

# Mycelium Trance



FUNGAI ART  
2026

FACILITATED BY  
STEPHANIE TEYÆ & ROBIN FUNGI

# Concept & Experience

This 111-minute journey is a fully embodied sensory awakening, a deliberate attunement to the relational, ecological, and mysterious architecture of life. It tunes participants to the mycelial intelligence, allowing human perception and consciousness to resonate with the subtle, interconnected networks around us.

Sacred Plant Allies - **Amanita muscaria**, **Chaga**, **Cordyceps**, **Pine pollen**, **Pine cones**, **Chilcuague** - tether participants to the intelligence of the forest and its organism, opening sensory channels, activating neuroplasticity, and transmuting archetypal wisdom.

Through diverse sound modules, imagery, metaphor and somatic attunement, vibrations flow into bones, fascia, and energetic fields. Participants are invited to become hyphae, weaving mycorrhizal threads with each other and the morphing organism, experiencing reciprocity, vitality, and intelligence of the life-web.



# Intention

We are contributing with an **embodied metaphor** for interconnectedness, enhancing nourishing collective coherence.

Creating **somatic memory** and **ecological awareness**.

Sound shifts the brain;  
vibration speaks to cells;

relational medicine opens windows of plasticity.

imprinting a **visceral sense of belonging and reciprocity**.

Inviting participants to sense their place of givers and receivers within a greater ecology - a state of **deep relational presence**.



# Origin story

Mycelium Trance emerged from the principle of Human Tuning - the understanding that the human body is an instrument we can tune.

Mycelium brings us into trance because it mirrors our own nervous system: decentralized, rhythmic, and relational.

It communicates through vibration, resonance, and exchange rather than language - guiding perception away from thinking into field intelligence, recalls a way of sensing and relating.

*“Trance arises not through force, but through recognition”*

**A rewilding of the nervous system.**

A full-sense descent into the vibrational, mycelial architecture.



## guiding principles:

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RECIPROCITY  
EMBODIMENT  
ECOLOGICAL CONSCIOUSNESS  
INTEGRITY WITH PLANT ALLIES  
RITUAL DEVOTION  
SENSORY INTELLIGENCE

# about the artists

“inspired by a future where medicine and art return to their original unity,  
we craft multidimensional portals as sacred rebels, artists and healers”

## Stephanie

5 years experienced facilitator of somatic rituals and group immersions  
Systemic psycho-mystic coach (trauma informed and experienced)  
Gong and Tuning fork practitioner  
Guided sensual experiences  
Botanical crafter, elixir master (herbalist-in-training)  
Art installations

