

Multi-disciplinary Design,  
University of Utah

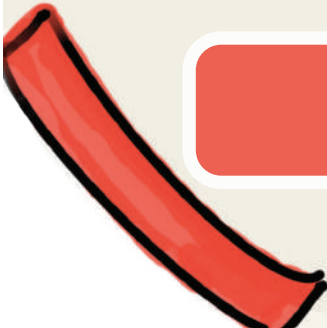


DES 3520-001 Design Product  
Studio 2,

*Tsoutsounakis*  
*Spring 2021*

# LEARN FOR 2

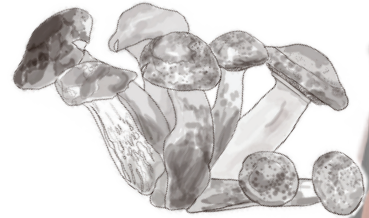
Elizabeth Adams





**You**

The Human



**Psilocybin Mushroom**

The Non-Human



# The Human-



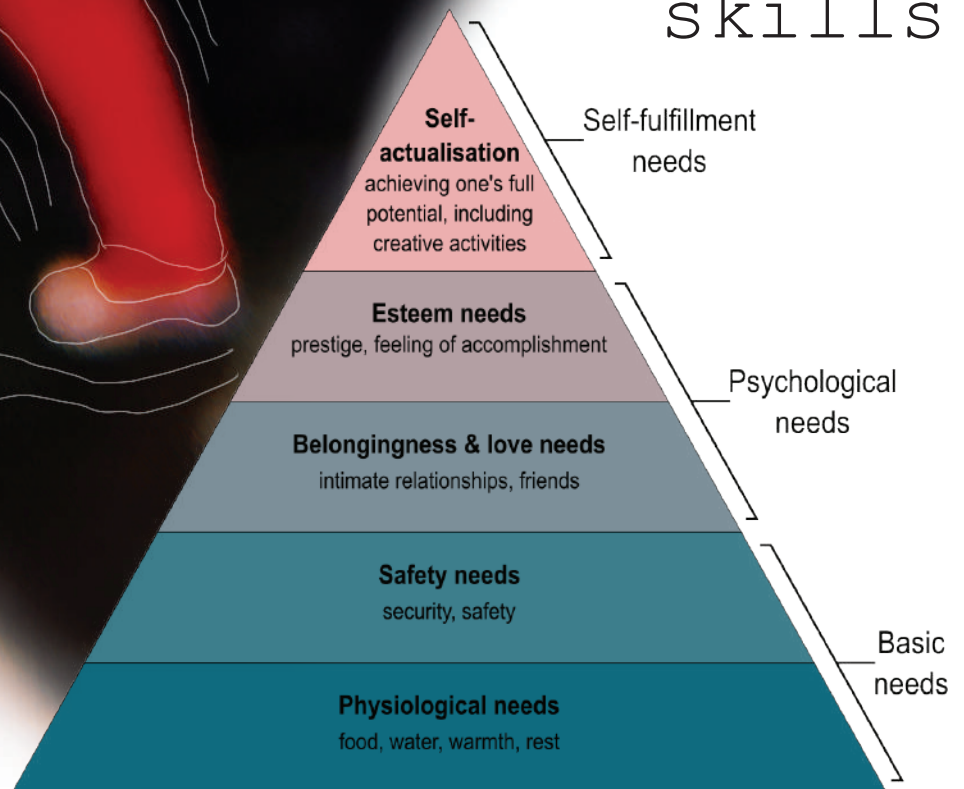
pg.6 Defining Human  
characteristics

pg.7 Humans and the systems we  
create

pg.8 continuation of built  
systems

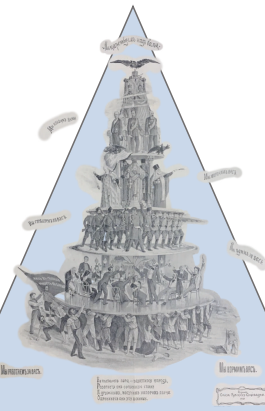
pg. 9 The natural and the wild

Intelligence  
Emotional  
Intellectual  
Creators  
Builders of  
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Language  
Collaborative  
Species  
Cooperative  
skills

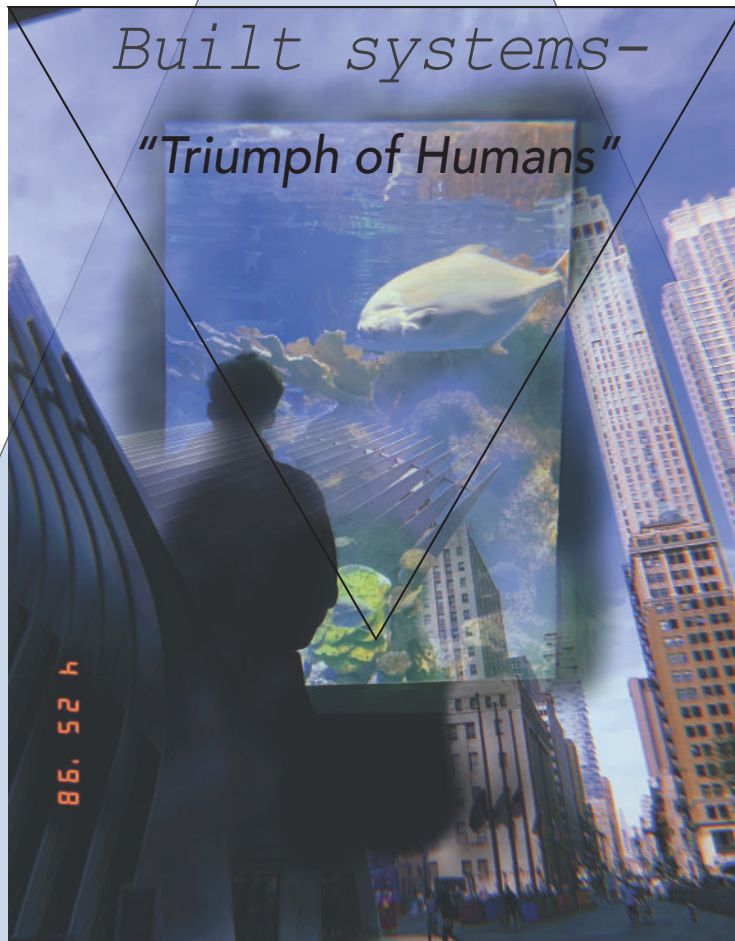


Maslows Hierarchy of Needs-Model

<https://www.bbc.com/future/article/20150706-the-small-list-of-things-that-make-humans-unique>



*Built systems-*  
*"Triumph of Humans"*



Capitalism-  
 an economic and political system in which a country's trade and industry are controlled by private owners for profit, rather than by the state.

-Individualistic-  
 -Hierarchy-  
 -system of control-  
 claiming nature as our own

