

Psychedelic Sourcing Guide

Table of Contents



1. Introduction

- Disclaimer and Declaration of Intent
- How to Use This Guide
- Best Practices



2. Trusted Sources

- Golden Rule Mushrooms
- Vendors (by Type/Region)
- Ketamine Clinics (US Only)
- Retreat Centers



3. Alternative Sourcing

- The Social Mycelium
- Street Pricing
- Testing Substances
- Other Guidelines
- Third Wave Directories



4. Stay Connected

- Take the Next Step
- Tune In
- Ways to Connect





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 millennia. 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. 🌟



Start with a Supportive Container

A great place to begin is with our **Microdosing Experience** — a 45-day immersive program led by Paul F. Austin. This guided journey happens every quarter and features a unique theme each time, so you can engage with new intentions throughout the year. The program includes microdosing guidance, weekly lessons, as well as a supportive private community.

Get 20% off your first Microdosing Experience with code SOURCINGGUIDE20.



SIGN UP





Dive Deeper with Personal Support

For professional psychedelic support, consider getting [**Personalized Psychedelic Coaching**](#), facilitated through our sister brand The Psychedelic Coaching Institute. You'll be paired with the perfect coach for your specific needs, intentions, challenges, and goals.

Get 20% off your first Personalized Psychedelic Coaching with code SOURCINGGUIDE20.

SIGN UP



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.

In this guide, you will find trusted channels to source psychedelic medicines; vendor recommendations for mushrooms, truffles, and spores; vetted clinics and retreat centers; and guidance for safely connecting through the social mycelium. 🍄

Disclaimer & Declaration of Intent

There is a natural human impulse to explore altered states of consciousness. Third Wave honors this impulse — and equally honors the importance of safety, legality, and responsibility. While we prioritize legal and semi-legal sources, some vendors operate in gray zones. Proceed with full awareness of your local laws.

We do not condone breaking the laws where you live.

This guide is intended first and foremost for harm reduction purposes: to help you make informed, careful decisions when seeking psychedelic substances. We assume no responsibility for how you choose to use the information provided, nor for any interactions with the companies suggested. While we do our best to keep this guide updated, vendors and regulations can change. **Please do your own due diligence.**



How to Use This Guide

This guide is designed to help you **safely and confidently source psychedelic substances**. It is not intended to teach you how to use psychedelics, determine dosages, or facilitate journeys. Rather, it is focused exclusively on sourcing — connecting you with trusted vendors, programs, and resources.

You won't find substance profiles, dosing instructions, or usage advice here. For in-depth education, preparation, and integration, please [visit Third Wave's website](#) where you'll find comprehensive guides, deep dive articles, resources, and programs.

Use this guide wisely.

Journey well! 🍄



Best Practices

Before sourcing psychedelics, always prioritize your safety, privacy, and legal security. Here are general best practices for sourcing psychedelics safely:

- **Check Local Laws:** Always understand the laws in your region before purchasing or possessing psychedelic substances. Avoid ordering internationally unless you're fully confident in the legal and customs status for your location.
- **Vet Vendors Carefully:** Look for clear contact information, independent reviews, transparent policies, and responsible practices.
- **Use Testing Kits:** Toxic adulterants are increasingly common, especially in substances sold as white powders or crystals. Testing kits — such as those from [Test Kit Plus](#) — are affordable and allow you to verify the purity of a wide range of substances. We strongly recommend testing anything purchased through unofficial channels before use.
- **Protect Your Privacy:** Use secure, discreet payment methods. Avoid sharing unnecessary personal information online.
- **Work with Professionals:** Whenever possible, seek support from experienced guides, practitioners, or integration coaches.

Please take the time to **carefully source and test your substances**. Always prioritize and protect your health, your journey, and your future experiences. 🌟





Trusted Sources



The following vendors have been vetted for reputation, customer service, and product quality at the time of writing.

We focus on legal and semi-legal sourcing options for psilocybin products, plant medicines, and integration-supportive compounds.

Please note: Laws and vendor practices can change quickly. We encourage you to do your own research before purchasing and always prioritize safety, privacy, and legality.

Disclaimer: Third Wave assumes no responsibility for the reliability of these vendors or for any transactions made through them.



GOLDEN RULE

MUSHROOM COMPANY

Third Wave's Trusted Sourcing Partner

When it comes to high-quality psychedelics, we exclusively recommend sourcing through [Golden Rule Mushrooms](#). Golden Rule offers some of the highest-quality Psilocybin and LSD microdosing products available in the United States. Their products are intentionally formulated, research-backed, and produced with care and integrity.

