

A Guide to the Sacred Practice of Microdosing

GOLDEN RULE



A Guide to the Sacred Practice of Microdosing

Welcome to the world of psychedelics! Whether you're curious about improving your mental health, boosting creativity, or just seeking a deeper connection to yourself, this guide will help you get started on your journey.

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The Golden Rule Mission

Golden Rule's mission is to empower individuals to heal, grow, and transform their lives through the natural power plant medicines. We are committed to providing high-quality, ethically sourced products that promote mental, emotional, and spiritual well-being. Our goal is to support people in connecting more deeply with themselves, fostering mindfulness, personal development, and inner peace, while respecting and honoring the ancient wisdom and traditions of these sacred medicines. Through education, community, and intentional wellness practices, we aim to help people live their most authentic, balanced, and vibrant lives.

What Is the GOLDEN RULE

Crafted with the Golden Rule: Exceptional quality, utmost safety, and unmatched reliability in every product, just as we would want for ourselves.

What Is Microdosing

Microdosing involves taking a very small, sub-perceptual dose of a psychedelic substance, typically psilocybin (the active compound in magic mushrooms) or LSD. These doses are so small that you don't experience a full "trip," but enough to notice subtle positive effects on your mood, focus, and overall well-being.

Why Microdose with Mushrooms

Psilocybin mushrooms have become popular for its numerous benefits, including:

- **Improved Mood:** Many experience increased happiness, reduced stress, and a calmer state of mind.
- **Enhanced Focus and Creativity:** Stay present, think clearly, and unlock new levels of creativity.
- **Emotional Healing:** Gain insights into your emotions and process unresolved trauma or anxiety.
- **Neuroplasticity:** Promote the brain's ability to form new neural connections, helping break negative thought patterns.
- **Increased Productivity:** By enhancing focus and mental clarity, microdosing can boost work efficiency.
- **Reduced Anxiety, Depression, and ADHD Symptoms:** Psilocybin helps quiet the brain's Default Mode Network (DMN), which is often overactive in people with anxiety, depression, and ADHD, allowing for better focus and relief from negative thought patterns.
- **Better Relationships:** Enhanced empathy and self-awareness can improve communication and emotional connections.

These benefits make microdosing a powerful tool for enhancing mental, emotional, and cognitive well-being..

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How to Choose the Right Product

Golden Rule Mushrooms offers a variety of products tailored to different experiences. Here's a simple breakdown to help you choose:

- **Single Strain Products:** These are great for beginners who want to experience the effects of a single mushroom strain. Popular strains include Golden Teacher, Avery, and Hillbilly.
- **Blends:** If you're looking for a mix of benefits, our blends combine the power of functional mushrooms and adaptogens to enhance your experience:
 - MiniFlow/Flow/SuperFlow - for expansive focus, clarity, and motivation.
 - MiniZen/Zen/SuperZen - for grounding, calming, and centeredness.
 - MiniHappy/Happy/SuperHappy - for optimism, serenity, and connection.
- **Artisan Line:** For a more flavorful and often deeper experience, try our Bliss Bites, Euphoria Truffles, Ceremonial Chocolate Bar, Ritual Gummies, Sol Gummies, SuperSol Gummies, and Whimsy Micro Drops.

