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MARCH
2021

PSYCHEDELIC CANADA MAGAZINE



Exploring The New World of Psychedelics in Canada

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PSYCHEDELIA IN THE 1960S

The term **psychedelia** is used to describe music that reflects an altered state of consciousness, and was most popular in the 1960s.

Folk artist **Sandy Bull** introduces sounds from Indian music to western music with *Fantasies for Guitar and Banjo* in '63.

"Blues" *Fantasies for Guitar and Banjo*, 1963

The **Yardbirds**, with guitarist **Jeff Beck**, incorporate Indian influenced music, distortion, and experimental blues inspired riffs into rock music, effectively bringing psychedelic rock to the UK.

"Shapes of Things", 1966

The **Beatles** experiment with a psychedelic sound. Guitarist **George Harrison** becomes brings his interest in Indian music to The Beatles, and songwriters **Lennon** and **McCartney** write increasingly creative lyrics, influenced by **Bob Dylan**.

"Tomorrow Never Knows", *Revolver*, 1966

Jimi Hendrix releases his first album, bringing his unique style to acid rock. He pushes the experimental qualities and complexity of guitar in the genre even further than previous artists. Hendrix also brings a R&B influence to Psychedelia from his previous work as a guitarist for R&B artists such as the **Jay Brothers**.

"Electric Blue", *Are You Experienced?*, 1966

Donovan popularizes the growing Scottish Psychedelic Folk scene with a mellow, acoustic approach to psychedelia, accompanied with idiosyncratic lyrics.

"Sunshine Superman", 1966

'65 And Earlier

The beginnings of psychedelia take shape in the **Bay Area** from its roots in American **Garage Rock**.

'66

Psychedelic rock emerges in the UK, along with subgenres **Acid Rock** and **Psychedelic Folk**.

'67

Psychedelia reaches its peak popularity as many popular artists adopt it into their sound. Psychedelic Soul starts to develop.

'68

Psychedelia branches out further. As Psychedelic Soul becomes popular, new genres start to emerge from Psychedelic Rock.

'69 And Later

The popularity of psychedelic rock winds down as **Hard Rock** becomes popular. Psychedelic Soul continues into the 70s.

The first "Acid Tests" are held in the **San Francisco Bay Area** in 1965, along with **The Grateful Dead**. The Acid Tests, which continued for several years, were free form events where people were invited to listen to bands and take LSD. The artists who played at these events, later including **Jefferson Airplane** and **Janis Joplin**, created the first psychedelic music scene.

"The Acid Test Test", 1966

The **13th Floor Elevators**, a Texas garage rock band, are the first to describe their music as "Psychedelic".

"You're Gonna Miss Me", 1966

The **Beach Boys'** album *Pet Sounds* popularizes psychedelic music in the US, through a much more mellow and pop-oriented style than the bay area psychedelic artists. The **Beach Boys** use an orchestra of instruments on *Pet Sounds*, a new approach to popular music that will be very influential to artists later.

"Let's Go Away For A While", *Pet Sounds*, 1966

Cream, with guitarist **Eric Clapton**, continues the shift to a harder blues-oriented sound in rock music and retains the experimental nature of psychedelic rock. The trend in British Psychedelia is called **Acid Rock**.

"I Feel Free", *Fresh Cream*, 1966

Jefferson Airplane releases the first popular album from the Bay Area psychedelic scene, and marks the popularization of psychedelic rock in America.

"White Rabbit", *Surrealistic Pillow*, 1967

Syd Barrett's Pink Floyd takes psychedelia to the extreme and creates a much darker, avant-garde sound. After the departure of **Syd Barrett**, **Pink Floyd** will shift from Psychedelia into Progressive Rock.

"Astronomy Domine", *The Piper At The Gates Of Drift*, 1967

The **Monterey Pop Festival** brought psychedelic music to its peak popularity. The festival featured performances by a variety of artists influenced by Psychedelia.

Sly and The Family Stone combine funk with psychedelic rock, effectively creating **Psychedelic Soul**. The band brought influences from many different genres together and brought more socially conscious lyrics to psychedelia.

"I Want to Take You Higher", 1968

The Beatles' *Sgt Pepper's Lonely Hearts Club Band* provides the template for Psychedelia for many artists. The Beatles combine their previous approach to psychedelia with the orchestral approach of the **Beach Boys**.

"Lucy in the Sky with Diamonds", *Sgt Pepper's Lonely Hearts Club Band*, 1967

Jimmy Page takes over as guitarist for the Yardbirds, with a distorted, darker acid rock style. The band breaks up and Page forms hard rock band **Led Zeppelin**.

"Dazed and Confused", live Yardbirds featuring Jimmy Page, 1968

After the departure of lead vocalist **David Ruffin**, and the addition of **Dennis Edwards**, **The Temptations** go into a new direction, inspired by **Sly** and the **Family Stone**. They become the first Motown artists to incorporate psychedelia into their sound.

"Cloud Nine", 1968

Muddy Waters is asked to release a psychedelic album in order to take advantage of the "British Blues Invasion", a revived interest in the blues in the UK. **Howlin' Wolf** releases a similar album the following year.

"Herbert Harper's Free Press News", *Electric Mud*, 1968

Psychedelic Folk band **T. Rex** begins to release albums. They are moderately successful, but won't reach their peak popularity until they go electric and invent **Glam Rock**.

"Dedicated Follower of Fashion", 1968

The **Woodstock Music & Art Fair** had an estimated 400,000 attendees at its peak. 32 acts performed at Woodstock, many of which were popular artists influenced by psychedelia, including **The Grateful Dead**, **Santana**, **Janis Joplin**, **Sly** and the **Family Stone**, **Jefferson Airplane**, and **Jimi Hendrix**. Footage from the festival was made into a movie and an album, immortalizing psychedelia and pop culture of the late 1960s.

"Madley", *Jimi Hendrix Woodstock: Music from the Original Soundtrack and More*, 1969

George Clinton forms bands **Parliament** and **Funkadelic** in the late 60s, and the bands release their first albums in 1970. Clinton combines psychedelia with sci-fi in Afrofuturist themed concept albums throughout the 70s, carrying Psychedelia on.

"I've Got A Thing, You Got A Thing, Everybody's Got A Thing", *Funkadelic*, 1970

In the 70s, Psychedelic Rock evolved into Progressive rock and Hard Rock. Many psychedelic artists also moved into glam rock. Psychedelic Soul survived into the 70s and became very influential in Hip Hop.



Psychedelia has had revivals through the decades and its influence can be heard in contemporary music. Today, artists still draw inspiration from and sample psychedelic sounds. New genres have emerged from 60's psychedelia, including Neo-psychedelia.



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MYSTIC MEETS SCIENCE



MARCH 2021 - ISSUE # 1

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Psychedelic Canada Magazine is distributed digitally and by subscription. Psychedelic Canada Magazine is intended to inform and educate adults over 21 about the complexities surrounding psychedelic culture, business, treatment, research, consumption, production and manufacturing.

EDITORIAL

- Cy Williams -

I have a deep and personal connection with the world around me and it has taken decades of work and education to get me to this point in my life.

To get me to this unique starting point, from which I can truly begin to appreciate and explore my place in and connection to the universe around me.

I will move forward from this starting point by exploring the unique world of psychedelics in Canada within the pages of this new publication *Psychedelic Canada Magazine*.

I am a long time advocate of psychedelics, a champion of plant medicine, an advocate of cannabis and most of all, I believe people should be allowed every opportunity to live their best life.

This magazine represents an unique opportunity to learn about all the different types of psychedelics that exist out there, to check into the psychedelic research being done in Canada and abroad, to highlight the people and companies who are actively working to change the world using psychedelics and to highlight how psychedelics are going to disrupt the billion-dollar industry that is health and wellness

PSYCHEDELIC EXPERIENCE
The story of psychedelics
www.psychedelicexperience.net

The history of psychedelics

Earliest evidence

- DMT**
2130 BCE - Earliest evidence of DMT (tripeptide) form of entheogenic *Toxos* snuffs derived from Anadenanthera seed in NW Argentina.
1931 - DMT is first synthesized by Richard Morike.
- MDMA**
1912 - MDMA first synthesized and patented by the German pharmaceutical company Merck in Germany.
- LSD**
1938 - Swiss chemist Albert Hofmann working at Sandoz Pharmaceuticals first synthesized LSD.
1948 - Hofmann accidentally discovered its psychedelic properties.
- Psilocybin**
7000 to 9000 BCE - In Africa Psilocybin use traces back to very prehistoric times.
6000 BCE - 3poil - earliest records of suspected Psilocybin Mushroom fruit.
- Iboga**
Possibly used for thousands of years. Roots of *Iboga* are used during initiation rites in the West African in Gabon, Africa.
- Peyote**
5800 BCE - Earliest evidence of suspected *Peyote cacti* usage in North America.
1897 - German chemist Arthur Heffter isolated Mescaline from Peyote.
- Salvia**
Little is known about its traditional use as an entheogen.
1938 - Jean de Lubiaz writes about *Salvia divinorum* (Herba Sancti) in his publications about the Mazatec shamans.
- Ayahuasca**
1851 - English naturalist Richard Spruce encountered the use of an intoxicating beverage among Tsimane Native of the Rio Uaupes in Brazil. This was the first non-published scientific discovery of Ayahuasca.

1950's and 1960's scientific research

- over 1000 scientific papers
- Dr. Oscar Janiger, psychiatrist in Los Angeles
substance: LSD
period: 1954 to 1962
participants: 900
- around 40,000 patients
- period: 48 years participants: 45
- Conclusion: LSD can be safely administered in controlled doses to healthy humans by researchers trained in psychotherapy.
- 6 international conferences
- Expansion of the hippie movement, which promoted the use of psychedelic drugs such as marijuana and LSD as harmless and non-addictive, in order to explore the altered states of consciousness.

Mid 1960s prohibition

- Summer of Love - San Francisco
Around 100,000 people gathered, influenced by the movement and lifestyle.
- Second Summer of Love - Britain
A renaissance of acid, rave music and rave parties. Supported MDMA and LSD use.
- All scientific psychedelic research on humans banned in U.S.
- 1967
- 1966 (October)
- 1970 (October)
- 1986
- LSD was considered as having a negative impact on the values of the Western middle class and declared a controlled substance in California. The rest of the world followed. After that, the LSD black market emerged.
- The Controlled Substances Act declares that these drugs have "no currently accepted medical use". However, researchers were unable to further explore their therapeutic potential because they are banned.

© Psychedelic Experience
More information and resources: psychedelicexperience.net/story
This infographic is part of the series: **The story of psychedelics**
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I invite you to join us in our ongoing exploration of psychedelics in Canada.

This issue I would like to share with you one of my personal favorite psychedelic-based activities which is microdosing psilocybin and chakra clearing.

This is an exercise I use to clear my chakras and brighten my aura. There are many ways to reflect on the deeper flow of energy that is running through all of us at all times and for me,

I find that microdosing psilocybin and this chakra clearing exercise helps me to remain centered. I encourage you to give it a try.

It is important to open all our chakras and create an even and connected flow throughout the whole body.

With that said, let me walk you through an exercise intended to both clear your chakras and brighten your aura.

Find a place to sit comfortably with your spine relatively straight.

Imagine a clear sparkling stream of water flooding into your head through an opening in your crown chakra, at the top of your head, where the spirit and mind meet.

Let the water fill your head, is your 6th chakra, of your third eye or intuition. The cool water is washing away all access mental activity.



Pay attention to thoughts that come up and discard ones that are no longer necessary. Put the rest away for reflection for later on.

Now move the water down through your throat, neck, and shoulders. This is the fifth chakra area.

Let the water become warm to ease tense muscles. Feel your neck and shoulders relaxed. You may notice feelings you're holding on to that want to be expressed.

This is the chakra of communications. How open you are determines how well you listen to and communicate with others.

The water is washing the way all the things you wish you had said or hadn't said and all the tension such wishing creates.



Continue the stream into your chest, the heart chakra, and wash away all sadness and heaviness of heart. Protective sheets around our hearts. Fill that area with sparkling radiance that opens your heart to give and receive all the love that is available.

The third chakra is the solar plexus area of the body, right below the heart. personal power, reflecting the way you present yourself to the world. Wash it out, clear away any images that keep you from openly experiencing and expressing the full radiant person you are.

Draw the flow deep into your belly, below the navel, your second chakra, the area of emotions especially related to your sexuality. This area is blocked in many of us, so really take that stream and swish it around. Feel yourself being drained of all unnecessary sludge, until your energy is flowing freely.

Now to the final chakra, the first, right at the tip of our spine, our connection to the Earth, our roots, our source of security. Let the stream swirl around the pelvic opening, expanding all the while.

Wash the stream straight down to the tip of the spine and right on down, out the tips of your toes. With each deep breath release all tension and drain off all extra weight.

Feel your energy flowing free and easy all through your body.

PSYCHEDELIC CANADA MAGAZINE

Now it's time for real celebration.

Transform the water into golden Light.

Fill your being with this radiance.

When you inhale, run the ray up from the tip of your toes to the top of your head, connecting all chakras, creating an even flow between them all.

With the exhale, continue the flow of gold light, out the top of your head, to spray down around your body like an exquisite fountain of healing light.

Fill your aura with this healing energy and continue drawing it up through your toes and out again.

Continue practicing this technique as this is truly transforming energy.

It is a wonderful way to start your day or to prepare for a restful sleep with.

I hope you enjoy this inaugural issue!

Cy Williams

Publisher/Editor - Psychedelic Canada Magazine
email - editor@highcanada.net





Mind-Bending Medicine

An Overview of the Emerging Psychedelics Space

A slew of new research into the potential of medicinal psychedelics has triggered the resurrection of this heavily stigmatized industry.

While associations with recreational use haven't quite worn off, new companies in the space are betting big on these complex drugs—fueling the growth of this emerging market.

"There's no question that psychoactive drug therapy will transform psychiatry."

