



Third Wave's Guide to Sourcing Psychedelics

 ThirdWave

INTRODUCTION

One of the most common challenges for anyone who wants to explore psychedelic substances is where to find the medicine.

Psychedelics have been a part of the human story for millenia. We believe it is every human's right to explore their consciousness with these powerful medicines in a safe, responsible, and intentional way.

That said, **we highly recommend working with an experienced practitioner, guide, or therapist to get the most from your experience.** There is a big difference in casually taking these substances for recreation and intentionally using them to heal, grow, create and evolve.

Treated with respect and proper attention put on set and setting, the medicines you find in this guide can help you transform your life, ignite your spirit and heal emotional wounds.

If you're interested in receiving professional support, we recommend checking out our [**Personalized Psychedelic Coaching Experience**](#), facilitated through our sister brand, the Psychedelic Coaching Institute.

We understand everyone's needs, desires and aspirations are unique. That's why our coaches will work closely with you to understand your specific intentions, challenges and goals.

They will leverage their expertise and experience to help you navigate the psychedelic experiences, while integrating the insights into your daily life for lasting transformation.

[**You can learn more about Personalized Psychedelic Coaching here.**](#)

In this guide, you will find legal channels to source medicines, vendor recommendations, little-known alternatives to classic psychedelics, traditional plant medicines, powerful combinations and advice for finding medicine through the social mycelium.

Journey well!

DISCLAIMER AND DECLARATION OF INTENT

There is a natural human impulse to explore altered states. The same impulse exists within many mammals. Chimpanzees, monkeys, elephants, deer, dolphins and dozens of other mammals have all been widely documented to eat intoxicating substances.

Attempts to repress and prohibit this deep impulse force it underground, where it is explored in potentially harmful circumstances.

Third Wave does NOT condone breaking the local laws where the reader lives in any way.

We assume no responsibility for how any reader uses the information in this guide. However, we recognize anyone truly motivated to find these medicines may end up doing so without full knowledge of what to look for and potentially put themselves in a risky or dangerous situation.

The purpose of this guide is harm reduction.

It aims to help the reader find safe, reliable means to acquire medicines to explore altered states for the purpose of healing and personal growth.

TABLE OF CONTENTS

1. Psilocybin Mushrooms
 - a. Growing mushrooms
 - b. Buying psilocybin spores
 - c. Buying psilocybin mushrooms
 - d. Buying psilocybin truffles
2. Psychedelic Retreats
3. Ketamine Clinics
4. The World of Plant Medicines
 - a. Kanna
 - b. Amanita Muscaria
 - c. San Pedro Cactus (Huachuma)
 - d. Syrian Rue (peganum harmala)
 - e. Acacia
 - f. Morning Glory
5. Synthetic Medicines
 - a. LSD
 - b. MDMA
 - c. MDA
 - d. 2C-B
6. Finding Psychedelics Through the Social Mycelium
7. Best Practices for Psychedelic Substances
8. Further Resources

HOW TO USE THIS GUIDE

This guide is organized into sections based on the type of substance.

Within each section, you will find a brief summary of each substance, its effects, the various forms you can find it, how to take it, and general pricing. At the end of the section we offer guidance on where to source it.

We also offer resources for how to find experienced, trained practitioners to help you experience the gifts they offer in a safe container.

If you know what you are looking for, go directly to that section to find the relevant information. If you are just exploring your options, feel free to explore this guide and find a medicine that calls to you.

At the end of the guide, you can find a brief guide for best practices for safely using these medicines along with further resources to continue your exploration.



PSILOCYBIN MUSHROOMS

Psilocybin is one of the most abundant psychedelic substances on earth. There are over 180 identified species, and more are still being discovered.

Each species contains a unique blend of psilocybin, psilocin, harmala, and dozens of other psychoactive compounds. This gives each species a unique quality of experience, similar to the “entourage effect” of different cannabis strains.

For our purposes here, we will treat this broad category as basically the same.

In this section, we’ll cover how to legally buy mushrooms online, how to forage them in the wild, how to find them “on the street”, and the basics of how to grow them.



GROWING YOUR OWN MUSHROOMS

Despite the recent successes of decriminalization movements, psilocybin mushrooms are still illegal to buy or sell in most of the world—including the United States.

The spores of psychedelic mushrooms, however, are a completely different story.

Spores do not contain psilocybin, so they can be obtained legally in most Western countries and all but three US states. Currently, only California, Georgia, and Idaho have a ban on selling psilocybin mushroom spores.

As long as the spores are not germinated and are only used for research, identification, and education, they can be considered legal.

However, germinating the spores is considered cultivation, which is a violation of the US Controlled Substances Act. That's why most professional vendors indicate in their documentation that the spores should not be germinated and that they are for educational purposes only. Many will not even answer questions via email about the cultivation of mushrooms from their spores.





Why Grow Mushrooms?

One of the best ways to secure a reliable supply of high quality psilocybin mushrooms is to grow them yourself.

(You can find recommendations for spore and grow kit suppliers based on your location below).

It can take 6-8 weeks to get a harvest, but once you get it to work, you have a renewable supply of your own medicine.

You can get anywhere between 0.5 and 4 dried ounces (13 - 108 grams) per harvest for each kit. Dried mushrooms generally cost around \$10 per gram, so your investment of time and equipment can quickly pay for itself many times over.

Keep in mind that cultivating mushrooms, like gardening, is a skill, and there can be a learning curve in the beginning.

Beyond the practical and economic benefits, growing your own mushrooms also cultivates a deeper personal connection to the medicine. Because you invest more time, energy, and attention in the care and cultivation, the mushroom becomes less of a commodity. While this is a small shift, it can be a very meaningful one.

That said, growing mushrooms is not like growing a plant. The initial set-up is delicate and it can be easily contaminated. We highly recommend [**Third Wave's Mushroom Grow Kit**](#).

You get everything in one box, presterilized, and ready to use. This minimizes your contamination risk. The kit also comes with a detailed video course guiding you through the entire process and an online forum to ask questions from experts.



[**>>PURCHASE THIRD WAVE'S MUSHROOM GROW KIT HERE<<**](#)

To receive **\$50** off of your Third Wave Mushroom Grow Kit
USE THE CODE: SOURCINGGUIDE50

Due to legal constraints, we **ONLY** ship within the US. If you live outside of the US, we recommend [**Midwest Grow Kits**](#).

NOTE: You must purchase Spores to use with the [**Mushroom Grow Kit**](#). You can find recommended spore vendors below.

For more detailed instructions on how to grow mushrooms on your own without a kit, [**check out our free mushroom growing guide here**](#).

WHAT YOU NEED TO KNOW ABOUT BUYING PSILOCYBIN SPORES ONLINE

While we make a few supplier recommendations below, we suggest you look into it for yourself. Ultimately, what you decide to do and purchase is your responsibility so please do your due diligence.

GUIDELINES FOR BUYING SPORES

Spores are sold in two forms: spore syringes and spore prints. Prints are like a stamp of a mushroom cap with the spores fixed onto paper. Syringes contain spores suspended in water. They are far more common and generally easier to cultivate

Before buying from a supplier, consider looking at [Shroomery.org](https://www.shroomery.org), mycotopia.net, or Reddit Threads to see if anyone else has experience with that supplier.

While we provide a few vendor suggestions below, here are some basics on buying mushroom spores online:

- Look for signs of legitimacy on the website (contact pages, reviews, FAQs, familiar payment platforms, etc).
- Legitimate suppliers understand the delicate legal nature of their product. Look for suppliers selling spores for educational and scientific purposes.
- Search for reviews online. If a company has deceptive practices, someone will usually be vocal about their displeasure somewhere online.

DISCLAIMER: We assume no responsibility for the reliability of these vendors or guarantee your transactions with them. At the time of creating this Sourcing Guide, all vendors recommended were in good standing.

BUYING SPORES IN NORTH AMERICA

1. US VENDORS

Our top recommendations for US Spore Vendors are:

[Spore Vision Lab Link Supplies](#)



They pride themselves on being the leading provider of exceptional mushroom spores in California and beyond. Their mycologists have spent years conducting genetic research and gene alterations to produce the most superior spores available in the market today. As a result of their hard work, our quality spores have gained the trust of the research community across Southern California and beyond.

