



# DEAR UNIVERSE, IT'S ME WITH MUSHROOMS

DIVINE SCIENCE SOCIETY



A PLAYFUL, SLIGHTLY REBELLIOUS GUIDE  
TO MICRODOSING, MANIFESTING, AND  
REMEMBERING YOUR MAGIC.





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# Welcome to the guide you didn't know you needed

(BUT YOUR SOUL TOTALLY DID)

## LET'S GET ONE THING CLEAR:



THIS ISN'T JUST A BOOK. IT'S A GLITTERY PORTAL A SACRED SCROLL WRAPPED IN CHOCOLATE AND INTENTION. A COSMIC USER MANUAL FOR YOUR MOST RADIANT, ALIGNED, WILDLY ABUNDANT SELF—WITH JUST THE RIGHT AMOUNT OF SASS AND SCIENCE.

HERE, WE'LL EXPLORE THE SPARKLY INTERSECTION OF MANIFESTATION (AKA BOSSING UP WITH THE UNIVERSE) AND MICRODOSING (AKA SACRED SNACKS THAT WHISPER WISDOM AND NUDGE YOUR NEURONS IN JUICY DIRECTIONS). WHEN USED TOGETHER? HONEY, THEY ARE STRAIGHT-UP MAGIC.

## THIS GUIDE IS YOUR PERMISSION SLIP TO:

- DITCH THE HUSTLE AND FLOW INTO DIVINE ALIGNMENT.
- REPLACE "WHAT IF IT DOESN'T WORK?" WITH "WHAT IF IT WORKS BETTER THAN I IMAGINED?"
- GIGGLE THROUGH YOUR GROWTH.
- AND—MOST IMPORTANTLY—WAKE UP YOUR WONDER.

THINK OF THIS AS YOUR SACRED TOOLKIT, SPRINKLED WITH RITUALS, AFFIRMATIONS, SACRED SACRAMENTS, AND JUST ENOUGH WOO TO KEEP YOUR INNER MYSTIC AND INNER SMARTASS EQUALLY SATISFIED. READY TO OPEN THE DOOR? STEP INSIDE. TAKE A NIBBLE. AND LET'S MANIFEST SOME MIRACLES.



## BEFORE YOU CONTINUE READING

YOU'RE GONNA WANT YOUR **MAJIQ AURA**

THIS GUIDE WAS CRAFTED TO VIBE BEST WITH YOUR SACRED SACRAMENT BY YOUR SIDE—BECAUSE PAIRING YOUR INTENTION WITH OUR RITUAL-GRADE GOODIES IS LIKE MANIFESTING ON SACRED ROCKET FUEL. DON'T HAVE YOUR SACRAMENTS YET? YOU CAN CHOOSE FROM OUR LINEUP OF LOVINGLY LAB-TESTED, ENERGETICALLY BLESSED OFFERINGS.



### MAJIQ AURA

MICRODOSE GUMMIES—EASY, TASTY, AND WILDLY EFFECTIVE

### MAJIQ AURA

DARK CHOCOLATE — THE OG. BOLD. SACRED. DELICIOUS

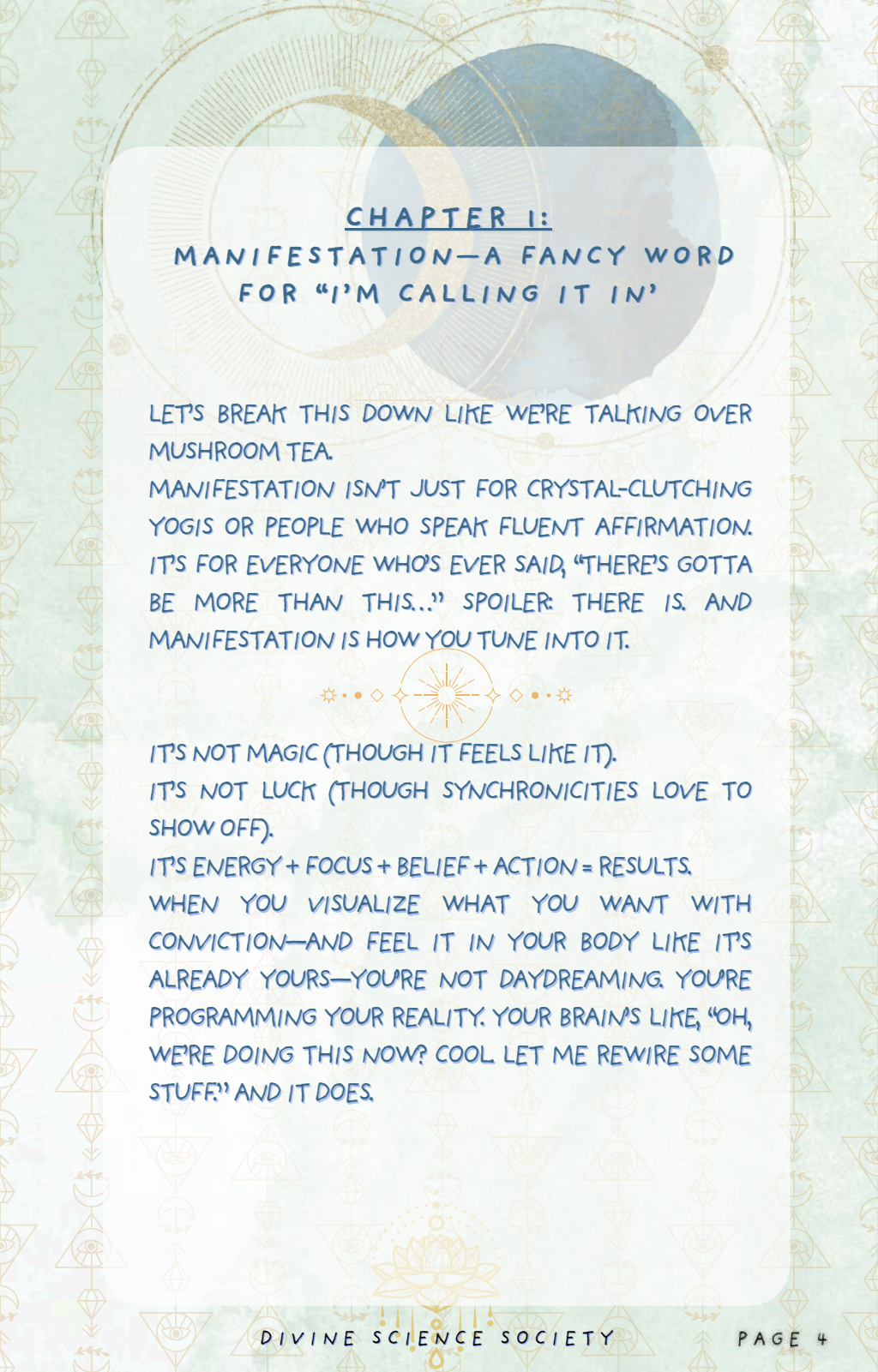
ALL SACRAMENTS ARE HANDCRAFTED WITH INTENTION AND ACTIVATED FOR TRANSFORMATION.

