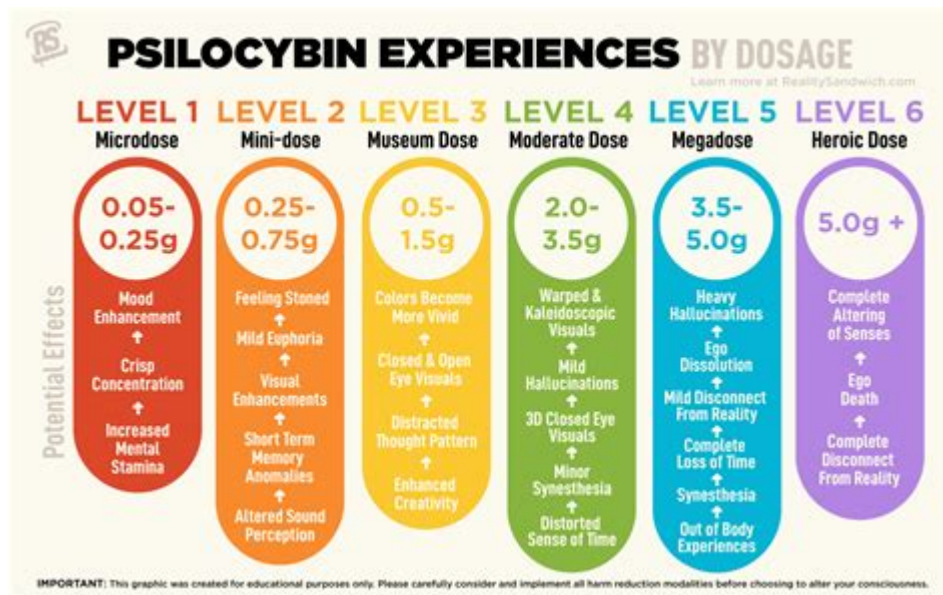


# Shrooms Dosage Guide



## Shrooms Dosage Guide: A Safe and Informed Approach to Psilocybin

### Introduction:

Embarking on a psilocybin journey requires careful consideration, and understanding the right dosage is paramount. This comprehensive shrooms dosage guide isn't about promoting recreational use; rather, it's designed to provide responsible individuals with accurate information to minimize risks and maximize potential benefits if used within a controlled and therapeutic setting. We'll explore different dosage levels, their effects, factors influencing potency, and crucial safety guidelines. Remember, the information here is for educational purposes only and should not be interpreted as medical advice. Always prioritize your safety and consult with healthcare professionals before using psilocybin, especially if you have pre-existing health conditions or are taking medications.

### Understanding Psilocybin Potency and Variation:

The potency of psilocybin mushrooms, often referred to as "shrooms," can vary significantly depending on several factors:

**Species:** Different species of psilocybin mushrooms contain varying concentrations of psilocybin and psilocin, the primary psychoactive compounds. Some are significantly more potent than others.

**Growing Conditions:** Environmental factors like soil composition, sunlight exposure, and humidity influence mushroom growth and consequently, their potency.

**Drying Process:** The drying method affects the final concentration of psychoactive compounds.

Improper drying can lead to potency loss or mold growth.

Testing: The only reliable way to determine the precise potency of your mushrooms is through laboratory testing. This is crucial for accurate dosing.

## **Dosage Levels and Their Effects: A Shrooms Dosage Guide**

It's important to remember that these are general guidelines, and individual responses can vary widely. Always start with a low dose and observe your reaction before increasing it.

### **Microdosing (0.1 - 0.5 grams):**

This involves taking a very small amount of psilocybin, often just a fraction of a gram, aiming for subtle cognitive and mood enhancements. Effects can include increased focus, creativity, and reduced anxiety, but these are often subtle and not always noticeable. Microdosing is frequently studied for its potential therapeutic applications.

### **Low Dose (0.5 - 1.5 grams):**

A low dose may produce noticeable perceptual changes, such as enhanced visual acuity, altered sense of time, and mild euphoria. Anxiety or slight nausea are possible side effects. This range is often used for introspective exploration.

### **Medium Dose (1.5 - 2.5 grams):**

A medium dose typically intensifies the effects of a low dose. Expect more pronounced visual hallucinations, intensified emotions, and a stronger alteration of perception. This range can be deeply introspective and potentially overwhelming for some individuals.

### **High Dose (2.5 grams +):**

High doses can induce profound perceptual distortions, ego dissolution (loss of self), and strong emotional responses. These experiences can be intense and potentially challenging, even for experienced users. This dose is not recommended for first-time users and requires a carefully controlled and supportive environment.

## **Factors Influencing Dosage**

Several factors influence how a person will react to a particular dosage of psilocybin:

**Body Weight:** Heavier individuals generally require a higher dose to experience the same effects.

**Tolerance:** Regular use can build tolerance, requiring progressively higher doses to achieve the same effect.

**Metabolic Rate:** How your body processes the substance influences the intensity and duration of the effects.

**Set and Setting:** "Set" refers to your mindset and mental state, while "setting" is the environment you're in. A positive and safe setting is essential for a positive experience.

## **Safety Precautions and Responsible Use**

**Start Low and Go Slow:** Begin with the lowest effective dose and wait at least two weeks before increasing the dosage.

**Reliable Source:** Ensure the mushrooms are from a reputable source, if legal in your location.

**Safe Environment:** Create a comfortable and safe setting with a trusted sitter who can provide support if needed.

**Informed Consent:** Be fully aware of the potential risks and benefits before consuming psilocybin.

**Pre-existing Conditions:** If you have any pre-existing mental health conditions (especially psychosis or anxiety disorders), avoid psilocybin unless under the direct supervision of a qualified professional in a clinical setting.

**Legal Considerations:** Be fully aware of the legal status of psilocybin in your area.

**Conclusion:**

This shrooms dosage guide provides a general framework, but it's crucial to remember that individual responses vary significantly. Prioritizing safety, starting with low doses, and understanding the potential risks are essential. Never use psilocybin without careful consideration and, if possible, guidance from a professional familiar with its effects. The information in this guide is for educational purposes and should not be construed as encouragement or endorsement of psilocybin use.

**FAQs:**

1. Can I combine shrooms with other substances? Combining psilocybin with other substances, including alcohol or other drugs, is strongly discouraged as it can significantly increase the risk of adverse reactions and unpredictable effects.

2. How long do the effects of shrooms last? The duration of effects varies depending on the dose and individual factors, but generally lasts between 4-6 hours.

3. What are the potential side effects of shrooms? Side effects can include nausea, anxiety, paranoia, panic attacks, and heightened sensory perception. Severe adverse reactions are rare but possible.

