

Microdosing Workbook





What is Micro-dosing?

Microdosing is the act of consuming small amounts of sacred plant medicines, or psychedelics, about a tenth of a regular dose— 1-2x a week for an extended period of time.

Microdoses are meant to be sub-perceptible from visual perspective. There should be no classic psychedelic effects when under the influence of a microdose.

It is important to understand that the plant medicine itself is not the thing that will change or help you. **You have that innate capacity of transformation already within yourself.**

These sacred plant medicine simply assist and guide you by helping you to live in present moment awareness, and offering you glimmers of insight into how you can make constructive changes in your life that align you to your True Self.

Benefits of Microdosing



- Improved mood, along with a reduction or alleviation of anxiety and depression.
- A greater ability to focus and enter flow states.
- A deeper sense of understanding of self awareness and oneself.
- A reduction in unhealthy addictive behaviours and improved ability to take positive action in your life.
- An access profound insights and a shift in perspective that can lead to a dislodging of a limited way of thinking and being that has been perpetuating suffering.
- Increased empathy, which can often improve social interactions, reduce social anxiety, and grant you the ability to better manage your relationships.
- A quieting of the default mode network in the brain, and a stimulation of neuroplasticity that reshapes the mind. This results in greater levels of creativity, ability to adapt to new situations, insights and new perspectives, greater ability to problem solve, enhanced athletic coordination, and improved focus and productivity.
- For those struggling with depression, anxiety, PTSD, ADD/ADHD, food disorders, addictions, microdosing can create a number of positive changes.

Preparing Your Dose

The first step to your microdosing practice is to properly measure your dose.

Start small. Start with 0.1 grams.

A microdose is anywhere between 0.1 grams to 2.5grams.

Slowly increase the dose until you reach an amount where you feel something but have no visual distortions. This should be a level that enhances your awareness of felt-sense, smell, and touch. You are still able to navigate mundane routines with an elevated sense of being.

How you know if you've overdone it? The signs that you may have overdone it a bit with your dose are:

- Problems focusing
- Feeling somewhat giggly or heightened sense of anxiety
- Generally feeling a little off
- Slight mood or visual disturbances
- Strong emotional insights rising to your awareness that you don't feel capable of addressing in the context you're in

The benefits of a capsuled doses:

Stems and caps of the mushroom will vary in the amount of psilocybin they contain. To make sure you have a consistent even dose, you can grind the mushrooms up in a coffee grinder and make capsules.

The benefits of raw:

Working with the raw mushroom allow you to have a more tangible connection with the plant spirit, rather than it being turned into another "pill". Allowing yourself to taste the medicine creates a profound connection between your body and the plant teacher.



Intention

Whenever you are working with a plant medicine an authentic intention is necessary.

The experiences we draw towards ourselves through the universal law of cause and effect are catalyzed by our capacity to make intentions, clear and concise requests, and then rest into receiving these vibrational outpourings.

In this way, our intentions precede all our life experiences. By bringing conscious awareness to our intentions, we become conscious creators of our reality.



This is especially helpful when we are calling upon the aid of benevolent plant medicines, as they dwell and work primarily on subtle realms of creation which carry more authority over the physical realms that our normal human senses perceive.

The more you can cultivate a deeper intention the more benefit you will receive from your microdosing protocol.

Creating Your Schedule

Typically your dose days are scheduled every 3 days. One day where you take the medicine, one day to notice the after effects, and the third day to allow the brain chemistry to recover. Feel free to create a scheduled that works best for you, incorporating a dose day at least once a week.

On your dose days craft your ideal self-care day, include mindfulness practices, meditation, and movement. Mushrooms stimulate neuroplasticity, become an active participant in re-shaping your mind! As a result your personality and behaviour will changes to bring forth more clarity, peace, joy, and connection in your life.

Plant medicines naturally invite us to create balance and peace in all areas of our life: Body, Mind, Emotions, and Relationships (to self, community, and nature). When creating your ideal day, consider these aspects of yourself and how you can engage in an activity that promotes growth and healing in these areas.

Activities to include:

- Meditation - practice training the mind to become calm and still
- Mindfulness & Gratitude practices: to bring more peace and joy into your life
- Breathwork - connect to your breath to help integrate suppressed emotion
- Journalling - make space for self reflection and insight
- Movement & Exercise - practice being aware of and in your body
- Creativity - express yourself!
- Nutritious meals - take care of your body
- Get outside -cultivate a deeper connection with nature
- Authentic Connection - create deeper connection with loved ones

Measuring Your Baseline & Tracking Your Progress

Answer the following questions to give you additional clarity and insight into where you stand right now, and how microdosing will help improve your quality of life. Rate the statements below on scale of 1-5.

5 = All of the time.

4 = Most of the time.

3 = More than half of the time

2 = Less than half of the time

1 = At no time

Self Inventory

1. I feel cheerful and in good spirits.
2. I feel calm and relaxed.
3. I feel active and vigorous.
4. I wake up feeling fresh and rested.
5. My daily life has even filled with things that interest me.
6. It has been easy for me to concentrate on what I am doing.
7. I have been able to be present with and tolerate emotional pain and discomfort.
8. I feel capable of affecting change in my life.
9. I can describe how I feel at the moment in considerable detail.
10. I feel self love, compassion, and acceptance.
11. It has been easy for me to keep track of my thoughts and feelings.
12. I have noticed my thoughts and feelings without judging them.
13. I am able to accept the thought sand feeling is have.
14. I am able to focus on the present moment.
14. I am able to pay close attention to one thing for a long period of time.
16. I feel a sense of excitement and hope of my future.

Journalling Exercise

Write for a few moments without censoring yourself.

1. If you could chose only one thing that you could do better next month, what would it be?
2. What would you like to learn more about in the next month?
3. What habits would you like to improve? At work or school? With friends or family? For health and well-being?
4. What kind of connections would you like to make with others?
5. What self-care/leisure activities would you like to pursue that are worthwhile and meaningful.
6. How could you improve your relationship with your partner, parents, or siblings?
7. What would you have liked to achieve in a month from now?
8. If you could get in touch with the wisest part of yourself, what would you like to teach you?
9. Think of someone you admire, what qualities and virtues do they possess that you would like to practice this month?
10. What steps can you take over the next month to grow towards your ideal self?

Day 1 - Microdose Day

Beginning of the Day:

What is your Dose?

When will you take it?

What is your intention for the day?

What activities are you engaging in today?

End of the Day:

What are some general comments, insights, or observations from the day?

Take another inventory by answer the **Inventory Questions**

Day 2 - Post Microdose Day

How did you feel when you woke up? More rested? Tired, or normal?

Did you need more rest after taking your micro-dose?

What did you learn yesterday?

If you were to do yesterdays micro dose over again what would you do differently?

How do you feel today?

What are your comments or observations today?

Take another inventory by answer the **Inventory Questions**

Day 3 - Two Days After Your Microdose

How do you feel today?

What are your general comment for observations today

Take another inventory by answer the **Inventory Questions**

Day 4 - Repeat Day 1