

MEDIA KIT

*Dosing Amanita
Muscaria, and What
to Expect*

by Amanita Dreamer

Amanita Dreamer
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About the Author



Amanita Dreamer

Amanita Dreamer is an educator on the Amanita muscaria mushroom. With five years of her

own use and experimentation, she brings her rigorous investigation into the research and science along with the aggregated anecdotal information from thousands in her community to help others learn safe and effective ways to incorporate this medicine into their lives. To date, she has developed the world's largest online repository of Amanita muscaria information. Her aim is to cast a wide net and create helpful information that connects with as many different types of users of the material as possible, from the curious to those with a dire need, from the recreational user to those who are becoming medicine people in their communities. She created a community of people who also use the mushroom to collaborate and share their knowledge at MushroomVoice.com. For wholesale and booking information, she can be found at AmanitaDreamer.com

Key Ideas From the Book

- 1. This mushroom is not inherently dangerous.**

Amanita muscaira has been stigmatized to the point where people immediately think “poisonous” whenever it crosses their minds. It’s important to realize that, with all things, the poison is in the dose. This book teaches how to obtain them safely, prepare them correctly, and find the right dose (which will be different from person to person) to reap the benefits without risking harm.
- 2. Dealing with anxiety at the source**

Anxiety is an effect, not a cause. Rather than rewire your neurochemistry to mute the anxiety, Amanita digs into your psyche and brings you face-to-face with its root causes.
- 3. Detachment from the toxicities embedded within modern society**

Government time. Transactional relationships. Black-and-white thinking. Rigidity. Rushing. These are things modern society not only encourages, but requires of those who participate in it. Amanita will show you why these things are detrimental to both the individual *and* the collective, and teach you how to exist in society without them.
- 4. Exploring the nonphysical and intangible aspects of reality**

Amanita will bring you in contact with our Elders and Ancestors, and show you why love is the most powerful force in existence. There are several immaterial dimensions of our existence here, and the Amanita will be your field guide as it invites you to explore them.
- 5. Networking as the most powerful currency**

Mushrooms are networkers at their core. Amanita will introduce you to the nature of true networking. It will show you what life could look like when you give freely, are open to receive, and learn how the exchange of energy creates flow and balance that has far reaching and positive ripple effects throughout humanity.
- 6. The importance of integration**

This book includes guidance and worksheets to integrate the experiences its readers could have while taking the mushroom. It stresses the importance of finding qualified integration therapists as you move into higher doses, and explains why it’s such a vital part of these explorations.

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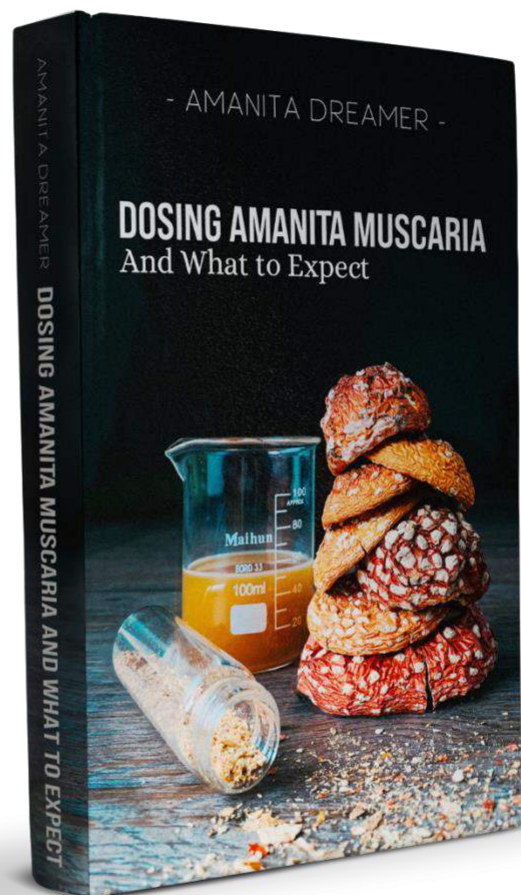
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Interview Questions

What got you interested in the Amanita muscaria mushroom?

