



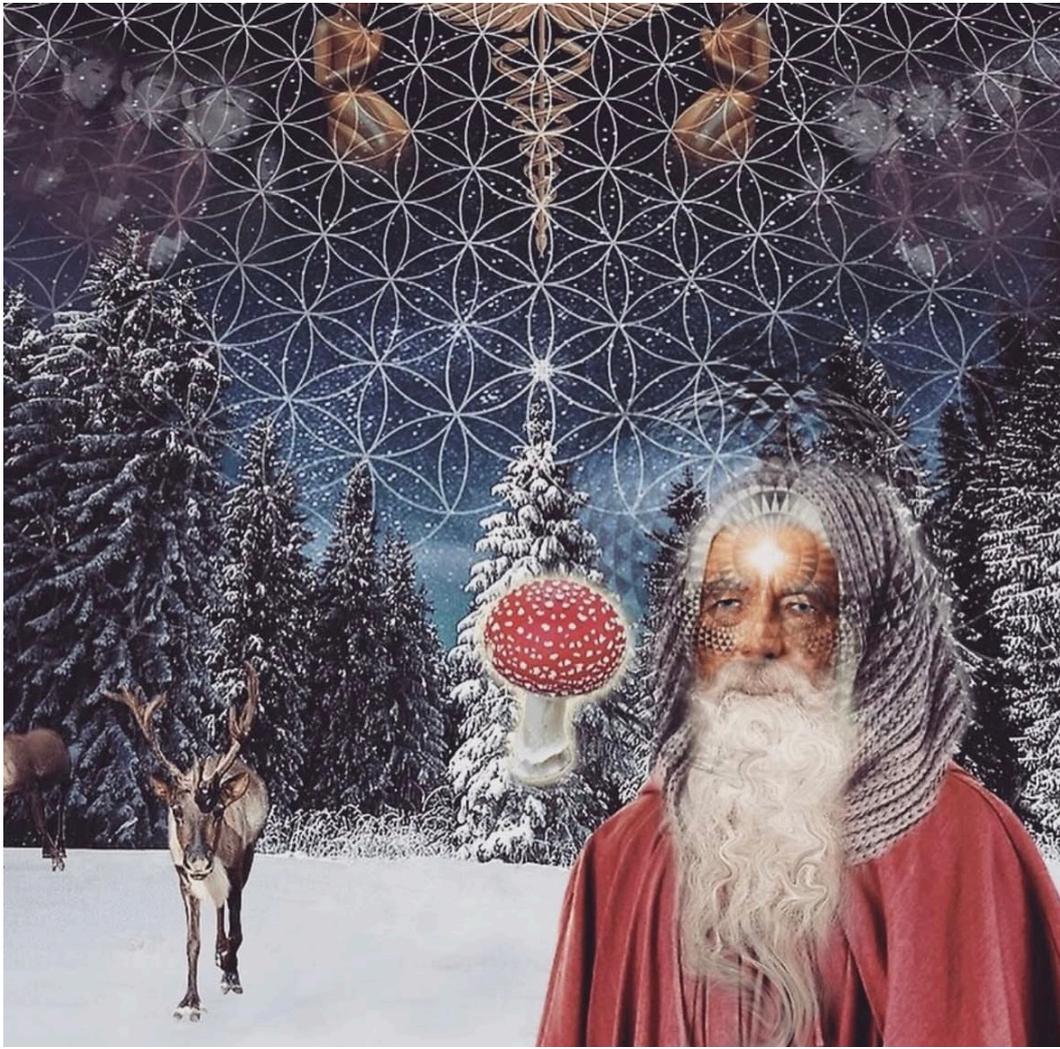
# Amanita Muscaria

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## **A Ceremonial, Nervous-System-Focused Mushroom**

Amanita muscaria is an ancient mushroom ally with documented traditional use across Siberia, Northern Europe, and parts of Asia. In various cultural contexts, Amanita was worked with ceremonially and ritually, often in relation to **altered awareness, dreaming, endurance, and the regulation of the body and nervous system.**

Unlike classic psychedelic mushrooms, Amanita does not act on serotonin receptors. Its effects are commonly described as **dreamlike, embodied, and inward-moving**, offering altered states that feel fundamentally different from psilocybin.