[Premium Spores](#)



Premium Spores are a leading provider of Psilocybe Cubensis mushroom spores and edible liquid culture syringes. They have an expansive selection and provide excellent customer service and fast, discreet shipping. They provide 100% guaranteed customer satisfaction on all of our high-quality spore syringes.

The mission at Premium Spores is to support and aid in increasing awareness of psilocybin and medicinal mushroom research into spirituality, creativity and well-being.

2. CANADIAN VENDORS

The legal atmosphere around psilocybin is more open in Canada, so some spore suppliers also sell mushroom grow kits.

Here are our top recommendations for Canadian Spore Vendors:

[Planet Spores](#)



Planet Spores specializes in providing information, products and tools needed to cultivate mushrooms in Canada and worldwide. They take their clients' needs seriously and are pleased to have mycologists on staff with years of experience and trained lab technicians handling their in-house operations.

[Spores 101](#)



Spores 101 has been online since 2004 and they have high quality products at low prices. They have a variety of strains and a huge collection of mushroom spores. They also offer discreet shipping, secure ordering and guaranteed delivery.

[Mushroom Prints](#)



At Mushroom Prints, they are dedicated to supplying you with only the best highest quality mushroom spores. They take pride in ensuring each mushroom strain you receive is 100% to your satisfaction. Their spores and mushroom cultures are made under very strict conditions, and are guaranteed 100% viable.

3. BUYING SPORES IN THE EU

In the Netherlands, psilocybin-containing fungi are legal as truffles because they are not the fruiting body of mushrooms. This means you can buy spore syringes from a Dutch company and have them shipped to you within the EU.

Here are a few we recommend:

[Sirius Smart Shop](#)



A smart shop is the place for psychonauts looking for a legal and natural high with the best effects. In their online smart shop you can buy legal substances with a heart for nature and dive into the world of psychoactive plants, natural energizers and aphrodisiac herbs. You can also buy natural sleeping pills and relaxing herbal mixes in a smart shop.

[Magic Mushrooms Shop](#)



Mushroom spores are the starting point of mushroom cultivation, with spores from the Magic Mushroom Shop, you can potentially grow millions of mushrooms. We offer you a great collection of high-quality mushroom spores in vials, spore syringes and spore prints.

[Mushroom Prints](#)



Your home for the high quality mushroom spores and cultures. At Mushroom Prints, they are dedicated to supplying you with only the best highest quality mushroom spores. They take pride in ensuring each mushroom strain you receive is 100% to your satisfaction. Their spores and mushroom cultures are made under very strict conditions and are guaranteed 100% viable.

4. BUYING SPORES IN THE UK

In the UK, psilocybin-containing fungi are listed as a Class A drug, making the possession, cultivation, use and supply of psilocybin-containing mushrooms illegal. Spores do not contain psilocybin and are therefore not regulated under the Act.

Some people have reported having packages from The Netherlands confiscated, so it can be more reliable to purchase directly from a UK company. Here are a few we recommend that sell both spores and grow kits.

[Shiny Spores](#)



Shiny Spores is your source for all things mycology. They sell magic mushroom spores in the UK legally. How do they do this? It's simple, they sell magic mushroom spores for studying. Spores do not contain the banned substance psilocybin, unless of course, the spores are germinated. They do sell grain spawn jars and grain spawn bags, please only use these for gourmet mushrooms, not magic mushrooms!

[Spore Buddies](#)



Spore Buddies is a UK based stockist and re-seller of magic mushroom spores and magic mushroom prints. Procuring and securing magic mushroom spore stock from all around the world. The hydrated magic mushroom spores they stock have a recommended shelf life of 2 years when stored correctly.

[Martian Mushrooms](#)



Martian Mushrooms stands out for its distinctive mycology cultivation solutions, designed to offer a simple, affordable, effective, and sustainable way to grow medicinal mushrooms in the confines of your home. As a trailblazer in the field of decentralized medicine, they have crafted a unique mushroom-growing approach, distinguishing them from conventional companies in the market.

5. BUYING SPORES IN AUSTRALIA

Mushroom Prints



Your home for the high quality mushroom spores and cultures. At Mushroom Prints, they are dedicated to supplying you with only the best highest quality mushroom spores. They take pride in ensuring each mushroom strain you receive is 100% to your satisfaction. Their spores and mushroom cultures are made under very strict conditions and are guaranteed 100% viable.

BUYING MUSHROOMS ONLINE

DISCLAIMER: We assume no responsibility for the reliability of these vendors or guarantee your transactions with them.

Your ability to purchase mushrooms online depends largely on where you live, so let's break this down by region.

1. Ordering Mushrooms in the US

As time progresses, legislation around psilocybin is changing (for the good!) at a city and state level. It is still important for you to do your due diligence when deciding to purchase psilocybin.

[Apotheca Dispensary](#)



Their team researches, tests, and curates partner brands that put people first before profit through intent and action. No product reaches their store shelves without being thoroughly tested for quality and efficacy. Every partner brand provides full test documentation and educational materials to support their customers' purpose of buying all-natural products to lead a healthier lifestyle.

[Schedule 35](#)



At Schedule 35, they're on a mission to set the record straight on psychedelics and break down the stigma that's been holding them back for far too long. And a big part of that is providing safe, trustworthy access to the incredible, life-altering power of psilocybin.

Through countless research and testing, they created S35, a microdosing regimen designed to help you think clearly and get more out of your life.

Mycology Psychology



Mycology Psychology offers strains that are boutique, unique, and unlike anything on the market! Their blends were created hand-in-hand with a master mycologist, and have since evolved with feedback from the micro-dosing community; they offer an array of strain-specific blends developed to serve you as a whole. Ancient wisdom meets modern practicality, and our expertly-formulated blends have been perfected as a wise ally in an ever-changing world.

Psilouette

psilouette™

At Psilouette, they champion the intentional use of and research into medicinal mushrooms, specifically when combined with other therapeutic modalities like psychotherapy and mindfulness training. A portion of their proceeds from online orders go to support their GOOD DEEDS FUND, a corporate savings account that is tapped to support those in need of psychedelic-assisted therapy but do not have the financial means to pay.

2. Ordering Mushrooms in Canada

If you live in Canada, you have more psilocybin options than most other places in the world. Canada is at the forefront of psychedelic legalization, with a strong decriminalization movement and several psilocybin start-up companies. So while psilocybin is still technically illegal at the national level, it is largely unenforced.

As a result there are online mushroom dispensaries popping up with a wide range of fantastic products, from dried mushrooms to capsules to chocolates to pre-made microdoses.

Here are a few online dispensaries that ship within Canada.

Disclaimer: Third Wave has no relationship with any of these companies and cannot guarantee quality or reliability.

Spore Vision Lab Link Supplies



They pride themselves on being the leading provider of exceptional mushroom spores in California and beyond. Their mycologists have spent years conducting genetic research and gene alterations to produce the most superior spores available on the market today. As a result of their hard work, their quality spores have gained the trust of the research community across Southern California and beyond.

Blue Goba



Blue Goba offers mail order Psychedelics to all of Canada. Their Psilocybin mushrooms are 100% organic. They feature mushrooms of the Psilocybe Cubensis variety, offered whole, in chocolate, tea, gummy, or microdose capsules.

Spores Lab

Spores-Lab

Spores Lab is a collective of Gourmet, Medicinal, and "Active" Mushroom Cultivators with over a decade of Mycology experience. They are dedicated to providing not only the Genetics, Supplies, and Equipment necessary for cultivation, but also guidance from a team of expert mycologists.

Magic Mushrooms Dispensary

magic DISPENSARY mushrooms

Magic Mushrooms Dispensary is Canada's most reputable & top rated online shrooms dispensary with over 10,000 heartfelt customer reviews from satisfied customers. They are Canada's experts in magic mushrooms and microdosing mushrooms. Whether you're experimenting with psychedelic drugs, looking for a great trip or you're ready to dive deeper in unlocking your mind, this is a good place to find what you're looking for.