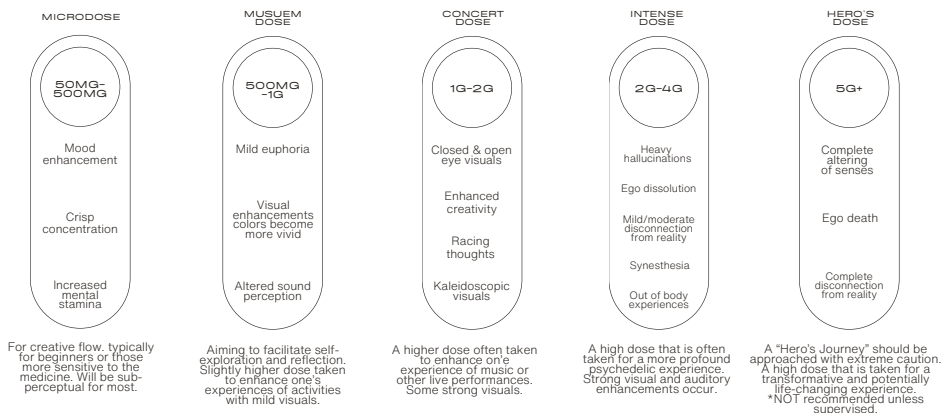
Product	Golden Teacher	Avery	Hillbilly	Yeti	Reishi	Lion's Mane	Cordyceps	Blue Lotus	LSD
Golden Teacher	✓								
Avery		✓							
Hillbilly			✓						
MiniZen	✓				✓	✓			
Zen	✓				✓	✓			
SuperZen	✓				✓	✓			
MiniFlow		✓				✓	✓		
Flow		✓				✓	✓		
SuperFlow		✓				✓	✓		
MiniHappy			✓		✓	✓		✓	
Happy			✓		✓	✓		✓	
SuperHappy			✓		✓	✓		✓	
Ceremonial Chocolate Bar		✓							
Bliss Bites			✓				✓	✓	
Whimsy			✓				✓		
Euphoria truffles				✓		✓		✓	
Ritual Gummies				✓					
SOL Gummies									✓

Product	Feelings/Benefits
Golden Teacher	Introspection, reflection, grounding, awareness, lightness, calm
Avery	Focus, clarity, motivation, flow, intuition, confidence
Hillbilly	Joy and happiness, creativity, gentleness
Zen Blend (Zen, MiniZen, SuperZen)	Introspection, grounding, peace, sense of calm
Flow Blend (Flow, MiniFlow, SuperFlow)	Expansive focus, heightened clarity, intuition, and energy.
Happy Blend (Happy, MiniHappy, SuperHappy)	Optimism, serenity, connection, joy, creativity
Ceremonial Chocolate Bar	Peaceful, introspective, heart-opening
Bliss Bites	Tranquil, blissful experience, natural afrodasiac
Whimsy	Joyful, uplifting, energized
Euphoria Truffles	Euphoria, visual, florescent, stimulating
Ritual Gummies	Uplifted, pleasurable, freeing
SOL Gummies	Invigorating, motivated, vibrant

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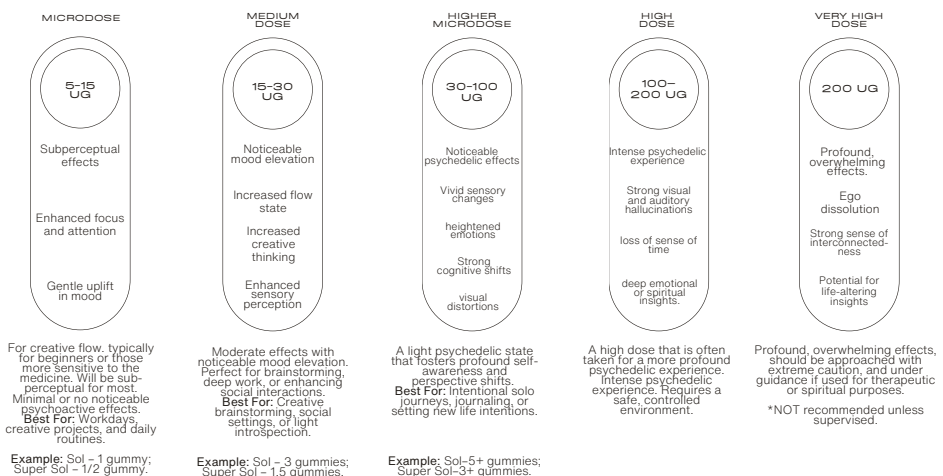
Dosage Amounts For Mushrooms

Psilocybin experiences by dosage



Dosage amounts for SOL and SuperSOL LSD gummies

LSD experiences by dosage





Microdosing LSD

Microdosing LSD is very similar to microdosing mushrooms, offering many of the same benefits and working in a similar way in the brain. We like to think of mushrooms as affecting serotonin, while LSD influences dopamine. Some people respond better to mushrooms, and others to LSD.

