

A Guide & Workbook designed to help you during your mushroom medicine journey



"It's only when caterpillarness is done that one becomes a butterfly. That again is part of this paradox. You cannot rip away caterpillarness. The whole trip occurs in an unfolding process of which we have no control."

— Ram Dass



Understanding PSYCHDELIC MEDICINE

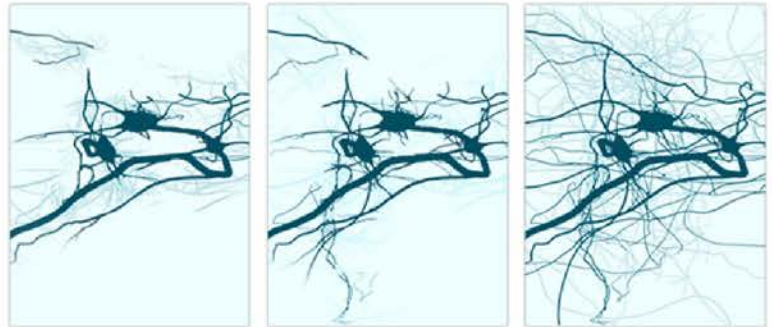


Psychedelics, also referred to as entheogens, or empathogens, are psychoactive substances that produce alterations in conscious experience. These can include changes in cognition, perception, feelings, and emotions.

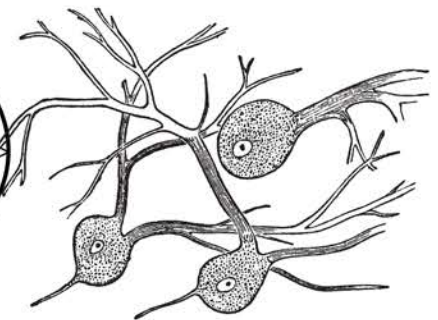
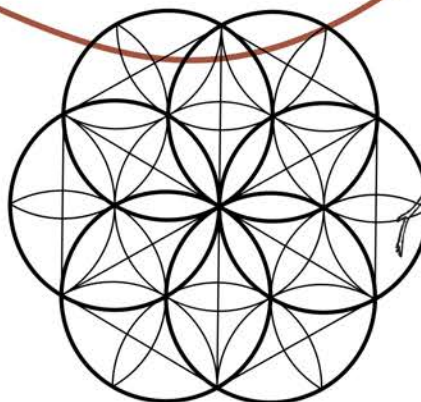
Simply put, Psychedelics improve your brain's Neuroplasticity & create Neurogenesis. Neuroplasticity is the ability of neurons (brain cells) to change their characteristics during your life. This can be affected by inputs from your emotions, behaviors, experiences and even thoughts. Neurogenesis is the growth of new brain cells.

Humans have been using psychedelic medicine for thousands of years, mostly in religious ceremonies and spiritual rituals.

Today, people use psychedelics in a wide variety of settings, including in religious ceremonies and spiritual quests, for personal development, and more "recreationally" in settings like raves, musical festivals, and in the comfort of their own homes. More recently, therapeutic uses for psychedelics have made inroads in a variety of supportive settings.



Synaptic plasticity improvements in the neural network



The body has the ability to RE-generate it's own Network. Plant Medicine supports this growth.

The Science of MICRODOSING

WHAT HAPPENS IN THE BRAIN & BODY WHEN WE TAKE PSYCHEDELICS? **IN GENERAL, 3 THINGS:**

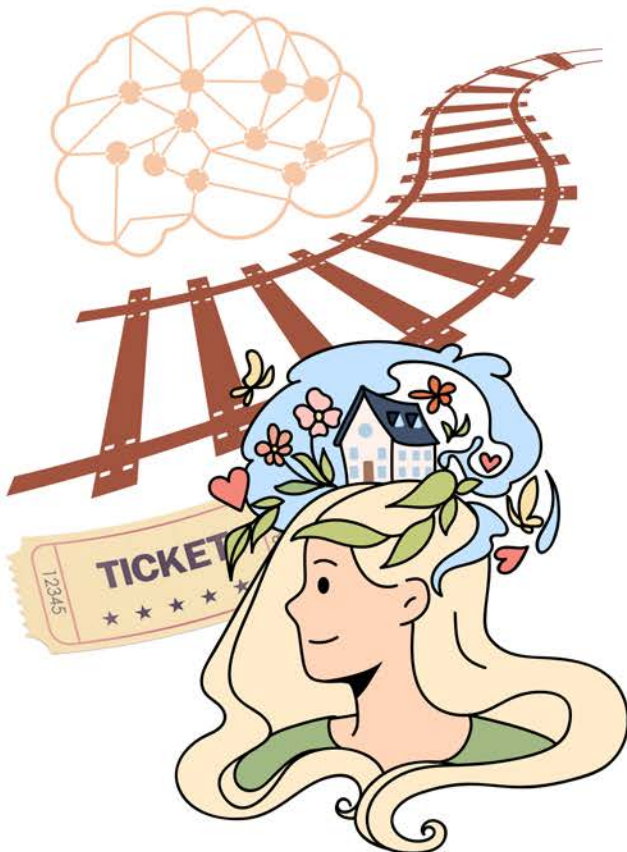
1. An important Serotonin receptor called 5-HT_{2A} is stimulated.
2. Activity in the brain's Default Mode Network (DMN) is dampened.
3. The transmission of Glutamate, (which is responsible for cognition) is increased throughout the brain. This neurotransmitter plays a major role in shaping learning and memory.

Serotonin is popularly portrayed as being responsible "for happiness", but in reality, its functionality is associated not just with mood, but also with cognition, sleeping, eating, thermoregulation, memory, and even physiological processes like vomiting.



The Default Mode Network is a set of brain regions and pathways that exhibits strong activity. Think of it as the train in your brain – these are your tracks. These are the pathways we get "stuck" on in the ideas we have in life... why we still see the same thing the same way after lets say 20 years. The DMN controls self-referential thoughts, introspection, autobiographical memory retrieval, and imagining the future. Basically, how you think about your past, present and future.