4. Is there a risk of addiction to psilocybin? While physical dependence is rare, psychological dependence is possible, particularly with frequent or high-dose use.

5. Where can I get reliable information about psilocybin research? Reputable scientific journals and organizations dedicated to psychedelic research, such as MAPS (Multidisciplinary Association for Psychedelic Studies), are good sources of information. Remember to always consult with healthcare professionals before making any decisions related to your health.

**shrooms dosage guide: Your Psilocybin Mushroom Companion** Michelle Janikian, 2019-11-19 Discover the transformational power of psilocybin mushroom with this all-encompassing guide to harnessing magic mushrooms safely and effectively. Thanks to cutting-edge research, the medical and mental health communities are rediscovering the transformative power of psychedelics. And among the psychedelics showing the most promise for opening and healing the mind is the psilocybin mushroom. This friendly, fact-packed companion to magic mushrooms offers a full guide to having the most successful and beneficial experiences—whether you're a complete newcomer or have dabbled in psychedelics before. Author Michelle Janikian's straightforward, matter-of-fact approach pairs the most up-to-date research with personal advice and experiences to provide a whole perspective of the pros, cons, and many possibilities of experimenting with psychedelic mushrooms. Whether you're looking to try mushrooms for healing, personal or spiritual growth, out of curiosity, or for just plain fun, Your Psilocybin Mushroom Companion helps you prepare for every type of journey—from microdosing to full trips and even "trip sitting." With this book, you'll find it's never been easier to use these sacred fungi safely and responsibly.

**shrooms dosage guide: The Microdosing Guidebook** C. J. Spotswood, 2022-04-19 Microdosing, or taking between 1/10th and 1/20th of the normal dose of a psychedelic drug is the latest way to improve performance, stave off chronic pain, and alleviate a variety of other ailments like anxiety and depression. Unlike a psychedelic trip, microdosing does not alter your mental status or interfere with day-to-day life. Part handbook and part workbook, The Microdosing Guidebook is your ultimate reference for safely using psychedelic medicine. --

**shrooms dosage guide: Psilocybin Mushrooms** Ronald O'Neil, 2021-02-16 Psilocybin Mushrooms is for anyone who wants to understand the basics of magic mushrooms, their safe use and ways to cultivate them quickly, safely, and effectively at home. This book will guide you through different methods of cultivating psilocybin mushrooms and provide you with detailed step-by-step instructions on how to create your first flush at home In detail, this book allows you to... - Get a comprehensive overview of magic mushrooms and feel comfortable to start your own mushroom experience - Learn everything about the biology of the psilocybin mushroom - Understand the essentials for your psychedelic journey and be prepared to get the most out of your trip - Gain insights about the pharmacology and effects of the psilocybin mushroom - Learn everything about the set, setting and the optimal dosage for an enjoyable and safe trip - Discover how psilocybin can help you through a journey of personal growth - Learn about the benefits of micro-dosing - Discover the basics for magic mushroom cultivation and gain the confidence to embark upon your own project And much much more...so what are you waiting for!?! Take the first step on your psychedelic journey right now!

**shrooms dosage guide: The Psychedelic Explorer's Guide** James Fadiman, 2011-05-18 Psychedelics for spiritual, therapeutic, and problem-solving use • Presents practices for safe and successful psychedelic voyages, including the benefits of having a guide and how to be a guide • Reviews the value of psychedelics for healing and self-discovery as well as how LSD has facilitated scientific and technical problem-solving • Reveals how microdosing (ultr-low doses) improve cognitive functioning, emotional balance, and physical stamina • This year 600,000 people in the U.S. alone will try LSD for the first time, joining the 23 million who have already experimented with this substance Called "America's wisest and most respected authority on psychedelics and their use," James Fadiman has been involved with psychedelic research since the 1960s. In this guide to the immediate and long-term effects of psychedelic use for spiritual (high dose), therapeutic (moderate dose), and problem-solving (low dose and microdose) purposes, Fadiman outlines best

practices for safe, sacred entheogenic voyages learned through his more than 40 years of experience—from the benefits of having a sensitive guide during a session (and how to be one) to the importance of the setting and pre-session intention. Fadiman reviews the newest as well as the neglected research into the psychotherapeutic value of visionary drug use for increased personal awareness and a host of serious medical conditions, including his recent study of the reasons for and results of psychedelic use among hundreds of students and professionals. He reveals new uses for LSD and other psychedelics, including microdosing, extremely low doses, for improved cognitive functioning and emotional balance. Cautioning that psychedelics are not for everyone, he dispels the myths and misperceptions about psychedelics circulating in textbooks and clinics as well as on the internet. Exploring the life-changing experiences of Ram Dass, Timothy Leary, Aldous Huxley, and Huston Smith as well as Francis Crick and Steve Jobs, Fadiman shows how psychedelics, used wisely, can lead not only to healing but also to scientific breakthroughs and spiritual epiphanies.

**shrooms dosage guide: The Immortal Life of Henrietta Lacks** Rebecca Skloot, 2010-02-02 #1 NEW YORK TIMES BESTSELLER • “The story of modern medicine and bioethics—and, indeed, race relations—is refracted beautifully, and movingly.”—Entertainment Weekly NOW A MAJOR MOTION PICTURE FROM HBO® STARRING OPRAH WINFREY AND ROSE BYRNE • ONE OF THE “MOST INFLUENTIAL” (CNN), “DEFINING” (LITHUB), AND “BEST” (THE PHILADELPHIA INQUIRER) BOOKS OF THE DECADE • ONE OF ESSENCE’S 50 MOST IMPACTFUL BLACK BOOKS OF THE PAST 50 YEARS • WINNER OF THE CHICAGO TRIBUNE HEARTLAND PRIZE FOR NONFICTION NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The New York Times Book Review • Entertainment Weekly • O: The Oprah Magazine • NPR • Financial Times • New York • Independent (U.K.) • Times (U.K.) • Publishers Weekly • Library Journal • Kirkus Reviews • Booklist • Globe and Mail Her name was Henrietta Lacks, but scientists know her as HeLa. She was a poor Southern tobacco farmer who worked the same land as her slave ancestors, yet her cells—taken without her knowledge—became one of the most important tools in medicine: The first “immortal” human cells grown in culture, which are still alive today, though she has been dead for more than sixty years. HeLa cells were vital for developing the polio vaccine; uncovered secrets of cancer, viruses, and the atom bomb’s effects; helped lead to important advances like in vitro fertilization, cloning, and gene mapping; and have been bought and sold by the billions. Yet Henrietta Lacks remains virtually unknown, buried in an unmarked grave. Henrietta’s family did not learn of her “immortality” until more than twenty years after her death, when scientists investigating HeLa began using her husband and children in research without informed consent. And though the cells had launched a multimillion-dollar industry that sells human biological materials, her family never saw any of the profits. As Rebecca Skloot so brilliantly shows, the story of the Lacks family—past and present—is inextricably connected to the dark history of experimentation on African Americans, the birth of bioethics, and the legal battles over whether we control the stuff we are made of. Over the decade it took to uncover this story, Rebecca became enmeshed in the lives of the Lacks family—especially Henrietta’s daughter Deborah. Deborah was consumed with questions: Had scientists cloned her mother? Had they killed her to harvest her cells? And if her mother was so important to medicine, why couldn’t her children afford health insurance? Intimate in feeling, astonishing in scope, and impossible to put down, *The Immortal Life of Henrietta Lacks* captures the beauty and drama of scientific discovery, as well as its human consequences.

