



MAGIC MUSHROOMS OF THE PACIFIC NORTHWEST BY MUSHROOM JOHN

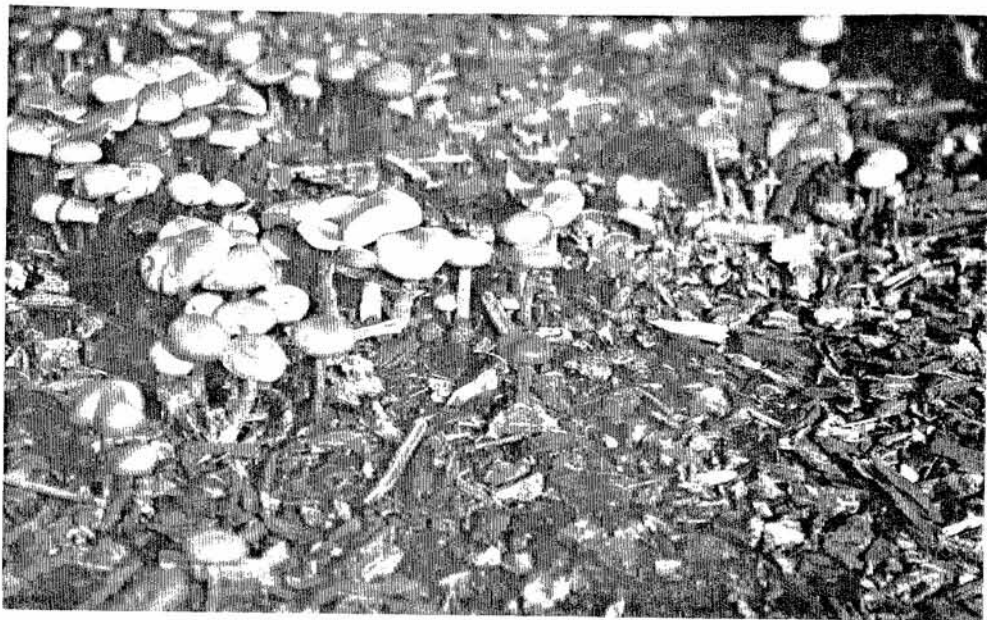
Design, layouts. and photography
by John W. Allen

Photos and text compiled from the mind
by John W. Allen

Photographs of Psilocybe cyanafibrillosa and
Psilocybe liniformans var. americana by Paul Stamets

The author of this guide does not endorse or condone the ludibund use of psilocybin containing mushrooms. Psilocin and psilocybin are controlled substances and should be regarded as such. However the information provided in this guide is protected under the 1st Amendment (freedom of speech, religion and press) and is presented to the public as a tool of learning in order to protect those mycophiles who may purposely or accidentally ingest the mushrooms described in this guide from poisoning themselves or others.

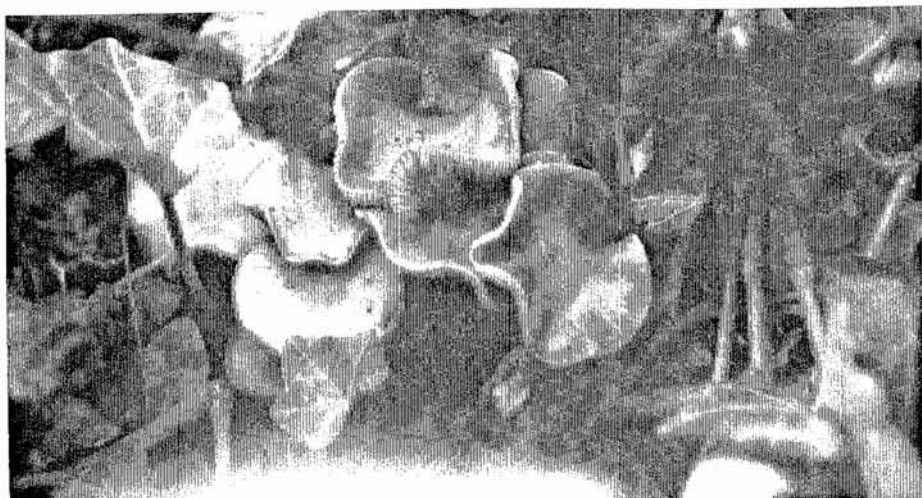
This field guide is hereby dedicated to Jennifer Cassandra, Corey Kevin, and Adrian Teona Allen.



Psilocybe stuntzii Mulch variety. Photo: Jochen Gartz, Eugene, Ore.

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Psilocybe cyanescens: Freeway Park, Seattle, Wa.

INTRODUCTION

Hello mellow shroomers. My name is Mushroom John and I am here to help guide you into the light of the sacred mushrooms of the earth. It has now been twenty years since I first wrote this book and much has developed worldwide in the expanding world of ethnomycology.

The trail of the mushroom is an adventurous trek and many of the various cultures throughout Western civilization have played an important role in spreading the awareness of psilocybian consciousness throughout the world.

Forty years have passed since the rediscovery of the native ceremonial use of entheogenic mushrooms in southern México by R. Gordon and Valentina Wasson (see Life Magazine, May 13, 1957), and during the past twenty years more than two dozen entheogenic mushroom identification guides and cultivation manuals have been published for the novice consumer. Many of those identification guides provide macroscopic descriptions of entheogenic mushrooms which are known to occur in North America (including the Pacific Northwest and Southeast United States, México, and British Columbia, Canada); Great Britain and Europe.

This mushroom identification manual provides information for those mycophiles interested in altered states of consciousness with a proper means of identifying more than one dozen species of entheogenic mushrooms found in the Pacific Northwestern United States and Canada.

The casual use of entheogenic mushrooms for ludicrous purposes first gained public recognition in the early 1960's after psilocybin research projects initiated at Harvard University by Timothy Leary, Richard Alpert and numerous undergraduate students became widely publicized by the popular press. By the early 1970, the ludibund use of psilocybin mushrooms slowly became popular in some regions of México, South America and the Eastern and Pacific Northwest United States and Canada. As early as 1971, Australian surfers were aware of the magical properties of entheogenic mushrooms and by 1972, tourists in Bali and other regions of Indonesia were consuming entheogenic mushrooms. About the same time (1973), in the Hawaiian archipelago, entheogenic mushrooms were also became popular with surfers on Oahu's North Shore. Eventually, foreign tourists from Australia, Bali, and Hawaii, discovered the existence of entheogenic mushrooms in the British Isles, Scandinavia and other European countries. Foreign tourists in Indonesia, South Asia (India and Nepal), and Southeast Asia (Thailand) also learned that entheogenic mushrooms were common in these countries and began to seek them out. Recently, these mushrooms became popular with tourists in the Philippine Islands.

Entheogenic mushrooms described in this guide occur in the Pacific Northwest of the United States and Canada. Rainfall in this region provides an ideal climatic environment for the abundant growth of several entheogenic species of psilocybian fungi.

A few of the Pacific Northwest psilocybian fungi are coprophilic; occurring in dung and/or manured soil of four-legged ruminants (i.e. cattle (Bos), horse (Equus caballus), sheep (Ovis aries), etc.). The majority of entheogenic mushrooms in the Pacific Northwest occur in deciduous woods among decayed leaves and twigs, and some occur in grassy areas such as lawns, meadows and pastures, and/or in rotted hay.

The active ingredients which occur in these entheogenic mushrooms are referred to as alkaloids known as psilocybin and psilocin. Numerous species are briefly described as are their habitats and locations. A history on the discovery and use of the sacred mushrooms by Native Americans in Mesoamerica is provided

below as are several short chapters on methods of preparation, mushroom poisoning, mushroom toxicology, field identification, collecting, and preserving. Additionally a short bibliography is provided for those mycophiles who are interested in broadening their research in this particular field of endeavour.