Shlomi Raz Former Managing Director

**Goldman
Sachs**

Let's take a look at the many mind-bending ways that psychedelics could transform mental health.

(E) Entheogenic Plants

Plants or fungi that produce chemical substances that can cause hallucinations.

(S) Synthetic Drugs

Created in a laboratory setting to mimic the effects of entheogenic plants.





"AH-YUH-WAH-SKUH"

Characteristics

A traditional tea used in religious or spiritual rituals, mainly in South America.

DMT is the core psychoactive chemical in Ayahuasca.

BIOAVAILABILITY ONSET PERIOD:
[THE TIME IT TAKES TO CAUSE PSYCHOACTIVITY]

20-60M

DURATION:

2-6H

SOURCE

[CAAPI VINE / SOUTH AMERICA]

COMMON FORM

[TEA FILLED CUP]

MOLECULE

[N,N-DIMETHYLTRYPTAMINE]

1,2,3-TRIMETHYLTRYPTAMINE, 5-METHOXYTRYPTAMINE, 5-HYDROXYTRYPTAMINE, 6-METHOXYTRYPTAMINE, 6-HYDROXYTRYPTAMINE, 7-METHOXYTRYPTAMINE, 7-HYDROXYTRYPTAMINE, 8-METHOXYTRYPTAMINE, 8-HYDROXYTRYPTAMINE, 9-METHOXYTRYPTAMINE, 9-HYDROXYTRYPTAMINE, 10-METHOXYTRYPTAMINE, 10-HYDROXYTRYPTAMINE, 11-METHOXYTRYPTAMINE, 11-HYDROXYTRYPTAMINE, 12-METHOXYTRYPTAMINE, 12-HYDROXYTRYPTAMINE, 13-METHOXYTRYPTAMINE, 13-HYDROXYTRYPTAMINE, 14-METHOXYTRYPTAMINE, 14-HYDROXYTRYPTAMINE, 15-METHOXYTRYPTAMINE, 15-HYDROXYTRYPTAMINE, 16-METHOXYTRYPTAMINE, 16-HYDROXYTRYPTAMINE, 17-METHOXYTRYPTAMINE, 17-HYDROXYTRYPTAMINE, 18-METHOXYTRYPTAMINE, 18-HYDROXYTRYPTAMINE, 19-METHOXYTRYPTAMINE, 19-HYDROXYTRYPTAMINE, 20-METHOXYTRYPTAMINE, 20-HYDROXYTRYPTAMINE, 21-METHOXYTRYPTAMINE, 21-HYDROXYTRYPTAMINE, 22-METHOXYTRYPTAMINE, 22-HYDROXYTRYPTAMINE, 23-METHOXYTRYPTAMINE, 23-HYDROXYTRYPTAMINE, 24-METHOXYTRYPTAMINE, 24-HYDROXYTRYPTAMINE, 25-METHOXYTRYPTAMINE, 25-HYDROXYTRYPTAMINE, 26-METHOXYTRYPTAMINE, 26-HYDROXYTRYPTAMINE, 27-METHOXYTRYPTAMINE, 27-HYDROXYTRYPTAMINE, 28-METHOXYTRYPTAMINE, 28-HYDROXYTRYPTAMINE, 29-METHOXYTRYPTAMINE, 29-HYDROXYTRYPTAMINE, 30-METHOXYTRYPTAMINE, 30-HYDROXYTRYPTAMINE, 31-METHOXYTRYPTAMINE, 31-HYDROXYTRYPTAMINE, 32-METHOXYTRYPTAMINE, 32-HYDROXYTRYPTAMINE, 33-METHOXYTRYPTAMINE, 33-HYDROXYTRYPTAMINE, 34-METHOXYTRYPTAMINE, 34-HYDROXYTRYPTAMINE, 35-METHOXYTRYPTAMINE, 35-HYDROXYTRYPTAMINE, 36-METHOXYTRYPTAMINE, 36-HYDROXYTRYPTAMINE, 37-METHOXYTRYPTAMINE, 37-HYDROXYTRYPTAMINE, 38-METHOXYTRYPTAMINE, 38-HYDROXYTRYPTAMINE, 39-METHOXYTRYPTAMINE, 39-HYDROXYTRYPTAMINE, 40-METHOXYTRYPTAMINE, 40-HYDROXYTRYPTAMINE, 41-METHOXYTRYPTAMINE, 41-HYDROXYTRYPTAMINE, 42-METHOXYTRYPTAMINE, 42-HYDROXYTRYPTAMINE, 43-METHOXYTRYPTAMINE, 43-HYDROXYTRYPTAMINE, 44-METHOXYTRYPTAMINE, 44-HYDROXYTRYPTAMINE, 45-METHOXYTRYPTAMINE, 45-HYDROXYTRYPTAMINE, 46-METHOXYTRYPTAMINE, 46-HYDROXYTRYPTAMINE, 47-METHOXYTRYPTAMINE, 47-HYDROXYTRYPTAMINE, 48-METHOXYTRYPTAMINE, 48-HYDROXYTRYPTAMINE, 49-METHOXYTRYPTAMINE, 49-HYDROXYTRYPTAMINE, 50-METHOXYTRYPTAMINE, 50-HYDROXYTRYPTAMINE



LEGAL STATUS

Ayahuasca is not formally prohibited, but its core component DMT is restricted in many parts of the world.

Exceptions exist for religious or spiritual ceremonies in the U.S. and Canada.



STUDIES AND TRIALS [1]

Phase II clinical trials have been conducted by the Universidade Federal do Rio Grande do Norte in Brazil.

CONDITIONS STUDIED:

Major depression



(N,N-DIMETHYLTRYPTAMINE)

Characteristics

Powerful hallucinogen with an unusually short bioavailability period.

Produced by multiple plants and even humans and animals.

BIOAVAILABILITY ONSET PERIOD:

TYPICALLY

15-30M



DURATION:

UP TO

1H



COMMON SOURCE



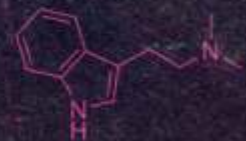
[REED CANARY GRASS]

COMMON FORM



[POWDER (SMOKED)]

MOLECULE



[N,N-DIMETHYLTRYPTAMINE]

ATC: N02BA01



LEGAL STATUS

U.S.: Schedule I

Canada: Schedule III

United Nations: Schedule I

UK: Class A



STUDIES AND TRIALS [1]

University Hospital Basel is in **Phase II** of a clinical trial investigating the effects of DMT

CONDITIONS STUDIED:

Healthy subjects



SOURCE



[TABERNANTHE IBOGA]

COMMON FORM



[PILL]

MOLECULE



[C₂₀H₂₆N₂O]

⚠️ IBOGAINE IS A SCHEDULE I CONTROLLED SUBSTANCE IN THE UNITED STATES AND IS ILLEGAL TO POSSESS OR DISTRIBUTE.

Characteristics

Derived from the tabernanthe iboga plant, a shrub found in the rainforest of western Africa.

BIOAVAILABILITY ONSET PERIOD:



DURATION:





LEGAL STATUS

U.S.: Schedule I

Canada: Controlled

United Nations: Uncontrolled

UK: Illegal



STUDIES AND TRIALS [2]

There are two **Phase II** clinical trials involving human participants for methadone detoxification in Spain and alcoholism in Brazil.

CONDITIONS STUDIED:

Drug dependence

Alcoholism



(MUSHROOMS)

Characteristics

Naturally occurring psychedelic chemical found in more than 100 species of mushrooms.

BIOAVAILABILITY ONSET PERIOD:

TYPICALLY

30M-2H



DURATION:

UP TO

4-12H



COMMON SOURCE



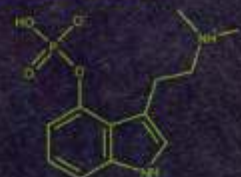
[PSILOCYBE CUBENSIS]

COMMON FORM



[PILL OR RAW]

MOLECULE



[C12H17N2O4P]



LEGAL STATUS

U.S: Schedule I

Canada: Schedule III

United Nations: Schedule I

UK: Class A



STUDIES AND TRIALS [40]

Usona Institute, Johns Hopkins, Imperial College, and Compass Pathways are all engaged in Phase II trials.

CONDITIONS STUDIED:

Depression	Migraines
OCD	Cluster headaches
Anorexia	Substance abuse

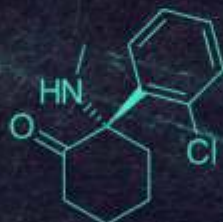


COMMON FORM



[POWDER > HEATED > INJECTED]

MOLECULE



[C₁₃H₁₆ClN]

⚠️

Characteristics

Commonly used as an anesthetic.

Typically administered intravenously (IV) or intramuscularly (IM).

DURATION:

8-12H



BIOAVAILABILITY ONSET PERIOD:

30-60M





LEGAL STATUS

U.S.: Schedule III

Canada: Schedule I

United Nations: Uncontrolled

UK: Class B (physicians can prescribe and administer the drug)

Esketamine, a derivative, is marketed under the brand name Spravato by Johnson & Johnson.

Source: World Health Organization



STUDIES AND TRIALS [925]

CONDITIONS STUDIED:

Depression

Mental health disorders

Suicidal ideations

Pain and related conditions

Healthy patients



(ACID)

Characteristics

First derived from ergot, a fungus that develops on grains such as rye.

COMMON FORM



[SOLUTION SOAKED PAPER]

MOLECULE



[ODHCHDHO]

Δ10

BIOAVAILABILITY ONSET PERIOD:

TYPICALLY

30M-60M



DURATION:

UP TO

8-12H



LEGAL STATUS

U.S.: Schedule I

Canada: Schedule III

United Nations: Schedule I

UK: Class A



STUDIES AND TRIALS [12]

CONDITIONS STUDIED:

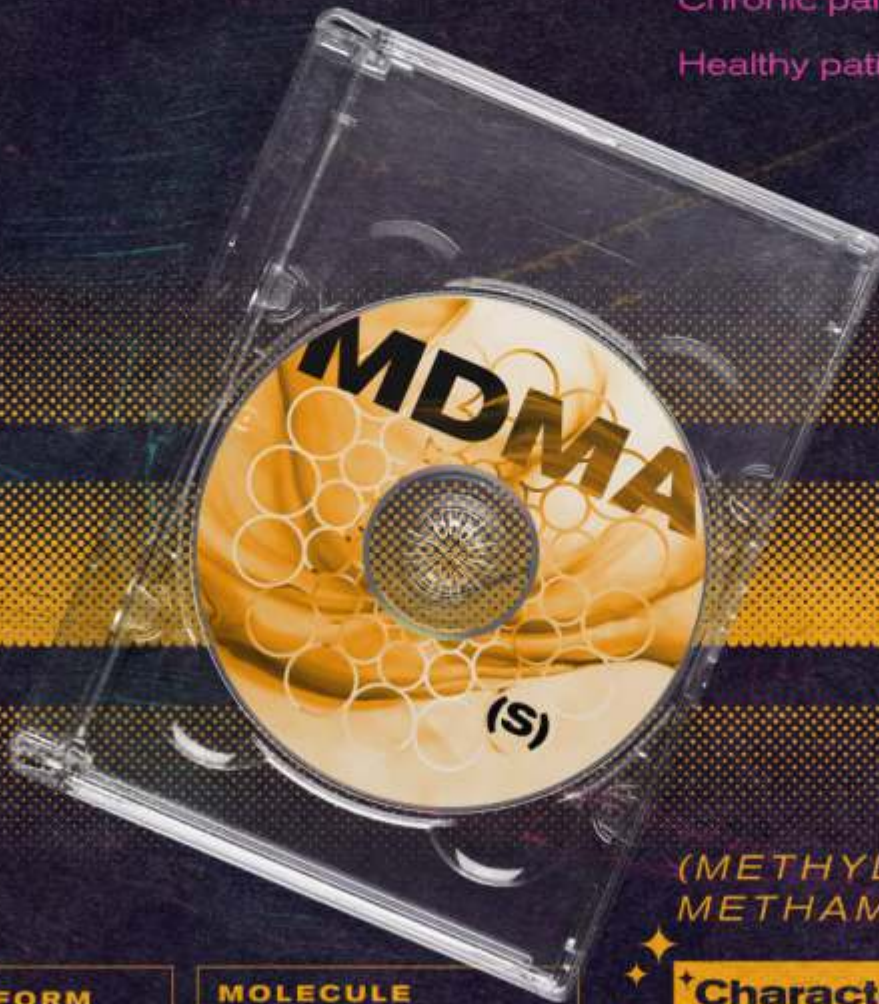
Cluster headaches

Depression

Anxiety

Chronic pain

Healthy patients

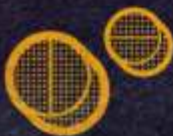


(METHYLENEDIOXY METHAMPHETAMINE)

Characteristics

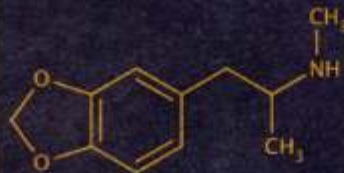
Typically associated with rave culture, as it imparts feelings of joy combined with increased energy levels.

COMMON FORM



[TABLETS]

MOLECULE



[C13H16CLNO]

BIOAVAILABILITY ONSET PERIOD:

30-45M  

DURATION:

3-6H  



LEGAL STATUS

U.S.: Schedule I
Canada: Schedule I
United Nations: Schedule I
UK: Class A



STUDIES AND TRIALS [43]

The FDA has granted the Multidisciplinary Association for Psychedelic Studies (MAPS) breakthrough therapy and expanded access designations for their use of MDMA to treat PTSD.