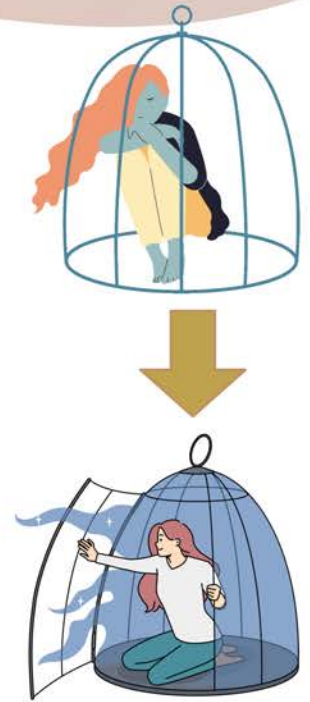
Psychedelics are possibly the most immediate and profound way to interrupt this process. You get off the train, off the tracks & are free now to travel however you like. You can see & feel things from a new perspective suddenly! Imagine how liberating that is after taking the same train all your life and not even knowing it!



People with depression or anxiety often have low levels of serotonin, as do people with post-traumatic stress disorder, cluster headaches, anorexia, smoking addiction and substance abuse... the list goes on.

Treatment typically involves selective serotonin reuptake inhibitors, or SSRIs, which boost levels of serotonin available to brain cells - on a limited basis for a limited time. It can take weeks for improvement to occur if the drugs even work at all.

With psychedelics such as psilocybin and LSD, however, scientists can see changes in brain neuron connectivity in the lab "within 30 minutes," and these changes are not temporary (like with SSRIs). **These are permanent changes your body is growing.**

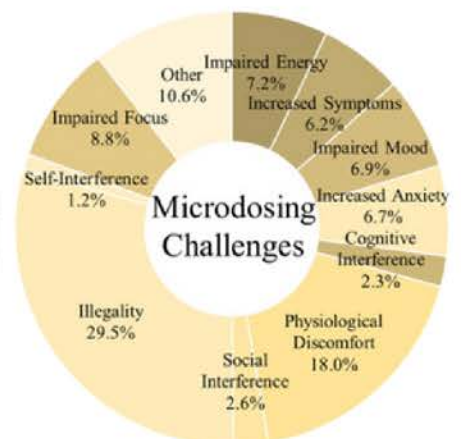
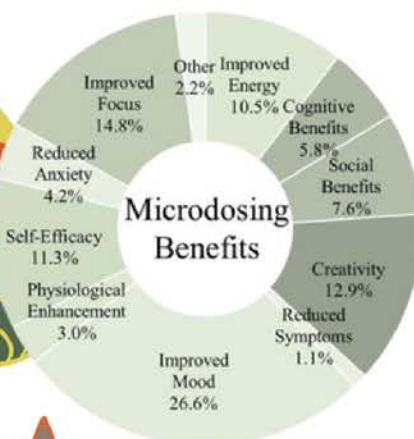


Microdosing can help with:

- Depression
- ADHD
- PTSD
- Emotional Openness, Greater Creativity
- Burn-outs & Irritability
- Stress, Anxiety
- Various addictions, like drugs, alcohol & people
- Mood-disorders, Eating-Disorders
- Heightened Spiritual Awareness
- Sadness, Fear, Loneliness, Apathy...

Microdosing's day-to-day benefits can include:

- Improved energy & motivation
- Increased focus & alertness
- Increased self-awareness
- Improved sleep & dreams
- Improved sex drive
- Physical energy
- Increased empathy & patience
- Mood enhancement - happier!

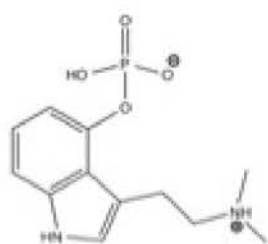




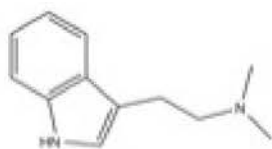
THE PURELY CHEMICAL REASON PLANT MEDICINES WORK SO WELL FOR MENTAL ILLNESSES...

Psychedelics like psilocybin, dimethyltryptamine (DMT) and LSD have chemical structures that resemble the neurotransmitter serotonin. This structural similarity to serotonin allows them to stimulate serotonin-sensitive neurons & activate receptors in the brain. Serotonin and DMT are powerful agonists.

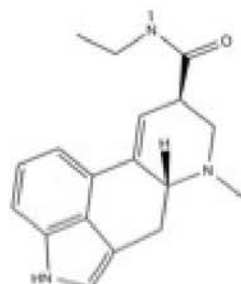
Can you see why?



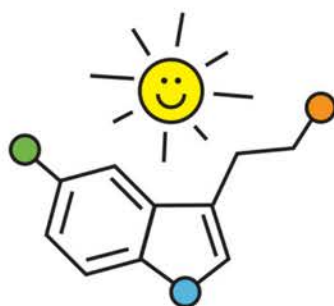
Psilocybin



DMT



LSD

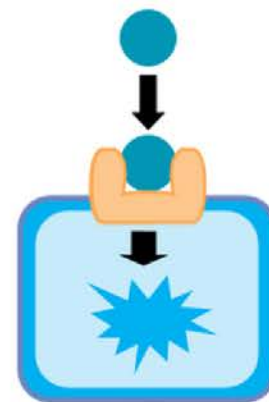


serotonin

The psychedelic drugs LSD and psilocybin activate serotonin receptors on brain cells in a way that reduces the energy needed for the brain to switch between different activity states. This is the reason it helps so much with depression and anxiety. Everything doesn't feel like such a struggle anymore. Further, Serotonin and dopamine work together to help us understand our surroundings. So clarity is also an effect.

Another example of this is, L-tryptophan – the precursor to serotonin production. This supplement can help with balancing mood and increasing these chemicals too. Mucuna, known as the velvet bean plant, contains L-dopa, another essential amino acid. Like L-tryptophan, mucuna supplements increase dopamine which can decrease depression.

Agonist



Full activation

SEROTONIN

(5-HYDROXYTRYPTAMINE -
Scientific name)

- Helps regulate mood and social behavior, appetite, digestion, sleep, memory & sexual drive
- Commonly thought to be a neurotransmitter, but some consider it to be a hormone
- Chemical in the brain responsible for emotions, reactivity to conditioned cues, and judgement.
- Provokes feelings of happiness and well-being



WHAT EXACTLY IS A MICRODOSE?



Between 1/8th of a gram and 1/4 of a gram taken 3-4 times a week is a microdose. In general, a microdose is equal to around 1/20th of a normal "macro" dose.

Taking a small amount of a medicine that's a fraction of a typical dose - which is called a "sub-perceptible". This means that you don't experience the immediately noticeable physical effects of a typical dose. Here we are speaking specifically about PSILOCYBIN, the medicine in psychedelic mushrooms, but there are many other plant medicines that one can micro-dose for support as well.

Taken this way, a microdose allows you to access some of the benefits brought on by a full dose but in a softer and more controlled way. This builds up in your cells over time!