I have been dealing with panic and anxiety for my entire life. After Hurricane Katrina I wound up in such severe panic that I was prescribed benzodiazepines. After 5 years of using those, I began to suffer severe short term memory loss and I tried to get off of them. The pain and panic and sleep deprivation were so severe that I couldn't handle it and wound up going back up on the dose. I tried over and over for another five years to get off them until my neurochemistry was so completely messed up, and I was on so many pharmaceuticals that I became suicidal. One fall day I went out into the woods and almost immediately found this bright yellow orange mushroom. When I looked it up and found out it was a GABA agonist, I knew it would help me. When I used it, after a lot of research, I woke up with no panic or anxiety. I had no more withdrawal symptoms and didn't need my medication again. I set up a microdosing protocol and found it worked to not only heal my physical pain but also to stop the emotional issues as well. It continued to teach me and heal me in ways I couldn't have predicted.

Why did you start a YouTube channel?

I knew other people were suffering. I wanted to help others learn about this mushroom as a potential answer to their questions. The result took me by surprise. So many people showed up, the questions, how quickly it all grew, it was all overwhelming. It grew into a private membership community, a store of products I make, vetted vendors who sell the mushroom, a large social media platform where I educate thousands and now, the science, my work and education has caused this mushroom to be popular in searches and in every corner of the internet.

Are you working on other things besides the books?

I am filming a documentary about the mushroom, I speak wherever I am asked to go, and I am writing my next book. I do book signings, attend festivals and conventions, and do my best to show up to as many of the zooms as possible that we have in our community. I also try to do a live stream at least once a month. The busier I get the more I miss talking to everyone in the community, so the zooms and lives are what I look forward to the most.

In part one of your book, you discuss all the good details most people want to know about the Amanita muscaria. But the second part of the book seems to be more magical and life related. What is that about?

After I started working regularly with amanita, things began to change inside me that were sometimes great and sometimes scary. Things like time jumping, loss of time, time distortion, anger that lasted for days or weeks, feeling powerful in my own skin but worried about my ego, intrusive thoughts that were very good but very new and opposed to my old beliefs, holding new but conflicting feelings, were all hard to take. I had nowhere to go to ask about

it. No one else was using this mushroom like I was, and I couldn't find others talking about these things. Eventually over time as I integrated all these things and learned how all of it contributed to my anxiety and how these new things helped to end it, I started asking others in my community about it. The feedback was helpful, and I realized this is how healing happens with this mushroom. I wanted others to expect it, so they weren't afraid like I was. I started teaching classes about this to help others learn about it. Those classes turned into this book.

What are the more important medicines in the amanita muscaria?

In its natural state in the ground Ibotenic acid is in the highest concentration. This affects our Glutamate and Choline pathways in the body. It represents the upper side, the more excitable state in the fight or flight system. It creates high focus and attention, visual acuity, and gamma flow states. Ibotenic acid decarboxylates into muscimol. It does this in our body in the gut, in the synapses between neurons and in the liver. Muscimol is the calm side of the fight or flight system. It represents rest and digestion, lack of fear or anxiety, sleep, and deep healing.

There were already other books about this mushroom that had been published. Why did you publish yours?

I was already writing this one when the microdosing books came out. Those discuss microdosing while I wanted to include a full range of use. Other books report on surveys and discuss the mushrooms' history and lore plus controversies and what my channel mostly does. But I wanted to create a book that has worksheets, metrics, education but also what to expect, including the spiritual and psychological changes over time written by someone who uses the mushroom as medicine and has for years and experiments with it pushing boundaries and learning from experience. I wanted it to be like a textbook with a lab component.

Unlike the other books about this mushroom, you discuss smoking it and taking higher doses like macro and trip dosing. Why did you include those things?

Since my mission is to educate on the practical uses of the mushroom with profound healing in mind, I knew that powerful healing takes place in these higher doses. My ethics wouldn't let me keep it out of the book. My belief is that most people are responsible, can easily understand dosing and are willing to learn. I don't believe most people do crazy things that are irresponsible. What we hear about on the internet is over exaggerated because they are fun to read or morbidly fascinating, so they get shared a lot. But they are a very small minority of users. I trust my readers to use the mushroom well, to go slow and to respect the medicine. They need this information for harm reduction and to encourage them to keep working with it toward healing.

The title of each part of your book makes reference to Alice in Wonderland. Is there a connection?

I believe there is. The original book cover had a huge *amanita muscaria* on it. After using this mushroom for years, I see the connections throughout the story to using the mushroom and the changes over time. It's surprising to me, how much of what I learned about myself through the mushroom has representation in the story.

