

# Magic Truffles Guide

A comprehensive guide to dose with Magic Truffles

Welcome to the intriguing world of Magic Truffles, a gateway where reality blends with the extraordinary. In this guide, we inform you on how to make the most of the effects of magic truffles, including the do's and don'ts. By doing so, we prepare you optimally for a fantastic yet safe journey.

***IMPORTANT: Jumping right in without reading this document thoroughly? Make sure to review the 'Do's and don'ts' section later in this guide to avoid unsafe practices!***

## What are magic truffles?

Psilocybin truffles, also known as magic truffles, contain psilocybin, a psychoactive substance that the body converts into psilocin after eating. Psilocin then activates serotonin receptors in the brain, leading to significant changes in perception, mood, and overall consciousness. Good to realize is that magic truffles can affect your perception and functioning to such an extent that it is not meant to be integrated within your daily routines.

## The benefits of magic truffles

People consume magic truffles primarily to enhance their mood, altered perception, or in some cases, profound insights. They are used recreationally, spiritually, and increasingly, therapeutically.

Some of the most reported benefits:

- **Boosts Creativity:** Magic truffles can make you think more creatively.
- **Emotional Relief:** Magic truffles can help you let go of strong emotions and feel better.
- **More Open:** You might feel more open to trying new things and rethinking what you believe.
- **Feeling Connected:** You could feel a stronger bond with people, nature, or the world.
- **Improve mental wellbeing:** Magic truffles have the potential to help with mental health
- **Changes in Perception:** The experience can change how you see the world in a significant way.

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## Enjoy the magic effects!

Magic truffles are known for their potential magical effects. These effects can vary widely depending on the dosage, individual sensitivity and the setting in which they are used (more about this in the do's and don'ts). Prepare and embrace yourself for some of the most common effects:

- **Visuals:** You may see enhanced colors, vivid patterns, and visual distortions or hallucinations. Objects might appear, and geometric patterns can be seen when closing the eyes.
- **Emotional Amplification:** Your feelings can become more intense, you may feel more happy, exciting and gain more positive emotions.
- **Different perception of time and space:** Time might seem to move slower or faster than normal, and things around you may look larger or smaller than they really are.
- **Spiritual experiences, and sense of wonder:** Lots of people gain a deep, meaningful experience that make them feel connected to the universe or provide a sense of personal insight. You also may find everyday things more fascinating and feel a strong sense of appreciation for nature.
- **Enhanced creativity:** You may experience a burst of creativity, seeing new ideas and making connections they hadn't noticed before!
- **Physical sensations:** Some people experience gravity completely differently, you may feel yourself very light or even that you're floating.

## After effects

The aftereffects of magic truffle can vary depending on several factors such as the dosage, individual sensitivity, and the overall experience of the trip. Typically, the acute effects of the truffles last between 4 to 6 hours, but the aftereffects—often referred to as the "afterglow"—can extend well beyond the trip itself. Here's a breakdown of how long you can expect these aftereffects to last:

1. **Short-term afterglow (up to 24-48 hours):**
  - **Mood elevation:** Many people report feeling calmer, happier, or more at peace for a day or two after the trip. This mood boost can include feelings of gratitude, empathy, and emotional openness.
  - **Mental clarity:** You may also experience clearer thinking, increased creativity, and a greater sense of purpose or motivation in the short term.
2. **Mid-term aftereffects (up to a few days or a week):**

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- Improved outlook: For some users, the emotional clarity or perspective shifts gained during the trip can continue to influence how they perceive challenges and relationships for days, and sometimes even a week, after the trip.
- Reduced anxiety or stress: A residual sense of calm and reduced anxiety is common, as the brain may remain in a more relaxed state even after the psychedelic effects have dissipated.

### **3. Long-term aftereffects (up to several weeks or longer):**

- Personal insights and lasting perspective changes: Significant realizations or breakthroughs about personal issues or habits can have long-lasting effects, influencing behavior, decision-making, and emotional patterns for weeks or even longer.
- Positive behavioral changes: Some individuals experience lasting improvements in their mental health, such as reduced depression or anxiety, which can persist for weeks, especially when the trip is combined with integration practices like journaling or therapy.

It's important to note that while many users report positive aftereffects, these experiences are subjective and can differ from person to person.

## Different types of magic truffles

Magic truffles come in various types. Each type has its own characteristics and strengths. Below is an overview of the different types of magic truffles we sell and their defining features.