Mushrooms tend to make people feel lighter, peaceful, centered, creative, introspective, present, and happy. On the other hand, LSD is often described as fun, joyful, outgoing, talkative, focused, and high-energy. The best way to find out which works better for you is to try both.

At Golden Rule, the only products we offer that contain real LSD are SOL and SUPERSOL. While the protocols for microdosing LSD are similar to those for mushrooms, the dosage amounts differ.

SOL Dosage Amount:

- A typical microdose is 5-20µg of the active ingredient. SOL Gummies come in 10µg gummies. Take half a gummy for 5µg or two gummies for 20µg.

SUPERSOL Dosage Amount:

- Consume ½ - 1 gummy. These are not intended for microdosing unless you have a higher tolerance.
- ½ Gummy: A "Museum" dose, slightly higher, often taken to enhance activities.
- 1 Gummy: A "Concert" dose, a higher dose often used to enhance the experience of music or live performances, with possible visuals.
- 2 Gummies: An "Intense" dose for a more profound psychedelic experience, with visual and auditory enhancements likely to occur.



Our Products

SINGLE STRAIN



Avery Albino

This variety is known for enhancing focus, clarity, motivational energy, flow, strengthened intuition, confidence, and getting things done.



Golden Teacher

This variety is known for enhancing introspection, reflection, grounding, awareness, lightness, emotional clearing, and a sense of calm.



Hillbilly Pumpkin

This variety is known for their significant boost in joy and happiness, creativity, and overall gentleness for beginners to microdosing.

SIGNATURE BLENDS



Flow Blend

For expansive focus, heightened clarity and intuition, and extra motivation. The adaptogenic mushrooms we add to this premium blend partner exceptionally well with the entheogenic mushrooms for an incredible experience. 200mg of active mushrooms per capsule.



SuperFlow

Similar to Flow, this blend aids in expansive focus, heightened clarity and intuition, and extra motivation. 350mg of active mushrooms per capsule.



MiniFlow

We recommend this product to anyone looking for expansive focus, heightened clarity and intuition, and extra motivation. 100mg of active mushrooms per capsule.



Happy Blend

For optimism, serenity, and connection. The adaptogenic mushrooms we add to this premium blend partner exceptionally well with the entheogenic mushrooms for an incredible experience.



SuperHappy

We recommend this product to anyone looking for optimism, serenity, and connection. 350mg of active mushrooms per capsule.



MiniHappy

We recommend this product to anyone looking for optimism, serenity, and connection. 100mg of active mushrooms per capsule.



Zen Blend

We recommend this product to anyone looking for grounding, creativity, and a sense of calm. 250mg of active mushrooms per capsule.



SuperZen

Similar to Zen, this blend supports grounding, creativity, and a sense of calm. 350mg of active mushrooms per capsule.



MiniZen

We recommend this product to anyone looking for grounding, creativity, and a sense of calm. 100mg of active mushrooms per capsule.

ARTISAN LINE



Bliss Bites

Experience the magic of Bliss Bites today and elevate your moments of connection and joy. 150mg active per chocolate heart



Euphoria Truffles

Premium artisan chocolate truffles. Meticulously crafted, containing a perfect blend of nature's finest gifts. 1.5g active per truffle



Ceremonial Chocolate Bar

Premium artisan chocolate with edible gold flakes. 333mg active per square



Whimsy

For a Joyful, Uplifting, and Energized Experience. 150mg active per chocolate drop



SOL Gummies

For an Invigorating, Motivated, Vibrant Experience. 10µg active LSD per gummy



Ritual Gummies

For a Pleasurable, Joyful, Freeing Experience. 400mg active per gummy



SuperSOL

For an Invigorating, Motivated, Vibrant Experience. 30µg active LSD per gummy

Why Protocols Matter

Imagine setting sail without a compass; that's microdosing without a protocol. Protocols are important as they provide a structured approach, ensuring you get the most from your practice while minimizing risks. They help maintain consistency, reduce tolerance build-up, and allow for careful observation of effects—important for fine-tuning your experience.

