

SET AND SETTING

'Set' is the expectations a person brings with them and includes the physical, emotional and spiritual condition of the person, their expectations about the drug's effects and how they will react to it. 'Setting' is the environment that a person is in, including the social environment, who you are with and the physical surroundings, e.g. at home, at a festival or an unfamiliar location. In other words it includes the whole of the person at that present moment.

For hallucinogenic drugs, more so than other psychoactive substances, set and setting are very important in determining the nature of the experience.

SAFER USING TIPS

- Try to plan ahead. If you're at a doof, make sure you have your warm clothes ready, choose a time to get changed and set an alarm as you may not realise that it is getting colder
- Try to eat well beforehand and allow time for the food to digest before dosing
- If you can manage it, try to have your regular meals or snacks while you're tripping
- Try to drink plenty of water during the experience
- It is probably not worth tripping if you feel depressed, anxious, tired or upset. It is likely to make you feel worse rather than shift your mood
- It is strongly advised not to take any psychedelics if you have a psychotic disorder
- It is best if you haven't got anything important to do the next day; you may not be completely yourself
- Try not to make any big decisions about life or people. Hallucinogen type drugs can change and/or distort your perceptions
- It is a good idea to have plenty of things around to play with to keep you entertained during the experience
- Try to listen to your instincts; if they tell you to leave a place or to avoid somewhere/someone then do it. Depending on the setting it is advisable not to do it alone
- If picking your own mushrooms, do so with other experienced pickers and read a field guide so that you know exactly what to look for

COMBINATIONS

Magic mushrooms combined with...

(Possible outcomes - what works for one person may not work for another. We recommend you proceed with caution.)

- Ice = psychosis - the stimulant will speed up and intensify the trip
- Large amounts of amphetamines = psychosis
- Other psychedelics = uncontrolled/overwhelming hallucinations
- Cannabis = confusion, can lead to psychosis
- Pills (ketamine or speed bombs) = complications
- Benzos (anti anxieties) = counteracts the intensity of the trip

It is **not** recommended to use magic mushrooms if you suffer from:

- Sleep deprivation
- Anxiety
- Depression
- Schizophrenia
- Psychotic disorders
- Other mental health issues

MORE INFO

This resource is designed to give a brief overview and it is recommended that you do further research. The following websites may provide you with useful information.

www.dancewize.org.au

www.hrvic.org.au

www.erowid.org

www.bluebelly.org.au

www.psychosactive.org.uk

www.bluelight.ru

www.dancesafe.org

www.trippproject.ca

www.shroomery.org

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**KNOW YOUR MIND, KNOW YOUR BODY,
KNOW YOUR SUBSTANCE AND KNOW YOUR LIMITS!**

This resource has been developed for party goers and people who are already using drugs. The role of DanceWize is to provide factual, relevant and practical information to assist you to make informed choices about different drugs and to promote harm reduction, safer partying and safer drug use.

DESCRIPTION

Magic mushrooms are wild mushrooms which contain a psychedelic or hallucinogenic ingredient. The main active compound, psilocybin, is found in dozens of species of 'magic mushrooms' belonging to the psilocybe, panaeolus, and copelandia species. Nearly all of the psilocybin-containing mushrooms are small brown mushrooms easily mistakable for any number of non-psychoactive, or poisonous mushrooms in the wild. This makes identifying true magic mushrooms not only difficult, but potentially hazardous and possibly lethal.

DESCRIPTION *(continued)*

As well as psilocybe mushrooms there is another species called amanita muscaria and amanita pantherina. These mushrooms are bright red or yellow with white dots and belong to a family of mushrooms that includes some deadly poisonous strains. Again, since the poisonous species are easily mistaken for their psychoactive relatives picking them is not recommended unless you are absolutely sure you know what you're doing.

The effects of Magic Mushrooms are similar to a shorter acting LSD trip. Like all psychedelics mushrooms affect all the senses, especially your auditory and visual senses, creating hallucinations and perceptual changes. Psychedelics can alter a person's thinking, sense of time and emotions.

DOSAGE TIPS

- Potency can vary greatly from one mushroom to the next so it is important to test the strength by starting with a small dose
- It is best to wait at least 2 hours before re-dosing
- Weight of dose will vary depending on whether you use fresh or dried mushrooms or if you are using caps
- Also be aware that mushrooms caps can be packed to different weights so what you get from one source may contain more or less than from another source
- Due to the inconsistencies with dose it is best to start with half the standard dose

ADMINISTRATION

Swallowed

DURATION

Caution: Reactions and experiences may vary dramatically from person to person. Depending on how much and how recently you have eaten food, mushrooms generally take 30-60 minutes (though sometimes as long as 2 hours) to take effect.

Mushrooms Duration

Oral

Total Duration:	4 - 9 hours
Onset:	15 - 120 minutes
Peak:	2 - 3 hours
Coming Down:	1 - 3 hours
After Effects:	0 - 6 hours

EFFECTS

(The following is a list of possible effects, which may vary from person to person)

Physical

- Giggling, laughter
- Starring and rainbow patterns around pinpoint lights
- Increased detection of motion in peripheral vision
- Sensitivity to light - lights seem brighter
- Sleepiness, lethargy
- Pupil dilation
- Increased energy - buzzing in nervous system
- Headache, usually as effects wear off, sometimes beginning the next day, lasting for up to 24 hours
- Nausea, gas, gastrointestinal discomfort
- Dizziness, giddiness
- Light-headedness or fainting

Caution:

Reactions and experiences on magic mushrooms vary dramatically from person to person. Every experience is subjective and unpredictable.

Emotional

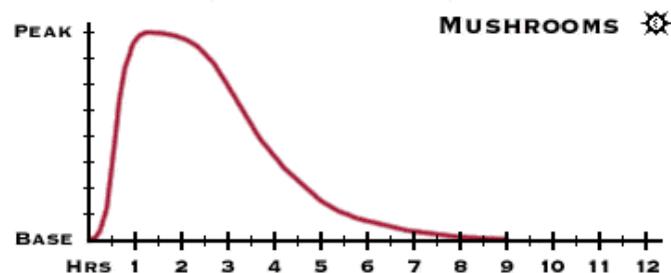
- Mood life, euphoria
- Life-changing spiritual experience
- Intense feelings of wonder
- Emotional sensitivity
- Memories come to life
- Connection with nature
- Intense feelings of fear

Psychological

- Creative, philosophical or deep thinking - ideas flow more easily
- Boring tasks or entertainment can become more interesting and/or funny
- General change in consciousness
- Time perception alteration - time seems to pass more slowly (minutes seem to take hours)
- Open and closed-eye visuals (common at medium or stronger dose)
- Mild to severe anxiety
- Confusion
- Can precipitate or exacerbate latent or existing mental disorders

Half-life: Although the effects of the drug may seem to wear off after 4 hours the drug is still active in your system for another 5 hours. However, effects may linger until you have slept

Roadside drug test: Not detectable through saliva testing



STREET NAMES

Shrooms, Mushies, Caps

CHEMICAL COMPOUND

Psilocybin (4-phosphoryloxy-N,N-dimethyltryptamine)



Psilocybe tampanensis
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