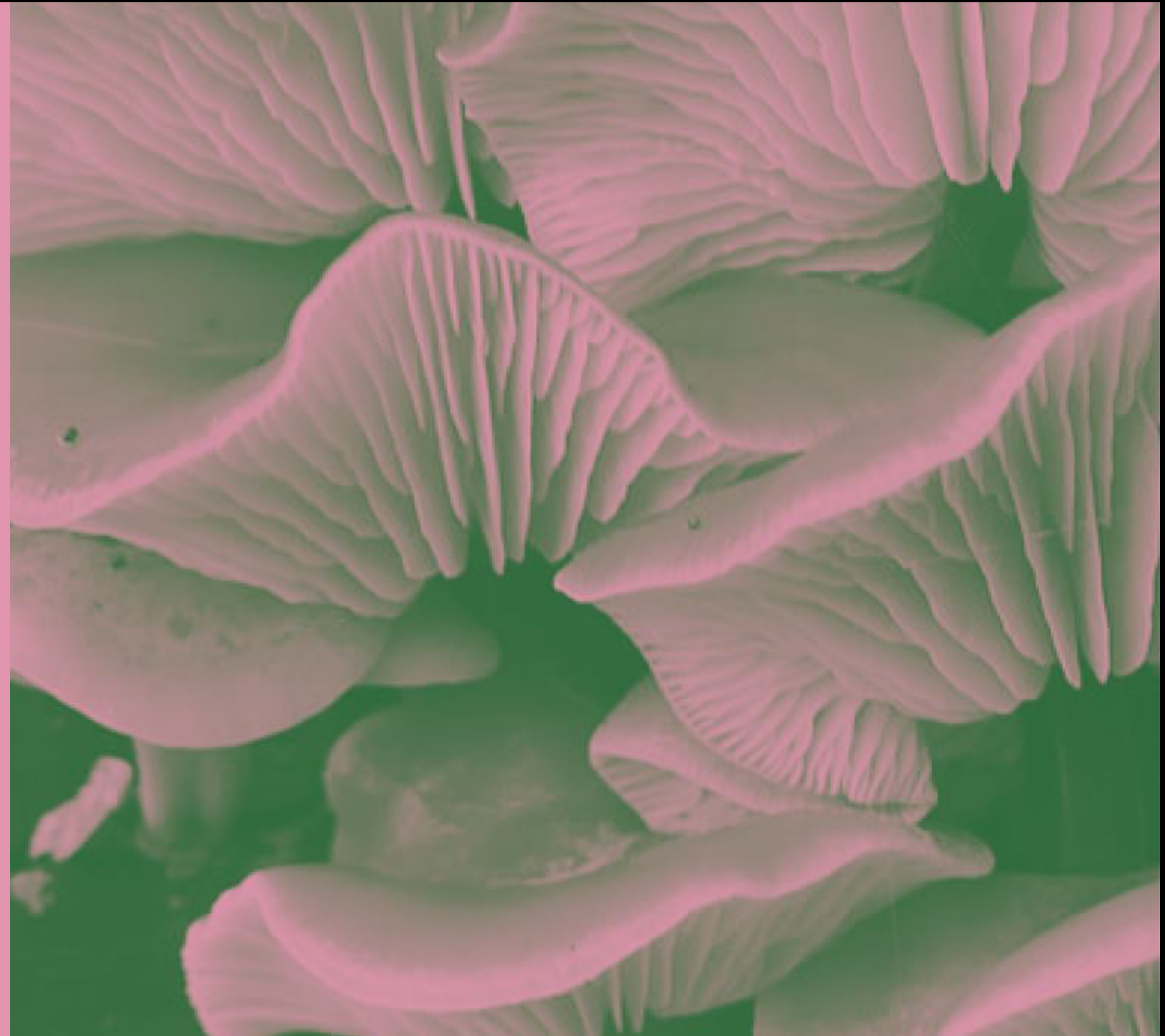


Mycelium as Mode

*An Investigative Deep Dive Into the
Future of Mushrooms*



Welcome

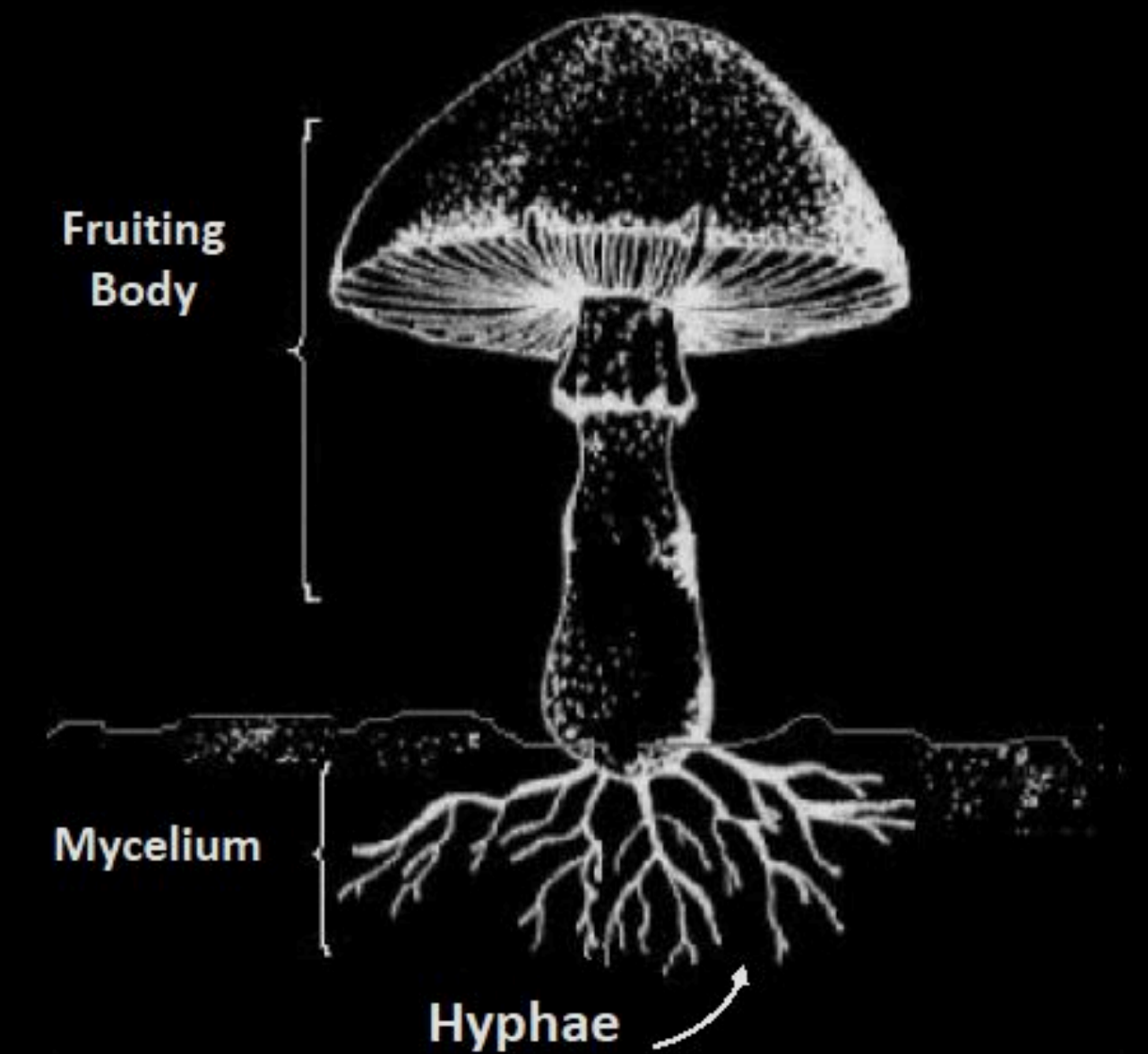
Baukunst Study Groups are short, collaborative projects where the participants dive into new areas of inquiry. Each Study Group is designed to inspire collective members both in their domain knowledge and in applying their brains, bodies, and spirits to wholly new directions.

In our first Study Group, Mycelium as Mode, we set out to inquire about the vast world of mushrooms, exploring the terrain from multiple vantage points — from wellness and investment in psychedelics — to materiality and even, mycelium as a metaphor for building.

Baukunst is a collective of creative technologists building companies at the frontiers of technology and design. It is our belief that the most interesting and transformative companies are built not by a ‘genius founder’ but in community with a network of individuals working in concert to pursue a central vision. We apply this perspective to how we inquire and learn.

Baukunst is committed to investigating, exploring, and improvising within a group setting in order to fuel one another’s ideas and elevate the quality of our discoveries.

Baukunst is leading pre-seed rounds from our inaugural \$100M fund. Reach out: hello@baukunst.co



Collective Study Group Participants

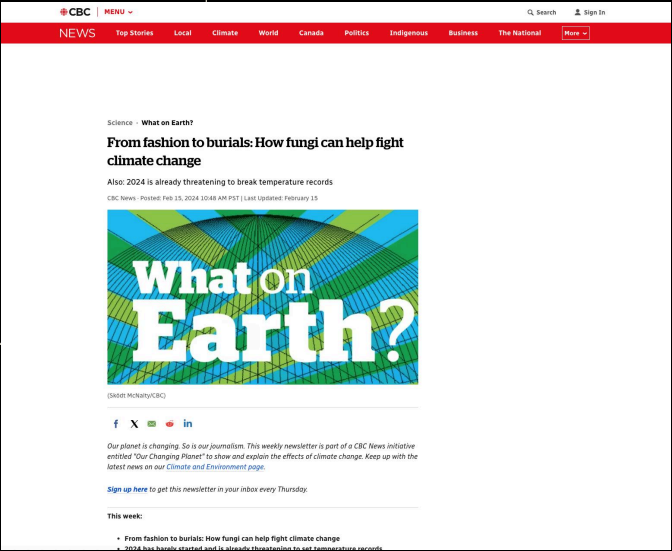
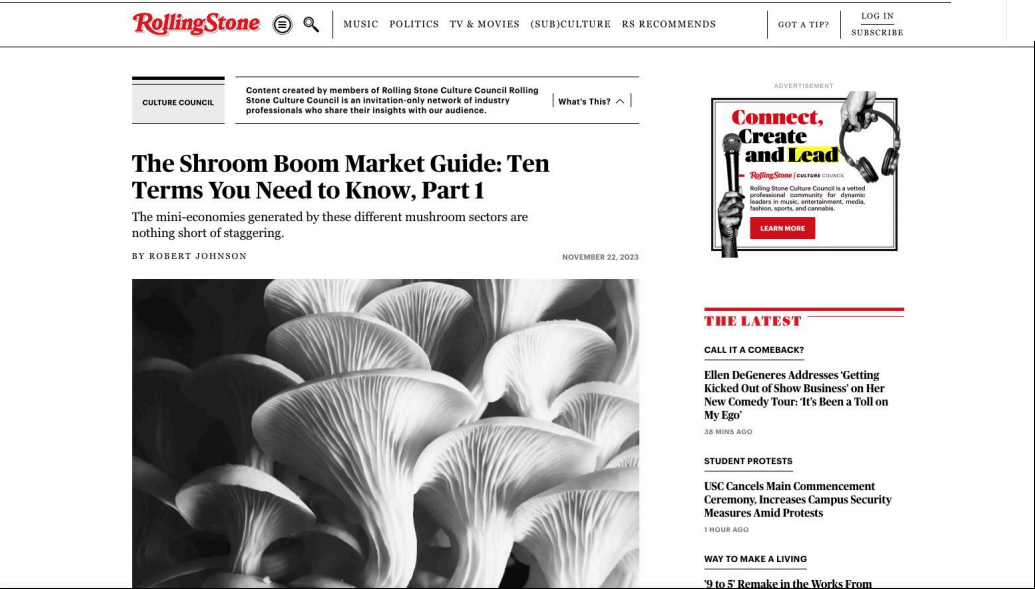
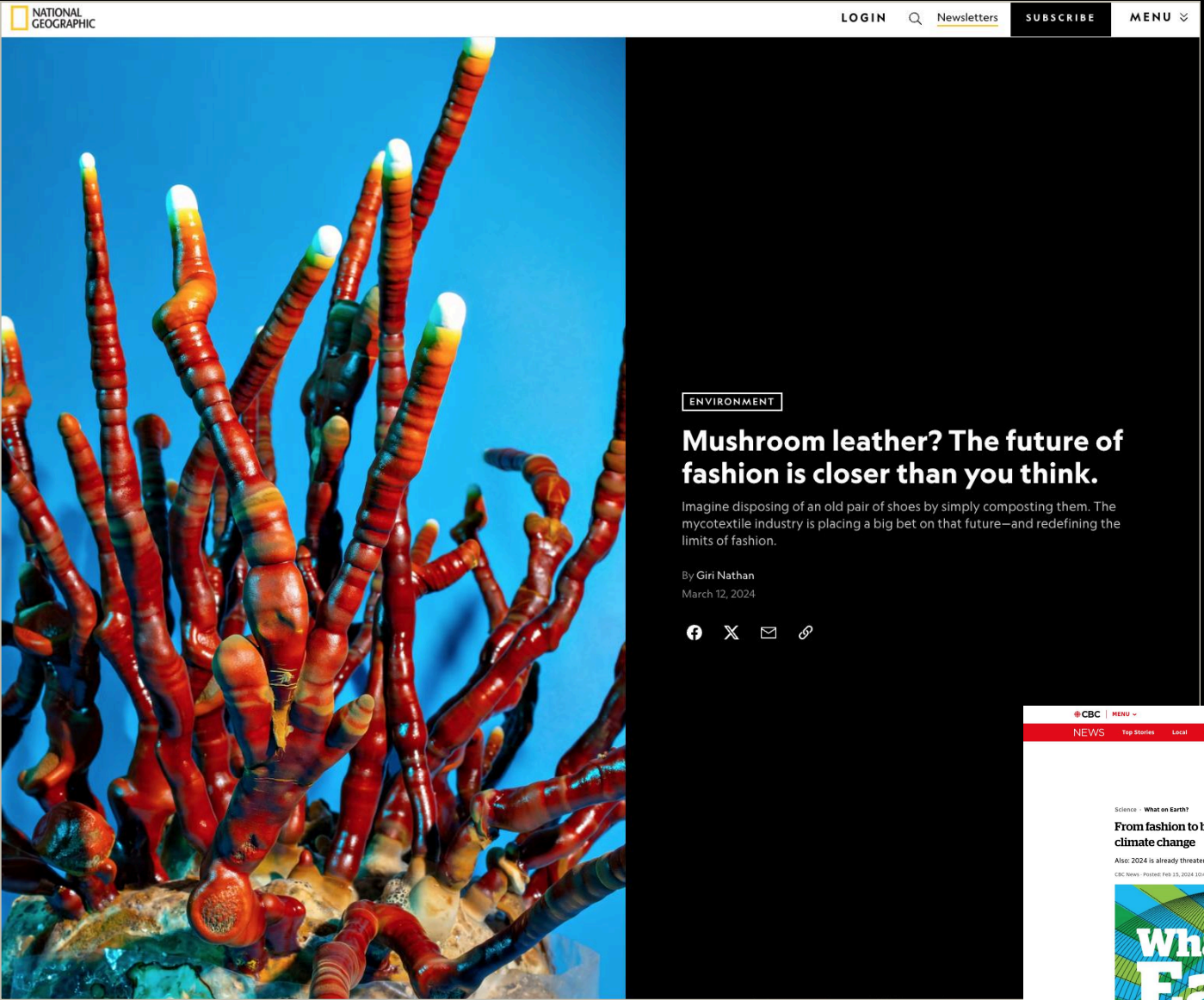
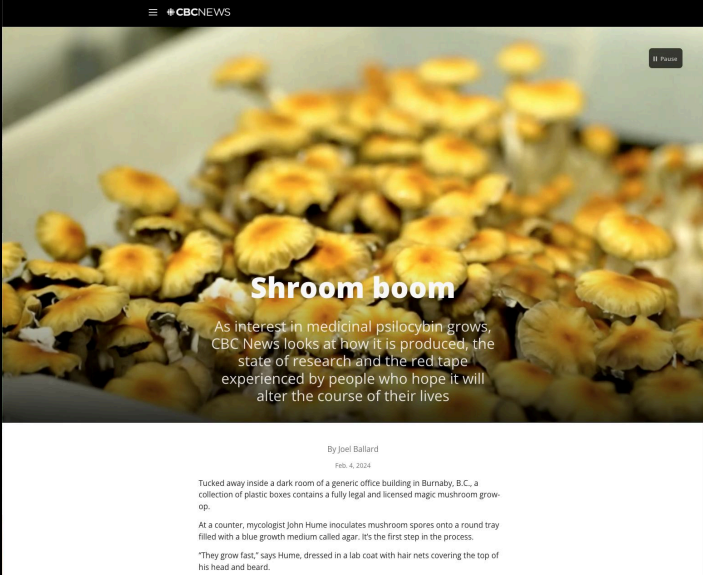
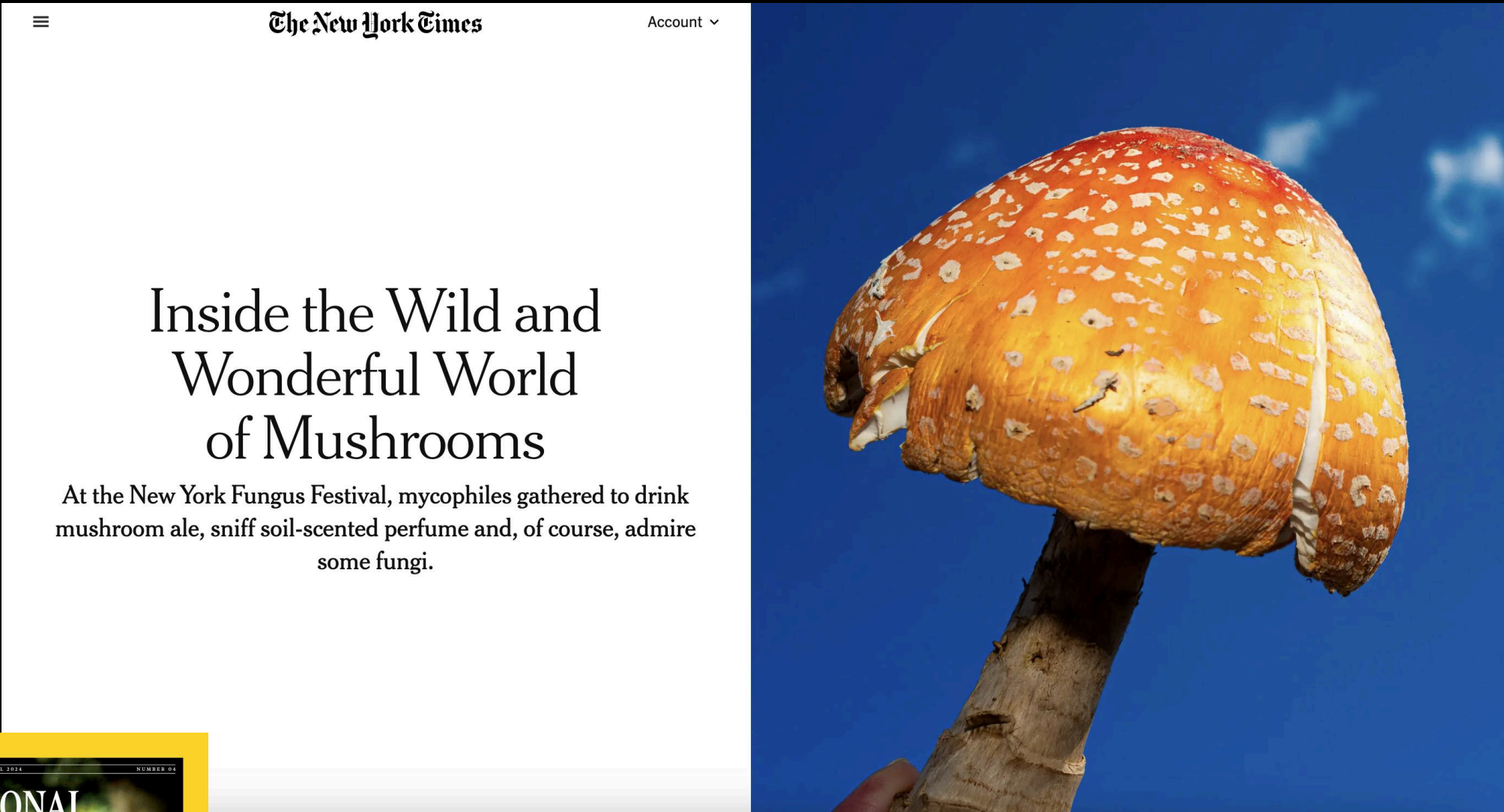
<u>Ben Handzo</u>	<u>Tyler Mincey</u>	<u>Daniel Saul</u>
<u>Jessica Zhou</u>	<u>Vicci Baigrie</u>	<u>Jason Lor</u>
<u>Greg Bresnitz</u>	<u>Vladimir Vukicevic</u>	<u>Josh Brewer</u>
<u>Haje Kamps</u>	<u>Jon Stevenson</u>	<u>Julian Siegelmann</u>
<u>Jose Mejia</u>	<u>Spencer Wright</u>	<u>Matthew Wozny</u>
<u>Jonathan Hennek</u>	<u>William Burke</u>	<u>Vic Alessi</u>
<u>Kate McAndrew</u>	<u>Charles Adler</u>	<u>Zach Herbert</u>
<u>Matt Verminski</u>	<u>Cameron Koczon</u>	<u>Jane McCarthy</u>
<u>Phil Markunas</u>	<u>Lauryn Menard</u>	<u>Ying Liu</u>
<u>Baillie Mishler</u>	<u>Nichole Rouillac</u>	<u>Greg Leppert</u>
<u>Sera Evcimen</u>	<u>Fern Massar</u>	<u>Matt Thoms</u>

Special Guests

Charlotte Cruze - <u>Alice Mushrooms</u>
Shane Heath - <u>MUD/WTR</u>
Matt Thoms - <u>Baukunst</u>
Alex Lauritzen - <u>The Mushroom</u>
Maria Velkova - <u>Tabula Rasa</u>
Mikaela de la Myco - <u>mushWOMB</u>
Jerome Tavé - <u>10th Floor Studio</u>
Kyle Lawson - <u>10th Floor Studio</u>
Jennifer DeRuff - <u>Minister of Sacred Practices</u>



*Mycelium is having
a moment.*



Key Insights



Wellness

Consumers Contemplating Wellness

Consumers are turning to functional mushrooms to reduce dependency on alcohol, caffeine & pharmaceuticals such as Ritalin.



Investment

Psilocybin- Assisted Therapy

MDMA-assisted therapy for PTSD is up for FDA approval in August 2024, and Psilocybin-assisted therapy for PTSD will follow in Q1 2025 thanks to the work of The Multidisciplinary Association for Psychedelic Studies (MAPS).



Psychedelics

Psilocybin as a Religious Sacrament

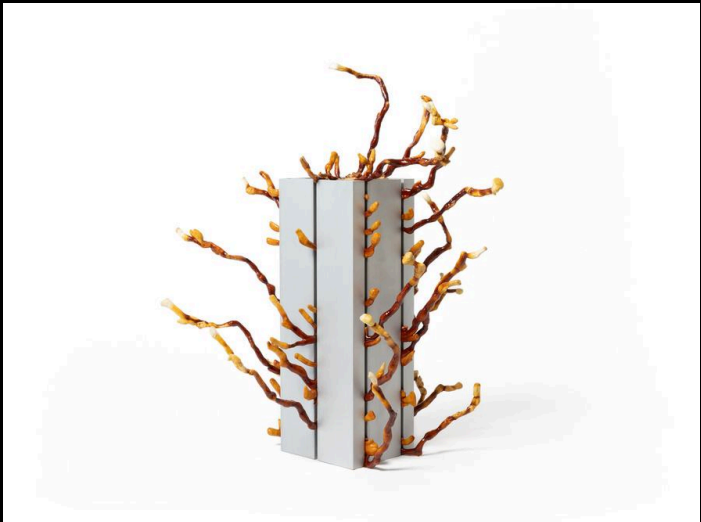
Under the Religious Freedom Restoration Act (RFRA), organizations like the Congregation for Sacred Practices (CSP) are legally allowed to serve controlled substances as a sacrament in practice of their religion.



Investment

Building Cultural Competency

There's a tension between capitalist adoption of psychedelic medicine and indigenous tradition that needs to be handled with care. The onus will fall to entrepreneurs to build cultural competence into their approach.



Materials

Harmonious Nature-Tech Integration

Art and design explorations with mycology suggest a possible future where the industrial/ technological and the natural work together in harmony.