Each product is crafted to support different aspects of the microdosing journey, with quality, consistency, and intentionality at the forefront. *Please read product details carefully when ordering through Golden Rule's site.*

Exclusive Benefit: As a reader of this guide, you receive a lifetime 10% discount at Golden Rule using code "THIRDWAVE" at checkout.

ORDER FROM GOLDEN RULE



Top 5 Recommended Products

1. **Sol Gummies** — 10µg (micrograms) LSD per gummy

Uplifting, focused, and energizing.

2. **Mini Flow Blend** — 100mg Psilocybin (Avery strain), Lion's Mane, Cordyceps

For clarity, cognitive focus, and natural energy.

3. **Bliss Bites** — 150mg Psilocybin (Hillbilly Pumpkin strain) per chocolate

For creativity, emotional joy, and social connection.

4. **Euphoria Truffles** — 1.5g Psilocybin (Yeti strain) per truffle

For deep emotional presence and inner exploration.

5. **Golden Teacher Capsules** — 125mg Psilocybin per capsule

For gentle microdosing and flexible stacking.



Mushroom Vendors: **Canada** 🇨🇦



Blue Goba

Organic psilocybin mushrooms, chocolates, and capsules



Sero

Ethically harvested mushrooms with lab testing



Magic Mushrooms Dispensary

Large variety of dried mushrooms and microdose products



Microdosify

*Premium psilocybin microdosing capsules.
Holistic mental health emphasis*



Mushroom Vendors: Europe / UK



[Magic Truffles Shop](#)

Wide selection of psilocybin truffles legally sold in the EU



RED LIGHT HOLLAND

[Red Light Holland](#)

Premium truffles available through licensed Dutch smart shops



[Wholecelium](#)

*Truffles, grow kits, and psilocybin education
EU and UK shipping available*



KOSMICKITCHEN

[Kosmic Kitchen](#)

Truffles and grow kits with worldwide shipping options



Sirius

[Sirius NL](#)

*Full smart shop with truffles, seeds, and
extracts. Netherlands-based*



Kanna Vendors: Global

KANNA EXTRACT CO.

Kanna Extract Co.

Premium, lab-tested kanna extracts and capsules Sourcing transparency and educational resources

HEARTHSTONE
COLLECTIVE

Hearthstone Collective

Wildcrafted kanna products focused on sustainable harvesting. Offers raw plant material, extracts, and microdose blends

KA!
Empathogenics

KA! Empathogenics

*High-potency, full-spectrum kanna blends. Kanna Chews and Tinctures. Use code **THETHIRDWAVE** for 10% off your first order!*



Amanita Muscaria Vendors



Psyched Wellness (Global)

Amanita muscaria mushroom extract products.

Focused on relaxation, stress relief, and immune support. Lab-tested for safety and consistency

Syrian Rue Vendors



Ancestral Magi (Global)

High-quality seeds and harmala extracts.

*Ethically sourced botanical products. Use discount code **3W10** for 10% off your order!*





Spore Vendors



Growing Mushrooms:

What to Know About Spores

Before exploring spore vendors, please read this primer on legality, cultivation, and recommended starter kits.

Psilocybin mushroom spores are legal to purchase in most parts of the United States because they do not contain psilocybin — the psychoactive compound. However, germinating spores to grow mushrooms is federally illegal in the U.S. and prohibited in certain states (CA, GA, ID).