ORDER THEM AT:

[WWW.DIVINESCIENCESOCIETY.ORG](http://WWW.DIVINESCIENCESOCIETY.ORG)

BECAUSE YOUR NERVOUS SYSTEM DESERVES A BLESSED SACRAMENT, NOT A MYSTERY MUSHROOM FROM SOMEONE'S HIKING SOCK.





## CHAPTER 1: MANIFESTATION—A FANCY WORD FOR “I’M CALLING IT IN”

LET’S BREAK THIS DOWN LIKE WE’RE TALKING OVER MUSHROOM TEA.

MANIFESTATION ISN’T JUST FOR CRYSTAL-CLUTCHING YOGIS OR PEOPLE WHO SPEAK FLUENT AFFIRMATION. IT’S FOR EVERYONE WHO’S EVER SAID, “THERE’S GOTTA BE MORE THAN THIS..” SPOILER: THERE IS. AND MANIFESTATION IS HOW YOU TUNE INTO IT.



IT’S NOT MAGIC (THOUGH IT FEELS LIKE IT).  
IT’S NOT LUCK (THOUGH SYNCHRONICITIES LOVE TO SHOW OFF).  
IT’S ENERGY + FOCUS + BELIEF + ACTION = RESULTS.  
WHEN YOU VISUALIZE WHAT YOU WANT WITH CONVICTION—AND FEEL IT IN YOUR BODY LIKE IT’S ALREADY YOURS—YOU’RE NOT DAYDREAMING. YOU’RE PROGRAMMING YOUR REALITY. YOUR BRAIN’S LIKE, “OH, WE’RE DOING THIS NOW? COOL LET ME REWIRE SOME STUFF.” AND IT DOES.

## THE SCIENCEY BIT (DON'T WORRY, WE'LL KEEP IT HOT)

YOUR BRAIN IS MADE OF NEUROPLASTICITY—WHICH MEANS IT'S FLEXIBLE, LIKE A SPIRITUAL GYMNAST. THE MORE YOU FOCUS ON A THOUGHT, THE MORE YOUR BRAIN STRENGTHENS THAT PATHWAY. THINK OF IT LIKE TRAILBLAZING A PATH IN THE FOREST: THE MORE YOU WALK IT, THE EASIER IT GETS.

SO WHEN YOU SAY, "I'M WORTHY OF LOVE," AND YOU ACTUALLY BELIEVE IT (NOT JUST SAY IT WITH YOUR TEETH CLENCHED), YOUR BRAIN STARTS CREATING NEW NEURAL HIGHWAYS THAT MATCH THAT REALITY. YOU SHIFT. AND YOUR LIFE STARTS TO SHIFT WITH YOU. THAT'S MANIFESTATION: IT'S NEUROSCIENCE... IN A ROBE.



### FEELINGS ARE THE FREQUENCY

HERE'S THE KICKER: IT'S NOT ENOUGH TO JUST THINK ABOUT WHAT YOU WANT. YOU HAVE TO FEEL IT. EMOTION IS THE GAS PEDAL OF MANIFESTATION. NO FEELINGS? NO MOVEMENT. FEEL IT LIKE YOU ALREADY GOT THE RAISE. LIKE YOU'RE ALREADY IN THAT BOMB RELATIONSHIP. LIKE YOU'RE ALREADY DOING PUSHUPS WITHOUT CRYING. YOUR NERVOUS SYSTEM DOESN'T KNOW THE DIFFERENCE BETWEEN REAL AND VIVIDLY IMAGINED—SO USE THAT TO YOUR ADVANTAGE.



## WORDS ARE SPELLS, SO SPEAK CAREFULLY

LITERALLY. SPELLING. YOU'RE CASTING SPELLS EVERY TIME YOU OPEN YOUR MOUTH. SAYING THINGS LIKE "I'M SO BROKE" OR "DATING SUCKS" IS LIKE PLACING A PRE-ORDER WITH THE UNIVERSE FOR MORE OF THAT SAME CRAP. FLIP THE SCRIPT. START SMALL SAY, "MONEY'S COMING IN," EVEN IF IT'S JUST COUCH CHANGE. SAY, "I'M OPENING TO LOVE," EVEN IF YOU'RE SIDE-EYEING DATING APPS.



## TLDR: HOW TO MANIFEST LIKE A BALANCED BADASS

- GET CLEAR ON WHAT YOU WANT. NO "MEH" INTENTIONS—GO FOR IT.
- VISUALIZE IT. SEE IT, FEEL IT, SMELL IT. YES, EVEN TASTE IT.
- SPEAK IT INTO THE WORLD. YOUR VOICE HAS POWER. USE IT.
- FEEL THE FEELINGS NOW, BEFORE IT EVEN ARRIVES.
- ACT LIKE IT'S ALREADY HAPPENING. BECAUSE GUESS WHAT. IT'S DONE

## CHAPTER 2: MICRODOSING—THE SACRED SNACK THAT OPENS THE PORTAL

MICRODOSING IS NOT ABOUT TRIPPING OUT AND STARING AT TREES FOR 6 HOURS (THOUGH...TREES ARE GREAT). IT'S ABOUT SMALL, INTENTIONAL DOSES OF PLANT MEDICINE THAT HELP CLEAR MENTAL FOG, UNLOCK CREATIVE GENIUS, AND GENTLY NUDGE YOU BACK INTO ALIGNMENT. IMAGINE GIVING YOUR BRAIN A WARM BATH IN CLARITY AND YOUR SOUL A GENTLE SHAKE THAT SAYS, "HEY... YOU'RE KINDA AMAZING."