Microdosify



microdosify

Microdosify is your leading online resource for premium psilocybin microdosing capsules in Canada. Much like a resilient plant sprouting from a tiny seed, they've transformed from a space of personal struggle into a potent force for positive change. They're not just here to sell psilocybin microdosing products – they're leading a holistic mental health revolution, one dose at a time.

Psilocybin Truffles for EU and UK Residents

Disclaimer: Third Wave has no relationship with any of these companies and cannot guarantee quality or reliability.



“Truffles” are the sclerotia of a fungus—the part that grows underground. Truffles from psilocybin mushrooms contain high amounts of psilocybin. The Netherlands does not prohibit their sale because they are not the “fruiting body” of the mushroom.

This means residents in the EU and UK can purchase them online. Because of the legal gray area, payment processing can be challenging. You may need to pay with cryptocurrency or a direct bank transfer.

We have heard reports of orders being confiscated by customs agents both in the UK and in various EU countries, so please keep in mind that even if you order from a reputable dealer, you still may not receive your order.

Here are a few companies we recommend:

[Magic Truffles Shop](#)



Buy your magic truffles online in their magic truffles shop. These quality truffles are known for the same effects as Magic Mushrooms and they are vacuum sealed and premium quality.

[Red Light Holland](#)



Red Light Holland's business revolves around the production, growth and sale (through existing Smart Shops operators and an advanced e-commerce platform) of a premium brand of magic truffles to the legal, recreational market within the Netherlands, in accordance with the highest standards, in compliance with all applicable laws.

[Kosmic Kitchen](#)



Kosmic Kitchen is the first smart shop in Enschede. They believe in excellent quality and honest advice. Here you can find magic mushrooms, cannabis seeds and so much more!

[Wholecelium](#)



In their webshop you can find the most wonderful psilocybin products and you can order magic mushroom grow kits and magic truffles online. They ship to most countries: worldwide their motto is 'from the web, to your doorstep!'

Sirius NL



Here you will find Sirius Smart Products, such as herbal and hallucinogenic extracts, mood supplements and sexual stimulants. You can also order truffles and mushroom grow kits online from Sirius, as well as cannabis seeds, CBD, vaporizers and other supplies for your Sirius products. All Sirius Products are available in our online store and in our physical smart shops; the Sirius Smart Galleries. You will also find Sirius products in other smart shops, in the Netherlands and abroad!

SYNTHETIC MEDICINES

In this section, we cover the most common synthetic psychedelics in use today. By synthetic, we mean any compound made in a chemistry lab. These synthetics can sometimes be cut with adulterants, so it is important to always test your medicines before consumption.

LSD

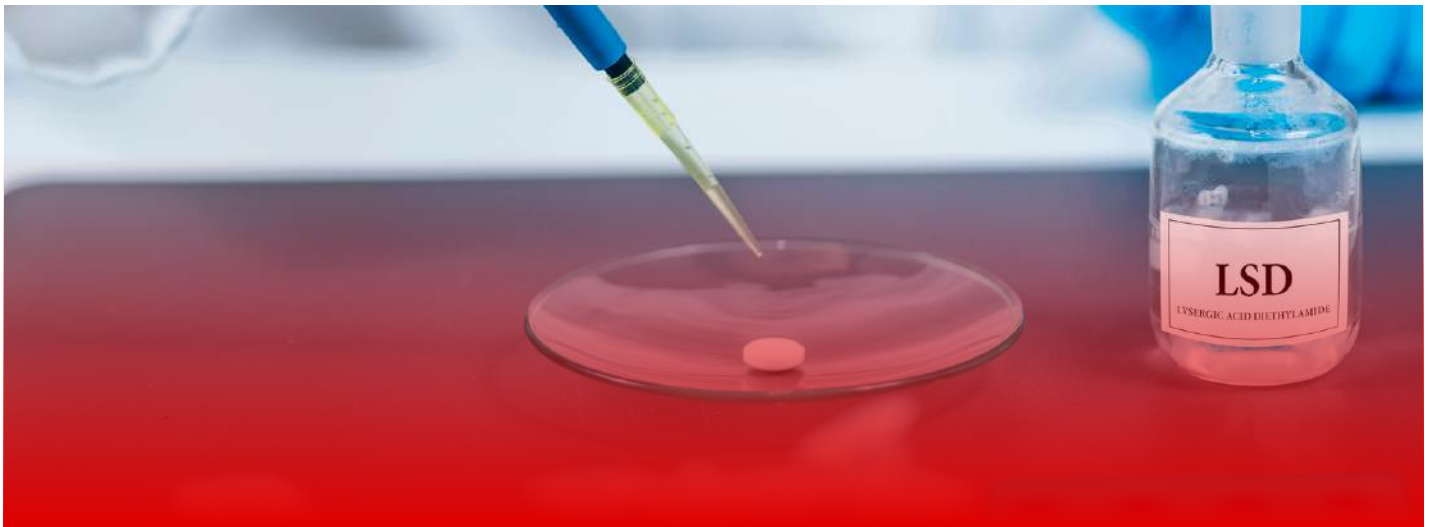
What is it?

LSD is the most powerful psychedelic compound we know of. It is roughly 500X stronger than psilocybin. See our [Ultimate Guide to LSD](#) for more information.

Forms

LSD is generally found in two forms: blotter paper or liquid drops. Doses sold today typically contain 50-150 micrograms of LSD per drop. The actual amount depends on your source and can be difficult to verify by anything other than word of mouth.

Blotter paper is a sheet of small paper squares decorated with artwork or designs and then soaked in liquid LSD solution. Each square contains an equal dose. Blotter paper is generally more common because it is easier to transport and distribute. This form also is difficult to dilute or add adulterants to. LSD can be absorbed through the skin, so use tweezers instead of touching the paper directly with your hands.



Liquid LSD is sold as individual drops for immediate ingestion, dilution into another liquid, or stored on sugar cubes, candy, or another carrier. It can also be sold in vials, which can contain hundreds of doses.

Where to Acquire

Unfortunately, it is difficult to find LSD outside of the social mycelium.

If you are set on finding LSD, check out our section on finding medicine through the social mycelium in this guide.

LSD Alternatives

If you are interested in LSD-like alternatives, we suggest looking at our sections on [1P-LSD](#) or [San Pedro cactus](#).

LSD is illegal in most of the world. We do not recommend putting yourself at legal risk for any reason.

Testing

If you purchase LSD from an unknown source, [make sure to test your substances with a kit](#) or [send them to a lab for testing](#). A good rule of thumb is to get rid of blotter that tastes extremely bitter—LSD is tasteless, so a strong taste could be an indicator of toxic adulterants.

Pricing

LSD is remarkably inexpensive. Depending on where you live and fluctuations in supply and demand, you can expect to pay somewhere around \$4-10 per hit.