PAUL STAMETS'S PROTOCOL

Sunday. Monday. Tuesday. Wednesday. Thursday. Friday. Saturday.



TAKEN NOT EVERY DAY, YOU HAVE CHOICES... DO WHAT FEELS RIGHT FOR YOU.

FADIMAN PROTOCOL

Sunday. Monday. Tuesday. Wednesday. Thursday. Friday. Saturday.



If you don't have a scale you can grind up your
medicine and use this simple formula :

1 teaspoon = 1 gram 1/2 teaspoon = .5 gram
1/4 teaspoon = .250 gram 1/8th teaspoon = .125 gram

Taking this very small amount of medicine on a regular schedule can provide incredible results. This is not a magic pill but something you commit yourself to and over time you see benefits. You also become familiar with the medicine so you can decide if you a higher dose, guided journey would be right for you.



DOSING GUIDE



Need to order microdose medicine? www.Mamadose.com & speak with Michelle

Want to grow your own mushrooms? www.HappyLittleFungi.com and Carlos will get you started.



Guessing the right shrooms dosage for you isn't always intuitive. Everyone is different, and knowing just the right amount for you will take a little bit of time and trial. Factors like age, weight, hormones, etc can all play a role in how mushroom medicine effects you.

*Almost 200 species of mushrooms have hallucinogenic compounds such as psilocybin and psilocin. The most common is *Psilocybe cubensis*, so that is what we will refer to here. There are stronger strains, and weaker ones. Psilocybin content varies between species, but it also varies from sample to sample in the same species. **This is why we recommend knowing what strain you have, and always grinding up your medicine first so you are sure to have uniform results.***



0.1 to 0.5 grams : This is a "Microdose" dose, & standard during therapeutic treatments. This dosage isn't enough to create a big experience, the effects built up over time can dramatically help long-term.



1 gram (~10 mg psilocybin). A low dose, 1 gram still produces some effects such as euphoria and the enhancement of all senses.



1.75 grams (~17.5 mg psilocybin). A medium dose, known to produce some hallucinogenic effects (mostly visual and sensory) and stronger euphoria



3.5 grams (~35 mg psilocybin). A high dose with strong visual and sensory distortions which may bring on mind-blowing effects and synesthesia (blending of the senses)



5 grams (~50 mg psilocybin). The "heroic shrooms dosage," this typically brings the full depth of a mushroom trip experience. The term comes from American ethnobotanist Terrence McKenna, an advocate for the use of psychedelics. Taking this dose it is essential to have a supportive set and setting. Anything can happen from ego death to loss of sense of self and reality.

THE STAMETS STACK



Paul Stamets, an innovative mycologist, and author invented a new microdosing method called "Stamets Stack". The Stamets Stack consists of psilocybin, Lion's mane, and niacin combined to improve cognition, neuroregeneration and brain health.

The stack components are hypothesized to work better together as psilocybin mushrooms and Lion's mane have a dual ability to create new neurons in the brain and repair existing neurological damage.

Niacin in the stack functions as an anti-abuse component, and it acts as a vasodilator by helping to distribute psilocybin across the blood-brain barrier (BBB) and migrate throughout the nervous systems.

The Stamets Stack is a composition thought to repair and improve neurological functions synergistically.

STAMETS STACK PROTOCOL FOR NEUROGENESIS

Sunday. Monday. Tuesday. Wednesday. Thursday. Friday. Saturday.



The Stack:

50-100 mg Psilocybin Mushrooms

50-200 mg Lions Mane Mushrooms

100-200mg Niacin

NOTE: You can substitute Mucana Mushrooms if Niacin irritates your skin. Sometimes it can make you feel flush or itchy. Mucana is an adaptogenic mushroom and works in the same way as Niacin in this synergistic combination without the side effects. This would not be the traditional Stamets Stack but it is what I have been doing and it works great.

WHY STACK PSILOCYBIN, LION'S MANE, AND NIACIN?



Paul Stamets has suggested this stack because he believes that the niacin helps to more effectively distribute the psilocybin and Lion's Mane into the brain and **enhance the neurogenic benefits** of both substances.

MICRODOSING WITH CHOCOLATES, TRUFFLES, OR CACAO

Magic mushroom chocolate is exactly what it sounds like: chocolate infused with magic mushrooms. Easy to make and delicious to enjoy, it's a rewarding process in terms of creation and consumption! Plus, if you use raw cacao, it will enhance the effects synergistically as psilocybin is said to open the mind, and cacao opens the heart.



Unrefined, raw cacao works as a light MAOI. As a result, when combined with magic mushrooms, it may slightly lengthen and enhance their effects.

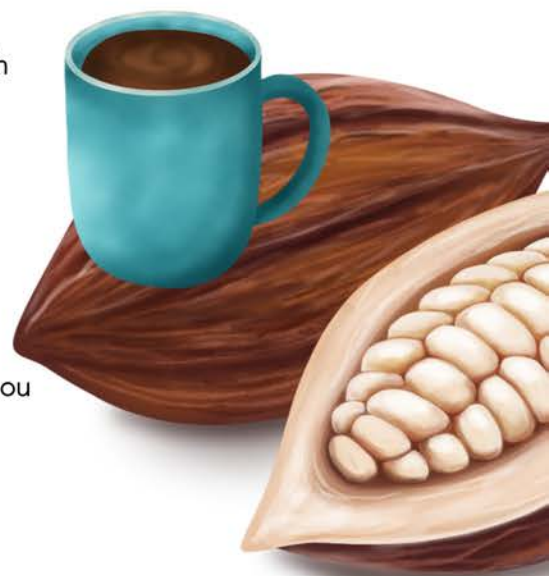
This may be why the Aztec civilization of Central and South America used to combine cacao and *Psilocybe cubensis* mushrooms, who called Cacao "The Food of the Shift" as well as "Food of the Gods".

Most chocolate contains refined cacao, in which the MAOIs are gone. So if you want to add this element to your chocolate, it might be worth adding some extra raw cacao into the mix at the end, along with the shrooms.

Mushroom chocolate is easy to make but please note, do not heat up mushrooms any more than you absolutely have to – they don't like it! Psilocybin begins to break down at around 70°C. Given that, whenever you're making anything with magic mushrooms, you must keep temperatures below this point. Whether it's tea, chocolate, or pizza, it doesn't matter. Go above this, and you risk ruining them entirely. So – if you want to make tea or cacao, do not use boiling water.

There are so many magic mushroom chocolate bars and truffles on the market now, you can take your pick of a million flavors etc and follow the dosing on the label which is by the square.