### **BENEFITS (THAT EVEN YOUR SKEPTICAL FRIEND CAN'T ARGUE WITH):**

- BOOSTS CREATIVITY (HELLQ, SOUL-LED IDEAS)
- IMPROVES MOOD AND EMOTIONAL RESILIENCE
- ENHANCES FOCUS AND FLOW
- GENTLY DISSOLVES LIMITING BELIEFS
- MAKES RITUALS FEEL SACRED INSTEAD OF AWKWARD

PAIR THIS WITH INTENTION AND IT'S LIKE GIVING YOUR MANIFESTATIONS A BACKSTAGE PASS TO THE UNIVERSE.



The background features a repeating pattern of geometric shapes, including triangles, diamonds, and circles, each containing a stylized eye or face. A large, central circular motif depicts a sun and a moon. The text is overlaid on a light blue rectangular area.

## TOGETHER THEY'RE A POWER COUPLE

MICRODOSING + MANIFESTATION = COSMIC TAG TEAM.

ONE CLEARS THE NOISE, THE OTHER SPEAKS THE  
SIGNAL

ONE PREPS THE SOIL, THE OTHER PLANTS THE SEED.

USE YOUR SACRAMENT. SET YOUR INTENTION.

FEEL IT. SPEAK IT. WALK LIKE IT'S ALREADY HERE.

WATCH WHAT HAPPENS NEXT.

## CHAPTER 3: RITUALS THAT DON'T REQUIRE A DRUM CIRCLE

LET'S GET PRACTICAL. HERE ARE RITUALS THAT FIT  
REAL LIFE:

### MORNING MANIFESTATION MOMENT

- TAKE YOUR MICRODOSE.
- SET ONE CLEAR INTENTION.
- SAY YOUR AFFIRMATION OUT LOUD (YES, TO YOUR DOG COUNTS).
- VISUALIZE IT. FEEL IT. BOOM.

### MIDDAY CHECK-IN

- ASK YOURSELF: AM I ALIGNED WITH MY INTENTION?
- BREATHE. ADJUST IF NEEDED. RETURN TO CENTER.

### EVENING GRATITUDE + REFLECTION

- WRITE 3 MOMENTS OF MAGIC FROM YOUR DAY.
- SAY THANKS, EVEN FOR THE WEIRD STUFF.
- VISUALIZE TOMORROW. MAKE IT JUICY.

### FULL MOON LET-GO

- WRITE WHAT YOU'RE READY TO RELEASE.
- BURN IT (SAFELY, PLEASE).
- SAY: "I BLESS WHAT WAS AND WELCOME WHAT'S NEXT."



## RITUAL: CALLING IN LOVE (WITHOUT GETTING WEIRD ABOUT IT)

YOUR HEART'S OPEN. YOUR VIBE'S HIGH. LET'S CALL IN A LOVE STORY THAT ACTUALLY DESERVES A SEQUEL

### VIBE CHECK:

LOCATION? COZY, SAFE, AND MAYBE A LITTLE SEXY. THINK "I'M A RADIANT BEING OF LOVE" MEETS "THIS COULD ALSO BE A PINTEREST BOARD"



### 1. MICRODOSE MAGIC

TAKE YOUR SACRED SACRAMENT AND WHISPER SOMETHING SWEET TO IT LIKE, "LET'S OPEN THIS HEART UP LIKE A FRESH JOURNAL ON VALENTINE'S DAY." LET IT WORK ITS SOFT MAGIC AND DROP YOU GENTLY INTO YOUR FEELS.

### 2. PURGE THE PAST, BABE

GRAB A LAUNDRY BASKET OR TRASH BAG AND MARIE KONDO YOUR LOVE LIFE. TOSS OUT OLD LETTERS, ANCIENT LIP GLOSS, OR THAT HOODIE FROM YOUR EMOTIONALLY UNAVAILABLE SITUATIONSHIP. CLEAR THE DRAWER. MAKE SPACE. YOU'RE UPGRADING.

### 3. SMOKE OUT THE FUNK

LIGHT UP YOUR SAGE OR PALO SANTO AND SWEEP IT AROUND THE ROOM LIKE YOU'RE BANISHING ALL THE BAD TINDER DATES, GHOSTERS, AND "I'M NOT EMOTIONALLY AVAILABLE RIGHT NOW" ENERGIES. SAY ALOUD:

"OLD LOVE, BLESS YOU—BUT I'M SWIPING LEFT ON THE PAST."

### 4. SET THE MOOD

LIGHT A PINK CANDLE (ROSE QUARTZ OPTIONAL BUT ENCOURAGED), AND DIFFUSE A SCENT LIKE ROSE, YLANG-YLANG, OR WHATEVER MAKES YOU FEEL LIKE A GODDESS-WARRIOR-POET HYBRID. PUT ON A PLAYLIST THAT MAKES YOU SWAY.

### 5. HEART HOLDING 101

HOLD YOUR ROSE QUARTZ OR HEART-SHAPED OBJECT LIKE IT'S YOUR CRUSH'S HAND—IF YOUR CRUSH WAS ACTUALLY CONSISTENT AND EMOTIONALLY MATURE. BREATHE INTO YOUR CHEST AND FEEL WARMTH FLOOD YOUR BODY. YOU'RE MARINATING IN LOVE.



### 6. VISUALIZE & AFFIRM LIKE A BOSS

PICTURE YOUR IDEAL PARTNER: HOW THEY MAKE YOU FEEL, LAUGH, GROW, AND GLOW. DON'T JUST SEE IT—FEEL IT LIKE YOU'RE ALREADY THERE. THEN SAY:

"I AM WORTHY OF BIG, JUICY, UNCONDITIONAL LOVE. THE KIND THAT TEXTS BACK."