# Structural Separation-



1911 American cartoon  
caricature critical of  
capitalism, copied from a  
Russian flyer of 1901.

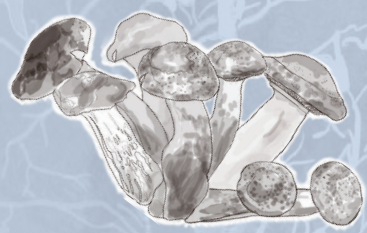


The Natural



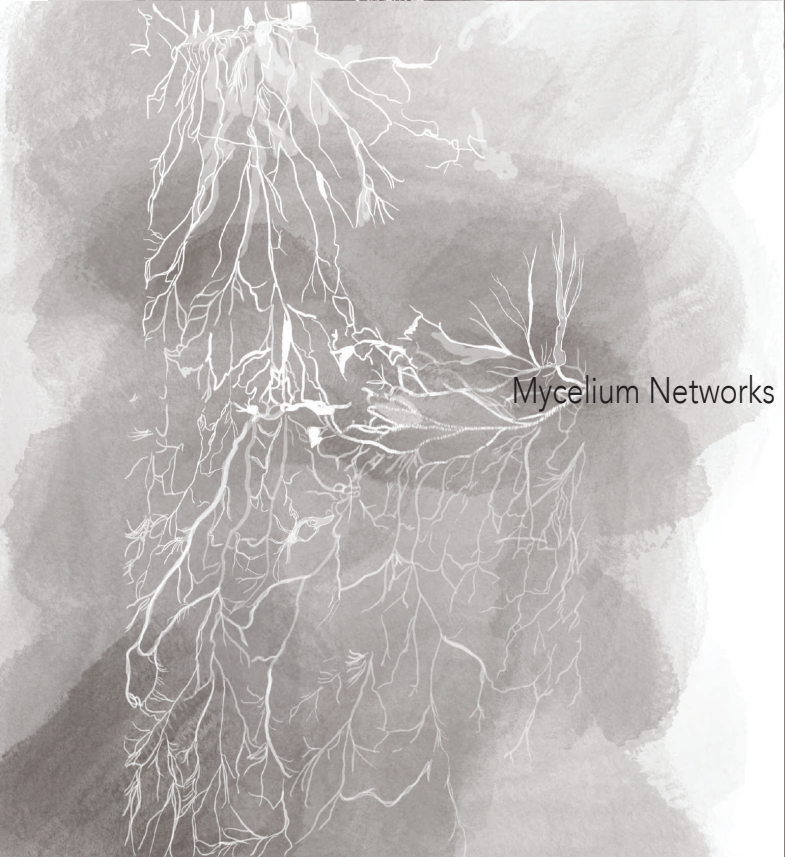
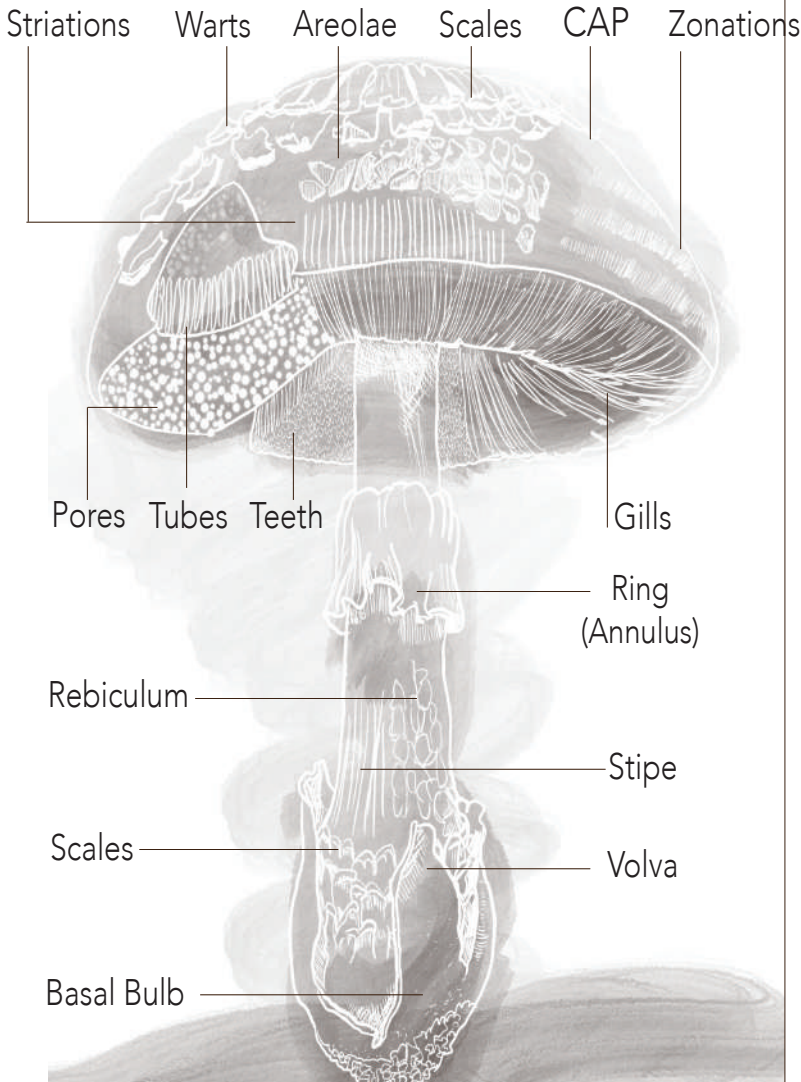
& the Wild

*The Non-Human*



**Psilocybin Mushroom**


pages 11-19



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*The end and beginning of life*  
*"Grand Molecular Decomposers of Nature"*  
*-Fantastic Fungi*

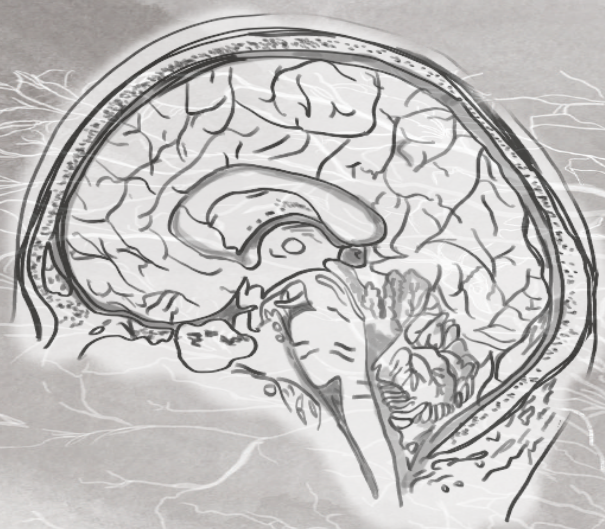




Psilocybin  
Mushrooms  
&  
The Human

Regaining  
Connection—  
A system of  
interconnectivity

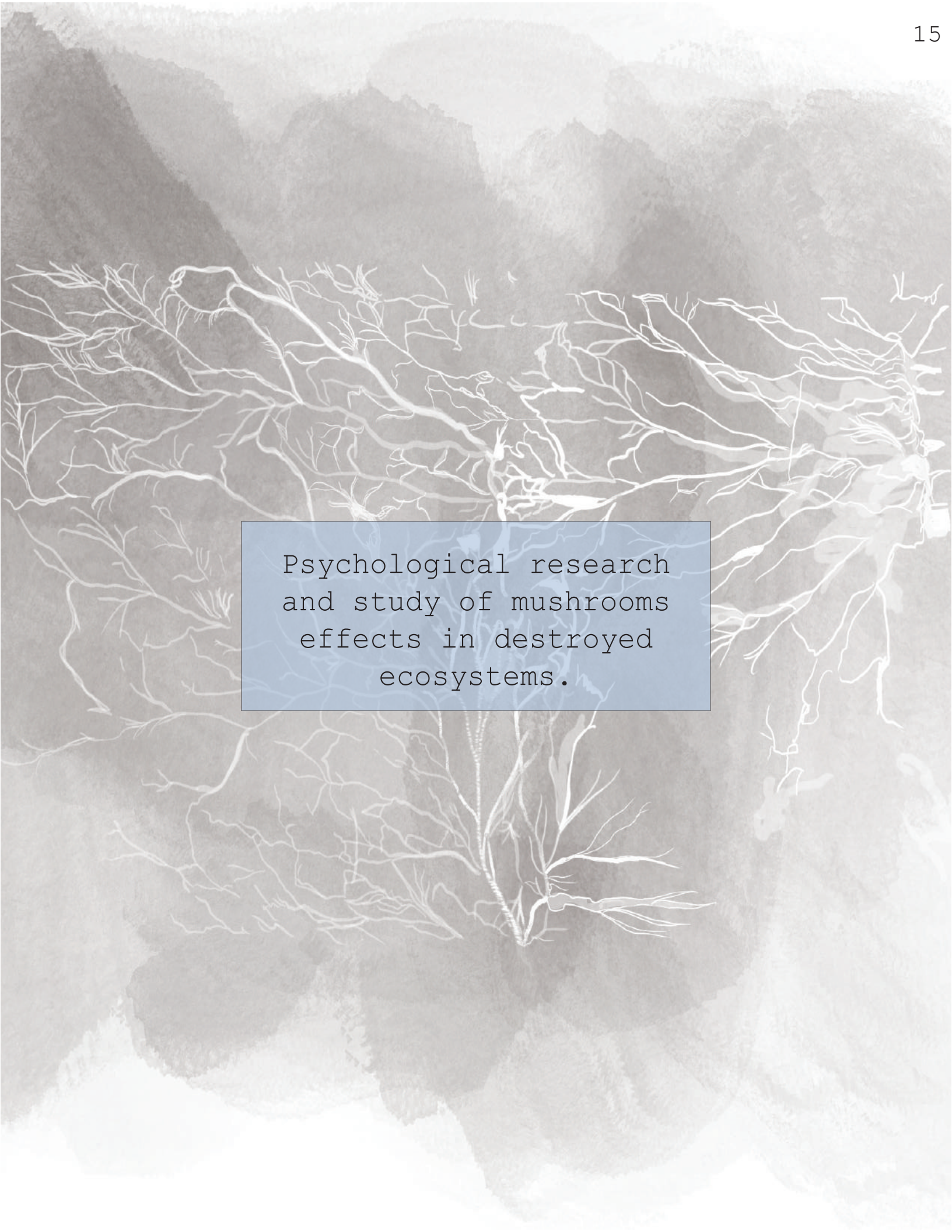
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Similar Structural System & connectivity to Neurons in the brain.