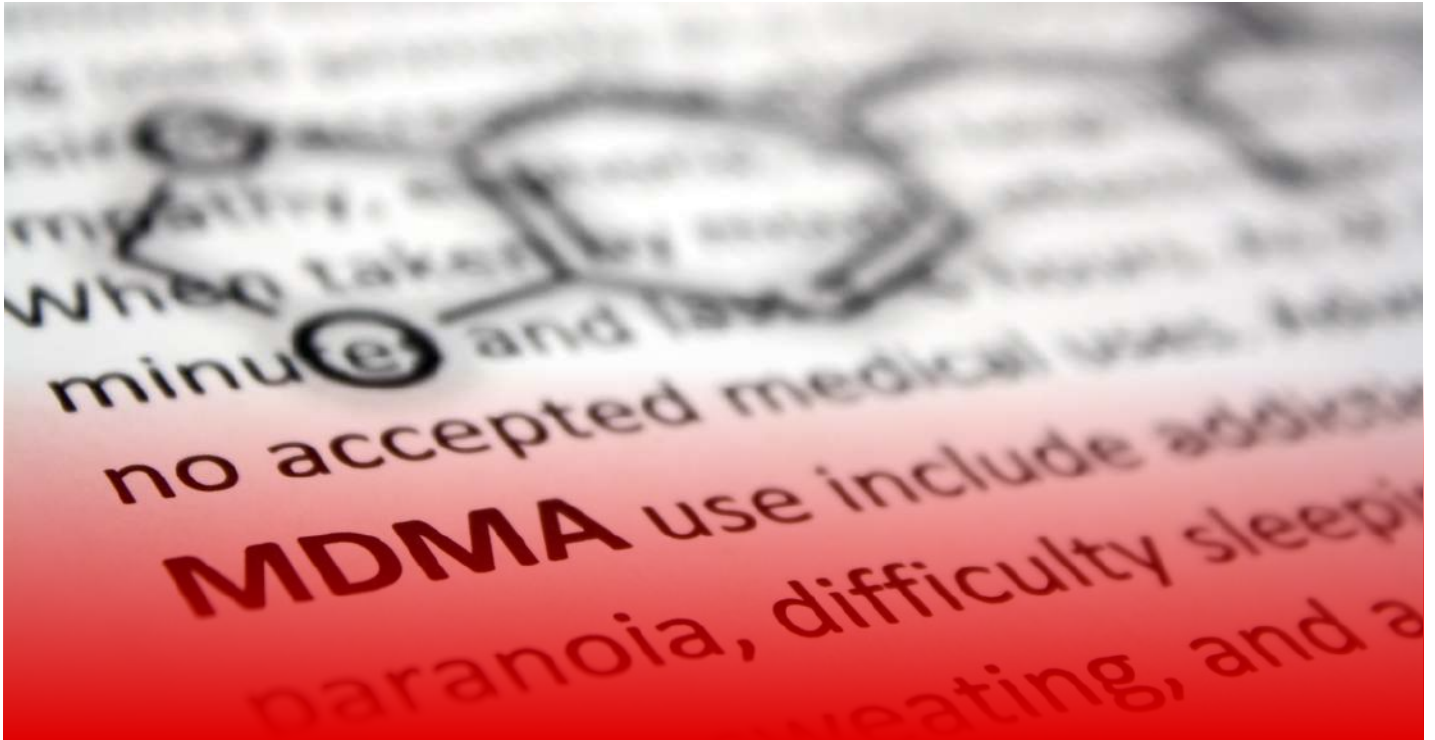
Storage

Both heat and light degrade LSD. Be sure to store it in a cool, dark place. Many people keep theirs wrapped in tin-foil in the back of a freezer or refrigerator. If you are diluting it in another carrier liquid, use a strong, clear alcohol like vodka. Be sure to label it correctly so that someone does not mistake it for something else.

MDMA (molly, ecstasy)

What is it?

MDMA is a synthetic compound that alters mood and perception, often producing feelings of euphoria, empathy, and emotional well-being. It gained popularity as a recreational drug at clubs and parties as “molly” or “ecstasy”.



The benefits

The emotional openness MDMA fosters make it ideal for personal healing or deepening interpersonal connections. It is currently in clinical trials as a treatment for PTSD. If you are interested in exploring MDMA with a qualified therapist or practitioner, [take a look at our directory](#).

For more detailed information about MDMA, dosing, history, and what to expect, please see our [Ultimate Guide to MDMA](#).

Where to Acquire

It is difficult to find MDMA outside of the social mycelium, but potentially easier than LSD. Because of the growing therapeutic interest, there are more semi-legal channels becoming available to professionals with proper licensing.

Your best bet for finding MDMA is the social mycelium. There is a thriving underground market for MDMA if you know where to look.

See the “finding medicine through the social mycelium” section of this guide for more guidance.

Testing Your Substances

There are increasing incidences of toxic adulterants ending up in medicines that are purchased as white powders. To limit the risks associated with potentially toxic adulterants, **substance testing is highly recommended**. Testing kits (such as [Test Kit Plus](#)) are easily available for purchase and allow people to test the purity of a wide range of substances. We strongly suggest you purchase these before trying any substances that come as a white powder or crystal.

MDMA Alternatives

If you are interested in MDMA-like alternatives, we suggest looking at our section on [Kanna](#). We also talk more about Kanna at a later point in this guide.

Forms

MDMA comes in a few forms: crystal, powder, capsules, or pressed pills. Purity can vary widely between them. Pure MDMA tastes extremely bitter and can be a very rough gauge of quality.

Crystal MDMA is generally more pure, but like any synthetic compounds, you should test it first. Crystal MDMA will appear white, sometimes with an orange or pink tint. Because it is in a chemical crystal form, it is more likely to come directly from a chemist and has lower potential for adulteration by other compounds. It should be crushed into powder before ingestion to ensure maximum absorption.

Powder MDMA is crushed crystal. This is easier for measuring out precise doses, but it is also easier to adulterate and cut with other compounds. Be sure to test powder before ingestion.

Capsules are MDMA powder put into a capsule. These are pre-dosed, which is convenient, but carry the same risks of adulteration as powder.

Pressed pills or tablets are more commonly found at clubs and parties. These are usually colored or have a design on them. These almost always contain a combination of other substances mixed with them, so proceed with extreme caution and definitely get these tested before ingestion.

Ingestion

A typical dose is 60-120 mg. It is most common to take MDMA orally. If you have crystal or powder, you can put it into a capsule or wrap it in paper (called parachuting or a “bomb”). Some people mix it into a drink and sip it throughout the experience to create a smoother experience.

MDMA can also be inhaled through the nose. This is faster-acting and lasts a shorter duration and is not a pleasant experience for the first 15 minutes.

Pricing

Pricing will vary depending on your location, connections, and fluctuations in supply and demand. Generally you can expect to pay \$10-20 for a tablet or capsule and \$60-100 per gram for powder or crystal MDMA.

MDA (Sassafras, Sass, Sally)

What is it?

MDA is derived from safrole oil from the sassafras plant. It is a precursor to MDMA and, while it has similar effects as MDMA, it is somewhat different.

It is less “love-y” than MDMA, creates more visual effects, and gives you more energy than MDMA.



What It Is Good For

MDA is less introspective and emotional than MDMA, so it does not currently have as much therapeutic value. However, it is still quite psychedelic and can be valuable for personal exploration.

It is well known for increasing empathy and sociability, which adds to its popularity as a recreational party drug.

Forms

MDA comes in powder and pill forms. It is rarely 100% pure, so **make sure to test your substances with a kit** or **send them to a lab for testing**.

Where to Acquire

Because MDA has no current therapeutic application, it can be difficult to find. While it is used as a party or club drug, it is less popular than MDMA. That said, your best chances for finding it are through the social mycelium. See the “finding medicine through the social mycelium” section of this guide for more guidance.

Ingestion

MDA is more potent than MDMA, so a typical dose is in the 40-100mg range.

It is most common to take MDA orally but it can also be inhaled through the nose. This is faster acting and lasts a shorter duration.

Pricing

Pricing will vary depending on your location, connections, and fluctuations in supply and demand. Generally you can expect to pay \$10-20 for a tablet or capsule and \$60-100 per gram for powder or crystal MDA.