OR WHATEVER AFFIRMATION FEELS FIRE IN YOUR SOUL.

### 7. BROADCAST YOUR HEART SIGNAL

NOW, PICTURE YOUR HEART AS A LIGHTHOUSE—SENDING OUT BEAMS OF GLOWING, WARM, MAGNETIC LOVE. IMAGINE SOMEONE (OR SOMETHING) AMAZING BEING DRAWN TO YOU LIKE, "WHO'S THAT?!"  
YEAH. THAT'S YOU.

### 8. RELEASE AND CHILL

LET GO OF TIMELINES, OVERTHINKING, AND THE NEED TO KNOW HOW IT'S GONNA HAPPEN. JUST TRUST THAT THE UNIVERSE ALREADY RSVP'D TO YOUR HEART'S REQUEST. PLACE YOUR CRYSTAL SOMEWHERE VISIBLE TO KEEP THE VIBE ALIVE.

### 9. SEAL IT WITH GRATITUDE

WHISPER A THANK-YOU TO ALL THE LOVE THAT'S ALREADY IN YOUR LIFE—FRIENDS, FAMILY, PETS, YOURSELF, EVEN THAT ONE BARISTA WHO ALWAYS SMILES. GRATITUDE IS THE LOVE SPELL THAT KEEPS ON GIVING.

## RITUAL: MONEY HONEY MAGNETISM (A.K.A. MANIFESTING LIKE A BOSS WITH NO BURNOUT)

BECAUSE CALLING IN ABUNDANCE SHOULDN'T FEEL LIKE DOING YOUR TAXES.

### SET THE SCENE:

THIS IS A RITUAL, NOT A BUDGET MEETING. CREATE A SPACE THAT FEELS RICH—EVEN IF YOU'RE SITTING ON A FLOOR PILLOW FROM HOMEGOODS. GOLD CANDLE? YES. FRANKINCENSE IN THE AIR? DOUBLE YES. A COIN, A CRYSTAL, OR YOUR SECRET \$5 STASH? BRING IT IN.



### 1. MICRODOSE & CHILL (BUT WITH INTENTION)

TAKE YOUR SACRED SACRAMENT AND LET IT WHISPER SWEET NOTHINGS TO YOUR NEURAL PATHWAYS. SAY SOMETHING LIKE,  
“MONEY LOVES ME AND I’M READY TO FLIRT BACK.”

### 2. DECLUTTER LIKE A DAMN CEO

GRAB A TRASH BAG AND CHANNEL YOUR INNER DRAGON SLAYER. CLEAN OUT YOUR WALLET, CAR TRUNK, JUNK DRAWER, OR THOSE PANTS YOU SWEAR YOU’LL FIT BACK INTO SOMEDAY. OLD ENERGY BLOCKS NEW FLOW. TOSS IT, DONATE IT, THANK IT—AND LET IT GO.



### 3. SMOKE OUT SCARCITY VIBES

LIGHT SAGE OR PALO SANTO AND MOVE THROUGH YOUR SPACE LIKE A BENEVOLENT ABUNDANCE FAIRY. SAY, "I CLEAR THE ENERGY OF LACK AND WELCOME IN OVERFLOW!"

THEN STRUT AROUND LIKE YOU JUST WON THE COSMIC JACKPOT.

### 4. LIGHT IT UP

LIGHT YOUR CANDLE (GOLD, GREEN, OR WHATEVER FEELS WEALTHY AF). PUT ON A MONEY MANTRA PLAYLIST OR A SONG THAT MAKES YOU FEEL LIKE YOU'RE WALKING INTO A ROOM FULL OF YESES.

### 5. SPEAK TO THE STACK

HOLD YOUR COIN, CRYSTAL, OR MYSTERY BILL AND AFFIRM:

"I AM A MAGNET FOR PROSPERITY. I RECEIVE WITH EASE. MY WEALTH SUPPORTS MY JOY, MY PURPOSE, AND MY SNACK HABITS."

SAY IT WITH FEELING—LIKE THE UNIVERSE IS YOUR ACCOUNTANT AND IT'S TAKING NOTES.

### 6. VISUALIZE THE VIBES

IMAGINE YOUR ACCOUNT BALANCE GLOWING LIKE A SUNRISE. PICTURE YOURSELF PAYING BILLS WITH A SMIRK AND GENEROSITY. FEEL YOUR SHOULDERS RELAX AS ABUNDANCE FLOWS LIKE A WARM, DELICIOUS RIVER OF YES.

### 7. DO THE RITUAL PURGE

DONATE SOMETHING. SHRED AN OLD BILL. RELEASE AN OUTDATED BELIEF LIKE "I HAVE TO WORK HARD TO EARN MORE." NOPE. NOT IN THIS NEW REALITY. THANK IT AND BOUNCE IT.

### 8. SEAL WITH GRATITUDE

SAY THANK YOU FOR THE MONEY ALREADY IN YOUR LIFE—EVEN IF IT'S COINS UNDER THE COUCH. GRATITUDE IS LIKE COMPOUND INTEREST ON YOUR MANIFESTATIONS.





## RITUAL: THE BIG LET GO

(A.K.A. RELEASING WHAT'S BEEN HANGING ON LIKE A BAD TAN LINE)

THIS IS FOR EXES, OUTDATED BELIEFS, EXPIRED DREAMS, AND VIBES YOU DIDN'T EVEN KNOW WERE STILL LURKING.

### SET THE MOOD:

DO THIS AT NIGHT, DURING A NEW MOON, OR ANYTIME YOU'RE READY TO SAY, "I'M DONE CARRYING THIS." GRAB A PIECE OF PAPER, A PEN, YOUR SACRAMENT, AND A SAFE WAY TO BURN OR BURY THINGS (RITUAL-WISE, NOT BODIES).