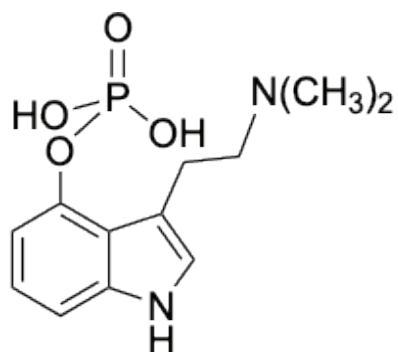
Psychological research  
and study of mushrooms  
effects in destroyed  
ecosystems.



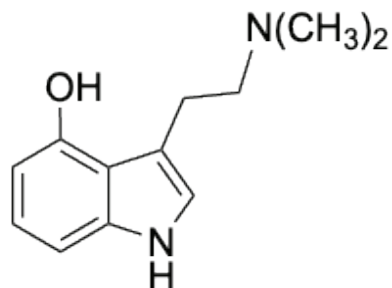
PTSD  
Depression  
Psychoactive  
Therapy

“produced rapid  
and large  
reductions in  
depressive  
symptoms”

Johns Hopkins Psychoactive research-



Psilocybin (1)



Psilocin (2)





“Destroyed landscapes  
and ecologies”-



The  
Matsutake  
mushroom  
-Discovered  
after Deforestation

-Thrives in, human  
disturbed forrests.

“living despite economic and  
ecological ruination”

A hierarchical system can be transformed to a circular one through the connection of the Human to the Natural world through the Psilocybin mushroom

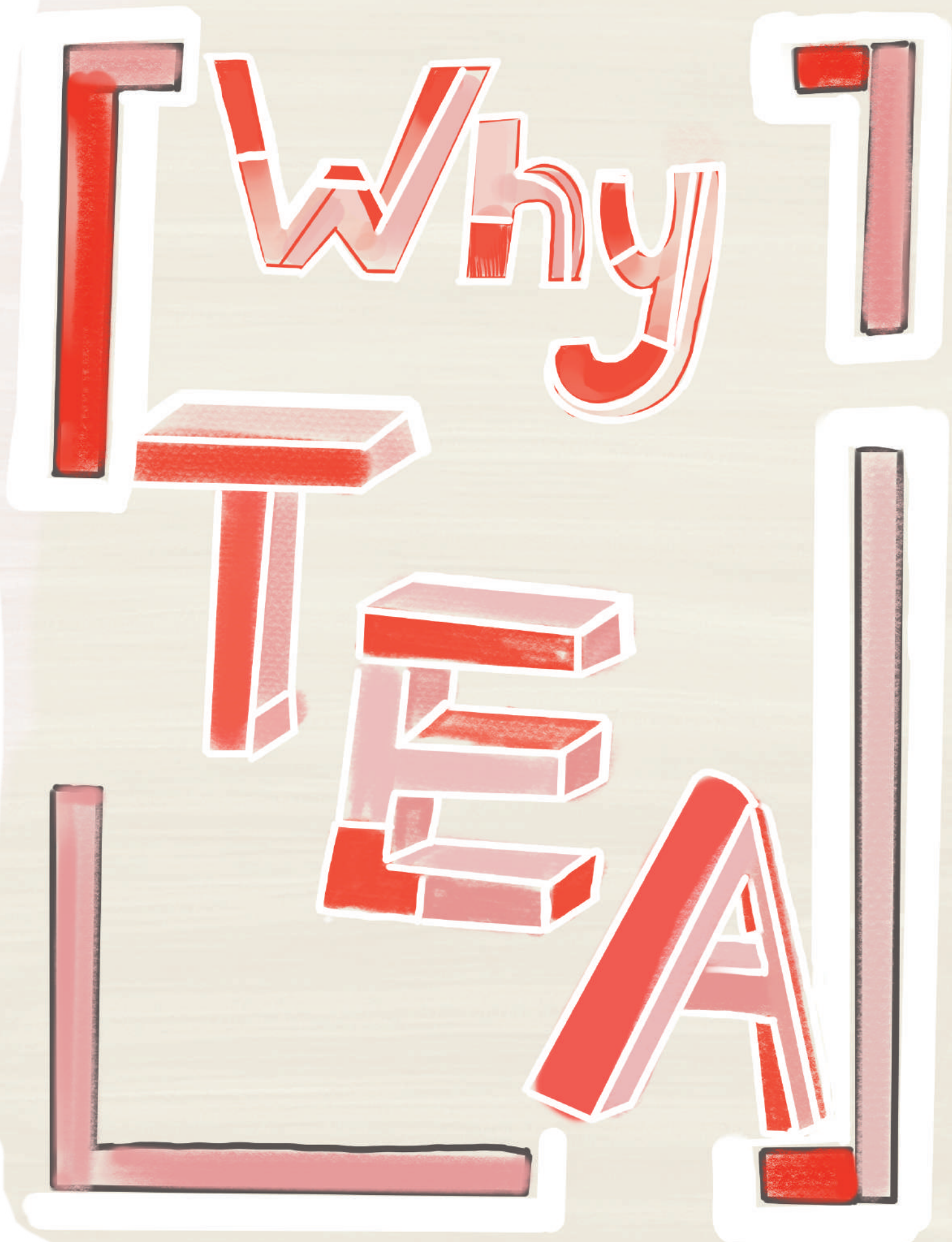


# Flipped Perspective, Reconnecting with Nature

Re-engaging the Human perspective  
from a triangular system to a  
circular one, through the Non-Human.

After identifying the Human and Non-Human (Psilocybin mushroom), I decided to focus on the ritual of tea. The following slides further explore this choice.

pages 21-26



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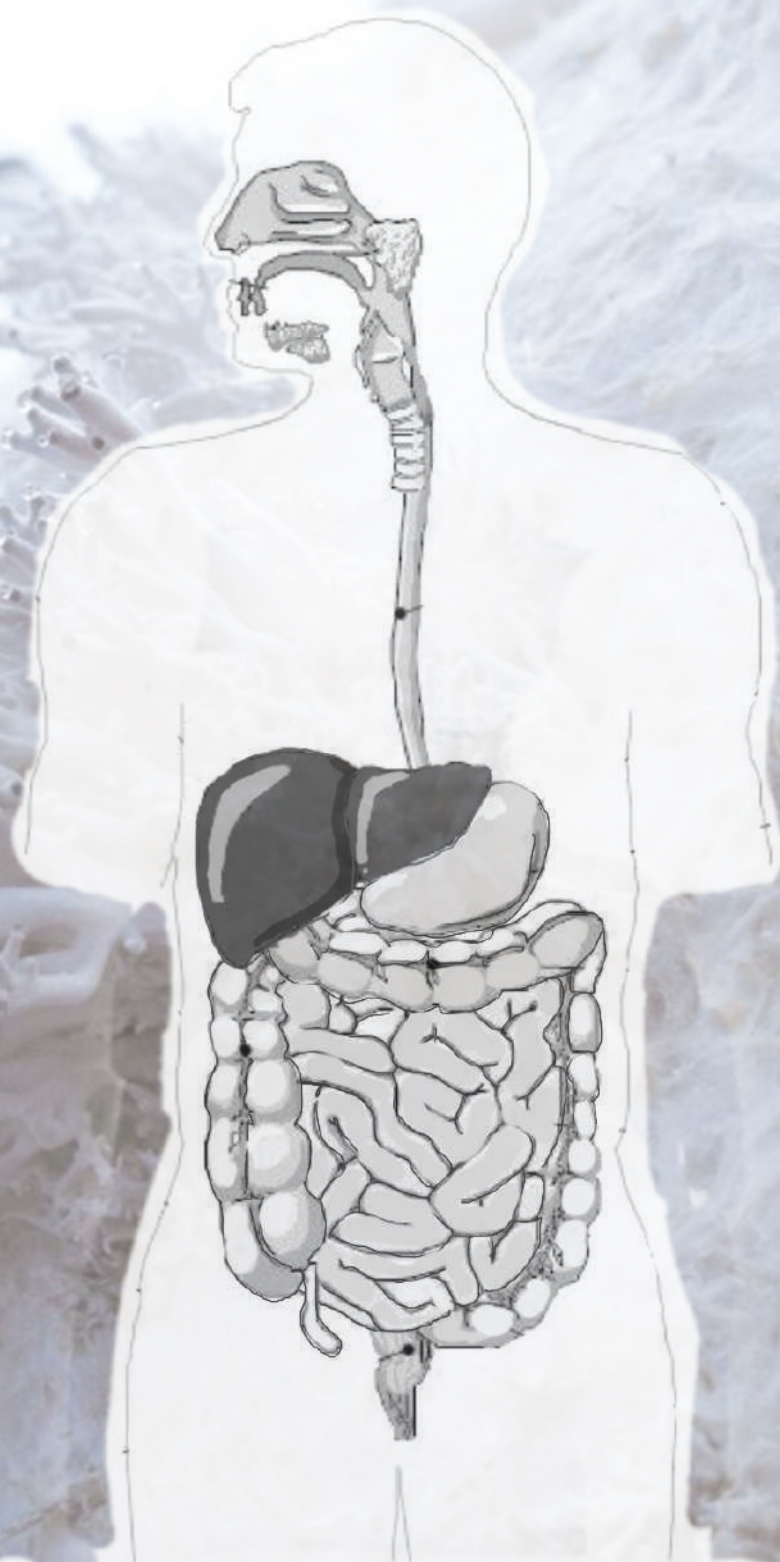
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Action of creating something for yourself while sharing close proximity to the non-human-a shared experience

