



WHAT ARE MAGIC MUSHROOMS?

- Magic mushrooms (or simply “mushrooms”) are any of a variety of mushrooms that contain psilocybin, which is broken down into psilocin (a psychedelic) in the body.
- Mushrooms have been used by many indigenous cultures for thousands of years. They were famously introduced to the West by María Sabina, a legendary sabia (wise woman) from Oaxaca, Mexico.
- The story of how mushrooms came to Western culture through extractive and disrespectful means is a key example of why it’s so important to become aware of mushroom cultural history, especially getting familiar with terms like “biopiracy” and “indigenous reciprocity.”

WHAT ARE THE EFFECTS?

- Psilocin is a psychedelic drug that lasts about 4-6 hours. Its effects, though similar to those of LSD, are distinct. Many people report having contact with “entities” and feeling a deep connection to nature.
- Mushrooms produce visuals for most (but not all!) people that range from slight color and shape distortions to full-blown changes to how a space or person appears.
- While many people think of psychedelics as being all about the visuals, perhaps the more significant defining factor is the change that occurs in perception of self and environment.
- The headspace of mushrooms may be somewhat less controllable than that of LSD, and many people report that mushroom trips can be more unpredictable but also more spiritual.

WHAT'S A TYPICAL DOSE?

- Mushrooms are usually eaten raw or brewed into tea. They are typically consumed dry, although some people eat them fresh.
- The amount of psilocybin in mushrooms can vary greatly between varieties, batches, and individual mushrooms, making them difficult to dose precisely.
- A typical dose of dried mushrooms is about 1.5 to 2.5 g. A threshold dose (one you can just barely feel) is usually around 0.25 g. Doses of 3.5 g or above are generally considered to be strong.

- The same dose may have a different intensity each trip! This can be impacted by the variety, the potencies of the individual mushrooms you’re taking, your stomach contents on that day, and many other factors.
- On an empty stomach, the full effects should be felt within 30 minutes to an hour. On a full stomach it could take much longer.
- Start with a small dose and don’t take more until at least 1.5 hours (or more) has elapsed.

BE CAREFUL

- As with other psychedelics (and emotionally intense drugs in general), people who have personal or family histories of mood or psychotic disorders may be at increased risk of psychological upset after taking mushrooms.
- Mushroom trips can sometimes be frightening, inducing extreme anxiety and panic. This risk is heightened if you’re taking mushrooms in environments that are crowded, unpredictable, or hectic. Start in a calm, safe space, and talk to someone you trust about your plans before you dose.
- Tripping puts you in a vulnerable state, so it’s important to have plans for caring for yourself during and after a trip. Reading up on the practices of intention setting and integration can help prepare you for your experience.

MORE HARM REDUCTION TIPS

- Some consumers experience nausea in the first hour after dosing. Making mushroom tea or using a tek like lemon tek may help reduce nausea. (Visit the Shroomery website for guides.)
- Eat a moderate meal two hours before your dose. Tripping on an empty stomach may increase the intensity of the come-up, but can also cause nausea during or after the trip.
- As with all psychedelics, “set” and “setting” are important factors in determining whether someone has a positive or difficult experience. “Set” is a person’s mental state (their thoughts, mood, and expectations), while “setting” is the physical and social environment in which the drug is consumed. Being in a good mental state, with trusted friends in a supportive environment, reduces the risk of having a difficult trip on mushrooms.
- Remember: Even very difficult trips can have a positive effect on your life. Many people report that their hardest trips were the most impactful and influential. Integration is a very important and underrated part of psychedelic experiences.



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