### 1. TAKE THE DOSE, BABE

MICRODOSE WITH REVERENCE. INVITE CLARITY IN. SAY: "SHOW ME WHAT I'M READY TO LET GO OF—EVEN IF IT'S HIDING IN MY SPIRITUAL JUNK DRAWER"

### 2. CLEAN A CORNER, CLEAR YOUR SOUL

PICK A SMALL SACRED SPACE (UNDER YOUR BED, YOUR ALTAR, YOUR INBOX) AND PURGE. YOU'RE NOT JUST CLEANING—YOU'RE SENDING A MESSAGE: "I MAKE SPACE FOR WHAT I ACTUALLY WANT NOW!"

### 3. SMOKE THAT STUFF OUT

SAGE YOUR SPACE AND YOURSELF. PICTURE THE SMOKE PULLING OLD ENERGY OFF YOU LIKE LINT FROM A VELVET JACKET. SAY:

“I RELEASE WHAT NO LONGER SERVES ME—WITH LOVE, NOT DRAMA.”

### 4. WRITE THE BREAKUP LETTER

ON PAPER, WRITE TO THE PERSON, PATTERN, OR PAIN. BE HONEST. BE BOLD. BE PETTY IF YOU MUST. POUR IT OUT. NO ONE ELSE WILL SEE THIS BUT YOUR SOUL AND THE FLAME.

### 5. BURN IT (OR BURY IT)

WITH CARE AND INTENTION, LIGHT THAT LETTER AND WATCH IT TURN TO ASH. OR BURY IT LIKE EMOTIONAL COMPOST. SAY:

“THANK YOU FOR THE LESSONS. I NOW CHOOSE FREEDOM.”

### 6. VISUALIZE THE AFTERGLOW

SEE YOURSELF WALKING FORWARD, LIGHTER. FEEL YOUR HEART UNCLENCH. BREATHE IN NEW SPACE. LET THE FEELING OF CLEAN SLATE ENERGY RUSH IN LIKE OCEAN AIR.

### 7. GRATITUDE, ALWAYS

THANK YOURSELF. THANK THE MOMENT. THANK YOUR DAMN COURAGE. THIS IS A VIBE SHIFT.



## RITUAL: HEALTH & VITALITY (A.K.A. GLOWING FROM THE INSIDE OUT)

BECAUSE THRIVING IS THE NEW SURVIVING.

### SET THE VIBE:

YOU DON'T NEED A MARBLE YOGA STUDIO OR A FRIDGE FULL OF CHLOROPHYLL SHOTS. JUST A COMFY SPACE, YOUR SACRAMENT, A GREEN CANDLE (OR A JUICY PLANT FRIEND), AND SOMETHING THAT REMINDS YOU OF VITALITY—LIKE A SMOOTH STONE, A SPRIG OF ROSEMARY, OR YOUR OWN DAMN BREATH.

### 1. SIP THE SACRAMENT OF SELF-LOVE

TAKE YOUR MICRODOSE AND SMILE AT IT LIKE IT'S YOUR FAVORITE WELLNESS GURU. WHISPER SOMETHING LIKE:

"TO VIBRANT CELLS, GLOWING SKIN, AND JOYFUL MOVEMENT—CHEERS."

LET YOUR BODY RECEIVE THE ENERGY OF YES, I CARE ABOUT YOU.

### 2. CLEAN OR STRETCH (OR BOTH)

WIPE DOWN YOUR BATHROOM MIRROR. STRETCH LIKE A JUNGLE CAT. MOVE YOUR BODY IN A WAY THAT SAYS THANK YOU INSTEAD OF PUNISHMENT. THIS IS A RITUAL, NOT A BOOTCAMP.

### 3. SMOKE, STEAM, OR SCENT

LIGHT SAGE, PALO SANTO, OR A CANDLE. MAYBE HOP IN THE SHOWER OR DIFFUSE EUCALYPTUS. INVITE YOUR SENSES TO THE WELLNESS PARTY. SAY:

"EVERY BREATH I TAKE IS A HEALING ELIXIR. I AM BEING RENEWED."

### 4. HOLD YOUR ANCHOR

TAKE YOUR VITALITY OBJECT (CRYSTAL, LEAF, STONE, AVOCADO—SERIOUSLY, ANYTHING) AND PLACE IT OVER YOUR HEART OR SOLAR PLEXUS. FEEL YOUR LIFE FORCE RISING. FEEL YOURSELF INHABITING YOUR BODY LIKE A TEMPLE, NOT A TASK LIST.

### 5. AFFIRM YOUR GLOW-UP

SAY IT LOUD, SAY IT PROUD:

"MY BODY IS A MASTERPIECE OF RENEWAL EVERY CELL VIBRATES WITH VITALITY. I NOURISH MYSELF WITH LOVE (AND HYDRATION)."

SMILE. YOU JUST FED YOUR NERVOUS SYSTEM SOME SOUL FOOD.



## 6. VISUALIZE YOUR RADIANCE

PICTURE YOURSELF IN OPTIMAL HEALTH—WALKING, DANCING, LAUGHING, GLOWING FROM THE INSIDE OUT. WHAT DOES IT FEEL LIKE TO FEEL THAT ALIVE? LET YOUR IMAGINATION JUICE UP YOUR REALITY.

## 7. DRINK WATER LIKE IT'S A POTION

END THE RITUAL BY SIPPING WATER SLOWLY AND INTENTIONALLY. IMAGINE EVERY DROP BLESSING YOUR ORGANS, YOUR BRAIN, AND YOUR FUTURE SELF. BONUS POINTS FOR ADDING LEMON, MINT, OR A RIDICULOUS GLASS THAT MAKES YOU FEEL FANCY.





## CHAPTER 4: THE MICRODOSE MANIFESTATION PARTY (A.K.A. SACRED INTENTIONS, SNACKS & SPARKLES— OPTIONAL)

BECAUSE HEALING DOESN'T HAVE TO BE A SOLO MISSION—AND YOUR HIGHER SELF LIKES TO MINGLE.

SO... YOU'VE BEEN MICRODOSING WITH INTENTION, DECLUTTERING WITH CONVICTION, VISUALIZING LIKE A COSMIC ARCHITECT—AND NOW YOU'RE READY TO VIBE WITH YOUR TRIBE.