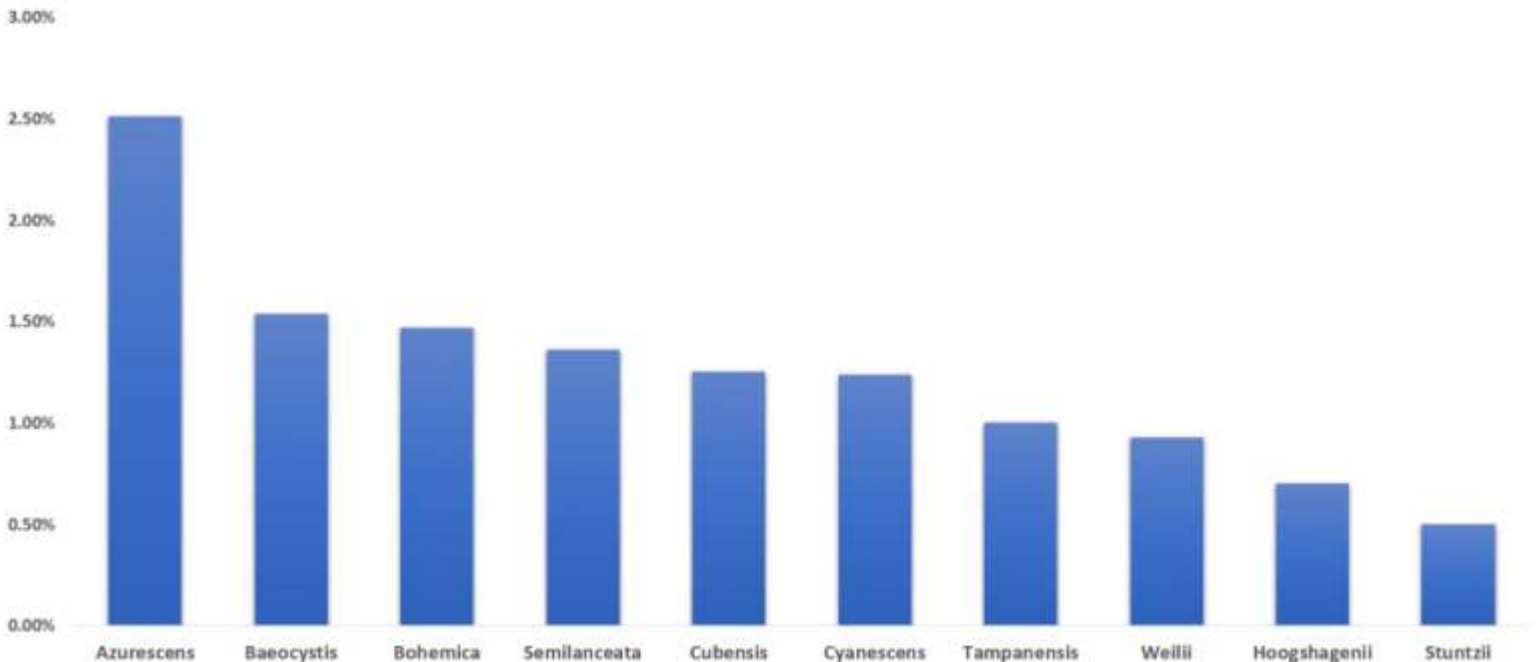
CONDITIONS STUDIED:

Alcohol use disorder PTSD
Healthy patients Autism



COLLABORATORS RESEARCH • WRITING: Kelly Jones | DESIGN: Matthew Schulz | ART DIRECTION: Matthew Schulz

Top 10 Psilocybe Mushrooms Ranked by Potency



PSYCHEDELIC PRIMER

Fueled by a slew of new research, psychedelics may hold the key to treating a multitude of debilitating disorders such as addiction, PTSD, and depression. But as an industry that has stayed hidden in the shadows for decades, it will now need to shed the stigma and legality surrounding it - which have limited its potential and undermined new discoveries for so long.

The infographic above showcases data from The Report on Psychedelics which explains seven of the most common psychedelic substances and examines the many mind-bending ways they could radically transform mental health as we know it. Although evidence of humans using psychedelics as medicine dates back thousands of years, it was not until the 1940s that psychiatrists became advocates of their therapeutic potential. Recreational psychedelics became a symbol of the 1960's counterculture movement, which added considerable stigma to the industry's reputation. The U.S. responded by introducing the Controlled Substances Analogue Enforcement Act, deeming these drugs illegal and stymying research studies in the process.

Following some new discoveries in the early '90s however, psychedelics moved from the hands of festival-goers back to the labs of scientists. Since then, certain substances such as psilocybin have been granted breakthrough therapy status for treating depression by the U.S. FDA. With these recent developments, new companies and investment opportunities are beginning to emerge in the psychedelics space. But these complex drugs are not always easy to understand – so let's dive in.

WHAT ARE PSYCHEDELICS?

Psychedelics are psychoactive substances that can alter perception, mood, and cognitive processes. There are two broad classifications of psychedelics that relate to chemical structure.

Entheogenic Plants: Plants or fungi that produce chemical substances that can cause hallucinations

Synthetic Drugs: Drugs created in laboratory setting to mimic the effects of entheogenic plants

HERE ARE SEVEN OF THE MOST COMMON PSYCHEDELIC SUBSTANCES:

PSILOCYBIN

LSA

DMT

KETAMINE

IBOGAINE

MOMA

AYAHUASCA

1 ENTHEOGENIC PLANT PSILOCYBIN

Psilocybin is the main ingredient found in several types of psychoactive mushrooms, making it perhaps the best-known naturally-occurring psychedelic drug.

Although psilocybin is considered active at doses around 3-4 mg, a common dose used in clinical research settings ranges from 14-30 mg. Its effects on the brain are attributed to its active metabolite, psilocin.

Psilocybin is most commonly found in wild or homegrown mushrooms and sold either fresh or dried. The most popular species of psilocybin mushrooms is *Psilocybe cubensis*, which is usually taken orally either by eating dried caps and stems or steeped in hot water and drunk as a tea, with a common dose around 1-2.5 grams.

There are over 180 types of magic mushrooms all with different potency levels (some 12x more than others) in different habitats throughout the world.

They all have different levels of active ingredients which include psilocybin, psilocin and baeocystin. It is important to understand the levels in the mushroom that you choose to consume because some mushrooms can be 12x more potent than others.

Psilocin is the psychoactive metabolite of psilocybin and baeocystin is a psilocybin derivative or analog.

When psilocybin is eaten it is converted to psilocin which is what causes the psychedelic effect. Baeocystin acts similar to psilocin.

PSILOCYBIN

Integration

INTEGRATION IS...
The practice of actively and intentionally processing a trip. Integration is arguably one of the most important parts of implementing positive long-term change following a psychedelic experience.

DON'T AVOID THINKING ABOUT THE TRIP.
If a psychedelic experience was challenging, avoiding thinking about and discussing it can not only prevent you from gaining valuable lessons, but may cause difficult unaddressed memories to become repressed and resurface at a later point in time.

BE MINDFUL OF YOUR PROCESS.
Some people find therapeutic value in writing about their trips; others prefer to think about them internally, talk with other people, or use another method of untangling their thoughts. Whatever you choose to do, if your current strategy isn't working, try another one!

CONSIDER WHAT YOU CAN LEARN.
A common adage with psychedelics is that "You get the trip that you need, not necessarily the one you want." Take time to reflect - carefully - on the lessons that you can learn from your trip (there will always be at least one). Tripping takes practice!

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PSYCHEDELIC CANADA MAGAZINE



We need to consider all 3 because when you add them all up that will give you the total psychedelic potency level of that mushroom.

There are more than 180 species of hallucinogenic mushrooms in the world with new species being discovered all the time.

One of the biggest telling points of whether a mushroom contains psilocybin or not is if it bruises a bluish color caused by psilocin activity within it.

If it bruises blue to almost black in color and has a spore print that is between a purple-brown to rusty-brown color then you can be almost certain that you have found a psilocybin mushroom.

PSILOCYBIN

Integration

TELL OTHERS WHAT YOU NEED.

Help unpacking and understanding the experience?

Someone's company and affection?

Just a listening ear? Perhaps with no eye contact?

THE WHOLE IS THE SUM OF ITS PARTS.

Some of your experiences may be too abstract or complex to put into words, which can feel isolating. You may need to explore a variety of ways to express and digest the experience you've had, both internally and with support from others.

More about psychedelic thought processes:
<http://bit.ly/2FLJeAm>

INTEGRATION IS ONGOING.

Even if you had profound revelations during your trip, they will not change your life unless you take active effort to implement their teachings. Bring new knowledge into your daily existence.

ENTHEOGENIC PLANT

HISTORY OF PSILOCYBIN

Psychoactive mushrooms have been used for thousands of years and have a long history of both medicinal and ceremonial use among indigenous peoples in many parts of the world, including Europe and the Americas.

They were re-popularized in 1957, when a photo essay featuring an American banker and mushroom enthusiast R. Gordon Wasson was published in LIFE Magazine. Four years earlier, Wasson had stumbled across an indigenous tribe using psychoactive mushrooms in Mexico while on vacation and brought back a sample that he then sent to the Swiss chemist known for discovering LSD, Albert Hofmann. Hofmann isolated psilocybin and developed a synthesis for the drug in his lab at Sandoz Pharmaceuticals, which then started producing 2 mg pills to be distributed for research purposes.

For the next two decades thousands of doses of psilocybin were administered in clinical experiments. Psychiatrists, scientists and mental health professionals considered psychedelics like psilocybin to be promising treatments as an aid to therapy for a broad range of psychiatric diagnoses, including alcoholism, schizophrenia, autism spectrum disorders, obsessive-compulsive disorder, and depression. Many more people were also introduced to psilocybin mushrooms and other psychedelics as part of various religious or spiritual practices, for mental and emotional exploration, or to enhance wellness and creativity.

Despite this long history and ongoing research into its therapeutic and medical benefits, psilocybin and psilocin have been listed in Schedule I of the Controlled Substances Act since 1970. This is the most heavily criminalized category for drugs considered to have a "high

PSILOCYBIN FOR BEGINNERS



Psilocyben or as it is also called 'Magic mushrooms' can provide you with an unforgettable experience, for better or for worse. That's why it's so important to be as informed as possible, to prepare the environment, the company, and ways to get out of a possible bad trip. For these reasons we decided to write this post, as a guide for users who want to enter the hidden world of 'magic mushrooms'.

THINGS TO CONSIDER BEFORE YOU START.

First of all, it must be said that these are entheogenic drugs, and there are people who should not take any of them. These substances can be the trigger that leads to a psychiatric illness, if you are a healthy person you will not have problems, but if you have the slightest doubt of being pre-psychotic do not take magic mushrooms under any circumstances.

The first thing to consider is our own body, since the same amount of substance can cause different effects under different circumstances. Psilocybin, like other entheogens, multiplies your mood, so if you are well they will take you to a better state, but if you have a problem they will surely intensify it with the intake of mushrooms.

Another important issue is the variety of magic mushrooms, there are many different strains and each one causes a different effect. The Hawaiian is much more powerful than the Mexican, so taking the same amount the effects can be much more intense. It is also important to know that mushrooms are not the same as magic truffles, so it is very important to be well informed about each of them.

Proper preparation of the environment is crucial to enjoying the trip to the fullest, an environment that

is familiar to you makes the experience more comfortable, because when you are under the influence of Psilocybin you can rediscover reality. It can be at home or outdoors, but try to keep under control any possible stimulation that might affect the quality of the trip.

Another key factor is who is with you, we recommend that it should be trustworthy, people you are safe with and can be yourself. It is interesting that someone does not use mushrooms or other substances and can act as a “keeper” if necessary.

Without a doubt, the ideal variety to start with Psilocybin is Mexicana, a classic among the entheogenic mushrooms. Mexicana magic truffles provoke a very pleasant, motivating feeling of intoxication, with a certain euphoria and well-being. The visual effects are distortions of the brightest and most striking shapes and colors, hardly anything else, no strong hallucinations, so they do not usually give problems of bad trip.

Psilocybe Pajaritos are quite similar to the Mexicana ones, although a little more powerful on a visual level. They produce a very creative effect, which invites socializing and laughing non-stop when consumed with the right company. On the other hand, when they are taken alone, their effect is more philosophical and introspective, but with few hallucinations if they are not taken in large doses.

Another good variety of magic mushrooms for beginners is Tampanensis, known as “Philosopher’s Stone”. The effect of this strain is very introspective, deep thinking, revealing and inspiring. Its visual power is in the average, stronger than the Mexicana ones, but without being overwhelming.

The ideal way is to eat them on an empty stomach, or at least leave a time of 6 hours from the last ingestion to the intake of truffles or magic mushrooms. When you eat them, you can mix them with chocolate, yogurt or other products, since they do not have a very pleasant taste. It is important not to overdose, when you are inexperienced it is better to not get there than to exceed.

Don’t mix mushrooms with other substances, cannabis connects very well with psilocybin, but if you are a beginner it is better not to mix them, so you can discover the real effect of the magic mushrooms.

HOW MANY MAGIC MUSHROOMS ARE SUITABLE FOR BEGINNERS?

This is the most delicate part, since each body is unique and the same dose of the same variety can result in different experiences taken by different people. You must take into account the person’s body weight, tolerance to entheogens, medical history and metabolism, so it is quite complicated to predict the effects only with the dose.

The threshold dose for magic mushrooms is between 0.009 and 0.035 oz. (0.25-1 gr.), depending on the variety. The minimum amount of substance that must be ingested to feel its effects is called threshold dose. Obviously it is not the same for fresh or dried mushrooms or truffles, we always talk about dry weight.

A way to estimate the dose of hallucinogenic mushrooms is by multiplying your body weight X 0.03. For example, for a person weighing 80 kilos it would be $80 \times 0.03 = 2.4$ grams for a medium power trip, which for beginners may be too high.



As a guideline, it can be said that for Mexicana variety a dose for beginners would be 1.5 grams. With that amount the trip is usually happy and very bearable, the best way to know that new dimension.