TEONANÁCATL: FOOD OF THE GOD

Teonanácatl is a Nahuatl Indian word which means "divine meat" and/or "Flesh of the Gods." Ethnomycologist R. Gordon Wasson described the term as "wondrous mushrooms." The word teonanácatl was first mentioned by the Spanish historian Sahagún and was used to describe several species of entheogenic mushrooms which the Aztec priests and shamans used ritualistically during magico-religious ceremonies in pre-Hispanic Mesoamerica. Psilocybin mushrooms were but one of many drug/herb plants used in healing and curing rituals. The sacred mushrooms of Mesoamerica are currently employed by several groups of indigenous peoples residing in remote mountain villages along the upper slopes of the Sierra Mazateca in southern México. Several species of fungi belonging to the genera Psilocybe, Conocybe and possibly Panaeolus are known to be used ceremoniously in these remote montane regions.

The Spanish chroniclers and naturalists, who first came to explore and record their new world discoveries, mentioned that native inhabitants used several plants which were of a narcotic and intoxicating nature. The Spanish clergy deplored what they considered to be pagan, ritual practices, many of which used hallucinogenic plants and mushrooms ceremoniously. The Spanish harassed, often murderously, those who were caught carrying out these practices. Eventually, out of fear of persecution, the indians of Mesoamerica began to hide their use of these plant substances from their Spanish conquerors, and would only communicate their knowledge and use of these substances to one another in secret. Thus, for over four centuries the use of the mushrooms remained hidden from modern civilization.

During this period, a negative view of mushrooms prevailed among the Spanish conquerors. Noted ethnomycologist R. Gordon Wasson coined a term (mycophobia) which described this unfounded fear. European fear of mushrooms among the invading conquerors was one of the contributing factors applied in almost stamping out the use of many entheogenic plant substances among indigenous peoples of the New World. Today, only a handful of indigenous natives living in remote mountain villages still preserve the customs and rituals of their ancient ancestors the *Olmechs*, *Toltecs*, and *Aztecs*.

What once must have been a most splendid and powerful system of worship and magic among these primitive peoples has become aerated by western civilization. So complete was the neglect and ignorance in the western world of the importance of this botanical aspect involving the use of entheogenic plants and the religious fervor which coincided with their use, that in 1915, one of the worlds leading botanists (William Safford) claimed that teonanácatl was not a mushroom but was actually the dried buttons of the hallucinogenic cactus known as peyote; furthermore Safford claimed that no mushrooms were ever used by the Aztecs.

In 1936, the renowned Mexican engineer and ethnologist Roberto J. Weitlaner and a small group of his colleagues became the first western outsiders to actually obtain and observe the sacred mushrooms. Two years later, Weitlaner, his daughter Ermgard, her fiancé ethnologist Jean Bassett Johnson, and two others, became the first westerners since the Spanish arrived in the new world to actually witness a mushroom ceremony.

That same year, a Harvard ethnobotanist, Richard Evans Schultes, embarked on a field expedition to Huautla de Jiménez, México. During his stay and subsequent field research in the Mexican state of Oaxaca, Dr. Schultes and his colleague Blas Pablo Reko were able to collect several specimens of mushrooms which they

suspected were used in sacred healing and curing ceremonies. Eventually some mushroom specimens were forwarded to Harvard University for botanical examination and one collection was identified as Panaeolus campanulatus var. sprinctrinus.

In 1939 and 1941, Dr. Richard Evans Schultes published two papers describing his mushroom discoveries in Mexico. However, the identification of the collected species found by Schultes and his colleague Blas Pablo Reko was incomplete. Dr. Schultes then moved on to the Amazon, where for the next fourteen years, he studied rubber, orchids, arrow poisons, and plant life for Harvard University and the United States Government and never returned to México. As the war years intervened, the sacred mushrooms once again slipped into the obscure shadows of history. Many years later in 1951, Dr. Rolf Singer of the Field Museum of Natural History in Chicago, re-examined the mushroom collections of Schultes and Reko. Singer discovered that one of the collections was Psilocybe cubensis (Earle) Singer.

On June 29, 1955, ethnomycologists R. Gordon Wasson and his photographer, Alan Richardson, became the first westerners in modern times to actually participate and partake of the sacred mushrooms in an Indian ceremony held under the supervision of a curandera, María Sabina. News of this startling event became public knowledge in 1957 with the publication of a two volume set of books "Mushrooms, Russia, and History" and an article which appeared in Life magazine (May 13, 1957) titled "Mushrooms which cause strange visions." This article was presented as Part III of a "Great Adventures In Life" series. A few weeks later, Wasson inticed his wife Valentina and their 19-year-old daughter Masha into consuming some of the sacred entheogenic mushrooms. This was the first time that the mushrooms were consumed outside of a native Indian ceremonial context. This was also the first turn on.



R. Gordon Wasson and Rolf Singer in Oaxaca. A collection of Psilocybe caerulescens. Photo: Gaston Guzmán.

The Wassons led several more expeditions throughout México during the next five years. They studied and recorded the various aspects of the ceremonial use of the mushrooms and the Indian tribes who used them. During these expeditions, the Wassons enlisted the aid of several collaborators. The first was the

eminent French mycologist Roger Heim (pronounced "em"). Dr. Heim visited México with the Wassons on several occasions and collected numerous specimens of suspected entheogenic mushrooms. After returning to Paris, Dr. Heim began the long process of identifying the various species he had collected and then proceeded to name them. Next came the cultivation of several of the newly discovered species which Heim soon cultivated in his Paris laboratory.

Another of Wasson's collaborators was the Swiss chemist Albert Hofmann, creator and father of LSD. Hofmann eventually synthesized two alkaloids from the Mexican mushrooms (*Psilocybe mexicana* Heim, which he named psilocybin and psilocin. Hofmann named his generic product Indocybin. Later Dr. Hofmann presented a bottle of his mushroom pills to the curandera María Sabina, who, after eating the mushroom pills, claimed that there was no difference between the effects of the pills and the effects of the mushrooms.

R. Gordon Wasson reported that the sacred mushrooms and their use was heavily concentrated and widespread throughout the Mexican state of Oaxaca. There, such use is common among several groups of indigenous peoples. Among the most notable groups of Indians who employ sacred mushrooms ceremoniously are the Mazatecs, Chinantecs, Chatinas, Zapatecs, Mixtecs and Mixes (Mijes). In each tribe, the preferred species is different and the particular rituals involved may vary somewhat according to the customs of the various tribes who use them.

A famous curandera said that "performing before strangers is a profanation, and the curandera who today, for a big fee, will perform the mushroom rite for any stranger is a prostitute and a faker." Yet mushroom ceremonies are still today performed for outsiders who come seeking god and enlightenment. However, a fee is often sought by the sabio or shaman for their services.

While some of the Indians of Mesoamerica have used curanderas for their ceremonies for centuries, not all groups have curanderas as such. The Mazatec curanderas who perform such ceremonies usually consume twice as many mushrooms as their voyagers. The curandera decides who is to take the mushrooms and her energies always dominate the sessions. On the other hand, in Mije country there are no curanderas. Most Mijes know how to use the mushrooms by themselves. One may take them alone while another may take them with an observer present during the experience.

Among the many reasons for consulting the mushrooms are two predominant concerns; medical or divinatory. The mushrooms serve to find a diagnosis and cure for an otherwise intractable condition. They are also employed to find lost objects, animals or people and often to get advice on personal problems or some great worry. The use of the sacred mushrooms for the purpose of divination is accepted as a matter of fact. Demonstrations of the mushrooms capacity to bring about altered states of consciousness and higher visions have been convincingly made. In considering these ancient shamanic rituals, we cannot forget that this practice is all that remains among a primitive unlettered people of a practice that was once widespread throughout the powerful Aztec empire.

The final chapter in the colorful history of the re-discovery of the divine mushrooms was initiated in August of 1960. In a quiet villa near Cuernavaca, Mexico, Dr. Timothy Francis Leary, at that time a Harvard psychologist, first ate 7 magic mushrooms (*Psilocybe caerulescens* Heim). The mushrooms were given to Leary by Frank Baron, a fellow colleague (who allegedly obtained them from an old lady named "crazy Juana"). Leary wrote of his initial experience that "I was whirled through an experience which could be described in many extravagant metaphors but which above all and without question was the deepest religious experience of my life."