### **Mexicana Truffles**

- Key Effects: Gentle, uplifting, and often induces feelings of happiness.
- Strength: 2/5 (perfect for beginners)
- Unique Feature: One of the earliest identified psychoactive truffles, historically used by indigenous peoples for spiritual ceremonies

[> Order Mexicana Truffles in our webshop](#)

### **Atlantis Truffles**

- Key Effects: Known for enhanced colors, visual hallucinations, and creative thinking.
- Strength: 4/5
- Unique Feature: Found primarily in the Fulton County area of Georgia, USA, making it quite specific geographically

[> Order Atlantis Truffles in our webshop](#)

## Hollandia Truffles

- Key Effects: Very potent effects, with profound insights and strong visual distortions
- Strength: 5/5 (perfect for experienced users)
- Unique Feature: Developed in the Netherlands to be one of the most potent truffles available

[> Order Hollandia Truffles in our webshop](#)

## How to find your ideal dose?

The ideal dose of magic truffles varies based on a person's weight, as heavier individuals may need more to experience the same effects. This difference is due to how the psychoactive component, primarily psilocybin, is distributed throughout the body. For those with more body mass, the effects might be less, unless the dose is increased accordingly. Adjusting the dose for weight can lead to a safer and more fulfilling experience by achieving the desired psychological and physical impacts.

### Dosing based on weight for Magic Truffles:

Weight	Microdose (g)*	Small dose (g)*	Mid-dose (g)*	High dose (g)*
40-50 kg	0,5 – 0,7	3,8 – 4,7	5,2 – 6,5	8,8 – 11,0
51-60 kg	0,7 – 0,8	4,7 – 5,6	6,5 – 7,8	11,0 – 13,2
61-70 kg	0,8 – 0,9	5,6 – 6,6	7,8 – 9,1	13,2 – 15,4
71-80 kg	0,9 – 1,0	6,6 – 7,5	9,1 – 10,4	15,4 – 17,6
81-90 kg	1,0 – 1,2	7,5 – 8,5	10,4 – 11,7	17,6 – 19,8
91-100 kg	1,2 – 1,3	8,5 – 9,4	11,7 – 13,0	19,8 or more

*\*Note: these are just guidelines. Every person is unique, so discover for yourself what is a suitable dose for you. If in doubt, we recommend starting with a lower dose. Please note that the effects of our products may vary for each person. We don't promise any specific results.*

## Protocols (beginners and advance)

In addition to understanding the effects and benefits of magic truffles, it's crucial to adhere to specific protocols to ensure a safe and positive experience. These protocols encompass preparation, dosage, and activity, offering guidance to optimize benefits while minimizing risks.

### Solo Protocol - Beginner

- **Preparation:**  
Choose a comfortable, safe environment. If possible, arrange for a trip sitter who can provide support during your trip if needed. Ensure a day without obligations. Prepare for a 4-6 hour experience!
- **Dosage:**  
Start with a low dose (use the table above as a guideline) to assess tolerance for the whole session. We advise you not to take more portion the first time.
- **Activity:**  
Have calming activities planned, like listening to music or drawing.

### Solo Protocol - Advanced

- **Preparation:**  
Choose a comfortable, safe environment. If possible, arrange for a trip sitter who can provide support during your trip if needed. Ensure a day without obligations. Prepare for a 4-6 hour experience!
- **Dosage:**  
Consume a mid- or higher dose (use the table above as a guideline) for a more intense experience.
- **Activity:**  
You may engage in introspective activities like journaling or meditative practices.

### Group Protocol - Beginner

- **Preparation:**  
Be with trusted friends in a safe and comfortable setting. Ensure a day without obligations. Prepare for a 4-6 hour experience!
- **Dosage:**  
Start with a low dose (use the table above as a guideline) to assess tolerance for the whole session. We advise you not to take more portion the first time.
- **Activity:**  
Group activities might include gentle music, group discussions, or guided meditation.

## Group Protocol - Advanced

- **Preparation:**  
Be with trusted friends in a safe and comfortable setting. Ensure a day without obligations. Prepare for a 4-6 hour experience! An experienced guide is recommended.
- **Dosage:**  
Consume a mid- or higher dose (use the table above as a guideline) for a more intense experience.
- **Activity:**  
More structured group interactions, possibly including spiritual or therapeutic exercises.

## Do's and don'ts

We have formulated several do's that can enrich your journey, as well as some don'ts that are important to review before you begin.