## The Spirit Of Amanita

Amanita is often approached as a medicine of **attunement rather than intensity**.

Rather than amplifying perception outward, Amanita tends to draw awareness **into the body**, into subtle sensation, rest, and presence. Many people experience this mushroom as grounding, calming, and regulating — particularly when worked with slowly and intentionally.

In ceremonial or intentional contexts, Amanita is often met with:

- Patience
- Respect

- Listening
- A willingness to go slowly

This is a medicine that tends to reveal itself over time, not all at once.

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## How Amanita Works

Amanita's primary active compounds interact mainly with the **GABA system**, which plays a key role in:

- Relaxation
- Muscle tone
- Sleep cycles
- Stress response
- Nervous-system regulation

Because of this, Amanita does not create classic psychedelic visuals or rapid mental expansion. Instead, its effects are often felt **in the body and nervous system**, with a calming or sedative quality, especially at low doses.

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## Microdosing & Tincture Use

At microdose levels, Amanita is generally subtle and functional rather than intoxicating.

People often report:

- A sense of nervous-system settling
- Reduced stress or anxiety reactivity

- Feeling more present or embodied
- Emotional softening
- Improved sleep quality
- Less mental noise or over-stimulation

Many describe the experience as:

“A deep exhale for the nervous system.”

Responses vary widely, and sensitivity differs from person to person.

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## Dosing

Amanita responds well to **slow, consistent, and attuned use**.

### **General tincture guidance:**

- Begin with **3 drops**
- Take **once daily**
- Remain at the same dose for several days before adjusting
- Increase slowly and only if needed

Some people notice effects immediately, while others experience gradual shifts over time. Subtlety is common.

Less is often more.

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# Timing : Daytime or Evening

Amanita can be taken:

- **During the day**, particularly at very low doses
- **In the evening**, which many people prefer due to its calming and sleep-supportive qualities

There is no universal rule. The most important guidance is to:

- Listen to your body
  - Notice changes in energy, focus, and sleep
  - Adjust timing accordingly
  - When uncertain, consult your guide or practitioner
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## Daily Use - Building Relationship

Many people choose to work with Amanita as a **daily or near-daily microdose**, especially when supporting nervous-system regulation or rest.

This medicine often works best when paired with:

- Grounding practices
- Adequate rest
- Journaling or reflection
- A consistent rhythm

Amanita is best approached as a **relationship**, not a quick solution.

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# Slightly Above A Microdose

*(Threshold or “mini” doses)*

At doses just above a microdose, some people may experience:

- More noticeable body relaxation or heaviness
- Dreamlike or inward-focused awareness
- A desire to lie down or reduce stimulation
- A slower sense of time

These effects are still distinct from classic psychedelic experiences and are typically non-visual.



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# Amanita Muscaria vs Psilocybin Microdosing

*A brief comparison*

## **Psilocybin Microdosing**

- Acts primarily on serotonin receptors
- Often felt as uplifting or activating
- Can enhance creativity, mood, and emotional insight
- More mind-oriented