What Leary experienced during his mushroom trip soon became public knowledge and eventually set in motion the golden age of psychedelia. During the next seven years, Leary's research in psychedelic consciousness triggered a series of events which have

been amply described and debated in the popular press ever since. Leary was virtually responsible for creating a neo-religion, which took flight like the mythical phoenix and led to the mass public use of entheogenic drug/plants and herbs as both sacraments and catalysts for recreation. Eventually millions of people (young and old alike) suddenly decided to "tune in, turn on, and drop out." The events which followed Leary's famous slogan eventually led up to the famed Summer of Love (Haight-Ashbury, 1967).

The demand for experiencing the magical and visual effects of entheogenic mushrooms rapidly spread from one region of the world to another. It created a desire in many young adults to travel to far distant lands, hoping to experience the euphoria and visuals of the mushrooms and to experience God which the mushrooms allegedly imbued upon the user.

While thousands of young adults and their peers (including those with a professional background) embarked on the long pilgrimage to México in search of the "magic mushrooms" (a term coined by a Life magazine editor), few knew that several varieties of these mushrooms grew within their own back yards.

The trail of entheogenic mushroom indulgence eventually spread from México to Harvard and then back into the Gulf States and down into Guatemala and South America. The first entheogenic mushroom used as a recreational drug was Psilocybe cubensis and/or Psilocybe subcubensis Guzman. Both species are macroscopically indistinguishable and can only be separated under the microscope. Both species have a cosmopolitan distribution. Psilocybe cubensis is also grown clandestinely and illicitly out of the sight of law enforcement officials.

The second most commonly used entheogenic mushroom is the "Liberty cap" (Psilocybe semilanceata (Fr.:Sacr.) Kumm. "Liberty cap" mushrooms occur in pasture lands and lawns and are also common throughout Great Britain, Scandinavia, Europe, North America, Australia, New Zealand, Peru, South America and India.

MUSHROOM TOXICOLOGY

In 1957, only 7 species of wild mushrooms were identified as entheogens. Today there are over 144 known species. The tryptamine alkaloids in entheogenic mushroom species are known as psilocybin and/or psilocin. Other tryptamine alkaloids known to occur in psilocybian mushrooms include baeocystin and norbaeocystin. Both alkaloids produce symptoms and effects similar to psilocybin. Psilocybian mushrooms also contain other tryptamine compounds such as 5-OH-tryptamine, tryptamine and tryptophan. These later alkaloids are not psychoactive. However, many of these tryptamine alkaloids are related to the neurotransmitter serotonin (5-hydroxy-tryptamine). Psilocybin and psilocin possess a chemical structure very similar to serotonin, a brain neurotransmitter that exerts powerful psychic effects through central sympathetic excitation. Most notable is an alteration of the normal functioning of the brain known as cerebral mycetism which produces visual effects, auditory hallucinations (synesthesia), and euphoria. Total intoxication from psilocybian fungi is from 4-6 hours.

The effects from consuming psilocybian fungi vary within each individual and the subjective experience depends entirely on the mood, mental set, and expectations of the taker.

POISONOUS MUSHROOMS

Experimenting with wild mushrooms in any genera can be dangerous even for an avid mushroom hunter. Be sure to thoroughly read this guide before attempting to journey into a field looking for any of the entheogenic mushroom species described in this guide.

Mushrooms come in many different shapes, sizes and colors.

There is no guaranteed method outside of a field guide or the knowledge of a trained mycologist to determine exactly what species of mushroom one might come across. Many species of poisonous mushrooms sometimes macroscopically resemble and/or mimic their hallucinogenic cousins.

Ingestion of some species of toxic non-psychoactive mushrooms will cause the body to flush itself through the bowels and cause severe vomiting. Extreme cramps varying from mild to severe discomfort usually occur after the ingestion of a toxic mushroom species. The authors suggest that it would be dangerous for a novice mushroom hunter to consume even the most minute part of any wild mushroom without having said mushroom properly identified by someone knowledgeable in the field of mushroom identification.

The first family of poisonous mushrooms which should be avoided belong to the genus Amanita and produce white spores. Psilocybe species produce chocolate-brown to purple-brown spore prints. Copelandia and Panaeolus species produce black sporeprints. Amanita species have caps which are scaley. Their stems have a ring near the top and a large bulbous base at the bottom which may or may not resemble an egg. They are usually found in association with pine and birch trees. Amanita species contain amatoxins and phalatoxins. They will consume your kidney and liver within 5 to 7 days after ingestion and are usually fatal. Many species of Galerina contain some of the same toxins found in the deadly Amanitas. They are also deadly. Some species of Galerina are macroscopically similar to several varieties of Psilocybe mushrooms. The caps of Galerina species vary from chestnut orange to orange rusty-brown. They have a slight ring appearing on their stem. The sporeprint is rusty orange brown and their habitat includes woodchips, bark mulch and lawns. In the Pacific Northwest, some species of Galerina have been observed fruiting in and around specimens of Psilocybe cyanescens, Psilocybe stuntzii and Psilocybe baeocystis. In 1982, two teen-aged boys and a 16-year-old girl became seriously ill after consuming Galerina mushrooms which they mistook to be an entheogenic species of Psilocybe. The young girl failed to receive proper medical attention in time because she feared that she and her friends, who also became ill, would be prosecuted for their illegal activities involving the illicit use of the mushrooms. Both boys survived the ordeal, yet both have permanent damage to their kidneys and liver.

Many species of wild mushrooms are known to contain muscarine, a toxin, which when eaten, will cause profuse sweating, severe stomach cramps, nausea and vomiting. It is always a good idea to have in ones possession, a book on edible and poisonous mushrooms when collecting in the wild. Recently, a newly reported species of Galerina from Germany Galerina steglichii Besl was identified as a psilocybian mushroom.

Another poisonous mushroom which should be avoided is Chlorophyllum molybdites. It is commonly referred to as "Green Gills" or "Morgans Lepiota." As the nick-name implies, the gills of this species are green. This occurs with age. This mushroom is rather large with a scaly cap which resembles a parasol. In Florida, this species has been the cause of much discomfort for many mushroom enthusiasts who accidentally mistook it for Psilocybe cubensis. Chlorophyllum molybdites does not grow directly in manure but may be found in manured fields where cattle and water buffalo graze. They also occur in lawns.

Since individual humans have different metabolisms, only a small amount of mushrooms should be ingested during an initial experience. After a 24-72 hour period, one can increase or decrease the amount ingested until a desired dosage feels comfortable.

Furthermore, any wild collected mushroom which the consumer has suspicions about their identification, they may be taken to an expert mycologist at any university or college with either a mycology or botany department. Teachers and students will be more

than happy to properly identify any mushroom brought to them for identification.

HOW TO IDENTIFY PSILOCYBIAN MUSHROOMS

In order to properly identify and key a particular species of fungi to its genus one must first make a sporeprint. A sporeprint will tell which family a particular species of mushroom belongs to. First cut the stem from off of the mushroom cap and then place the cap of the mushroom face down on a piece of white paper. Next place an empty jar over the cap of the mushroom. This will allow the spores of the mushroom to settle on the paper below and the glass jar will keep the spores from blowing away. After 20 minutes or more, remove the jar from the paper and lift the mushroom cap from the paper. If the spore print is chocolate to purple brown then the mushroom is probably a Psilocybe. If the sporeprint is jet black, then the mushroom belongs to one of the following genera: Panaeolus, Copelandia, Coprinus, and/or possibly Anellaria. Both Panaeolus and Copelandia mushrooms also contain psilocybin and psilocin.

Psilocybian mushrooms described in this guide can be identified by an enzyme which occurs in fungi containing the alkaloids psilocybin and/or psilocin, with an indole nucleus and producing by an oxidative process, a blue pigment.

When the flesh of the stem or cap of a fresh mushroom is bruised or damaged (whether from human handling, wind, insects or falling objects), an enzyme occurs which oxidises as it comes into contact with air. This causes the damaged area of the mushroom to turn blue or blue green. Many species of psilocybian fungi have stems ranging in color from a pallid yellow white to an off white. Bluing in psilocybian mushrooms is common after damage has occurred. The bluing reaction occurs within 10 to 20 minutes after human handling but may already be noticeable in fungi damaged from natural elements and from bluing with aging.