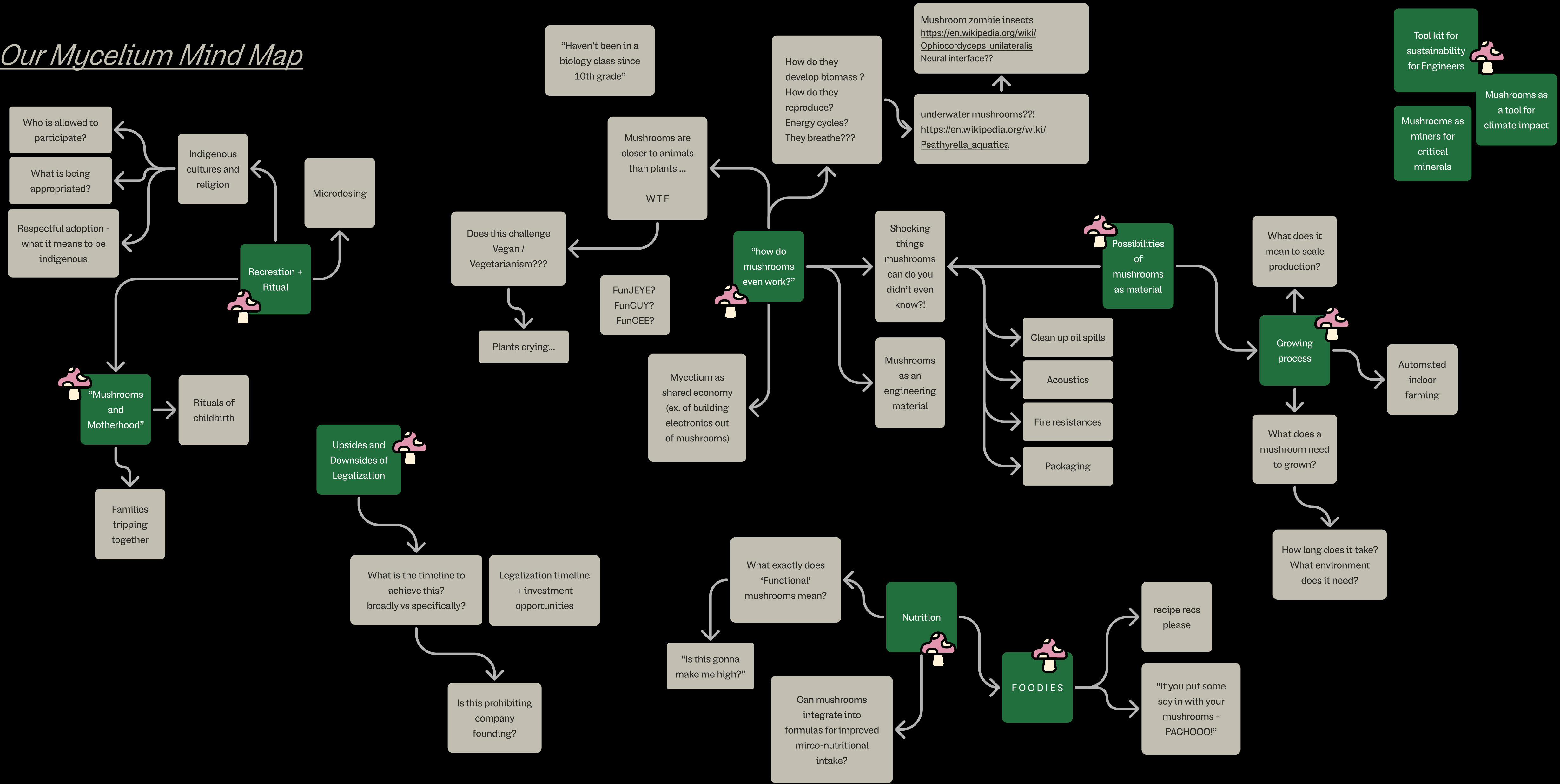
*“I’m here for an emergent
way to make stuff.”*

-Spencer Wright

Investigations

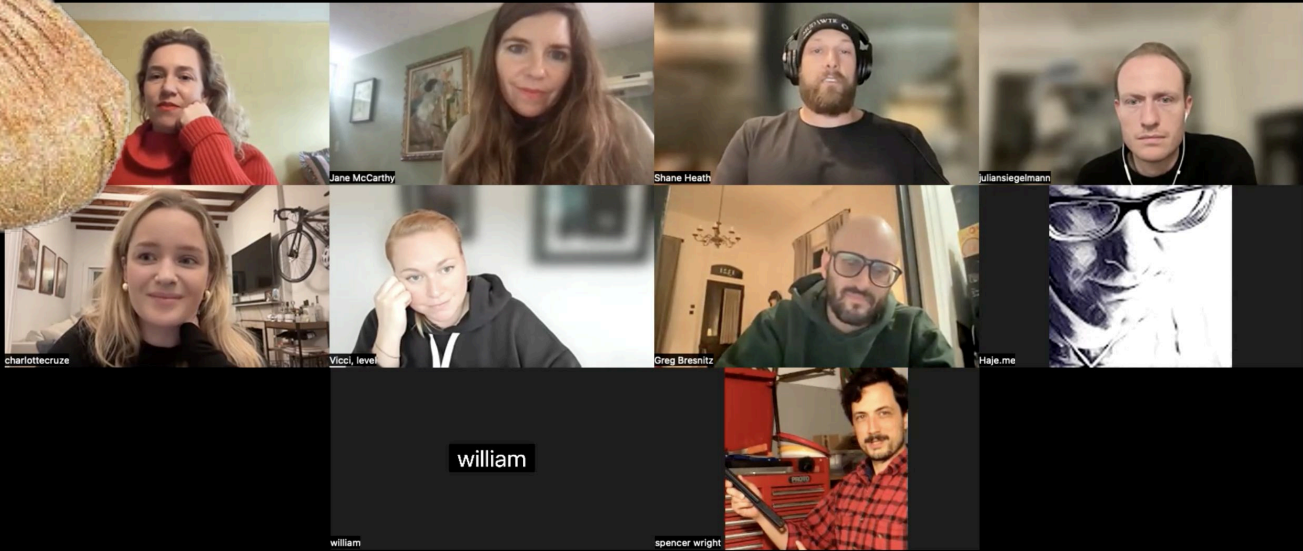
Section	Section Name	Page No.
01	Wellness	11
02	Materials	24
03	Psychedelics	35
04	Investment	52
05	Metaphor	69
Appendices		
A	Media Library	81
B	About Baukunst	84

Our Mycelium Mind Map



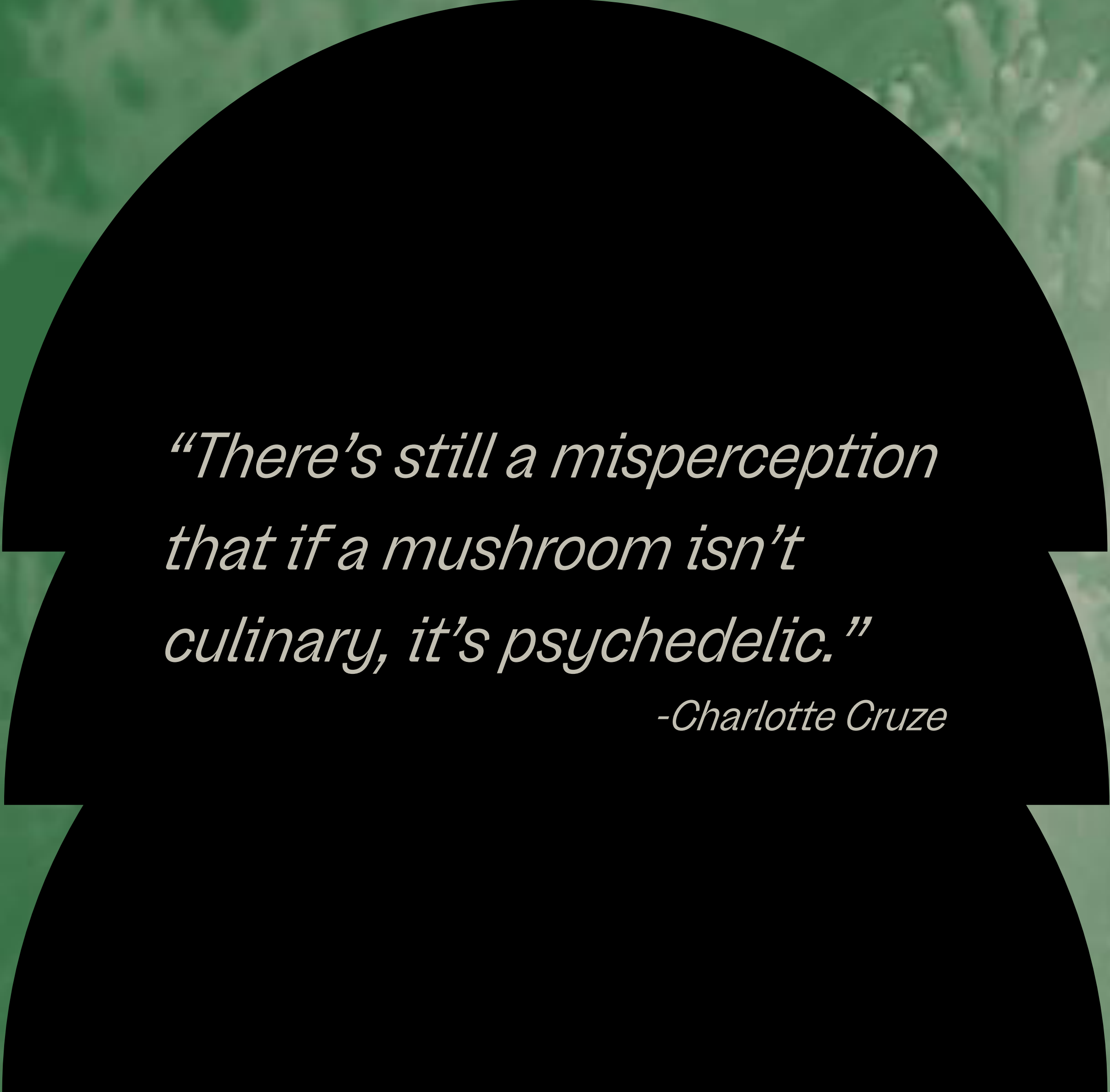
“An expansive, big tent topic like this is super interesting. I'm curious to see what other use cases are possible with mushrooms.”

-Greg Bresnitz



Wellness



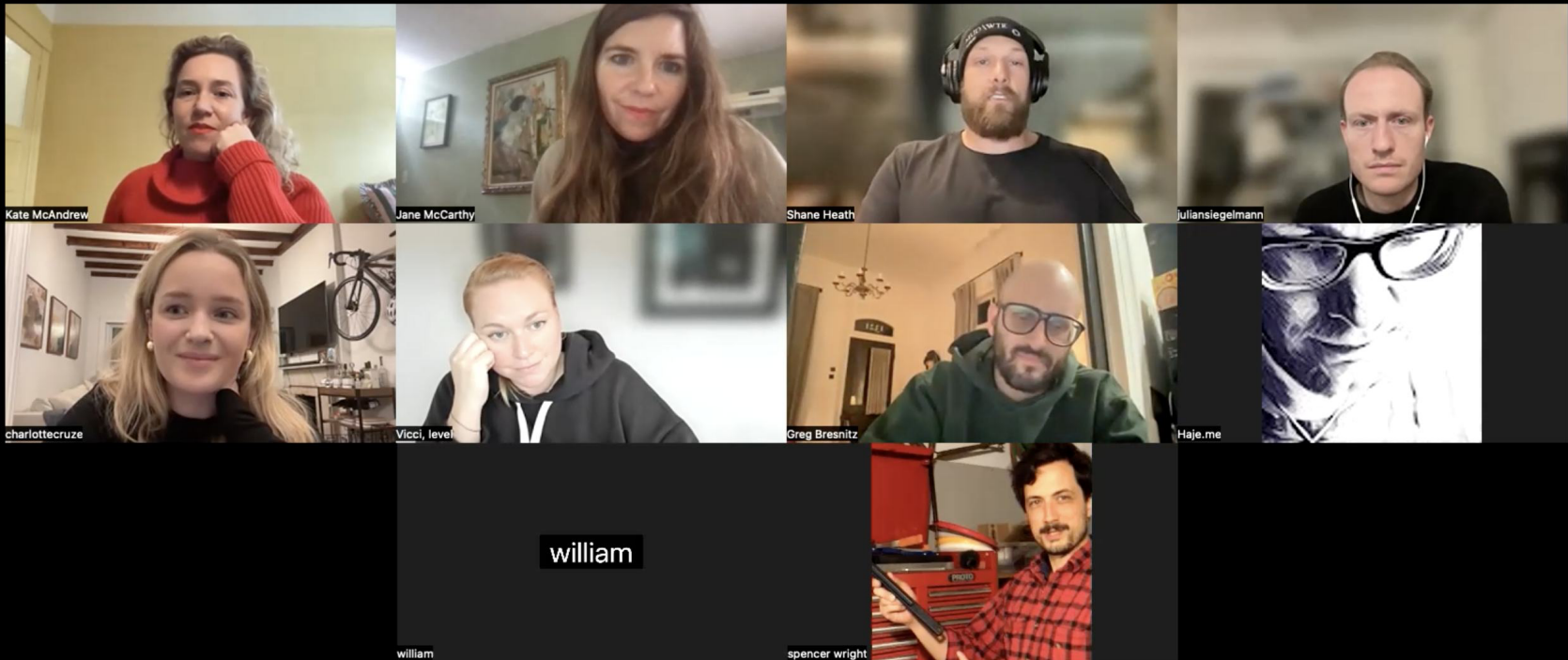


*“There’s still a misperception
that if a mushroom isn’t
culinary, it’s psychedelic.”*

-Charlotte Cruze

Tuesday, February 20, 2024, 4:00pm PST / 7:00pm EST

We talked to two founders about the consumer confusion and the opportunity of becoming a trusted partner in people's wellness journeys



Special Guest Speaker

Charlotte

Cruze

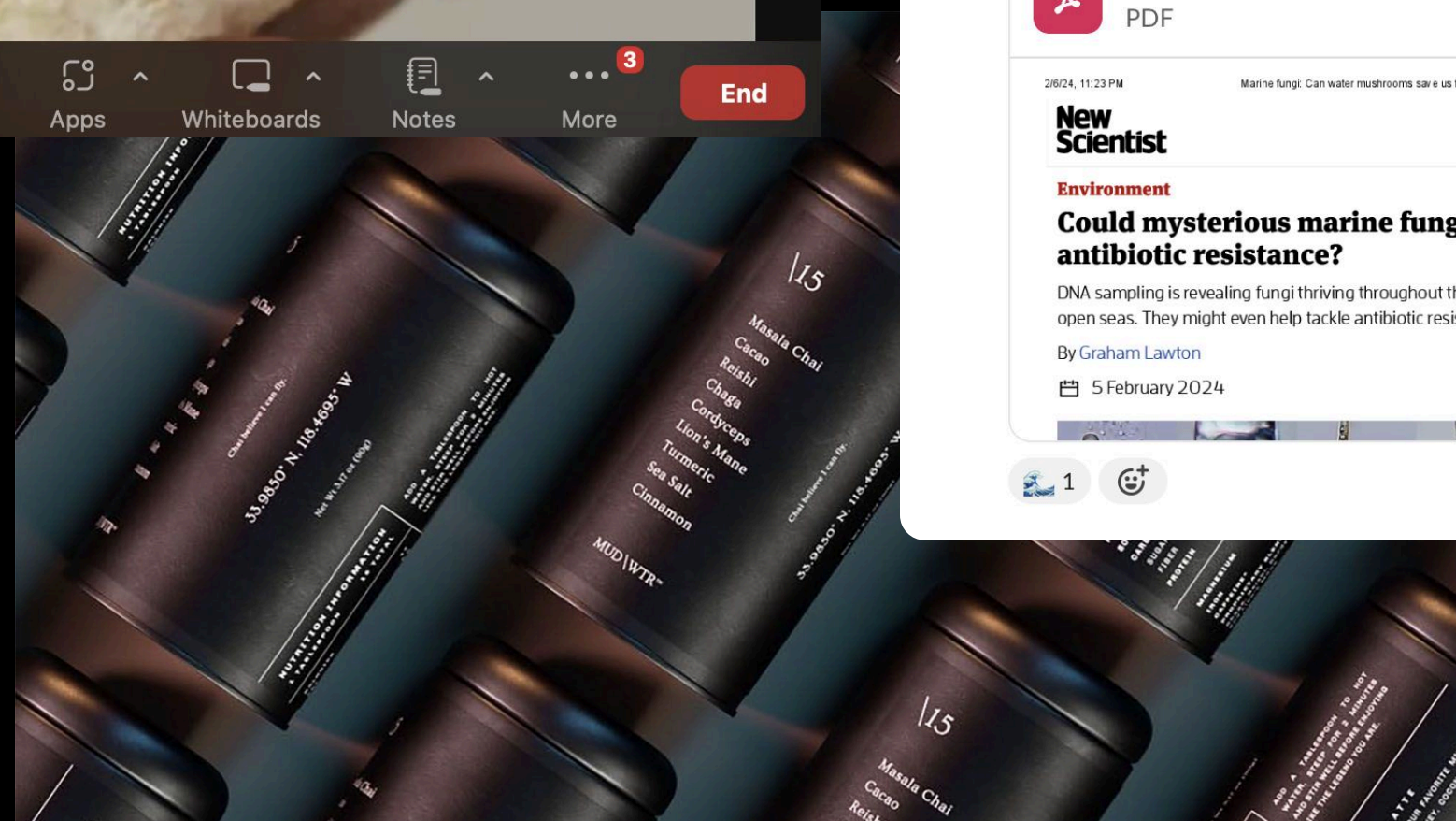
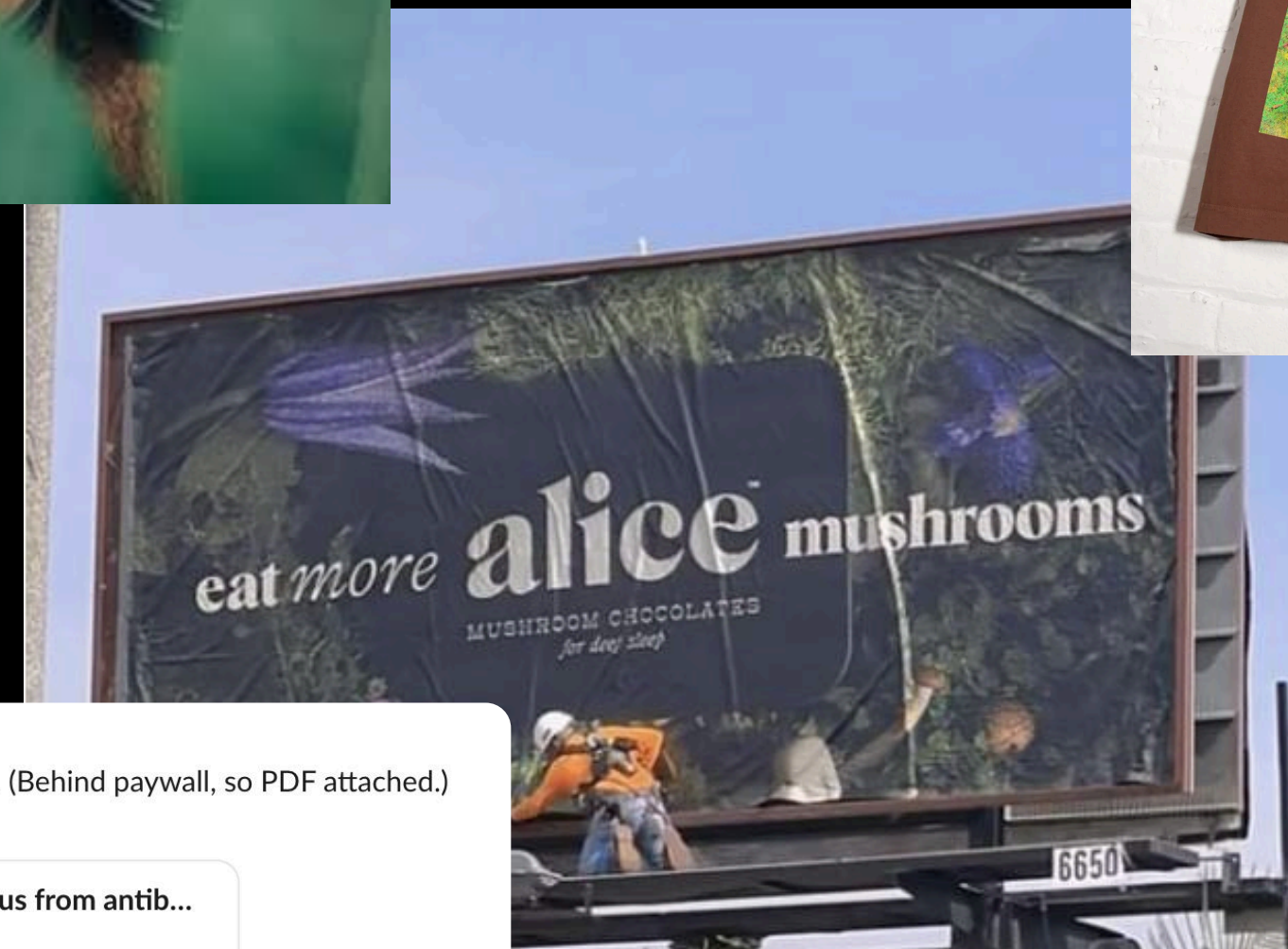
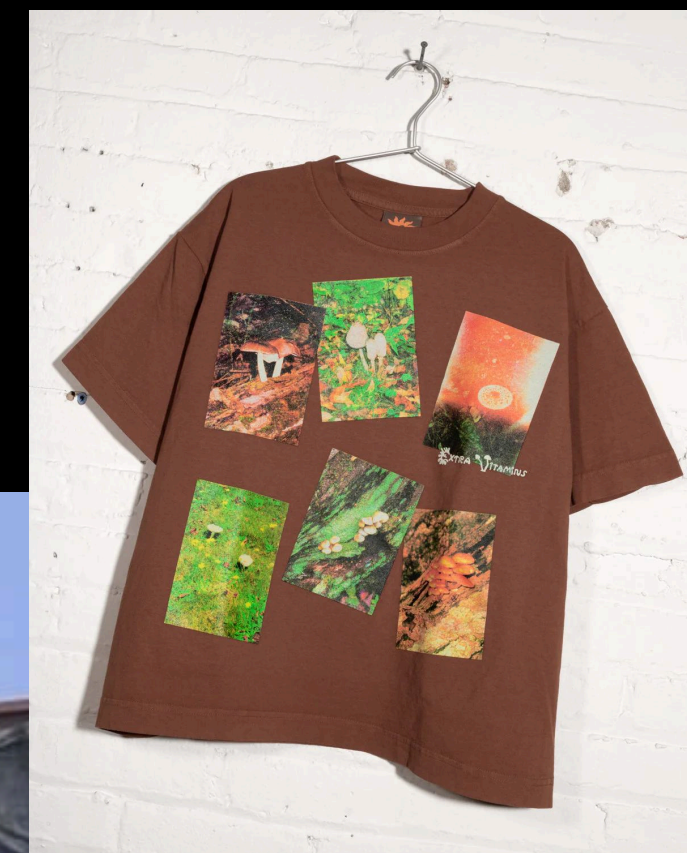
Co-Founder, Alice Mushrooms

Alice is a functional mushroom chocolate brand created by Lindsay Goodstein, a creative director, community-builder, and former pharmaceutical executive who has spent years studying mushrooms, and Charlotte Cruze, a food scholar and wellness authority who has built inventive, forward-thinking food brands. The duo spent two years collaborating with homeopathic doctors, formulators and generational chocolatiers to develop naturally indulgent treats that highlight the power of mushrooms.





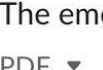
**"It's good to 'my-
SEE-lium' you all"
-Haje Kamps**



MUD\WTR

"WHENEVER
YOU FIND
YOURSELF
ON THE SIDE
OF THE
MAJORITY,
IT'S TIME
TO PAUSE
AND
REFLECT."


MARK TWAIN



Vladimir Vukicevic · 6:56 PM

The emerging research on marine mushrooms. (Behind paywall, so PDF attached.)

PDF ▾



Could mysterious marine fungi save us from antib...
PDF

2/8/24, 11:23 PM

Marine fungi: Can water mushrooms save us from antibiotic resistance and pollution? | New Scientist

New Scientist

Environment

Could mysterious marine fungi save us from antibiotic resistance?

DNA sampling is revealing fungi thriving throughout the oceans, from hydrothermal vents to the open seas. They might even help tackle antibiotic resistance and clear up plastic pollution

By [Graham Lawton](#)

📅 5 February 2024

Special Guest Speaker

Shane

Heath


Founder, MUD/WTR

MUDIWTR offers a unique coffee alternative, blending organic mushrooms like lion's mane and chaga with spices such as turmeric and cinnamon. Designed to enhance mental clarity and vitality, its products prioritize health, sustainability, and a mindful lifestyle over traditional caffeine reliance. The brand stands out for its commitment to quality and fostering a wellness-centered community. Watch their new brand video [HERE](#).



"One of the most impactful things you can do to develop a relationship with someone is change their mind about something. People don't forget that....If you can get somebody to make the switch in their mind, they're with you."

-Shane Heath



Building a Functional Mushroom Brand

On an era of consumers questioning their habits and contemplating wellness...

SH: “Brands are these social sculptures that can shift the direction of culture and I was inspired to make this positive shift by evolving how people find energy.”

One of the exciting things about interest in the mushroom space is it’s a proxy for people being interested in their well-being, and specifically their mental well-being. There’s this underlying energy in the youth — we’re more attracted to finding out who we really are and getting back to that through what we put in our body.