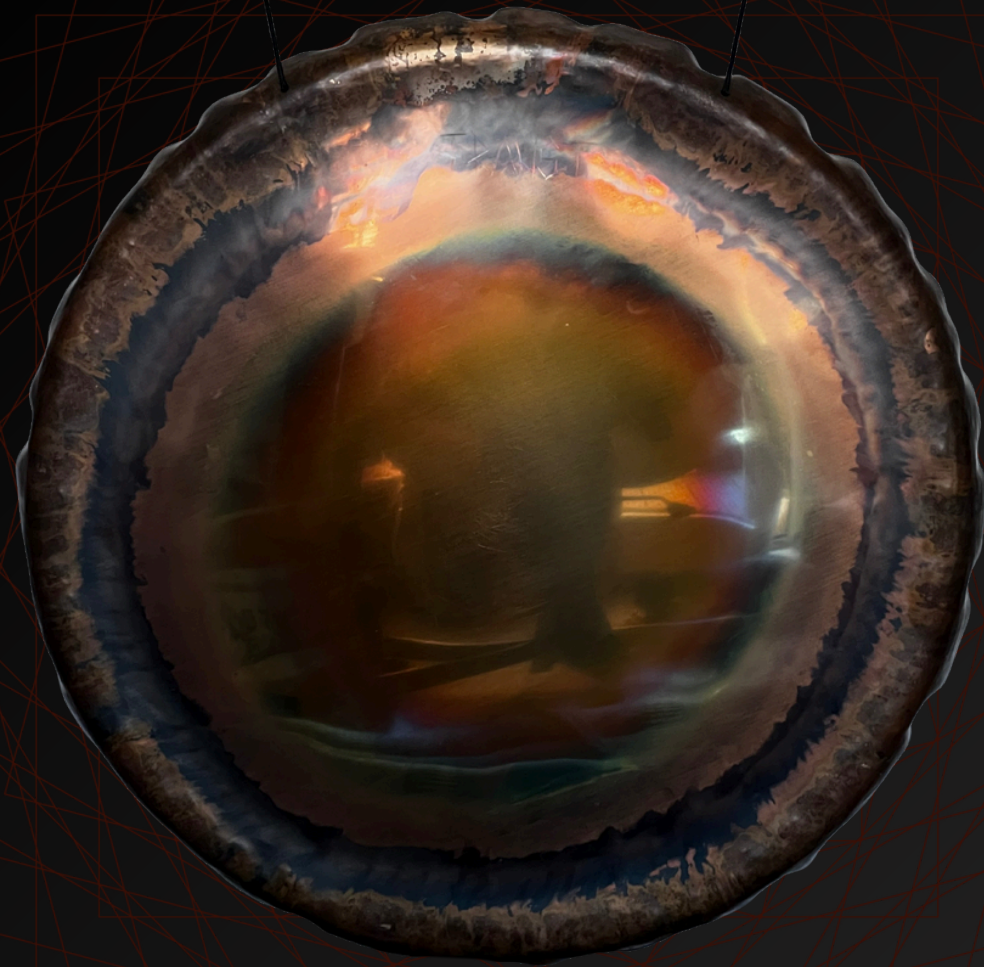


## Robin

Facilitation of mushroom ceremonies and educative talks  
about psilocybin & amanita muscaria for groups  
Guided sensual experiences  
Art installations  
Chef, forager & elixir master  
(herbalist-in-training)



# The Sensory Architecture



## Vibrational Immersion

carefully, intentionally curated sound frequencies: **beta waves at 18 Hz** (awakening pulse, sharpens presence, destabilizes habitual identity), **theta waves at 4-7 hz** (trance treshhold, porous self-boundaries, imagery and sensation deepen), self-made **Gong at 111 Hz** (sensory expansion, bodily, visceral), deep **Delta waves at 4 Hz** (deep integrative state, where re-patterning becomes possible)

## Sacred Plant Allies

Sacred botanical elements: pine pollen, pine cones, chaga, amanita muscaria, chilcuague and open sensory and consciousness pathways during the journey

## Intention & Somatic–Sensory Attunement

Intention is the directional force. It shapes the field and establishes coherence — aligning participants, space, sound, and plants ally into a relational ecology.

Somatic–sensory attunement brings the field into the body. Through subtle somatic cues, focused sensation, and scent - the body stays tethered as perception expands. Fascia and connective tissue become listening pathways, while slow, intuitive movement and responsive pacing supports integration and a grounded return from trance into embodied awareness.

## Mycelium Metaphor & Relational Ecology

Metaphor here is symbolic and operative — it reshapes perception by giving the body a living image through which new ways of sensing, relating, and belonging can be embodied. Reactivating cellular memory of interconnection and symbiosis.



# Plant allies as initiatory intelligence

**Amanita muscaria** *The wild hymn of the forest.* They are a bridge, mycorrhizal genius - a fungal diplomat par excellence. In this underground economy they become a translator and negotiator, helping entire forests share nutrients and chemical signals, like a living neural network.

→ Threshold Guardian, shattering illusions and opening hidden worlds (disorientation, dream, paradox)

**Chaga** is the elder, the one who reminds us that decay is a form of devotion and that darkness is fertile. It is no ordinary fungus, but a keeper of the deep earth codes. Drawing life from the wounded birch, it transmutes pain into nourishment - a living metaphor for regeneration.

→ Silent Alchemist, thriving in decay, weaving new foundations (shadow, resilience, slow transformation)

**Cordyceps Sinensis** moves along the thin line between life forces, teaching efficiency, endurance, and *precise use of energy*. It is a fungal strategist, it reminds the system how to stay awake, adaptive, and alive, carrying transformation out of the underground and into motion, breath, and action.