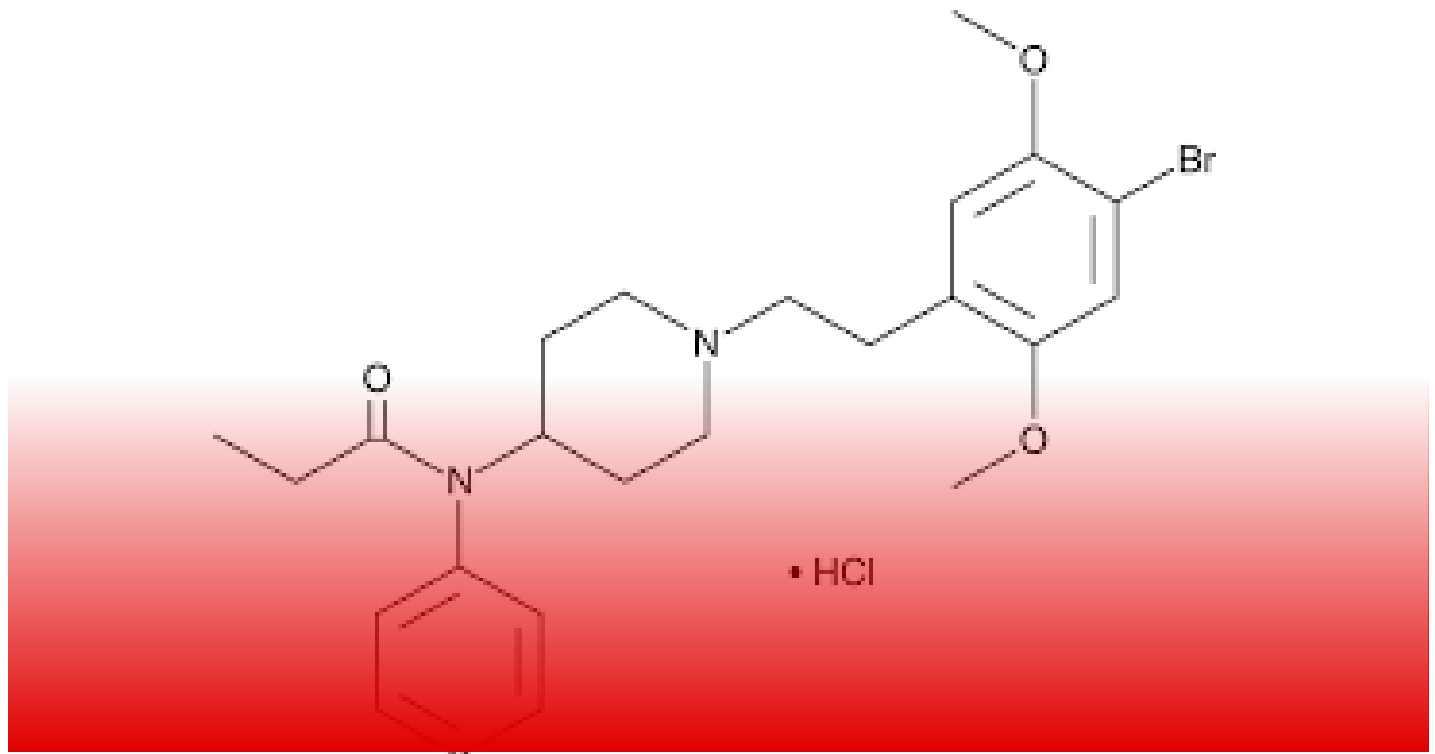
Testing Your Substances

There are increasing incidences of toxic adulterants ending up in medicines that are purchased as white powders. To limit the risks associated with potentially toxic adulterants, **substance testing is highly recommended**. Testing kits (such as those offered by **Test Kit Plus**) are easily available for purchase and allow people to test the purity of a wide range of substances. We strongly suggest you purchase these before trying any substances that come as a white powder or crystal.

2C-B

What is it?

2C-B is a synthetic psychedelic compound with effects that are somewhere between MDMA and LSD. It is often described as an “entactogen”—a term for a class of drugs that produce a “touching within”, or introspective, state.



What It Is Good For

The legendary psychopharmacologist and author Alexander “Sasha” Shulgin claimed 2C-B was one of the six most important synthetic substances for healing trauma.

He later wrote that the drug was “one of the most graceful, erotic, sensual, introspective compounds I have ever invented.”

Many people report that the experience has the groundedness of mescaline, the empathy of MDMA, and the visuals of mushrooms or LSD, but with more connection to reality. It’s known for enhancing one’s senses and feelings, and amplifying visuals, sound, and touch.

Forms

2C-B is most commonly found as a tablet or capsule and occasionally as a powder.

As with any pill or powder, [make sure to test your substances with a kit](#) or [send them to a lab for testing](#).

Where to Acquire

Despite Shulgin's endorsement, 2C-B has not gained traction as a therapeutic substance. Your best chances of acquiring it are through the social mycelium of relationships connected to psychedelic-positive culture. See the "finding medicine through the social mycelium" section of this guide for more guidance.

Ingestion

2C-B is usually taken orally. A full dose is generally 15-25mg.

Pricing

Pricing will vary depending on your location, connections, and fluctuations in supply and demand. Generally you can expect to pay \$10-20 for a tablet or capsule and \$60-100 per gram for powder.

[Check out our Ultimate Guide to 2C-B](#) for more detailed information on dosage, pharmacology, and effects.

Testing Your Substances

There are increasing incidences of toxic adulterants ending up in medicines that are purchased as white powders. To limit the risks associated with potentially toxic adulterants, **substance testing is highly recommended**. Testing kits (such as those offered by [Test Kit Plus](#)) are easily available for purchase and allow people to test the purity of a wide range of substances. We strongly suggest you purchase these before trying any substances that come as a white powder or crystal.

PSYCHEDELIC RETREATS

Retreat centers are one of the best ways you can experience the full benefits of psychedelic substances. You get a curated safe space with experienced, trained professionals in a beautiful environment.

Retreats are an ideal set and setting. As global demand grows, they are now popping up across the globe.

Third Wave has spent a lot of time vetting different retreat centers and the services they provide. Here are our top 3 recommendations.



Reunion

REUNION

A Place to Ignite Life

Reunion is a not-for-profit sacred space in Costa Rica to experience the transformational power of Ayahuasca and Psilocybin ceremonies complemented by ancient and modern modalities to bring forth healing and sustained change through learning, self-discovery, and self-acceptance.

Embodiment + Sacred Medicine + Integration is Reunion’s approach to healing and transformation.

Embodiment: We experience the world through sensing our whole body. It is the most primal form of inner communication that directs all thought, feeling, and action. We explore somatic practices to discover our innate physical intelligence, learn from the wisdom of the body and feel connected to the whole. Ultimately, embodiment is a process of realizing each aspect of our self and sovereignty.

Sacred Medicine: Ancient and indigenous cultures have been working with plant medicines for time immemorial. Working with these medicines in a sacred and ceremonial context can assist our healing journey. The plants become great allies on our path towards transformation and wholeness.

Integration: At Reunion, we believe Integration is imperative. We believe most of the work happens after ceremony. We are here to provide you with the tools and support to navigate your post medicine journey.

[You can learn more about REUNION and the various experiences they offer here.](#)

Use the code: **TWReunion** for a portion of proceeds to be donated to the Third Wave Scholarship Fund at Reunion.



Buena Vida

THE BUENA VIDA

At Buena Vida, their mission is to bring sacred psychedelics and ceremony into the wellness space. They are known for their humorous, light-hearted approach to even serious, deep healing. They believe that in a supportive environment, we can release our deepest trauma and bring joy back into our lives.

Their retreats include classes in mindfulness meditation and in certain areas employ the help of sacred teacher plants such as Ayahuasca, psilocybin mushrooms, San Pedro cactus and cannabis.

Each retreat group consists of a 4:1 ratio of guests to leaders. They cater to those wanting a luxurious, pampered and caring retreat that allows a deep dive into this sacred medicine.

As one of our top recommended retreat centers, we're pleased to offer our Third Wave Community a **special discount of \$500** for Buena Vida Retreats.

[Claim your \\$500 discount using the Coupon Code: ThirdWave.](#)



Beckley Retreats



Experience the science-backed power of psilocybin ceremonies in a supportive retreat setting with Beckley Retreats. Set in Jamaica and Netherlands, Beckley Retreats offer a comprehensive program that gives you the tools for meaningful change.

The retreat consists of 2 psilocybin ceremonies, daily movement and meditation, breath work, integration workshops, walks in nature and locally sourced vegetarian meals prepared by top chefs. The online preparation program begins 4 weeks ahead of the retreat, which is then followed by a 6 week post-retreat integration and brain rewiring program.

As one of our top recommended retreat centers, we're pleased to offer our Third Wave Community a **special discount of \$400**.

[Claim your \\$400 discount and learn more about Beckley Retreats here.](#)



Tandava



Tandava is unique in that it is one of the only 5-MEO-DMT retreat centers. It's located in beautiful and sunny Tepoztlan, Mexico and is just a 90-minute scenic ride south of Mexico City airport.

Nestled amidst nature's splendor, the center offers a serene and inspiring environment for personal growth and healing. The cozy and inviting spaces encourage rest and relaxation, ensuring you feel at home as you embark on your transformative journey. The team is there to tend to your needs and comfort with the main goal of nourishing your body and soul. The care is top notch and primed for a transformative experience.