There are, of course, certain chemical applications used to speed up the bluing reaction which occurs in psilocybian mushrooms. One method involves "metol", a chemical used in photographic developing. "Metol" can be legally purchased from any camera and photographic supply outlet. Mix 1 part Metol with 20 parts water. Place the stem of the suspected mushroom in a "metol" solution and wait for approximately 1/2 hour. If the solution turns blue, you have actually collected a mushroom containing psilocybin.

A TRIP TO THE FIELD

On a first trip to the field, one need not be elaborate while hunting for magic mushrooms, especially in and around Puget Sound, where magic mushrooms are not just restricted geographically to pasture lands but also occur very abundantly on lawns and gardens in parks and around apartment complexes and office buildings (also occurring in woodchips and bark mulch). Magic mushrooms have even been collected from the lawns of such well known restaurants as MacDonald's, Wendy's, Burger King and Jack-in-the-Box.

Psilocybian mushrooms enjoy a wide variety of other habitats and may also occur in flat-bottomed valleys and on gentle slopes or small hills, along cattle trails in woods and mountainous regions. Some species grow on sphagnum moss, moss along streams and river banks, dead tree trunks, branches, twigs and stems in deciduous woods, and in woodchips and bark mulch in gardens surrounding public buildings.

After locating a good field for mushroom hunting, it is possible that more than one species of magic mushrooms could occur there. Word of mouth communication by fellow mycophiles is often another source for reliable information on mushroom locations.

An avid mushroom hunter requires certain equipment to get through a day of picking. Basic mushroom hunting equipment

includes a small cardboard box or several paper bags for collecting fresh mushroom specimens. Paper is the preferred method for preserving the quality of the freshly picked mushrooms. Never place fresh picked mushrooms into plastic bags, baggies, or metal containers. Rain clothes might be necessary since mushrooms grow well during and after a rainfall. However, the best time to pick fresh mushrooms is a few days after the rain has stopped. Mushrooms drying naturally in the sun for a few days after a rainfall are better preserved for collecting than if picked when they are wet. This is especially true for mushroom species which belong to the genus *Copelandia* and *Panaeolus*.

If driving to a specific picking location, be sure and park your vehicle far away from where one might go picking. This is to insure the safety of the picker. Parking next to a picking location could attract the attention of the farmers or even the police, both of whom might decide to hassle a picker for trespassing. Be sure to always ask permission to go onto private property. Respect the owner and he just might allow a perspective mushroom enthusiast to venture forth out onto his property for a few hours. Some farmers charge mushroom pickers a small fee for collecting mushrooms on their land. Do not bring dogs into a field and do not litter the land. Never leave a gate open or unlocked. These are but a few of the many reasons why farmers do not want strangers on their property.

METHODS OF PREPARATION AND PRESERVING FOR FUTURE USE

There are many different ways to prepare magic mushrooms for human consumption. However, the organic method is probably the most popular means employed. Psilocybian mushrooms are either eaten fresh (which supposedly produces the most powerful and intensely visual experience), or dried and consumed at a later date. Some users freeze their mushrooms for later use, while others put them in capsules. Freezing the mushrooms for later use is not recommended. Mixing psilocybian mushrooms in milk or fruit shakes (known as mushroom smoothies) or tea are also common methods employed by those who dislike the natural taste of the mushrooms. Cooking the mushrooms in a soup, stew or omelette to alleviate the acrid taste of psilocybian fungi is also popular. Other methods include serving the mushrooms on toast with jam or honey. Chocolate and honey were served with magic mushrooms by Aztecs priests during Montezuma's coronation and at other Aztec festivals and celebrations. However, it is best to eat the mushrooms on an empty stomach. The mushrooms may be rinsed carefully in water, but it should be mentioned that psilocybin is water soluble and some lose some of the active ingredients. Remember, psilocybin and psilocin are controlled substances.

A dehydrator is one of the best methods for drying fresh picked mushrooms. However, if a dehydrator is not available then the best method for drying mushrooms is as follows: at home, place several sheets of newspaper on a table or in a high dry area. Separate and spread the mushrooms evenly across the newspaper and make sure that they are not touching one another. After 2-3 days the mushrooms will have shrunk down to virtually nothing. This occurs because the mushrooms are approximately 95% water. The color of the mushrooms will also change as they dry. After a few days, handle a mushroom specimen to see if it has completely dried. It may feel rubbery but in no way will it break apart like a fresh stem would.

Next turn the oven on to 350 degrees and let it heat up. After 20 minutes turn the oven off and crack open the oven door until it stays cracked open. Let the oven cool off for no more than five minutes. Next place the dried mushrooms on several layers of newspaper and place them into the oven leaving the door cracked open. In twenty minutes remove the mushrooms from the oven and let stand in the air for ten minutes. Store the dried mushrooms in glass bottles with a rubber gasket and seal. This will insure that

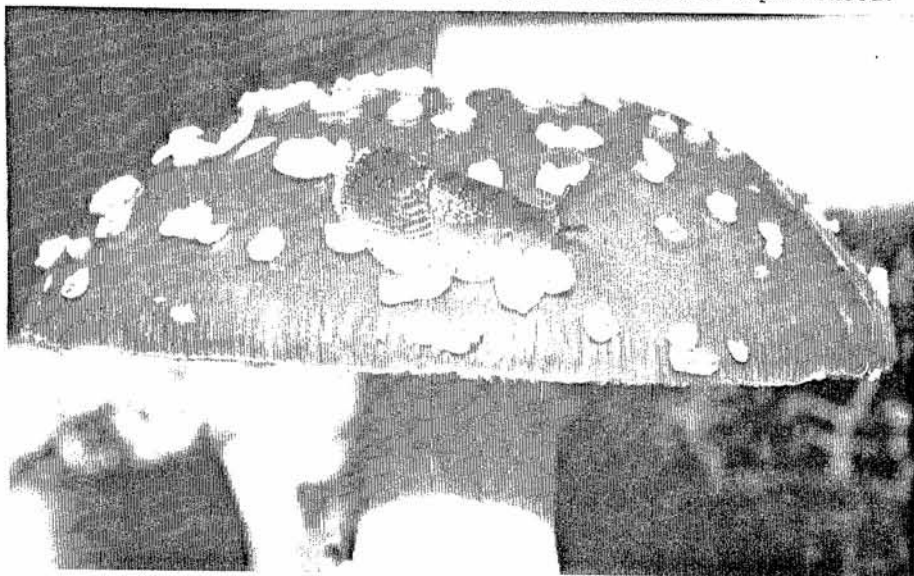
the potency of the mushrooms will remain for years to come. Also keep them away from direct light and heat. Do not store the mushrooms in honey.

The mushrooms may then be eaten as is, or ground up into a powder and placed into double-ought gelatin capsules for later use. Dosages vary within each individual species of mushroom and care should be taken when experimenting with entheogenic mushrooms. Dosage for the home grown mushroom Psilocybe cubensis and/or Psilocybe subcubensis is from 1 to 5 grams (dried), and from 1 to 2 ounces (fresh). This would be approximately 1 to 2 big mushrooms weighing 1 fresh ounce or from 5 to 25 small mushrooms weighing up to 1 fresh ounce. Dosage for Psilocybe semilanceata has been reported to be from 10 to 20 mushrooms fresh weighing approximately 1/4 to 1/3 of a fresh ounce and from 1 to 2 grams dried. Dosage for Psilocybe stuntzii, Psilocybe pelliculosa and/or Psilocybe silvatica is 20 to 40 fresh mushrooms or 2 to 3 grams dried. Dosage for Psilocybe cyanescens, psilocybe baeocystis and Psilocybe azurescens is 1 large mushroom or 2 to 3 small specimens.