**shrooms dosage guide: Psilocybin Mushrooms: 3 in 1: How to Grow Psilocybin Mushrooms, Field Guide and Safe Use** Bil Harret, 2022-09-27 Do you want to learn how to grow Psilocybin mushrooms at home? Are you interested in Psilocybin mushrooms and psychedelics? Do you want to become a fungi fundi? Is the knowledge that you have about Psilocybin mushrooms just enough to be dangerous? If So, You’ve Found the Guide of all Guides! Grow, Use, Embark on the Experience, or Forage Your Own Psilocybin Mushrooms With This Guide That Will Show You How. This 3-in-1 read on how to grow, what to know, and when to sow is going to blow your mind! Psilocybin Mushrooms is a comprehensive guide that will provide you with all the knowledge needed to grow, identify and use Psilocybin mushrooms safely and successfully, making sure that you have fun discovering and

finding out things I bet you didn't know. Forget about the old-school information and misinformation out there, it's time to step into the 21st century with all new facts, updated Psilocybin mushroom cultivation methods, and step-by-step instructions. With information compiled from years of experience, ensure that you're getting a realistic and authentic guide to growing, foraging, and using Psilocybin mushrooms. Uncover: The therapeutic potential of Psilocybin. Everything you need to start growing shrooms from the comfort of your home, even if you're an absolute beginner! Foraging tips about where Psilocybin mushrooms grow, how to spot them, and how to prepare them. The gates to the universe: Safely embark on the experience of a lifetime. Magic mushrooms' nature to fully understand how they work. The guidance needed to harvest and store your yield correctly. Troubleshooting and answers to many of your cultivation questions. Guidelines for calculating the correct Psilocybin dosages. Say goodbye to confusion and misinformation! The most common Psilocybe mushroom species and the most deadly lookalikes. Body, mind & spirit healing. And much more about Magic mushrooms! Allow me to take you on a magical journey down the rabbit hole and into the matrix. Experience new sensations, boost your creativity, lessen your anxiety, expand your knowledge, or just enjoy the ride! Even the most famous mycologist Paul Stamets strongly believes in the power of Psilocybin to improve mental health. Scroll up and Grab this Guide!

**shrooms dosage guide:** Christopher Hobbs's Medicinal Mushrooms: The Essential Guide Christopher Hobbs, 2021-03-30 Mushrooms have been used as medicine for thousands of years and their value in boosting immunity, improving memory, and even fighting cancer is being recognized and documented in scientific research. Christopher Hobbs, a mycologist and herbalist at the forefront of contemporary research, profiles the most powerful medicinal mushrooms and explains the nutritional and medicinal compounds in each one. Detailed instructions cover how to select, store, and prepare each variety for use. Whether readers are growing or foraging their own mushrooms, or sourcing them from a local provider, this essential handbook will guide them in making health-boosting medicine.

**shrooms dosage guide:** A Really Good Day Ayelet Waldman, 2017 In an effort to treat a debilitating mood disorder, Ayelet Waldman undertook a very private experiment, ingesting 10 micrograms of LSD every three days for a month. This is the story--by turns revealing, courageous, fascinating and funny--of her quietly psychedelic spring, her quest to understand one of our most feared drugs, and her search for a really good day--

**shrooms dosage guide:** *Psilocybin Mushrooms: Psychedelic Mushroom Types and Their Safe Use - Psilocybin Identification Book* Hank Bryant, 2020-11-09 The countryside is a mushroom hunter's paradise. Psilocybin mushrooms grow wild in so many places, just waiting to be found by a discerning eye. However, distinguishing psychedelic mushrooms from others, which are potentially dangerous, is not so easy. This book will guide you through your psychedelic journey, and ensure you're hunting for the right types of mushroom. In detail, this book will help you to... Gain a comprehensive overview of magic mushrooms and feel comfortable starting your own psychedelic experience Learn everything about the biology and life cycle of the psilocybin mushroom Gain insights into the pharmacology and effects of psychedelic mushrooms Discover facts and figures regarding magic mushrooms that you'll have never heard before! Understand the essentials for your psychedelic journey and be prepared in order to get the most out of your trip Learn everything how to set the scene for a safe and enjoyable trip, from the setting to the optimal dosage Discover how psilocybin can help you through a journey of personal growth Learn about the benefits of microdosing Discover everything you need to know about mushroom habitats and best foraging practices The best locations to get you started on the hunt for psilocybin mushrooms 7 Things to watch out for when you're searching for magic mushrooms Essential tools & equipment you should take on any foraging trip Explore psilocybin mushrooms of the world with confidence and safety Get to know the characteristics of different types of psychedelic mushrooms Get acquainted with the different strains that grow in your area Learn how to identify psilocybin mushrooms of the world Take the first step on your psychedelic journey. To get started, scroll up and grab your copy today.

**shrooms dosage guide:** *Krishna in the Sky with Diamonds* Scott Teitsworth, 2012-01-25 A

verse-by-verse examination of Arjuna's soma experience and Krishna's psychedelic guidance in the Bhagavad Gita • Explains how the Bhagavad Gita provides complete guidelines for the spiritual use of entheogens--from prior mental preparations to the integration of profound visionary insights into everyday consciousness • Examines Chapter XI of the Gita in detail to illuminate Arjuna's hallucinogenic experience and expose Krishna as the ultimate psychedelic guide • Shows psychedelic experience to be an essential and ancient part of the path to spiritual transformation Known as a text of liberation and enlightenment and praised not only by Indians but also by prominent modern thinkers such as Aldous Huxley and Albert Einstein, the Bhagavad Gita is one of the most commented-upon books of all time, yet one aspect has never before been examined: Arjuna's psychedelic soma experience with his guru Krishna. Drawing upon his many years as a student of Nitya Chaitanya Yati, whose teacher was Gita scholar Nataraja Guru, preeminent disciple of Narayana Guru, Scott Teitsworth explains how the Bhagavad Gita, through the story of the hero Arjuna and his guru Krishna, provides complete guidelines for the spiritual use of entheogens, from prior mental preparations to the integration of profound visionary insights into everyday consciousness. Examining Chapter XI of the Bhagavad Gita verse by verse, he illuminates Arjuna's complex revelatory experience and exposes Krishna's role as the ultimate spiritual guide--facets of the Gita evident to anyone with psychedelic experience yet long suppressed in favor of paths to enlightenment through service or meditation. He shows that psychedelics are indeed "gateway drugs" in that they stimulate open exploration of the mind and the meaning of life. Uncovering new depths to this revered manual of spiritual instruction, Teitsworth reveals psychedelic experience to be an essential and ancient path to ignite realization in the prepared student, turn theory into direct experience, and bring the written teachings to life.

