



SACRED COUNSEL

USAGE GUIDE

SACRED MUSHROOM & BLUE LOTUS TEA

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Per bag: 2g dried mushroom fruiting body, 1g Egyptian blue lotus, citrus peel.

ABOUT

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Blue lotus (*Nymphaea caerulea*) held deep ceremonial significance in ancient Egypt, closely tied to the sun god Ra and the idea of rebirth — its flowers close and sink underwater each evening, then reopen and rise again each morning. The flower contains mild psychoactive and relaxant compounds believed to induce a light, dreamlike euphoria, which made it a fixture of both religious ritual and everyday leisure. Paired with 2 grams of sacred mushroom, this is one of our favorite teas for gentle evening rituals, dream work, and meditation.

HOW TO BREW

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Steep for at least 5 minutes in hot, but not boiling water. Sweeten to taste.

SET & SETTING

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A quiet, sacred space with a trusted companion or in solo reflection. Create your altar with intention, turn off the phone, and allow at least 3 hours free of distraction to journey and integrate.

This is a companion to the steady work of integration.

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