When consuming fresh or dried mushrooms, it is better to take them in the evening on an empty stomach. Avoid bright lights because they will divert from the visuals effects for which the mushrooms are famous. The darker the room, the more visuals one may experience. Consume the mushrooms over a 15-20 minute period and the experience will commence within 15 minutes up to half of an hour. The slow emergence to the come on of the experience is so much more tranquil and relaxed. When consumed in the form of tea or liquid, the experience will commence within 5 to 10 minutes and could be compared to the effect of a rocket during lift-off.

If should be mentioned that there is just as much psilocybin in the caps of the mushrooms as there is in the stems. I mention this because I have observed people who eat the cap and throw away the stems.

Some individuals have reported that strychnine is present in psilocybian mushrooms. This is not true. Freshly picked psilocybian mushrooms will not make anyone sick. Do not abuse this earthly treasure and the treasure will not abuse you. Be cool and safe and enjoy that which you have just learned and experienced.



Psilocybe baeocystis Singer & Smith

Cap: 1.5 cm to 5.5 cm broad to olive. center convex to conic. translucent when moist, appears pleated towards bottom portion of cap. Often staining blue to blue-green when damaged.

Gills: Attached. Dark purple grey with white edges.

Stem: 50-70 x 2-3 mm long. White creme to yellow top. Covered with white filaments.

Spores: 10-13.2 x 6.2-7 μ .

Sporeprint: Purple grey.

Habitat: Psilocybe baeocystis was 1st discovered in Eugene, Oregon in 1945. Once considered rare, it is now a very common species in mulched garden beds under rhoderdendrons and rose bushes, sometimes growing in amongst groupings of P. stuntzii in lawns and with Psilocybe cyanescens in alder mulched garden beds. Grows abundantly in lawns or grassy areas rich in humus or lignin and/or in alder wood chips and bark mulch.

Distribution: From Eugene, Oregon to Seattle, Washington, up to British Columbia, Canada. Once considered rare, it is now common.

Season: June to October in lawns. From late September through December and sometimes into January in mulched garden beds.

Comment: A very potent species when fresh. Stains intensely blue when damaged. Loses much potency when drying.

Dosage: 1 to 2 large mushroom specimens or from 2 to 4 small specimens.





Galerina marginata deadly poisonous



Psilocybe stuntzii resembles Galerina



Psilocybe cyanescens resembles Galerina



Bluing in Psilocybe cyanescens



Psilocybe pelliculosa in alder bark



Bluing in Psilocybe baeocystis



Bluing in Psilocybe semilanceata



Psilocybe stuntzii lawn variety



Bluing in Psilocybe stuntzii



Psilocybe subfimetaria in pastures



Amanita muscaria in Astoria, Oregon



Psilocybe semilanceata in pastures

Psilocybe cyanafibrillosa Stamets & Guzmán

Cap: 1-4 x 3.5 cm broad. Conic to convex to broadly convex. Plain in age. Deep chestnut brown, hygrophanous, fading to pale tan or yellowish brown or grayish white in drying. Viscid when moist with a separate pellicle.

Gills: Adnate to adnexed. Light grayish when young becoming purplish brown in age with white edges.

Stem: 30-70 mm long x 2-4 mm thick. Straight, enlarged at base with fibrills. Bruising blue when damaged.

Spores: (9) 9.5-11 (12) x (5.5) 6-6.6 (7) μ .

Sporeprint: Purplish brown.

Habitat: Scattered to gregarious among bush lupines in alder and willow wood chips and bark mulch. Common among rhododendron gardens and nurseries and flood plains near river estuaries.

Distribution: From northern California (Eureka/Arcada) north to British Columbia, Canada.

Season: September to December.

Dosage: 1 large specimen, 2 to 5 small specimens. High in psilocin and low in psilocybin. Loses over 70% or more of their potency in drying.



Psilocybe cyanescens Wakefield

Cap: 2-4 (5) cm broad. Conic to conic convex, eventually expanding to broadly convex. Plain in age with wavy margin. Chestnut to caramel with age. Hygrophanous, changing color in age and drying. Yellowish-brown or ochraceous in drying. Viscid when moist. Bruising bluish.

Gills: Adnate to subdecurrent. Broad. Cinnamon brown to deep smokey brown. Edges paler.

Stem: 20-80 mm long x 2.3-5.5 mm thick. Curved and enlarged at base. White with fine fibrils. Often staining blue when damaged. Hollow.

Spores: 9-12 x 5.8 μ .

Sporeprint: Dark purple brown.

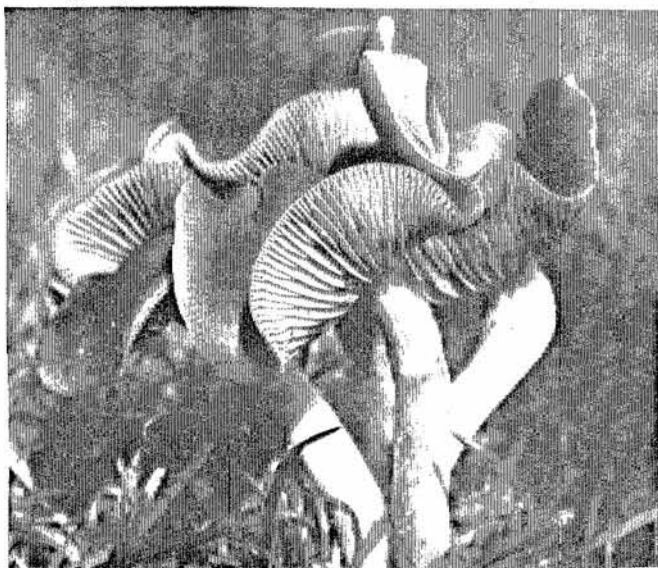
Habitat Scattered to gregarious in humus enriched in woody debris among leaves and twigs, alder wood chips and alder bark mulch. Often growing solitary to clusters and clumps in heavily mulched areas with rhododendrons or rose bushes, ivy and strawberry plants.

Distribution: San Francisco, California to British Columbia, Canada. Rare in the wild but abundant in man made environments throughout the Pacific Northwest. Sometimes more than 20 to 50 pounds may appear in a single location.

Season: September through December.

Comment: I once found 18 specimens in the wild along side a logging road by a clear cut in Kingston, Washington. Was once common for three years in every bed box of the Freeway Park in downtown Seattle until the nutrients in the mulched beds were used up.

Dosage: 1 large specimen or from 2 to 3 small specimens.



Psilocybe fimetaria (Orton) Watling

Cap: (.5) 1-2.5 (3-6) cm broad. Conic to convex, subcampanulate, expanding to broadly convex. Typically umbonate. Translucent when moist. Pale reddish brown to honey to ochraceous. Hygrophanous. Yellow olive to ochraceous or yellow buff. Bruising blue where damaged.

Gills: Adnate, sinuate or uncinata. Purplish brown with white edges.

Stem: (20) 40-65 (90) mm long x (.5) 1-3 (4) mm thick. Equal and swollen at base. White, reddish brown or honey colored with blue green and/or deep sea green tones. Hollow.

Spores: (9.5) 11-14 (16) x 6.5-8.5 (9.5) μ .

Sporeprint: Dark purplish brown.

