

'Microdosing' Mushrooms Won't Heal Your Trauma, Jesus Will

Read Time: 2 minutes 20 seconds

Not too long ago, the people who used psychedelics were few and far between and most likely weren't your average coworker. Now—a new trend called 'microdosing' where people take small amounts of mushrooms for healing and spiritual connection is circulating across American culture.

Many states in recent years have legalized the use of psilocybin mushrooms for controlled use in therapeutic settings. With the COVID pandemic, extreme political polarization and depression through the roof people are searching for true purpose. They are taking the 'microdoses' of drugs and functioning in jobs and daily life.

Unfortunately, most of these people don't understand that they will never find a true spiritual connection that brings healing and wholeness outside of oneness with God. First Peter 1:3 says, "Blessed be the God and Father of our Lord Jesus Christ, who according to His abundant mercy has given us a new birth into a living hope through the resurrection of Jesus Christ from the dead."

Those who are proponents of the new trend are taking to social media to share their experiences. It's become a commonly acceptable trend that people in all walks of life are trying.

The National Library of Medicine conducted a study on the phenomenon of 'microdosing,' which is ingesting small amounts of mushrooms to help alleviate depression, anxiety and heal trauma. Each dose can last between one to two days. NLM says the trend started when James Fadiman released a book called "The Psychedelic Explorers Guide," then followed it up with a report in Rolling Stone magazine.

Brown University says rates of depression went up during the pandemic, citing a Lancet Regional Health study which says 32.8% of adults experienced elevated depressive symptoms. Physician and Epidemiologist Sandra Galea told Brown, “12 months into the pandemic, levels of depression remained high. The sustained high prevalence of depression does not follow patterns after previous traumatic events such as Hurricane Ike and the Ebola outbreak.”

Following the pandemic, people are hungry for emotional healing from trauma and they are looking to drugs for the answer. The world needs an encounter with the Holy Spirit. Christians that are filled with the Spirit of God contain within them the answer that these people are looking for. Believers are vessels for God to move.

People no longer want to be bound to the use of depression and anxiety medication and are looking for holistic options, but that is still not the answer. James 1:17 says, “Every good gift and every perfect gift is from above and comes down from the Father of lights, with whom is no change or shadow of turning.”

God is always at peak power. The world doesn't need 'microdosing' to heal them of their pain and trauma, they need Jesus Christ. Inside of you is the hope of glory Himself, and the world around you needs the light that you carry.

In a time where using drugs to heal wounds is an acceptable trend, be bold in your faith. Share your testimony of how Jesus has brought you from darkness to light because as you share what He has done for you, this opens the door for Him to do it again in the life of someone else. {eoa}

Shelby Lindsay *is an assistant editor for Charisma Media.*