

m. h. h. benders

Manita / Luscaria
THE BOOK OF THE EMPRESS

Shhhhhroom series - Part I

Subtitled:

The Genuine Account of Humankind as Viewed through the Luminous Lens of the Fun-Gi: A Rekindled Journey Toward an Authentic Narrative and an Exploration of Myths and Legends that Reinforce the Innate Impetus for Humanity to Rediscover Utopia.

Integrating an Enchanting Compendium of Mystical and Shamanic Wisdom for Harnessing the Potent Power of this Beguiling Portal.



De Kaneelfabriek

© 2023 Martijn Benders / Stichting de Kaneelfabriek First print may 2023 Stichting de Kaneelfabriek Brabantsehoek 10, 5071 NM Udenhout Design cover and inner pages: Martijn Benders Some illustrations by Mavi Zee Benders Some others by the author or A.I.A. ISBN 9789083265490 | NUR 761

CONTENTS

Forewor	rd	7
Introduction by the author		8
Herstory		23
Herstory: philosophy		39
	The worlds first trip report?	41
	The shrinking brain	45
More myths and tales		61
Sappho		64
	Ambrosia and Aphrodite	64
	Ganymedes and other Greek legends	76
The Vedic World		
	Alien Races in the Veda	84
	Kali as the real deity representing Amanita	90
	The false chacra system	102
	Amrita or Soma?	107

Genesis		131
	Creation myth or anti-drug campaign?	131
	Scarlet Woman? Just our lovely Empress	135
	The smoking gun: the psychedelic works of Rembrandt	144
The Norselands		
	Norse and Icelandic Mythology	159
	The Mead of Poetry	168
	Pippi Longstocking	179
Celtic Lore		185
	The lost Book of Dromsneachta	190
	The yellow Book of Lecan	202
	The sickbed of Cú Chulainn	206
Germa	nics	209
	Hildegard von Bingen	190
	Snow White and Rose Red	217
	Rumplestiltskin	221
	Tijl Uilenspiegel	227

Sex with gnomes	
What can i say, its the Russians	230
Sami tribes	
The false myth of modern shamanism	237
How to use Amanita Muscaria	260
How dangerous is Amanita Muscaria	265
Why you can't really microdose Amanita	273
Amanita Muscaria is not a deliriant	275
The Seifing Dance	
Amanita as a healer	
Lyme disease	308
Fibromyalgia	319
Vitamin D and Serotonin Damage	321
Rheumatism	323
Flu	327

Anxiety	
Social Anxiety	332
Reducing mental noise	336
The disease of small ideas	338
Shamanic Use	
The Third Level	351
The Sexual Feedbackloop	358
Dynamic Time Compression	376
Forget reincarnation	385
The Boy Changed into a Stag Clamors at the Gate of Secrets	
Glossary	
References and citations	