Keep in mind there are companies selling medicinal mushroom bars that are not psychoactive at all. Make sure to read your labels.







GETTING STARTED WITH MICRODOSING



So, you're all set and ready to begin your microdosing journey. Congratulations! Here are a few pointers for you.

Microdosing requires your participation, this is not a passive process. It helps to journal your daily microdoses when you are in the beginning stages to figure out proper dosage, effects and longevity. Get yourself a journal that brings you joy and dedicate it to this journey.



Set an Intention

Why do you want to microdose? Do you want to improve your mental health? Increase flow states? Develop your spiritual connection? Really think about it. Write about it. Talk about it. Don't be afraid to ask the universe for your wildest dreams.



Choose a Schedule

Take this medicine at the same time on a regular schedule for best results. Choose your days and use a reminder app until you are used to your protocol.



Start slow... Give Thanks & Praise

It's best to start small & adjust. Remember to TRUST & enjoy the process. This works! You are taking part in an ancient tradition of connecting to an earth/plant medicine, honor your journey home to yourself!

Set a Schedule

Align with Support

Educate Yourself!



SETTING UP A POSITIVE MICRODOSE DAY

DATE: / /

TODAY I'M FEELING:

POSITIVE AFFIRMATIONS

TODAY I'M GRATEFUL FOR

1

2

3

SOMETHING I'M PROUD OF

MORE OF THIS:

LESS OF THIS:

MY FAVORITE MOMENT THE DAY

TOMORROW I LOOK FORWARD TO

YOU CAN USE THIS 2023 CALENDAR TO MARK OFF THE DAYS YOU WILL TAKE MUSHROOM MEDICINE. THIS WILL HELP CREATE A ROUTINE.

JAN

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31						



Intention Setting

CONNECTING WITHIN



Intention setting is clearly stating what you want to embody. While you take this medicine that holds a living spirit, send out your prayers/intentions to the universe and believe you are heard!

This is an intelligent medicine. By defining which intentions you want to set, you & spirit can work together to bring them into reality. Your thoughts, actions, beliefs, emotions and practices are all used to help you manifest or achieve your intentions.

Depending on your familiarity with intention setting, you may think it's a strictly new-age practice based around the moon. But setting intentions can look however you want them to look... a moment of quiet with a candle, a short prayer at sunrise, a wish on a cup of tea... I held my medicine to my heart every day and asked it to heal me. *Believe that whatever feels good in your heart is the perfect thing to do.*

Take a few long, deep breaths to get calm and centered. Notice your thoughts and feelings.

Let go of anything causing you stress or unhappiness by imagining it drifting away with each breath.

With a clear heart & mind, set an intention for the day such as being more compassionate, patient, creative or confident.



SETTING MONTHLY INTENTIONS

/ /

THIS MONTH'S INTENTION IS

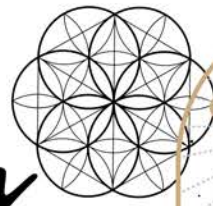
HOW DO YOU FEEL?	HOW DO YOU WANT TO FEEL?
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WHERE DO YOU WANT TO FOCUS YOUR ENERGY?

Notes

Set & Setting

PLANNING AHEAD



WHAT IS SET AND SETTING?

IN A NUTSHELL, IT'S YOU & YOUR SURROUNDINGS.

"Set" refers to a reflection of your inner climate—your mood, personality, beliefs, perceptions, and so on. "Setting" refers to all that's going on outside, such as the people around you and their behaviors, the music playing, the smells and weather in the air, even the cultural forces that aren't as readily visible.

WHAT DOES THIS MEAN FOR YOU?

It means that while you are taking this plant medicine, your space & mind set is pretty important. So, be mindful of your mood and your surroundings. The more you can do to support your experience, the more you will get out of it. Pray, meditate, set intentions. Also you can make offerings, do guided meditations, connect with others on this journey – find whatever practices in YOUR life make you feel good and do them!



Microdose for the first time on a non-work day to gauge your body's response.

Microdose in the morning because later-in-the-day doses could interfere with sleep.

Refrain from mixing substances; instead, stick to one microdosed substance at a time

Great Spirit...

With all that you know, and all that you see, take this earth medicine & heal me





Dream It

DEFINING GOALS

"I started my microdosing experiment with psilocybin mushrooms and therein got relief from depression and alcoholism."

"I feel it lets me see past my own preconceptions and emotions and more truly understand the people I'm interacting with."

"Microdosing reduced my migraines about 80%."

ASK YOURSELF,
"WHAT WOULD I LIKE
TO GET OUT OF THIS
EXPERIENCE?"

CONNECT TO WHAT MATTERS TO YOU... WHAT WOULD LIKE TO SET IN MOTION IN YOUR
UPCOMING 3 MONTHS ON A MICRODOSE PROTOCOL?

HOPES & DREAMS

30 DAYS

- ☐ Example : I would like to feel less depressed & anxious
- ☐
- ☐
- ☐
- ☐

HOPES & DREAMS

60 DAYS

- ☐ Example : I would like to be more patient with my kids
- ☐
- ☐
- ☐
- ☐

HOPES & DREAMS

90 DAYS

- ☐ Example : I would like to be more creative/outgoing in my hobbies/friendships
- ☐
- ☐
- ☐
- ☐

Check back in with this in a few months and see how many HOPES & DREAMS
were actually manifested! They do call them "Magic Mushrooms" ya know!





COMMON QUESTIONS ABOUT MICRODOSING

WHEN IS MICRODOSING NOT RECOMMENDED?