**shrooms dosage guide: How to Change Your Mind** Michael Pollan, 2019-05-14 Now on Netflix as a 4-part documentary series! "Pollan keeps you turning the pages . . . cleareyed and assured." —New York Times A #1 New York Times Bestseller, New York Times Book Review 10 Best Books of 2018, and New York Times Notable Book A brilliant and brave investigation into the medical and scientific revolution taking place around psychedelic drugs--and the spellbinding story of his own life-changing psychedelic experiences When Michael Pollan set out to research how LSD and psilocybin (the active ingredient in magic mushrooms) are being used to provide relief to people suffering from difficult-to-treat conditions such as depression, addiction and anxiety, he did not intend to write what is undoubtedly his most personal book. But upon discovering how these remarkable substances are improving the lives not only of the mentally ill but also of healthy people coming to grips with the challenges of everyday life, he decided to explore the landscape of the mind in the first person as well as the third. Thus began a singular adventure into various altered states of consciousness, along with a dive deep into both the latest brain science and the thriving underground community of psychedelic therapists. Pollan sifts the historical record to separate the truth about these mysterious drugs from the myths that have surrounded them since the 1960s, when a handful of psychedelic evangelists inadvertently catalyzed a powerful backlash against what was then a promising field of research. A unique and elegant blend of science, memoir, travel writing, history, and medicine, *How to Change Your Mind* is a triumph of participatory journalism. By turns dazzling and edifying, it is the gripping account of a journey to an exciting and unexpected new frontier in our understanding of the mind, the self, and our place in the world. The true subject of Pollan's mental travelogue is not just psychedelic drugs but also the eternal puzzle of human consciousness and how, in a world that offers us both suffering and joy, we can do our best to be fully present and find meaning in our lives.

**shrooms dosage guide: Psychedelics Encyclopedia** Peter Stafford, 2013-02-18 Traces the history of the use of hallucinogenic drugs and discusses the psychological and physical effects of LSD, marijuana, mescaline, and other drugs.

**shrooms dosage guide: *The Essential Psychedelic Guide*** D. M. Turner, 1994

**shrooms dosage guide: *How to Grow Psilocybin Mushrooms at Home for Beginners*** Bil Harret, Anastasia V. Sasha , 2023-01-30 Do you want to learn how to grow psilocybin mushrooms at home?

Perhaps for microdosing. Is the knowledge that you have about psilocybin mushroom cultivation just enough to go wrong? Have you been feeling frustrated or disconnected from the world lately and crave some inspiration and creativity? This book offers an introductory guide to psilocybin—magic—mushrooms and how to grow them at home. Whether you're a beginner looking to get into mushroom cultivation or an enthusiast of the medicinal qualities of psilocybin, this is the book for you. A mycology enthusiast and dedicated cultivator, Bil Harret provides an up-to-date, comprehensive, and step-by-step guide to several methods to grow psilocybin mushrooms. From his experience, he knows just how overwhelming all the information out there can be. Why does mycology sound so complicated? What do all these fancy words and abbreviations mean? Bil created a book where all the information was condensed into one place. No fuss—just all you need to start growing magic mushrooms using equipment and ingredients you might already have lying around the house. With information compiled from years of experience, ensure that you're getting a realistic and authentic guide to psilocybin mushroom cultivation. In this guide, you will discover: - all you need to start growing magic mushrooms from the comfort of your home, even if you're an absolute beginner! - 5 easy-to-follow methods for growing psilocybin mushrooms at home - outdoor cultivation - other advanced growing techniques for the experienced, including agar cultivation, cultivation transfers and mushroom cloning - how to collect spores, make a spore syringe, and a spore vial - the benefits of using liquid culture for inoculation, and how to prepare it easily - the guidance needed to harvest and store your yield correctly - a detailed troubleshooting guide to growing mushrooms at home - why it's all about understanding the fungi life cycle and their habitat - everything you need to know about psilocybin and how it can change your life - tips for not getting scammed when sourcing your mushroom spores - why having a single psychedelic experience can be superior to a lifetime of medication - body, mind & spirit healing - and more about psilocybin mushrooms! Plus, you'll receive a BONUS chapter that includes the neuroscience behind psilocybin, how to calculate the correct psilocybin doses, risk factors with precautionary tips, and why psilocybin is currently taking the medical world by storm. *How to Grow Psilocybin Mushrooms at Home for Beginners* is not just for people who want to learn how to cultivate psychedelic mushrooms. It is for anyone who wants to improve their mental and physical well-being. It is for anyone who wants to feel more of a connection to other people and the world around them. It is for ANYONE who has EVER felt sad, lonely, or desperate. You will come out of this series of books wishing you had known about these mushrooms earlier. But it is never too late to learn about their "magic". Scroll up and Grab this Guide!

**shrooms dosage guide:** *The ultimate survival guide* tim lindstrom, 2011-12 a short how to book with questionable content. shows how to grow such thing as weed and shrooms, and make things such as explosives and shows a variety of hidden weapons while learning to live for free. it is a must for the anarchist in all of us.

**shrooms dosage guide: Shamanic Plant Medicine - Magic Mushrooms** Ross Heaven, 2019-01-25 The Shamanic Plant Medicine series acts as an introduction to specific teacher plants used by shamans in a variety of cultures to facilitate spirit communion, healing, divination and personal discovery, and which are increasingly known, used and respected in Western society by modern shamans as a means of connecting to spirit. Other books in the Shamanic Plant Medicine series include Ayahuasca: The Vine of Souls, Salvia Divinorum: The Sage of the Seers and San Pedro: The Gateway to Wisdom.