Confluence Retreats



confluence
retreats

Confluence Retreats' team has 5+ years of experience designing and leading legal psilocybin retreats in Europe (under the Synthesis brand). They have created this pioneering program under Oregon's new legal psilocybin services legislation - its efficacy validated by science and from serving over 1,000 participants.

Confluence Retreats blend both holistic wellness practices and cutting-edge science in the immersion of sacred natural healing lands. They are stewarded by the not-for-profit, Hi-U Foundation which was founded to support transformation on ancient land with rich indigenous healing heritage.

You'll be joining an ever-growing group of people who are turning to psychedelics to support changes that they want to see in their lives, with the support of a group of experienced professionals in a one-of-a-kind setting.



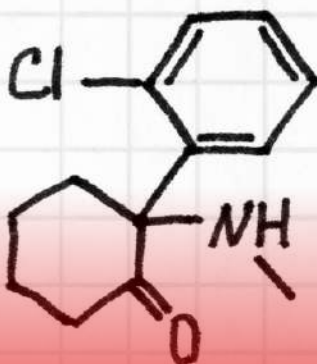
Ketamine

What is it?

Ketamine is a general anesthetic that has been used in surgery for decades. It has a thoroughly tested safety profile. It also has dissociative and psychedelic effects that can be profoundly healing in the right context.

Although it has a history as a club drug, ketamine has more recently been hailed as a breakthrough therapy for depression. Now approved for therapeutic use by the FDA, ketamine clinics are opening around the world.

Ketamine



What It Is Good For

At high doses, ketamine can “reset” your nervous system. It effectively stops ruminating thoughts and emotions that cycle around in your mind and create a negative spiral. It gives you space to approach your life with a clean slate, so to speak.

At lower doses, it allows you to release traumatic experiences, ingrained behavioral patterns, and explore other inner process work without an overwhelming emotional charge.

At higher doses, it can be profoundly psychedelic and create otherworldly experiences.

To get the most benefit from this medicine, we highly recommend you work with a **[trained therapist](#)** and follow up with integration.

Where to Acquire it

With ketamine's new status as an FDA-approved therapy, there are many pathways to acquire this medicine.

Ketamine Clinics

Ketamine clinics exist in most states and in many other countries around the world. Every ketamine clinic has its own unique protocol and methodology.

The majority offer a series of intravenous (IV) or intramuscular (IM) ketamine infusions, but there are others that offer single treatments. There is a broad spectrum in terms of how clinics relate to trauma and emotional experience. Some clinics are more on the clinical side, where you receive a ketamine infusion in a doctor's office with some music. Other clinics are more on the therapeutic side and offer more support and integration work with a professional therapist.

To find a ketamine clinic in your area search the **[Third Wave Directory](#)**. All clinics listed in our directory have been screened and verified to confirm that they follow best practices for psychedelic assisted therapy.

Telemedicine Ketamine

In recent times, telemedicine ketamine providers have popped up everywhere including online, enabling people to experience ketamine therapy in the comfort of their own homes.

Here's an overview of our top brands for telemedicine ketamine:

BetterU



BetterU is on a mission to transform mental health and reform psychiatry from the diagnose and treat illness model to a thought expansion, neurological reset and spiritual health model by addressing the core causes of depression, anxiety, and chronic stress. By utilizing psychedelic therapy, functional neurology, ketamine treatments, and other alternative mental health modalities, and a helpful app with guidance, meditations, and more, they provide the tools to enhance our greatest ability, self-healing.

Third Wave and Better U have teamed up to provide a personalized transformational experience. Our goal is to help you heal, evolve, and start living the life that's waiting for you.

Simply choose the package that's best for you and get started on your wellness journey today.

[Learn more about our partner packages here.](#)

Joyous



At Joyous, they have a proprietary very low dose ketamine protocol (aka microdosing ketamine) that produces quick relief and sparks the beginning of gradual and consistent mental health improvements. You will receive daily guidance and personalized recommendations on how to optimize your treatment through the Joyous Care Navigator.

[Learn more about Joyous here.](#)

Mindbloom



Every client is paired with a licensed Mindbloom clinician who will review your health history to ensure that ketamine therapy is right for you. (If you aren't a fit, you will receive a full refund.)

After your consultation, we will deliver your Bloombox to your door. Your Bloombox contains everything you need to complete your ketamine treatment from home. From there, you'll be paired with a Mindbloom guide who will help you confidently and safely administer your medicine.

Paul F. Austin, the Founder of Third Wave writes about **[his personal Mindbloom experience here.](#)**

[Use coupon code: thirdwaveishere for a \\$50 discount here.](#)

You can learn more about **[ketamine therapy on our blog here.](#)**

Individual Practitioners and Personal Prescriptions

Another way to work with ketamine is to work directly with a **licensed doctor, psychiatrist, or nurse practitioner**.

These are the only professionals who have the FDA licensing to issue prescriptions for ketamine. Ketamine is prescribed for specific conditions, like depression or PTSD.

Most individual practitioners will not administer ketamine infusions, but there are exceptions.

A ketamine nasal spray like esketamine is the most common form of a personal prescription, but there are also pills and lozenges.

Typically, a practitioner will give an assessment before they give you a prescription. If you do not have a diagnosable condition, it may be difficult to find a practitioner willing to give you a prescription. However, with some persistence and luck, you may find one who will.

It may take some research to find the right practitioner for you. You can connect with individual practitioners working with ketamine in [**the Third Wave Directory here**](#).

Testing Your Substances

There are increasing incidences of toxic adulterants ending up in medicines that are purchased as white powders. To limit the risks associated with potentially toxic adulterants, **substance testing is highly recommended**. Testing kits (such as those offered by [**Test Kit Plus**](#)) are easily available for purchase and allow people to test the purity of a wide range of substances. We strongly suggest you purchase these before trying any substances that come as a white powder or crystal.

THE WORLD OF PLANT MEDICINES

Plants are the original biochemists, the Earth's ancient psychopharmacologists. In this section, we cover a few of the more powerful and accessible plant medicines you can find easily today.

Kanna

Kanna is a South African succulent used by the Khoikhoi (Hottentots) and San (bushmen) tribes. It has a euphoric effect and in high doses can feel somewhat similar to a light MDMA experience.

Kanna has several psychoactive mesembrine alkaloids, but has not been extensively studied. The primary one is mesembrine and acts as a serotonin uptake inhibitor (SRI). Like cannabis, different strains of kanna have widely different potencies and concentrations of alkaloids.

Traditionally it was fermented, dried, and then either smoked, chewed, or used as a snuff along with other intoxicants like cannabis. Kanna potentiates the effects of cannabis and alcohol, so combine with caution.



Legality

Kanna is a legal plant and can be shipped internationally without issue.

How to Use Kanna

Today you can find kanna as powder, extracts, and tinctures. There are many different strains of kanna, and only a few of them have high enough alkaloid content to feel a strong effect. You want to look for strains that have 10% alkaloids or higher.

Snuff

You can use powder kanna as a snuff, inhaled through the nose. 20mg is enough to feel an effect, but 50-150mg is more common. Several small doses can be taken over the course of a few hours to build and prolong the effect.

It will come on in a few minutes and last about an hour or so.

Smoking

Traditionally, kanna was added to a smoking mixture with cannabis and other psychoactive plants. It combines well with damiana, blue lotus, ginseng, and tongkat ali.

Chewing

Kanna can also be mixed with chewing gum. This tastes significantly better than chewing the raw plant or powder. A typical dose is 100-200mg and lasts a few hours.

Extracts and Tinctures

Kanna extracts have much higher alkaloid content and require a lower dose to achieve the same effect. These can be ingested, smoked, or used as a snuff.

Where to acquire

Kanna Extract

KANNA EXTRACT CO.

We recommend sourcing from kannaextract.com. They use the highest alkaloid formulations and are committed to reciprocity with the indigenous peoples who traditionally use kanna.

Use code '**TW10**' to get 10% off your purchase.

Hearthstone Collective

HEARTHSTONE COLLECTIVE

One of the main intentions of Hearthstone Collective is to provide access to plant medicines that support people's health, improve their quality of life, and connect them to their true nature as living vibrant beings on earth. They also focus on building community around plant medicine by providing tools and resources for facilitating heart centered connection.