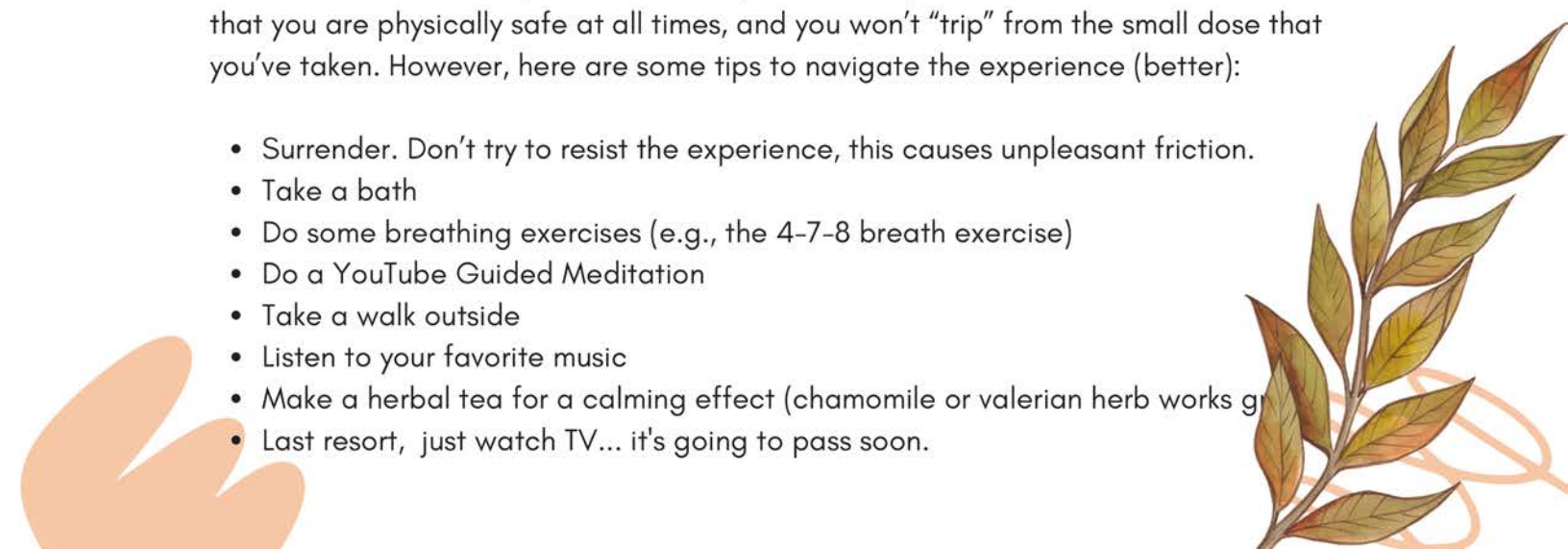
- When you are younger than 13 years old
 - In case of a severe mental or physical condition and/or illness
 - In combination with alcohol or other drugs
 - In combination with lithium carbonate
 - In combination with Tramadol
 - In combination with Methadone or Suboxone
-

CAN I STILL MICRODOSE IF I AM ON MENTAL HEALTH MEDICATION?

You will hear all answers about this but I can tell you from first hand experience that you do NOT have to change your medication in ANY way to begin mushroom medicine. You will hopefully gain some relief and confidence quickly (like I did) to begin tapering off your medication, but there is no rush or schedule. I was fortunate my doctor supported my journey and helped me taper off a ton of medicine over 6 months.

WHAT IF THE MICRODOSE IS TOO STRONG?

If the dose makes you feel as if it's somewhat too strong, you may experience for instance a lack of focus, some confusion, restlessness, or a headache. Please know that you are physically safe at all times, and you won't "trip" from the small dose that you've taken. However, here are some tips to navigate the experience (better):

- Surrender. Don't try to resist the experience, this causes unpleasant friction.
 - Take a bath
 - Do some breathing exercises (e.g., the 4-7-8 breath exercise)
 - Do a YouTube Guided Meditation
 - Take a walk outside
 - Listen to your favorite music
 - Make a herbal tea for a calming effect (chamomile or valerian herb works great)
 - Last resort, just watch TV... it's going to pass soon.
- 

Microdosing

WEEKLY CHECK-IN

DATE _____

DOSE ☐ .125 grams (1/8th t.)

 ☐ .250 grams (1/4th t.)

☐ .5 grams (1/2 t.)

WEEK# _____

3 EMOTIONS / FEELINGS THIS WEEK

○

○

○

THIS WEEK I FELT



HOW WAS THIS WEEK DIFFERENT THAN
LAST WEEK?

NEXT WEEK I WANT TO...

THINGS I NOTICED ABOUT MY MIND OR
BODY REACTIONS THIS WEEK

WHAT WAS THE BEST THING ABOUT THE
WEEK?

MY RANKING OF THE WEEK





EXPLORING DEEPER...

EXCAVATE THE LANDSCAPE OF YOU

Is there a new spiritual practice or healing modality you would like to try?

What are some ways you could decrease stress in your life?

Is there a new skill, topic or place you would like to explore?

What are some ways you could cut down on toxic energy?

Is there anyone that you would like to forgive or reconnect with?

What is a fun way you could honor your inner child?



MONTHLY REVIEW

My Microdosing Journey

IN GENERAL, WHAT HAVE I BEEN
FOCUSING ON THIS MONTH?



HAVE I TAKEN ANY NEW ACTIONS
THIS MONTH?



WHAT ACCOMPLISHMENTS HAVE I
HAD?



WHAT CHALLENGES DID
I FACE?



WHAT LIMITING BELIEFS HAVE I
LET GO OF?



WHAT HAVE I LEARNED
THIS MONTH ABOUT MYSELF?



DO I WANT TO EXPLORE
MUSHROOM MEDICINE MORE?



MONTHLY GRATITUDE REVIEW

/ /

HIGHLIGHTS OF THE MONTH

- 1 _____
- 2 _____
- 3 _____

WHAT IS SOMETHING NEW YOU'VE LEARNED?

WHAT WERE SOME OF THE CHALLENGES YOU FACED?

WHAT IS THE BEST THING YOU HAVE DONE FOR YOURSELF
THIS PAST MONTH?

HAS PRACTICING GRATITUDE HELPED YOU THIS MONTH?