**shrooms dosage guide: Magic Mushrooms: Guide to Cultivation and Safe Use** Israel Bouseman, Hank Bryant, 2019-04-19 GROW YOUR OWN MAGIC MUSHROOMS AT HOME The Psilocybin Mushroom Bible is for anyone who wants to understand the basics of magic mushrooms, their safe use and ways to cultivate them quickly, safely, and effectively at home. This book will guide you through different methods of cultivating psilocybin mushrooms and provide you with detailed step-by-step instructions on how to create your first flush at home. The author outlines different ways to grow magic mushrooms to fit everyone's needs, from basic growing teks, such as the PF tek and Psilly Simon's Method, ideally suited for the beginner, to more advanced techniques



such as working with agar and grain. Whatever your level of experience is, this book is the right companion on your psychedelic journey. In detail, this book allows you to... Get a comprehensive overview of magic mushrooms and feel comfortable to start your own mushroom experience Learn everything about the biology of the psilocybin mushroom Get to know the most common psilocybin species and be able to identify them Discover some facts and figures about the magic of mushrooms that you'll have never heard before! Understand the essentials for your psychedelic journey and be prepared to get the most out of your trip Gain insights about the pharmacology and effects of the psilocybin mushroom Learn everything about the set, setting and the optimal dosage for an enjoyable and safe trip Discover how psilocybin can help you through a journey of personal growth Learn about the benefits of microdosing Discover the basics for magic mushroom cultivation and gain the confidence to embark upon your own project Learn everything you need to know about the life cycle of the mushroom and the stages of cultivation Gain an understanding of the basic teks and the equipment needed to start growing Understand the importance of sterilization and their safety measures to prevent contamination Explore more advanced techniques and bring your cultivation to the next level Discover how to work with agar and learn the specifics of grain Get to know techniques to make spore syringes to reuse the spores from one batch Intensify your knowledge about outdoor cultivation Take the first step on your psychedelic journey. To get started, scroll up and grab your copy.

**shrooms dosage guide: *The Psilocybin Mushroom Bible*** K. Mandrake, Virginia Haze, 2023-11-21 This brand-new second edition of the best-selling *The Psilocybin Mushroom Bible* is the most comprehensive source of information on the market regarding mushroom cultivation, harvesting, and consumption. This book uses detailed, straightforward language and high-resolution color, step-by-step photos to ensure readers can understand and apply everything they need to know about growing mushrooms. *The Psilocybin Mushroom Bible* will teach readers the efficient, safe, and quick process of cultivating their own magic mushrooms. In 2015, *The Psilocybin Mushroom Bible* was the first new book on magic mushroom cultivation published since 2006. Since its publication, it has sold over 100,000 copies and has established itself as one of the most accessible, enjoyable, and informative books on the topic, with its authors directly assisting home growers through forums and courses in the years since. This new edition expands and revises the original, with brand new photos, how to photo essays, new chapters on both low tech and advanced growing methods, and additional indoor and outdoor techniques for new species. Processes include how to build containers and equipment at home and comprehensive instructions on multiple methods of producing magic mushrooms. This new edition also discusses current research on psilocybin as medicine, the recent decriminalization movements, as well as methods for consuming magic mushrooms, from simply eating them, to making tea or discreet pills, and even turning the mushrooms into delicious treats to be enjoyed with friends. The first edition of *The Psilocybin Mushroom Bible* was truly ground-breaking and this new edition not only expands on the previous topics with updated research but also provides new, in-depth information and methods that will ensure it continues to be the number one choice for anyone wanting to know as much as they want about psilocybin mushroom cultivation.

**shrooms dosage guide: *Microdosing Psilocybin Mushrooms: An Essential Guide to Microdosing Magic Mushrooms & Microdosing Journal*** Bil Harret, Anastasia V. Sasha, 2022-12-29 Are you looking to relieve any physical or mental health conditions for which psilocybin has shown potential? Perhaps without the side effects commonly associated with many pharmaceuticals? Are you curious about how psilocybin mushrooms could noticeably improve your daily performance and general well-being and want to know how you can reap all the benefits? Do you want to start microdosing psilocybin mushrooms but have no idea where to start? Looking for a comprehensive, objective, easy-to-follow, up-to-date book to help you microdose psilocybin mushrooms safely and effectively? If your answers are yeses, this book might be your must-have resource. Countless research and anecdotal reports have shown that psilocybin mushrooms can help relieve mental health disorders such as depression, anxiety, crippling fear, substance dependence,

PTSD, and OCD, among others. And not only mental health conditions but also physical ailments such as migraines or cluster headaches, among others. Additionally, it has been used to improve well-being by bursting productivity, enhancing creativity and cognitive functioning, elevating mood and concentration, physical stamina, and more. But even with the outstanding benefits, little is known about microdosing with magic mushrooms, and the information out there lacks accuracy and depth, making this venture harder than it should be... until now. Microdosing Psilocybin Mushrooms is an all-inclusive, carefully researched, beginner-friendly guide to everything there is to know about microdosing with psilocybin mushrooms so that you can steer clear of the guesswork and microdose with a purpose. In this invaluable mushroom guide, you will discover: - The rich history of psilocybin mushrooms, dated back as far as you might have ever imagined - The transformational power of psilocybin, its nature, and its influence on the human brain - Essential factors you need to consider before you begin microdosing - The medicinal and mental health applications of psilocybin, including other benefits - What to do to zero in on your optimal dose when microdosing - The best microdosing protocols for different purposes, including for a good night's sleep, for new users, for medical/mental health purposes, and more - Practices to enhance the potential of psilocybin - Possible side effects and potential drawbacks of psilocybin mushrooms and who should avoid them - How to safely and efficiently source psilocybin - A high-quality journal for you to track your microdosing journey. - Frequently asked questions about microdosing psilocybin mushrooms answered - And so much more! So it doesn't matter whether you've tried microdosing mushrooms before and are looking to refine your knowledge or haven't ever held them in your hand and want to learn more about this nascent topic; this guide plus journal will walk you through the whole process until you are psilocybin-versed! If you are ready to make this happen, click Buy Now and get your copy today! .

**shrooms dosage guide:** Drugs without the hot air David Nutt, 2020-01-16 The dangers of illegal drugs are well known and rarely disputed, but how harmful are alcohol and tobacco by comparison? The issue of what a drug is and how we should live with them affects us all: parents, teachers, users - anyone who has taken a painkiller or drunk a glass of wine. Written by renowned psychiatrist, Professor David Nutt, *Drugs without the hot air* casts a refreshingly honest light on drugs and answers crucial questions that are rarely ever disputed. What are we missing by banning medical research into magic mushrooms, LSD and cannabis? Can they be sources of valuable treatments? How can psychedelics treat depression? *Drugs without the hot air* covers a wide range of topics, from addiction and whether addictive personalities exist to the role of cannabis in treating epilepsy, an overview on the opioid crisis, and an assessment of how harmful vaping is. This new expanded and revised second edition includes even more details on international policies, particularly in the US. David's research has won international support, reducing drug-related harm by introducing policies that are founded on scientific evidence. But there is still a lot to be done. Accessibly written, this much-awaited second edition is an important book for everyone that brings us all up to date with the 'war of drugs'.