Do you discuss Alice in Wonderland in your book?

No, I wanted to keep the focus on healing. I have videos about it and maybe in the future I will write something about it. There are many references to this mushroom in our society and in our lore and stories and we don't even realize it.

You have two chapters on time, why?

It really surprised me just how profoundly time factors into our fear, our anxiety, our stress, and exhaustion and how we live our lives. It was the very first thing the mushroom showed me on my first trip. It was the first thing to begin to change in my life when I was not under the influence. It's the one thing that continues to change the most. And of all the parts of this book, and of all the issues the mushroom approaches, time weaves into all the rest of them.

What kinds of things has this mushroom helped you with?

The panic and anxiety were the first to go. It helped me with issues from those core ages, pre-birth to around age 6 when that developmental time and door closes. Those years get locked away and become the core issues of our triggers and choices for the rest of our lives. It is fascinating to me how the mushroom works in our deeper consciousness in sleep brain waves like theta and delta to go deeply into those core places. For this reason, it is widely known as the sleep mushroom. It helped me value myself again, to own the space I occupy and gave me permission to own my power to educate others and to live fully.

Many people report not really tripping on this mushroom, but you say you have. Why is that?

It depends on the dose and the definition of tripping. Lower doses can feel a little like alcohol with some growing larger and smaller feelings. You can do some time distortion and jumping but in lower doses that's it. Most people report falling asleep but having very vivid, intense, sometimes upsetting dreams but waking up feeling amazing. I have training in staying awake in these lower brain wave states and because of this, I have been very aware of tripping while in these states when others would say they were asleep. I believe that instead of lucid dreaming, we are tripping. But unlike other trip substances, the trip is deeply inside us, not outside in the cosmos. This mushroom is the self mushroom and it takes us so profoundly deeply inward that I have sometimes travelled backward in time to before my birth and ever further into past timelines and lives while tripping. This mushroom brings us deeply into our body, feelings, core, and issues. There also seems to be a gating issue with

THC, so those who use it might not feel the amount of body sensations as those who do not use THC.

Have you experienced other substances to make these comparisons?

I have experience with psilocybin at 3, 5, 6, 8 and 10 grams. Those experiences were very much outward, out of my body, meeting alien entities, going to the void, going to the intergalactic council, working with many entities, and having amazing visuals while seeing the geometrical shape of creation and hearing the universal hum. I have smoked DMT and am planning my ayahuasca journey soon. The visuals associated with these entheogens are just some of our sensory lives. Time is a very large and important sense that amanita mushrooms take full advantage of. I meet the elders and ancestors of the amanita, especially when smoking it.

This book spends a lot of time discussing microdosing. What if people have big issues they need help with?

I know that with other medicines microdoses mean not much long-term healing. But it seems consistent with muscaria that even in microdoses very powerful healing takes place. All the things I discuss in the book on what to expect can happen in microdoses. The effects are sped up with macrodoses and even faster and deeper with heroic doses. But to be sure, many people report an almost immediate change that feels profound after the very first microdose and most people see these changes within the first week.

Most medicines that approach anxiety and the fight or flight system cause addiction. It seems like people adapt to it and then need to keep taking more. Is this an issue with muscaria?

There's not a single case of addiction, not even of dependence on Amanita muscaria. And in fact, as the medicine does the work of healing, we need less of it over time. Almost everyone I have spoken to in the 3 years I have taught this as a class have reported the same as I experienced, reaching a point of not wanting to take it or having side effects that show it has built up in our system plus the healing, making it uncomfortable to continue using. It's such a beautiful part of this mushroom.

If you can't give out exact dosing how do people find their dose?

Another beautiful feature of the muscarias is their very loud onboard voice. I call it the Mushroom Voice. I tell people to start small and work their way up. I also tell them; the idea is to not need my help but to listen to that voice come on board and help guide them. And indeed, that's what happens. It's so cool when people say they've never had intuition or an internal voice, say that they heard that mushroom voice, that internal guide, telling them clearly not to take anymore or to adjust their dose. This inner guidance is in all of us, and this mushroom really excels in helping us hear it again. But I do have guidance on getting started and how to find your dose until you can hear your internal guidance.

This book is more like a textbook rather than just something you passively read. Why did you choose to do this?