This mentality is transforming alcohol — with people asking ‘why’ : *Why am I drinking this? Do I really like the taste of vodka cranberry? Oh I kind of don’t. Do I like how it makes me feel? Oh I don’t. Oh I’m just doing it because I’ve been doing it. What does it look like if I don’t do it? Oh, not that different. And then the next day I feel amazing. Oh, okay. Maybe I’ll have some Alice Mushrooms instead tonight.*

SH: “The deepest purpose of our company is to give people agency over their decisions. ”

It doesn’t matter if they choose us. If people ask that why question and figure out their drumbeat and start to march to it, that’s the win. Timothy Leary said, “If you don’t have a plan, you become part of someone else’s.” That’s where I was — I was following the crowd and I felt like shit. Once I paused, took time to unlearn and relearn, it wasn’t like my life looked that different from the outside but I was intentional about the things that I did, intentional about the things I put into my body. And I think products like ours can be lead dominoes into that. Ten years ago, Kombucha was like that for me. I remember bringing it home and my college roommates were like, WHAT is that??? And I was like, I’m drinking it. I don’t care what you think. It was a small little step of saying, I don’t care what you think. I’m going to do what makes me feel good. I think something as little as that could transform the world in a massive way.

On the importance of education in an emerging market...

CC : “We could have launched our business 6 months sooner but didn’t because we hadn’t yet found a sourcing partner we felt proud of.”

There’s so much shady sourcing and really bad quality mushrooms out there. When you’re in an emergent market, there are bad actors who try to take advantage of that. A big reason we’ve put so much educational material on our website is that there’s no third party, regulatory body that can give us a stamp of approval. At least for now, so much of establishing credibility with the consumer falls on the brand — both to present a very trustworthy exterior and to back it up with knowledge.

If you go to Erewhon or just see some Instagram marketing, you’ll find brands using language like “micro-dose” and other terms associated with psychedelics when speaking about functional mushroom products. That really grinds my gears, because it sets everything back for all of us. It just creates more consumer confusion.

On the consumer education gap...


CC: “The education gap is so big. The wellness knowledge in coastal cities like LA/ NYC is not mirrored everywhere.”

There’s still a misperception that if a mushroom isn’t culinary, it’s psychedelic. I get 4-5 emails a day from customers that ask “will I fail a drug test?” That alone shows such a gap in terms of what people understand functional mushrooms to be and what to do. There’s so much to be done.

SH: I think what’s playing on the side of mushrooms is that they have been used in culinary context for forever. They have been consumed safely and they are sold at Safeway already. To Charlotte’s point, there is a massive education gap, and there is still a lot of stigma in people’s minds. We get the same emails. One of our first FAQ’s we put on our site ever was “Will this get me high?” because it was very frequently asked.

CC: The responsibility falls to brands to educate consumers and build trust.



A man with a beard and short hair, wearing a dark sweater, is shown in profile, smiling and speaking into a microphone. The background is a blurred indoor setting. The image is overlaid with a green tint and a large black rounded rectangle containing white text.

"Given all that's still unknown about functional mushrooms (and other adaptogens), it presents an opportunity to provide people with personalized systems for monitoring and understanding the impact on their own bodies."

— Tyler Mincey

Functional Mushrooms



Shitake
cardiovascular health, antioxidant support, gut health



Cordyceps
cardiovascular health, energy & stamina, longevity



Lions Mane
cognition & mood, mental clarity, nerve health



Turkey Tail
gut & microbiome health, immunity, liver detoxification



Reishi
antioxidant support, longevity, immunity



Maitake
blood sugar regulation, cardiovascular health, immunity



Chaga
respiratory health, antioxidant support, liver detoxification

Wellness Insights



Wellness

Consumers Contemplating Wellness

Consumers are turning to functional mushrooms to reduce dependency on alcohol, caffeine & pharmaceuticals such as Ritalin.



Wellness

Long-Term Benefits Require Motivation

Functional mushrooms must be taken daily at medical-level doses to be effective.



Wellness

“It’s a Little Like the Wild West Out There”

Lack of regulation in the supplements space means there’s a proliferation of brands with dubious sourcing, dosing, and efficacy.

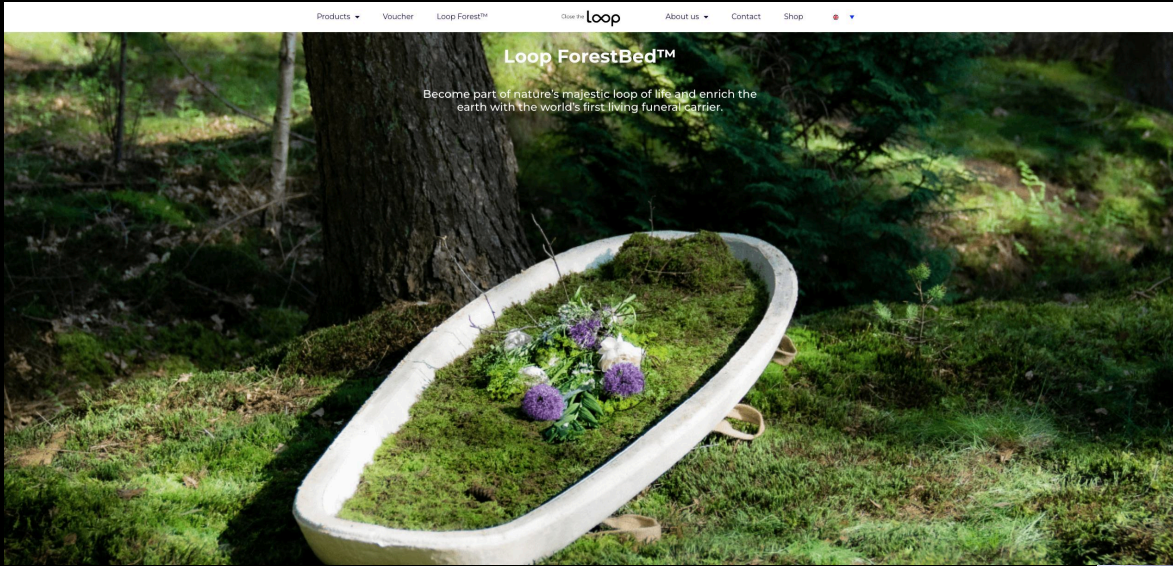
Quote : Shane Heath



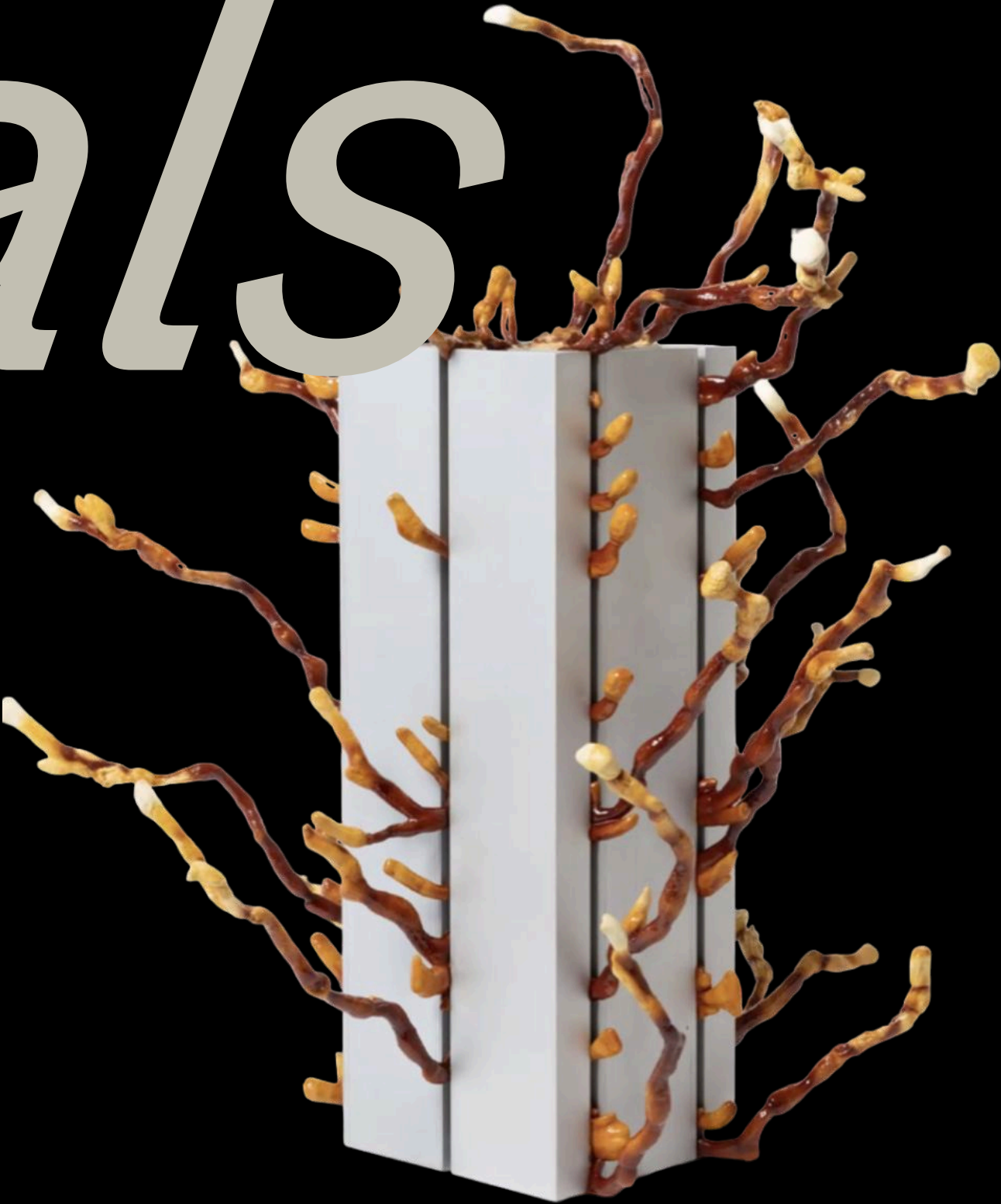
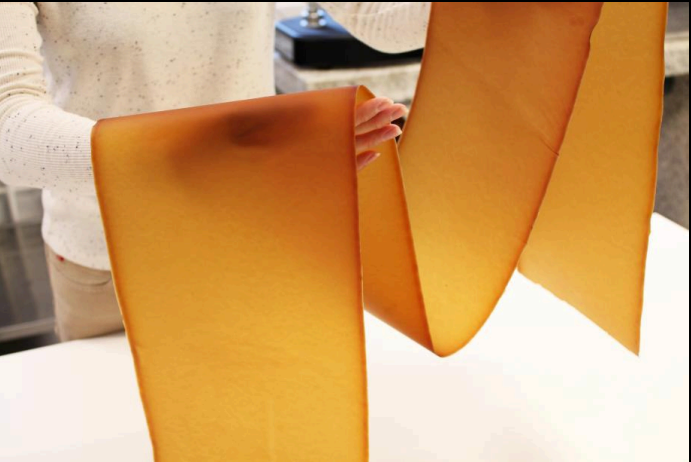
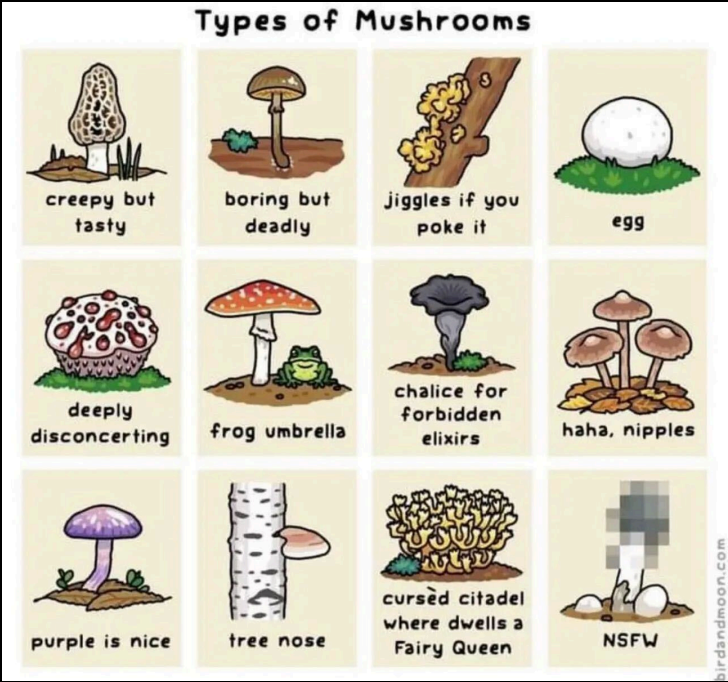
Wellness

Healthy Minds, Healthy Habits, Healthy Margins

If brands can successfully establish a new ritual in consumers' daily lives, there’s the potential for high margin, recurring revenue.



Materials



“Contemporary culture puts pressures to execute the vision we have. [But] working with fungi forces you to make room for the unexpected.”

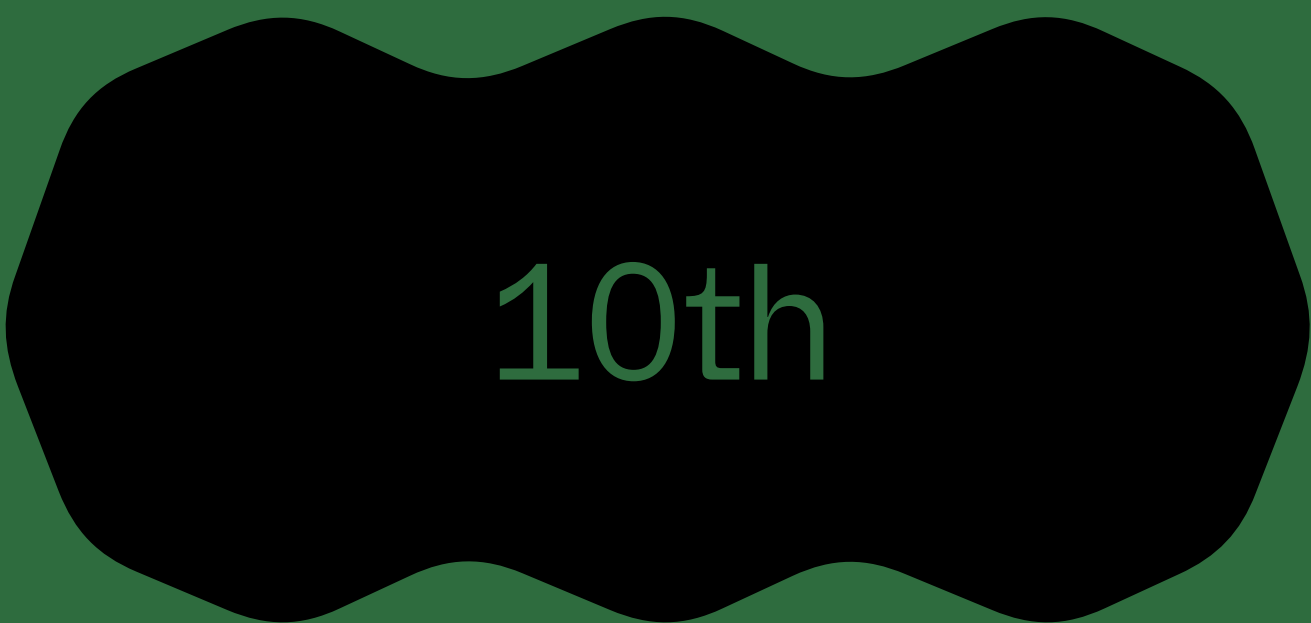
— Jerome Tavé

Monday, March 18, 2024, 3:00pm PST / 6:00pm EST

*We dove into applications for mushrooms
and learned how the mushroom can be a
collaborator in the process*



Special Guest Speaker



Founders, Jerome Tavé and Kyle Lawson

10th Floor Studio is a conceptual art studio operated by Jerome Tavé and Kyle Lawson focused on creating works that envision futures we want to see and build together. They take a thematic and conceptual approach to their work with mushrooms as a medium, exploring ways for technology and nature to exist harmoniously together



Zoom Meeting

10F Price List


10th Floor Web

Submissions

10th Floor Studio - Work & Process I

Baukunst - 10th Floor Studio - Wo

10TH FLOOR STUDIO



043 - Air Company

GOB

Mycelium as Mode - Studio

New file

03:00

Mycelium as Mode - Studio

THOUGHTS AND PROVOCATIONS

w/ guest :
10th Floor Studio

thematic and conceptual approach and mushrooms as a medium

"I feel like my mom right now" -KYLE, trying to figure out Zoom's update

studied together, fine art based, industrial design background

These questions:
how do we create conditions for interspecies collaboration?
how do we celebrate that we are part of natural world?
What lessons can we learn from our extractive pasts and present?
how can decompositions facilitate culture change?

first project -
speculative furniture that grows with mechanical features within
bars with nylon webbing

Cinder Block -
What is a symbol of strength? recreated with mycelium, something delicate and intricate

develop the engineering cavities that mycelium will be introduced

Additive/ Subtractive -
carving away forces mycelium to fuzz out, resulting in new fruiting bodies that were not expected
fruiting bodies seek the air and light
aluminum x fungi - contrast

Process :
what goes into making a piece
Hyphal Fidelity
exploration of sound and acoustics - when density is right, mycelium has great performance

Step 1 -
Mycology
Invest in the tools as soon as possible
-flow hood for sterile environment "invisiible bubble"
"so many years of botched experiements from containimnets"
Inject 'mushroom soup' into sterile bag of feed material

a challenging reoccurring theme when working with bio materials is hte timing element

10th Floor Studio's practice is built on these central questions...

- How do we create the conditions for interspecies collaboration?
- How do we celebrate that we are part of the natural world?
- What lessons can we learn from our extractive past and present?
- How can decomposition facilitate culture change?






“Each organism has so many different qualities. Lifetimes and lifetimes of research could go toward learning about what mycelium can do.”

— Kyle Lawson


What We Discovered Can Be Made Out of Mushrooms

**Kate McAndrew** 10:20 AM


WHOA mycelium surfboards?

Thursday, March 21st

that sounds amazing


**cadler** 10:21 AM

That seems totally smart and a great entry market frankly given the "vibe". Ripcurl would be a good partner too, if anyone is familiar with that brand and their interest in material science / the environment.

**Kate McAndrew** 11:46 AM


Agree. Surfers hate plastic.

Not sure what kind of foam is used on most boards but I imagine this material would play well

**Jane McCarthy** 2:07 PM


Ecovative has been exploring this for some time now, among others. Doesn't look like anyone has caught the wave yet but there's interest about it.


<https://www.surfer.com/blogs/mushroom-surfboards>

**Surfer**


Mushroom Surfboards


Well, somebody stole your fantastic idea. You know that plan you had to grow super strong, biodegradable foam out of mushrooms, and then mold that foam into an eco-friendly surfboard blank? Too late. (333 kB)






e #studio-mycelium-as-mode







Surfboards




Leather




Packaging



Acoustic Panels




Oil Spill Solution

**William Burke** 7:42 AM


Fungal computing power.


https://youtu.be/5mlWo6dgTml?si=-QX_fx3U9xoE2gBy

**YouTube**

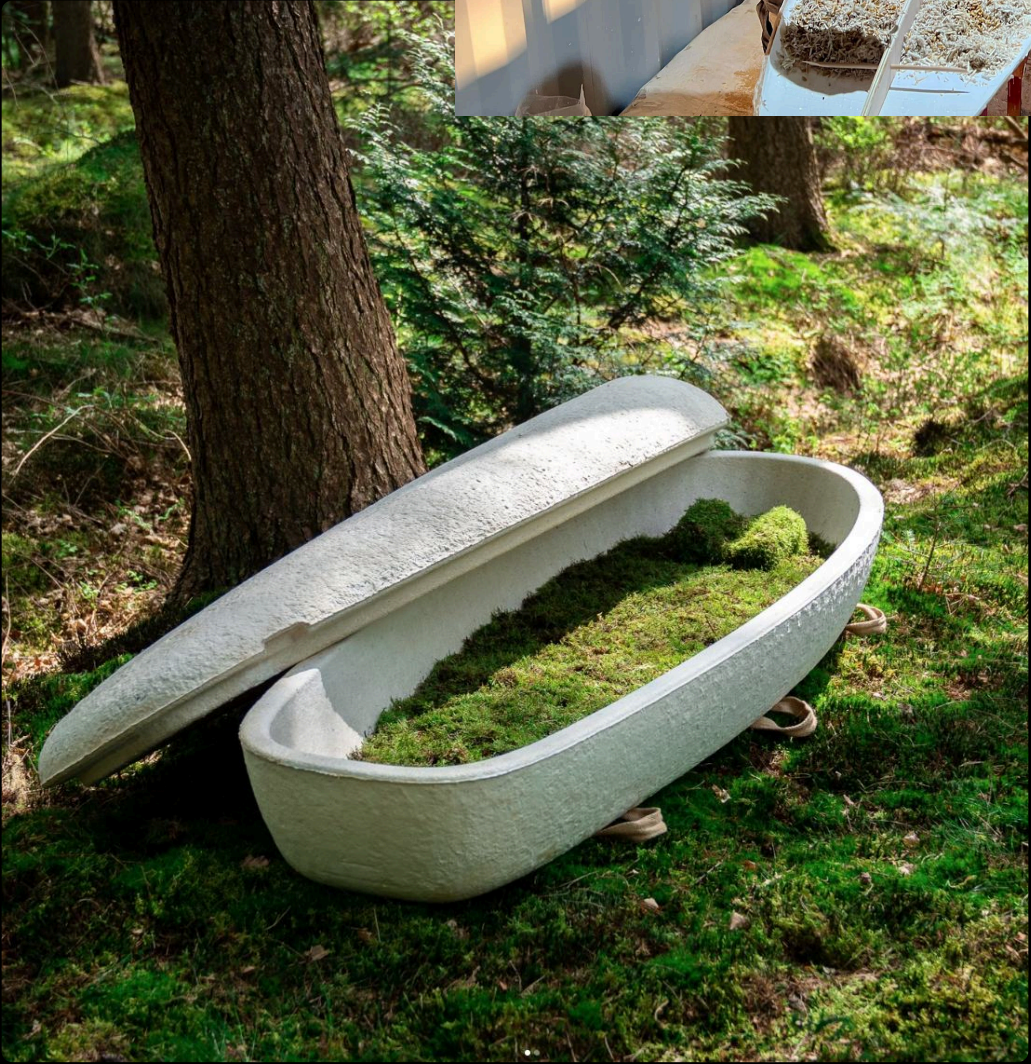
Megaprojects

The Mushroom Motherboard: The Crazy Fungal Computers that Might Change Everything





Mushroom Motherboards



Coffins

CREDIT : Loop Biotech Mushroom Coffin, Steve Davies Mushroom Surfboard, Mogu Acoustic Panel, Bolt Threads Mylo® 'leather, Mushroom Packaging, Mushrooms being used to clean up oil spills in the Amazon

The Collective Contribute Their Expertise on Scale

Collective members Sera Evcimen, Lauryn Menard, and Ying Liu weigh in on the current state of mycelium production as an alternative material to packaging.

On the challenges of cost...

YL : When it comes to application, I always look at cost-benefit analysis. I don't know how much mycelium costs, but I would imagine it is not cheap as a raw material by comparison to the existing polystyrene material and access to the supply may be a challenge, too. On the benefit

side when evaluating the [mycelium] foam solution, it will be interesting to see the compression performance, uniformity of density of each block and performance consistency between blocks. I have heard mycelium was developed into packaging solutions before. My reaction was the mycelium material could be an overkill from a cost perspective even if it could overcome all the challenges in making it qualified for cushioning solutions. Agricultural waste is a cheaper raw material. The challenge of agricultural waste is supply. We think it should be available everywhere but the reality is it costs more to collect and process than the raw material itself as the farms are so spread out and it's hard to reach critical mass. So there is no consistent supply from mills for straw fibers etc.

The reality is mycelium requires more time...

LM : I've worked with the folks at Ecovative on a few custom mycelium packaging solutions and have learned some lessons from these. The 2 areas that make it more expensive are: 1. SPACE. Unlike styrofoam or paper pulp packaging, each individual piece needs to grow in its own mold, which takes around 2 weeks. This means that

they need spaces filled with a LOT of molds. 2. TIME. This 2-week grow period extends your usual lead times. During this period, you have manufacturing costs of energy to keep the space climate-controlled at an ideal humidity and temp for growth. All-in-all, I am of the belief that if we are to produce packaging.... it should probably cost a lot more, and maybe take longer to produce. The question then becomes - what will incentivize companies to have no choice but to pay a higher price and extend their desired lead times to accommodate for a much MUCH more responsible product?

On government regulation's role in pushing this...

SE : To give a potential answer for why people would pay more; For [my mentee] S-lab, it's EU regulations that are driving their growth. A lot of companies want to be B-corps or have to phase out single use plastic/styrofoams from their supply chain so they are partnering with small startups like theirs. Most notably they are collaborating with L'oreal. But this is obviously not the case in the US so their business strategy would likely not be as successful here.

Material Insights



Materials

Redrawing the Tree of Life All Over Again

As part of an outpouring of research that is revolutionizing notions about the genetic, biochemical, structural and evolutionary relationships among living things, fungi like mushrooms have now been revealed as being closer to animals than to plants.