Microdosing requires a consistent schedule to see results over time.

*Some people start with 1 dose and quickly realize they want to dose more and move to another protocol where they are dosing more.

Like the every other day or 4 days on and 3 days off

Here are a few popular protocols:

1. The Fadiman Protocol - Ideal for Beginners:

- Developed by Dr. James Fadiman, this protocol is an excellent starting point for beginners. Its gentle approach allows you to observe microdosing's subtle effects on your mood and cognition.
 - Schedule: 1 day on, 2 days off.

2. The Microdosing Institute Protocol - For Intermediate to Experienced Users:

- This protocol is beneficial for those with medical or mental health goals and who have seen positive results with more frequent dosing.
 - Schedule: Microdose every other day.

3. The Stamets Protocol - A Favorite Among Many:

- Named after mycologist Paul Stamets, this protocol involves a more intensive schedule. It can be combined with herbs, functional mushrooms, and Niacin, though Niacin is optional.
 - Schedule: 4 days on, 3 days off.

4. The Night Cap Protocol - Combatting Fatigue:

- If you've experienced fatigue from microdosing, the Night Cap Protocol might be suitable. It involves a smaller dose taken at night, ideally coupled with a calming meditation before sleep.
 - Schedule: 50mg of psilocybin every other night, about an hour before bedtime.

5. The Intuitive Protocol - Advanced and Personalized:

- This protocol relies on your intuition to decide when to microdose. It is not recommended for beginners, as it requires a deeper understanding of your body's and mind's responses to psilocybin.
 - Schedule: Based on personal intuition.



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Duration for All Protocols

These can vary from a minimum of 4 weeks up to 3 months. Afterward, a 1-2 week break is recommended to prevent tolerance buildup and allow you to integrate all the changes that have taken place. You can restart as desired or needed.

Remember, microdosing is a highly personal experience, and what works for one person might not work for another. It's crucial to listen to your body and mind as you explore these protocols.

If you're currently on any medications for depression or anxiety, we advise consulting with your physician or prescribing doctor before combining microdosing with those medications.

An Easy Way to Get Started

1. Begin with 1/2 a capsule for your first two doses to see how you feel.
2. If you don't notice any improvements and feel like you could take more, try taking 1 capsule for your next two doses.
3. If you still don't feel better or think you need more, try 1.5 capsules.
4. Continue adjusting until you find your baseline dose. This is the dose where you feel your best without feeling high, allowing you to fully function in your day-to-day activities. You may feel lighter, happier, less stressed, more creative, and focused. The longer you microdose, the more benefits you'll experience. We recommend following a protocol for at least 6-8 weeks to see the full benefits.



Mixing Too Many Products

If you are new to microdosing, we suggest you start with just one type of product at a time to really understand how that mushroom works for you. You could know this in just a couple of weeks of microdosing that product.

If you mix too many things at once, you may not know what is doing what for you.

As you become more experienced and have a better understanding of what each mushroom does for you, then you can absolutely mix them. For example, you might take one on one day and another on a different day.

What to Expect

You may not feel the effects immediately when you start microdosing. However, over time, you might notice:

- A calmer mind and reduced anxiety.
- Enhanced clarity and focus.
- Heightened creativity and an increased sense of well-being.
- A greater sense of emotional balance and mental clarity.

It's important to start small and gradually adjust your dosage until you find what works for you.