With Pajaritos variety the dose for beginners can also be 1.5 grams, but in this case the trip will have an added visual component, also bearable but more intense.

If you are going to start with Tampanensis I recommend you to take a lower dose, 1 gram or 1.2 grams at the most if you are a beginner. The effect of these mushrooms is not super powerful, but if you don't know them you can get pissed off, and it's not ideal on a first trip.

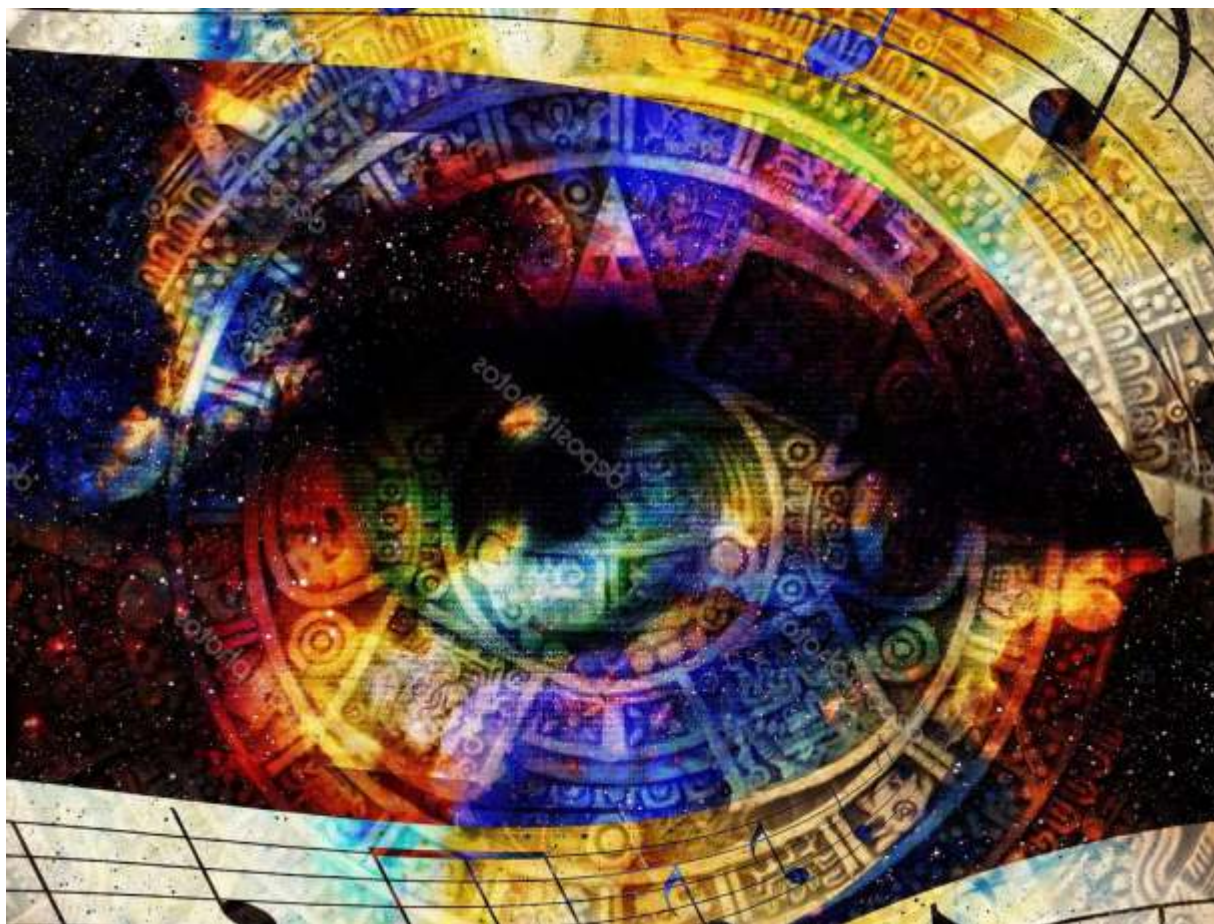
HOW LONG DOES MAGIC MUSHROOM'S TRIP USUALLY LAST?

The duration of the trip can be up to 6 hours in some cases, but as a rule it takes about half an hour to go up, then the effect is maintained for about 2 hours, and then it starts to decrease, with a descent that can take another hour, so it usually takes no more than 4 hours, and in some cases less.



IN CASE OF A BAD TRIP OF MAGIC MUSHROOMS?

The role of the keeper or the person that we advise not to consume in each session takes on special importance here. This person has to check if any psychonauts are having a bad time during the trip and guide or reassure them so they don't go any further. If it does not improve, ideally he/she should eat something sweet or take one of the commercial products that help to stop the trip.

Magic mushrooms can change your life, but you have to know how to make good use of them. The ideal option is to choose the right time, place and company, and from there let yourself go with the flow as if it were a film, without trying to control the trip. And the most important thing is that you always come back, don't think that the effect can bring you problems because thinking that is what usually brings them, just enjoy the trip.



MAGIC MUSHROOMS FOR BEGINNERS

 If you think you might be pre-psychotic, don't eat them. 

A family atmosphere makes the experience more comfortable.

It's interesting that a person doesn't consume anything and acts as a caregiver.

They intensify the mood. If you are not well, you could have a bad experience.

Eat mushrooms with people you trust and feel safe with.

Eat your mushrooms on an empty stomach. Mix them with chocolate, yogurt or other products that camouflage the taste of mushrooms.

DURATION OF THE TRIP



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-  <https://pevgrow.com/en/>
-  <https://www.facebook.com/PevGrow>
-  <https://twitter.com/PevGrow>
-  <https://www.instagram.com/pevgrow>

4 Medical Benefits of Psilocybin Mushrooms

That Are Backed by Science

Psilocybin is a natural psychedelic compound produced by over 200 species of mushrooms. These magic mushrooms were used in religious rituals since 4,000 BC and psilocybin is an important topic of recent scientific research.

Here is what it does.

↑ RELIEVES SEVERE DEPRESSION AND ANXIETY



According to a study authored by Johns Hopkins University, psilocybin greatly lessens anxiety and depression caused by life-threatening cancer.*

Besides cancer patients, the sufferers of treatment-resistant depression also report substantial and prolonged benefits.*

↑ HELPS WITH ADDICTION WITHDRAWAL

In combination with cognitive behavioral therapy (CBT), psilocybin increases the duration of nicotine abstinence, compared to the studies performed with other medications.*

This shows great promise for psilocybin to treat heavier, life-threatening addictions.



↑ REBOOTS THE BRAIN



Psilocybin disables the neural network in charge of fears and obsessions, leaving different sections of the brain free to communicate.*

This helps us make peace with painful memories, creating a refreshed and more positive viewpoint on life.

↑ INCREASES OPENNESS TO EXPERIENCE

The effects of psilocybin are also described as a sense of interconnectedness with everything, including other people, nature and the universe.*

This disintegration of the ego is followed by elevated levels of curiosity and openness to new ideas and viewpoints.*



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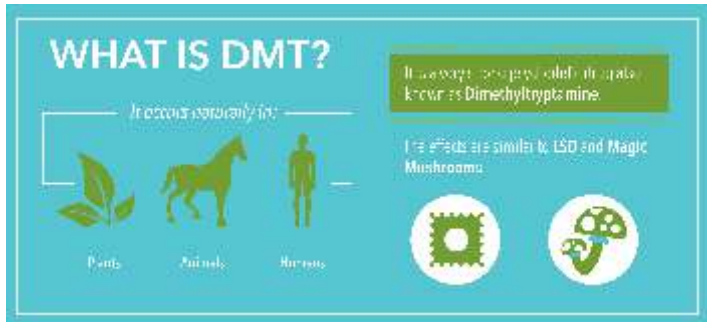
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 GREENCAMP

2

ENTHEOGENIC PLANT

DMT



DMT is a drug that naturally occurs in many plants and animals. It has been called the spirit molecule because of the psychedelic experience that results from using it. It is much lesser known than other drugs of this nature.

People are generally more familiar with magic mushrooms or LSD. However, because of its intensity, it is growing in popularity. a tea, with a common dose around 1-2.5 grams.

Some experts believe the pineal gland produces it in the brain and releases it when we dream.

Others believe it's released during birth and death. Some go further to say this release of DMT at death may be responsible for those mystical near-death experiences you sometimes hear about.

Some experts believe the pineal gland produces it in the brain and releases it when we dream.

Others believe it's released during birth and death. Some go further to say this release of DMT at death may be responsible for those mystical near-death experiences you sometimes hear about.

The intensity and duration of a DMT trip depends on several things, including:

- how much you use
- how you use it
- whether you've eaten
- whether you've taken other drugs

Generally, the effects of inhaled, snorted, or injected DMT last for about 30 to 45 minutes.

Drinking it in a tea like ayahuasca can leave you tripping for anywhere from 2 to 6 hours.

DMT is a powerful substance that can cause a number of mental and physical side effects. Some of these are desirable, but others not so much.

Possible mental effects of DMT include:

- euphoria
- floating
- vivid hallucinations
- altered sense of time
- depersonalization

Keep in mind that some people experience lingering mental effects for days or weeks after use.

Physical effects of DMT can include:

- rapid heart rate
- increased blood pressure
- visual disturbances
- dizziness
- dilated pupils
- agitation
- paranoia
- rapid rhythmic eye movements
- chest pain or tightness
- diarrhea
- nausea or vomiting

The infographic 'THE DMT TRIP' has a white background with a blue silhouette of a person's torso. The title 'THE DMT TRIP' is in large, bold, blue letters. Below the title, there are three bullet points: 'Different for every person who uses the drug', 'Depends on the person's subconscious', and 'Powerful euphoria'. To the right, under the heading 'IMMEDIATE PHYSICAL EFFECTS', there are two bullet points: 'blood pressure increase' and 'dilated pupils'. At the bottom, a quote reads: 'Hallucinations are both auditory and visual in nature powerful euphoria'. The bottom of the infographic features a stylized blue mountain range.

PROPER METHODS OF ADMINISTERING N,N-DIMETHYLTRYPTAMINE

Setting

Lighting

- Distant candle
- Darkness
- Modified lamp
- Be creative and safe

Peaceful Environment

- No distractions
- Nature, forest, by a stream,
- Near crashing ocean waves
- Not a party
- Those around you should know and respect your inner journey
- In your bed, or anywhere else you are most comfortable and safe feeling.

Sensory input

- Incense
- Total silence, or quiet music of your choice. Lyrics can be distracting.
- Dress warm, or wrap your body in blankets
- Have water nearby
- Some fruit is also nice to come home to
 - Wind blowing through trees

Sitter

- If you feel like you would want someone there for you, ask someone you love and trust to sit quietly with you while you journey within.

Mind Set

- Beware (Be aware; mindful)
- Have clear intentions
- Focus on love, and the exploration of consciousness
- Or focus on real life issues you may seek to further understand
- Know you must surrender and try to stay strong
- Other psychedelics like LSD and mushrooms synergize wonderfully with the spice, while I'd never advise a drunk person to partake.

on synergy:

- Before ingesting powerful psychedelic drugs it is important to understand the way they interact with other drugs that you have recently used.

Beware of pharmaceutical reactions with harmala alkaloids (Reverse inhibitors of monoamine-oxidase) if you are using changa, pharmahuasca, or ayahuasca.

Nootropics like aniracetam boost the effects of the spice. It is vital to be knowledgeable and safe when experimenting to find what works best for you.

Meditation

It is important to spend a while before using the spice to meditate. by taking deep and slow breaths for a period of time, you can actually slow your heart rate, thus calming your pre-flight anxiety.

Spend this time thinking about why you are using the spice, or contemplate about prior experiences in your life. Get comfortable and ready for total annihilation if you plan on breaking through to the other side.

If that is your goal, know you must go through with this to the very bottom of the bowl. Be dedicated and ready for anything.

Some claim that there is really no way to be ready for what the spice reveals to us. that may be true, and with that said, we can still take measures to ensure we get the most out of this very important practice of supplementing endogenous neurotransmitters.

Meditative practices

- pranayama
- hatha
- mudras
- martial arts

It is also important to note that one can learn directly about these things by ingesting psychedelics and being open to the way they make you feel and move. listen to your body. Try sitting half-lotus, full lotus, or like the sphynx...

Administration

Methods

- changa in pipe, bong joint, vaporizer (many love the glass vapor genie)
- freebase crystals in pipe, bong, vaporizer
- DMT acids orally consumed with harmala alkaloids for activation (aka pharmahuasca)
- Cup of ayahuasca drank. you can smoke DMT on top of aya if you want.

Please make sure you research and understand proper dosages!!

A DMT molecule in its acidic form is the freebased molecule that has been attached to an acid like HCl, Acetate, or Fumarate. Check our WIKI for more info. Freebase crystals can be added to lemon juice to form DMT-Citrate. This allows it to be orally ingested with harmalas. Allow it to sit for a couple hours for the reaction to occur.

Tips

Vaporized hits should be held in for ~15 seconds at least. Any less and you won't get it all in.

Always, always clear the bowl. dmt melts to the bottom of bowls rendering the last hit usually the strongest and most important!

Harmala alkaloids should be eaten at the same time as the spice, but you can also preload harmalas and then drink your harmala/dmt brew for potentiation if you wish.

*Put your smoking device down as soon as you are finished.

if it is a joint, make sure it is out and nothing can potentially cause a fire. ...here we go...

Do not apply a direct flame to the spice. Practice vaporizing with the heat of the flame instead. Burnt spice causes it to deactivate. Changa is more tolerance to flames.

Holding on Letting go

If you have followed the advice
thus far, you should now be in hyperspace
This will probably be the most intense
and overwhelmingly confusing experience
of your life, and it may seem realer than
real at the same time. Do not panic.
remember, you are on DMT, breathe deep
and slow. close your eyes. meditate.
do not try to control or stop this experience
from happening. relax and revel in how amazing
our perception of reality is able to change.
you can open your eyes and look at your friends,
loved ones, or environment to witness a scene
you could have never thought possible.
at the true breakthrough dose, it will not matter
whether your eyes are open or closed for a while.