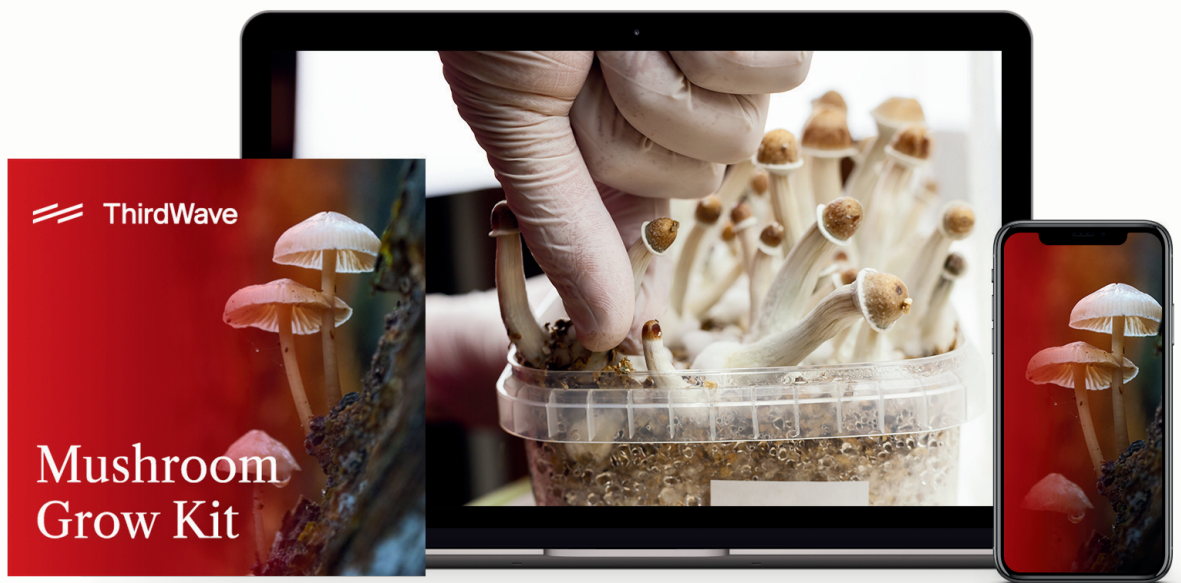
For educational purposes, spores are commonly sold as **spore prints** (dried onto paper) or **spore syringes** (suspended in sterile water). Spores are often purchased by mycologists, educators, and home growers seeking a deeper relationship with the medicine.

If you are interested in growing your own mushrooms, we recommend starting with a professional-grade kit to minimize contamination risk and learning curve.



Third Wave's Mushroom Grow Kit

- All-in-one sterile kit for beginners and advanced growers
- Includes full video course and expert community support
- Shipped within the U.S. only
- **Use code SOURCINGGUIDE20 for 20% off**



ORDER YOUR GROW KIT

*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**.*



Spore Vendors: **United States**



Spore Vision

High-quality psilocybin mushroom spores for research purposes. U.S. shipping available (except CA, GA, ID)



Premium Spores

*Wide selection of Psilocybe cubensis strains.
Fast, discreet U.S. shipping*



Spore Vendors: **Canada** 🇨🇦



Planet Spores

Canadian supplier of mushroom spores and cultivation tools. Offers both spore prints and syringes



Spores 101

Established Canadian source for mushroom spores. Large variety of strains at affordable prices



Mushroom Prints (Canada)

*Handcrafted spore prints and cultures.
Canadian-based shipping and support*



Spore Vendors: Europe / UK



Sirius Smart Shop

Dutch supplier of spores, truffles, and grow kits. Ships within the EU



Magic Mushrooms Shop

Spore syringes, truffle kits, and mushroom grow products. Based in the Netherlands. EU shipping available



Mushroom Prints

High-quality spore prints and cultures. Available to EU, UK and Australia customers



Shiny Spores

UK-based provider of mushroom spores for research. Fast domestic shipping within the UK



Spore Buddies

UK stockist of magic mushroom spores and prints. Hydrated spores with long shelf life



MARTIAN MUSHROOMS

Martian Mushrooms

Simple, affordable mushroom cultivation products. UK-based shipping

Mondo

Mondo Grow Kits

Spore syringes, spore vials, and liquid cultures. Also provides complete grow kits and sterilized substrates



A person with long hair is seen from behind, sitting in a meditative lotus position on a red rug. They are positioned in front of a large window that looks out onto a lush, green outdoor space with many potted plants, including some with bright yellow flowers. The sun is shining brightly through the window, creating a warm, golden glow and lens flare effects. The overall atmosphere is peaceful and serene.

Ketamine Clinics





Ketamine Clinics

Ketamine is a legal, prescribable substance in the United States, increasingly used for therapeutic purposes such as depression, anxiety, and PTSD.

The clinics and programs listed below offer safe, structured access to ketamine treatments, primarily through telemedicine platforms.

Please note: Eligibility, protocols, and availability vary by state. We encourage you to review each provider carefully and consult directly with their medical teams to determine if ketamine therapy is a good fit for you.



United States Only



Mindbloom

At-home ketamine therapy programs guided by clinicians. Available in select U.S. states.

Virtual integration support included.

Paul Austin has personally completed a program with Mindbloom. You can read about his experience [here](#).

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



Better U

Telemedicine ketamine treatments focused on mental health and PTSD. Customized care plans and online medical consultations. Expanding to multiple U.S. states.



Joyous

Daily microdosed ketamine protocol through telehealth services. Personalized dosing based on ongoing feedback. Affordable subscription model.



Retreat Centers





Retreat Centers

Retreat centers are one of the best ways to experience the full benefits of psychedelic substances.

You receive a curated safe space with trained professionals in a beautiful environment — an ideal “set and setting” for transformation.