## Aided Digestion

Chitin in the cell walls begins to break down.

The Gastrointestinal system and intestines absorb the psilocybin and transfer it to psilocin, with tea more absorption occurs. Maximizing surface area.

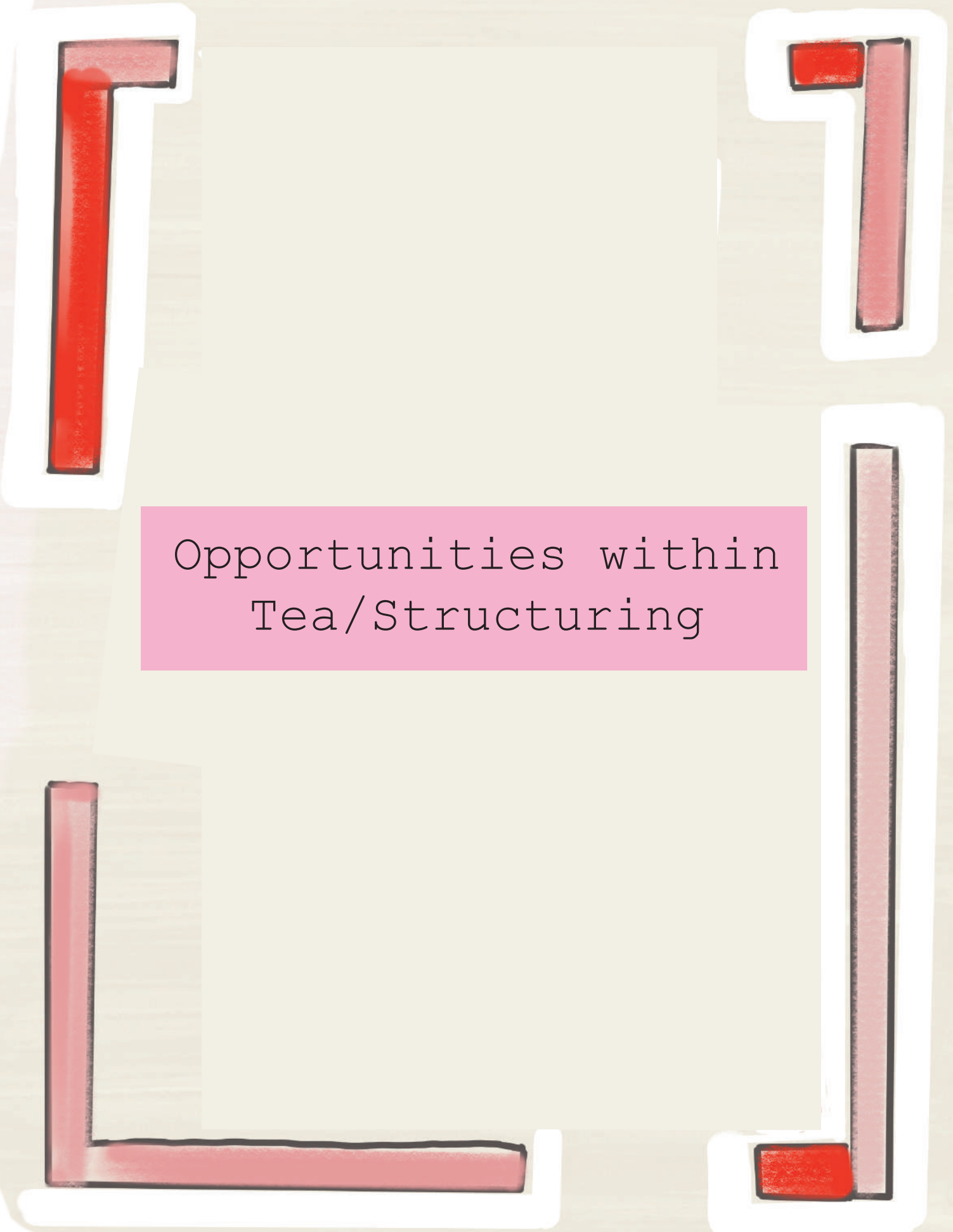


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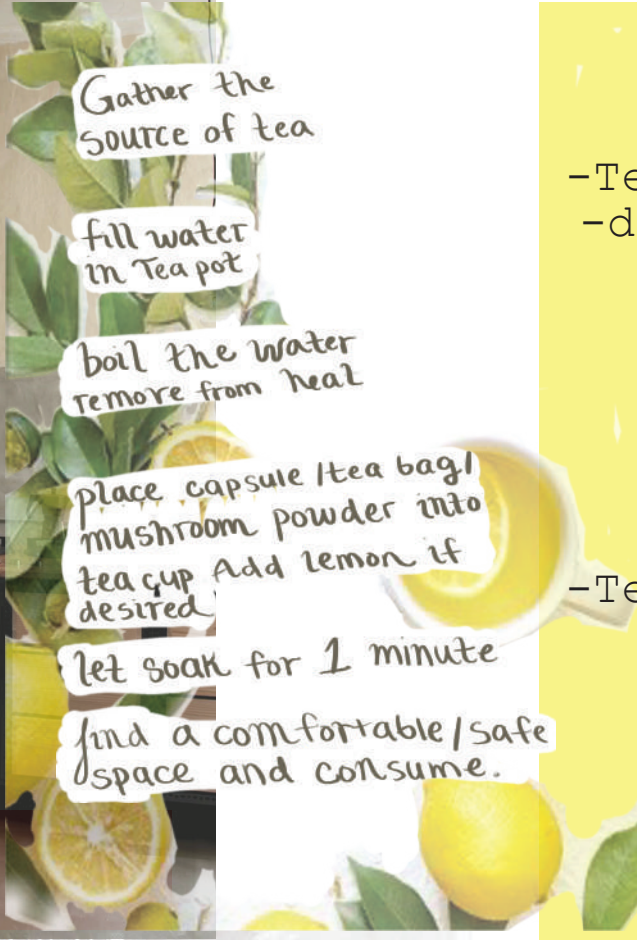
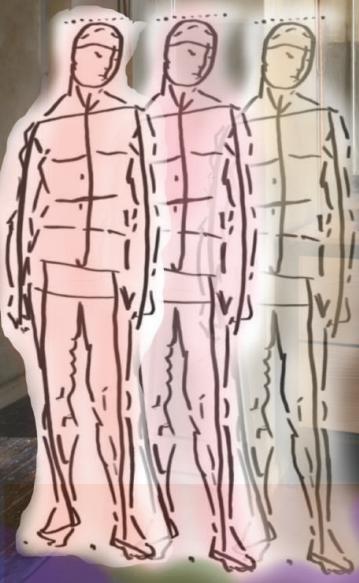
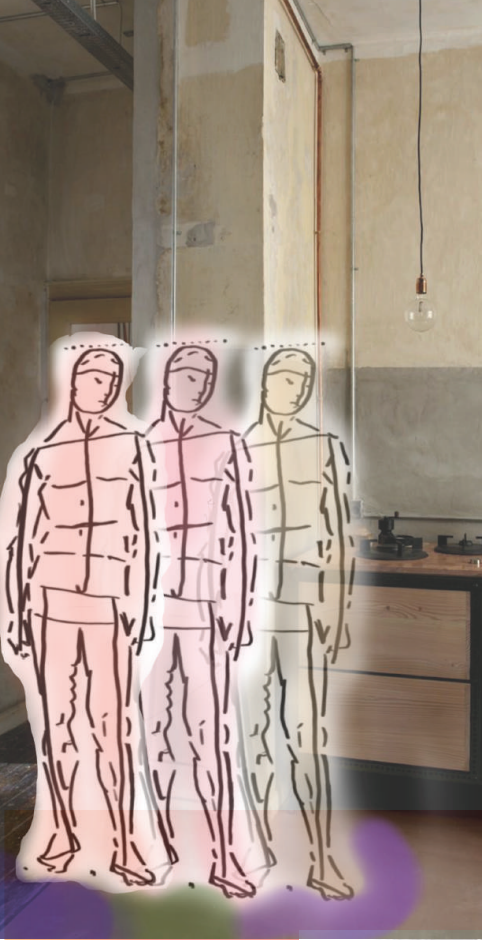
H a n d s   o n