**shrooms dosage guide: Healing Mushrooms** Tero Isokaupila, Four Sigmatic, 2017-10-10 The one and only resource on using adaptogenic mushrooms to boost immunity and promote whole body health the natural way. Adaptogenic mushrooms are one of today's buzziest superfoods, known for their ability to restore skin's youthful glow, increase energy levels, reduce brain fog, keep your hormone levels in check, and so much more. In *Healing Mushrooms*, you'll learn about the ten most powerful mushrooms you can add to your daily diet to maximize your health gains. Though some of these mushrooms, like Tremella, Cordyceps, and Reishi will sound exotic, they're all easy to source online in extract form and easier to use in recipes. Even more familiar mushrooms, like Shiitake, Oyster, and Enoki, are full of seriously healing potential-you just have to know how to use them. Packed with practical information, fun illustrations, and 50 mushroom-boosted recipes for breakfast, lunch, and dinner (and even dessert!), *Healing Mushrooms* unlocks the vast potential of this often-overlooked superfood category and will be the go-to resource for adding mushrooms to your health and wellness regimen.

**shrooms dosage guide:** Psilocybin, Magic Mushroom Grower's Guide O. T. Oss, O. N. Oeric,

**shrooms dosage guide: The Rebel's Apothecary** Jenny Sansouci, 2020-05-19 Learn how to improve your health and wellness with the healing magic of cannabis, CBD and medicinal mushrooms. When health coach and wellness blogger Jenny Sansouci learned that her father was diagnosed with stage 4 pancreatic cancer, her extensive knowledge of the latest alternative therapies was put to the test. Jenny dove into the world of cannabis and mushrooms and their medicinal properties - and she and her dad are now outspoken champions of the healing power of these plants and fungi - not only to tame the side effects of chemotherapy, but to address everyday wellness concerns. The Rebel's Apothecary is the result of her heartfelt and rigorous quest -- a science-based and supportive guide that will enhance the lives of anyone living with pain, anxiety, depression, a weakened immune system, insomnia, and more. Complete with background information, dosing instructions, and everyday recipes, this is the essential handbook for harnessing the ancient healing powers of cannabis and mushrooms --safely, without confusion, fear, or an unwanted high. In addition to debunking myths and de-stigmatizing these powerful healing plants and fungi, The Rebel's Apothecary presents: Specific protocols and dosage guides for wellness uses (mood, sleep, immunity, focus, energy) and managing common chemotherapy side effects Everyday wellness routines Recipes for delicious, easy, health-enhancing cannabis and mushroom infused smoothies, coffee drinks, teas, elixirs, gummies, and broths - including recipes from chefs and wellness experts like Dr. Andrew Weil, Kris Carr, Seamus Mullen, Marco Canora and more The latest research on CBD, THC, medicinal mushrooms and psilocybin Tips for creating a cutting-edge home apothecary of your own

**shrooms dosage guide: Divine Mushrooms and Fungi** , 2014 Filled with beautiful color photographs, Divine Mushrooms and Fungi is a must-have for anyone who wants to step into the magic mushroom field of ethnomycology. With detailed information on how to distinguish magic mushrooms from potentially dangerous lookalikes, this guide also features a detailed history of the ritual use of magic mushrooms among pre-Columbian inhabitants of the New World and the evolution of the use of psychedelic fungi from sacred rituals to today's recreational use. Common epithets used for naming mushrooms around the world are accompanied by photographs and descriptions of both magic mushrooms and their poisonous lookalikes. An ideal companion for mushroom-gathering forays, Divine Mushrooms and Fungi provides readers with the sacred knowledge that can lead to a visionary experience.

**shrooms dosage guide: Microdosing with Amanita Muscaria** Baba Masha, 2022-08-16 • Shows how Amanita microdoses offered help and healing for a broad range of conditions, including hormonal dysfunction, allergies, gingivitis, heartburn, eczema, psoriasis, depression, epilepsy, hypertension, insomnia, and migraine • Reveals how Amanita microdoses are effective for pain relief and for interrupting addictions to alcohol, opiates, nicotine, caffeine, and other narcotics • Details how to safely identify, prepare, and preserve Amanita muscaria, including recipes for tincture, tea, oil, and ointment as well as proper microdose amounts Exploring the results of the first international study on the medicinal effects of microdosing with Amanita muscaria, the psychoactive fly agaric mushroom, Baba Masha, M.D., documents how more than 3,000 volunteers experienced positive outcomes for a broad range of health conditions as well as enhanced creativity and sports performance. Masha discovered that Amanita microdoses offered help and healing for hormonal dysfunction, low libido, allergies, asthma, swelling, gingivitis, nail fungus, digestive issues, and skin conditions such as eczema and psoriasis as well as recovery from stroke and cardiac arrest. She found beneficial effects on depression, epilepsy, hypertension, insomnia, and low appetite and shows how Amanita microdoses are quite effective for pain relief, including in cases of rheumatoid arthritis, menstrual pain, and migraine. The author also reveals how Amanita microdoses can interrupt addictions to alcohol, nicotine, caffeine, opiates, and other narcotics. The author details how to safely identify, harvest, prepare, and preserve Amanita muscaria, and she includes recipes for tincture, tea, oil, and ointment as well as proper microdose amounts. She shares more than 780 personal Amanita microdose reports from study participants, detailing the positive, negative, and

neutral effects they experienced, and she also shares some Amanita large-dose trip reports, cautioning against this practice because of the mushroom's strong dissociative properties, including amnesia. Revealing the vast healing potential of this ancient mushroom ally, Masha's study shows not only how Amanita can help with many health conditions but also how it activates the ability to feel the value and the significance of your own life experience.

**shrooms dosage guide: Magic Mushrooms** Dillon H. Point, **Change Your Life with the Power of Magic Mushrooms** A psychedelic trip is not something to take lightly. You have to prepare for it and be open to wherever the experience takes you. Yes, psychedelic trips can change your entire outlook on life. But how do you tap into such a powerful experience? And, is it even legal? This book gives you the complete guide to sourcing, measuring and using magic mushrooms. Magic mushrooms are a safe and trusted way to consume psilocybin, the ingredient that induces psychedelic trips. Artist Harry Styles claims they changed the direction of his music. The best part is that a smaller dose of magic mushrooms can help you become more productive and focused. It is not always necessary to go on a full psilocybin trip. Psilocybin mushrooms are on the path to becoming legal in coming years. Your doctor may even recommend them for depression or anxiety. Read this book and learn all you need to know about magic mushrooms, including: The pros and cons of using shrooms How to safely trip and microdose How to grow your own supply You will also learn the best practices when using magic mushrooms, the legality of magic mushrooms, how to get the most out of psilocybin and so much more.