Surrender to this very powerful and mysterious
flow of life and consciousness. you will be ok.
press your palms and look up if you are sitting
lotus style. the reason i made this diagram
is because i want you to experience what
we, as a human race, truly are capable of.

There is nothing to be afraid of.



**PSYCHEDELIC CANADA
MAGAZINE**

3

SYNTHETIC DRUG

LSD

LSD is one of the most potent, mood-changing chemicals. It is manufactured from lysergic acid, which is found in the ergot fungus that grows on rye and other grains.

It is produced in crystal form in illegal laboratories, mainly in the United States. These crystals are

converted to a liquid for distribution. It is odorless, colorless, and has a slightly bitter taste. Known as "acid" and by many other names, LSD is sold on the street in small tablets ("microdots"), capsules or gelatin squares ("window panes"). It is sometimes added to absorbent paper, which is then divided into small squares decorated with designs or cartoon characters. Occasionally it is sold in liquid form.

No matter what form it comes in, LSD leads the user to the same place—a major disconnection from reality.

LSD users call an LSD experience a "trip," typically lasting twelve hours or so.



FREE YOUR MIND?

Your Brain on

LSD

LSD WAS FIRST MANUFACTURED IN 1938 TO TREAT PSYCHIATRIC DISORDERS

Scientists in the 50's and 60's used the drug to investigate treatments for mental illnesses and basic neuroscience purposes



As recreational use boomed soon most countries WERE PUSHING TO CRIMINALIZE THE DRUG

THE CONTROLLED SUBSTANCES ACT OF 1970

DECLARED THAT LSD AND OTHER PSYCHOACTIVE DRUGS OFF LIMITS FOR MEDICAL USE IN THE US



CLASSIFYING LSD AS A SCHEDULE 1 DRUG IN THE US AND UK, AKA, THE MOST RESTRICTIVE DRUG CLASS

For the first time scientists have visualized the effects of LSD on the human brain

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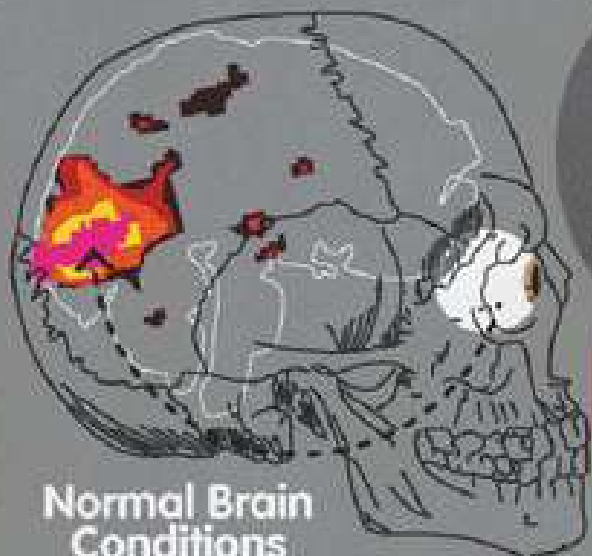
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What's happening

INSIDE YOUR BRAIN

on an LSD trip?

According to Beck's Hospital of College Research Program



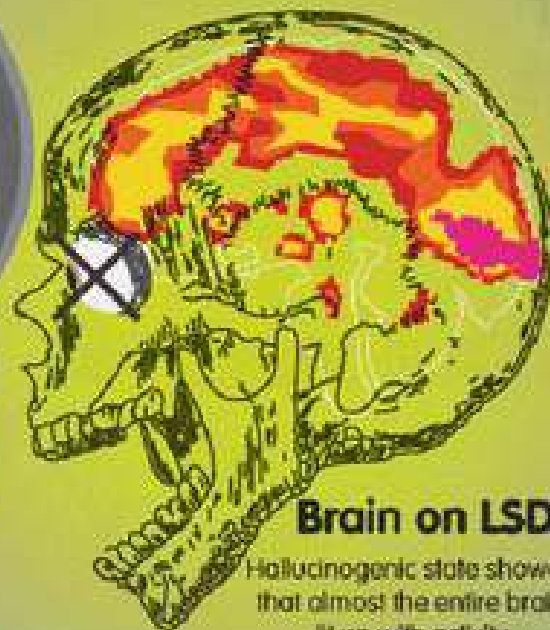
Normal Brain Conditions

Info from eyes is processed in the visual cortex at the back of the brain

Brain scans of volunteers on LSD reveal how it alters our brain's biology

LSD MAKES YOUR BRAIN A LOT MORE ACTIVE

LSD allowed volunteers to see inside their imagination WITH THEIR EYES SHUT



Brain on LSD

Hallucinogenic state showed that almost the entire brain lit up with activity

PHYSICALLY

Causes regions of the brain to become further connected



MENTALLY

Increases the connection between two regions of the brain that deal with

Visual cortex is much MORE ACTIVE with the rest of the brain

BLOOD FLOW to visual regions is increased

How we perceive OURSELVES

How we perceive our ENVIRONMENT

Results show that increased blood flow directly correlates with complex hallucinations and an altered state of consciousness

Researchers believe that this connection causes 'ego-dissolution' or a shift of consciousness from the self towards the surrounding universe

CAN LSD FREE YOUR MIND—LITERALLY?

SCIENTISTS HAVE WAITED

50 YEARS

TO SEE HOW LSD IS ACTUALLY ALTERING OUR BRAIN'S BIOLOGY

CAN LSD FREE YOUR MIND—LITERALLY?

SCIENTISTS HAVE WAITED
50 YEARS
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ALTERING OUR BRAIN'S BIOLOGY

SCIENTISTS BELIEVE that these findings will pave the way to **TREAT ILLNESSES** where negative thought patterns have become embedded

PSYCHEDELIC MEANS "MIND REVEALING"

Psychedelic drugs can **NATURALLY REVEAL** aspects of the mind that are normally hidden in our subconscious

GROUNDBREAKING TREATMENTS

for patients with depression, PTSD, and addiction

RIGID, INFLEXIBLE patterns of thinking are associated with many mental illnesses

LSD allows the brain to communicate in an **OPEN, FLEXIBLE**, and more unified manner

HOLISTIC APPROACH TO LSD THERAPY

ESTABLISH TRUST between patient/therapist beforehand

PREPARE PATIENT WITH REALISTIC EXPECTATIONS before drug treatment

GUIDE PATIENT through treatment experience

DISCUSS INSIGHTS that arose during the LSD experience

MUSIC

COUPLED WITH LSD

may be a powerful therapeutic combination

Studies show that listening to music while taking LSD stimulated brain areas involved in mental imagery

&

People reported seeing **COMPLEX EYES-CLOSED VISIONS** and scenes from their lives



Researchers believe a synergy between LSD drug treatment and assisted psychotherapy exists that **COULD HAVE GREAT IMPLICATIONS FOR PSYCHIATRIC WORLD**

PSYCHEDELIC DRUGS

Have Already Shown Positive Therapeutic Effects for Cancer Patients

10 HOUR TRIPS
"supervised therapy sessions"
were performed 30 times over
the course of two months

Patients were able to
**address their memories
and emotions** evoked
by the drug treatment

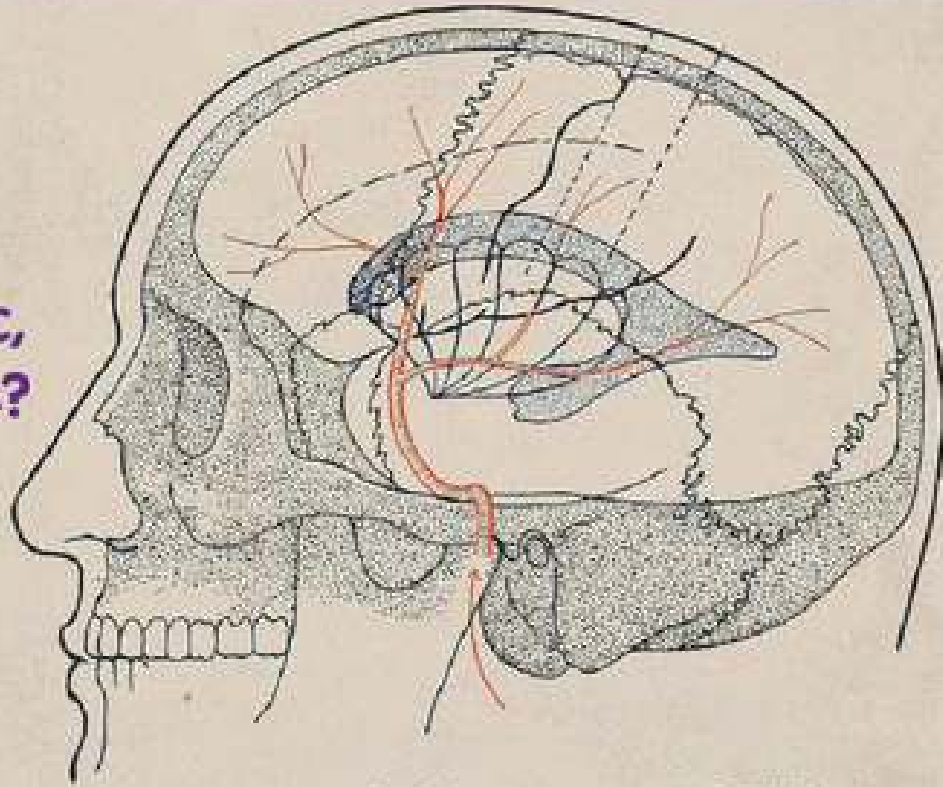
20%

IMPROVEMENT OF ANXIETY LEVELS

was recorded in patients who had received a full dose of LSD (200 micrograms) one year later

Will more work
in this area help us
understand how LSD
use has impacted music,
art, and self-awareness?

YOU DECIDE.



Presented by

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4

ENTHEOGENIC PLANT

AYAHUASCA



Ayahuasca is an herbal drink made from plants that grow in the Amazon jungle. For centuries, this tea has been used in healing ceremonies. The drink causes hallucinations and is said to have spiritual and therapeutic benefits. In recent years, it has attracted the attention of Western medicine as a possible treatment for depression. The drug has also become popular with people seeking a "shaman experience." According to the journal *Nature*, a booming industry has developed in South America, as thousands of people pay big money to attend retreats so they can sample ayahuasca's "intense psychedelic insights." However, the drink has also been linked to several deaths among "ayahuasca tourists."

People must travel to take part in an ayahuasca ceremony because the drink is illegal in the United States. Some believe that while they are high on ayahuasca they gain a better sense of self or are better equipped to work through mental trauma, leading to better mental health after the session.

The recipe for ayahuasca — also spelled iowaska or hoasca, and also called daime, yajé, yagé, natema and vegetal — differs by region, according to a 2003 paper in the Journal of Pharmacology. In Brazil, Peru and Ecuador pounded stems of a flowering vine (Banisteriopsis caapi) are used to make the teas, either alone or combined with the leaves of a shrub (Psychotria viridis). In Ecuador and Colombia, the stems of B. caapi are combined with a different shrub (Diplopterys cabrerana).

The tea is prepared by an ayahuasquero, who is typically trained in the traditional ways of preparing the tea. The ayahuasquero prepares and serves the tea during a ceremony that usually takes place in a shaman's hut. Those partaking in the tea lie on grass mats or mattresses while riding out the high, which can last for hours.

The ayahuasca tea is used to bring on a "mental awakening." In a 2014 article for *Live Science*, contributor Benjamin Radford cited a passage from the book "Magic and Witchcraft: From Shamanism to the Technopagans" (Thames and Hudson, 2003). Author Nevill Drury, an anthropologist, wrote, "... in the upper Amazon basin (Colombia, Peru and Ecuador) shamans make extensive use of ayahuasca. ... Taking this sacrament allows the shaman to enter the supernatural realm, to have initiatory visions, and to make contact with ancestors and helper-spirits."

Writer William Burroughs wrote about drinking ayahuasca in his book, "The Yage Letters," in which he wrote to poet Allen Ginsberg of his experiences. Burroughs wrote that he at first thought he had been poisoned, and that he felt himself turning into a half-man-half-woman. He praised the tea for its ability to facilitate "space time travel," according to an article in *Scientific American*.

While Western medicine has known about ayahuasca for around 100 years, little is known about how it works, according to an article in the *Journal of Ethnopharmacology*. While there is a lot of anecdotal evidence that ayahuasca can help with depression and mental trauma, most studies on the subject have been pilot studies or used very few test subjects.

The physical effects of drinking ayahuasca include vomiting, diarrhea, elevated blood pressure, elevated heart rate, higher rectal temperature and dilation of the pupils. It can also elevate blood concentrations of naturally occurring pain relievers, such as beta-endorphin, corticotropin, cortisol and prolactin, and also increase growth hormone levels, according to a study by the University of New Mexico. In this study, researchers found that DMT can be administered safely to experienced hallucinogen users.

What is AYAHUASCA TEA?



Ayahuasca: A Plant for Healing the Soul



Ayahuasca is an ancient medicine, ingested in the form of a drink, and is the result of brewing together a mix of leaves, shrubs, and other substances.

One main mixture ingredient is made of chacruna and B. Copal vine that shamans venture deep into the rainforest to find.

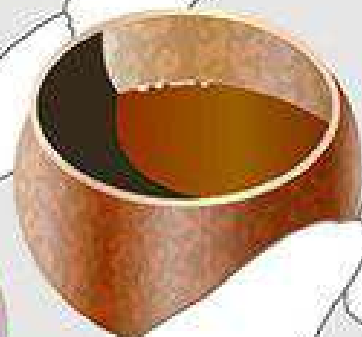
General things to know about Ayahuasca

After being virtually ignored by Western civilization for centuries, there has been a huge surge of interest in Ayahuasca recently.