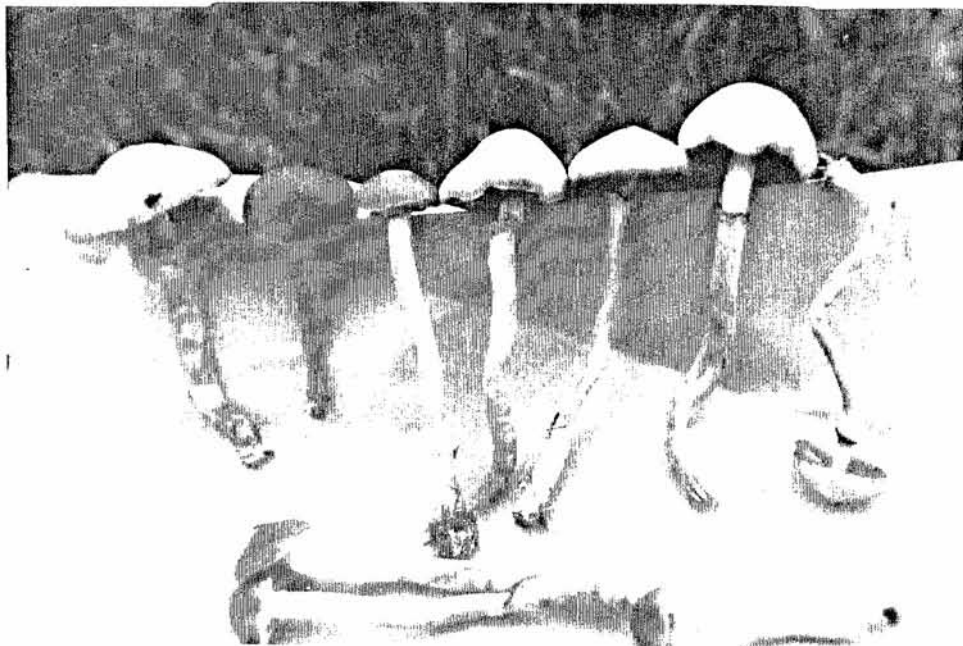
Habitat: Solitary to gregarious on horse manure, grassy areas in rich soils. Stamets (1996) reports that this species fruits in large rings.

Distribution: Oregon, Washington, and British Columbia, Canada.

Season: October through December.

Comments: This species macroscopically resembles Psilocybe stuntzii and bares some similarity to Psilocybe semilanceata. A related species is Psilocybe subfimetaria which is also similar in appearance to Psilocybe semilanceata.

Dosage: 15 to 30 fresh specimens or 1/4 fresh ounce. 1 to to grams dried.



Psilocybe liniformans var. americana Stamets and Guzmán

Cap: 1-2.5 cm broad. convex to broadly convex, sometimes broadly umbonate. Smooth, viscid when moist from a separate gelatinous pellicle. Dull grayish ochraceous brown or olive colored. Hygrophanous, fading in drying and becoming straw-brown. Staining blue-green.

Gills: Adnexed, close to distant, dark chocolate brown to purplish brown.

Stem: 14-30 mm long X 1-2 mm thick. Equal to swelled at base. Whitish to pale brownish and staining blue when injured.

Sporeprint: Dark grayish-purple brown.

Habitat: Scattered to gregarious on horse dung or in manured enriched soil in meadows and pastures.

Distribution: Washington and Oregon. Probably in British Columbia, Canada.

Season: Summer through autumn.

Dosage: Weakly to moderately active. 10 to 20 fresh specimens,



Psilocybe pelliculosa (Smith) Singer & Smith

Cap: 8-15 mm broad. Yellow brown to olive brown. Fading to a pinkish buff. Yellow brown when dry.

Gills: Ascending. Cinnamon brown with white edges. Lighter than Psilocybe silvatica.

Stem: 60-80 mm long x 1.2-5 mm thick. Pale. Creme to brown in age. Covered with white fillaments. Larger at base.

Spores: 9.3-13 x 5-7 μ .

Sporeprint: Purplish brown.

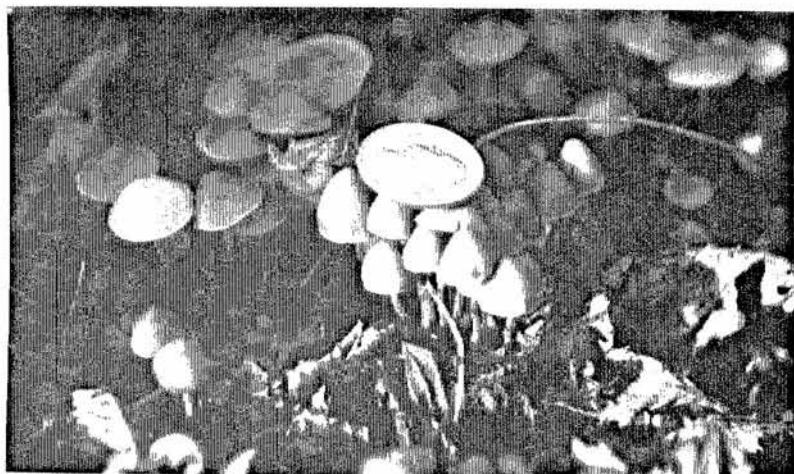
Habitat: Scattered to gregarious to cespitose on well-decayed conifer substratum and in mulch and soil rich in lignin. Prefers alder woodchips or bark mulch.

Distribution: West of the Cascades in Southern Oregon along the western coast of the Pacific Northwest into British Columbia, Canada. Also reported from Idaho.

Season: Late September through December. Sometimes in January,

Comment: This small Psilocybe which is very much similar to Psilocybe silvatica and Psilocybe semilanceata, fruits abundantly along logging roads, clear cuts and pilings in the Pacific Northwest. I have seen hundreds of pounds of this species in the region of Kingston-Bremerton area of Washington state. Also appears in roadside mulched areas and parks.

Dosage: 20 to 40 fresh mushrooms or from 2-4 grams dried. moderately weak.



Psilocybe semilanceata (Fries) Kummer

Cap: .75-2.5 cm broad. Twice as tall, conic with a profused nipple, color is variable from rusty brown to a pale yellow when dry. Margin striate and translucent when moist with a sticky gelatinous pellicle.

Gills: Adnate to adnexed, crowded and purple brown. Much darker than Psilocybe pelliculosa and ascending into the cap.

Stem: 40-100 mm long. Pale to rusty brown. Tough pith which is usually crooked and can be wrapped around ones finger. Sometimes staining blue after human handling.

Spores: 12-14 x 7-8 μ .

Sporeprint: Dark purple brown.

Habitat: Scattered to gregarious in pasture lands but not growing directly in manure. Also common in lawns, fields or other grassy areas, especially where cattle and sheep graze. It is also common around the base of sedge grass clumps.

Distribution: Northern California to British Columbia, Canada, west of the Cascades and along the coastal areas of Oregon and northern California. Also is common in golf courses.

Season: August through November-December.

Comment: I found this species fruiting on lawns in Tukwilla, Washington in May one year and in the fall it may grow for up to two years before disappearing. It has also been reported to be found in the Seattle, Washington arboretum.

Dosage: 20 to 40 fresh mushrooms or from 1-2 grams dried.



Psilocybe silvatica (Peck) Singer & Smith

Cap: .8-2.5 cm broad. Obtusely conic to campanulate with an acute umbo. Tawny dark brown when moist, fading to a pale yellow-brown. Smooth, viscid when moist with a thin gelatinous pellicle.

Gills: Adnate to adnexed. Close to subdistant and narrow to moderately broad. Dull grayish brown to cinnamon or smokey brown with age. Edges white.

Stem: 20-80 mm long x 1-3 mm thick. Equal to slightly enlarge at the base. Brittle.

Spores: 6-9.5 x 4-5.5 μ .

Sporeprint: Dark purplish brown.

Habitat: Gregarious but not cespitose on wood debris, wood chips (preferably alder), or even decayed conifer substratum.

Distribution: From west of the Cascades in southern Oregon to British Columbia, Canada. Also reported from Idaho and as far away as Finland.

Season: From late September through December.

Comment: Very similar to **Psilocybe pelliculosa** and is usually found growing along with them. Stamets (1996) reports that in colonies of **Psilocybe silvatica** that the caps were more yellow in appearance than those of the caps of **Psilocybe pelliculosa**.

Dosage: Moderately weaker than **Psilocybe semilanceata**. From 20 to 40 fresh mushrooms, 1/3 of a fresh ounce or from 2 to 4 grams dried.



Psilocybe strictipes Singer and Smith

Cap: .5-3.5 cm broad. Conic, expanding to convex, campanulate, may have a low umbo. Smooth, translucent-striate near the margin and viscid when moist from a separate gelatinous pellicle. Hygrophanous, yellow brown fading to a buff dull cinnamon or straw light yellow in drying. Bruising lightly blue when damaged.

Gills: Adnate and/or subdecurrent.

Stem: 40-70 (130) mm long x 2-3 mm thick. White to yellowish with a brown pith. Equal, and decorated with a fibrillose patch and basal mycellium with blue tinges.