I learned over time that many people working with amanita muscaria find that the things that happen to them, the changes and the sometimes fast and profound things that happen can be upsetting. They didn't have a way to prepare for this or to cope with it and process it. Since there are not many professionals using this mushroom for treatment, finding integration is difficult. I wanted to help fill in that gap for them. I did this by doing in the book what I do in my classes, take metrics up front measuring issues that this mushroom addresses. Then once dosing starts, we use dosing metric sheets to begin to mark the changes and progress. This helps people feel less fearful about what is happening. This book is meant to be written in; that's why I made it the size of print paper, to give people room to spread out, settle in and use the book, not just read it.

One of the more surprising chapters is the one on power and ego. You tell people ego is good and that power is necessary. This seems to be the opposite of what the spirituality communities say.

I learned from muscarias how truly important our sense of self is, not just for our survival but for thriving on this planet. Having been suicidal I can say with certainty that a sense of self, the ego is what shrinks until we no longer feel deserving of a body or that we want to be here. It's natural as we approach our death in old age for this to withdraw over time. But in our younger years this ego is supposed to be strong, thriving and deeply connected to our experience here. We embody being human, so we need this strong life force energy and motivation to embrace it.

Our inner power is vital to owning our space and taking up space fully on earth. We are here for such a short time. If we want to help others, build, and do great things, we must own our ego and power. This mushroom helps people who feel small, have lost their voice, are meek and disappearing to finally feel who they are, find their value and learn to advocate for themselves and others. This is the opposite of wanting to leave the planet. I posit that the trippers who say ego is bad might want to look see if they feel small and are using the other entheogens who tell them they are vast and larger than what's here to help them feel better instead of going inside and dealing with the issue at the core the way muscarias do. I wish I could get them to understand that this is real healing. I wish I could just ask them not to fear it, that muscarias are so loving and gentle and they will guide them deeply into their power and not to fear it. There is no better balance and healing than to embody one's power and ego and to trip outward to see how interconnected we all are and how insignificant it all is while also being powerful and loving and fleeting.

You've been met with a lot of backlash and controversy from the start of your work. Why?

There was almost nothing on this mushroom out there when I started. Leaders in the mushroom arena were discussing psilocybin and people just assumed since this is a mushroom then they must be the same. When I started speaking about the qualities of muscaria and they were different from other mushrooms, people who don't even use muscaria fought back, quoting McKenna who rarely used muscaria and didn't prepare it properly or go very deep into it. I discuss many controversial topics when it comes to muscarias. Because they are so very different from other entheogens people push back. I am not sure why.

The strongest pushback I have received is about the science. Data doesn't lie but people who haven't learned how to interpret data read it wrongly without context and push back. Still other problematic folks are mycologists who have just always been told how bad ibotenic acid is without looking at the science and how problematic it is. Repeating old bad science doesn't make it true or right. I believe this is unethical and harms the public.

Another issue is that even with modern equipment and testing, the results we get can be inconsistent which tells me this mushroom still has many secrets to unlock. Varying results in testing can cause a lot of confusion. I am always open to discussion and disagreements which I do regularly with others who are also science trained, ethical and informed. I really enjoy this. I get to travel to labs and talk to their chemists who are working with muscarias, and I stay in contact with others pushing the scientific edges of what we know, regularly engaging in if/then ideas and hypotheses. I consult with people in different areas of human biology, neurology and I write to those who have written papers asking for clarity. I take this very seriously. My position reporting on such an important medicine is something I want to do with the highest morals and ethics. That's my goal at least.

You actually have a time manipulation exercise in the book, and you teach that we can use the mushroom for this purpose. Have you done this yourself?

Oh, for sure, many times. And I am still pushing the boundaries of that work. It takes practice but if you just keep growing and experimenting with it, it's fun and amazing to learn what we are capable of when using these powerful medicines. But it's not just us alone, it's a conversation, it's the collusion of both the mushrooms and their ancestors and us and our ancestors. There is power that is vast and deep on earth. We humans live in such a small thin part of it when we live separate from entheogenic medicines. I hear people talk about trip experiences and how it changed their world view. But this is just the beginning. We have allies in these medicines and can work with them in ways other than just tripping. And to be sure, this is advanced use and not why most people come to entheogenic medicines.

