

THE MYCELIAN CHURCH OF SAN FRANCISCO PRESENTS

# *A Guide To Psilocybin*



# INTRODUCTION

Welcome! This is a guide to psilocybin presented by the Mycelian Church of San Francisco. This guide will inform you about the basics of psilocybin and its use as a sacrament. This is not meant to be a definitive guide, but information culled from the web to assist you in learning about psilocybin. If you have any questions that weren't answered here, please feel free to go to the resources page on our website for more information.

## WHAT IS PSILOCYBIN?

Psilocybin is a naturally occurring chemical compound that can be found in more than 200 species of fungi. In small doses it produces feelings of euphoria and increased mental awareness. Psilocybin can promote rapid and sustained neuroplasticity and has been used as therapy in psychology since the 1950's.

## HOW DOES IT WORK?

During digestion, psilocybin is metabolized into an alkaloid called *psilocin*, which stimulates serotonin receptors in the brain. When stimulated, these receptors regulate mood, making people happier, calmer, more emotionally stable and focussed. In other words, psilocybin makes us less of an asshole.

PSILOCYBIN → PSILOCIN → SEROTONIN  
RECEPTORS →



# HOW DOES IT WORK AS A SACRAMENT?

Psilocybin can induce states of consciousness that have lasting personal meaning and spiritual significance in individuals who are religious or spiritually inclined. Psilocybin mushrooms have been used by humans in religious ceremonies for thousands of years. Reflecting the meaning of the word entheogen ("the god within"), psilocybin is revered as a powerful spiritual sacrament that provides access to the divine.

# WHAT AMOUNT SHOULD I TAKE?

Although it is official policy of the Mycelian Church of San Francisco to recommend moderation when dealing with psilocybin, the truth is there is no single answer to this question. Some people prefer a 'microdose' level of sacrament, below one gram of mushroom. Others prefer a "heroic dose" of several grams at once.

We recommend one gram doses at a max because we don't want sacraments to be abused and have people act like assholes. But at the end of the day, a person will find the proper dosage that works for them. We would just like you to be careful and remind you of a famous saying in the edible world: *you can always eat more, but you can't eat less.*

# IS IT DANGEROUS?

Short answer: not in moderation. The longer answer is that anything in this world is dangerous if you abuse it. It is virtually impossible to ovedose on psilocybin and in most cases the effects go away after 6 hours or so. The only real danger psilocybin can pose is if it is abused by someone acting like an asshole.

# IS IT LEGAL?

No, psilocybin is not legal in the U.S.. It is classified as a Schedule 1 controlled substance, so as far as the federal government is concerned, the recreational or religious use of psilocybin is illegal in the United States.

But....

There are several jurisdictions that have decriminalized or legalized its possession, cultivation, and use. What 'decriminalization' means is that a jurisdiction has decreed that enforcement of laws related to psilocybin production, distribution, possession, and use will have the lowest enforcement priority. These jurisdictions include the city in which the Mycelian Church operates, San Francisco.

Some believe we have the First Amendment right to use psilocybin as sacrament. This is not true, as decided by the Supreme Court case *Employment Divison v. Smith*. What legal protection we do have comes from an act of Congress: the Religious Freedom Restoration Act. This act prohibits any agency, department, or official of the United States government from substantially burdening a person's exercise of religion.

Since the passage of this act, its legal application regarding the use of Schedule 1 controlled substances in a religious context has been decided in the courts, with mixed results. As of the writing of this there is no legal precedent stating the RFRA protects the use of psilocybin as a religious sacrament.

In spite of this murky legal status, Psilocybin is a legitimate religious sacrament and we are confident that the RRFA will be applied to the religious use of psilocybin through court rulings in the future. In the meantime, we are blessed to be operating in a jurisdiction that has decriminalized psilocybin and appreciates religious freedom like San Francisco.



# WHO SHOULDN'T USE PSILOCYBIN?

As wonderful as psilocybin can be, it's not for everybody. Some people can have a poor or negligible experience with it, while others probably shouldn't go there in the first place. Here's two groups of people that should likely abstain from psilocybin use.

**People who are on anti-depressants, particularly SSRIs,** should not take psilocybin. This is because the serotonin receptors that would be stimulated by the psilocybin are already being stimulated by the SSRI. Either the psilocybin will not have much of an effect OR you could overstimulate these receptors, causing a temporary but substantial depression.

**People that are on any psychiatric regimen involving pharmaceuticals** or who have a history with psychiatric care should ask their therapist or physician if psilocybin use is safe for them before using.

Don't drive or operate heavy machinery or fuck around with any serious shit at all while on psilocybin. And while we're at it, don't take psilocybin with alcohol and a dozen other drugs and then go try to fly a fucking airplane!!

## CONCLUSION

Thank you for reading our introduction to psilocybin. If you have questions that were unanswered here, please go to the resources page on our website for more information. As a final reminder, please use psilocybin with moderation. When used properly, it can make you life better. But like every other thing in this world: abuse it and you gonna lose it.