→ Restoring vitality and embodied will (energy, stamina, lucid presence)

**Pinus sylvestris - Pine Pollen**, *the golden dust of renewal*, It is the breath of the forest made visible, a fine alchemy of masculine essence, cellular vitality, and trees remembering their youth.

**Cones** are the forest's sacred geometry made tangible, each scale unfolding like a hymn to the Fibonacci, whispering cosmic order hidden in earthly form.

→ Sovereign Axis, grounding spine (earth-sky connection, regenerative energy, pattern of renewal)

**Chilcuague / Golden root** The moment it touches the tongue, a warm, tingling vibration spreads through the mouth and into the breath, almost like a current switching on inside the body. It clears, sharpens, and opens, the senses feel more alive. This golden root is both purifier and activator.

→ Firekeeper of Voice, awakening vitality and authentic expression (tingling sensation, vocal release, presence)

# Neuroactive Forces

## AMANITA MUSCARIA

*Brain effects:* Muscimol is a GABA-A receptor agonist, activating inhibitory circuits in the brain while paradoxically loosening perceptual control, resulting in altered perception and visionary, dream-like states.

## CHAGA

*Active compounds:* Betulin, Betulinic acid, polysaccharides, antioxidants

*Effects:* Polysaccharides support immune balance and neuroprotection, gently modulating inflammation and cellular stress.

## CORDYCEPS SINENSIS

*Active compounds:* Cordycepin, adenosine derivatives, polysaccharides

*Effects:* Cordycepin and adenosine support cellular energy metabolism and endurance, contributing to sustained alertness and clarity. It carries subtle insights of altered states back into clear, embodied awareness, presence, focus, and stamina.

## PINUS SYLVESTRIS

*Active compounds:* Pine pollen, cones & resin (rich in amino acids, vitamins, essential oils)

*Effects:* The aromatic compounds of pine influence the limbic system through the sense of smell, producing subtle mood-lifting, grounding, and stress-reducing effects.

## CHILCUAGUE

*Active compounds:* Alkaloids, essential oils, spilanthol

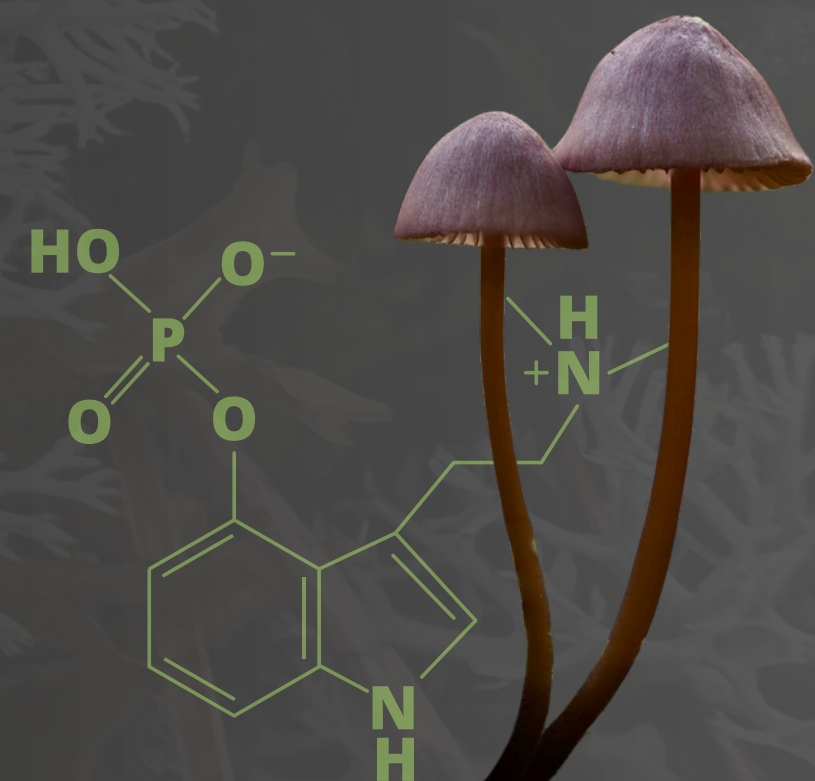
*Effects:* Spilanthol and related compounds stimulate peripheral sensory nerves, increasing tactile awareness and bodily feedback, which can enhance vocal expression, presence, and immediacy.