Do people have to believe in the mushroom voice or past lives or time travel to use this book? It doesn't seem very science based in that respect.

Not at all. What I discuss in those areas are what happened to me and what others report as a general overarching consensus. I include it so that if it happens, people know what to do with it and learn how to use it for good. Some aspects of it may happen while some of it is explained in different ways for different people. Still others may only want a medicine to treat anxiety and they move on. This mushroom offers so much that we will create our own paths and relationship to the medicine. I try to push the boundaries I have been to with the mushroom, leaning into the power it has and how we can work with it in advanced ways. I wrote that part for those who want that level of use. I realize many people will not.

You tell people not to start with high doses of muscimol. Why?

Thank you for asking that question. Muscimol is a very powerful medicine. Since it goes to work on those inner core issues it can be very upsetting when diving right in without having worked with it in smaller doses. When we work with muscarias in smaller doses and work our way up, we deal with issues and begin early, clearing out and healing from core wounds. We learn how to cope with the changes, we learn to allow the love in it, we learn to love ourselves, we grow our power and confidence, and we learn how to integrate it and trust the process. Once we have done this, working our way to full muscimol becomes a natural progression. People who don't convert it properly, take large doses and who are unprepared make up the largest group of people with bad things to say about their experiences with this mushroom. My hope is that this book helps to teach about correct use and to reduce this kind of harm.

If people need personal advice and help with their issues, how can they reach you?

Doing that is practicing medicine without a license and in the US is against the law. I don't do one-on-one consulting. There are people who are trained to do this. I am developing a page on AmanitaDreamer.net, of practitioners who work with muscarias, but we are still in our infancy with this medicine. I ask people to do their best to work with their health care people and to also learn to grow their medical self-reliance and inner wisdom while continuing to seek help where they can. Others who use this mushroom are in our community at MushroomVoice.com. They work with each other sharing stories and offering personal experience with muscarias. We have integration coaches there as well as licensed therapists.

Can therapists use this book to help guide their patients?

Yes! It would be a wonderful workbook to help guide them with the use of the medicine while helping them to integrate in their therapy sessions. Therapists can buy the book in bulk wholesale available through Ingram and other worldwide distributors.

Are there medications and contraindications with muscarias?

Yes, there are important warnings about who should not use it and those are given on my channel, on the website, and in the book. It is important that people do their due diligence as they would with any new medication, natural or not.

(Note to content creators/bloggers/reporters: I am not giving actual advice or information here as it is important that information come with warnings that I have full control over for legal reasons and you do not want to put yourself in a liability position. Including the above question (24) is encouraged)

What are you working on with the mushrooms now?

I am working with stronger muscarias, and I am experimenting with stacking it with different substances. I am also working on learning the limits of it and why some people have extreme and different reactions to it. I spend a lot of my time currently on the glutamate and choline channels with ibotenic acid. My goals are to learn more about conversion chemistry and why testing has such varying results.

What if people use up the worksheets in the book or they get the audiobook and need the worksheets?

I have published a workbook separately for that reason. It is found wherever the book is sold.

What are your websites and places for those who would like more information?

The book is at DosingAmanita.com

Videos and education is at AmanitaDreamer.net

The store and community is at MushroomVoice.com

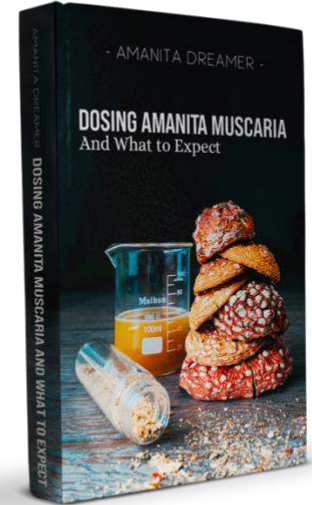
Business inquiries and information is at AmanitaDreamer.com

DOSING AMANITA MUSCARIA And What to Expect

Synopsis

Find yourself in a wonderland of renewal as this book introduces you to the true magic of the medicine of Amanita muscaria. Learn how to adjust your dose, measure your progress, and find your courage to lean into higher doses.

Walk with the Amanita medicine and find peace from the hectic world we live in. Watch your fears and anxieties melt away over time as you find your worth in the conversations with the Mushroom Voice.



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About the Author



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- No stickering
- No clearance
- No designation as reference
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