**The future is Psilocybin and magic mushrooms are the source.**

**shrooms dosage guide: Let's Go Do Some Mushrooms** L. Alexander, 2021-08-25 Copyright L. Alexander, 2021 Preface: I don't know when it began, but one day I woke up with an immense fear of death. Not the event of death itself or the likelihood of pain, but with the uncertainty of what comes after. A heavy weight of anxiety slowly followed as I fell into a loathing despair. Amidst this fear, I truly believed that I was soon going to die. Rather than acknowledging its existence, I forced my newfound feelings into the farthest corner in my mind where they slowly began to grow. Before I knew it, the seedling grew, and it took over every aspect of my life. I became thoughtless, selfish, and passively harmful to everyone and everything around me. My fear then morphed into a paranoia. When will I die? I found myself hating who I had become. Depression, a word which carries little weight to its grips, took over my soul. And so, I did what most people do, and I ignored my own cries for help. After months of dealing with this burden, I decided that I needed to change. I missed the warmth of happiness and the excitement of being truly alive. I missed feeling. I missed love. I simply, missed. - This journey began when I finally grew tired of hating who I had become. My search into psilocybin led me to both promise and skepticism. I, along with the majority of my generation, was raised on some variation of the same story which formed our current negative perceptions of certain drugs. For most, bad trip is immediately what comes to mind when thinking of psychedelic mushrooms. What seems to fall by the wayside are stories with real impact--the types of experiences which make us contemplate the inevitability of life: Mortality Afterlife Fear Love God The stories that aren't discussed are the ones that I have found to be the most profound. The stories that make people feel like they've died and then safely awaken from their trip. The stories which allow people to see the afterlife through the clouds above. The experiences where you stand face to face with god. Throughout my search, I discovered a large variety of stories and soon became addicted to their divinity. Unfortunately, I found it difficult to decipher which stories were real and authentic. I could not find the answers I was looking for. I wanted real life. I wanted digestible and relatable experiences. I wanted to read them, and I wanted to talk about them --anything that would take me deeper and fulfill my curiosity. I wanted to have real conversations about one's consciousness before, during, and after a psychedelic mushroom experience. Ultimately, I wanted to see if these mushrooms could help. I was jealous of those brave enough to alter their consciousness. In order to fulfill my curiosity, I had to experience it for myself. I had to see if I could feel transcendence. I had to see if I could experience death. I had to know if I could meet god.

**shrooms dosage guide: Bad Bug Book** Mark Walderhaug, 2014-01-14 The Bad Bug Book 2nd

Edition, released in 2012, provides current information about the major known agents that cause foodborne illness. Each chapter in this book is about a pathogen—a bacterium, virus, or parasite—or a natural toxin that can contaminate food and cause illness. The book contains scientific and technical information about the major pathogens that cause these kinds of illnesses. A separate “consumer box” in each chapter provides non-technical information, in everyday language. The boxes describe plainly what can make you sick and, more important, how to prevent it. The information provided in this handbook is abbreviated and general in nature, and is intended for practical use. It is not intended to be a comprehensive scientific or clinical reference. The Bad Bug Book is published by the Center for Food Safety and Applied Nutrition (CFSAN) of the Food and Drug Administration (FDA), U.S. Department of Health and Human Services.

**shrooms dosage guide:** Consciousness Medicine Françoise Bourzat, Kristina Hunter, 2019-06-25 A comprehensive guide to the safe and ethical application of expanded states of consciousness for therapists, healing practitioners, and sincere explorers Psychedelic medicines also known as entheogens are entering the mainstream. And it's no wonder: despite having access to the latest wellness trends and advances in technology, we're no healthier, happier, or more meaningfully connected. Psilocybin mushrooms, ayahuasca, and LSD—as well as other time-tested techniques with the power to shift consciousness such as drumming, meditation, and vision quests—are now being recognized as potent catalysts for change and healing. But how do we ensure that we're approaching them effectively? Françoise Bourzat—a counselor and experienced guide with sanctioned training in the Mazatec and other indigenous traditions—and healer Kristina Hunter introduce a holistic model focusing on the threefold process of preparation, journey, and integration. Drawing from more than thirty years of experience, Bourzat's skillful and heartfelt approach presents the therapeutic application of expanded states, without divorcing them from their traditional contexts. Consciousness Medicine delivers a coherent map for navigating nonordinary states of consciousness, offering an invaluable contribution to the field of healing and transformation.

**shrooms dosage guide:** A Guide to British Psilocybin Mushrooms Richard Cooper, 1979

**shrooms dosage guide:** *Sacred Knowledge* William A. Richards, 2015-12-08 Sacred Knowledge is the first well-documented, sophisticated account of the effect of psychedelics on biological processes, human consciousness, and revelatory religious experiences. Based on nearly three decades of legal research with volunteers, William A. Richards argues that, if used responsibly and legally, psychedelics have the potential to assuage suffering and constructively affect the quality of human life. Richards's analysis contributes to social and political debates over the responsible integration of psychedelic substances into modern society. His book serves as an invaluable resource for readers who, whether spontaneously or with the facilitation of psychedelics, have encountered meaningful, inspiring, or even disturbing states of consciousness and seek clarity about their experiences. Testing the limits of language and conceptual frameworks, Richards makes the most of experiential phenomena that stretch our understanding of reality, advancing new frontiers in the study of belief, spiritual awakening, psychiatric treatment, and social well-being. His findings enrich humanities and scientific scholarship, expanding work in philosophy, anthropology, theology, and religious studies and bringing depth to research in mental health, psychotherapy, and psychopharmacology.

**shrooms dosage guide:** **Critical Issues in Alcohol and Drugs of Abuse Testing** Amitava Dasgupta, 2019-01-10 Critical Issues in Alcohol and Drugs of Abuse Testing, Second Edition, addresses the general principles and technological advances for measuring drugs and alcohol, along with the pitfalls of drugs of abuse testing. Many designer drugs, for example, are not routinely tested in drugs of abuse panels and may go undetected in a drug test. This updated edition is a must-have for clinical pathologists, toxicologists, clinicians, and medical review officers and regulators, bridging the gap between technical and clinical information. Topics of note include the monitoring of pain management drugs, bath salts, spices (synthetic marijuana), designer drugs and date rape drugs, and more. - Serves as a ready resource of information for alcohol and drug testing -

Ideal resource for making decisions related to the monitoring and interpretation of results - Includes concise content for clinical laboratory scientists, toxicologists and clinicians

**shrooms dosage guide:** Jesus and the Magic Mushroom Sean Williams, 2009-05-28 This book points out the undeniable similarities between the teachings of Jesus via the Gospel of Thomas, the psychedelic experience, mysticism, and the near death experience, to guide us down the road of life toward our ultimate destination, spiritual consciousness. The knowledge within this book can help you achieve for yourself what a lifetime of religion will fail to do for you.

