



Your Ceremony Path begins with a Mini Dose

You're inviting in a shift-
more than subtle, but still grounded.

This dose gently alters your perception and emotional state while keeping you connected to the ground. It's perfect for emotional processing, creative work, or mindful presence in nature.

Minidose Manual to Choosing and Using Ceremony Products

ASCEND COLLECTION



ASCEND Gummies

Your Intention May Look Like...

- To connect with nature in a deeper way
- To create from flow instead of force
- To be myself without seeking approval

Eat 2 – 4 gummies
(400 – 800 mg 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...

A gentle solo walk in a place that feels alive. Letting the natural world reflect you back to yourself. Journaling or scribbling in a sketchbook, not to perform, but to allow creative expression to flow.
Pausing often. Noticing what catches your eye. Letting what ever comes (or doesn't come) be perfect.

OR

ASCEND Capsules

Your Intention May Look Like...

- To let playfulness guide my work
- To organize without over-controlling
- To allow insight to lead before action

Take 2 – 4 capsules
(400 – 800 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...

A softly structured day... Taking your dose, then carrying out your to-do list as the sparkle that awaiting you takes effect. The capsules will take their time- and so do you.
Letting clarity arrive in waves.
Letting insight feel like remembering.
Letting the doing come from a spark of inspiration rather than the "I know" mind.

[Order ASCEND Products](#)

DESCEND COLLECTION



DESCEND Gummies

Your Intention May Look Like...

- To soften what I've been gripping
- To meet my resistance with compassion
- To shift how I relate to discomfort

Eat 1 – 3 gummies
(200 – 600 mg 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 embody my sensual, sexual self
- To quiet the chatter of the "I know" mind
- To spark new perspective on a creative idea

Eat 1 –3 triangles
(200 – 600 mg 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...

Take your dose. Then wait...
Breathe into wherever feels tight.
Notice what flinches when you get still.
Welcome it without fixing it.
Let the medicine meet your mind- not to erase the discomfort, but to become its friend.
Let tenderness rewrite your story.
Let stillness move you.

[Order DESCEND Products](#)