ENTER: THE MICRODOSE MANIFESTATION PARTY. IT'S NOT A RAVE. IT'S NOT A CEREMONY (THOUGH YOU'LL PROBABLY CRY AND HIGH-FIVE SOMEONE). IT'S A CURATED GATHERING OF BEAUTIFUL WEIRDOS COMMITTED TO EXPANSION, CONNECTION, AND HIGH-VIBE FUN.

### THE VIBE:

THINK COZY SACRED SALON MEETS MAGICAL ADULT SUMMER CAMP. BLANKETS, FLOOR CUSHIONS, FAIRY LIGHTS, CANDLES, AND A PLAYLIST THAT SAYS "I'M OPENING MY CROWN CHAKRA AND DANCING IN THE KITCHEN."



### WHAT TO BRING

- A MICRODOSE (EVERYONE SHOULD ARRIVE READY, OR DOSE TOGETHER TO SET THE TONE)
- A SACRED OBJECT (CRYSTAL, COIN, VINTAGE LOCKET, SEA SHELL—IT'LL MAKE SENSE LATER)
- A SMALL OFFERING (FLOWERS, TEA, ORACLE CARD DECK, ETC.)
- A JOURNAL, PEN, AND AN OPEN HEART

OPTIONAL BUT FABULOUS: GLITTER, INTENTION CARDS, CACAO, OR WEIRD SNACKS SHAPED LIKE STARS

### FLOW OF THE NIGHT

#### 1. WELCOME CIRCLE

SET THE TONE. LIGHT A CANDLE. SMUDGE THE SPACE. HAVE EVERYONE SHARE THEIR NAME, INTENTION, AND MAYBE THEIR CURRENT FAVORITE MUSHROOM PUN. (EXAMPLE: "I'M A FUNGI WHO WANTS TO MANIFEST CLARITY.")

#### 2. THE DOSE & DROP-IN

TAKE THE SACRAMENT TOGETHER. CUE A SHORT GROUNDING EXERCISE—EYES CLOSED, DEEP BREATHS, HANDS ON HEART. ASK:

"WHAT AM I CALLING IN? WHAT AM I CLEARING OUT?"

### 3. GUIDED VISUALIZATION (FACILITATOR STYLE)

LEAD OR PLAY A SHORT, WHIMSICAL VISION JOURNEY. MAYBE IT'S WALKING THROUGH A FOREST WHERE YOU MEET YOUR FUTURE SELF—OR FLOATING IN SPACE RECEIVING DIVINE DOWNLOADS. KEEP IT LIGHT, DREAMY, AND RICH WITH METAPHOR.

### 4. JOURNALING & SHARING

GIVE EVERYONE 10–15 MINUTES TO WRITE FREELY. USE PROMPTS LIKE:

- “IF NOTHING HELD ME BACK, I WOULD...”
- “MY SOUL WANTS MORE OF...”
- “THE NEXT VERSION OF ME IS ALREADY...”

THEN INVITE THOSE WHO FEEL CALLED TO SHARE.

### 5. INTENTION ANCHORING RITUAL

HAVE EVERYONE PLACE THEIR SACRED OBJECT IN A “MANIFESTATION CIRCLE” (A CLOTH, TRAY, OR ALTAR). ONE BY ONE, THEY STATE THEIR INTENTION ALOUD. THEN RING A BELL, DRUM, OR SING A WEIRD BUT LOVING NOTE. (TRUST—IT WORKS.)

### 6. MOVEMENT OR EXPRESSION BREAK

FREE-DANCE, SHAKE IT OUT, OR PLAY A SILLY GROUP GAME. YES, THE ENERGY IS SACRED—BUT THE UNIVERSE LOVES A GOOD LAUGH.

### 7. CLOSING CEREMONY

EVERYONE RETRIEVES THEIR OBJECT—NOW CHARGED WITH COMMUNAL ENERGY. END WITH A TOAST (CACAO, TEA, MOCKTAILS), GROUP BREATH, OR A GROUP HOWL UNDER THE MOONLIGHT.



### PRO TIPS FOR HOSTING:

- SET CLEAR BOUNDARIES: NO PHONES, NO SUBSTANCES BEYOND THE SACRED SACRAMENT, AND ALL SHARING STAYS CONFIDENTIAL.
- HAVE TISSUES, WATER, GROUNDING SNACKS, AND COZY LIGHTING.
- INVITE PEOPLE WHO “GET IT”—AND MAYBE ONE CURIOUS NEWBIE.
- MUSIC MATTERS: MAKE A PLAYLIST THAT INCLUDES AMBIENT, UPBEAT, AND MYSTICAL BOPS.

### OPTIONAL THEMES FOR REPEAT PARTIES:

- “ABUNDANCE ACTIVATION”
- “LET THAT SH\*T GO: RELEASE + RENEW”
- “SACRED SENSUALITY + SELF-LOVE”
- “CAREER GLOW-UP”
- “MYSTICAL MYSTERY BOX NIGHT” (EVERYONE BRINGS A MYSTERY GIFT OR MESSAGE)

THIS ISN'T JUST A PARTY. IT'S A COLLECTIVE MANIFESTATION ENGINE POWERED BY INTENTION, JOY, AND CHOCOLATE-BASED COURAGE.

## CHAPTER 5: THE ART OF SEEING IT BEFORE IT'S REAL

**SO HERE'S THE THING,** OUR SUBCONSCIOUS IS KIND OF A DIVA. IT WANTS DRAMA. IT WANTS CLARITY. AND IT LOVES PICTURES. THAT'S WHERE VISIONBOARDS COME IN—THEY'RE LIKE A LOVE LETTER TO THE FUTURE, WRITTEN IN COLOR, TEXTURE, AND “OMG I WANT THAT” ENERGY.