YES

MAYBE

NO



Honor
Your
Journey

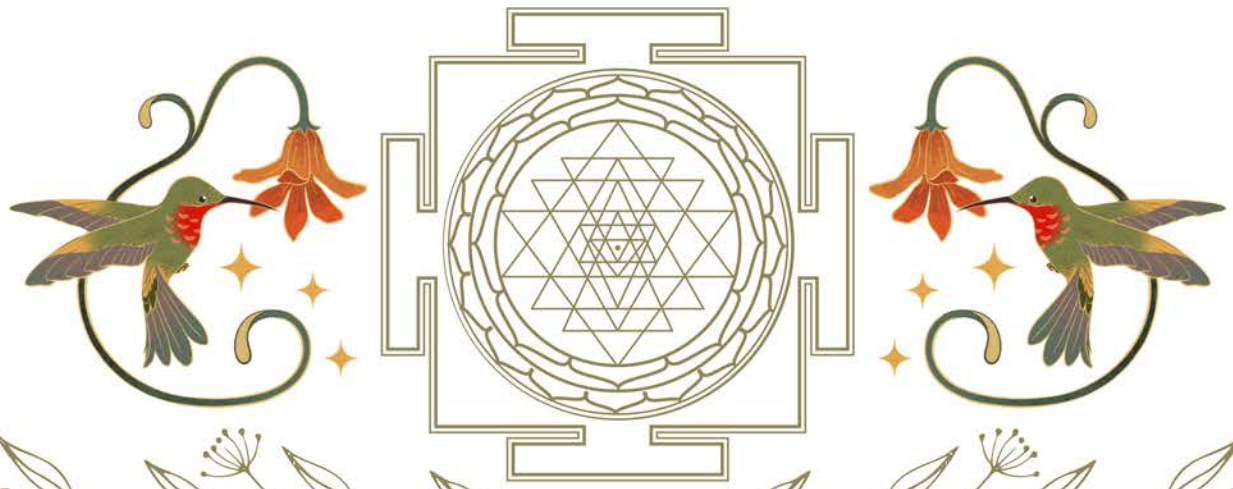


Dear Future Me,

I hope you are reading this shaking your head wishing you could go back in time to tell me that everything is going to be more than alright. I hope that when you look back to this point in our life that you know it was worth all this fear to get to a place of true happiness. I hope that you wake up each morning excited and happy to be alive. I hope you've found a way to spend your days that brings you joy, pride, and great financial success. I hope you speak of your dark days I'm fighting to get through now as a learning experience far behind you. I hope there is balance in your life, and that you're taking care of yourself. I hope you are a beaming light to others that inspires them to be in your presence.

I hope you are reading this shaking your head wishing you could go back in time to tell me that everything is going to be more than alright. I hope that when you look back to this point in our life that you know it was worth all this fear to get to a place of true happiness. I hope that you wake up each morning excited and happy to be alive. I hope you've found a way to spend your days that brings you joy, pride, and great financial success. I hope you speak of your dark days I'm fighting to get through now as a learning experience far behind you. I hope there is balance in your life, and that you're taking care of yourself. I hope you are a beaming light to others that inspires them to be joyous, present, and to exist fully. I can absolutely not wait to meet you.

-Courtney



This Magnificent Refuge is inside you.
Enter.

Shatter the darkness that shrouds the doorway.
Step around the poisonous vipers that slither at your feet,
attempting to throw you off your course.

Be bold. Be humble.

Put away the incense and forget
the incantations they taught you.
Ask no permission from the authorities.

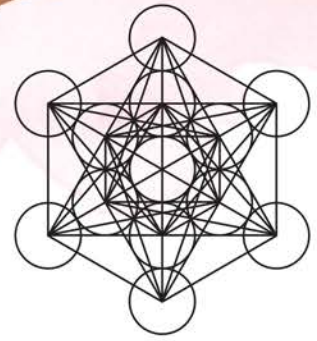
Slip away.

Close your eyes and follow your breath to the still place
that leads to the invisible path that leads you home.

-Mirabai Starr



Journal Notes



Journal page with horizontal dotted lines for writing.





ATION

DAILY
ARING,
LIFE.

Spend more time
with family &
friends

3.  Three stylized figures in green and brown clothing are shown in a group hug, representing a supportive community.

5.  Declutter your home

- 

- Get more rest /
more sleep
every night

-
- 9.



SACRED MUSHROOM ART THROUGHOUT HISTORY



A
Cretan Goddess-Opium



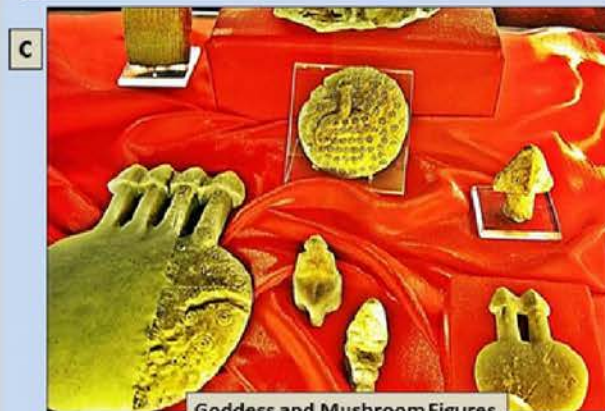
B
Two Headed Goddess-Mushroom



A
Anatolian Goddess-Mushroom



B
Late Hittite- Liberty Cap Mushroom



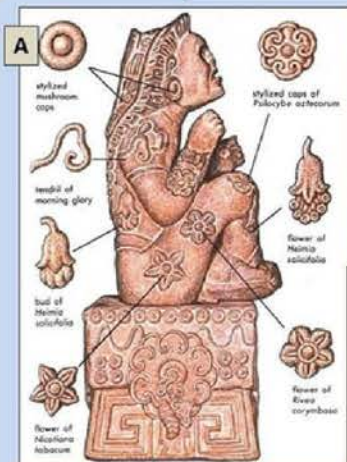
C
Goddess and Mushroom Figures



C
Mushroom Shaped Containers



E
Anatolian Goddess-Opium



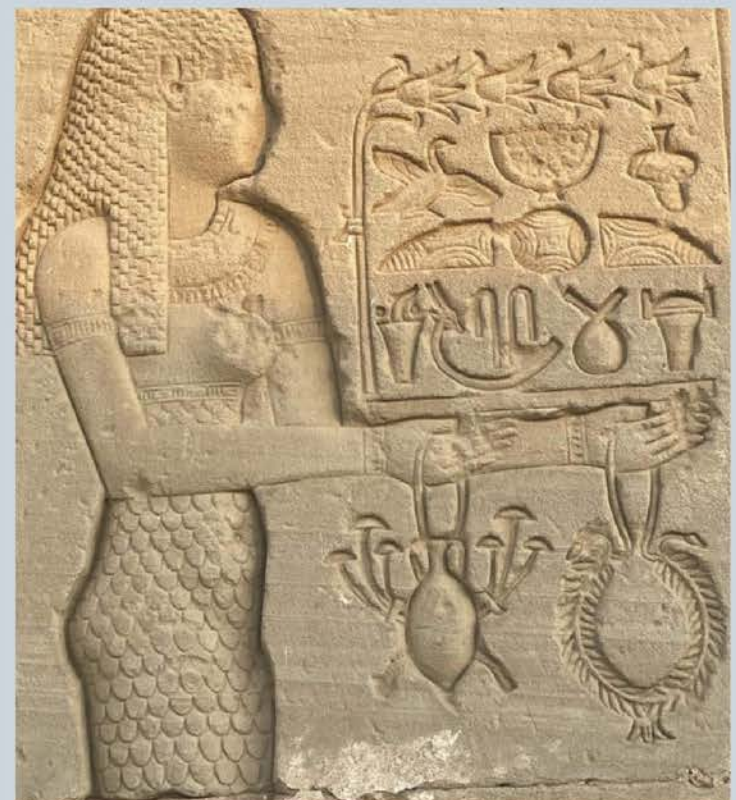
The photograph and drawing illustrated above are of an Aztec statue now housed in the National Museum of Anthropology in Mexico City. The statue depicts the Aztec god of flowers and dance. Both the statue of Xochipilli and the base upon which he sits are covered with images of mushrooms and other entheogenic plants.