As global demand grows, new retreats are opening around the world.

Third Wave has personally vetted the retreat centers below to recommend the highest-integrity options available.



Confluence Retreats

Confluence Retreats is the #1 rated and reviewed licensed psilocybin retreat in the United States.

- **Location:** Oregon, USA
- **Medicines:** Psilocybin
- **Key Features:** Small group retreats in a legal, natural forest setting; nonprofit stewardship; evidence-based holistic programs.
- **Exclusive Offer:** Claim your Third Wave \$250 discount [here](#).



Buena Vida

Buena Vida 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.

- **Location:** Mexico
- **Medicines:** Psilocybin, Ayahuasca, San Pedro cactus, Cannabis (varies by retreat)
- **Key Features:** Luxurious settings; 4:1 guest-to-leader ratio; joyful approach to deep healing; mindfulness meditation and integration classes.
- **Exclusive Offer:** Use **code ThirdWave** for \$500 off your Buena Vida Retreat [here](#).

THE BUENA VIDA



Beckley Retreats

Experience the science-backed power of psilocybin ceremonies in a supportive retreat setting with Beckley Retreats.

- **Locations:** Jamaica and the Netherlands
- **Medicines:** Psilocybin
- **Key Features:** Science-backed programs; extensive preparation and integration support; vegetarian meals and daily mindfulness practices.
- **Exclusive Offer:** Claim your \$400 Third Wave discount [here](#).



Tandava

Nestled amidst nature's splendor, Tandava 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.

- **Location:** Tepoztlán, Mexico
- **Medicines:** 5-MeO-DMT
- **Key Features:** Serene, luxurious setting for deep healing; private and small group sessions; full-spectrum integration care; renowned facilitator team.
- **Exclusive Offer:** Get 10% off your Tandava Retreat with **code 3RDWAVE** [here](#).



Soltara

Immersive ayahuasca retreats rooted in Shipibo tradition and integrative healing. Soltara empowers guests to bridge the gap between mind, body, and spirit through personalized support and ceremonial practice.

- **Location:** Paquera, Provincia de Puntarenas, Costa Rica
- **Medicines:** Ayahuasca
- **Key Features:** Led by Peruvian Shipibo healers; full-spectrum preparation & integration; small group sizes; extensive medical screening; farm-to-table meals; nature immersion and wellness practices.
- **Exclusive Offer:** Use **code TW5** to get 5% off your Soltara Retreat [here](#).

SOLTARA
HEALING CENTER



Alalaho

Alalaho offers a holistic, psycho-spiritual approach to personal growth by combining safe and legal use of psilocybin with practices rooted in modern psychology and ancient wisdom. Their retreats are known for comprehensive preparation, integration, and deep group connection.

- **Location:** Meppel, Drenthe, Netherlands
- **Medicines:** Psilocybin Truffles
- **Key Features:** Small group retreats with expert facilitators; extensive preparation and integration support; meditation, embodiment, and creative practices; community-based healing
- **Exclusive Offer:** Use code **ThirdWave150** to get €150 off [here](#).





Alternative Sourcing



The Social Mycelium

Not all psychedelics can be safely ordered online. This section covers additional sourcing pathways, safety practices for peer-to-peer access, and trusted resources from Third Wave to support your journey.

Some substances — like LSD, MDMA, 2C-B, or San Pedro — are rarely available through public vendors. Access more often happens through the “**Social Mycelium**” — a web of personal relationships, referrals, and community trust.

Keep these guidelines in mind:

1. **Build relationships first.** Attend retreats, integration circles, or events with a psychedelic-positive culture. Authenticity and presence go further than asking for connections.
2. **Move with integrity.** Offer support, curiosity, and groundedness before seeking anything in return.
3. **Never post public sourcing requests.** Avoid asking in group chats, forums, or social media. It's unsafe, unwise, and usually ineffective.
4. **Use caution with online “vendors.”** Telegram, Signal, and Reddit are flooded with scams and unverified products. Always source through trusted referrals.
5. **Respect privacy and legality.** This path is slow, relational, and trust-based; not transactional.

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.)



Street Pricing

There are many variables to pricing, depending on what you are looking for, where you live, and who you talk to. It's best to use your Social Mycelium to get a feel for your local 'street pricing'.

That being said, 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 µg (micrograms). A standard microdose of LSD is ~10µg — about 1/10th of a hit.*
- MDMA: \$10-20 for a pill, \$60-100/g
- Ketamine: \$100/g



Testing Your Substances

Any time you source a psychedelic outside of a regulated setting — especially powders, pressed pills, or tabs — **testing is essential**.