If you're not noticing any changes yet, you may need to tweak your dosage to find the right baseline. For more guidance, you can check out our blog:

THE FIRST 30 DAYS OF MICRODOSING: WHAT TO EXPECT:

Tips for Microdosing Success

- Set an Intention: Clearly define what you want to achieve before taking your microdose. Whether it's improved focus, emotional healing, personal growth, or deepening your spiritual practice, having a clear intention sets the tone for your journey.

- Be Consistent: Stick to your chosen protocol for at least 4-6 weeks to fully assess its effectiveness. Microdosing is not a quick fix, but a gradual process that supports long-term growth and transformation.

- Integrate Wellness Practices: Microdosing works best when combined with wellness practices like meditation, breathwork, journaling, and physical movement. These activities help ground your experience, improve self-awareness, and amplify the benefits of microdosing. Incorporating inner work like therapy, contemplation, and mindful eating will further support your path to healing and transformation.

- Start Slow: Begin with a comfortable dose. You can always increase your dosage, but you can't decrease it once taken. Adjust based on how you feel to find the right balance that suits your goals.

- Embrace the Process: Relax and allow the experience to unfold naturally. Whether it's a microdose or a larger dose, be open to the journey and the insights it brings. The more you trust the process, the deeper the healing can go.

- Create a Safe Space: Ensure you are in a safe, comfortable environment, or around people you trust, especially if you're new to mushrooms. Your surroundings play a significant role in shaping your experience.

- Track Your Progress: Keep a journal of your experiences, noting any changes in mood, focus, creativity, or emotional balance. This helps you fine-tune your dosage and approach, while also revealing deeper insights over time.

- Journaling Your Journey: Documenting your thoughts and feelings is not only insightful but also a crucial part of your microdosing journey. Journaling helps process emotions, reflect on growth, and adjust your practices accordingly. Use our [90-Day Microdosing Journal](#) to track your progress and enhance your experience

By integrating these wellness practices into your microdosing routine, you create a foundation for deeper healing and transformation, ensuring your path with psychedelics is as beneficial and balanced as possible.



Enhance Your Journey with Music

The power of music in combination with mushrooms lies in its ability to evoke emotional, spiritual, and even transcendental experiences. Music can guide your thoughts, amplify your emotions, and provide a soothing backdrop to your journey with mushrooms. It's not just an auditory experience; it's a tool that can help shape your entire journey.

To help you get started, here are some carefully curated Spotify playlists that we and many of our customers have enjoyed during their mushroom experiences:



**Playlists Curated for
Mushrooms:
John Hopkins
Psychedelic Playlist:**

[LISTEN HERE](#)



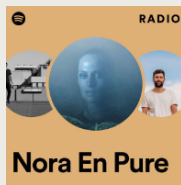
**Music for
Psychedelics:**

[LISTEN HERE](#)



**Music for the
Mushrooms by East
Forest:**

[LISTEN HERE](#)



**CEO's Favorite
Microdose Playlist:
Nora En Pure
Playlist:**

[LISTEN HERE](#)

Whether you're seeking a soundtrack for a deep and introspective session or just a light background vibe, these playlists can greatly enhance your experience.

Solutions for Anxiety or Irritability While Microdosing

If you find yourself feeling anxious or irritable while microdosing, it may be helpful to consider the following aspects and helpful solutions:

1. Dosage: It's possible that your dose is too high or too low. We would err on the side of too high in this scenario.

Solution: Think about reducing your dosage to find a level that's comfortable for you. Remember microdosing is noticeable but subtle.

2. Initial Shifts: The “come up” phase involves the body processing psilocybin into psilocin, which primarily interacts with the brain's serotonin receptors. This interaction can lead to changes in serotonin and dopamine levels, which may cause mood fluctuations and anxiety in some individuals.

Solution: Magnesium supplements might be beneficial. Magnesium is involved in neurotransmitter regulation, including GABA, which promotes calmness and reduces anxiety. Increasing GABA activity with magnesium could help manage these shifts.