**BUT FIRST—TAKE YOUR SACRAMENT. SERIOUSLY. THIS IS SACRED PLAY, NOT JUST CUT-AND-PASTE. WHETHER IT'S A MICRODOSE OF MAJIQ AURA CHOCOLATE, GUMMIES, OR A MIST OF LOVE OR INSIGHT, LET YOUR SPIRIT SHIFT INTO CO-CREATION MODE. LIGHT A CANDLE. BREATHE DEEP. ASK YOUR INNER ORACLE: WHAT AM I CALLING IN? WHAT DOES MY SOUL ACTUALLY CRAVE?**

### THEN, CHOOSE YOUR METHOD:

- ✂ IF YOU'RE A SCISSORS-AND-GLUESTICK HIGH PRIESTESS, GRAB OLD MAGAZINES, IMAGES, WORDS, SYMBOLS, TEXTURES, AND START SNIPPING. GO WILD. LET YOUR HANDS FOLLOW THE VIBE.
- 🖨 IF YOU'RE A DIGITAL WITCH, CONJURE UP A PINTEREST BOARD, DROP INTO CANVA, OR USE A COLLAGE APP. LET YOUR FINGERS FOLLOW THE ENERGY—NO SECOND-GUESSING.





THE GOLDEN RULE? DON'T OVERTHINK IT.

VISION BOARDS AREN'T ABOUT MANIFESTING SOME PINTEREST-PERFECT LIFE. THEY'RE PORTALS. YOU'RE MAKING A VISUAL VIBRATION MAP. A SPELL A MIRROR OF YOUR DESIRES BEFORE THEY LAND.

WHEN YOU'RE DONE, PLACE YOUR HAND ON YOUR HEART. WHISPER A THANK YOU TO THE UNIVERSE LIKE IT'S ALREADY HERE. THEN SET YOUR BOARD SOMEWHERE IT CAN WHISPER BACK TO YOU EACH DAY. LET IT SHIMMER. LET IT EVOLVE.

BECAUSE YOUR FUTURE ISN'T A DESTINATION, BABE. IT'S AN ENERGY FIELD. AND YOU JUST GAVE IT A FACE.

## CHAPTER 6: THE BUMPS, BLOCKS & BRAIN GREMLINS

**"IT'S NOT WORKING!"**

OH BUT IT IS, LOVE. THE UNIVERSE ISN'T AMAZON

**"OLD PATTERNS ARE SHOWING UP AGAIN."**

CELEBRATE! YOU SPOTTED THE GREMLIN. THAT'S STEP ONE. MICRODOSE, JOURNAL, MOVE THROUGH IT.

**"PEOPLE THINK I'M WEIRD."**

COOL. YOU ARE. AND IT'S WORKING.

**REAL-ISH STORIES THAT TOTALLY COULD BE YOU**

**LAYLA**

MOM OF THREE. SACRED GUMMIES + MIRROR AFFIRMATIONS = EMOTIONAL REBIRTH. NOW RUNS WOMEN'S CIRCLES. HER KIDS EVEN JOIN IN ON THE FULL MOON.

**JONAH**

TECH BRO TURNED PURPOSE-LED CREATOR. USED INTENTION + MICRODOSING TO LAUNCH A WELLNESS APP THAT NOW HELPS THOUSANDS.

**AMARA**

DID THE ABUNDANCE RITUAL AND RAN INTO A STRANGER WITH THE EXACT SAME MUSHROOM NECKLACE. THEY NOW RUN A RETREAT CENTER TOGETHER. COINCIDENCE? NAH. DIVINE NUDGE.



## CHAPTER 7: DRAW, DOODLE, DREAM

TIME TO DRAW. GRAB YOUR FAVORITE JOURNAL AND  
SOMETHING TO DOODLE WITH

- DRAW YOUR FUTURE SELF IN THEIR POWER. DON'T HOLD BACK.
- SKETCH A SYMBOL THAT REPRESENTS YOUR INTENTION.
- DOODLE YOUR DOUBT, THEN CROSS IT OUT. BURN PAGE OPTIONAL



## CHAPTER 8: A CLEAR VISION

SEEING THE WAY FORWARD IS EASIER THAN YOU THINK. HERE ARE SOME TOOLS TO GET YOU STARTED:

### MORNING MICRODOSE: RISE + RADIATE

THESE SONGS ARE LIKE SUNSHINE FOR YOUR SOUL—  
PERFECT FOR INTENTION-SETTING, JOURNALING, OR  
SIPPING CACAO.

- “WEIGHTLESS” — MARCONI UNION
- “BLOOM” — ODESZA
- “SHINE” — LEON BRIDGES
- “HONEYBODY” — KISHI BASHI
- “FOLLOW THE SUN” — XAVIER RUDD

### MIDDAY MOMENTUM: MANIFEST + MOVE

FOR THOSE MOMENTS WHEN YOU’RE FEELING JUICY  
AND READY TO CREATE. VISION BOARDING, WALKING  
BAREFOOT, ORGANIZING YOUR ALTAR—GO FULL  
SACRED REBEL.

- “ELECTRIC FEEL” — MGMT
- “WOMAN” — RHYE
- “HIGHER LOVE” (KYGO REMIX) — WHITNEY HOUSTON
- “WAKING DREAM” — NATALIE WALKER
- “GO SOLO” — TOM ROSENTHAL





SEEING THE WAY FORWARD IS EASIER THAN YOU  
THINK. HERE ARE SOME TOOLS TO GET YOU STARTED:

GENTLE EXPANSION: INSIGHT + INTEGRATION

PERFECT FOR REFLECTIVE DOSES, DOODLING,  
MEDITATING, OR LISTENING TO SOURCE WHISPER  
SWEET NOTHINGS INTO YOUR THIRD EYE.

- “EXPERIENCE” – LUDOVICO EINAUDI
- “OPAL” – BICEP
- “NIGHT OWL” – GALIMATIAS
- “WEIGHT OF LOVE” – THE BLACK KEYS
- “SUNSET LOVER” – PETIT BISCUIT

EVENING EXHALE: GROUND + GRATITUDE











































TIME TO SOFTEN. DROP INTO YOUR BODY. LET THE DAY  
DISSOLVE INTO DREAMS AND DOWNLOADS.