Opportunities within  
Tea/Structuring



Gather the source of tea

fill water in Tea pot

boil the water remove from heat

place capsule /tea bag/ mushroom powder into tea cup Add lemon if desired

let soak for 1 minute

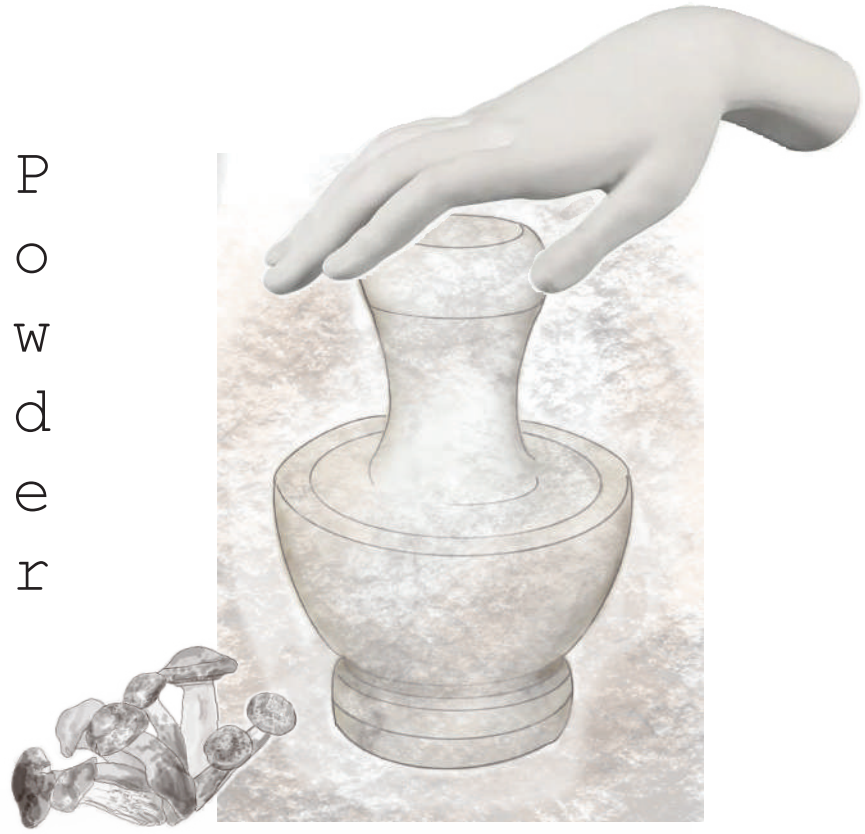
find a comfortable/safe space and consume.

- Opportunities-
  - Tea bags re-usable
  - dissolve into the water
    - Tea bags
    - using silk, muslin, paper
    - compostable
    - timer
  - Tea pot for stove, or counter?
  - Pour over?
  - Tea cups
    - Grinder
    - Hands on
    - container for Psilocybin
    - Tea light
    - Kettle warmer
    - Matches
    - Candle

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Distribute/Place



## Tea Cups



## Tea Bags



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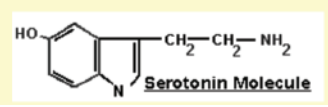
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Tea Pots

**Effects on the Nervous System**

The chemical structure of psilocybin and psilocin is similar to the [neurotransmitter](#) called serotonin. In fact, the primary effect of psilocin is on the receptors for serotonin. There is also evidence that psilocybin reduces the reuptake of serotonin by neurons in the brain allowing this neurotransmitter more time to act in the synapse.



Tea pot warmer

# Ritual & Defining Relationship between the Psilocybin and Human

pg.31 Ritual  
pg.32 Defining identities  
pg.33 Relationship between  
Human and Non-Human  
pg.34 Overview of  
experience map

Creating

Environment

Setting Intentions

Intentional Process  
Active consciousness

# RITUAL



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A ritual is typically a deliberate action performed in a set sequence that improves our emotional state, by reframing an experience in a way that feels meaningful.



## Human

- Intelligent
- Emotional
- Intellectual
- A Creator of time and space
- Builders of Systems
- Language/communication skills and capabilities
- Collaborative Species
- Cooperative skills



The Identity & Being  
identity & being  
Of a Psilocybin



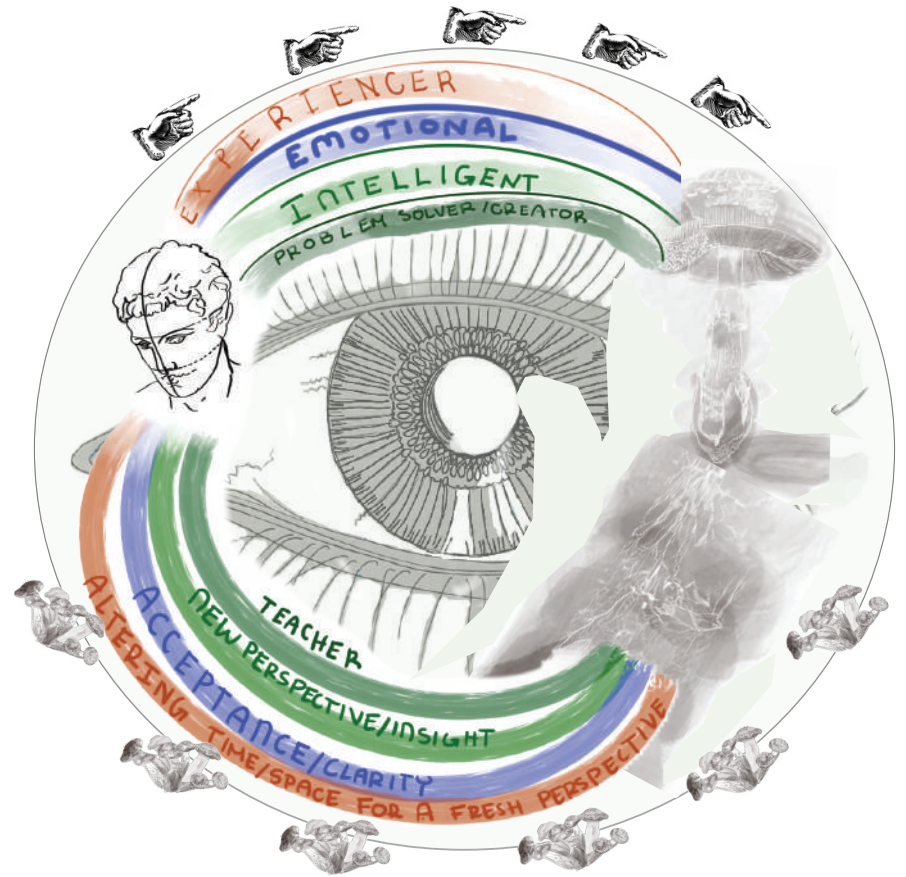
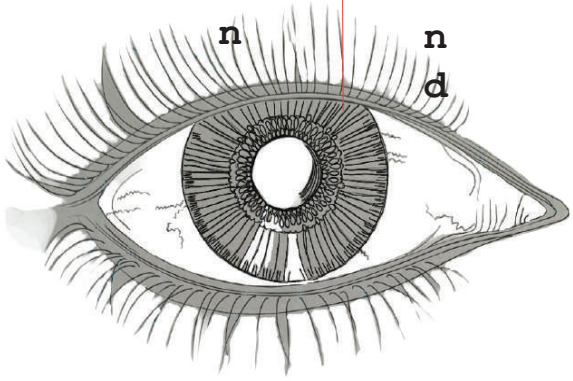
mushroom

