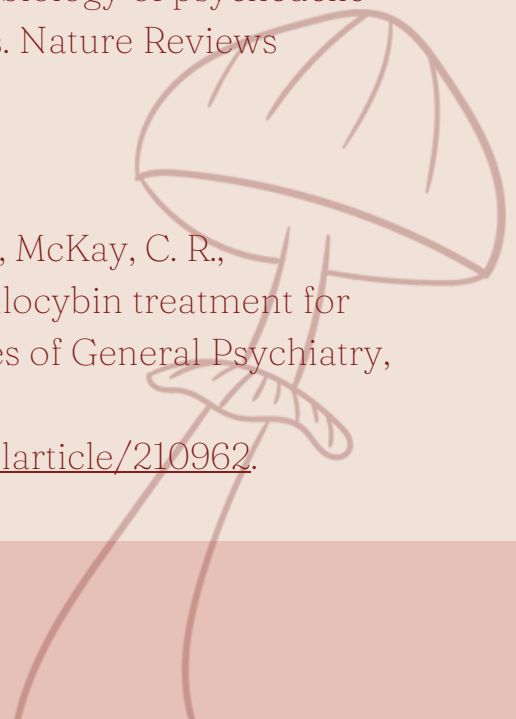
If you'd like to learn more about psychedelic mushrooms, I highly recommend watching Episode 2 of "[How to Change Your Mind](#)" on [Netflix](#).



Get ready to embark on a mind-bending journey that will challenge everything you thought you knew about psychedelic drugs. This episode is a must-watch for anyone interested in exploring the transformative power of psilocybin mushrooms. With Michael Pollan as a guide, you'll explore the history and science behind this fascinating substance, from its use in traditional healing practices to its current application in modern therapy. You'll also hear from experts and pioneers in the field, including Timothy Leary and Paul Stamets, as they share their insights into the profound impact that psilocybin can have on the human mind.

# Scientific Studies

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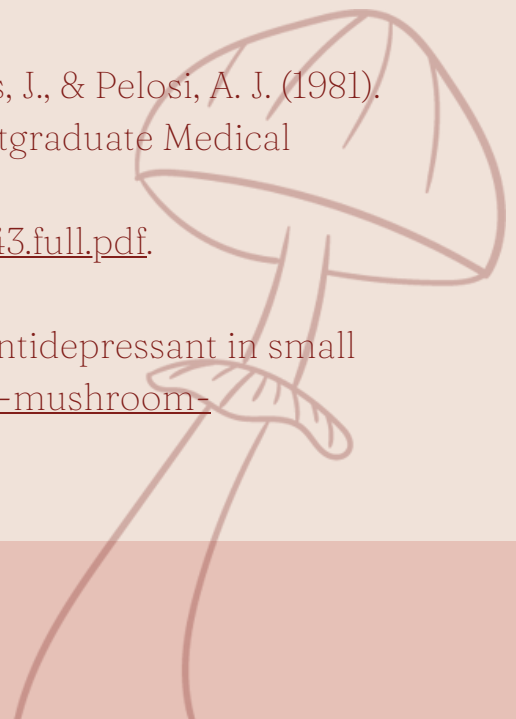
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