**shrooms dosage guide:** *The Psychedelic Renaissance* Ben Sessa, 2020-10-29 Praise for Second Edition of *The Psychedelic Renaissance*: 'Onward, intrepid explorer, keep your wits, while allowing them to be tickled, as Dr Sessa leads you into a world of remarkable wonders! You are in for a real treat!' Robin Carhart-Harris 'This new book is a succinct, entertaining overview of the emerging Psychedelic Renaissance written by an insider, and one of the brightest young architects of this new emerging paradigm.' Dr Dennis J. McKenna 'With intelligence, fact-based optimism and compassion Sessa throws open the doors of perception and guides the reader through the complexities of the history, pharmacology, legality and potential of these miraculous molecules.' Andy Roberts 'This new edition of Sessa's, *The Psychedelic Renaissance*, will encourage researchers to work in this field, to the benefit of our understanding of how the brain works and to develop new approaches to psychiatric disorders.' David Nutt 'Dr. Ben Sessa prescribes a way forward; mainstreaming psychedelics for a world in deep need of spirituality and inspiration. *The Psychedelic Renaissance* is a book that deserves to be widely read.' Rick Doblin 'Ben Sessa's energetic review of the research and cultural use of psychedelics provides a unique perspective. The way forward is clear: we urgently need more scientific research, and a rational reform of drug policies.' Amanda Feilding 'The Psychedelic Renaissance will inevitably and rightly be seen as an important marker of their assimilation into the cultural mainstream. I highly recommend it.' Ralph Metzner 'Dr. Sessa skilfully chronicles important developments, perhaps a turning point, in psychiatry and in the understanding of psychedelics in the wider culture. This new updated edition of *The Psychedelic Renaissance* is informative, entertaining and timely.' Michael Mithoefer

**shrooms dosage guide:** *The Psychedelic Experience* Timothy Leary, Richard Alpert, Ralph Metzner, 2017-06-27 *The Psychedelic Experience*, created in the movement's early years by the prophetic shaman-professors Timothy Leary, Ralph Metzner, and Richard Alpert (Ram Dass), is a foundational text that serves as a model and a guide for all subsequent mind-expanding inquiries. In this wholly unique book, the authors provide an interpretation of an ancient sacred manuscript, the Tibetan Book of the Dead, from a psychedelic perspective. Reissued here to coincide with the 50th anniversary of the summer of love.

**shrooms dosage guide:** *The Bad Bug Book* FDA, U S Food & Drug Administration, 2004 The Bad Bug was created from the materials assembled at the FDA website of the same name. This handbook provides basic facts regarding foodborne pathogenic microorganisms and natural toxins. It brings together in one place information from the Food & Drug Administration, the Centers for Disease Control & Prevention, the USDA Food Safety Inspection Service, and the National Institutes of Health.

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your mycological landscapes the envy of the neighborhood.

**shrooms dosage guide:** Microdosing Psychedelics Paul Austin, 2018-06-27 Microdosing Psychedelics: A Practical Guide to Upgrade Your Life by Paul Austin is a comprehensive guide to all the necessary information on the practice of microdosing - including protocols, benefits, drawbacks, and sourcing. Weaving together anecdotal narratives and preliminary research on the use of small amounts of psychedelics, Microdosing Psychedelics is oriented toward anyone interested in microdosing to improve their general well-being, particularly those in leadership and creative positions. Over the last few years, microdosing has entered the cultural zeitgeist. From bio-hackers in Silicon Valley seeking to improve their focus, to writers and artists looking for a creative edge, to suburban moms struggling with depression, to everyday people who want to achieve emotional balance, microdosing has led the way in mainstreaming and normalizing psychedelics. In the most comprehensive book of its kind, author, public speaker, and microdosing expert Paul Austin provides a thorough overview of how just about anyone can benefit from an intentional, structured microdosing protocol. In Microdosing Psychedelics, Austin provides readers with everything they need to know about microdosing, including: \*What exactly is microdosing and how did it become a thing? \*How to set up a weekly schedule if you want to experiment with microdosing \*Three ways microdosing can benefit your professional career \*The safest and easiest ways to obtain psychedelics if you wish to experiment with microdosing

**shrooms dosage guide:** Antifungal Therapy Mahmoud Ghannoum, John R. Perfect, 2016-04-19 A concise one-stop-practical reference for the various physicians dealing with fungal infections, Antifungal Therapy appeals to infectious disease physicians, transplant surgeons, dermatologists, and intensivists, as well as basic scientists and pharmaceutical company researchers interested in the state of antifungal therapy. This book provides a c

**shrooms dosage guide:** Go Find Your Father Harmony Holiday, 2014 Poetry. Literary Nonfiction. African American Studies. Harmony Holiday's tête-bêche book-length lyric essay collection GO FIND YOUR FATHER/A FAMOUS BLUES immerses itself and its readers in a deeply personal interrogation of perhaps the most difficult subjects of all: love and family legacy. Holiday addresses these topics in verse, prose, and, most affectingly, in letters to her father--the late singer-songwriter Jimmy Holiday. Through these notes as well as her poems bearing long, ambitious, uncompromising lines, Holiday explores how we distill our own identities from memories and responsibilities bound up in tenderness and violence. Do any black children grow up casual? Naw, we grow up shipped, knowing that we are loved but knowing more than that, that terror, that knowing is scrawled money for our bank. We're sure-shot and avoided, singing blue devil blues like a black and blue disciple, out from Sallis, Attala off delta, change-played, flowed to that subcommon up-river fate, our Waterloo and phonic quarry, step-sharp, sharp-squared, strait-shawled, boot-sharp visitor, made for walking, talking remnant of an extra-impossible accord, then Los Angeles. Resonances and renaissance of everywhere we come from, Harmony, deepest Holiday since Jason, since Jimmy, having gone to find him, makes these missive runs, assured of her allure but running from and in that into open, unsure dream. She sees it's getting late. Her archive has a microtonal blush. Sightsound, as Russell Atkins says. Can you say what it is to sing a song of love I can show you, right here, ask me now.--Fred Moten

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