3. Heightened Perception: A sustained sense of anxiety could stem from an increased awareness of one's surroundings or internal states. Microdosing can amplify underlying issues, bringing them into focus for resolution, which might be an uncomfortable but transformative experience.

Solution: Integrating mindfulness practices such as journaling, meditation, and breathwork into your routine may be advantageous. Additionally, therapy or coaching could offer valuable support in tandem with microdosing.

4. When microdosing substances like psilocybin from magic mushrooms, the addition of caffeine may increase feelings of anxiety and irritation due to the interplay of their effects on the brain. The stimulating effects of caffeine could potentially clash with the subtle alterations in thought and mood patterns produced by psilocybin, leading to increased feelings of anxiety or irritation. This is particularly true for individuals with anxiety disorders or those who are sensitive to the effects of stimulants.

Solution: Cut back on caffeine while microdosing. Also, try eating with your microdose; this could help you settle into the experience better.

5. Individual Differences: It's crucial to acknowledge that not everything is for everyone. Microdosing may not be for you.

Solution: If you've considered the above points and still find microdosing to be incompatible with your wellbeing, it may be time to explore other avenues for personal growth and health.

Safety and Considerations

While microdosing is generally considered safe, it's important to approach it mindfully. Start with low doses and increase slowly if needed. If you're on any medication or have any pre-existing medical conditions, consult with a healthcare professional before starting.

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What Others Are Saying

"I am a customer of Golden Rule and full force believer in the magic you are offering. For the last 18 months of my life I have been a stay at home mom and I found myself stuck in the depths of postpartum depression. Long story short, your product quite literally saved my life though the thralls of an intense withdrawal off of zoloft. After using your product I felt my whole soul shift back into alignment mentally and spiritually. THANK YOU THANK YOU THANK YOU."

- Devin

"Game changer-I've spent 9 years recovering from complex trauma + PTSD and could never completely break through the final stages-this was after a decade of every form of therapy + natural healing available. I came off psych meds nearly a decade ago + needed an alternative approach to help w/ embodiment, focus + clarity, as well as to help w/ residual anxiety, depression + PTSD symptoms I've had for decades. I work w/ just one capsule of Golden Teacher w/ my morning matcha or cacao 2-3 times a week and it's essentially cleared all of my symptoms in just a month-I'm back on a morning gym routine + waking up @ 530AM every day w/ the help of this amazing plant ally!"

- Amwaleyko

"I popped a euphoria truffle recently on my birthday just before getting on the bus to go to the local glass museum. It kicked in towards the end of the bus ride, and I definitely felt euphoria and great visuals that enhanced the museum experience! It was exactly the right amount for a nice little day trip (lasted about 4 hours or so) without feeling like I'd blasted off into space. I imagine those truffles would've been a little crazier, but this was the perfect amount to be able to be able to go out in the world and be somewhat social while simultaneously having a trip! Highly recommend."

- Carolynne

"Ceremonial Bar was such a profound and introspective journey! Will definitely be buying again.. and again."

- Natalie

Everything here is wonderful. I usually do the Super flow 4/3 protocol with a hillbilly, golden teacher, or Avery together daily. I always take my dose as soon as I wake up. This protocol truly brought me back from a place of no return. I'm happier, more energetic, and can work throughout the day with no tiredness. The best part is I still feel energized enough to play with my children after work! After a subscription of super flow, I tried Super happy. Which is perfect for me alone as a daily dose. I try to always have one of the 125mg to supplement during my luteal phase. This is one of the best things to come along for me. I'm forever grateful to this company. The questions you may seek when first buying or trying are pretty much based off your own experience. So do not hesitate to try, as each experience is based off your very own trial. Best wishes to all.

- Elizabeth

So far so good! Consistent and effective results. Great customer service working through order delivery and answering questions I had about the product.