Spores: 10-12 x 5.5.8 μ .

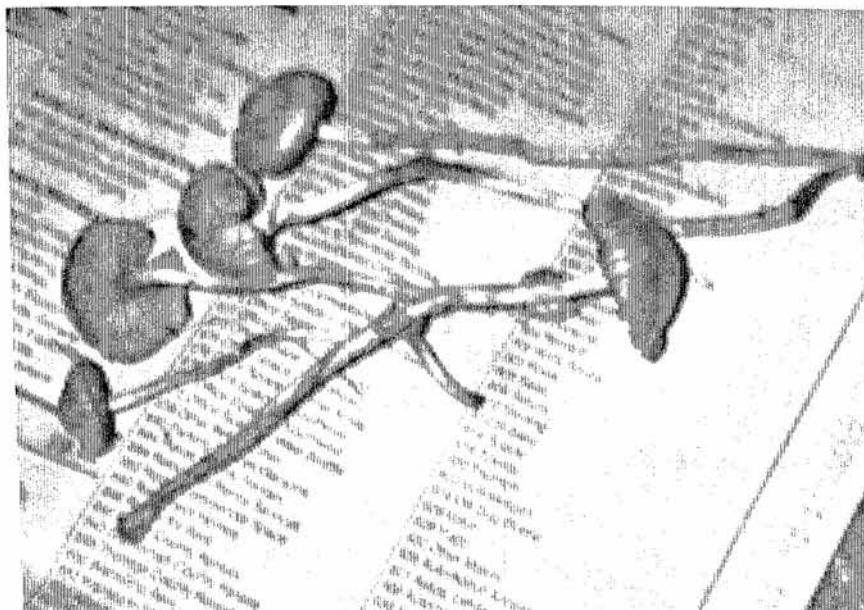
Sporeprint: Dark purple brown.

Habitat: Found in amongst patches of colonies of Psilocybe semilanceata and Psilocybe liniformans var. americana in rich, grassy areas such as lawns, along roads sides and in fields, never directly on dung.

Distribution: Oregon, Washington, and British Columbia, Canada in the Pacific Northwest.

Comment: Many of the more than two dozen mushroom identification manuals published during the past 20 years have mistakenly identified this species as being similar or conspecific with Psilocybe baeocystis (including the 1st and 2nd edition of this guide). This species is macroscopically similar to Psilocybe semilanceata.

Dosage: 20-30 fresh specimens. 1-2 grams dried.



Psilocybe stuntzii Guzmán & Ott

Cap: 1.5-5 cm broad. Obtusely conic, expanding to convex-umbonate or flat with age. Margin is striate and translucent when moist. Hygrophanous. Dark chesnut brown while lighter towards the center. Olive-greenish at times, fading to a pale yellowish brown or pale yellow. Viscid when moist from a gelatinous pellicle.

Gills: Adnate to adnexed, close to subdistant and moderately broad.

Stem: 30 to 60 mm long x 2-4 mm thick. Enlarged at base. remnants of a veil remain and are usually bluish from natural injury when the cap opens. With a whitish pith. Staining blue to blue-green where injured.

Spores: 9-12 x 5.5-8.3 x 5-7.7 μ .

Sporeprint: Dark purplish grayish brown.

Habitat: Growing gregarious to subcespitose clusters and clumps in conifer wood chips and bark mulch (alder wood), in soils rich in woody debris, and in new lawns, fields of freshly layed sod.

Distribution: From Eugene, Oregon to British Columbia. This species is common in parks, or any newly mulch garden area throughout the western region of the Pacific Northwest.

Season: From late July through September in lawns and grassy areas and from late September through December in mulched garden beds.

Comment: I have observed this species growing all year long in the Seattle, Washington area. If there is a light winter, they will appear throughout the year.

Dosage: 20 to 30 fresh specimens, 1/3 fresh ounce or 1-3 dried.



Cap: 2-5.5 cm broad. Fawn-colored to reddish-brown, zonate from the outer edge of the cap with several bands of reddish-brown colors towards the center. Sometimes with a slight umbo. Hygrophanous, fading to a straw yellow to pallid in drying to a pallid dull white. Margin slightly incurved when young, often becoming pitted and wrinkled with age.

Gills: Adnate and slightly ventricose. Brownish to black with white edges.

Stem: 4-10 cm x 2-7 mm. Reddish brown with verticle grooves running down the lenght of the stem. Hollow with short white fibrils. Sometimes bluing at base of the stem.

Spores: 11.5-14 x 7.5-9.5 μ

Sporeprint: Jet black.

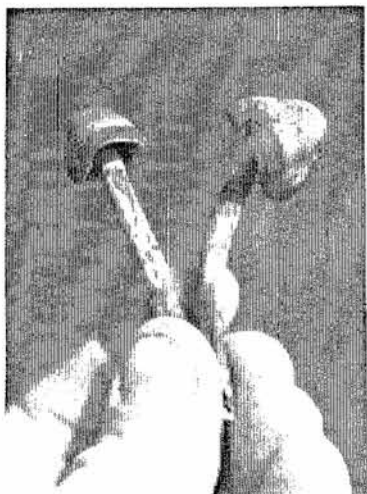
Habitat: On dung, rotted and/or composting hay. Also in lawns, pasturelands, riding stables and race tracks, in horse manure and stable shavings. Fruits in the early spring and late fall.

Distribution: Oregon, Washington, Idaho and British Columbia, Canada.

Season: February through May during the spring rains and from mid-August through September.

Comment: Fruits abundantly in haystacks in the Eugene-Corvallis region of Oregon and to a somewhat lesser degree in manure.

Dosage: 2-5 large specimens or 20-30 small specimens. 3-5 grams dried.



Conocybe cyanopus (Atkins) Kuhnert

Cap: .7-1.2 (2-5) cm broad. Hemispherical to convex, expanding to broadly convex with age, sometimes conic. Margin translucent-striate when moist. Yellow-umber to cinnamon or reddish-cinnamon.

Gills: adnexed, close and broad. Dull rusty brown with a white fringe along the margin.

Stem: 20-40 mm long x 1-1.4 thick.

Spores: 6.5-7.5 (.5) x 4.5-5 μ .

Sporeprint: Rusty brown.

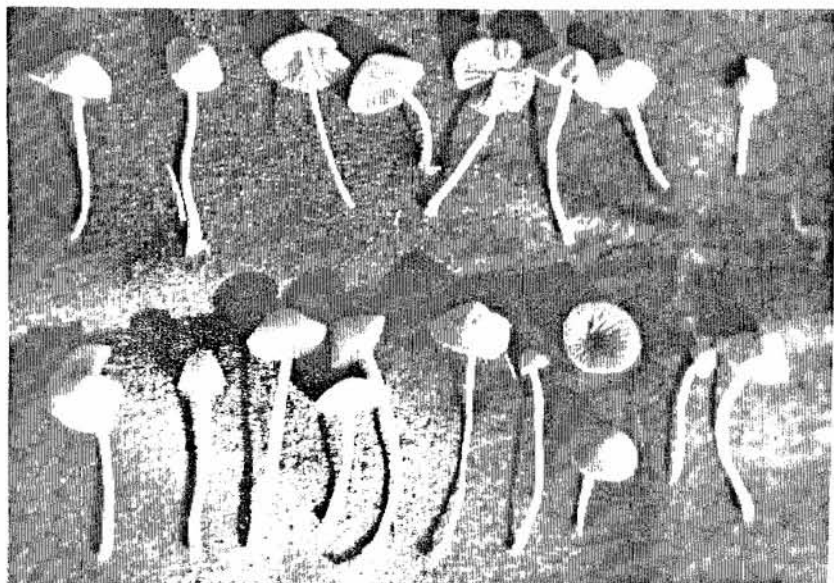
Habitat: Scattered in grassy areas and fields.

