

Mushroom Effects

by Erowid

Onset

5-60 minutes

Coming Up

5-30 minutes

Plateau

1-3 hours

Coming Down

.5-3 hours

After Effects

0-6 hours

Entheogenic Mushrooms are an amazing life form. Mushrooms, like other entheogens, have a very particular and unique character.

The effects of mushrooms are greatly effected by dose and an individual's sensitivity to psilocybin. For some rare people 1/4 gm of Psilocybe Cubensis (a very small amount) is enough to propel them into full visionary states, with Open Eye Visuals, unpleasant stomach cramps or gas, and other High-Dose effects, while for others the same amount would be barely (if at all) noticeable, possibly causing a slight cold feeling during the first hour and other 'Threshold' effects. It is therefore important to get to know your individual reaction to small amounts of all entheogens. Be safe.

The effect-time curve of mushrooms, as with other entheogens, are characterized by a short period between ingestion and 'Coming Up', a short (but often experientially long) Coming Up period, a Plateau period, Coming Down, and then After Effects.

Some but not all of the following effects characterize the following effects levels. Please note that the minimum dosage indicated for Medium and High Doses are extremely low and those who reach these states with less than 1.0 gm of Cubensis are rare. You may be one of them, be careful.

Threshold Effects : (from .25gm - .75gms P. Cubensis)

Slight cold feeling, mild gas or nausea, nervous-feeling, slight pupil-dilation, mild visual changes including lights seeming brighter, lights having a 'starry' look, and noticing movement at the periphery of vision, giddiness, feeling more emotionally sensitive, and many other effects related to a change in neurochemistry.

Medium Effects : (0.75gm - 2.5gms P. Cubensis)

'Cold' feeling, gas and/or stomach discomfort, nausea, pupil-dilation, open-eye visual effects: lights gain auras, star-pattern effects, rainbowning around lighting, lights seem brighter, often 'more beautiful', notice movement in periphery, sometimes increased ability to focus, sometimes reduced ability to focus, visual field 'distracting', visual field 'entertaining', closed eye 'visuals': normal closed eye 'blobs' take on patterns, shapes, distinct forms, increased ability to visualize creatively, spontaneous detailed images, feelings of time-dilation, feelings of 'coming home again' which is often more pronounced for those who have used mushrooms before, feelings of belonging and connection, increased emotional sensitivity, increased ability to focus on emotional problems or memories, chance of becoming 'caught in a loop' thinking / dwelling on a single thought or feeling (usually negative or painful), realizations about past feelings, realizations about how to live, gain a new perspective on current lifestyle and behaviors, feelings of connection with those around you, noticing things which are normally ignored or taken for granted, feelings of wonder, spirit, joy, sadness, despair, religious awakening, contentment and possibly latent psychological crises can come out..

High Dose Effects : (2.5gm - 10gms)

All of the Medium Effects, usually with a significantly more uncomfortable Coming Up, more pronounced nausea sometimes (rarely) resulting in vomiting, sometimes significant mental discomfort associated with feelings of fear and often times accompanying a "what have I done to myself" or "how far am I going" thought, the

unpleasant Coming Up

effects usually lessen with familiarity and more knowledge about the safety and character of mushroom effects. High

Dose Effects are usually characterized by the closed eye visualizations being significantly more elaborate and

enfolded, religious revelation, spiritual awakening, near death experiences, loss of self, talking to seemingly external,

autonomous entities, extreme emotional responses, repressed memories coming to life, latent psychological crises

can come to the surface, intense feelings of wonder, connection, joy, fear. High Dose Effects can also include

extreme time-dilation, with experiences of wall-clock minutes taking an experientially large amount of time, watching

clocks or digital counters where the seconds seem to take minutes to count off. One of the most interesting effects is

the feeling of awakening for the first time ever from a previous state of sleep, of liberation from what is now seen as a

life-long state of bondage. Paradoxically, it is this new awareness which feels normal and natural and the previous fog

which is seen to have been unreal all along. The bemushroomed seeker is convinced that, once gained, this

awareness is impossible to lose, but inexplicably by the next day it is just a memory.

Many thanks to AF and other members of the responsible entheogen community for help building this information.

Last Modified Sunday, 20-Aug-2000 03:22:50 PDT

Created by Erowid