You should always test your substances before consumption.

Toxic adulterants (like fentanyl, NBOMe compounds, or synthetic cathinones) are increasingly showing up in unregulated substances, sometimes with fatal consequences.

We strongly recommend using a reagent testing kit to check for purity and safety before use — even if you trust your source. Use a testing kit for MDMA, LSD, ketamine, and all other white powders or pressed substances.

We recommend ordering testing kits through [**Test Kit Plus**](#). They're affordable, fast, and save lives.

We recommend Marquis for MDMA, Ehrlich for LSD, and Mecke for ketamine.



★ Other Guidelines

Some psychedelic substances are not widely available through public vendors due to legal restrictions, sustainability concerns, or cultural considerations.

These include:

- *San Pedro (Huachuma) and other mescaline cacti*
- *Ayahuasca vine (Banisteriopsis caapi)*
- *Morning Glory seeds (LSA-containing)*
- *Acacia species (natural DMT sources)*

Analogues like pharmahuasca (harmala + DMT) or psilohuasca (harmala + psilocybin) may be discussed in retreat settings but are rarely available through vendors. These require significant caution and education.

If you're called to explore any of these, we recommend:

- Growing your own from ethically sourced materials
- Attending trusted retreats with trained facilitators
- Developing relationships within respectful, informed communities

We strongly encourage respectful, informed approaches to any sacred or traditional medicines, honoring their cultural origins and legal complexities. Approach these medicines with discernment and respect.

For more information on all substances, please visit our comprehensive [library of Psychedelic Guides](#).





★ Third Wave Directories

If you're seeking more vetted options for retreats, clinics, or therapeutic programs, consult our Third Wave Directories:

[Psychedelic Retreat Directory](#)

Explore vetted psilocybin, ayahuasca, 5-MeO-DMT, and other retreat centers worldwide.

[Psychedelic Clinic Directory](#)

Find licensed ketamine clinics, integration providers, and psychedelic-assisted therapy options near you.





Stay Connected



Your journey doesn't end with this guide. Whether you're sourcing for the first time or deepening a long-term relationship with psychedelics, Third Wave is here to support you with trusted programs, curated resources, and a global community of seekers and practitioners.

★ Take the Next Step

Microdosing Experience

Our 45-day live, immersive group program complete with guided journaling, weekly video lessons, and a supportive peer container.



Microdosing Course

A step-by-step, DIY course for your first 30 days of microdosing, tailored to goals like creativity, emotional healing, and nervous system regulation.



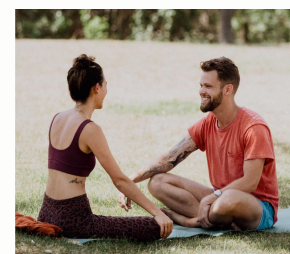
Mushroom Grow Kit

A beginner-friendly, all-in-one kit to safely cultivate your own medicine at home. Spores not included, must be ordered separately.



Personalized Psychedelic Coaching

1:1 support from expert practitioners who blend psychedelic insight with professional coaching frameworks.



👉 Use code **SOURCINGGUIDE20** for 20% off all offerings above!



Tune In

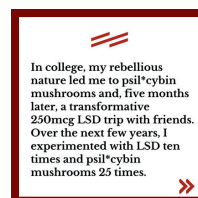
[The Psychedelic Podcast](#)

Explore deep conversations with thought leaders, visionaries, and medicine carriers.



[Third Wave Blog](#)

Your go-to resource for integration, legal updates, microdosing protocols, and personal growth tools.



[Third Wave YouTube Channel](#)

Watch interviews, masterclasses, how-to videos, and thought leadership from the frontier of psychedelic evolution.



Ways to Connect

[Subscribe to the Frequency Newsletter](#)

Get weekly insights, exclusive discounts, and the latest from Paul and the Third Wave team.

[Join Our Free Community](#)

Connect with like-minded seekers, practitioners, and explorers around the world.

[Explore the Third Wave Directory](#)

Find vetted retreats, coaches, clinics, and therapists.

➡ **Follow Paul Austin** for insights on psychedelics, purpose, and human potential:

→ [Follow Paul on Instagram](#)

→ [Follow Paul on X \(Twitter\)](#)





We believe informed sourcing leads to safer, more meaningful psychedelic experiences. By choosing informed sourcing, you're already stepping into a more empowered relationship with these medicines.

Stay sharp, stay curious, and keep building the future you want to see.

We're excited to see where your journey takes you. 🍄

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.](#)





© 2025 THIRD WAVE