Materials

Requires Openness to the Outcome

Mycelium can sense and navigate around objects.



Materials

Harmonious Nature-Tech Integration

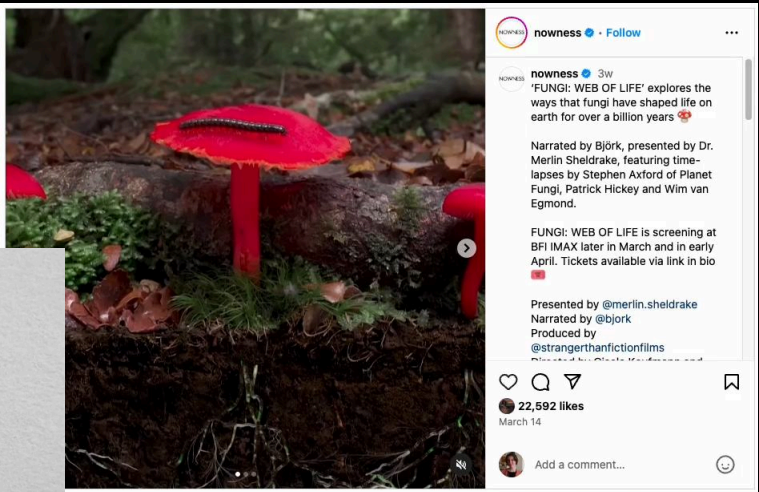
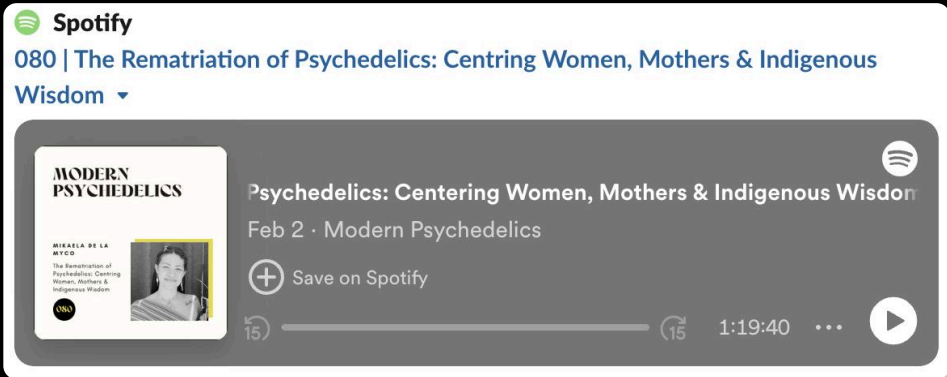
Art and design explorations with mycology suggest a possible future where the industrial/ technological and the natural work together in harmony.



Materials

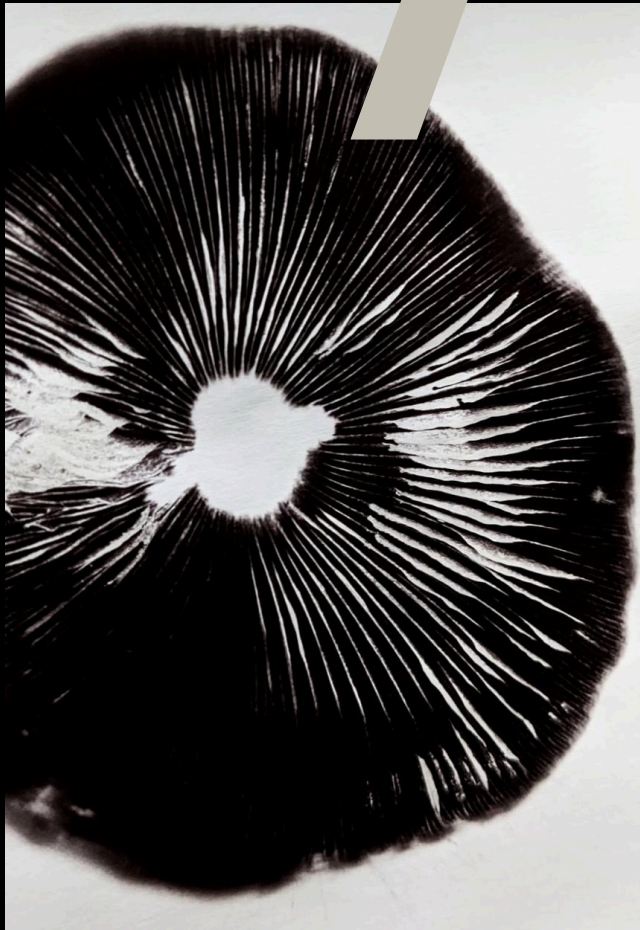
Cost, Regulation, Consumer Buy-In

For applied mycelium materials to achieve adoption and scale they need to get more cost competitive, which could be aided by government regulation and consumer willingness to pay a premium.



MINDFUL RITUALS
ARE A SELF-CARE
PRACTICE

Psychedelics



Mazatec Shamanic Knowledge and Psilocybin Mushrooms

The roots of Mazatec shamanism, widely recognized for ritual use of psilocybin m...

chacrana.net

*“The muShroom inherently
invites people to return to
nature.”*

- MuShWOMB

Rituals + Recreation

We were curious about cultural and spiritual traditions around psychedelic mushrooms, and how ancient practices might play a role in contemporary experience. We also wanted to dive into any tensions between honoring culture and company building within the space.

We found ourselves researching and asking :

- *In consideration to indigenous cultures and religion, how can one adopt practices respectfully?*
- *Is there space for both ritual that honors indigenous cultures and recreation?*
- *What is the history of mushroom usage?*

Friday, March 8, 2024 12:55pm PST / 03:55pm EST

We spoke with a community caretaker committed to rematriating entheogens



Entheogen :

Entheogens are psychedelic drugs—and sometimes certain other psychoactive substances—used for engendering spiritual development or otherwise in sacred contexts. They have been used in various ways, e.g., as part of established religious rituals or as aids for personal spiritual development. [Wikipedia](#)

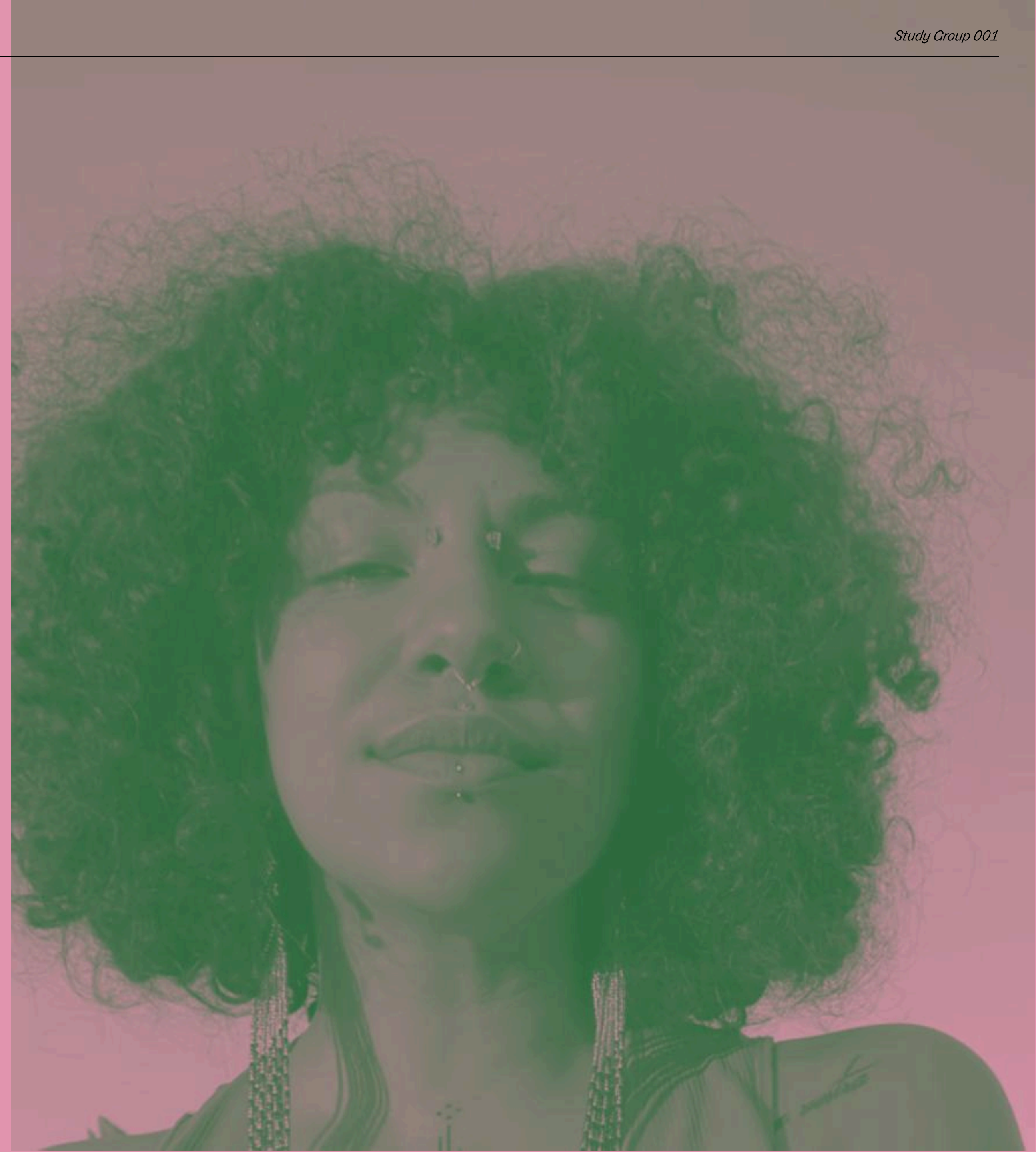
Special Guest Speaker

Mikaela

de la Myco

Founder of Mama de la Myco

Her platforms, Mama de la Myco and the mushWOMB generate educational content that weaves the tapestry of medicine woman, psychedelic mother and sacred hoe. In all her creations, Mikaela de la Myco has made the commitment to rematriate entheogens by advocating for ethics and womb to tomb psychedelic literacy.





REPORTED BENEFITS

of mushrooms for mothers & children

BENEFIT & NUMBER OF MENTIONS				
REPORTED BENEFITS <i>of mushrooms for mothers & children</i>	PRESENT	158	SLEEP	46
	CALM	141	INTUITION	73
	CONNECTED	111	ENERGY	57
	PEACEFUL	46	AWARE	69
	EMOTIONAL REGULATION	27	ANXIETY RELIEF	183
	HAPPY	59	PATIENCE	119
	MOOD SUPPORT	62	RELAXED	46





MAMA
de la myco
REMATRIATING ENTHEOGENS
with mushwomb consciousness

mushWOMB consciousness |
Mama de la Myco

Mama de la Myco offers entheogen
education and resources, womb well...

 mushwomb.love

MOTHERS
of the mushroom
impact & infrastructure

publication in
scientific / academic
journals

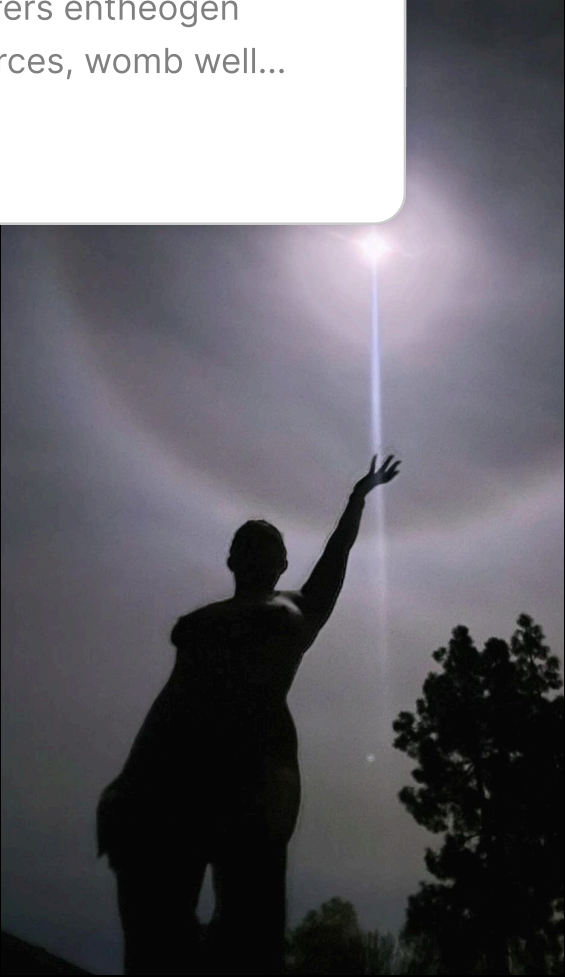
accessible
resources,
community
and forward
movement in
the field of
psychedelic
family life

highly browsable
resource website &
online platform

educating at an exponential rate

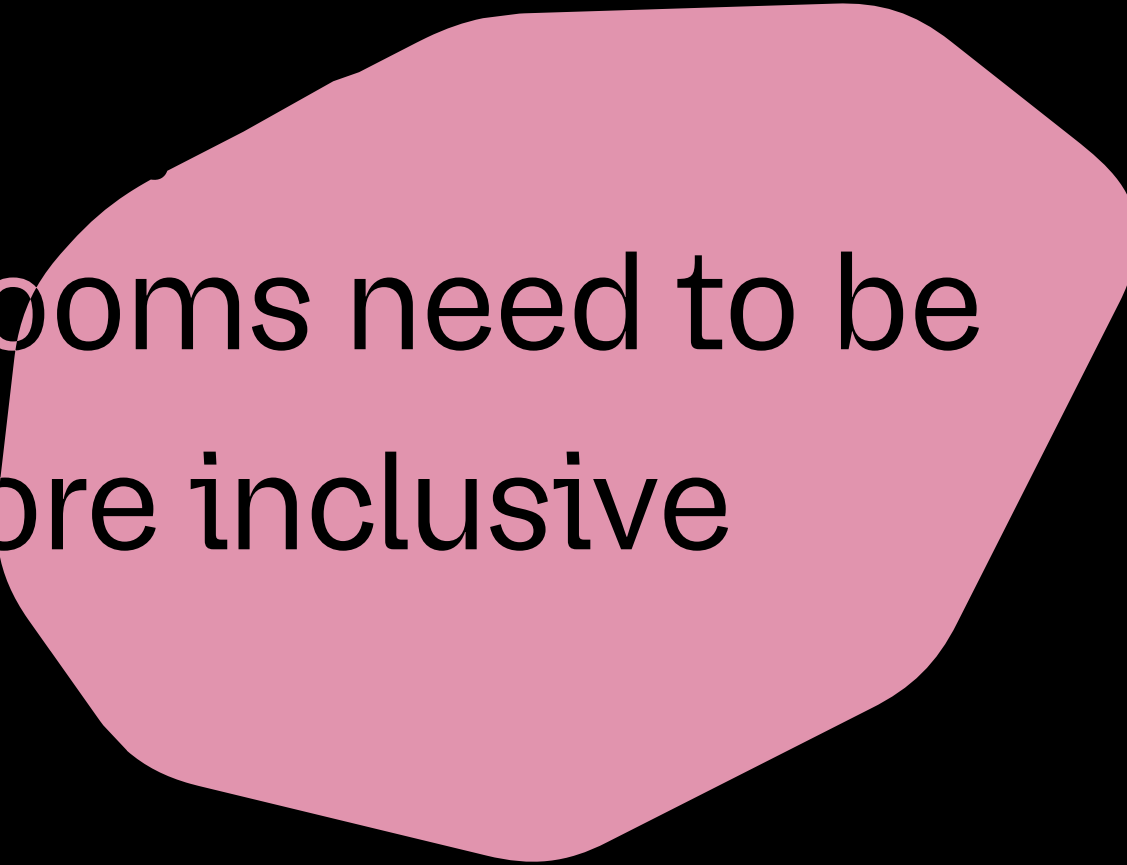


Ethnobotany is the study of interrelations between humans and plants; however, current use of the term implies the study of indigenous or traditional knowledge of plants. It involves the indigenous knowledge of plant classification, cultivation, and use as food, medicine and shelter.



“Western viewpoints are not the default for everyone - It is important to recognize mushrooms are indigenous to most regions around the world and there are a plethora of traditions rooted in different geographies and cultures.”

-Mikaela de la Myco



Mushrooms need to be more inclusive

On the journey that led to this focus...

There's a need to educate people regarding psychedelic literacy and to do so with culturally competent containers where there's a sense of acceptance, welcoming & belonging. Currently groups are being left out : sexual assault victims, mothers, women of color.

After not finding a space for herself in the world of psychedelics, Mikaela set out to create culturally

competent containers for supporting and educating others. This requires having openness to the worldview of others. "Western viewpoints are not the default for everyone." It is important to recognize mushrooms are indigenous to most regions around the world and there are a plethora of traditions rooted in different geographies and cultures.

On our relationship with mushrooms...

"Mushrooms brought into ritual or recreation are of the earth and call you back to another time, place, 'home'. Mushrooms are available globally and there are so many iterations of experiencing them through regional rituals and religious variations. Mushrooms of a specific area carry different nutrients of that place.

Mushrooms give to us and we give back to the mushrooms - they are listening. Mushrooms being grown in family homes grow listening to children laughing. We form each other."

There is an act of re-remembering mushrooms as a way of life happening in the west. Experiences are seen as a discovery, but really it is a memory.

On the integration of mushrooms into motherhood...

In western culture, there is a lot of societal and medical fear about what to do and not to do during pregnancy. We have had no data on birth outcomes for mothers who took mushrooms until recent years. However, there have been psilocybin studies done on rats proving the placenta having improved function, such as stronger filtration.

"We are no strangers to giving mothers drugs during pregnancy and childbirth." It is a tug of war with obstetrics, but there is a long lineage to midwifery administering plant medicine. "A mother can realistically take anything with careful guidance and knowledge."

On the benefits of mushrooms for mothers...

Mikaela will be releasing her latest activity, 'Mothers of the Mushroom', an open source research and resource, on Mother's Day 2024. Through this work, people share their experiences bringing mushrooms into their family.

Mikaela shares the history of mushrooms in motherhood and the path to legalization

“Early hominid mothers would have been the ones growing the society, the ones heavily influencing the next generation on their use of mushrooms. These mothers were eating mushrooms and thus educating on this medicine.

The use of both peyote and ayahuasca by Indigenous mothers while breastfeeding is well documented. In fact, research studies shows that there have been several cases in which Indigenous breastfeeding mothers have experienced very favorable results both during their pregnancy and thereafter while using psychedelics, peyote, and ayahuasca. Mikaela shared examples such as more plentiful breastmilk, improved function of the placenta, and improved verbal skills and cognition of babies who consumed mushroom breast milk.

Media is really steering the perceptions of mushrooms for motherhood and ‘drugs’ at large more than actual lived experiences. When thinking about the path to legalization, the people in the room making decisions do not include indigenous voices. There needs to be an overall new approach to ‘good and bad drugs’ and addiction.”

Why Mothers Choose Psychedelics

- * reducing fear going into the birthing process, especially for first time mothers

- * because no other option feels right for them, especially when they do not want Western pharmaceutical options

- * want to honestly have a deeper connection with their baby after birth

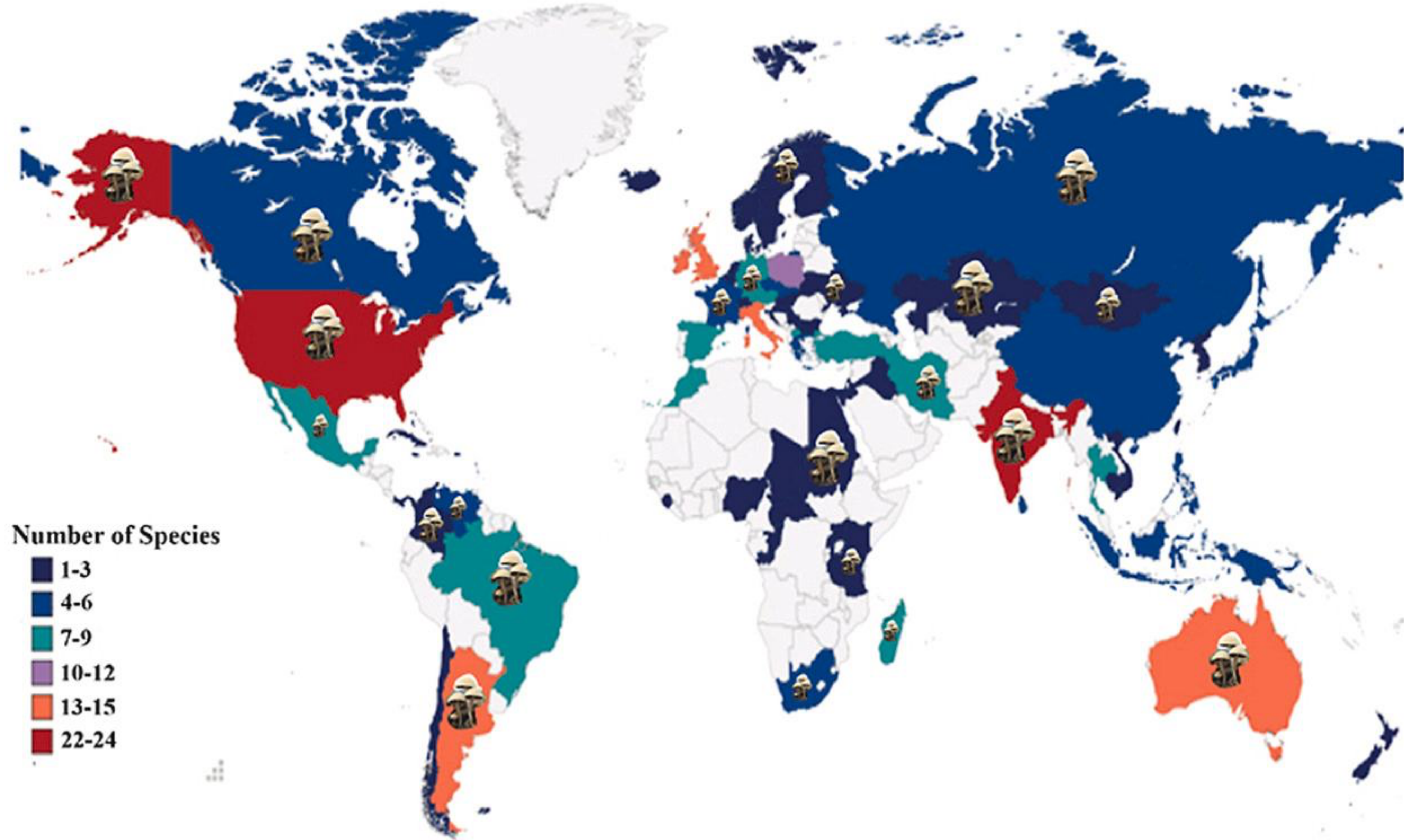
- * easing postpartum symptoms

- * preventative measures for better birth outcomes, such as working through trauma as to not pass from mother to baby

More data around motherhood & mycelium will help women make more informed, less fear-based protocol decisions.

Learn more about *Mothers of the Mushroom* and support the research by sponsoring the efforts *HERE*.

Paneolus diversity and global distribution



Wednesday, March 6, 2024, 7:00pm PST / 10:00pm EST

*We spoke with an Entheogenic Minister
on religious exemption and the
importance of member - minister
relationships*

Special Guest Speaker

Jennifer

DeRuff

Minister of Sacred Practices

Her practice, based in San Francisco, focuses on three core elements of healing: authenticity, balance and embodiment. Through her own personal magic and training - infusing a blend of wisdom and a playful spirit that can engage the inner child - members/clients are lovingly guided on their own paths of self-discovery and transformation. Get in touch with Jennifer [HERE](#).





Jennifer writes about how religious exemption works...

Under the Religious Freedom Restoration Act (RFRA), organizations like the Congregation for Sacred Practices (CSP) are allowed to serve controlled substances as a sacrament in practice of their religion. The advent of the modern psychedelic renaissance has seen a number of churches spring up, interpreting the RFRA more or less loosely. For the most part, the RFRA is untested, though a recent settlement between a Colorado-based ayahuasca church and federal authorities indicates that the government may be more interested in whether an organization follows the rules for how substances are handled

and served, than how authentic their faith may be. How members of the organization hold their spiritual beliefs may be subjected to less scrutiny, though I'd have to believe that a guy selling mushrooms on a street in San Francisco, as a "church," has a bigger target on his back than those who hold sacred ceremony with an eye on awakening.

The Congregation for Sacred Practices holds itself as an alternative to psychotherapy-based psychedelic models. The organization is a network of ministers and members (clients), who are coming together, either in individual or group ceremonies, for healing and fostering a sense of community. Every individual is a part of a number of communities: work, home, activities, and the work done by the ministers ripples out into the community as a whole.

By bringing medicine work out of the shadows of the underground and into a legitimized framework, ministers are able to bypass the clandestine nature of the work and build a community that models an integrated approach to medicine work as a healing modality. The sacred framework removes the illicit nature from

the work, yet also stands apart from the psychotherapy and capitalized versions that are co-evolving.

Jennifer writes about the Code of Ethics...