### Do's

- ✓ **Conduct your own research:** Understanding the effects, benefits, and risks associated with magic truffles can help you make informed decisions and enhance your experience.
- ✓ **New to magic truffles? Start with a low dose:** If you're new or trying a new batch, begin with a small amount to test your response. You can increase the dose in future sessions if you feel good about it.
- ✓ **Set intentions:** Determine what you want to achieve—be it personal insight, spiritual growth, or creativity. Clear intentions can guide your experience.
- ✓ **Prepare your environment:** Tidy up and set up a relaxing space with comfortable items and soothing elements like soft lighting or music.
- ✓ **Stay hydrated and nourished:** Keep hydrated and have light snacks available, but avoid heavy meals(!) right before or during the session. This can also help with nausea.
- ✓ **Have a trip sitter:** Especially if you're inexperienced or taking a higher dose, having someone trustworthy to support you is recommended.
- ✓ **Chew thoroughly:** Since truffles can be tough, chewing them well helps release the active compounds for better absorption.
- ✓ **Flavour mixing:** To blend the flavour, you can consume the truffle with dark chocolate or another preferred product that contains little to no sugar.
- ✓ **Journaling (optional):** Keep a journal handy to jot down thoughts, insights, and reflections during and after the experience.
- ✓ **Integration:** Afterward, reflect on your experience and consider how to apply any insights to your daily life for positive change.
- ✓ **Storing Truffles:** If packaged, magic truffles will keep for 2 months in the refrigerator. Once opened, consume them within 2 days.

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## Dont's

- ✗ **Don't ignore preparation:** Failing to research and prepare can lead to an overwhelming or negative experience.
- ✗ **Don't rush dosage:** Starting with too high a dose without knowing your sensitivity can result in discomfort or more intense effects than expected.
- ✗ **Don't Neglect hydration and nourishment:** Ensure you stay hydrated and have light snacks available, but avoid consuming heavy meals right before or during the session. Heavy meals can lead to discomfort and interfere with the experience.
- ✗ **Don't Mix Substances:** Combining psilocybin with other drugs or alcohol can increase risks and lead to unpredictable effects.
- ✗ **Don't use magic truffles during pregnancy or breastfeeding.**
- ✗ **Don't use magic truffles if you are under 18 years of age.**
- ✗ **Avoid use with mental health issues:** Be extra careful if you're struggling with severe mental health problems. In case of doubt, always consult a medical professional.
- ✗ **Do not do magic truffles in combination with medication such as SSRI's:** Some medications, especially antidepressants or other psychoactive drugs, can interact negatively with psilocybin, leading to dangerous or unpredictable effects. If you're unsure whether magic truffles are safe for you, it's crucial to consult with a medical professional for personalized guidance and advice.
- ✗ **Avoid combining with other psychoactive substances:** This can cause unpredictable interactions and effects.

**IMPORTANT: If you're unsure whether magic truffles are safe for you, it's crucial to consult with a medical professional for personalized guidance and advice.**

## Enjoy your magic truffles journey!

Have you completely read through this document and are you safe to start your magic truffles journey? Then finally, we would like to wish you a happy trip! Enjoy, and embrace the experience: let go and explore the experience with openness and curiosity, allowing yourself to engage with the unfolding journey fully. It could be that you'll get **dizzy** (due to rise of blood sugar), or that you get a bit of **nausea**. This is completely normal. Stay calm, and optionally eat and drink a little bit. This will help.

**Are you curious about a way to integrate magic truffles into your daily routines without experiencing their hallucinogenic effects?**

**Then start microdosing them (more info below)!**

## Microdosing Magic Truffles

In microdosing, you ingest very small (micro) amounts of magic truffles to enhance creativity, energy, and focus without noticeable psychoactive 'space' effects. While magic truffles are perfect for recreational moments, Microdosing is ideal for seamlessly integrating into your daily routine!

## Why microdose?

In today's fast-paced world, many people struggle to find their sense of purpose and connection with themselves. Despite living in an era of abundance, we often feel disconnected from our true selves. Microdosing has emerged as a powerful tool to help us reestablish this vital connection.

Microdosing can yield many benefits, including:

- Becoming more productive
- Becoming more creative
- Becoming more energetic
- Improving your social skills
- Improving your mental well-being
- Improving your sleep

[> Shop our microdosing products here!](#)

## Medical disclaimer

The information provided in this guide or on our website is for educational purposes only and is not intended as medical advice. The content is not meant to be a substitute for professional medical advice, diagnosis, or treatment.

Always consult a qualified healthcare professional for any changes to your diet, exercise routine, or medication regimen. Never disregard professional medical advice or delay seeking it because of something you have read in this guide or on our website.

## Questions & contact

Consult the FAQ on our website for answers to all your questions. If the question is not listed, send us an email at [info@awake-shop.com](mailto:info@awake-shop.com) and we will answer your question as soon as possible!