# Working with Psilocybin

Psilocybin, when combined with intentional sound frequencies and mindful guidance, can deepen emotional processing and expand consciousness. Music acts as a hidden therapist, gently guiding inner experience, facilitating mystical states, and opening access to transformative insights that support lasting healing.

At a neural level, psilocybin promotes neuroplasticity and increases communication between brain regions, loosening rigid mental patterns. A key part of this process is the temporary quieting of the Default Mode Network – the brain system associated with the habitual sense of “I,” self-referential thinking, and egoic control. When this network softens, fixed identity narratives relax, allowing emotions, memories, and perspectives to reorganize in new ways.

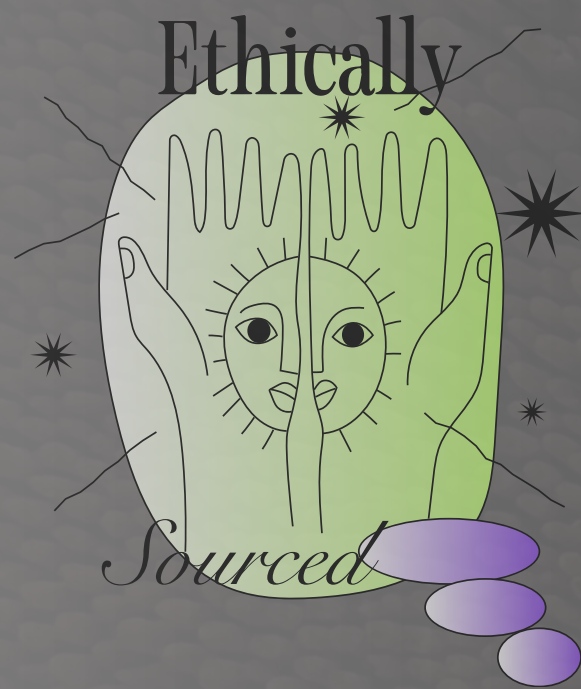
This opening fosters emotional openness, relief from depression and anxiety, and profound psychological transformation. In this state, insights are not only understood intellectually but felt and embodied.



# Safety & Ethics

## CONTAINMENT & FIELD CARE

- The space is held as a closed, focused field
- Clear boundaries and shared agreements
- Participants are respected as sovereign beings, choosing their level of engagement and responsibility
- All physical touch (tuning forks, body placement) is consensual
- Time is held for grounding and integration
- This offering is not therapy or medical treatment



## PLANT ALLIES, DOSAGE & SUBSTANCES

- We work with micro-amounts
- Each plant ally is introduced with clarity regarding its effects and purpose
- Participants are strongly recommended to arrive sober and not to consume alcohol or other substances before
- No pressure to ingest – abstention is fully respected

## ECOLOGICAL RESPECT

- All materials are sustainably sourced or self-foraged
- We honour plants, fungi, and forests as partners and teachers - not tools

# Performance Highlights Previous Events

ASTRAL PLANS, FRANCE

ENTHEOGENIC DINNER (70 PAX)  
LIGHT PORTAL ACTIVATION (50 PAX)

HIVE FESTIVAL, GERMANY

BLUE LOTUS CEREMONY (50 PAX)  
SOMATIC EXPLORATION (40 PAX)