The minister/member relationship is the core of the working relationship in the Congregation. Working within a strict code of ethics, ministers build trust and safety. Ministers with CSP have been extensively trained and are required to sign the code of ethics, work with a mentor, and undergo supervision. The code of ethics originated from flaws in the underground system that has been operating for decades. Without adequate oversight or a channel for grievances to be heard and resolved, there was room for abuse and clients were often discouraged from complaining.

CSP's Code of Ethics lays out the responsibilities of the minister and the processes for addressing any issues a member may have. This code covers storage and handling of sacred medicine, member engagement, confidentiality, minister responsibility towards integrity and self-awareness, and lays out the steps for the grievance process.

Of Mushrooms and Mourning



“A Recipe for Processing Grief”

From San Francisco:

Call Orr Hot Springs at [\(707\) 462-6277](tel:7074626277)

Book Yurt 22 for Friday - Sunday

Pack a weekender (no wheels) with:

1. Kimono
2. Sun hat
3. Loose pants X 2
4. Towel, preferably Turkish
5. Book
6. Water bottle (not glass)
7. Journal & coloured pencils
8. Altar supplies, including 1-2 objects that remind you of the person who has died
9. Magic Mushrooms
10. 1 lemon
11. Food for 3 days

FRIDAY

Depart San Francisco prior to 11am to beat traffic.

Cross the Golden Gate bridge, notice the rainbow tunnel, contemplate the meaning of color.

Drive north to Ukiah, make a left at Orr Springs Road.

Descend the valley with windows down. Say hello to the wind, say good bye to cellular connectivity.

Check in. Label your food in the communal kitchen and say hello to others, if you feel like it.

Bring your book, towel and Kimono to the baths. When the star gazer tubs open up, get in.

Read. Watch day fade to night. Meet the bats.

Feed yourself. Sleep.

SATURDAY

Wake up without an alarm.

Feed yourself.

The baths are closed from 10am-12pm for cleaning.

During this time, go for a walk amongst ancient redwoods at Montgomery Woods 1.75 miles from Orr Hot Springs.

Contemplate roots. Contemplate fire. Contemplate cyclicalilty.

Return to Orr, eat a light snack.

Select 4 mushrooms with large caps and soak them in lemon juice. (rumored to reduce nausea upon ingestion, so why not). While the mushrooms soak, pack your bag for the baths and set your altar. Follow your intuition.

There is no wrong way to set an altar. A good place to start is:

- An element of earth to ground (rock, pile of dirt, moss, flower)
- A tarot card or other symbolic image that calls in a force you want to bring with you (if you are more experienced with Tarot you might draw a card or two and see what comes up)
- A slip of paper with a word or two describing what you want to process (ex. Grief)
- The object(s) that remind you of the person you have lost
- Something you find beautiful

Ingest the mushrooms in front of your altar

Go to the baths. Lay in the sun.

Wade into the pool.

Contemplate water. Remember that your body is also water.

As the sparkles intensify, make your way to the waterfall in the pool.

Let the water fall on you.

Listen.

When the grief comes, let it.

Feel it, don’t think it.

Find the center of the thing and dive in deeper there.

If you can’t find the center, put your thumb on the center of your chest to remind yourself.

Keeping going deeper and deeper into that place.

Give yourself permission to laugh more hysterically than you think is appropriate.

Give yourself permission to cry more hysterically than you think is appropriate.

Remove yourself from the idea of what is appropriate all together.

Let it be weird.

Surface when you’re ready.

Return to your altar as needed.

Feed yourself as needed.

SUNDAY

Wake up, feed yourself, and have a soak.

Journal continuously for a minimum of 20 minutes.

Drive home and call your parents or a very old friend from the road.

-Kate McAndrew

"What have we lost by denying the legitimacy of each individual's drive to use substances to experience personally the transcendental and the sacred?"

— Terence McKenna

Psychedelic Insights



Psychedelics

Psilocybin as a Religious Sacrament

Under the Religious Freedom Restoration Act (RFRA), organizations like the Congregation for Sacred Practices (CSP) are legally allowed to serve controlled substances as a sacrament in practice of their religion.



Psychedelics

Mushrooms are Unique to a Place

There is inherent multiplicity with mushrooms. There is no single ritual, there is no single tradition, but rather a tapestry of ways to experience the mushroom globally. The use of psychedelics is widespread, ancient, and wildly variable.



Psychedelics

Movement to Decriminalize

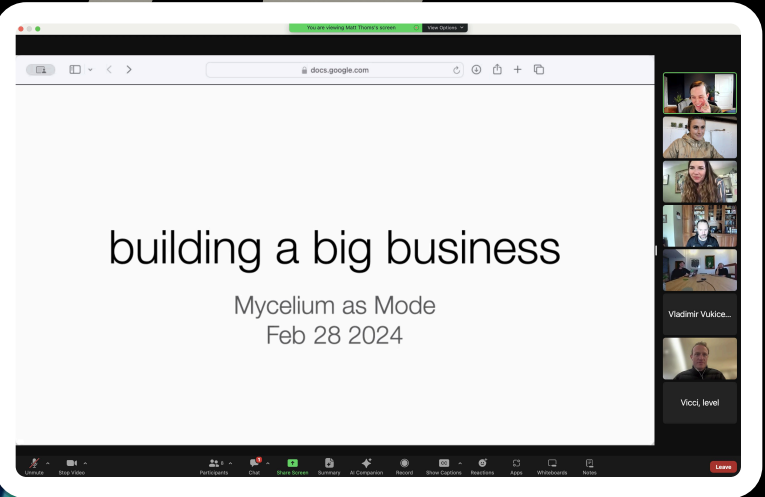
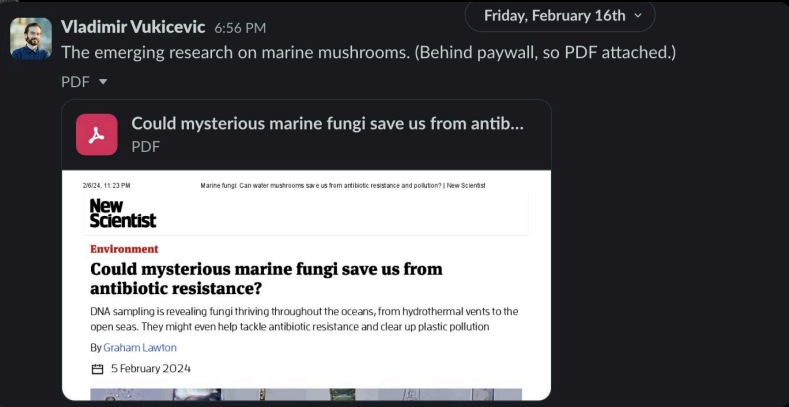
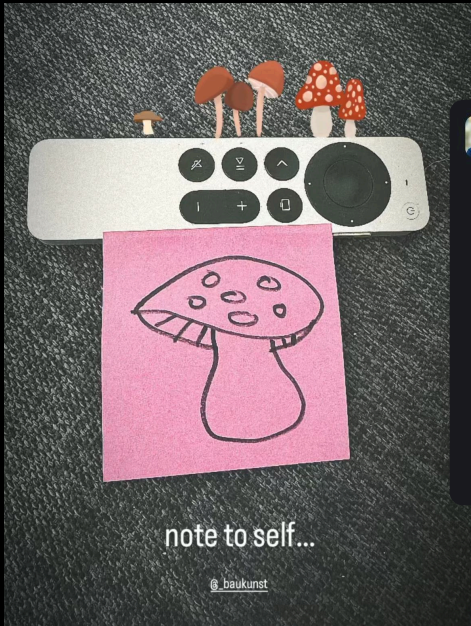
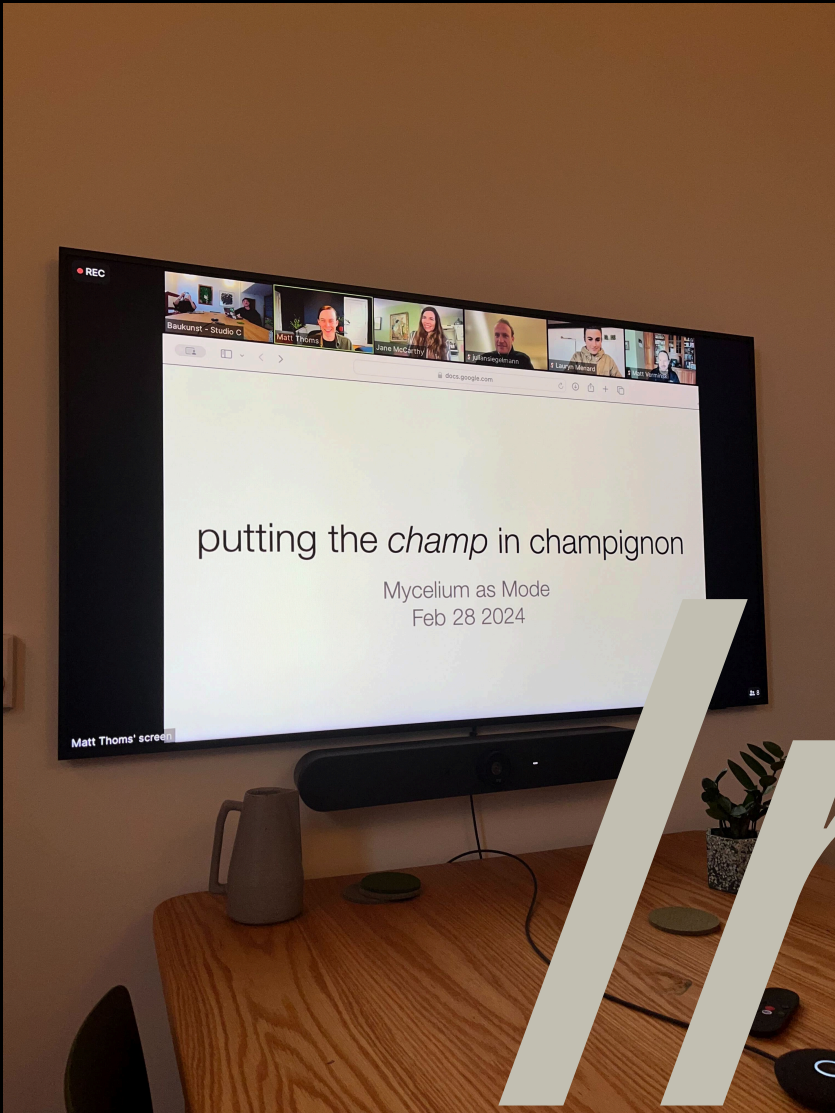
The movement to decriminalize psilocybin in the United States began in May 2019 with Denver, Colorado, becoming the first city to decriminalize psilocybin. Magic mushrooms became decriminalized in Oakland, California shortly after.



Psychedelics

Citizen Science is Building Own Research Data

Citizen-led research efforts are charting the path for aggregating data where there hasn't been any before, providing more insight into the ways psychedelics can be beneficial emotionally, cognitively, and physically.



Investment



*“We spend 80% of our diligence
on team.”*

-Matt Thoms

Scaling a Business & Investment Opportunities

Focused on the ‘art of building’ as our name translation suggests, we investigated types of business opportunities and what it takes to build a venture-worthy mushroom-based business.

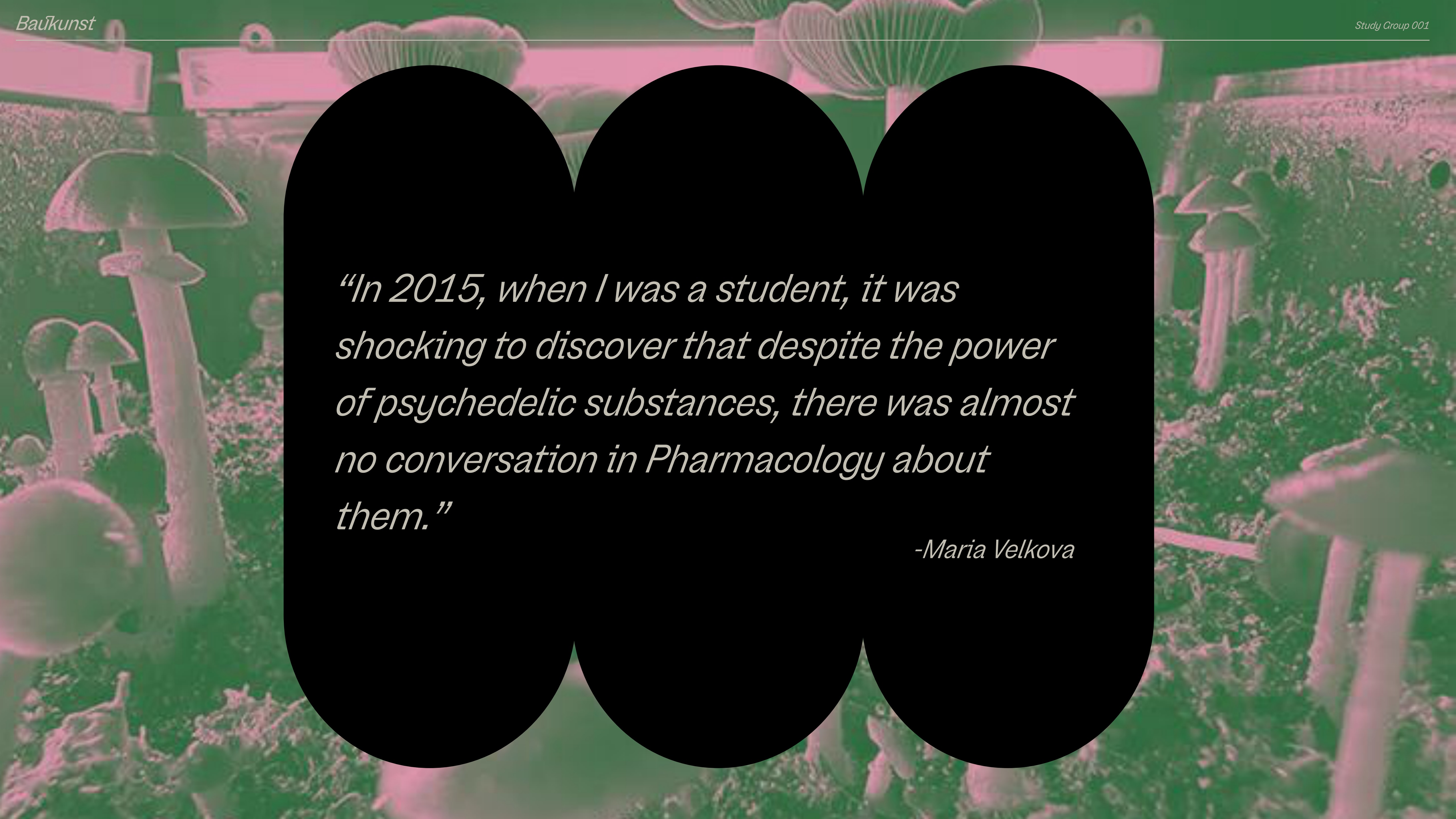
We found ourselves researching and asking :

- *What is the legalization timeline and what are investment opportunities?*
- *Does legalization impact businesses trying to make it to market? If so, how?*
- *What start-ups are raising capital in the space right now?*
- *What qualifies as a ‘yes’ or ‘no’ for venture considering a mushroom start-up?*
- *What innovations are propelling scalable mushroom businesses?*

Monday, March 11, 2023, 10:30am PST / 1:30pm EST

*We spoke with an investor focused in
psychedelic medicine and the patterns
she is seeing*





“In 2015, when I was a student, it was shocking to discover that despite the power of psychedelic substances, there was almost no conversation in Pharmacology about them.”

-Maria Velkova

Special Guest Speaker



Managing Partner, Tabula Rasa Ventures

Maria Velkova is Managing Partner at TabulaRasa Ventures, an acceleration fund focused on the blind spots of the healthcare industry, starting with psychedelic therapeutics. Maria also co-founded the Medical Psychedelics House of Davos, which is where she and Baukunst GP Kate McAndrew met.





Tabula Rasa Ventures Launches First Psychedelic Business Incu...
Recipients to Be Awarded with Mentorship, Access to Influencers...
[newswire.com](#)

What are the business opportunities with this adoption / shift:

-Tabula Rasa Ventures - first focusing on this space
-seen hundreds of companies working in this space
-multimodal process for patients - focusing on the 'ecosystem' of this :

1. drug development

- a. mdma, ketamine, psilocybin
 - b. many dev novel chemical profiles - safety, shorter trips, no 'next day crash' with mdma, 'no trip' versions (some people think the trip is necessary and some people think you can have benefits without hte trip)
 - i. example - generalized anxiety might not NEED the trip, but depending on if derived from complex trauma
- ***big challenge is time difference - from pill popping to hours of commitment
HOW TO SLOT THIS INTO EXISTING SYSTEM

2. infrastructure - clinics, facilities

- a. no 'white fluorescent room'
- b. create safer container for giving these patiences these therapies
- c. opportunity if you are into brick and mortar investment
- d. insurance!
 - i. commercial insurance - structured based on if someone is already sick with pill scheduled pick up and payment
 - ii. this therapy is longer upfront but don't need more 'medicine' or therapies after that or at least for a long time
 - iii. after 3 years, ROI and savings for payers, even if up front more - long term savings on long term
- e. **Enthea** - first employer health benefits insurance
 - i. ***IVF analogy
 - ii. building clinic and provider accreditation network and process and network

3. Training, Education, Curriculums

- a. getting practitioners in the space
- b. training companies on the rise to provide extensive training
- c. **MAPS** - providing training for MDMA studies at this time
- d. Partnered with **Fluence**, another training providers
- e. Outside medical systems to train retreat guides
- f. Accreditation???? - usually set by big long standing orgs, one of which is being set up for
 - i. FDA has draft guidance for clinical trails
 - ii. accreditation is only recommendation and not enforced
 - iii. "I am certified by this board" - the goal to build trust
 - iv. right now, non profit and associations are setting the standards, goal is eventually the government will follow

4. Digital and tech

- a. EEG coupled with Digital Ai to capture biomarkers
 - i. **Salma Therapeutics** - digital biomarkers with other psychometric metrics
 - ii. **Brainify.AI** is using purely EEG - interesting in clinical trials
 - 1. measuring placebo - using AI to distinguish between patience who are more susceptible to placebo effects
 - 2. better manage between the delta and the control because of uniqueness
 - 3. "you can effect the experience if you just believe in it"
- b. Neural feedback
 - i. electrodes and sitting in a front of a screen
 - ii. brainwaves measured
 - iii. you are looking at moving image and music - the more meditative the more the music swells and changes to meet you
 - iv. "is my mind empty yet?" "have i reached a meditative state?" - provide haptics to release the thoughts prohibiting you getting ot that state

>Tyler : Software and Hardware as part of the experience???
Real time feedback existing as reads during trips or video games, etc.
Anyone doing work like this for monitoring and data collection of the emotional and stimuli space???
How to capture what is going on in people's head and change environment accordingly

Employee Mental Health Programs for Workplace...
Elevate workplace wellness with Enthea's employee mental health pro...
[enthea.com](#)

Certificate in MDMA-Assisted Therapy - Fluence
Students learn from experts about psychedelic integration, and about a...
[fluencetraining.com](#)

MDMA Therapy Training Program - Multidisciplinary Association for Psychedelic Studies - MAPS
[maps.org](#)


How to have enough practitioners to administer this people intensive work

Baiba Muihler

Kate McAndrew 11:04 AM
Enthea

Jane McCarthy 11:05 AM
How will the industry train specialized practitioners? Very specific discipline

Kate McAndrew 11:10 AM
Drug + protocol



Salma Psychotherapy
Counseling services for individuals, families, teens, and children in Phari...
[salmapsychotherapy.com](#)

Brainify.AI innovative approach to help diagnose and treat depres...
Brainify.AI biomarker platform for novel treatment development aimed at pay...
[brainify.ai](#)

Examples of businesses and outlook on the market:

FieldTrip - too early to market!!!!!! - smaller clinic but broad , each clinic had 5 beds with multiple locations
Newshama - later and new - bought floor of a building and grew to second floor
***clinics need multiple staff members with specialized training and support staff - if you spread out you need that staff everywhere which is expensive

Importance of brand and digitalization in companies differentiating themselves in this market?

over a dozen NY based ketamine based therapy right now
how to not have patience fly far to tdo this?
patient referrals for PR

Closing thoughts -

road is still very long to make accessible broadly with odds against this existing medical systems
Abu Dhabi space is open for this
"Psychedelics are here to stay"
stocks an evaluations are low right now for people looking to invest
Liccos - looking for Series A - mdma therapy - philanthropic support

Maria is looking at :
better ways to run clinical trials
decentralized sciences
***(this is why they have a nonprofit side too - crucial for creating innovation in the healthcare system

there's a fieldtrip in NY that still delivers mushrooms

Jose M. 11:33 AM
Pre-registering for future DeSci chats tyvm

Julian Siegelmann left
Kate McAndrew left
Maria Velkova left

Julian Siegelmann 10:55 AM

Does that mean that when we think about legalization, that we're only talking about synthetically derived psilocybin?

any chemical compound associated with Schedule 3

NOT just synthetically derived

clinical trials - extracted and purified OR synthetical

Clinial trials must test initividal molecule at a time - mushrooms are complex and have more than JUST pure psilicibin
***important BECAUSE if ancillary compund has bad reaction to existing pharma drug, must separate

farfrom FDA approval from complex and natural for this reason

an extraced molecule is same as synthetic

Baiba Muihler

need inhibitor to stop the body from breaking down drug too soon before making it to the brain

pharmawaska - iowaska + leaf (removes digestive issues adn irritation but get medicine to the brain)

Baiba Muihler



FDA Approves Johnson & Johnson's Ketamine-Derived Dr...
The green light means ketamine-an anesthetic abused as a party drug...
[forbes.com](#)



Psychedelics require a new approach

On her journey to this space...

With an academic background in Pharmacology and BioScience Enterprise, Maria spent 10+ years in BioPharma implementing global drug strategies for players like AstraZeneca and Novartis.

Her stint in BioPharma gave her a deep understanding of each step in the drug development and commercialization process. Maria always wanted to parlay this knowledge into a career in venture. Early on, though, she didn't realize that would mean investing in the psychedelic space.

When she was studying Pharmacology in 2015, it was shocking to discover that despite the power of psychedelic substances, there was almost no conversation in Pharmacology about them. As she dug into this, she realized there was **actually a lot of clinical research on psychedelics from the 1950s and 1960s, conducted prior to the War on Drugs**. At that time, therapeutic psychedelics were being prescribed to patients. (Of course, psychedelics have been used by humans for millennia in sacred, spiritual practices, as well as in healing, across cultures.)

On the current psychedelics moment...

It's timely to have this conversation now, because the **FDA is currently reviewing the first ever submission on psychedelic-assisted therapy**. This study focuses on the use of **MDMA-Assisted Therapy for PTSD. The FDA will share its decision this August**.

Following an approval of MDMA-Assisted Therapy, Psilocybin-Assisted Therapy will be next

On the paths to market...

1. Medical (Maria's focus)

This follows the process of conducting clinical trials and submitting data to FDA before going to market. Synthetically-derived psilocybin is likely to be what is used in the foreseeable future as the FDA is not set up to look at complex cocktails of molecules (natural mushrooms).

2. Decriminalization & Legalization

Decriminalization: Removing consequences like jail time for possession

Legalization: Can freely sell & access (like cannabis now in certain states like CA).