There is a growing belief that it is a kind of 'medicine for our times', giving hope to people with 'incurable' diseases.

Like cancer and diabetes, drug addictions and inspiring answers to the big ecological problems of modern civilization.

Drink



Spirituality is at the center of the Ayahuasca experience

Purification and cleansing of body, mind, and spirit in a shamanic ceremony can be the beginning of a process of profound personal and spiritual discovery and transformation.

The insight can continue indefinitely even if one never drinks Ayahuasca again. One thing is sure, and it is that every person gets a unique experience.

We believe that by seriously looking at the way Ayahuasca is used we can improve our overall life experience.

Benefits from Drinking Ayahuasca



Cleansing and purification



Physical and Emotional Healing



Ending Depression



Recovery from Addictions



Experience Expanded Awareness and Higher Levels of Consciousness



Greater Understanding of Yourself



Enhanced Creativity

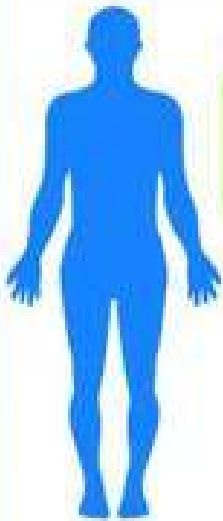


Deeper Appreciation of Life and More Gratitude



Finding Your Life Purpose

DO YOU KNOW THE EFFECTS OF AYAHUASCA?



Physical Effects of Ayahuasca

Some of effects associated with this **hallucinogenic substance** include vomiting and sometimes followed by diarrhea.



After vomiting the user will feel purified from inside out. Before you take the substance, you initially have to have some strict dietary controls.



This makes the body much easier for the substance to be ingested to the body.



Mental Effects of Ayahuasca



Ayahuasca is a hallucinogenic substance. Therefore, it will give you a psychedelic experience. Due to the strong hallucinogenic alkaloids content, it induces mystical effects and experiences.

Users have reported the experience of having long sequence of dream like imagery.

More often, users reported communicating to another female entity. We call her Mother Ayahuasca. She teaches us lessons which can help you on your journey.

The use of Ayahuasca is increasing exponentially in our society. References to Ayahuasca appear more and more frequently on the internet and other media.

The treatments with the Ayahuasca medicine are very successful in the fields of self-knowledge, psychology & detoxification.

ALMOST ALL PEOPLE THAT DRANK AYAHUASCA SAID IT CHANGED THEIR LIFE...

YOU CAN BUY
AYAHUASCA TEA
FROM US

www.soul-herbs.com

Our Ayahuasca is very well prepared in a ritual and blessed by a licensed Shaman. It will bring you to peace and a feeling of unity with the liquid Ayahuasca.

The brewing with the molecular structure is modified with power of love, peace and unity and this is the secret.

ARE YOU READY TO LEARN THE TRUTH AND DRINK AYAHUASCA?

THE DARK SIDE OF AYAHUASCA

There is a dark side of drinking ayahuasca. Though not common, some "ayahuasca tourists" have died, and many Westerners have reported being molested and raped, according to an article in Men's Journal. The tourist boom has given rise to charlatans and fake shamans. Extreme caution is advised while planning a psychedelic adventure.

A French woman died in 2011 after drinking ayahuasca, but it was reported that she had a pre-existing heart condition. Another Frenchman died a few months later, probably due to interactions with other medications.

In 2012, Kyle Nolan, a California teenager, disappeared during a retreat to a Peruvian shamanic center. A shaman later confessed that Nolan died from exceeding the dosage of ayahuasca, and that he had buried Nolan's body in the jungle, according to the Daily Mail.

In 2014, Henry Miller, a British backpacker traveling in Colombia, died after a "shaman experience." His death apparently was caused by an allergic reaction to the drink. He became sick during the event and was left to die by the side of a dirt road, according to the Guardian.

5

SYNTHETIC DRUG

KETAMINE



If you've heard of ketamine, it's probably for its history of abuse as a club drug. But it could also be one of the biggest breakthroughs in treating severe depression in years. How can one drug hold such promise and peril? The answer lies in how it affects your brain.

Ketamine works like a flash mob, temporarily taking over a certain chemical "receptor." In some cases and with expert medical care, that can be a good thing. But cross that line, and it's big trouble. Your doctor probably won't give it to you as an antidepressant yet. Scientists are still testing it for that. But if ketamine does bring people back from the depths of depression, it might be the last thing you expect from a drug that can knock you out.

Ketamine got its start as an anesthesia medicine in the 1960s. It was used on the battlefields of the Vietnam War. At lower doses, it can help ease pain. Ketamine helps sedatives work and may help people need fewer addictive painkillers, like morphine after surgery or while caring for burns.
Continued

When misused, ketamine can change your sense of sight and sound. You can have hallucinations and feel out of touch with your surroundings -- and even from yourself. It can make it hard to speak or move, and it has been abused as a date-rape drug.

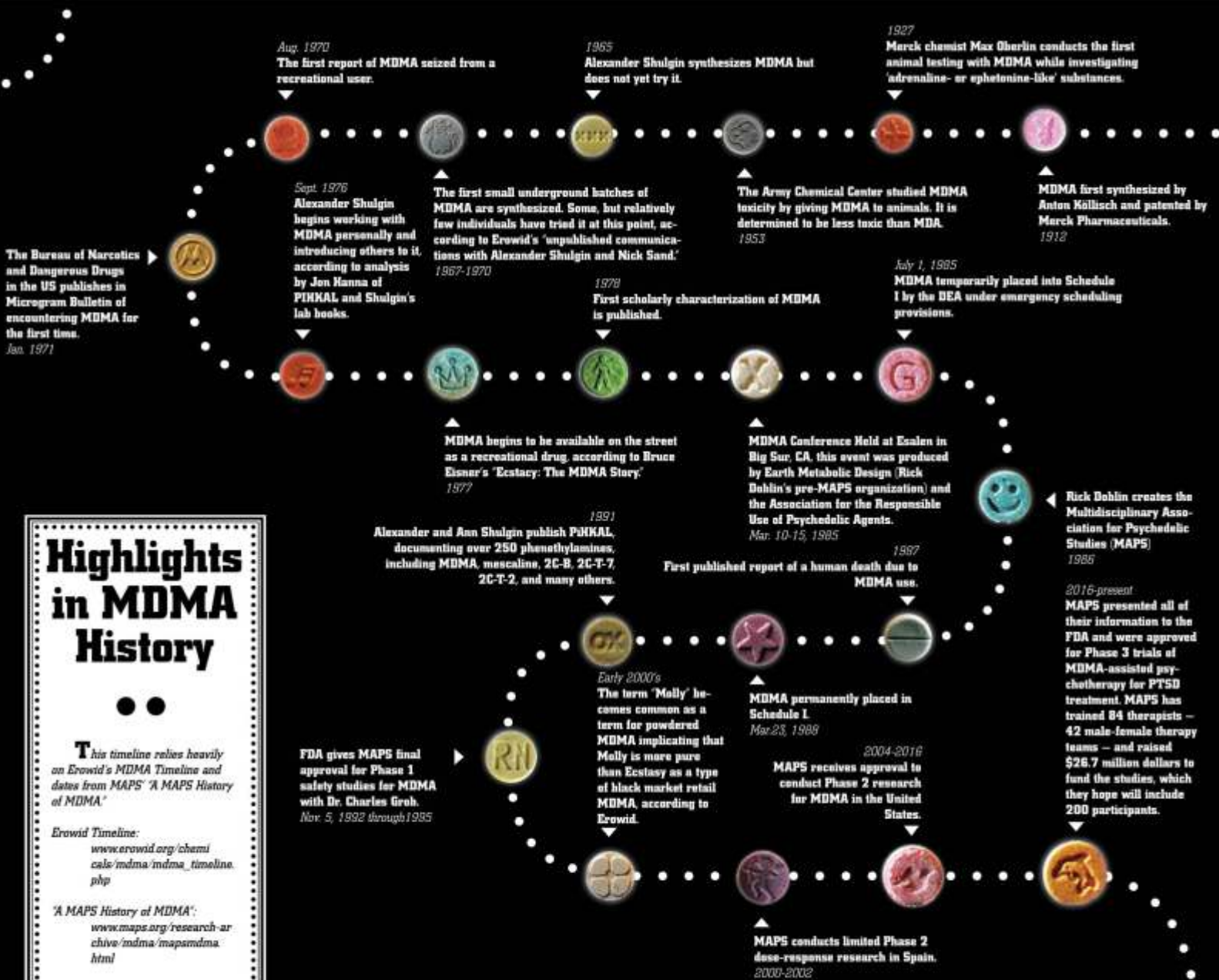
"Outside of the clinic, ketamine can cause tragedies, but in the right hands, it is a miracle," says John Abenstein, MD, president of the American Society of Anesthesiologists.

MDMA

MDMA, often referred to as “ecstasy” or “molly”, is short for 3,4 methylenedioxyamphetamine, a psychoactive drug derived from safrole oil. MDMA produces effects that resemble both stimulants and psychedelics, as well as its signature effect: a feeling of connectedness. It impacts brain function primarily releasing the neurotransmitter serotonin, and also temporarily inhibits its reuptake. MDMA is usually taken

orally, whether in pressed pill form, powder or crystal; or sometimes snorted.

MDMA was originally synthesized in 1912 by the drug company Merck.¹ However, its psychoactive effects weren't widely discovered until 1976 when Alexander Shulgin developed a new synthesis method, tested the drug on himself, and shared it with a few friendly psychotherapists.² Because of the drug's effects of increasing empathy and reducing fear, it started to be used in psychotherapy practices in the 1970s and early 80s, as well as recreationally.



Highlights in MDMA History

This timeline relies heavily on Erowid's MDMA Timeline and dates from MAPS' "A MAPS History of MDMA."

Erowid Timeline:

www.erowid.org/chemicals/mdma/mdma_timeline.php

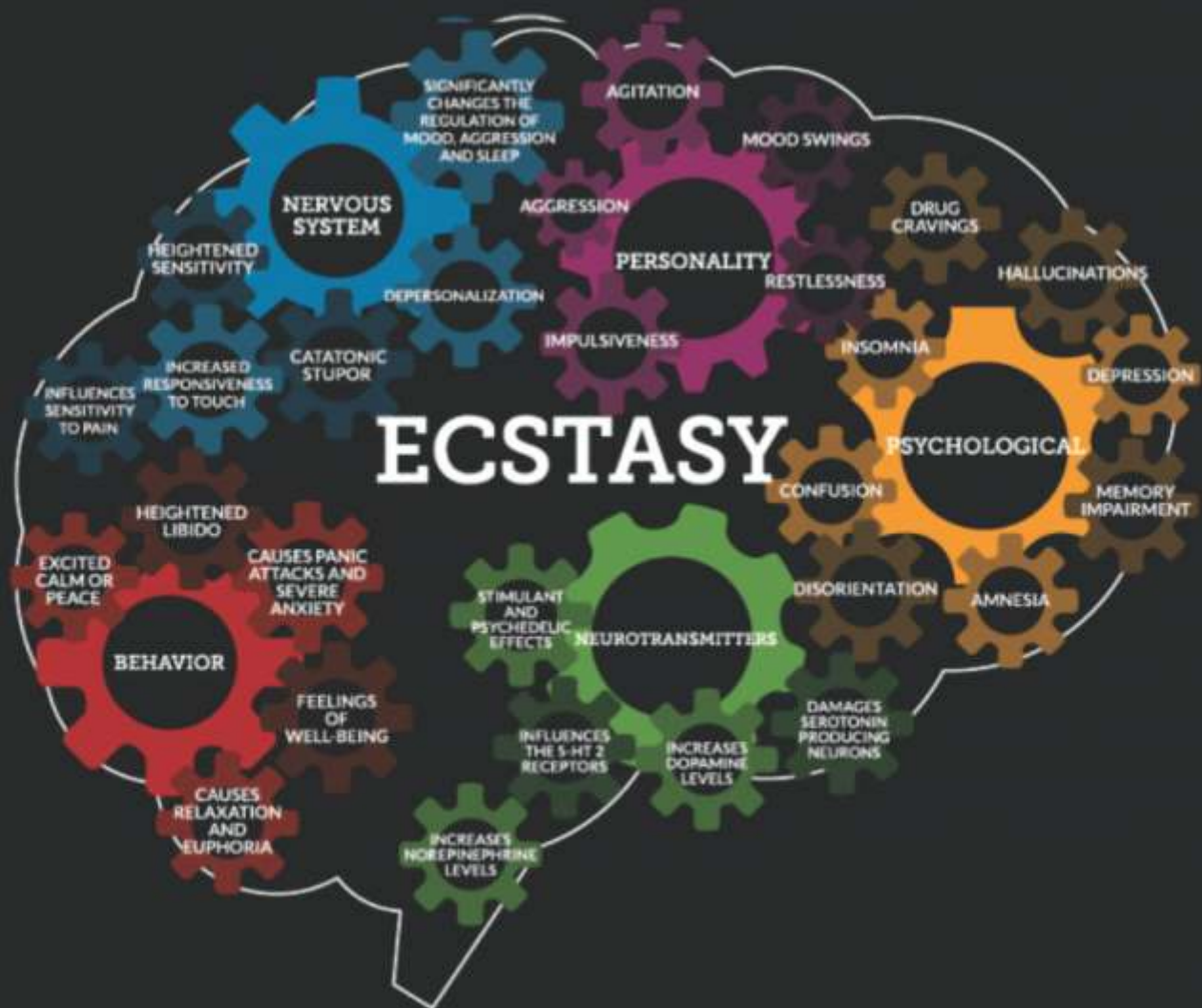
"A MAPS History of MDMA":

www.maps.org/research-archival/mdma/mapsmdma.html

LONG TERM EFFECTS OF **ECSTASY** ON THE **BRAIN**



SPECIFIC LONG TERM EFFECTS ON THE BRAIN



WHAT ARE TYPICAL DOSES?