PRIVAT EVENT, BALI

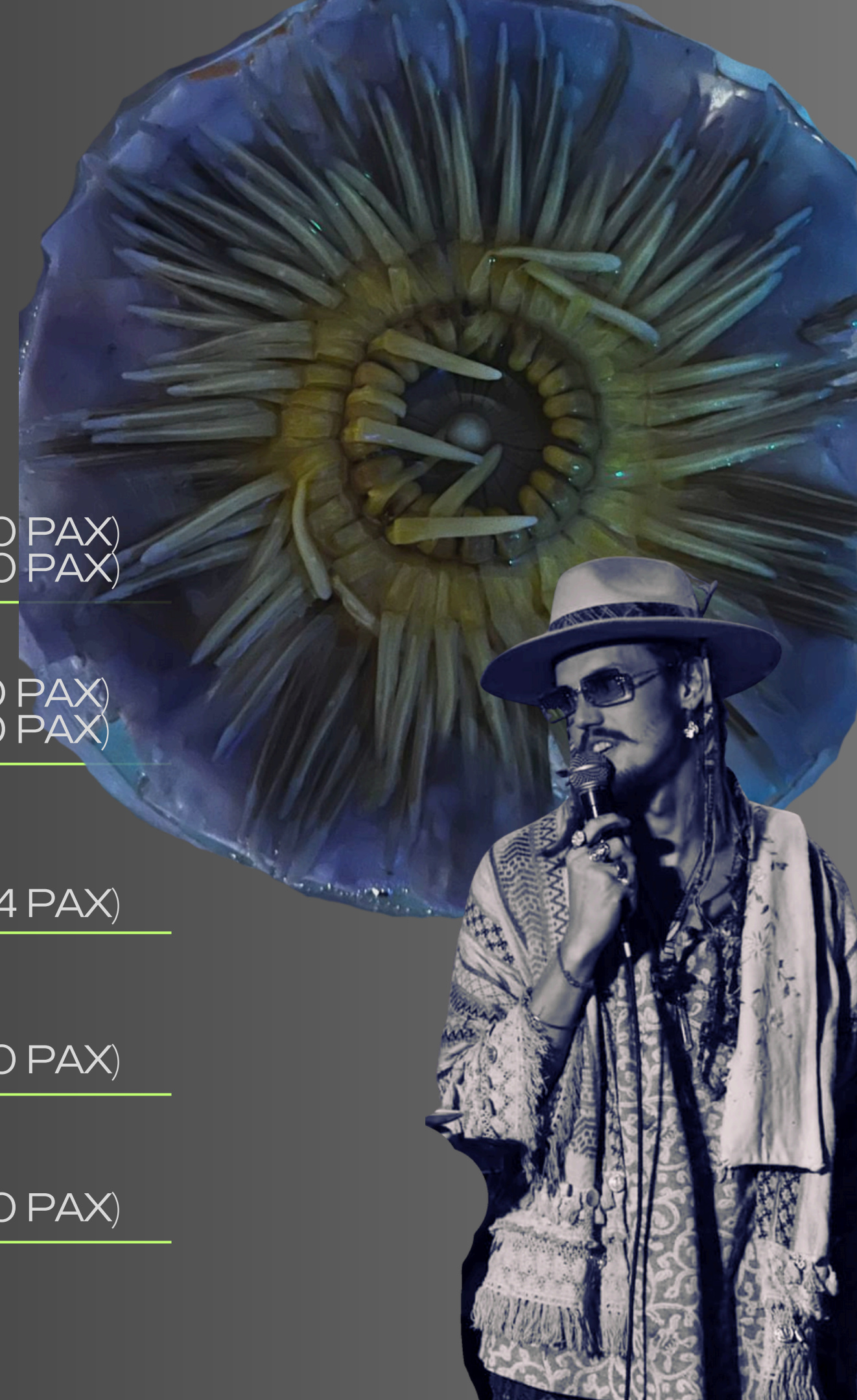
MYCELIUM TRANCE (14 PAX)

DEVI DATE, BERLIN

BLUE LOTUS & GONG MEDITATION (40 PAX)

PER ANHALTER, GERMANY

PINE CONE MEDITATION (70 PAX)



# Glossar

## **Mycelium**

The root-like network of a fungus, spreading invisibly through soil and organic matter. In the Trance, mycelium is a metaphor for connection, communication, and distributed awareness – showing how life thrives through reciprocity and relational intelligence.

## **Hyphae**

The thread-like strands that make up the mycelial network. Hyphae are both structural and communicative, linking organisms and exchanging nutrients, energy, and information. In practice, we embody hyphae to explore relational connection and shared perception.

## **Mycorrhizal**

A symbiotic relationship between fungi and plants, where both parties exchange nutrients, signals, and support. In *Mycelium Trance*, this concept guides participants toward sensing interdependence and relational ecology – recognizing how our well-being is woven with that of others.

## **GABA A Receptor Agonist**

A substance that activates GABA-A receptors, altering inhibitory balance in the brain and loosening normal perceptual control, which can result in dream-like or paradoxically stimulating experiences..

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