## Entity of the Psilocybin mushroom

- A being of felt intelligence and agency
- Teacher
- of old (810 million years)
- System/eco-system builders (mycelium)
- Familiarity
- Actor and acted upon
- Facilitator and decomposer of life



Narrative  
 of the  
 communication  
 between  
 the  
 Psychologist  
 and  
 the Human



**1. 1-2 min.**

**Engagement in the ritual**  
To remove the tea set from the container is to create time and space for your experience.

**2. 1 min.**

**Baking intention for self**

**3. 1 min.**

**Consciousness of thought**

**4. 9 min.**

**Placement, movement, texture... Place the lid on the pot, and the pot on the stove top.**

**5. 8 min. time frame, able to continue w/ any time**

**6. 1 min. until water done.**

**Meaningful action and movement. Add capsule to water and compress with infuser.**

**7. 4-5 min.**

**Creation of shape/space. Set tea cup upon the saucer. Complete the circular system by cleaning and rinsing (two ways).**

**8. 1 min.**

**Freedom of expression. Use this time to paint a portion of the scene that you desire.**

**9. 1 min.**

**Continuation of creating space presence, finding comfort in environment and ritual.**

**Enjoy!**

## Experience Map

pg.36 portion 1 of the map  
- The 5 senses

pg.37 portion 2 - The 5  
sense in relation to time  
and actions related to the  
teaset.

pg.38 map with time  
continued

pg.39 completion of the  
experience map.

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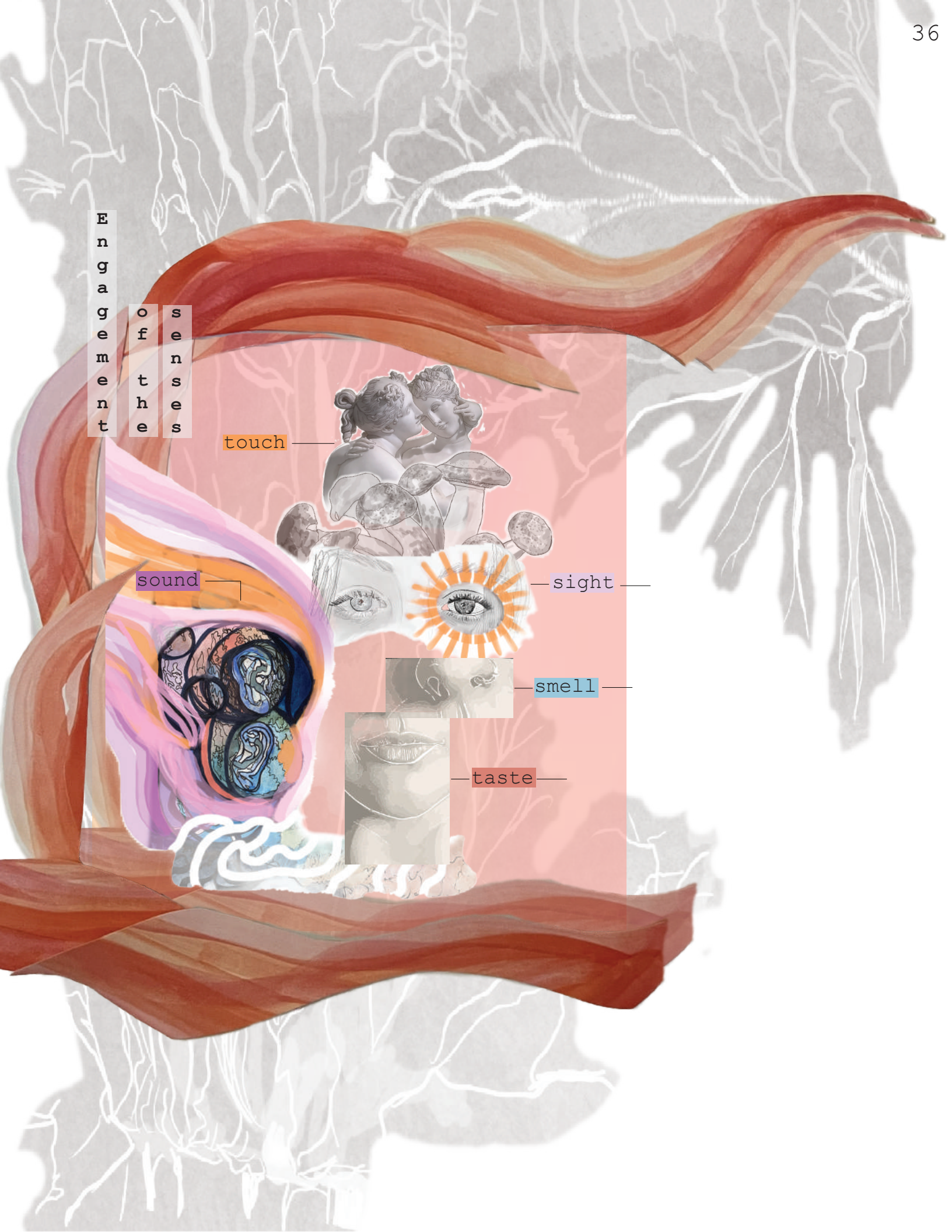
touch

sound

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smell

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Engagement  
of  
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senses

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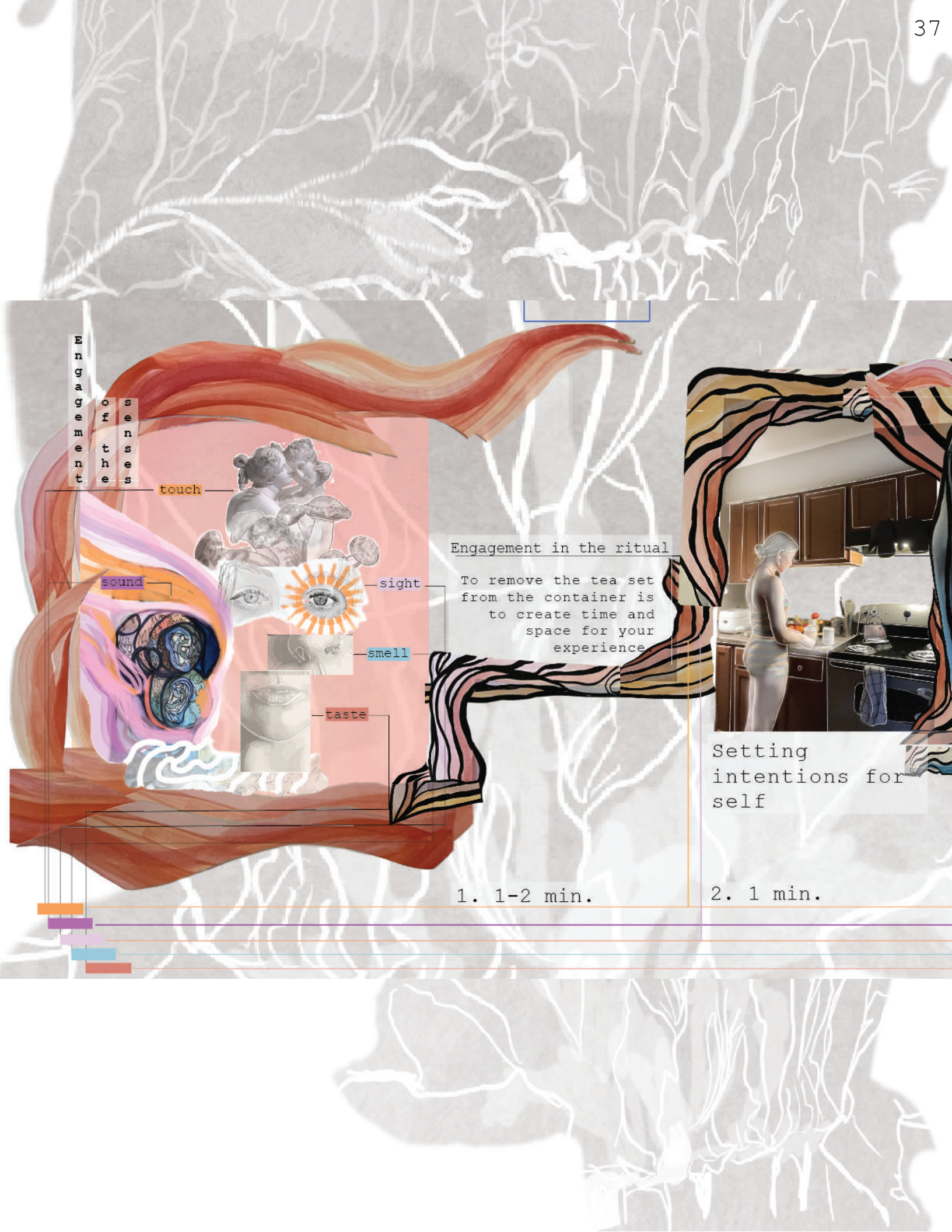
Engagement in the ritual

