

Your Ceremony Path begins with a Macro Dose

You are answering the call to surrender and transcend. This is a sacred path.

A macrodose brings you face-to-face with truth, dissolves that which separates and reveals your forgotten name.

Only walk this path if you’ve made the space for it. Clear your day, create a container, and call in the support you need. This may mean a trusted guide, a ceremonial space, and an integration plan. Time will cease to exist and you may laugh, cry, remember, and return home to yourself in new ways.

Macrodose Manual to Choosing and Using Ceremony Products

ASCEND COLLECTION



ASCEND Gummies

Your Intention May Look Like...

- To reconnect with what I’ve forgotten
- To lose myself in playful wonder
- To sit in the “unknowing”

**Eat 15 – 20 gummies
(3 – 4 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...

Setting your space with care—
somewhere cozy and private where you
can move, stretch, and emote freely.
Lighting a candle and putting on a
playlist that comforts your soul.
Laughing, dancing, crying...whatever
wants out, letting it out. Staying safe.
Staying with it.

OR

ASCEND Capsules

Your Intention May Look Like...

- To embody the innocence of a child
- To feel supported by the friendly universe
- To be shown what I don’t know

**Eat 15 – 20 capsules
(3 – 4 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...

Choosing a protected, nourishing
environment where the world won’t
intrude.
As the medicine rises, asking:
What’s been whispering that I’ve been too
busy to hear? Then listening with your
whole body. Not trying to figure anything
out, just watching the show and receiving
the wisdom.

[Order ASCEND Products](#)

DESCEND COLLECTION



DESCEND Gummies

Your Intention May Look Like...

- To remember that I am the medicine
- To dance without a body
- To awaken in this dream called life

**Eat 10 – 17 descend gummies
(2 – 3.4 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...

Laying in a quiet, safe space where you
you won’t need to get up for a while.
Surrendering with eyes closed in soft
lighting surrounded by soothing ambient
sounds (like gongs or singing bowls).
Allowing the medicine to show you
exactly what you need to see.
Letting what comes wash you clean.

OR

DESCEND Chocolate

Your Intention May Look Like...

- To remember my true nature
- To dissolve who I think I am
- To encounter the great mystery

**Eat 10 – 17 triangles
(2 – 3.4 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...

Creating a cozy nest on a bed or soft floor
where you can remain still for hours. This is
not a walk-around dose (for the first few
hours). t’s a laying down, going inward, and
dissolving ego kind of dose.
Expecting the unexpected. Willing to meet
the mystery of the great unknown.
Trusting your breath. Letting the magic
unfold and show you what you’ve forgotten.

[Order DESCEND Products](#)