Legalization is focused on natural mushrooms

3. Religious Exemption

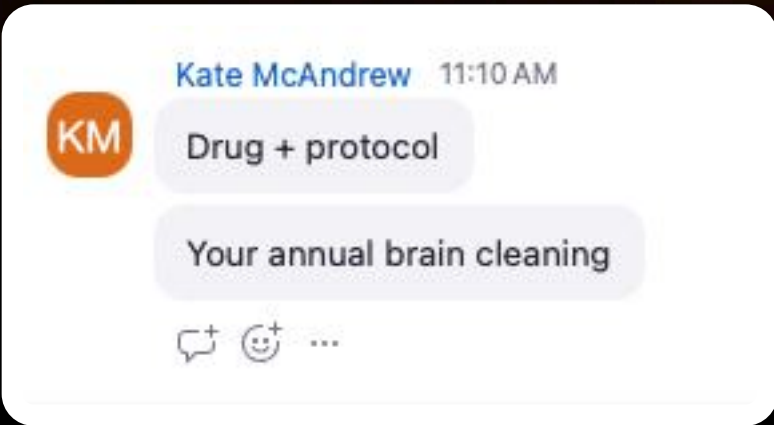
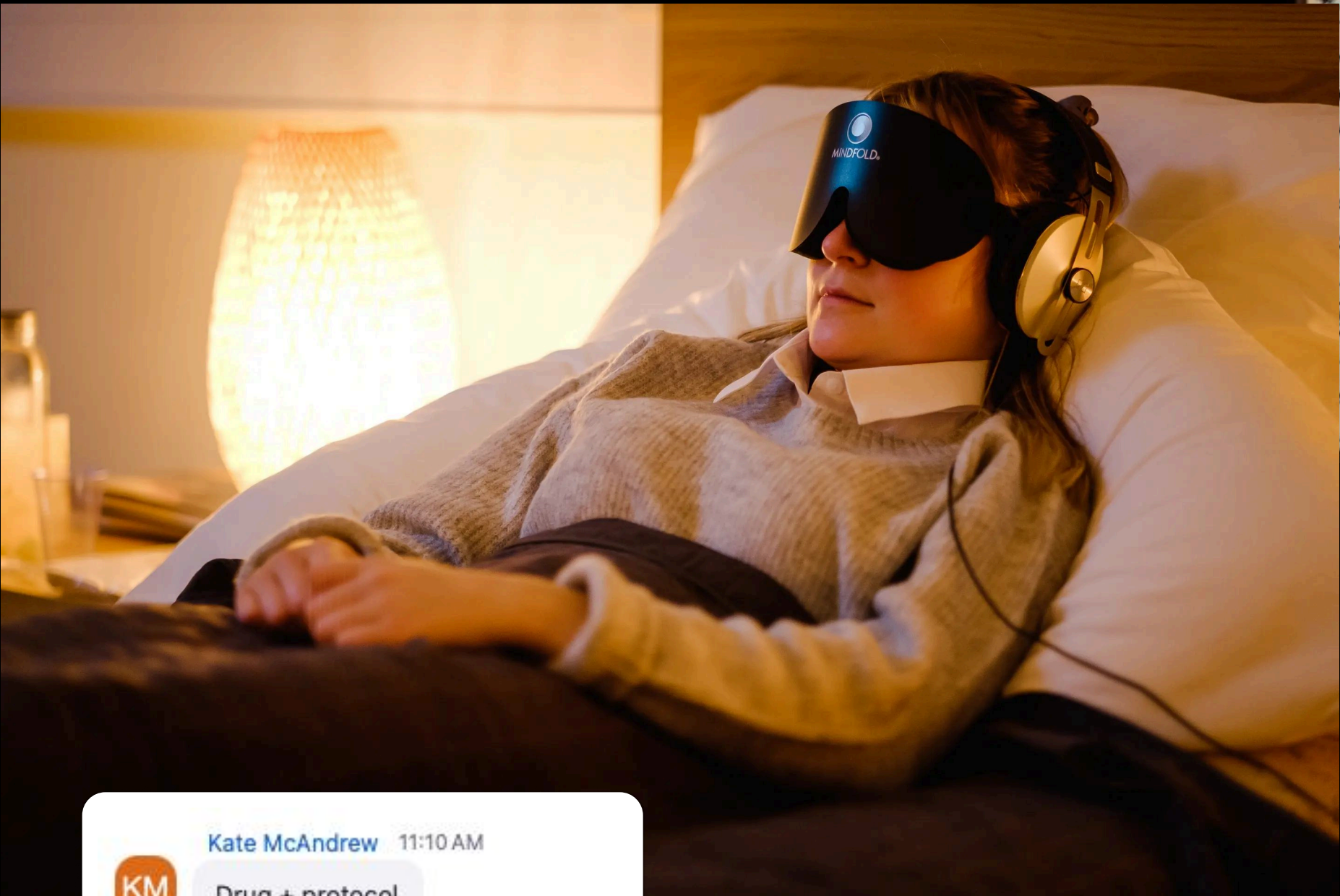
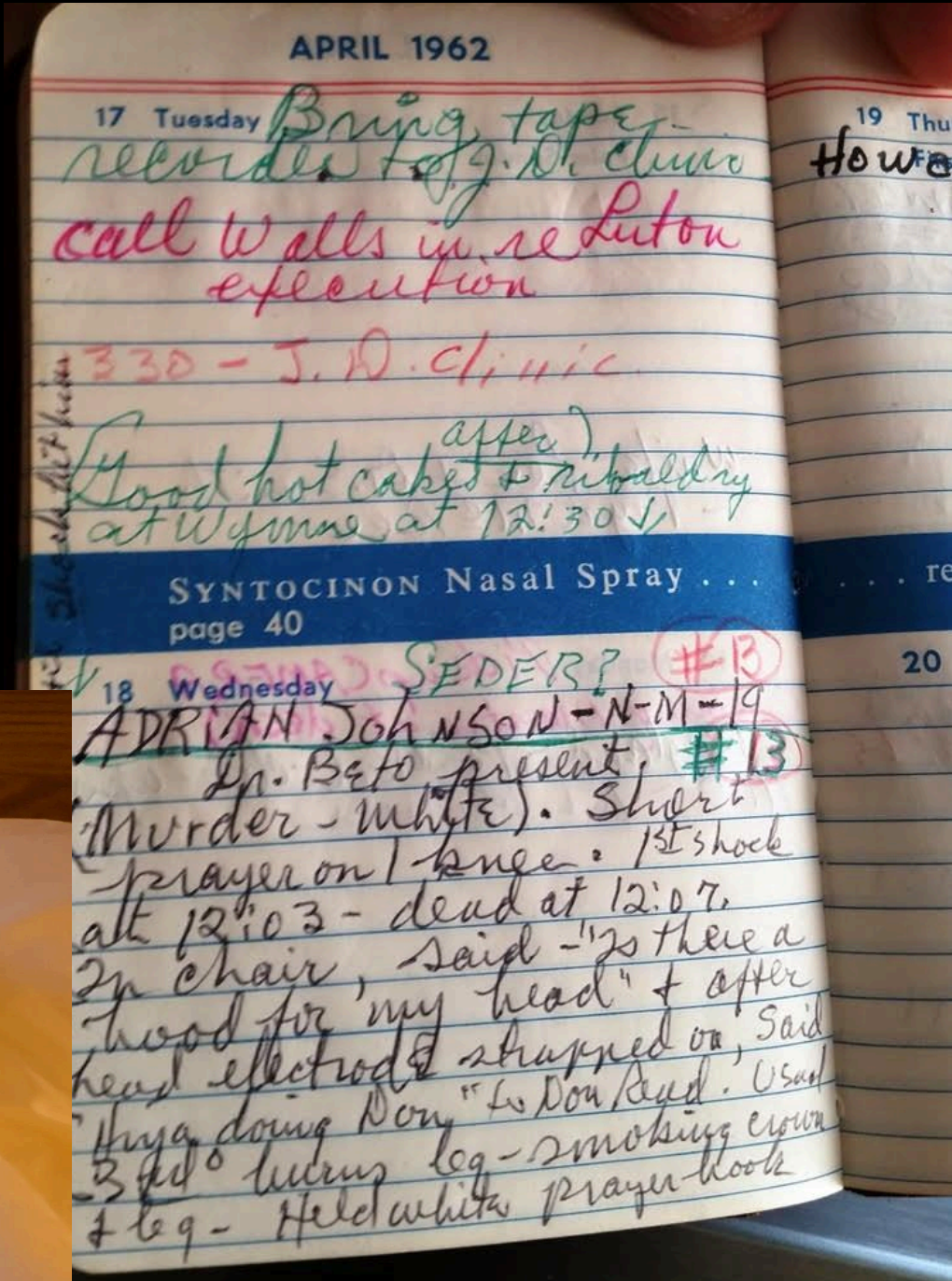
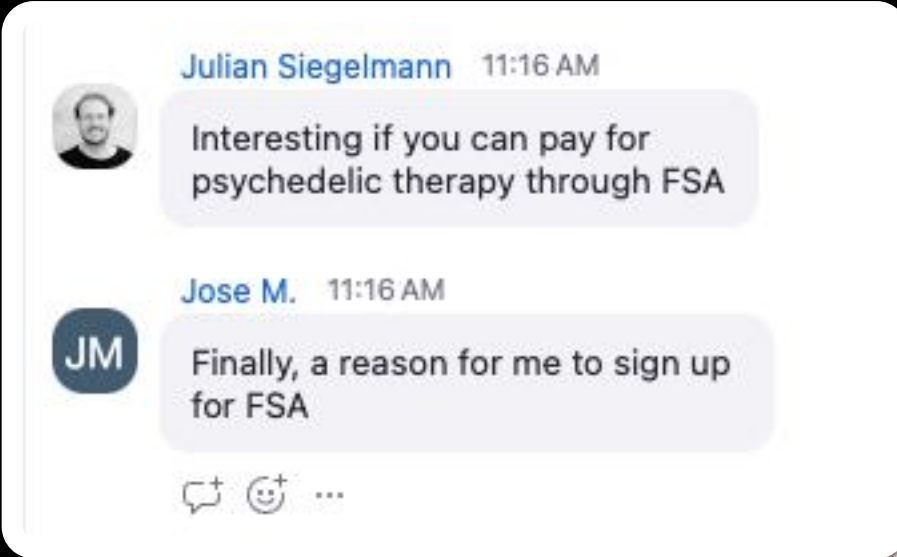
On the Psychedelic-Assisted Therapy Protocol...

In this model, you don't fill your psilocybin prescription at a pharmacy and take a pill. It is used as an augmentation to psychotherapy with a guided step-by-step process in a doctor's office:

- 1. Preparation
 - a. intake evaluation, intention-setting
 - b. with MDMA protocol, there are 3 preparatory sessions
- 2. Dosing
 - a. Session happens in office with 2 trained therapist facilitators
- 3. Integration
 - a. 3 sessions with a therapist to make sense of the experience and process it

In trials, patients are having success post-protocol and not needing follow-up treatment for a fairly long span of time. Some in the space are envisioning a dentist-office model where patients come in about once a year.

This is VERY different than the current frequency of care — here, more capital is required for the initial treatment with significant savings over a span of 3+ years.

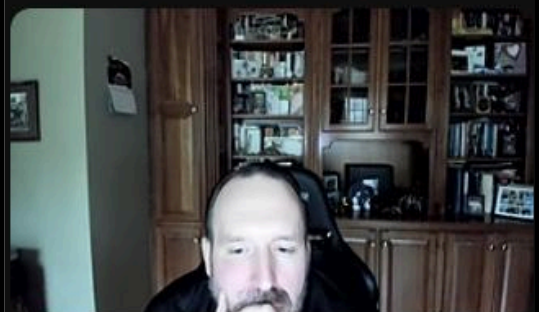
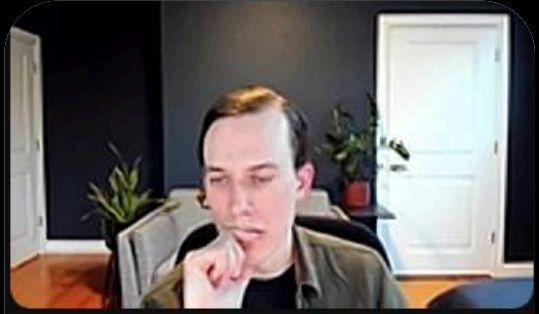


“Our research shows that \$154B of VC capital has gone into funding mushroom-based businesses, but it still feels very early in the investment cycle. That’s exciting.”

— Kate McAndrew

Wednesday, February 28, 2024 1:00pm PST / 4:00pm EST

We discussed the fundamentals of building a VC scale business and the implications for mushroom companies



Vladimir Vuki...



Vicci, level

Special Guest Speaker

Matt

Thoms

Co-founder & General Partner, Baukunst

Matt Thoms is a Co-founder and General Partner at Baukunst. During this week of the Study Group, he gave us all a crash course on what Baukunst looks for in venture-scale outcomes at pre-seed, the core ingredients required, and the implications for mushroom endeavors. Matt has over a decade of experience as a venture capitalist. He is currently leading pre-seed rounds from Baukunst's inaugural \$100M fund.





“Mushrooms are really predictable” “Everything is always on fire, except for mushrooms”

“if it’s not solving the buyers’ top three problems, then it’s not enough”
- Kate McAndrew

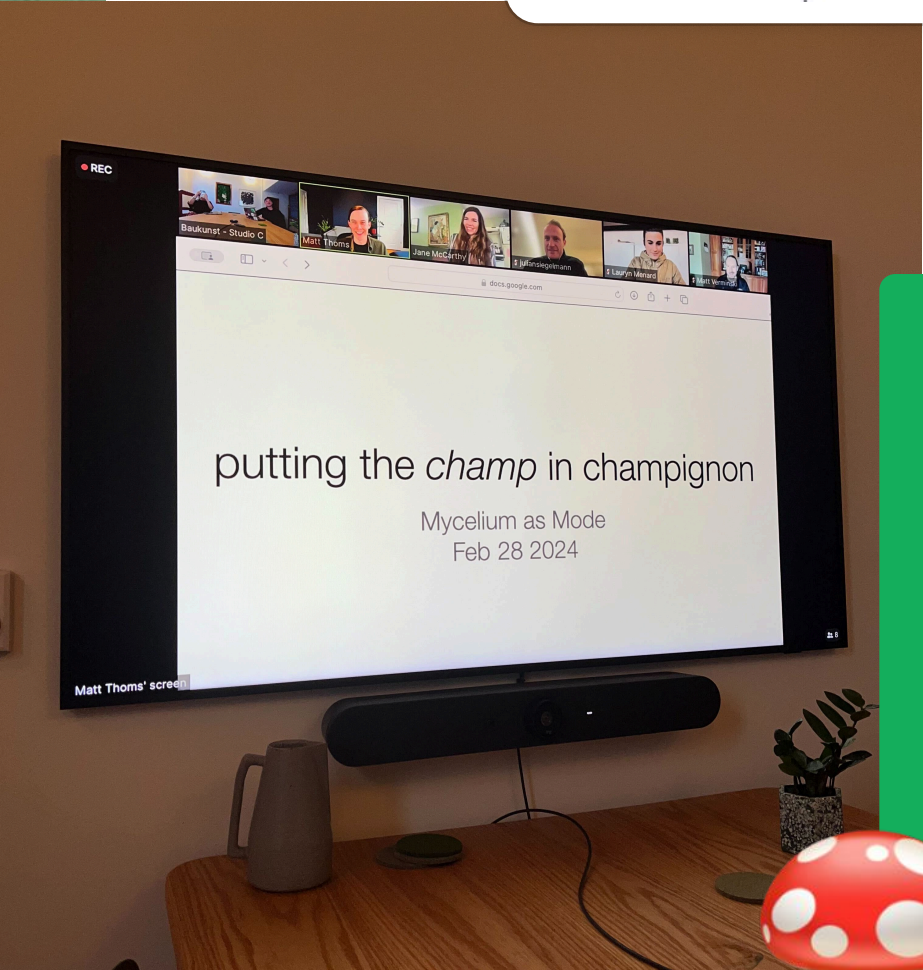
j

juliansiegelmann 1:48 PM

MushCos!

Also feels like a very fragmented market from a GTM perspective

Mushrooms are insanely expensive in the US



“there’s a misconception that to build a big mushroom business that you need to come from a mushroom fami...



docs.google.com

1. Is this company a fit for venture capital?

2. What we look for in venture-scale outcomes at pre-seed

3. Implications for mushroom endeavors

Vladimir Vuki...

Vicci...



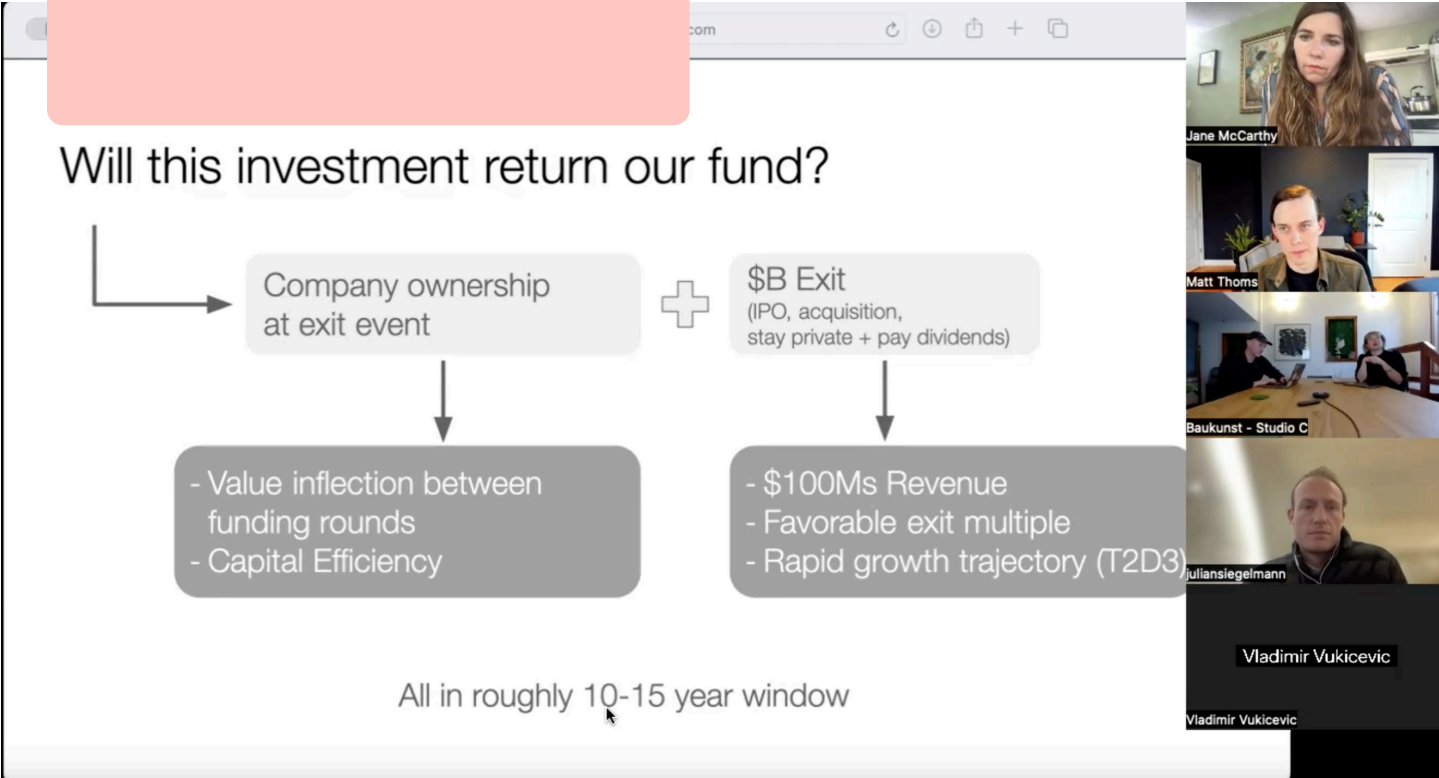
j

juliansiegelmann 1:33 PM

Does the baukunst team have dietary restrictions that you’re hesitant in investing?

eg. some investors that are more hesitant w marketplaces (or hardware!) given complexity

“why don’t we take crops that are prohibitively problematic for human labor and automate that?”



docs.google.com

Core Ingredients

Team

Market

Technology

docs.google.com

Special Ingredients

Business Model Innovation

Network Effects

Exceptional Know-How + Trade Secrets

Proprietary Data / Data Source-of-Truth

Two-Sided Marketplace

Making the Startup Pizza

On what Baukunst looks for in venture-scale outcomes at pre-seed...

The Main Ingredients in **Making the BIG Pizza**

THE DOUGH: TEAM

- Truly exceptional on some axis
- Ambition to build to a venture-scale outcome
- Some amount of founder-market fit (though not always steeped in domain expertise; sometimes outsiders can bring a fresh perspective that disrupts convention)

THE SAUCE: MARKET

- Feasible to be multi-\$B in 10ish years (market already exists or you can see how it will come together)
- Good economics (high margins, LTV:CAC)
- No clear competitors we'd bet on (when a company has clear head-to-head competition, we need to develop a strong thesis on why the team we're backing is going to win)






“We assume most technology is not defensible.” — Matt Thoms

THE CHEESE: TECHNOLOGY

- Needs to pass the sniff test in terms of confidence this can be built
- We look for some technical moat, but we're aware that if you have a compelling product, people will find a way to copy it. We also assume most patents are worthless. Other moats will need to be built into the business around brand, data, talent etc.
- Interested in technology that could not have been built 3 years ago but is now accessible at a cheaper price point. We need to understand why others haven't tried this before

THE EXTRA, DELICIOUS INGREDIENTS

(NICE BUT NOT REQUIRED)

-  PINEAPPLE: Business Model Innovation
-  SPICY GIARDINIERA: Network Effects
-  MUSHROOMS: Exceptional Know-How + Trade Secrets
-  SQUASH: Proprietary Data/Data Source of Truth
-  HOT HONEY: Two-Sided Marketplace

What makes a company good for venture?

At Baukunst, the most pragmatic question we try to answer is: *Will our investment in company X have the potential to return our entire fund?*

We have a \$100M venture fund so we need a very, very large outcome to move the needle and provide a meaningful return on capital to our investors. We consider our percentage ownership in the company at the exit event and if there is the potential for a \$B exit.

Capital efficiency is vital for us (and sometimes gets lost in the typical dialogue about this in the industry) as it is an essential part of minimizing dilution at the time of exit

Growth Expectations in the first 1-5 years are ‘Triple, Triple, Double, Double, Double’ which will give you the dramatic, hockey stick revenue trajectory that leads to a \$B exit. We need to see value creation within the life of the fund (10 – 15 years).



‘Mycelium as Mode’ Investment Digest

	Psychedelics + Alternative Medicine	CPC + Functional + Alternative Protein	Alternative Materials + Miscellaneous
	<div>Cybin</div> <div>biopharmaceutical co. developing psychedelic therapeutics</div> <div>capital raised : \$347.5M</div> <div>COMPASS Pathways</div> <div>developing therapies for treatment-resistant depression</div> <div>capital raised : \$271.2M</div> <div>Gilgamesh Pharmaceuticals</div> <div>provides medicines for psychedelic and stress-related disorders</div> <div>capital raised : \$82.6M</div> <div>MycoMedica Life Sciences, PBC</div> <div>provides psychedelic medicines</div> <div>capital raised : \$68M</div> <div>Mindbloom</div> <div>at-home, clinician-prescribed psychedelic therapies</div> <div>capital raised : \$50M</div> <div>Over \$900M invested →</div>	<div>Nature’s Fynd</div> <div>food co. making nutritional vegan protein from a microbe</div> <div>capital raised : \$509.5M</div> <div>Meati</div> <div>consumer goods co. providing fungi-based meat alternatives</div> <div>capital raised : \$274.4M</div> <div>MycoTechnology</div> <div>transforming agricultural products with fungi-based platforms</div> <div>capital raised : \$207.6M</div> <div>Enough</div> <div>food ingredient co. specializing in the process of fermentation</div> <div>capital raised : \$121.7M</div> <div>Infinite Roots</div> <div>biotech co. producing sustainable foods from fermented mycelium</div> <div>capital raised : \$86.6M</div> <div>See all 30+ companies →</div>	<div>Bolt Threads</div> <div>materials co. inventing and scaling materials for a better future</div> <div>capital raised : \$334.1M</div> <div>MycoWorks</div> <div>biotech co. providing non-plastic and non-animal materials</div> <div>capital raised : \$187M</div> <div>Ecovative Design</div> <div>innovative materials from natural growth processes</div> <div>capital raised : \$121.1M</div> <div>SQIM (FKA MOGU)</div> <div>animal-free alternatives for interiors and fashion through fermenting</div> <div>capital raised : \$14.2M</div> <div>Mycel</div> <div>biomaterials used to substitute leather and flesh</div> <div>capital raised : \$10M</div> <div>Over \$13B invested →</div>

Follow the link below to dive deeper into more startups, invested amounts, and who invested:

→→→ [Baukunst Mycelium as Mode : VC Backed Startups & Investors](#)

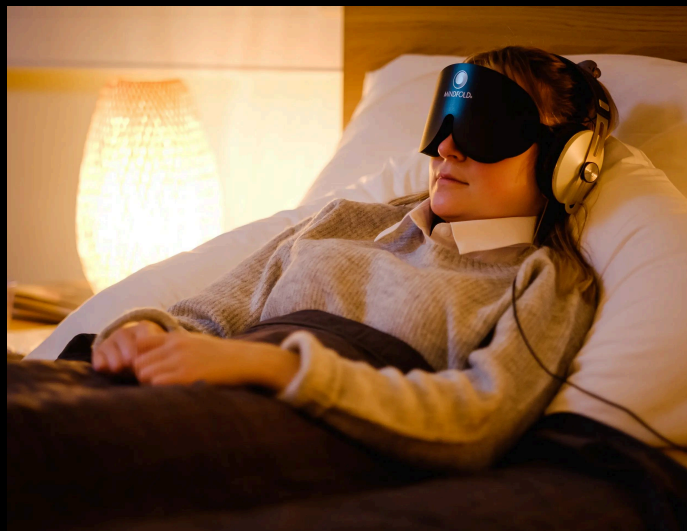
Investment Insights



Investment

Alternative to ‘Sick Care’ System Needed

Psychedelic medicine and their protocols are incongruent with existing healthcare models and will require new products and services to be built around this method of care, creating investment opportunities beyond therapeutics.



Investment

Psilocybin-Assisted Therapy

MDMA-assisted therapy for PTSD is up for FDA approval in August 2024, and Psilocybin-assisted therapy for PTSD will follow in Q1 2025 thanks to the work of The Multidisciplinary Association for Psychedelic Studies (MAPS).



Investment

Multimodal Process for Patients

FDA approval will create an inflection point for investment in psychedelic medicine which has largely been funded by high net worth individuals, non-profit research organizations, and boutique investment firms to date.



Investment

Building Cultural Competency

There’s a tension between capitalist adoption of psychedelic medicine and indigenous tradition that needs to be handled with care. The onus will fall to entrepreneurs to build cultural competence into their approach.