<http://www.mushroomstone.com/researchpage.htm>

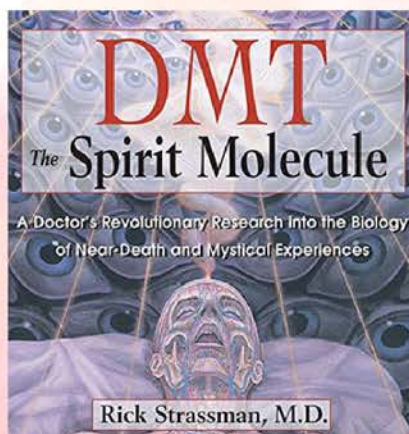
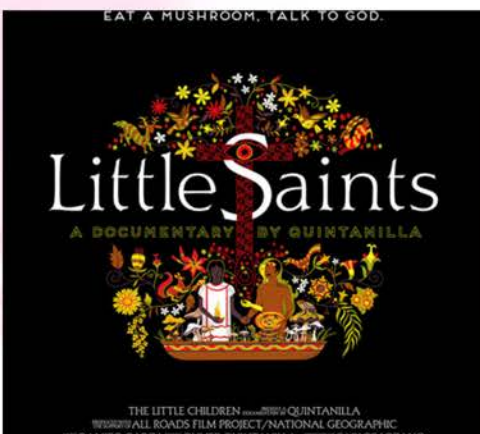
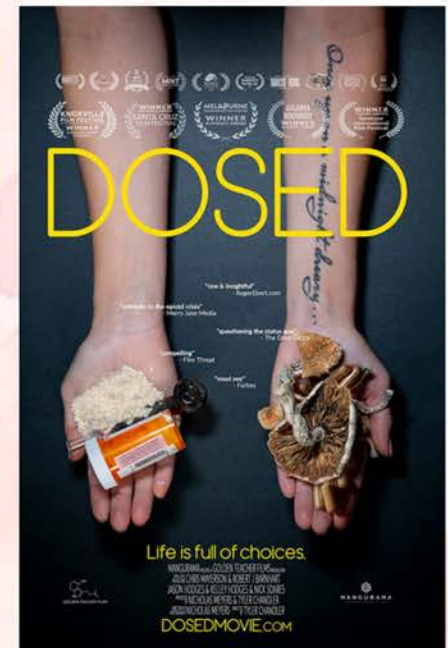
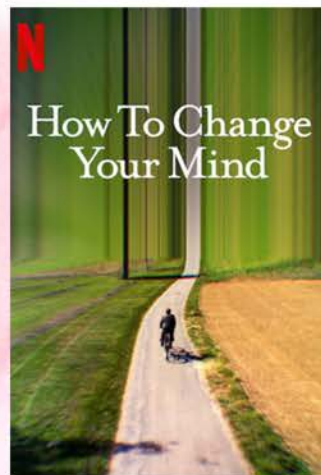
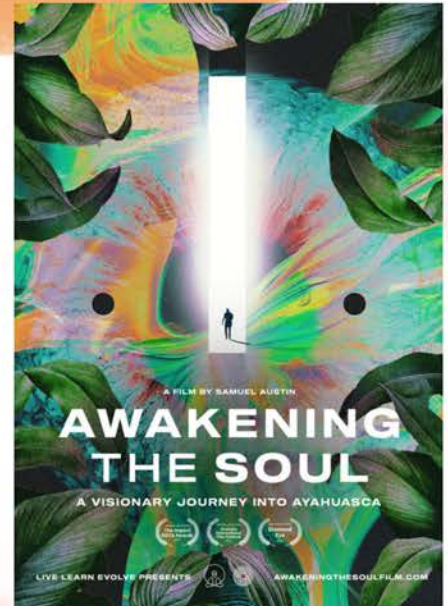
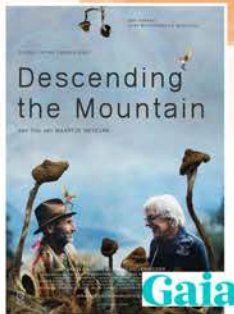


