

Your Ceremony Path begins with a Micro Dose

This is a soft shimmer of support- subtle, spacious, and gentle enough to weave into the flow of your every day life. You may not “feel” it in a psychedelic way, but its effects can whisper into your thoughts, enhance your perception, and nudge your nervous system toward more grace.

Microdose Manual to Choosing and Using Ceremony Products

ASCEND COLLECTION

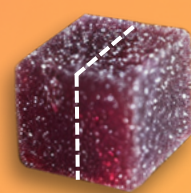


ASCEND Gummies

Your Intention May Look Like...

- To elevate my mood and brighten my day
- To awaken to the magic in the mundane
- To focus, energize, and gain mental clarity

Eat ½ - 1 gummy
(100 - 200 mg ASCEND 🍄)



Easy to cut in half

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...

Noticing a “should” that comes up that may actually be limiting you. Picking one you normally live by, like, “I should be productive” or “I should be nice.” Then, as you find yourself thinking it throughout the day, asking, “What would happen if I didn’t believe this thought right now?” Feeling what’s there without the rule. Letting freedom rise where force used to live.

OR

ASCEND Capsules

Your Intention May Look Like...

- To feel supported by the friendly universe
- To enjoy the moment instead of rushing
- To focus, energize, and gain mental clarity

Take 1 capsule
(200 mg 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...

Bringing your intention to life with a tangible redirection practice you can return to throughout your day. For example: every time you find yourself distracted by an interruption pulling your focus, pause and ask, “Do I really need to focus on this right now?” If it’s not an emergency, chances are, you don’t. Smiling lovingly at yourself, taking a breath, and gently returning to your task.

[Order ASCEND Products](#)

DESCEND COLLECTION

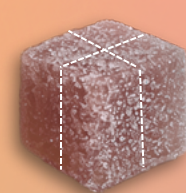


DESCEND Gummies

Your Intention May Look Like...

- To feel more present in my body
- To embody wonder and curiosity
- To experience my emotions more fully

Eat ¼ - ½ gummy
(50 - 100 mg DESCEND 🍄)



Easy to cut in half and quarter

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...

Bringing awareness to the subtle choreography of your body as you move through your day, noticing how it gets where it goes. Watching the way your hand reaches, your head turns, your hips settle on one side. What keeps moving you? Tension, habit, curiosity? Letting your body become a gentle oracle and following its lead.

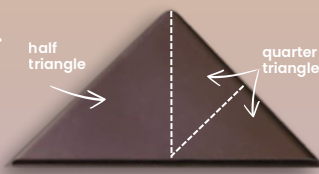
OR

DESCEND Chocolate

Your Intention May Look Like...

- To open my heart and remember I am love
- To play without needing to perform
- To slow down, listen, and receive

Eat ¼ - ½ triangle
(50 - 100 mg DESCEND 🍄)



Use a knife to cut in half and quarter

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...

Lying on the floor with your hands on your belly. Resting with music. Body oiling or warm self-touch. Moving slowly in the garden, without agenda.

[Order DESCEND Products](#)