Investment

None Have Achieved Scale Yet

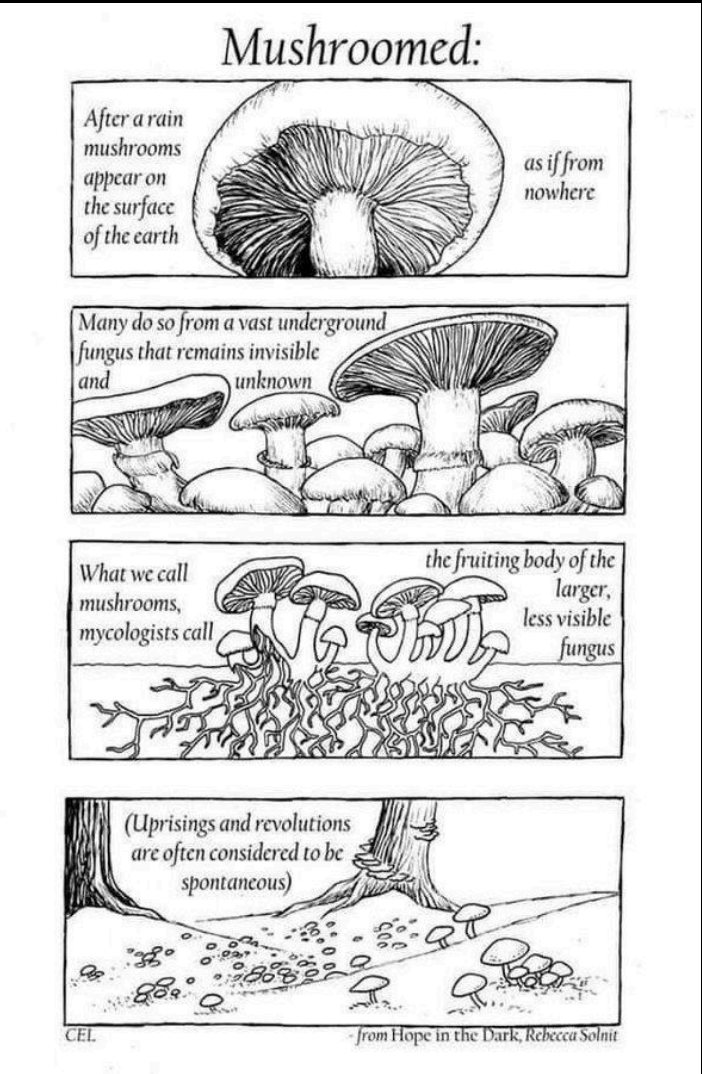
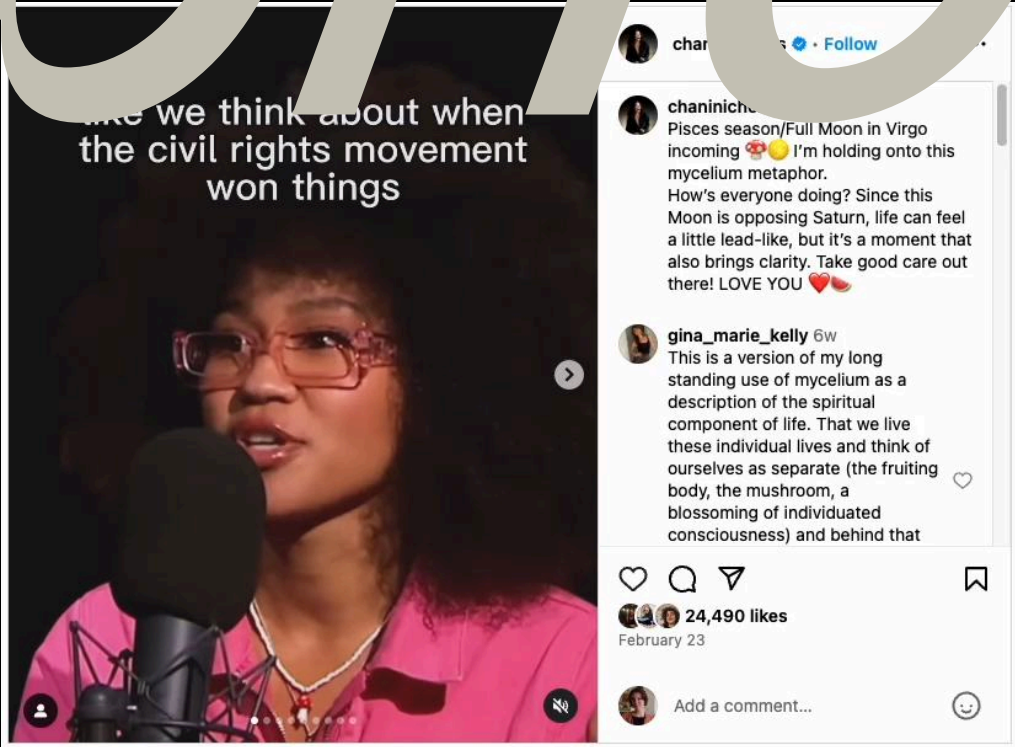
VC-backed companies are experimenting with mycelium as an alternative material to petroleum-based products but space/time factors are major constraints. Hundreds of millions of dollars have gone into fueling these companies; none have achieved scale yet.

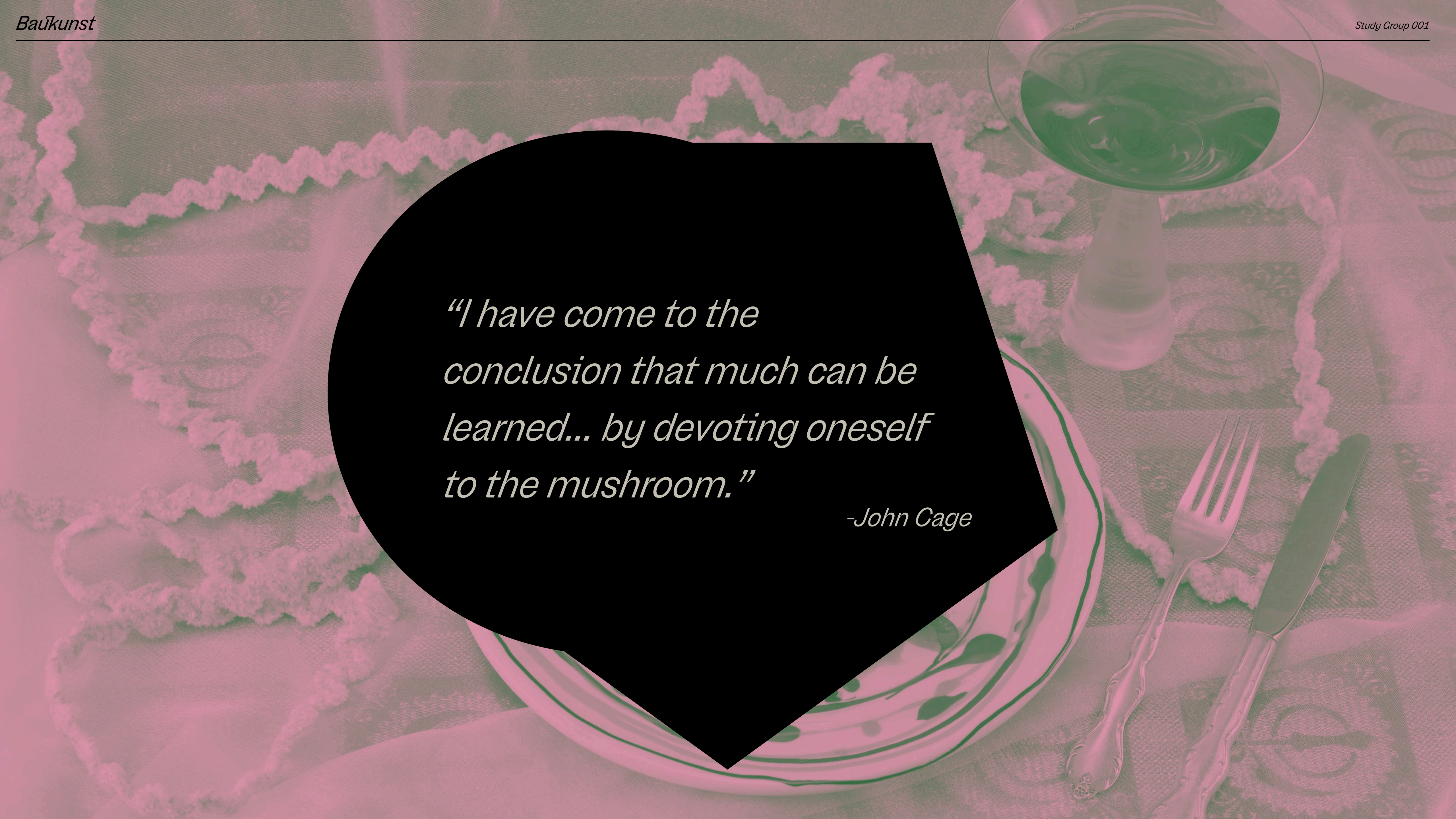


Mushroom as Metaphor - the fruit above and the intricate network below



Metaphor



A still life painting of a table setting. In the upper right, a glass of red wine sits on a pedestal. Below it, a silver fork and knife are laid out on a patterned tablecloth. A large, black, irregularly shaped text box is centered over the image, containing a quote in white italicized text. The background features a checkered tablecloth and a decorative garland.

*“I have come to the
conclusion that much can be
learned... by devoting oneself
to the mushroom.”*

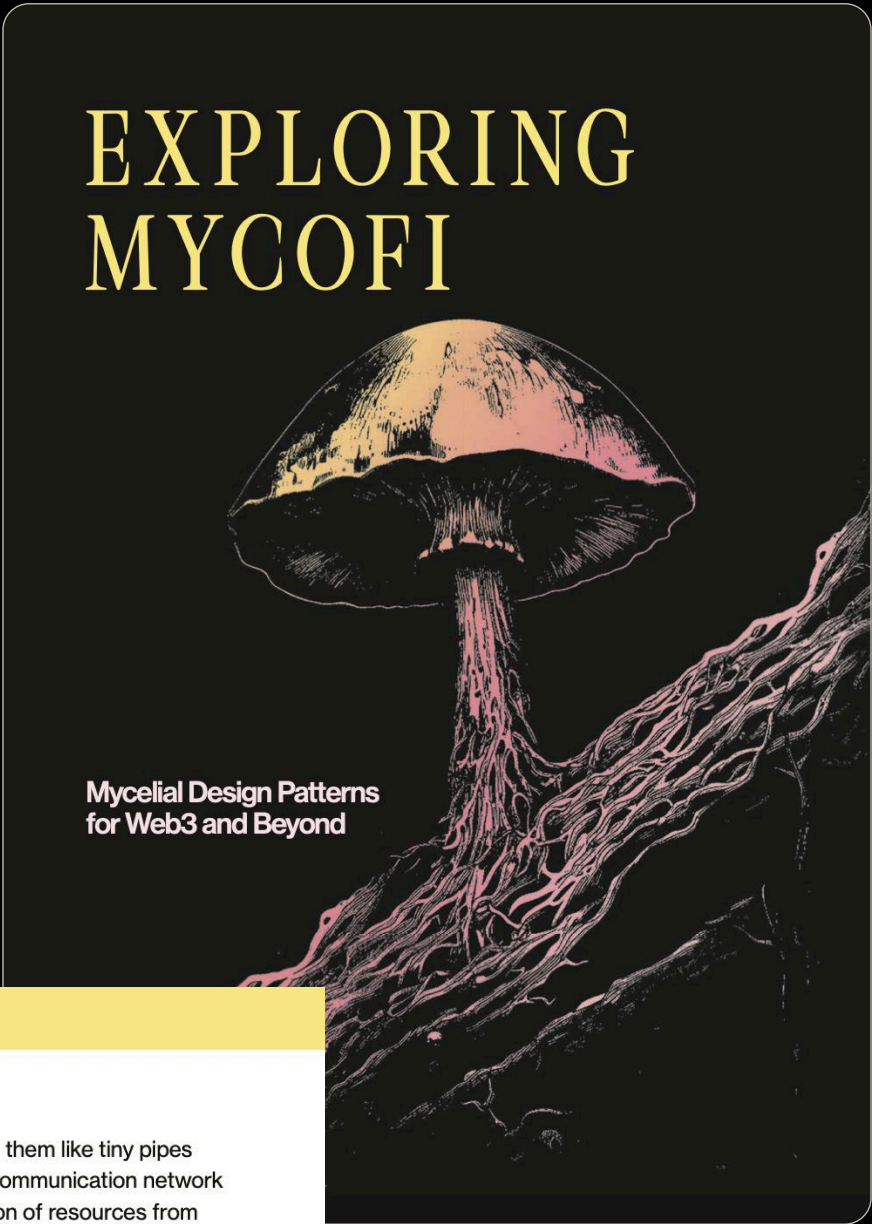
-John Cage

“Think Like a Mushroom”

I believe MycoFi is a timely idea because it presents us with a way of thinking about purpose based networks and political economic systems which are more rooted in community. I see it as a biomimetic pattern language that helps us gain a better sense of how to rewire the circuitry of our economies so they serve the needs of humanity, the biosphere, and all stakeholders for mutual benefit with the long term in mind. If thats your jam, youre holding the right book.

Hydrate, meditate, take the green pill, and may the Force be with you always.

Scott Morris
@TheTokenJedi



MycoFi It is from these memetic mycelial threads that MycoFi is woven. The concept of mycelial finance beckons us to learn from the ancient wisdom of nature, interlacing economic design patterns with the rhythm of life forms that have adaptively co-evolved over billions of years on this planet. Like spores on the wind, MycoFi first emerged as a playful jest to tickle the CoFi vines but quickly sprouted into its own vibrant memetic tapestry of inspiration for regenerative economic design.



Jose Mejia 10:02 AM
interesting bit i just saw while roaming about EthDenver

<https://mycofi.art/>

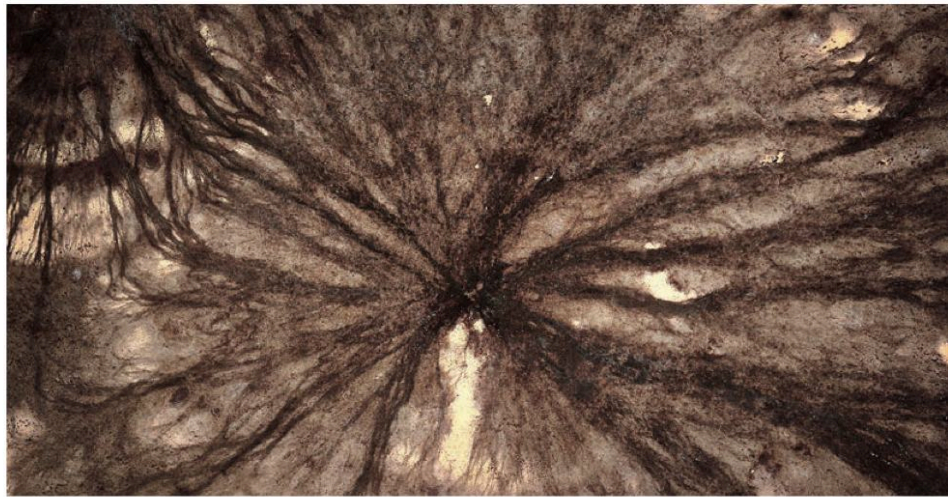
mycofi.art
Exploring Mycofi
[cargo.site](#) (271 kB) ▾



1 1

MycoFi is the Economy of the Forest

Hyphae are composed of long chains of individual cells, making them like tiny pipes routed all over the planet's surface. These pipes are not just a communication network for the mycelium itself but are also essential for the redistribution of resources from decomposing matter to a host of other lifeforms where they provide life-sustaining nutrition. Mycelial networks have an uncanny ability to sense demand for particular resources across their many interconnections, and intelligently route the supply of nutrients to where they are needed most.



Mushrooms Leak So Much Alpha

Adaptively evolving to shifting climates, food sources, and ecological epochs, mushrooms not only provide essential services for all life on Earth through their distributed infrastructure, but they have demonstrated an evolutionarily honed capability for collective coherence and intelligent resource allocation in genetically diverse collectives. They transact resources using market-like exchange mechanisms with trading partners, address free rider problems in permissionless networks, and take advantage of arbitrage opportunities in the remediation of damaged ecosystems. They display strategies of mutual reciprocity with their trading partners, even keeping stumps and other non-producing members of the forest alive in what is essentially an underground economic support network. If nature has any alpha to guide us toward a flourishing future, perhaps the mushrooms will let us in on the drop.



THE MYCELIAL MINDSET

Nature's Oldest Networks

When it comes to network infrastructure, mushrooms have no equal. Mycelium is nature's oldest and most interconnected network, one that supports the entirety of life on Earth through the resources and information that flow through its veins. As infrastructures of positive sum reciprocity and regeneration tested by untold millennia of natural selection, their patterns are a true gift from our eldest genetic ancestors.



MycoFi is a movement to consciously apply lessons from the mycelial world to cryptoeconomics, and encourage Web3 builders to “think like a mushroom” about the systems they are designing. Incorporating nature’s evolutionary design patterns

Wednesday, March 6, 2024, 7:00pm PST / 10:00pm EST

*Members of the Collective enjoyed an
immersive dining experience together
with culinary vanguard,
The Mushroom*



Special Guest

The Mushroom

Chef, Creator, and Curator, Alex Lauritzen

The Mushroom is a room where people connect and ideas are shared over a communal meal. Mushrooms are a huge part of my personal creativity and I use them to reach within and find fresh perspectives on the world. Mushrooms open you up, make things more fun, make things more beautiful - this is the spirit I bring to my hospitality. In a healthy forest, each tree is connected by a mycorrhizal network. Mushrooms, the fruit of this network, are a strong tool for growth and creativity.





“There’s so much unbelievable beauty in the world and the more you expose yourself, the more you can see it - the beautiful cycle of life. The natural world, creativity, food, fun, conversations, FANTASIES are endless and to me, mushrooms embody all of this.”

-Alex Lauritzen

In Support of Going Slower

The Energy Rises Beyond The Space

Talking about time and experience, and how it's maybe our most valuable tools



THE FOX IS BLACK
MAR 25, 2024



Octavious, his **Fungiture explorations**, elaborate chairs made out of mushroom looking pieces and parts. I saw this all over my TikTok and Twitter and was surprised that, A) Paul had created these, and B) they were a mix of photos he took in his studio and AI. And I found this project interesting because Paul was using AI as a tool to create something he couldn't, an elaborate piece of furniture. In this way, the role of AI is more akin to pencil and paper. Paul as a multi-hyphenate creative brings a vast range of ideas to the table thanks to previous experience in photography and event work. Anyone could come up with the idea of mushroom furniture, sure, but ideas



‘Yes, it took me just a moment to draw this line with the brush. But it took me months, perhaps even years, of reflection to form the idea.’



THE TREND REPORT

Run faster, consume more. *Hurry up and wait.* Why wait when you can overnight it? Can we skip to the good part? When did I become so impatient? Time feels limited but so much fuller. Revenge Bedtime Procrastination transformed into Revenge Stuff-As-Much-As-You-Can-Into-Every-Pocket-of-Time. You no longer watch one thing but you stream one thing while watching another. Attend a meeting while working at the same time. Multi-task, multi-task, multi-task. Is this that growth economy ghost in my machine again? Why do I always feel that greasy feeling of wanting to consume? Have I been so trained to work, to “do something,” that my minutes are always bursting?

cadler

8:13 PM

Monday, March 25th

https://thefoxisblack.substack.com/p/the-energy-rises-beyond-the-space?publication_id=290676&utm_campaign=email-post-title&sr=6pu7&utm_medium=email

This is a good bit on two fronts:

1. Mushrooms making their way into our inboxes with different context.

2. This is how adoption transfers from turning someone from skeptic to curious (see the bit about Paul Octaviouses use of AI.

thefoxisblack.substack.com

[The Energy Rises Beyond The Space](#)

Talking about time and experience, and how it's maybe our most valuable tools

(129 kB)

An Interview between Rick Rubin & Merlin Sheldrake

These notes were taken from a podcast interview between Rick Rubin and biologist, Merlin Sheldrake. You can listen to the episode [HERE](#) and learn more about Tetragrammaton [HERE](#).

RR: Do the different networks speak to each other?

MS: Fungi are communicating all the time — with themselves, with the other microbes they depend on (with bacteria that live in them and on them), with the fungi that surround them, and with plants that they live in and around. They have to communicate in order to survive, including with a distant part of their own network in order to decide (in their way) the best course of action at a given moment regarding how fast to grow, where

to grow, what chemicals to produce (to defend themselves; to prepare for sex, etc.)

RR: Based on what you’ve learned thus far about these networks, how much do you think we know about anything?

MS: I think there’s a huge amount that we don’t know. One of the reasons I like studying fungi is that it’s a field where there are so many open questions. So much of the practice is working out what your relationship to the unknown is.

Consciousness and mind are such riddles within the sciences, because the sciences (on the whole) work by objectifying the world and quantifying the world. But mind and consciousness are inherently subjective experiences. It’s hard to reconcile these two things, and to investigate subjectivity in an objective manner.

RR: How does algae relate to fungus?

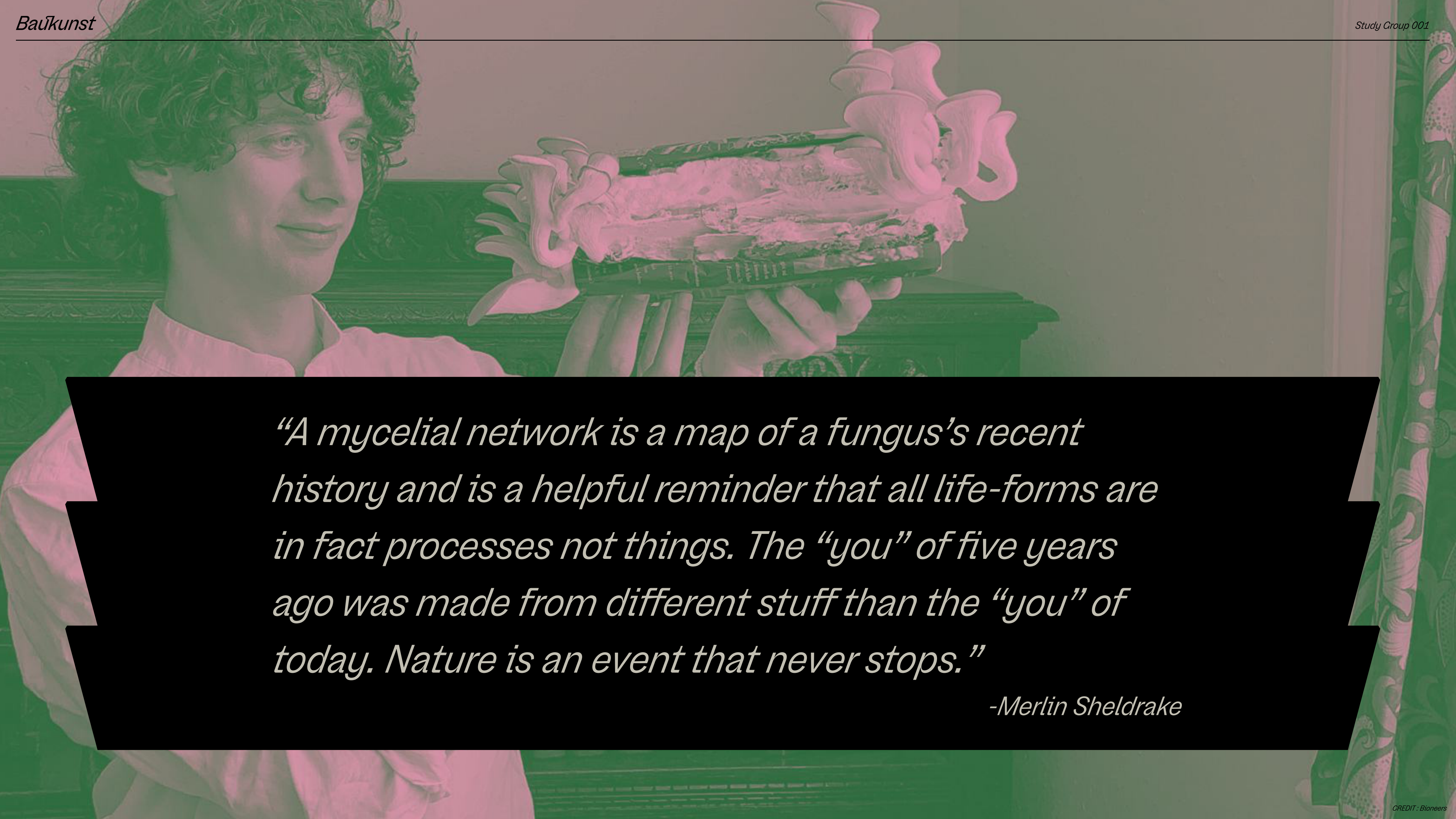
MS: Fungi and algae have a very long, entangled relationship, which is responsible for some of the biggest transformations in the history of life. About 500 years ago, land was a barren place. Algae was only able to move onto the land

because they partnered with fungi. These fungi could deftly explore the soil and scavenge for nutrients...[and] algae could do the eating of the light and carbon dioxide. Together they were able to form a new kind of organism that could live in this radically new, often inhospitable, place. The fungi behaved as plant’s roots for tens of millions of years before plants could evolve their own roots.