- May feel stimulating for some people

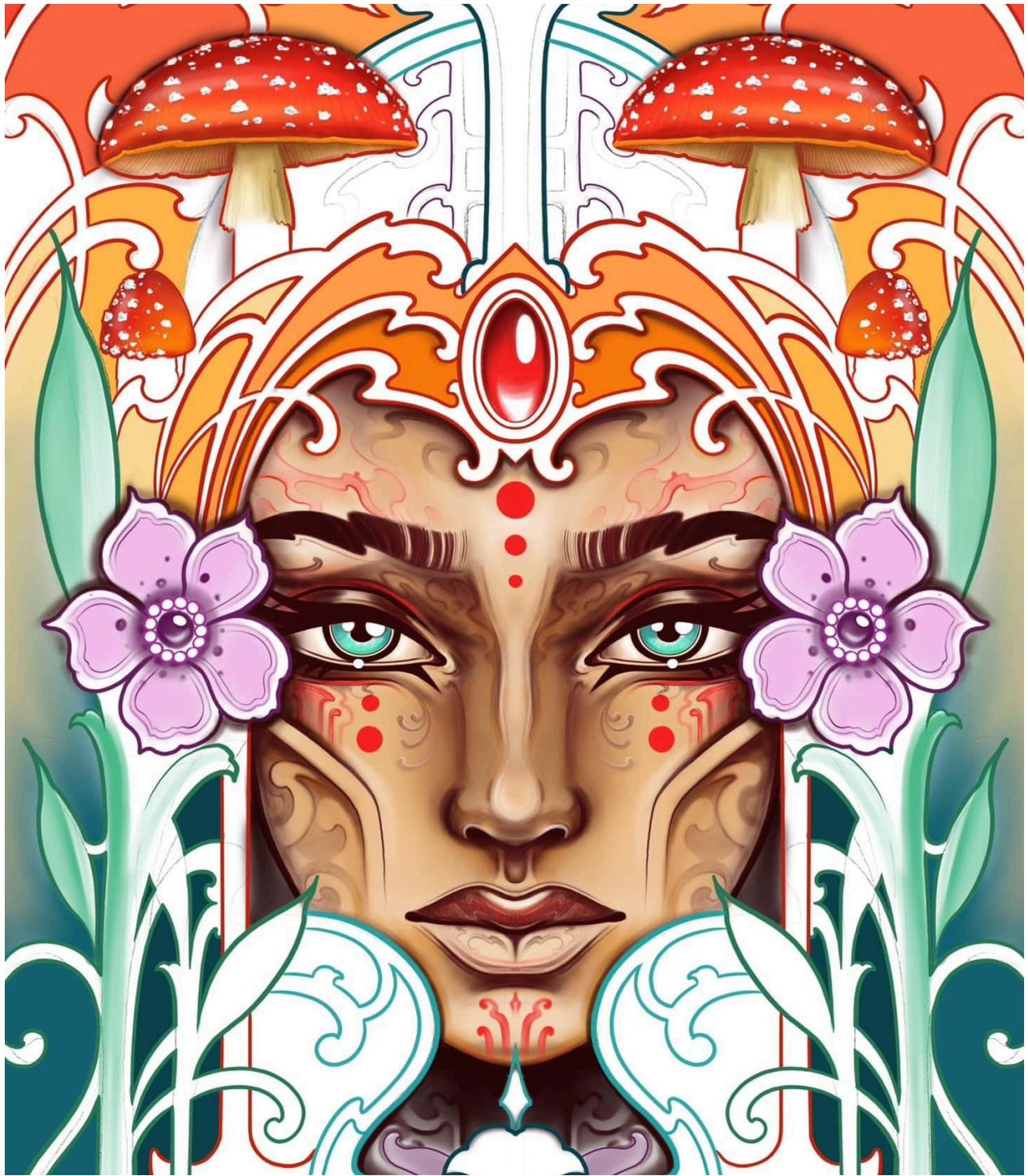
## **Amanita Microdosing**

- Acts primarily on the GABA / nervous system
- Calming, grounding, and regulating
- Supports rest, embodiment, and nervous-system balance
- More body-oriented
- Often supportive for slowing down

### **In simple terms:**

- Psilocybin microdosing tends toward **expansion and activation**
- Amanita microdosing tends toward **regulation and rest**

They are very different medicines and serve different intentions.



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## Final Thoughts

*Amanita muscaria* is not a recreational psychedelic.

It is a **subtle, powerful, and ancient ally** that invites patience, respect, and careful listening.

Approach slowly.

Trust your body.

And allow the relationship to unfold over time.

*This information is for educational purposes only and is not intended to diagnose, treat, or cure any condition.*



Maya Luna provides educational resources, ceremonial guidance, and personalized coaching for those working with microdosing and plant medicine as tools for nervous-system regulation, embodiment, and intentional living.

If you would like support in choosing a dose, building a relationship with the medicine, or integrating your experience, guidance is available.

**Connect with us:**

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🌐 Meet the Medicine 45 mins / \$60 - Rachel Cogan @ Maya Luna