

AWAKEN

BODY, MIND, & SOUL

QUICK START GUIDE TO MICRODOSING

A Subtle Path to Transformation

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WHAT IS MICRODOSING

A Microdose is a very low dose of psilocybin ranging between **0.1g and 0.3g**.

These doses are subtle and below the sense perception of most people.

A microdose will not make you “trip” or even feel high. It is intended to enhance your day-to-day life, enhancing well-being, creativity, emotional balance, and deepening connection and spirituality.

Remember, less is more.



MICRODOSE BENEFITS

- **Emotional Balance:**
Microdosing can help ease anxiety, depression, and emotional turbulence.
- **Increased Creativity:**
Microdosing can help you think outside the box and approach life with a fresh perspective.
- **Heightened Focus & Clarity:**
Microdosing can sharpen focus, making it easier to concentrate on tasks.
- **Spiritual Connection:**
Microdosing can deepen your connection to nature, yourself, and the world around you.
- **Neuroplasticity:** is the brain's ability to create new neural pathways, potentially supporting long-term personal growth and healing.

GET STARTED MICRODOSING

Microdosing Protocol:

Microdosing is most effective when done on a consistent schedule so you can develop a relationship with the medicine.

This will help you ease into the experience and give plenty of time in between doses to determine how it affects you.

Mushrooms are extremely safe.

You can't do it wrong.

A great place to start is:

- **Microdose on Day 1, take Days 2 and 3 off. Repeat the cycle.**

Once you develop and deepen your relationship with the medicine, you can change your dose and frequency based on how it works for you. Microdosing more than anything, is a practice of self-awareness. This is why it is important to set an intention with microdosing.

Setting your Intention:

Before you begin your microdosing journey ask yourself why you are being called to work with this medicine.

- In what areas of my life can I create more emotional balance? How can I cultivate inner peace and release stress today?
- What aspects of myself am I ready to explore on this journey? How can I stay open to discovering my authentic truth?
- What emotional wounds or past experiences am I ready to heal? How can I create space for self-compassion and growth?



Your intention will serve as an anchor and a guide on your journey, and tracking your experience will help you have a more beneficial and meaningful process.

Tracking your Path:

Microdosing is subtle, so it's important you pay attention to how it's working for you. It can be helpful to check in with yourself even on days you're not dosing, because the effects can linger and slowly emerge over time.

One of the best ways to observe the subtle shifts from microdosing is through journaling.

Take note of:

- **Dose Details:** Did you dose today? How much? Method (capsule, tea, chocolate, etc)? What time of day? With food/without?
- **Mood:** How did you feel before and after?
- **Body:** Do you notice any physical sensations or shifts in energy?
- **Thoughts/Insights:** What thoughts, ideas, or creative sparks came up during the day?

Cautions and Considerations:

Working with plant medicines is a single tool in the vast array of healing modalities that are available to us, and it is not suitable for everyone. It is important you are honest with yourself when making the decision if it is right for you. In order to be ready for the medicine, also means being ready for the cure.

- **Legal Status:** Ensure that psilocybin is decriminalized or legal in your area.
- **Mental Health:** If you have a history of mental illness, such as schizophrenia or severe anxiety, consult a healthcare professional before beginning a microdosing regimen.
- **Take Breaks:** Microdosing is a tool, not a daily habit. It's important to take breaks to allow for integration.

When approached with clear intention and respect, Psilocybin has the power to dissolve the walls of the ego, allowing access to profound insights, emotional healing, and a sense of unity with all of creation. It gently guides us into the hidden layers of our psyche, revealing forgotten truths and illuminating paths toward authentic transformation.

By working with Psilocybin intentionally, we open ourselves to the medicine's potential to shift perspectives, release old patterns, and align more deeply with our true selves and the greater web of existence we are woven into.

Microdosing is a practice of listening to the subtle symphony of the soul.

Take your time, honor the process, and trust that the medicine will give you what you need.



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