- Mike

SOL helps me to stay focus and serene, enabling me to achieve a deeper meditative state, along with making my days more manageable. Thank you!

- Kathleen

SOL is my favorite product right now. I love rotating between MiniHappy and SOL. I enjoy SOL both while I'm working and when I'm out. Since I stopped drinking alcohol at the beginning of this year, SOL has become my go-to for day or night activities.

- Raquel

WE HAVE SO MANY MORE TESTIMONIALS BUT THAT WOULD MAKE THIS SHORT GUIDE A NOVEL.



Golden Rule Mushrooms Doctrine: Statement of Beliefs

1. Psilocybin Mushrooms are Sacred and Divine Teachers

We believe psilocybin mushrooms are sacred and divine teachers that are present Earth to help and instruct humans to live a positive, spiritual life. Our psilocybin mushrooms reveals the divine teachings of the universal Source of life and they are essential to our spiritual practice. Only through its sincere religious use can participants understand the moral, ethical, spiritual wisdom, and psycho-spiritual healing of our Source, along with our Divine nature. Our psilocybin mushrooms connect us to Source in a way that cannot be attained without it in this lifetime.

Commitment to Natural Transformation

We believe in the profound power of psilocybin mushrooms to support spiritual healing and transformation. We trust in the power of psilocybin mushrooms, which are bringing about profound change in the lives of many.

2. Intentional Use leads to Spiritual Wellness

Psycho-spiritual healing and growth occur through mindful, intentional practices. Microdosing with our psilocybin mushrooms provides a unique opportunity for self-reflection, emotional balance, and mental clarity. Our psilocybin mushrooms are designed to guide people in creating meaningful, lasting changes that elevate their quality of life.

3. Holistic Health and Balance

Our approach to wellness is holistic, valuing the body, mind, and spirit equally. Psilocybin mushrooms, which have been used for thousands of years, enhance focus, creativity, emotional healing, and connection to one's inner self. Psilocybin mushrooms promote neuroplasticity and the ability to break free from ingrained, negative patterns in life. We are committed to helping others achieve balance in all aspects of life.

4. Ancient Wisdom and Spiritual Practices

We honor the ancient, sacred traditions that have used psilocybin for spiritual practices across millennia. Psilocybin mushrooms are gifts from the Source, helping individuals connect more deeply with their spiritual journeys, align with their life purpose, and tap into higher states of consciousness.

5. Compassion and Community

We believe in fostering a compassionate community where individuals are empowered to support and uplift one another. Through our sacrament, education, and mission, we strive to create a space where healing, connection, and growth can flourish for everyone on their journey. We ask that our members stay active in the community by attending at minimum one gathering/service/integration workshop per month.

6. Respect for Nature and Sustainability

We hold deep respect for the environment and are committed to sustainable practices in all that we do. Our goal is to honor the Earth through ethical sourcing, mindful cultivation, and sustainable packaging, minimizing our impact on the planet while delivering the highest quality products.

7. Holidays.

We consider the following days to be holidays: Summer and Winter Solstice, Fall and Spring Equinox, All Full Moons, New Moons, Eclipses, and members birthdays.

This doctrine serves as the foundation of everything we create, ensuring that we stay rooted in our mission to help individuals experience the transformational benefits of psilocybin mushrooms while connecting deeply to their spiritual and healing practices.

Legal Disclosure

Golden Rule Mushrooms Terms of Use Legality

You understand Golden Rule Mushroom Company provides the products on this website as part of the sincere religious or spiritual use of psilocybin, with a good faith belief that the use and distribution of these substances is protected by the federal Religious Freedom Restoration Act and similar protections in each state's Constitution. Golden Rule Mushrooms Company believes that psilocybin mushrooms create and enhance a connection to divine spirit and teach users eternal moral and ethical wisdom that can be incorporated into their day to day lives.