To remove the tea set from the container is to create time and space for your experience

Setting intentions for self

1. 1-2 min.

2. 1 min.



Focus on sound and the weight of the water within the teapot at the rate it fills

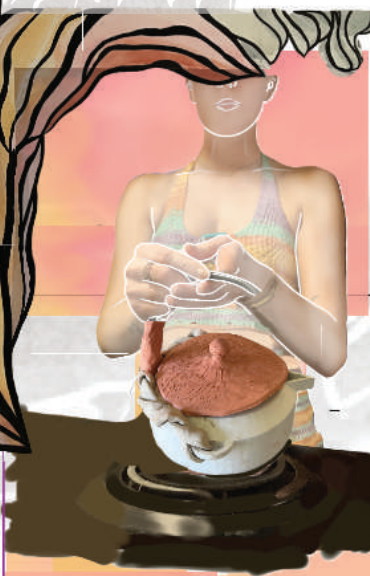


Consciousness of thought



3. 1 min.

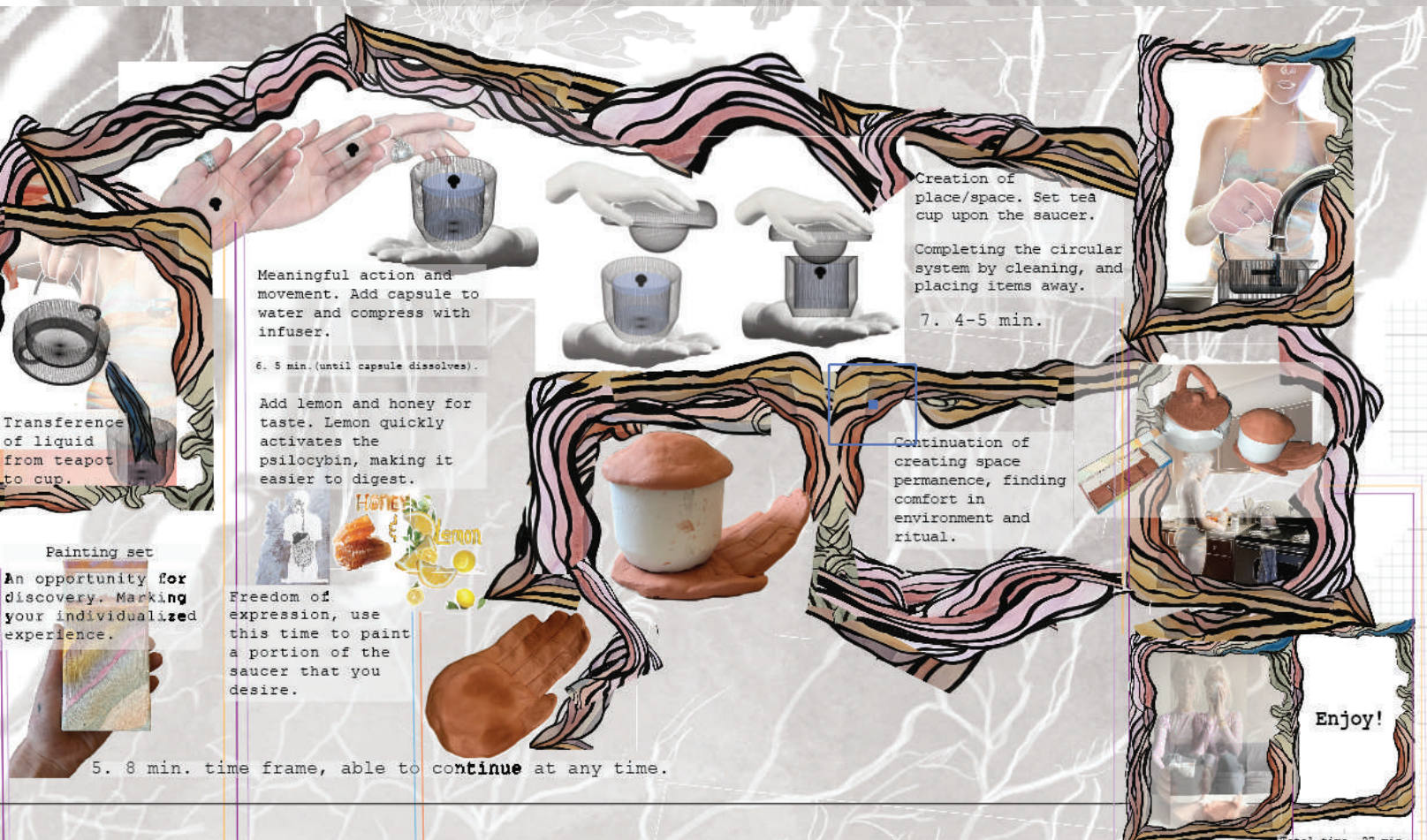
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Placement, movement, texture...Place the lid on the pot, and the pot on the stove top.

4. 8 min.





Transference of liquid from teapot to cup.

Meaningful action and movement. Add capsule to water and compress with infuser.

6. 5 min. (until capsule dissolves).

Add lemon and honey for taste. Lemon quickly activates the psilocybin, making it easier to digest.



Freedom of expression, use this time to paint a portion of the saucer that you desire.

Painting set

An opportunity for discovery. Marking your individualized experience.

Creation of place/space. Set tea cup upon the saucer.

Completing the circular system by cleaning, and placing items away.

7. 4-5 min.

Continuation of creating space permanence, finding comfort in environment and ritual.

Enjoy!

5. 8 min. time frame, able to continue at any time.

Total time -27 min.

8. 5 min. (at leisure)

## Prototyping and models

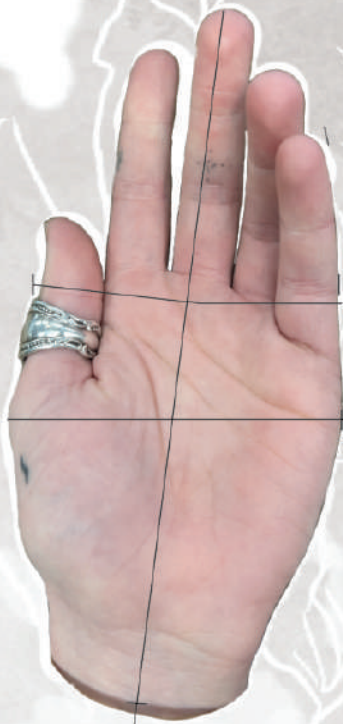
The intention of this tea set is to be simple with rounded details in comparison to a harsh Psilocybin experience.

The materials are Teracotta and stainless steel, to maintain proper temperature within the cup and for the tea pot to sustain high heat on the stove top.

Eventually I want to incorporate wood into the product. The materials are meant to be natural to bring the mushrooms ecosystem into the realm of the Human world, hence the stainless steel.