[This] illustrates a more general theme about the history of life, which is that organisms come together to achieve something they couldn’t achieve by themselves. Collaboration is so fundamental to life and how life proceeds in opening up new biological possibilities.

Jazz, for me, is a very fundamental metaphor. I think about the living world in terms of jazz and improvisation. All organisms are improvising their way through time. Within the constraints we’re bounded to, and within the possibility available to whatever creature one happens to be, one is improvising and improvising with other creatures who are also going about their life.

RR: And improvisation is always based on what everyone else is doing. Improvisation is not about your part. It’s about where you fit into this bigger movement that’s happening in real time.

A man with curly hair, wearing a light blue shirt, is holding a book. The book is covered in a dense growth of white mushrooms, some of which are growing out of the top of the book. The background is a plain, light-colored wall.

“A mycelial network is a map of a fungus’s recent history and is a helpful reminder that all life-forms are in fact processes not things. The “you” of five years ago was made from different stuff than the “you” of today. Nature is an event that never stops.”

-Merlin Sheldrake

Metaphor Insights



Metaphor

Collaboration is Fundamental to Life

Mycelial networks' collaboration with organisms within and around it, is what opened the door to biological possibility. Mycelium can serve as a blueprint for designing new collaborative systems intending to open new possibilities for surviving— and thriving.



Metaphor

Collective Building Heightens Improvisation

All of biological life is at all times, within certain bounded constraints, improvising. When we build within a collective, we heighten our level of improvisation and our chance, therefore, of its fruit, which is a greater evolution.



Metaphor

Fungi Do Big Things, Slowly

As a scalable material, the comparatively slow growing time of mycelium poses a challenge. As a metaphor, we can see the power of a slower growth process in the strength of mycelial networks. Slower development can sometimes yield a deeper, more enduring creation.



Metaphor

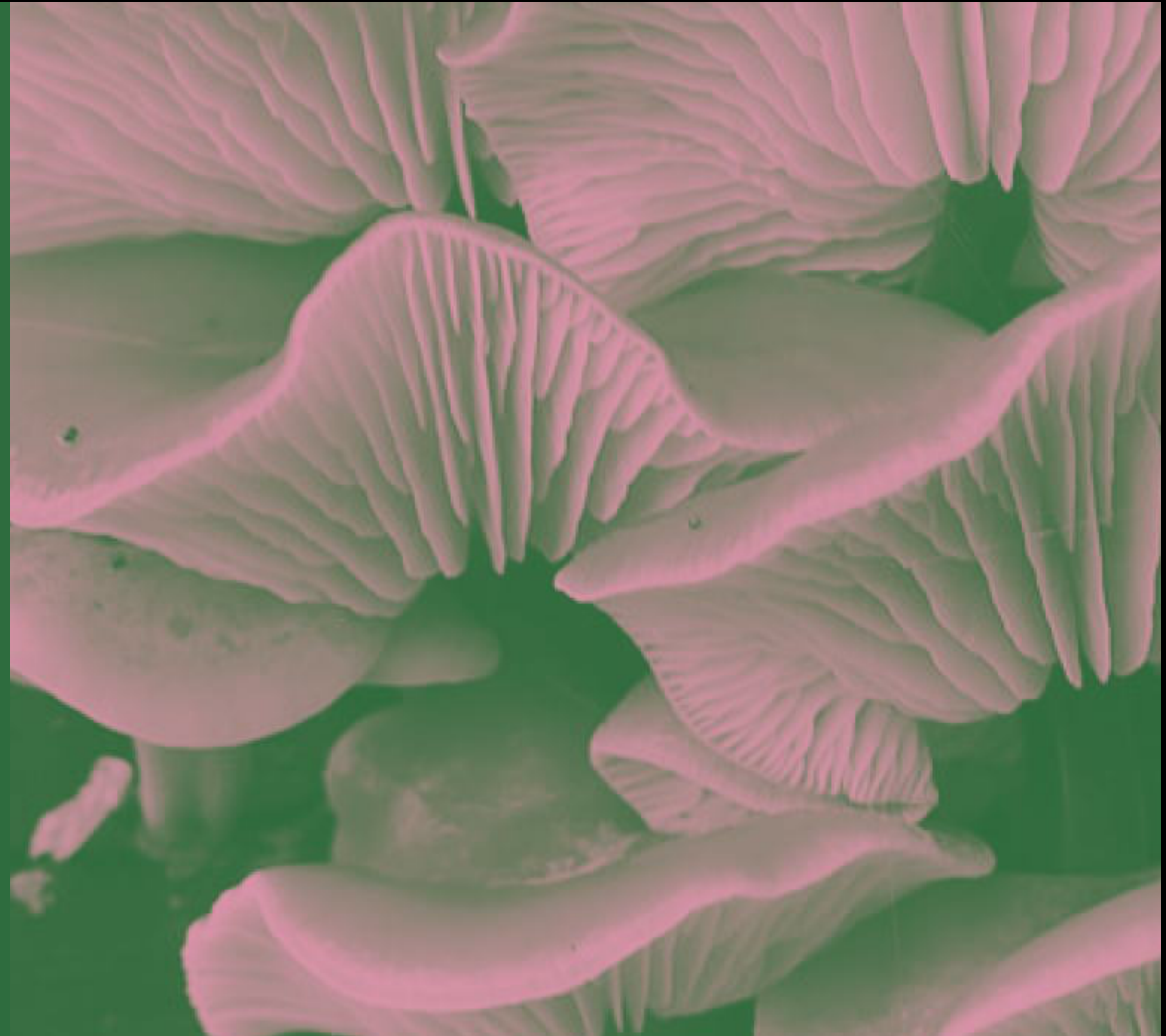
Physical Presence Deepens Community

Our animal nature continues to want to be physically present within community. New, digital networks aiding real-time, remote collaboration must be seen as complementary to, and not a complete replacement of, in-person experience.

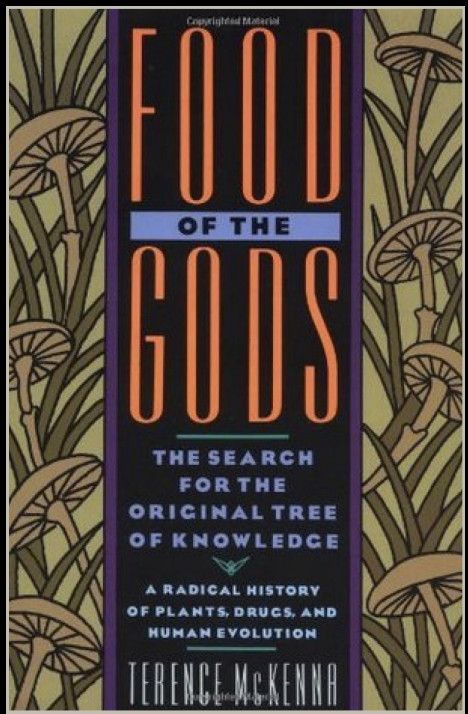
Study Group 001

Media Library

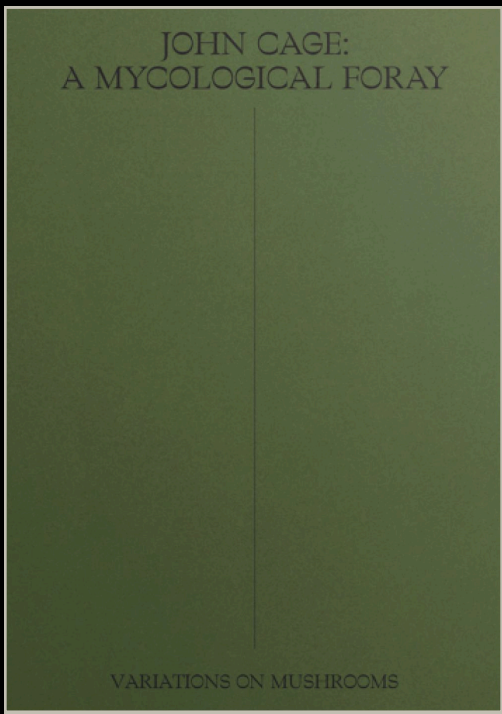
*Some Additional, Magical Things We
Foraged Along the Way*



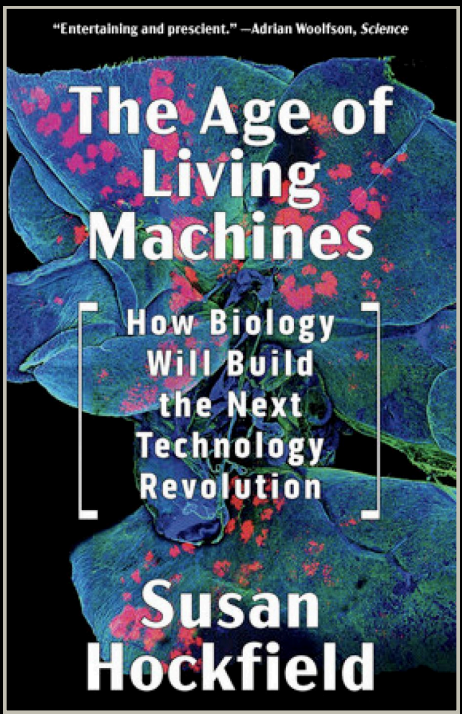
Good Reads & Views



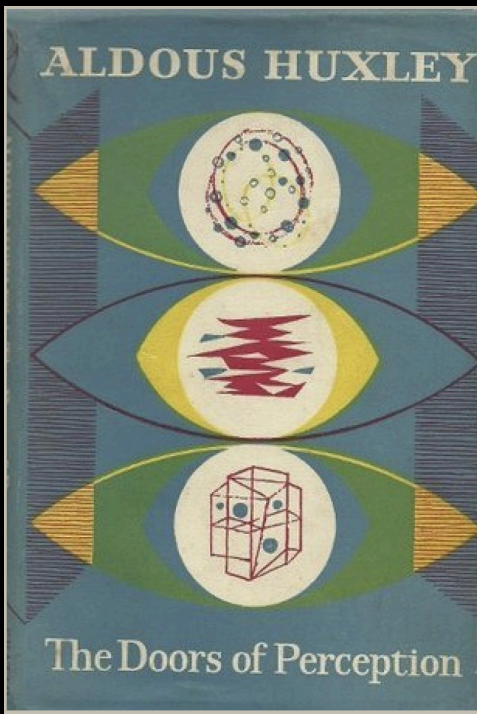
Mind of the Gods
by Terence McKenna



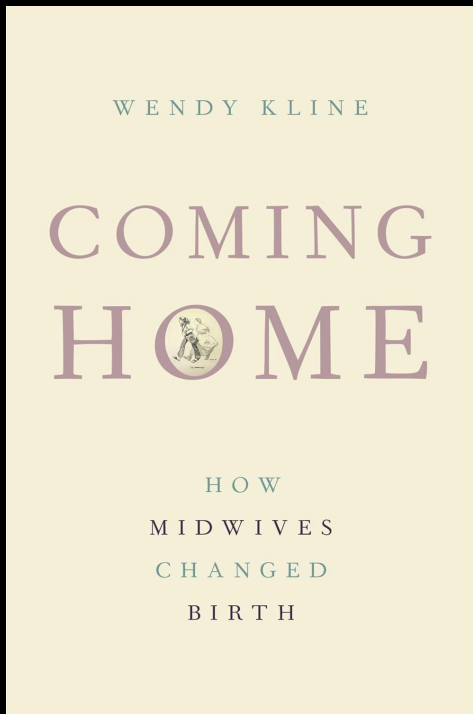
A Mycology Foray
by John Cage



The Age of Living Machines
by Susan Hockfield



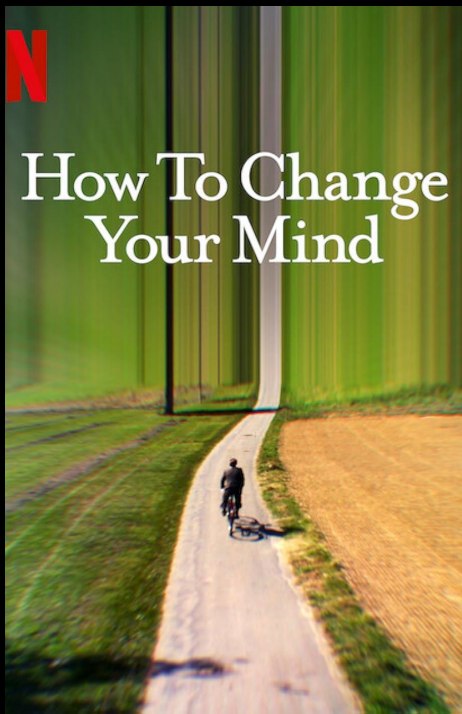
The Doors of Perception
by Aldous Huxley



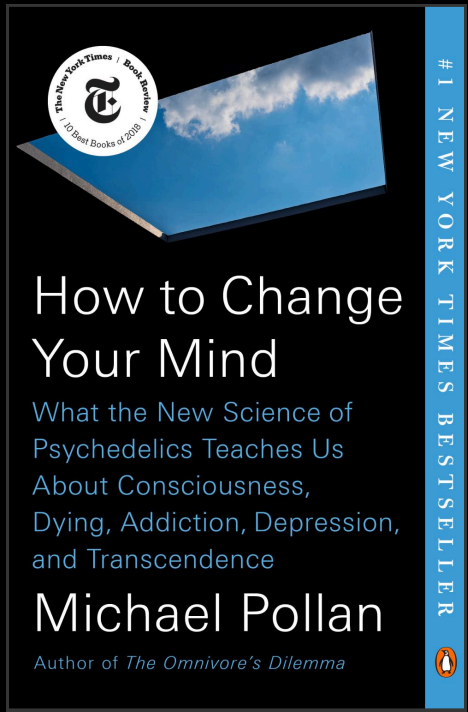
Coming Home
by Wendy Kline



Mushroom People Magazine
by Broccoli



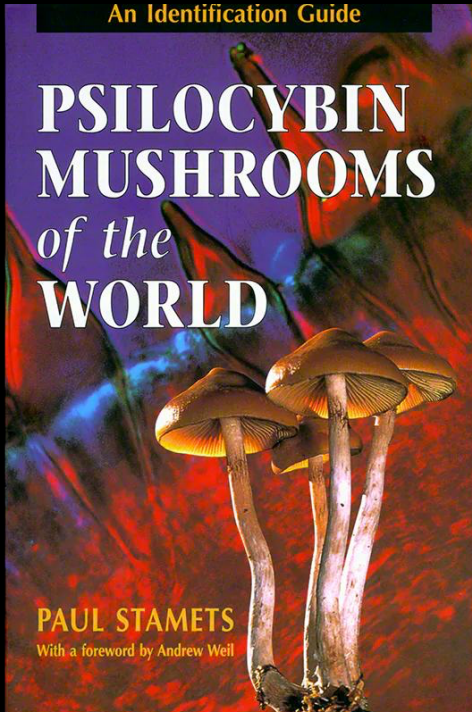
How to Change Your Mind
by Michael Pollan



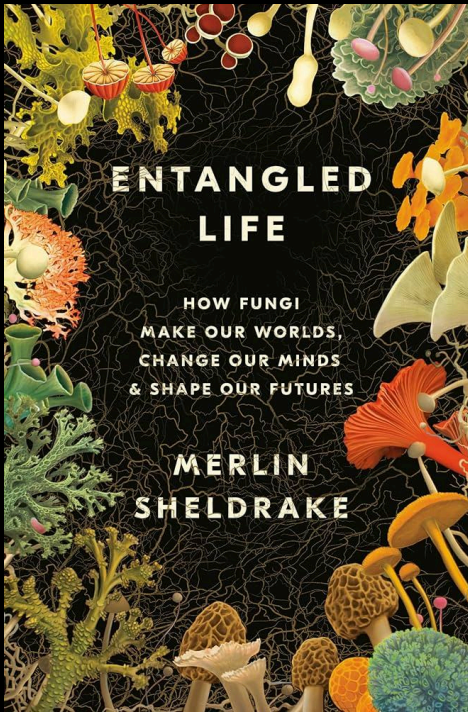
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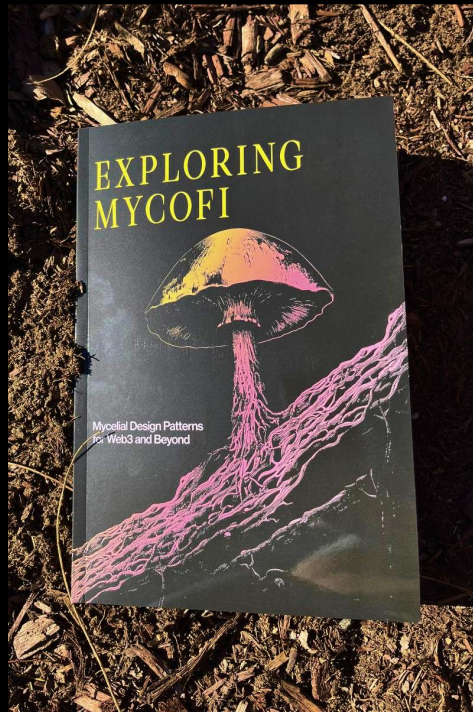
The Microdose Substack
by Michael Pollan



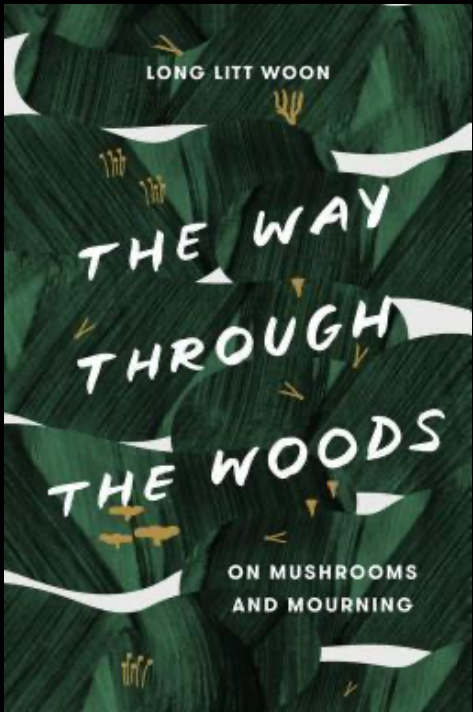
Psilocybin Mushrooms
by Paul Stamets



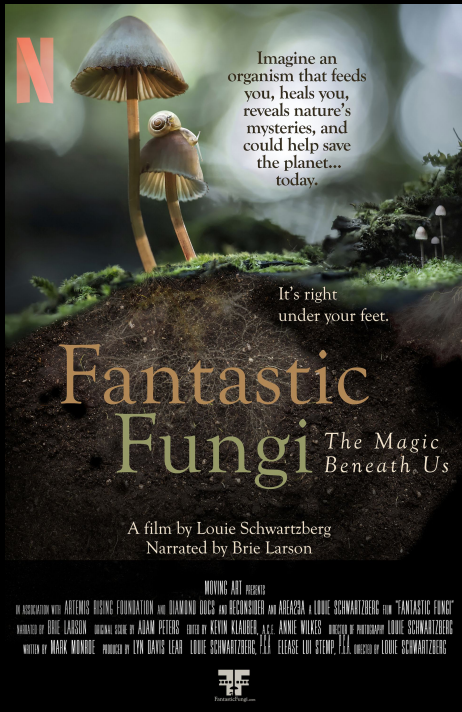
Entangled Life
by Merlin Sheldrake



Exploring Mycofi
by mycofi.art



The Way Through the Woods
by Long Litt Woon

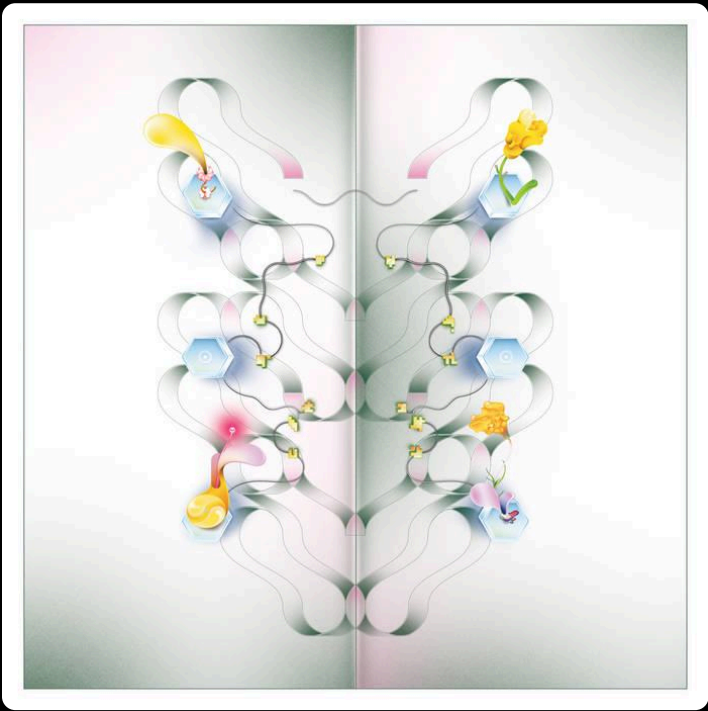


Fantastic Fungi
by Louie Schwartzberg

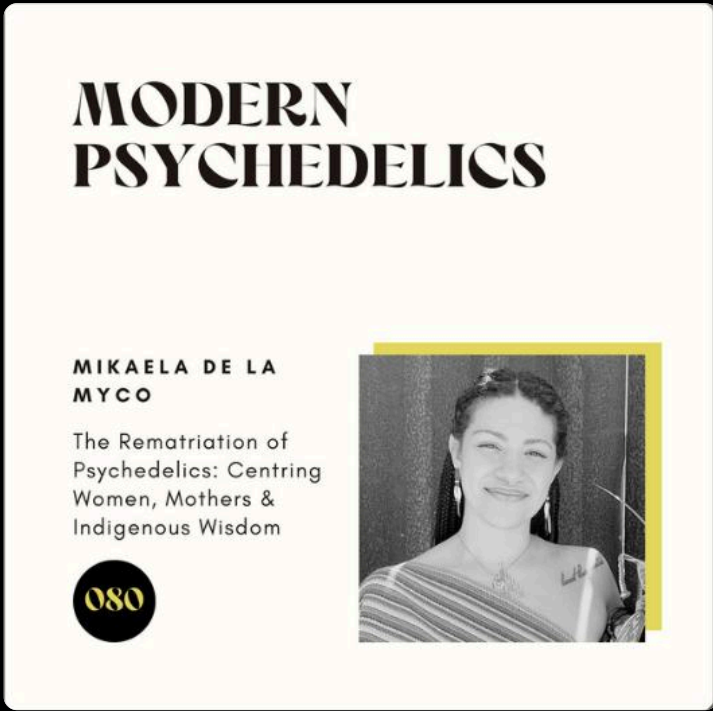
Good Listens



The Fungi Sessions Vol. 1
by Hannah Read



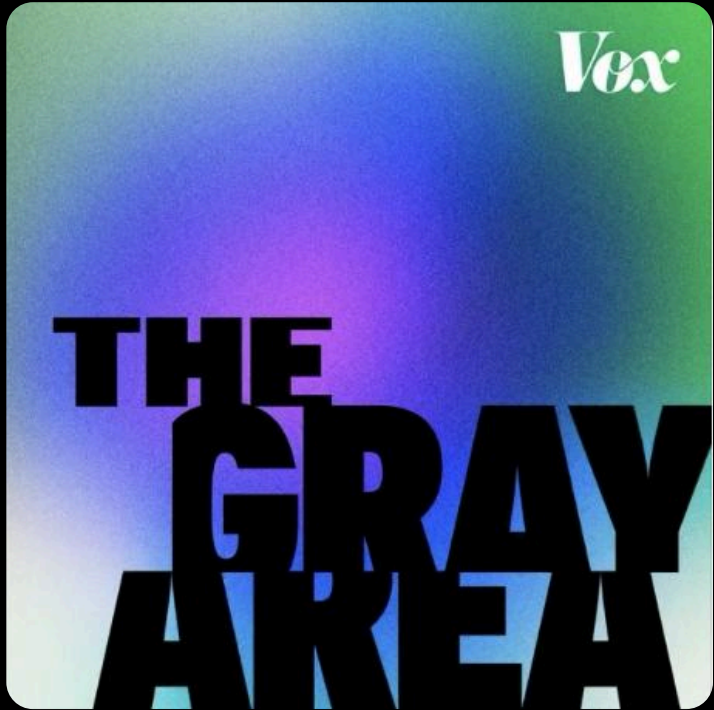
Mycelium Music
by Matthew David



Mikaela de la Myco
on Modern Psychedelics



Tetragrammaton with Rick Rubin
about Merlin Sheldrake



On examining reality
with Justin Smith-Ruiu



On psychedelic society
with Michael Pollan



Come Along
by Cosmo Sheldrake

About Baukunst

Baukunst is a collective of creative technologists advancing the art of building.

Our inaugural \$100M venture fund is dedicated to leading pre-seed investments in companies at the frontiers of technology and design.

We believe in and practice *the Art of Building.*



Thank You!

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