By purchasing any product on this website, you affirm that you agree that these products are acquired and used for spiritual purposes consistent with these beliefs. We note that each state is unique and you are required to review your own state law to determine if any protections apply and Golden Rule Mushroom Company does not guarantee that there are no negative legal consequences that could occur as the result of your possession and use of psilocybin mushrooms. While some states and several local governments have decriminalized psilocybin mushrooms for certain purposes, these exceptions may not apply to you. Remember: purchasing, sharing, and consuming psilocybin mushrooms is illegal in most of the USA. As a customer, you agree to take responsibility for your own choices, inform yourself about the legal policies, risks, and consequences in your legal jurisdiction, and use discretion when choosing to make a purchase.

Risks

You understand and acknowledge that there are risks associated with engaging in the use of psilocybin. For example, the products on this website were produced without regulatory oversight for health, safety or efficacy. In addition, the effects of psilocybin mushrooms include altered perception of time and space and intense changes in mood and feeling. Other possible effects of psilocybin include: euphoria, peacefulness, spiritual awakening, derealization, or the feeling that surroundings are not real, [depersonalization](#), or a dream-like sense of being disengaged from surroundings, distorted thinking, visual alteration and distortion, such as seeing halos of light and vivid colors, [dilated pupils](#), [dizziness](#), drowsiness and yawning impaired concentration, [muscle weakness](#), lack of coordination, unusual body sensations, [nausea and vomiting](#), [paranoia](#), confusion, frightening hallucinations, and other physical, mental, and emotion effects. The effects of psilocybin vary between people, based on the user's mental state, personality, and immediate environment. It is particularly unsafe for people with the following conditions to take psilocybin mushrooms: (a) Psychosis. It may be unsafe for people diagnosed with psychosis, schizophrenia, bipolar 1 or 2 disorder, or similar mental health conditions to use psilocybin. (b) Heart problems. Psilocybin could be risky for people with high blood pressure or other types of [heart disease](#). (c) Pregnancy or breastfeeding. Psilocybin's effects on pregnancy or breastfeeding are unknown and should be avoided. (d) Medication use. Psilocybin-containing mushrooms are not recommended for people taking certain medications, which can alter the effects of hallucinogenic substances. Some examples include: Lithium (a drug treating bipolar disorder), [Tricyclic antidepressants](#) such as amitriptyline (Elavil), Haloperidol, an antipsychotic medication, Selective serotonin reuptake inhibitors such as fluoxetine (Prozac), paroxetine (Paxil), and [sertraline](#) (Zoloft; see [Important Safety Information](#)), [Trazodone](#) (Desyrel; see [Important Safety Information](#)), [Monoamine oxidase inhibitors](#), such as linezolid (Zyvox) or rasagiline (Azilect), and [St. John's Wort](#).

Liability Release and Hold Harmless Provisions

We cannot and do not guarantee any particular outcome from your use. You acknowledge that you should seek independent medical and mental health advice from a qualified professional to determine if you are medically cleared to use psilocybin.

Being fully informed as to risks laid out above, you forever release, indemnify, and hold harmless Golden Rule Mushroom Company from any and all claims, counterclaims, damages, defenses, setoffs, recoupments, debts, demands, causes of action, suits, obligations, losses, costs, expenses, and liabilities of any nature whatsoever, in law or in equity, whether known or unknown, fixed or contingent, including but not limited to those arising from your use of psilocybin mushrooms. You covenant not to sue Golden Rule Mushroom Company, or any of its principals, contractors, or agents, and waives any right of recovery, whether known or unknown, that you may have to bring a claim or a lawsuit against us for any personal injury, death, damage to personal property or other injury arising from your use of psilocybin mushrooms, whether arising from a theory of any tort, including negligence, or any other theory in law or equity. This Release shall inure to the benefit of any member of the Golden Rule Mushroom Company's agents, family, spouse, heirs, assigns, real property, attorneys and personal representatives. The Release shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law. In no event shall Golden Rule Mushroom Company's liability, if any, exceed the amount paid by you.