- “HOLOCENE” – BON IVER
- “TEARDROP” – MASSIVE ATTACK
- “SLOW DANCING IN A BURNING ROOM” – JOHN  
MAYER
- “NARA” – ALT-J
- “INDIAN SUMMER” – JAI WOLF

## RITUAL TRACKER

### GRAB YOUR CALENDAR

- DID I MICRODOSE TODAY?
- WHAT INTENTION DID I SET?
- ANY SIGNS OR SYNCHRONICITIES?
- WHAT'S SHIFTING?

MON	TUES	WED	THURS	FRI	SAT	SUN
						
						
						
						
						
						



## INTENTION CARDS

BELOW ARE SOME PRINTABLE INTENTIONS FOR YOU TO  
BRING THE MAGIC WITH YOU ANYWHERE IN YOUR  
LIFE.

✧ ✧  
What part of  
me is ready  
to be seen,  
softened, or  
celebrated  
today?

What energy  
do I want  
to embody  
today?

*(Not what do I need to –  
what do I want to  
radiate?)*

✧ ✧

✧ ✧  
What tiny  
decision can I  
make today  
that aligns me  
with my  
highest timeline?

If I believed the  
universe was  
conspiring in  
my favor, how  
would I show up  
right now?

✧ ✧



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✧ ✧  
What part of  
me is ready  
to be seen,  
softened, or  
celebrated  
today?

What energy  
do I want  
to embody  
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would I show up  
right now?

✧ ✧

## LUNAR MEDICINE

### WHY MOON RITUALS MATTER

THE MOON ISN'T JUST A GLOWING NIGHTLIGHT—IT'S A SACRED METRONOME FOR YOUR SOUL. ITS PHASES ARE COSMIC CUES, NUDGING US WHEN TO PLANT INTENTIONS, WHEN TO TAKE ACTION, AND WHEN TO RELEASE WHAT NO LONGER SERVES.

HERE IS A LINK TO A FREE FULL MOON CALENDAR

**NEW MOON:** A BLANK PAGE. THE DARK SKY IS YOUR INVITATION TO DREAM, SET INTENTIONS, AND WHISPER NEW DESIRES TO THE UNIVERSE.

**FIRST QUARTER:** ENERGY RISES. IT'S TIME FOR ALIGNED ACTION—MOVE TOWARD YOUR DREAMS, EVEN IF IT'S ONE TINY, REBELLIOUS STEP.

**FULL MOON:** ILLUMINATION AND CELEBRATION. THE MOON IS SHINING A SPOTLIGHT ON WHAT'S WORKING (AND WHAT'S NOT). RELEASE, FORGIVE, DANCE IT OUT.

**LAST QUARTER:** INTEGRATION AND REST. TIME TO REFLECT, EDIT, AND COMPOST THE LESSONS. WHAT WISDOM IS RISING FROM THE ASHES?

BY SYNCING YOUR RITUALS WITH THE MOON, YOU'RE NOT JUST WORKING WITH ENERGY—YOU'RE WORKING WITH NATURE. WITH YOUR BODY. WITH THE RHYTHMS YOU WERE BORN INTO. IT'S ANCIENT. IT'S POWERFUL AND IT'S YOURS TO PLAY WITH.



Moon Calendar 2025



January	February	March	April	May	June	July	August	September	October	November	December
1 moon 6% visible new	1 moon 15% visible new	1 moon 6% visible new	1 moon 15% visible new	1 moon 21% visible new	1 moon 36% visible new	1 moon 62% visible new	 quarter moon 7% visible new	1moon 66% visible new	1 moon 63% visible new	1 moon 62% visible new	1 moon 63% visible new
2 moon 6% visible new	2 moon 22% visible new	2 Crescent Moon (First) moon 6% visible new	2 moon 23% visible new	2 moon 7% visible new	 quarter moon 17% visible new	 quarter moon 12% visible new	2 moon 6% visible new	2moon 75% visible new	2 moon 6% visible new	2 moon 6% visible new	2 moon 6% visible new
3 moon 36% visible new	3 moon 19% visible new	3 moon 19% visible new	3 moon 36% visible new	3 moon 42% visible new	3 moon 57% visible new	3 moon 62% visible new	3 moon 72% visible new	3moon 83% visible new	3 moon 96% visible new	3 moon 96% visible new	3 moon 96% visible new
4 moon 6% visible new	4 moon 56% visible first quarter	4 moon 29% visible new	4 moon 47% visible first quarter	4 moon 53% visible first quarter	4 moon 67% visible new	4 moon 79% visible new	4 moon 8% visible new	4moon 90% visible new	4 moon 100% visible full	4 moon 100% visible full	4 moon 100% visible full
5 moon 6% visible new	5 moon 67% visible new	5 moon 52% visible first quarter	5 moon 66% visible new	5 moon 8% visible new	5 Humboldt Ridge (Lunar L.) moon 13% visible new	5 moon 66% visible new	5 moon 8% visible new	5moon 96% visible new	5 moon 100% visible full	5 moon 100% visible full	5 moon 99% visible new
6 moon 6% visible new	6 moon 67% visible new	6 moon 68% visible new	6 moon 68% visible new	6 moon 22% visible new	6 Humboldt Ridge (Lunar L.) moon 13% visible new	6 moon 66% visible new	6 moon 8% visible new	6 moon 9% visible new	6 moon 99% visible new	6 moon 99% visible new	6 moon 99% visible new
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## CONCLUSION YOU'RE ALREADY IT

THIS GUIDE WAS NEVER ABOUT BECOMING SOMETHING  
YOU'RE NOT.

IT'S ABOUT REMEMBERING WHO YOU'VE ALWAYS BEEN.

YOUR MIND IS THE WAND. YOUR VOICE IS THE SPELL.

YOUR INTENTION IS THE MAP.

AND YOUR SACRED SACRAMENT? THAT'S JUST THE KEY  
YOU DIDN'T KNOW YOU WERE HOLDING. NOW GO.

LIGHT YOUR CANDLE.

EAT THE CHOCOLATE.

SAY THE WORDS.

AND MANIFEST LIKE THE WHOLE UNIVERSE IS  
CHEERING YOU ON. (BECAUSE IT IS.)