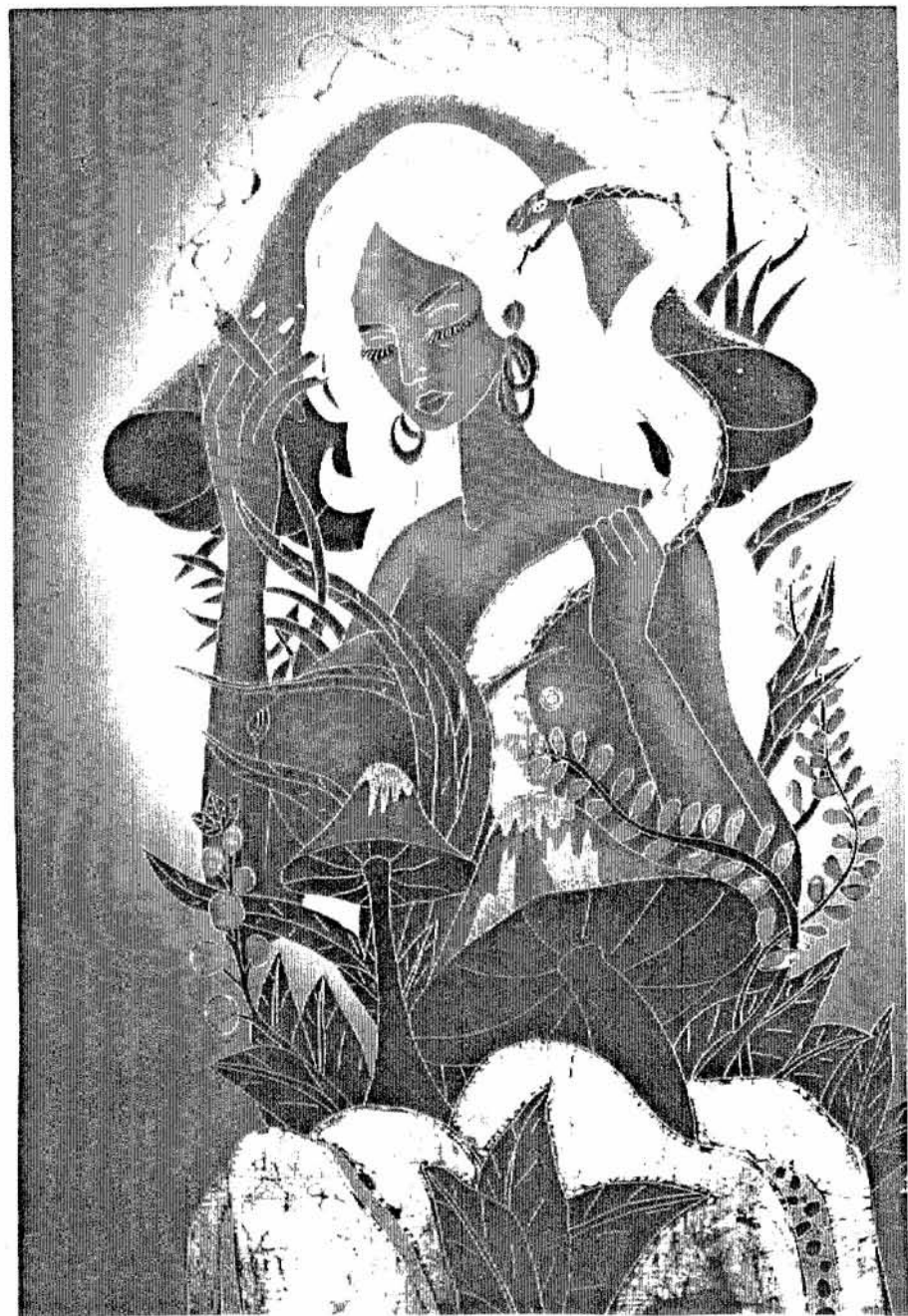
Distribution: Oregon, Washington and British Columbia, Canada.

Season: Summer and fall.

Comment: A related species known as *Conocybe smithii* grows during the early spring rains in sphagnum moss along streams and riverbanks in grassy areas. I found this species only twice during the past 20 years. It has a watery white stem with an enlarged base which is blue.

Dosage: 40-50 small specimens.





FURTHER SUGGESTED READING

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SPECIES NICK-NAMES

Psilocybe cubensis (gold caps, golden tops, cubes, purple rings).
Psilocybe semilanceata (liberty caps, liberty bells).
Psilocybe stuntzii (blue ringers, Washington blue veils, Stuntzii's blue legs).
Psilocybe pelliculosa (elves caps, elves stools, woodland caps).
Psilocybe cyanescens (red saucers).
Psilocybe baeocystis (blue bells, blue fuckers).
Panaeolus subbalteatus (red caps, subs).
Copelandia spp. (blue meanies, cone heads, gold caps, dimple tops, witch's tits).-

A FEW WORDS OF CAUTION

1. Under the provision of Public Law 91.513, psilocybin and psilocin are registered and designated as controlled substances (#7437 and 7438) subject to a fine and/or imprisonment. However, exempting California, spores for the propagation of psilocybian mushrooms are not illegal to possess in the United States.
2. The purpose of this guide is to enable mushroom lovers toward a better understanding of what to pick or what not to pick. The author does not condone or condemn people seeking altered states of consciousness by hunting for "magic mushrooms." However, I do want people to enjoy what they are searching for and not end up on a slab at the local coroners morgue. Study this guide and be sure you are right then proceed with confidence.
3. Remember to always ask permission to trespass on private property. This will prevent a number of complications which may arise if neglected. Do not take dogs into fields or litter a field and do not damage a farmers fence or leave the gates open.
4. Possession of "magic mushrooms" is one level of illegality and sales are quite another. Do not destroy a beautiful free ecstatic experience through dealing. The Indians of Mesoamerica treasure the sanctity of the sacred mushrooms and their shamans do not sell them.
5. A few words of caution are necessary for the novice mushroom hunter and forager of both wild edible and entheogenic mushrooms who just might happen to be reading this guide. Please remember, it is very important that one never ingest any variety of wild mushroom without first having had said mushroom identified by a trained qualified mycologist (one who studies mushrooms). Also, never offer any wild mushrooms which one might pick to another person unless one is absolutely sure that the mushrooms in question are not of a toxic or poisonous nature.
6. Most major cities with large populations have mycological societies. These organizations are composed of friendly individuals who usually meet together at least once a month for the sole purpose of sharing and discussing their common interest in mushrooms and the love they share together in foraging for them. These groups of individuals would be more than delighted to examine and identify any wild mushrooms when approached to do so.
7. Also, most major cities have many colleges and universities with both botany and mycology departments. Teachers and students who are studying in this field have a noble sense of willingness for examining and identifying any fresh mushroom specimens which might be brought to their attention. Remember, it is very easy to make a mistake, so be careful in your endeavor of auto-experimentation. Remember, If you are good to the mushrooms then the mushrooms will be good for you. Karma is what it is all about. Good luck and good hunting.

ACKNOWLEDGEMENTS

The author wishes to express his gratitude and thanks to the following people for their encouragement and support during his last twenty years of research in the field of ethnomycology: R. Gordon and Valentina Wasson, Richard Evans Schultes, Albert Hofmann, Gaston Guzman, Andrew Weil, Timothy Leary, Stanley Krippner, Terrance and Dennis McKenna, Jonathan Ott, Paul Stamets, Jeremy Bigwood, Gary Lincoff, Gary Menser, James Kent, Ron Piper of Psychedelic Illuminations, Peter Stafford, Steven Pollock, Steve Jewell, Herman DeVries, Martin Hansmeier, Christian Ratsch, Roy Watling, Rolf Singer, Gyorgy-Miklos Ola'h, Alexander Shulgin, Bob Harris, Antonio Bianchi and Georgio Samorini of Italy, Tjakkko Stijve of Nestle in Switzerland, Karl L. R. Jansen of The University of Auckland in New Zealand and Jaybird for the use of her computer. And to my good friends Richard Leffel of Beauty and the Books, Dr. Mark D. Merlin of The University of Hawaii at Manoa and Dr. Jochen Gartz of The University of Leipzig in Germany.

I must also thank Dr. Prakitsin Sihanonth of Chulalongkorn University of Bangkok, Thailand.