

The 5 most common entheogens.

These five are among the most **culturally rooted** and **ritually used** entheogens, not just due to their psychoactive effects, but because of the **spiritual frameworks** that surround their use.

Psilocybin Mushrooms (Genus: *Psilocybe*)

Active compound: Psilocybin (converted to psilocin in the body)

Used by: Indigenous peoples of Mesoamerica (e.g., Aztecs, Mazatecs)

Spiritual use: Visionary states, divination, healing ceremonies

Peyote (Lophophora williamsii)

Active compound: Mescaline

Used by: Native American Church and other indigenous groups in the Southwestern U.S. and Mexico

Spiritual use: Vision quests, healing, moral guidance

Ayahuasca (Brew from *Banisteriopsis caapi* + *Psychotria viridis*)

Active compounds: DMT (from *Psychotria*) and MAOIs (from *B. caapi*)

Used by: Amazonian tribes (e.g., Shipibo, Quechua)

Spiritual use: Deep healing, spiritual insight, communication with spirits

Iboga (Tabernanthe iboga)

Active compound: Ibogaine

Used by: Bwiti religion in Central Africa (Gabon, Cameroon)

Spiritual use: Initiation rites, ancestral communication, healing trauma

Salvia divinorum

Active compound: Salvinorin A

Used by: Mazatec shamans in Oaxaca, Mexico

Spiritual use: Divination, healing, contact with spirits

- **Set & setting** are crucial: All of these are traditionally used in **ritual or ceremonial** contexts, often with guides (shamans, curanderos).
- **Not for recreation:** While some are used recreationally today, their traditional role is **sacred and therapeutic**.
- **Legal status** varies: Some are legal in indigenous or religious contexts but banned elsewhere.

Plant / Substance	Origin & Culture	Active Compound(s)	Traditional Use	Primary Effects
<i>Psilocybin Mushrooms</i>	Mesoamerica (e.g. Aztecs, Mazatecs)	Psilocybin → Psilocin	Divination, healing, spiritual insight	Visuals, ego dissolution, emotional depth
<i>Peyote (Cactus)</i>	North America (Native American Church)	Mescaline	Vision quests, healing, moral reflection	Vivid visuals, introspection, clarity
<i>Ayahuasca</i>	Amazon rainforest (Peru, Brazil, Colombia)	DMT + Harmala alkaloids	Healing trauma, spiritual journeys	Intense visions, purging, insight
<i>Iboga (Root Bark)</i>	Central Africa (Bwiti religion)	Ibogaine	Initiation rites, contact with ancestors	Introspection, time distortion, rebirth
<i>Salvia divinorum</i>	Oaxaca, Mexico (Mazatec shamans)	Salvinorin A	Divination, healing rituals	Dissociation, alternate realities, short but intense visions