Use the code: `thethirdwave` and [receive 10% off your purchase from Hearthstone Collective here.](#)

You can also purchase kanna of various potencies from different shops specializing in legal herbal medicines and from online marketplaces like eBay.

To learn more about Kanna, check out our [Ultimate Guide to Kanna](#), a useful resource for more information about this plant medicine.

Amanita Muscaria

Also known as Fly Agaric, this is perhaps the most iconic of all mushroom species. Bright red and covered in white spots, it's one of the most easily recognizable mushrooms in the world. It is frequently represented on Christmas cards surrounded by gnomes, depicted in children's books, and in art with fairies.

It can be found in most temperate climates around the world, including northern Europe and North America.

It does not contain psilocybin. Its psychedelic effects come from a compound called muscimol. It is a qualitatively different experience than psilocybin mushrooms. It can feel euphoric, dreamy, and somewhat dissociative.

For more on the effects, pharmacology, dosage, and history, [**check out our Ultimate Guide to Amanita Muscaria.**](#)



Preparation and Toxicity

The mushrooms must be fully dried before ingesting them. Eating a fresh amanita muscaria mushroom will cause gastrointestinal distress. Drying the mushroom breaks down the oils that cause the gut problem. While amanita muscaria has a reputation for being toxic, truly poisonous effects come from other mushrooms in the amanita family, not amanita muscaria.

A food dehydrator is best for drying mushrooms, but it can also be done in the oven on low heat. Or, if you're feeling traditional and whimsical, you could dry them in stockings hung over the fire with care.

Like dried psilocybin mushrooms, dried amanita can be eaten, ground up into a powder and taken in capsules, or stored in honey.

Amanita can also be smoked for a more rapid effect with a shorter duration.

Where to Acquire

Amanita muscaria is legal in most places.

[We recommend checking out Psyched Wellness](#) and their line of products.

Use the code "**THIRDWAVE23**" to get 15% off your order.

San Pedro Cactus (Huachuma)

San Pedro is a thin, tall South American cactus containing mescaline and several other psychoactive compounds. It comes from the Andes mountain range in Peru, Ecuador, and Bolivia.

The traditional name for this medicine is *“Huachuma”* or *“Wachuma”*.

The name “San Pedro” comes from “Saint Peter”, the Christian saint who holds the keys to heaven. Reportedly, when Christian conquistadors introduced the Christian religion to the indigenous peoples of South America, Wachuma spiritually served the same functional role of Saint Peter—guardian of the gates of heaven—so they adopted its “Christian” name for the cactus. It can also be called “Peruvian Torch.”

It is widely regarded as a “heart-opening medicine” and the effects are somewhere between MDMA and LSD.

While pure mescaline is illegal (Schedule I) in the United States, San Pedro cactus is legal for religious use. In Canada, San Pedro is illegal to possess, transport, and sell, but is legal to cultivate.

For cultivation, it can commonly be found as a decorative cactus in garden shops.

For more on the effects, pharmacology, dosage, and history, [**check out our Ultimate Guide to San Pedro.**](#)



Forms

San Pedro can be found either as cactus cuttings or as a dried powder.

As a cutting, you typically need about 25 centimeters (12 inches) of cactus for one dose.

In powder form, the dose depends on the strength of the preparation, but it's usually around 1-2 tablespoons.

Preparing the cactus

The mescaline content is mostly in the dark green layer between the waxy outer skin of the cactus and the inner white flesh of the cactus. The dark green layer can be boiled and reduced and then consumed as a tea or dried into a powder.

It can be very thick and gelatinous and tastes extremely bitter. Many practitioners mix it with fruit juice to balance out the taste.

For more information, see our [blog article on consuming San Pedro](#).

Nausea or gastrointestinal discomfort is common. Some individuals report fewer unpleasant side effects by consuming San Pedro with digestive enzymes.

Note: San Pedro cactus can cause dehydration, so take care to drink lots of fluids during the experience.

Where to Acquire

Powder

There are many ethical retailers selling San Pedro powder who source their medicine directly from Indigenous populations. Sometimes it is also sold under the name "Peruvian Torch". We highly recommend these suppliers as they directly support the cultures that maintain the tradition of this plant medicine.

[Matses Herbs](#) sources their medicines directly from the Matses and Katukina tribes.

San Pedro powder can also be found on eBay and other online retail sites through a quick internet search.

Living Cactus

You can buy potted San Pedro at many home garden shops around the world and cultivate it at home.

When you harvest, be sure to replant the very top part of the cactus as you can grow a whole new cactus just from the tip.

Cactus Cuttings

You can find harvested cuttings on eBay and other online marketplaces.

Syrian Rue (*peganum harmala*)

Syrian Rue is a small woody bush that grows in the Middle East and Mediterranean. It has a long history of use both as a red dye and as a smudge for spiritual purification (a smudge is smoke or incense used to energetically purify or sanctify a space).

It contains a compound called harmaline, which is a monoamine oxidase inhibitor, or MAOI. Monoamine oxidase is an enzyme that breaks down serotonin-like compounds, including psychedelics.

Inhibiting the MAO enzyme has a natural antidepressant and anti-anxiety effect. It also amplifies the effects of psychedelics.

This is essentially the same way ayahuasca works. The ayahuasca vine contains the MAOI while the chacruna or mimosa contains the DMT. Together, they create a very potent psychedelic experience.

This same principle can be used with Syrian Rue and mushrooms or DMT. By adding Syrian Rue to other psychedelics, you amplify and intensify their effect.

NOTE: This is NOT recommended for beginners.



Legality

Syrian Rue is a legal plant around the world. In some places, it is listed as a noxious weed.

Psilohuasca / Pharmahuasca

The combination of Syrian Rue with psilocybin mushrooms is commonly called “psilohuasca” or “pharmahuasca”. It is not ayahuasca, but the depth of the experience can be comparable.

There are a few practitioners and retreats using this as an alternative to ayahuasca to avoid legal complications.

Preparation

Syrian Rue seeds can be eaten or drunk directly, ground and taken as capsules, or made as a tea. Some people mix the powder with chocolate or nut butter to cover up the taste.

It can cause some gastrointestinal distress. Some with sensitive stomachs have found making a tea with lemon and honey is easier on their digestive system.

Dose

2-3 grams of Syrian Rue seeds are generally enough to make DMT orally active.

To give your MOAI time to inhibit the enzyme, you should take the mushrooms 45-60 min after the Syrian Rue.

Adding Syrian Rue to mushrooms can potentiate the mushrooms by 2-3x. That means eating 2 grams of mushrooms with 2 grams of Syrian Rue seeds could feel like eating 5 grams of mushrooms.

Dose carefully to find your tolerance.

Harmala Extracts

The company [Ancestral Magi](#) makes very high quality, precision-dosed Syrian Rue extracts. They have many different formulas for different uses. We recommend the Stard Deep Meditation product for psychedelic exploration.

Go to www.ancestralmagi.com and **use the code TW10 to get a 10% discount.**

It is also possible to extract harmaline (the active MAOI in Syrian Rue) from the seeds. This takes away some of the compounds that are hard on the digestive system and makes for a much lower dose. The exact dosage will depend on the strength of the extraction.

Doing the extraction yourself can be messy, but if you are so inclined, you can find instructions on [DMT-Nexus](#), [Bounty Botanicals](#), and [Shroomery](#).

Morning Glory

Morning Glory is a hardy little vine with heart shaped leaves and vividly colored trumpet-like flowers. It grows all over the world, from Australia, all across Asia, and into North and South America.

It was also central to divinatory ceremonies of the ancient Aztec people of Mexico, who called it “ololiuqui”.

The seeds contain LSA, a compound closely related to LSD, only weaker. The effects are similar and include visual distortions, euphoria, and somatic body high.

Legality

Morning Glory species are common garden plants and are legal in most countries.

Dosing

It takes 2-5mg of pure LSA to produce a psychedelic effect, which is roughly 150-200 seeds. (LSD, by comparison, takes around 100 micrograms.)