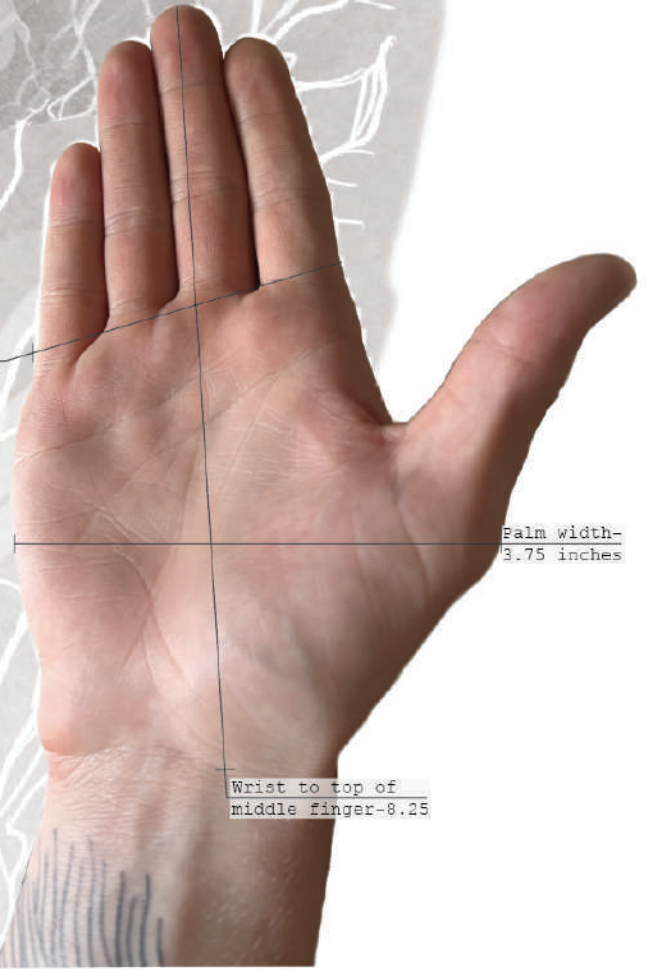
# Psilocybin Mushroom Tea Capsule-



Four fingers  
together 3  
inches

Palm width-  
3 inches

Wrist to top of  
middle finger-7.5

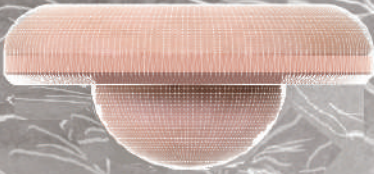


Four fingers  
together 3.25  
inches

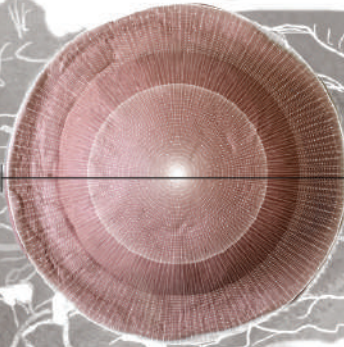
Palm width-  
3.75 inches

Wrist to top of  
middle finger-8.25

Tea infuser measurements-



height-2.5inches

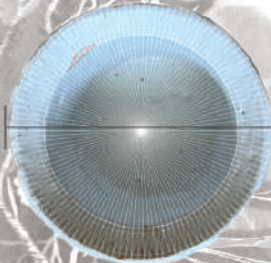


top-4.5inches diameter

Tea cup measurements-

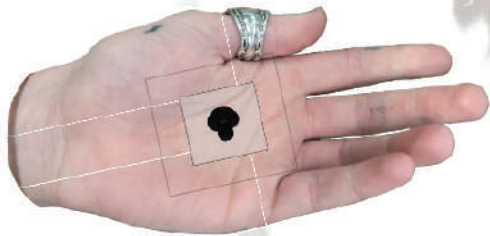


height-4.5inches

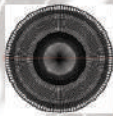


top-3inches diameter

Psilocybin mushroom tea capsule measurements-



To scale-



cap-1.5 cm across



base-.5 cm



stem height + bulb-2.5cm

base width-1 cm

stem height-2cm

pre-measured



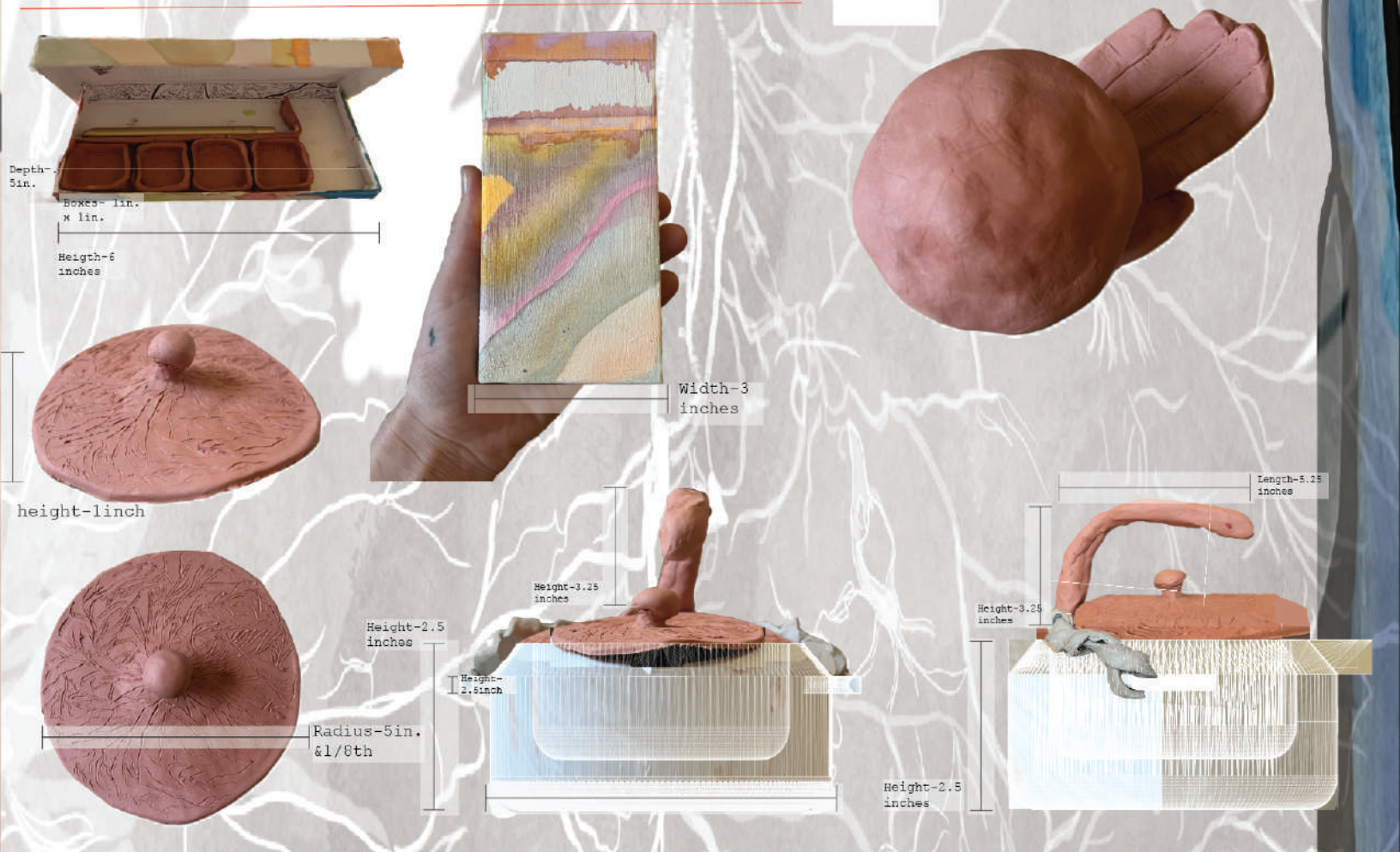
Your fingers together 3 inches

Palm width- 3 inches



Height-3.25 inches

Length-5.25 inches



Depth-  
5in.

Boxes- 1in.  
x 1in.

Height-6  
inches

Width-3  
inches

Length-5.25  
inches

height-1inch

Height-3.25  
inches

Height-3.25  
inches

Height-2.5  
inches

Height-  
2.5inch

Height-2.5  
inches

Radius-5in.  
& 1/8th



# Bibliography

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drugpolicy.org

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<https://www.dailymail.co.uk/news/article-2182992/Paintings-brain-neuroscientist-Greg-Dunn-inspired-Japanese-drawing-style-Sumi-e.html?ito=feeds-newsxml>



Special thanks to Eli  
Spearling for helping with  
the prototyping, and  
pouring the steel into the  
3d molds.