

Your Ceremony Path begins with a Medium Dose

This is a threshold dose- the liminal space where inner worlds open up.

Step away from your usual rhythm and
dive into a more in depth, and emotional experience.

This path asks for stillness, surrender, and time to be with what comes. You might meet unprocessed emotion, core memories, or forgotten parts of yourself. With pace and intention, this journey can lead to profound insight.

Mediumdose Manual to Choosing and Using Ceremony Products

ASCEND COLLECTION



ASCEND Gummies

Your Intention May Look Like...

- To create with no agenda or expectations
- To embody innocence and wonder
- To express myself freely

Eat 5 – 14 gummies
(1 – 2.8 grams ASCEND 🍄)



Eat on an empty stomach.
Chew slowly and fully.
Follow with a bite of fruit.
Effects begin within ~30–45 minutes.

Your Ceremony May Look Like...

Let yourself make or do something without needing it to mean something. Scribble, sing, dance, play like no one’s watching, because no one is. Let your curiosity lead and your giggle interrupt. Follow the thread of wonder until you forget what you were trying to prove. That’s the point.

OR

ASCEND Capsules

Your Intention May Look Like...

- To stop taking myself too seriously
- To feel my body as an instrument of joy
- To unlearn what I was taught and remember what’s always been true

Take 5 – 14 capsules
(1 – 2.8 grams ASCEND 🍄)



Take on an empty stomach.
Activated with a small bite of something lite.
Onset may take 1–3 hours.

Your Ceremony May Look Like...

Let the medicine melt the mask. Let movement lead. Stretch in new ways. Hum off-key. Be too much on purpose. This isn’t about getting it “right.” It’s about getting real.
Ask:
What part of me was taught to shrink, and what part of me was born to sing? Then listen with your whole body. And follow the part that sings.

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DESCEND COLLECTION



DESCEND Gummies

Your Intention May Look Like...

- To surrender in rhythm and dance
- To trust that fun is part of productivity
- To explore the depths of my resistance

Eat 4 – 10 gummies
(800 mg – 2 grams DESCEND 🍄)



Eat on an empty stomach. Chew slowly and fully. Follow with a bite of fruit. Effects begin within ~30–45 minutes. Best during slower parts of your day or before bed time.

Your Ceremony May Look Like...

Turning gently toward a situation that feels tender or unresolved; maybe a conversation you need to have with someone you love. Set aside some time to bring your attention to your heart.
Ask:
What is true for me right now? What do I feel beneath the reaction? Let the medicine soften your defenses. Write it down. You don’t need to fix it, just feel it fully.

OR

DESCEND Chocolate

Your Intention May Look Like...

- To release emotions that keep me stuck
- To open space for forgiveness
- To unlearn what I was taught and remember what’s always been true

Eat 4 – 10 triangles
(800 mg – 2 grams DESCEND 🍄)



Breaks easily
at the creases

Let your your dose reach room temperature before eating. (15–20 min on your altar)
Let chocolate melt in your mouth. Follow with a bite of fruit.
(My go-to is banana.)

Your Ceremony May Look Like...

Lie down. Let gravity do the work. There’s nothing to figure out- just feel. Be breathed. Let the silence speak. Listen and recieve.
Ask:
What have I been carrying that’s finally ready to be felt and then let go? Let it rise. Let it shake. Let it soften. You are held and supported by Mother Earth.

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