B
Maya Mushroom Stones-Guatemala

<http://mayavasepro.webs.com/>

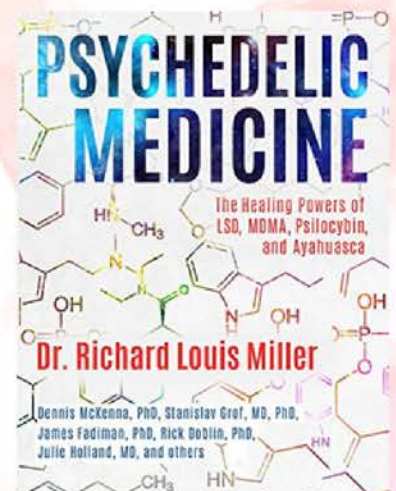
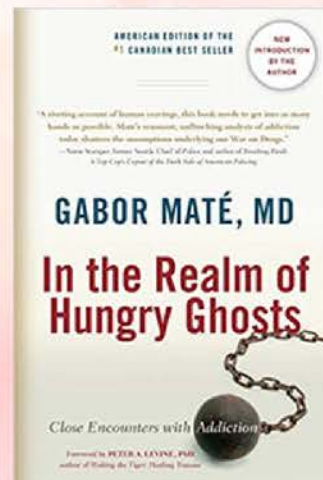
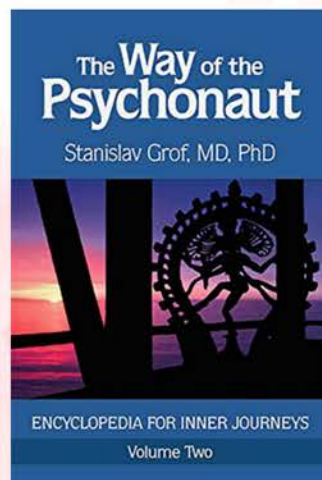
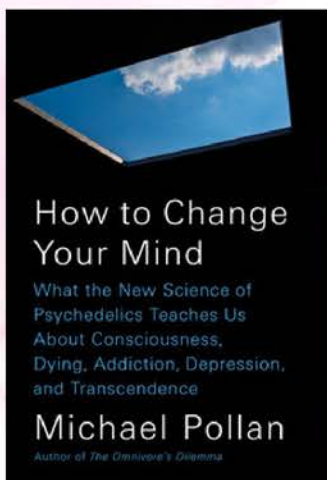
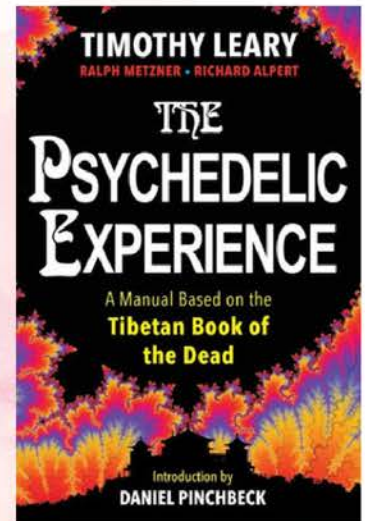
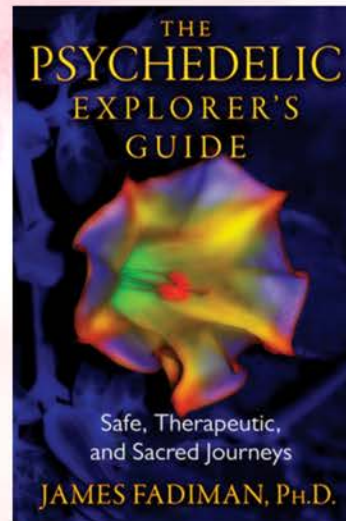
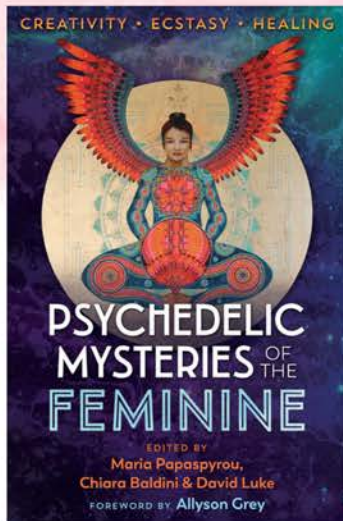
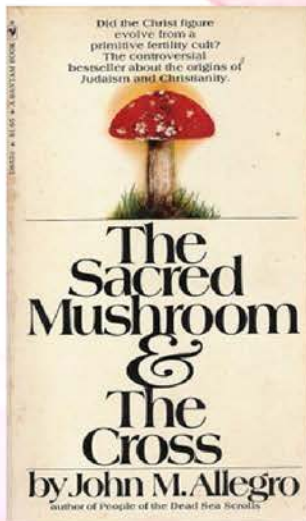
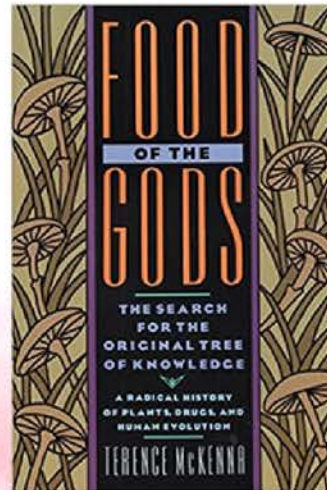
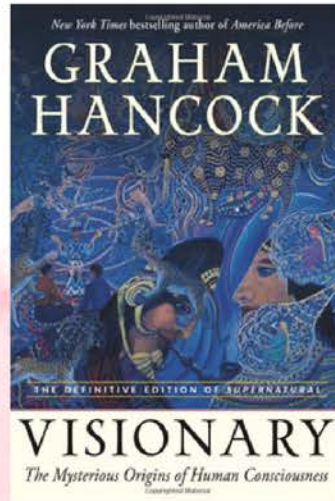
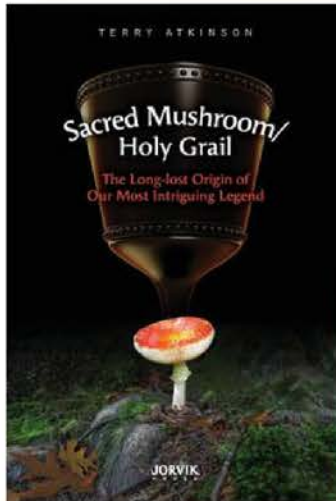


PLANT MEDICINE DOCUMENTARIES



THE HEALING TRIP
SEASON ONE
EPISODE ONE

PLANT MEDICINE RECOMMENDED READING



PLANT MEDICINE INTEGRATION RESOURCES

GAIA TV is an incredible resource for a huge range of integration topics. do not overlook gaia and the immense resource they are.

Expand your understanding of holistic wellness with sacred wisdom from shamans & healers. Take a holistic look at emerging science and the healing potential of plant medicines.



EntheoNation

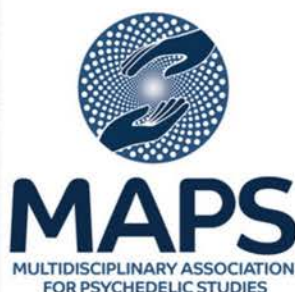
EntheoNation, a community of visionaries exploring the cutting-edge of awakening through psychedelics and sacred plant medicines.

They have FREE downloadable guides on all the sacred medicines, integration and ways to connect with others on your integration journey. It's a one stop shop of information for people starting down this path. Their [INTEGRATION GUIDE](#)

TAM INTEGRATION is a community organization founded with the intention of bringing together people who are deeply committed to personal transformation. We offer a place for like minded people to educate themselves and receive support relating to their psychedelic journeys.

TAM offers personal coaching, training & also 4 FREE WEEKLY ZOOM INTEGRATION CIRCLES including a Womens circle and a Beginners circle.

6pm Pacific
Wednesdays, for a while
ONLINE, WORLDWIDE CIRCLES
Psychedelic Integration
[TAMINTEGRATION.COM](https://tamintegration.com)



MAPS is a nonprofit organization that provides public resources and leadership as we work together to create evidence-based pathways to psychedelics.

[Here is their extensive page of FREE Books & Essays available online from History of Psychedelics to Common practices](#)

WELCOME TO THIRD WAVE

Whether you have questions about how to grow mushrooms, how to integrate psychedelic experiences, or how to incorporate modalities like yoga and breathwork into your journey, [Third Wave has just what you need.](#)