ABUSE TYPICAL DOSES

Dose range in a series of pills ... 10-150 mg

Average dose 120 mg

Typical session 50-700 mg



LETHAL TYPICAL DOSES

Long term damage ... > 1.5-1.8 mg/kg body weight

Risk of overdose increases when mixed with alcohol, marijuana or methamphetamines

HOW LONG IS "LONG TERM"?

LONG-TERM EXPOSURE TO MDMA (ECSTASY) IS CONSIDERED TO BE 2 X 10 MG/KG PER DAY WHEN TAKEN CONSECUTIVELY FOR FOUR DAYS OR MORE

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

CHRONIC = REPETITIVE PATTERN FOLLOWING ABUSE THAT EXHIBITS NEGATIVE CONSEQUENCES TO:



HEALTH STATUS



SOCIAL INTERACTIONS



FINANCIAL STABILITY



7

ENTHEOGENIC PLANT

IBOGAINE

Ibogaine is a naturally occurring psychedelic substance found in iboga, a Western African shrub. Historically it has been used in healing ceremonies and initiation rituals in the Bwiti religion in West Africa.

It is a psychedelic with dissociative properties. Preliminary research indicates that it may help counter drug addiction. While the drug can lead to some short-term side effects, including anxiety after experiencing hallucinations, it has been touted for a few years as a potential solution to devastating addiction problems.

Recently, more studies in the Western world have focused on ibogaine as a potential treatment for addiction, especially to opioids, methamphetamine, and even cocaine, which are some of the most addictive substances.

Anecdotal evidence suggests that ibogaine, which is derived from a plant found in the African rainforest, adjusts brain chemistry to the point that a person who otherwise might experience intense withdrawal symptoms for one or two weeks does not go through withdrawal or suffer from cravings.

However, scientists exploring the potential of this drug in addiction treatment do not believe ibogaine completely ends addiction; instead, it interrupts the process.



Addressing the Universal Desire to Heal.

4,000

The number of Canadians who die by suicide per year – almost 11 suicides per day

50%

Percentage of Canadians experiencing a major depressive episode that do not receive “potentially adequate care”

9%+

Percentage of Canadian adults who will suffer PTSD
In their lifetime

\$51B

Estimated annual economic burden of mental illness in Canada

#4

Canada’s rank in the use of antidepressant drugs per capita. The use of antidepressants is on the rise globally.

500,000

Number of unemployed Canadians who are unable to work due to mental health problems

1 in 2

The number of Canadians who will be affected by mental health issues by the age of 40

1 in 5

The number of Canadians who suffer from addiction in any given year

Transformative change is needed

Payton Nyquvest stands behind the belief that the societal costs of mental illness, addictions, trauma, and unmet human potential are much too high. He is the CEO and Founder of Numinus Health & Human Advancement who have been licensed by Health Canada to produce and extract psilocybin from mushrooms. Numinus is at the forefront of addressing the growing prevalence of mental health issues and desire for overall greater wellness.

One in five Canadians suffer from addiction in any given year, and deaths from the current overdose crisis attributable to opioid and other addictions are growing. Companies of note Numinus and Together We Can Addiction Recovery and Education Society (TWC) share the view that new solutions and integrative approaches are needed to enhance traditional recovery-based approaches to help people make transformative change, heal, and be well. The partnership announced this summer currently



BUSINESS OF PSYCHEDELICS SPOTLIGHT ON

CEO & FOUNDER AT
NUMINUS | HEALTH & HUMAN ADVANCEMENT
PAYTON NYQUVEST

extends the continuum of care provided to TWC clients with specialized mind/body programs which include modalities such as naturopathy, registered massage therapy, trauma and somatic therapies, and breathwork through Numinus's associated wellness clinic in Vancouver. Individualized programs are continually being developed for Together We Can Addiction Recovery and Education Society clients, including Canadian Forces members and veterans dealing with addiction, PTSD, anxiety, grief and loss, and other diagnoses.

Numinus has received Health Canada approval to amend the Company's existing licence under the Controlled Drug and Substances Act to allow Numinus researchers to conduct research to standardize the extraction of psilocybin from mushrooms. The amendment means Numinus is the first publicly traded company in Canada to be granted a licence by Health Canada to conduct research of this kind.

With this regulatory approval, Numinus is able to proceed with the production of naturally sourced, sustainable psilocybin for research purposes that will support the emerging field of psychedelic-assisted psychotherapy and research, at

lower costs to currently produced synthetic psilocybin. The licence also allows Numinus to develop and licence its own exclusive IP for further product development in partnership with leading research organizations — something the research community has been seeking to secure.

The company's existing licence (in alignment with licence holder Salvation Botanicals Ltd) allows Numinus to test, possess, buy and sell MDMA, psilocybin, psilocin, DMT, and mescaline.

Numinus is dedicated to providing access to therapies that enhance and supplement existing options. Psychedelics will be part of this but will only be available for treatment once approved by regulators and governing bodies.

Payton and Numinus are
**addressing
the universal
desire to heal**
and in doing so are opening
up countless new roads for
healing.



PSYCHEDELIC CANADA MAGAZINE



IBOGA DEEP DIVE

Ibogaine is a crystalline alkaloid hallucinogen $C_{20}H_{26}N_2O$ obtained from the roots, bark, and leaves of the *Tabernanthe iboga* plant of the

dogbane family (Apocynaceae) that is found in equatorial Africa. *Tabernanthe iboga* is a perennial rainforest shrub native to West Africa.

An evergreen bush indigenous to Gabon, the Democratic Republic of Congo, and the Republic of Congo, it is cultivated across West Africa.



WHERE IS IBOGAINES LEGAL?

If you are searching for an ibogaine therapy centre, be selective. A high-quality ibogaine treatment centre prioritizes safety, practices under medical supervision, and follows clinical guidelines.

- Australia. In 2010, Ibogaine was scheduled as a Schedule 4 substance on Australia's Poisons List. It remains a Schedule 4 substance pursuant to the February 2019 Poisons Standard, which means it is a Prescription Only Medicine.
- Brazil. Ibogaine is legal to possess and distribute in Brazil. In Sao Paulo, Brazil's capital city, Ibogaine must be administered

in a medical environment where adequate patient protections are in place. On January 24, 2016, the President of the National Association of the Study of Drug Policy (CONED-SP) in Sao Paulo issued a declaration calling for the scientific study of psychoactive substances, and approving the medical use of ibogaine “in a hospital environment, with medical supervision and control, meeting the exercise of the profession and the recommendations of good clinical practice, including rigorous clinical and psychiatric examinations and psychological assessment and psychotherapeutic monitoring.”

- Costa Rica. In Costa Rica, Ibogaine was legal for some time, but it is no longer legal as of 2018.
- Gabon. Gabon lies on the west coast of central Africa. The national law of Gabon protects iboga plants.
- Guatemala. It is legal to treat with Ibogaine in Guatemala. An Ibogaine treatment centre is located in Antigua, which is located near Guatemala City.
- Mexico. Ibogaine is legal but unregulated in Mexico. Therefore, Mexico is a popular spot for ibogaine treatment.
- Netherlands. The Netherlands does not prohibit Ibogaine, and there are various ibogaine treatment centres available.

- New Zealand. Ibogaine has been medicalized in New Zealand and can be obtained with a prescription and taken under medical supervision. As a result, you can go to an Ibogaine treatment centre in New Zealand that offers an Ibogaine prescription under the supervision of a medical professional.
- South Africa. The South African government has licensure procedure in place for those who want to provide medical Ibogaine treatment.

Ibogaine is illegal in the following countries:

Belgium
Costa Rica
Denmark
France
Hungary
Ireland
Italy
Norway
Switzerland
Sweden
England
The United States

Ibogaine is not a scheduled substance and its status for medical use to interrupt drug dependence disorders remains in question in Canada, and Israel.

Since Ibogaine was introduced to the western world as an addiction interrupter it has been slow to gain approval as a prescription medicine for various reasons, despite the success of the early phases of clinical trials and continued research.

Ibogaine is a naturally occurring psychoactive substance that has been demonstrated to interrupt substance use disorders, as well as possess other neurological and psychological benefits. It is found naturally and has been used for centuries by traditional communities in West Africa for ritual and healing purposes.

In lower doses, Ibogaine acts as a stimulant, increasing energy and decreasing fatigue in a way that is distinct from other central nervous system stimulants like amphetamines and cocaine. In larger doses, Ibogaine produces neurogenic effects, meaning that it stimulates

a dream-like state while awake, as well as closed eye imagery and the retrieval of repressed memories.

Its physical effects can include ataxia, nausea and vomiting, sensitivity to light and sound, tremors, and cardiac effects. In the early 1960's, the Chilean psychologist Claudio Naranjo conducted 40 Ibogaine sessions with his clients and was the first to scientifically describe the experience. He reported that Ibogaine helped people to view difficult experiences in an objective way, and that it helped to facilitate closure of unresolved emotional conflicts.

The occidental use of Ibogaine, especially its application in the treatment of substance use disorders, was pioneered by Howard Lots. In 1962, 19 year old Lots found that a single dose of Ibogaine not only interrupted his physiological dependence

on heroin, it also took away his craving to use, all with no withdrawal symptoms. Lots spent the rest of his life advocating for the development of Ibogaine as a prescription medicine.

In the early 1990's, the US National Institute on Drug Abuse (NIDA) began the development of Ibogaine by fully funding pre-clinical animal trials as well as Phase 1 safety trials on human subjects under the auspices of Dr. Deborah Mash at the University of Miami. The results confirmed that Ibogaine decreases the self-administration of stimulants, opiates and alcohol, as well as a significant reduction in the withdrawal symptoms from opiates. ((Popik P, Glick S. Ibogaine, a putatively anti-addictive alkaloid. *Drugs of the Future*. 1996; 21:pp 1109-1115.))

Unfortunately, the development research was ended prematurely

relative to NIDA's existing resources. Phase 1 safety trials conducted by NIDA found that Ibogaine is not neurotoxic. However, there are a number of fatalities that have been temporally associated with the ingestion of Ibogaine. These were attributed to a variety of factors, including pre-existing medical conditions, especially cardiac conditions, as well as seizures resulting from acute withdrawal from alcohol or benzodiazepines, and in other cases the co-administration of one or more drugs of abuse.

One of the causes cited is that Ibogaine potentiates the effects of opiates, as well as their lethality if co-administered. It does this not by acting as an opiate agonist or antagonist, but by enhancing opiate signalling. Another is that, in addition to attenuating withdrawal symptoms, ibogaine has been shown to reduce developed tolerance to opiates and

alcohol, essentially returning the user to a novice state. Using substances after administration of ibogaine without taking this into consideration presents a significant risk of overdose.

In the late 1980's, the first regular Ibogaine-assisted detox sessions were conducted by the Danish Drug Users Union in Amsterdam. Over the last several decades a global community of ibogaine therapy providers, which has been dubbed a "medical subculture," has developed to include former drug users and physicians. In 2007 it was estimated that over 3,400 therapy sessions for substance use disorders, as well as for personal and spiritual growth, had been conducted worldwide.

This number continues to grow annually, as well as the number of clinics. Ibogaine-assisted detox efficacy has been explored in two recent studies being

conducted by the Multidisciplinary Association for Psychedelic Studies (MAPS), attempting to track the long-term efficacy of ibogaine-assisted detox therapy.

The studies, in Mexico and New Zealand, have reported preliminary results of between 20% and 50% rate of clients remaining free from their primary substance of abuse for at least 12 months. Factors influencing this range were suggested to be the ease of follow-up in the New Zealand study become of closer proximity, as well as other factors such as plans for continuing care.

Ibogaine therapy may have promising results in the treatment of other conditions, including Hepatitis C, Parkinson's disease and Tourette's syndrome.