Morning Glory seeds do have a reputation for unpleasant somatic side effects including nausea and gastrointestinal discomfort.



Hawaiian Baby Woodrose

This is a Hawaiian relative of Morning Glory. The biggest difference is that the seeds contain 10X the amount of LSA as common Morning Glory, but it also tends to have more pronounced side effects.

It takes 15-20 seeds to create a psychedelic effect with Hawaiian Baby Woodrose seeds.

Preparation

Seeds can be ground and eaten or brewed into a tea.

Some users report that drinking either ginger tea or a glass of orange juice mixed with grated ginger and a chopped garlic clove greatly reduces nausea from Morning Glory seeds.

Anti-nausea drugs like diphenhydramine, cyclizine, meclizine, or trimethobenzamide can safely be taken beforehand to prevent nausea.

Where to Acquire

You can purchase inexpensive Morning Glory seeds from many online retailers and marketplaces. A brief internet search will give you plenty of options to choose from.



ACQUIRING PSYCHEDELICS THROUGH THE SOCIAL MYCELIUM

If the psychedelic subculture can be likened to a large city, the “social mycelium” would be considered underground. This term refers to all the channels of relationship and cultural meeting points where psychedelic substances can often be found.

The best place to start safely sourcing from the social mycelium is with people you know and trust. As the stigma associated with psychedelic use declines, you may find that many of your friends, acquaintances, or people you meet informally at events or parties are already tapped into this underground network—opening the opportunity for you to strike up a conversation around sourcing.

Another way to access the social mycelium is by attending cultural events or hubs with a psychedelic-positive culture. These might include:

- Places or events featuring psychedelic or surreal art
- Burning Man-associated or similar types of events
- Electronic music parties, clubs, or shows
- Jam band concerts and events (Phish, The Dead, etc.)

Regardless of which route you follow, be sure to exercise discretion. Not everyone who speaks about psychedelics or attends psychedelic-friendly events will know how to source or be comfortable sharing that information casually.

The substances most commonly accessed through the social mycelium are those typically difficult to find elsewhere. These may include:

- LSD
- MDMA
- MDA
- 2C-B
- Ketamine

It is imperative to test any substances you acquire through the social mycelium. There have been alarming reports of adulteration associated with substances that are available as white powders, making them toxic and potentially fatal.

“Street” Pricing

There are many variables to pricing, depending on what you are looking for, where you live, and who you talk to. Here are some very broad pricing guidelines:

- Mushrooms: \$8-12/g, \$20 for an eighth of an ounce (3.5g)
- LSD: \$4-10 per hit (a hit = one dose and can range anywhere from 50-250 micrograms)
- MDMA: \$10-20 for a pill, \$60-100/g
- Ketamine: \$100/g

Testing Your Substances

To limit the risks associated with potentially toxic adulterants, substance testing is highly recommended. Testing kits (such as those offered by [Test Kit Plus](#)) are easily available for purchase and allow people to test the purity of a wide range of substances. We strongly suggest you purchase these before trying substances that come as a white powder or crystal.



BEST PRACTICES FOR PSYCHEDELIC SUBSTANCES



Psychedelic substances are more widely available than ever before in the history of humanity.

However, it is important to not let accessibility dilute your reverence. The substances in this guide are very powerful. Done well, they can transform your life.

As Spiderman’s Uncle Ben once said: “With great power comes great responsibility.”

Whether you are interested in exploring microdosing or want a full “heroic” macrodose experience, there are a few key guidelines to keep in mind:



1

INTENTION

Psychedelics tend to amplify what you focus on. When you create a clear intention, you prime yourself to experience positive results.

2

SET AND SETTING

Create a relaxed, comfortable environment for yourself. This includes your physical, social, and internal environments.

Be in a situation where you will not have too much interaction with the outside world.

Prepare for your experience. If you want music, make a playlist beforehand. You'll probably be hungry at some point, so prepare food for after. If you're artistically inclined, get your materials out before you take your dose.

Taking in a poor environment or an upset state can lead to a negative experience. Take care and choose the situations in which you microdose.





3

KNOW YOUR DOSE

There's a saying coined by the 16th century alchemist and physician Paracelcus that goes "dosis sola facit venenum."

It means "only the dose makes the poison."

"More" of a medicine is not "better". Knowing your tolerance and how your body responds to a given substance is important for proper dosing.

If you are consuming a medicine you have not had before, start low and go slow. Finding what works for you is a process of discovery and refinement. Start with low doses and slowly increase to find your optimal dose.

Take a quarter of a "dose" to see how you respond. Wait 30-60 min before taking more. The potency of plants can vary widely, as can the purity of synthetic compounds.

4

INTEGRATION

The truly transformational power of psychedelics happens after you're back down to Earth.

This is a special moment, a window of "neural flexibility" where you can ground your experience—your insights, growth, healing, ideas, inspiration—into your real life. Taking time to reflect, process, and fully integrate is incredibly important to make the most of a medicine experience. Journey well!



FURTHER RESOURCES



Personalized Psychedelic Coaching

Embark on a life-changing journey towards self-discovery, personal growth, and profound insight. This is your invitation to a 1:1 coaching experience unlike anything else.

It combines the catalytic potential of psychedelic medicine work with the structure, feedback, and accountability of a professional coaching framework, while honoring your individuality and is tailored specifically to your needs. This is an invitation to unlock your highest potential.

[Learn more here about Personalized Psychedelic Coaching here.](#)

To receive a \$250 discount, use the code: [sourcingguide250](#)



The Psychedelic Podcast

The Psychedelic Podcast connects you to the leaders and pioneers of the psychedelic renaissance.

Get an inspired, informed, balanced look into how these powerful medicines are already being safely and responsibly used to catalyze both personal and collective transformation.

Whether you're just curious or a seasoned psychonaut, or somewhere in between, you'll get insightful, practical, cutting-edge conversations from the forefront of the psychedelic movement.

[Join us as we explore how psychedelics can be integrated into culture for the evolution of humanity.](#)



[Coaching Certification Program](#)

The Psychedelic Coaching Institute's Certification program is both for established coaches who want to add psychedelic work into their existing frameworks and new coaches who want to begin a career in psychedelics.

It's ideal for coaches committed to helping clients achieve a broad range of non-clinical outcomes – from those working on the forefront of human potential, peak performance, executive training, and leadership development, to those focused on health and wellness, life coaching, spiritual coaching, and beyond.

This certification is for coaches interested in both microdosing and macrodosing protocols.

[Find more about the program here and speak to a member of our team if you're interested in learning more.](#)



[Frequency Newsletter](#)

Get ground breaking research, real-world stories, exclusive discounts, and psychedelic reflections in one short weekly newsletter called Frequency delivered to your inbox every Wednesday.

[Join our free newsletter here.](#)



[Third Wave's Community](#)

Third Wave's mission is to nurture the emerging psychedelic ecosystem by providing individuals with research-based education, access to vetted providers, and membership in our global community of psychedelic pioneers.

[Join our free Community](#) and connect with like-minded people who are interested in learning more about psychedelics.



[Microdosing Course](#)

If you would like more specific guidance on microdosing, check out our [Microdosing Course](#).

**To receive a \$50 discount, use the code:
sourcingguide50**

When you purchase the Microdosing Course, you'll get a step-by-step, research-based system for your first 30 days of microdosing specific to your goals.

Whether you want to microdose for focus and creativity, mental and emotional health, or accelerated personal and spiritual development, you'll get customized content to help you get the most out of microdosing.



[Third Wave's Directory](#)

Professional guidance can make a world of difference in your experience with psychedelic medicines. The Third Wave Directory connects you directly with the highest quality psychedelic therapists, coaches, clinics, and retreats in the world.

[Explore the Directory.](#)



[Third Wave Blog](#)

We continue to publish high quality information on every topic around psychedelics on the Third Wave blog. We cover everything from psychedelic therapy, trauma, plant medicines, macrodosing and more.

[Read The Blog](#)

This sourcing guide uses affiliate links. Third Wave receives a small percentage of the product price if you purchase through any affiliate links. Read our [ethics and affiliates policy here.](#)



WWW.THETHIRDWAVE.CO © 2023-25 THIRD WAVE