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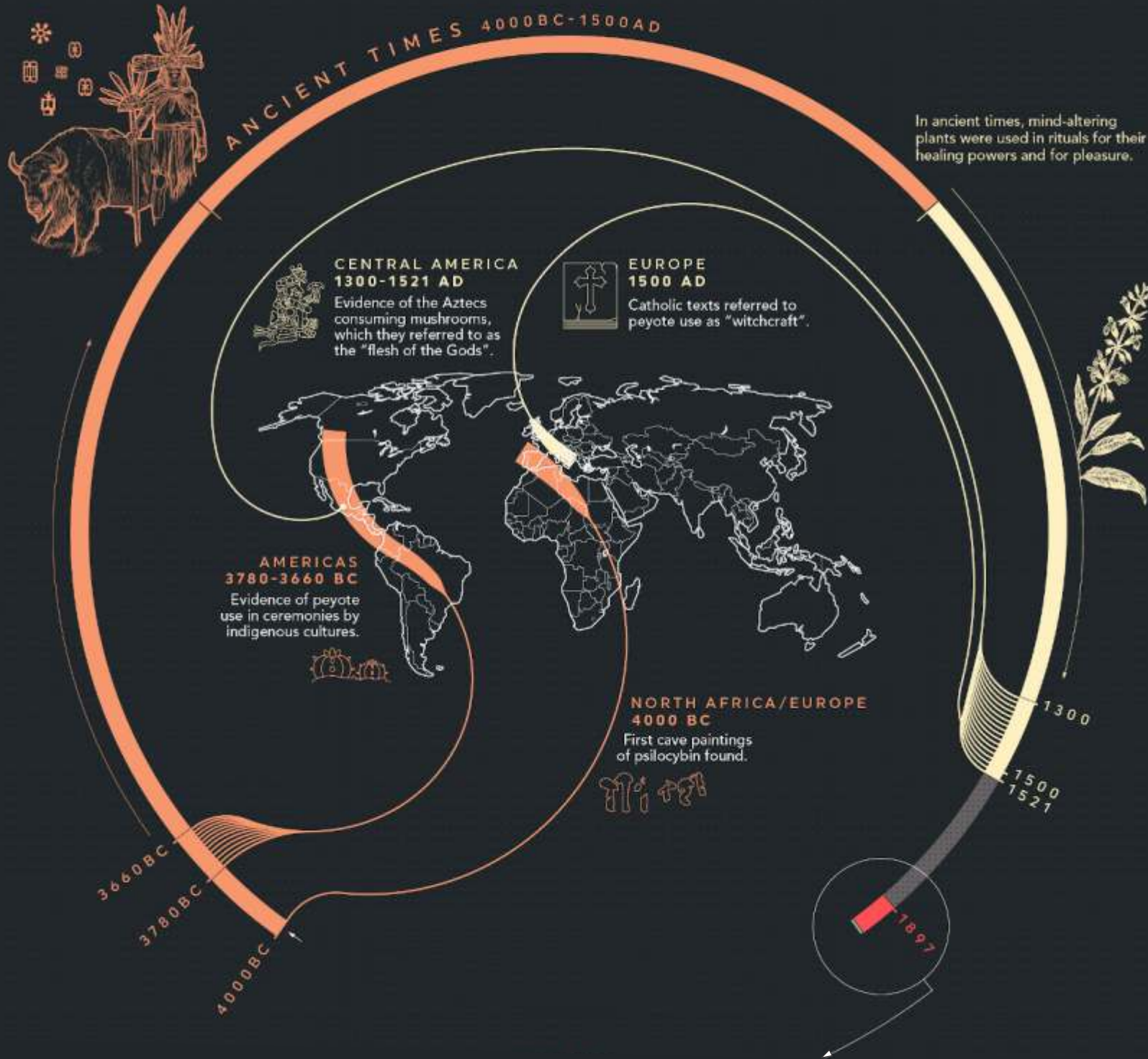
<https://www.ibogainealliance.org/ibogaine/>



THE HISTORY OF PSYCHEDELICS

ONCE A HIGHLY STIGMATIZED TOPIC, psychedelics are beginning to shake away their counterculture connotations due to a flurry of groundbreaking research that proves their ability to rewire the brain.

In this two-part series, we explore how psychedelics have evolved from ancient antidote to breakthrough medicine with massive therapeutic potential for a wide-range of notoriously hard-to-treat diseases.

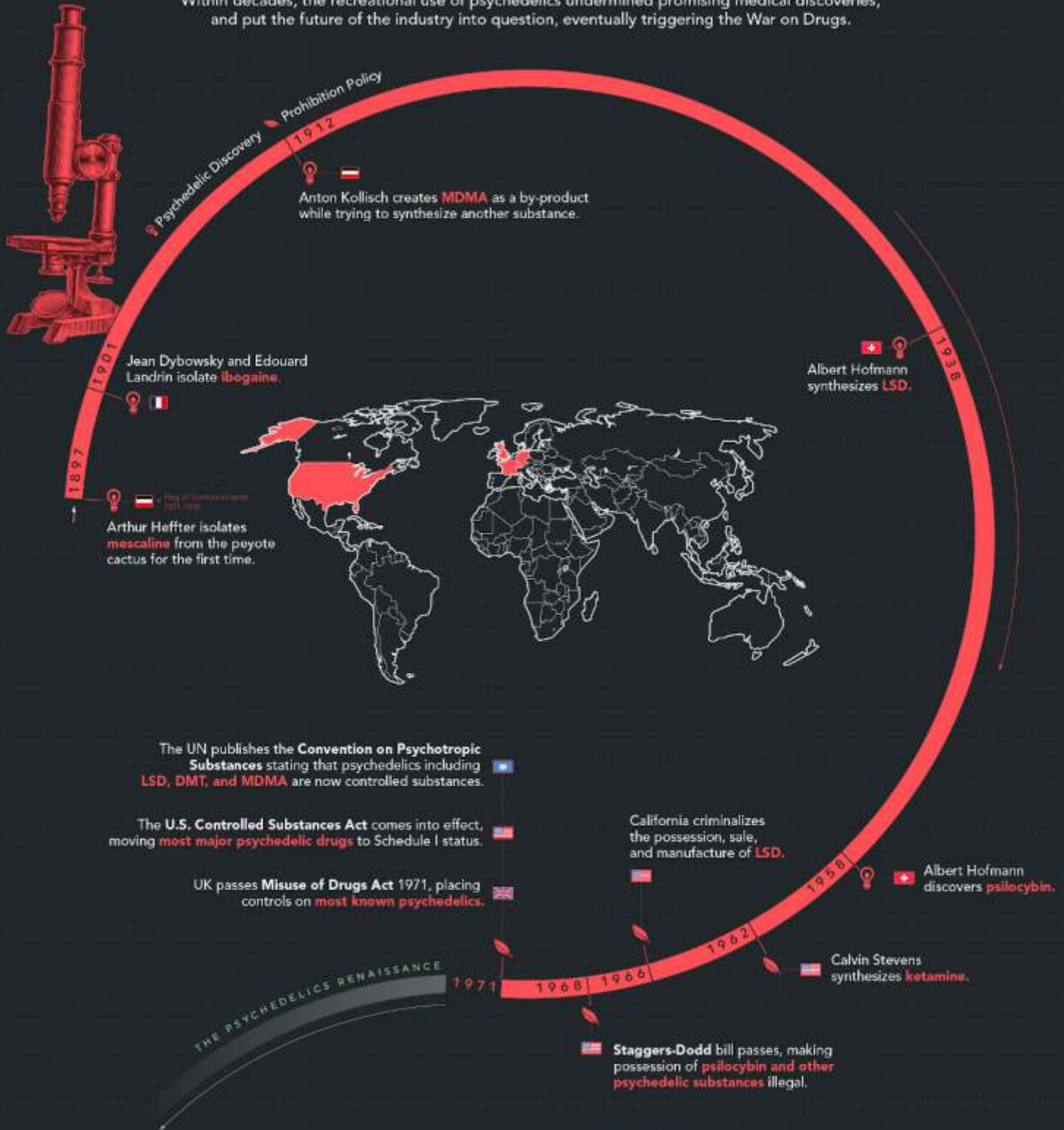


1897-1971

THE PROHIBITION ERA

Scientists and psychiatrists began advocating for psychedelic medicine, but uncontrolled use for recreational purposes led to governments debating their legal status.

Within decades, the recreational use of psychedelics undermined promising medical discoveries, and put the future of the industry into question, eventually triggering the War on Drugs.



THE INDUSTRY BECAME LARGELY INACTIVE following a series of strict legal changes around the world. However, after a few decades and an explosion of unprecedented research findings regarding the therapeutic potential of psychedelics, regulations have eased, and the industry is back, and bigger than ever before.



In Part 2 of this graphic, we dive into **The Psychedelics Renaissance** the industry is currently experiencing and explore **The Future of Psychedelics**.

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PSYCHEDELIC CANADA MAGAZINE



PSILOCYBIN MUSHROOMS - MYSTIC MEETS SCIENCE

Psilocybin is a naturally occurring psychoactive compound that is synthesized by over 200 mushrooms of the *Psilocybe* (pronounced sil-ohh-si-bee) genus. It's not clear why these mushrooms have evolved to produce a compound that closely imitates a crucial human neurotransmitter (serotonin). One theory suggests it is a fungal defence mechanism, as psilocybin also alters the behaviour and appetite of insects, while another postulates that these mushrooms were introduced to the earth by alien beings to expedite human evolution. Psilocybin belongs to a class of drugs often referred to as hallucinogens or entheogens, humans use of these mind altering substances stretches back farther than civilization itself! With the earliest evidence found in Northern Spain dating to 11,000 years ago. Tribal peoples all around the world from Mesoamerica to Southeast Asia revered these mushrooms for the profound insights and intense feelings of euphoria, love, and connectedness that they felt after ingesting them. However it wasn't only tribal hunter gatherers who utilized psilocybin, Philosophically and scientifically

advanced ancient civilizations like the Greeks had Secretive cults who brewed psychedelic teas and used them to induce a boost of creativity and enlightening epiphanies.

When scientifically rigorous protocols are used to study psilocybin the findings are often consistent with the teachings of ancient shamans, that the compound can drastically and sustainably improve many aspects of mental health. It has been studied (with extremely promising results) at numerous prestigious institutions (like Harvard, Stanford, and Yale) to determine its safety and efficacy in treating debilitation psychological conditions, including but not limited to addictions, depression, anxiety, and PTSD. Researchers at these institutions have delved deep into the pharmacology behind *Psilocybe* mushrooms, finding that various species of the genus produce differing concentrations of many psychotropic tryptamine compounds, the most prevalent of these being psilocybin, psilocin, and baeocystin. They also found that the compound responsible for producing the mind-altering effects associated with these



mushrooms is not psilocybin, but psilocin. After you eat 'magic mushrooms' psilocybin is dephosphorylated (the removal of a phosphorus molecule) by the liver into psilocin, whose molecular structure is highly similar to that of serotonin, one of the most important neurotransmitters in the human brain.

Psilocin is so similar to serotonin that it is able to bind with numerous serotonin receptors (specifically the 5-Hydroxytryptamine receptor group). When this bond is formed it causes drastic changes in neural chemistry, transmission and cross-network communication, primarily the increased secretion of Glutamate & Brain Derived Neutrophic Factor, dampening of the Default Mode Network, and the re-routing of information through brain networks that are not connected in the "sober" state of consciousness. These changes culminate in the stimulation of neurogenesis, synesthesia, sensory enhancement, and visual stimulation/hallucination that are associated with magic mushrooms.

Glutamate is an vital neurotransmitter that accounts for over 90% of the synaptic connections in the brain, and is involved in crucial brain functions like cognition, learning, memory, and energy acquisition.

Brain Derived Neutrophic factor is a protein that helps to stimulate and control the process of neurogenesis, it also plays a key role in long-term memory, neural development, coordination, and the deciphering of sensory input by the brain.

The Default Mode Network is responsible for a variety of cognitive functions including day-dreaming, self-reflection, and the ability to perceive the past, present, and future. Some studies suggest that depression is linked to an overactive DMN. The theory behind this is the possibility that a highly active DMN causes us to extensively ruminate, over-analyze, and become removed from the present moment to question the past and the future.

*visualization of brain connections/activity in subjects given placebo (left) and psilocybin (right)

As previously stated, it has been known that ingesting mushrooms produces an enhanced state of consciousness for many millenia, however it is only recently, and in light of promising research, that the perception by authorities and institutions alike has begun to shift towards the recognition of medical benefits associated with these drugs. Three major U.S. cities (Denver, Chicago, and Oakland) have decriminalized psilocybin, while legislative

motions are in progress for over 100 additional localities, meanwhile Democratic politicians Andrew Yang and Alexandria Ocasio-Cortez have both declared their support for federal policy reform around psychedelics. The FDA has also stated “we have never seen such a powerful drug, requiring such infrequent use” and attempted to fast-track it through the clinical trial process by designating it as a “breakthrough therapy” for Major Depressive Disorder (MDD).

This re-invigourization of psychedelic drugs into public consciousness is also taking place north of the American border. Jagmeet Singh (leader of the NDP) has proposed sweeping changes to Canadian drug scheduling and legality, Vancouver city council recently blocked a motion to prevent sales of psilocybin mushrooms, and Dana Larsen is set to open a micro-dose dispensary storefront in Vancouver by early February! All of this sentiment was catalyzed by only a handful of studies that have already been concluded, however there is an exponentially increasing amount of interest in the topic, and we can expect many new studies corroborating positive results in the coming years

****Number of studies on psychedelic substances 1960-2016***

So far this article has been markedly science focused, however there are aspects of the psychedelic experience that are not explainable by current psycho-scientific knowledge. A few examples of this are the crucial importance of set and setting, why across varied demographics psilocybin reliably induces similar spiritual and transformative experiences, even out of body experiences, and the role that auditory stimulation plays in the experience. Your physical surroundings, for example temperature, others around you, the amount of light in your setting, the type of music you play during the experience, and your level of familiarity with these variables play a role almost as important as the dosage of the drug itself! Research at Johns Hopkins University recently confirmed that music is inexplicably intertwined with both the psychedelic experience and human neuro-chemical reward systems. They have curated a playlist, noting the tempo and arrangement of tracks, that builds into a crescendo peaking around 2 hours into the playlist (also when the effects of psilocybin peak) in an effort to assist an individual into having a truly profound experience.

Along with exogenous stimulation, your mindset and intention of what you want to get out of the experience also has the potential to drastically affect what you will feel while psilocybin is being metabolized. Personally I set intent on becoming more sociable, overcoming my somewhat introverted nature, and always have a pen and paper handy to transcribe any insights that the mushroom grants. I think about what I can do to strengthen both my relationships with others, and my own psyche against negative emotion. Sometimes the result of this pondering is challenging, and forces me to step out of my ‘comfort-zone’, however I feel that the results have been extremely vindicating, and that psychedelics have been the catalyst for immense personal growth, making me a more empathetic, generous, self-aware, and relaxed person.

To conclude, similar to consciousness itself, we understand much of the biological function underpinning a psychedelic experience (described above) but seem to lack a crucial component of why it is so metaphysical, why it can reliably induce transformative experiences that result in sustained improvement in mood and mental well-being, and how this substance (psilocybin) evolved to interact with consciousness in such a profound way.

When one ingests psilocybin, the intense feelings of connectedness, love, empathy and understanding, and the realization that these emotions are antediluvian and transcend our ego’s is so strong that it can be overwhelming. You are flooded with emotion, often see geometric patterns or waves, consistent with sacred geometry, and are able to clearly and efficiently process thoughts as if from a omniscient perspective, while your mind wanders a vastly expansive and immersive realm that can only be accessed through ingesting the wondrous compound that we call Psilocybin.

Check out our shop for a variety of dried mushroom strains, micro-doses, and ready-to-brew mushroom teas.



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