

The Psilocybin Microdosers **HANDBOOK**

A Practical Guide to
Enhanced Well Being



Community of Compassion Microdosing Course Guidebook

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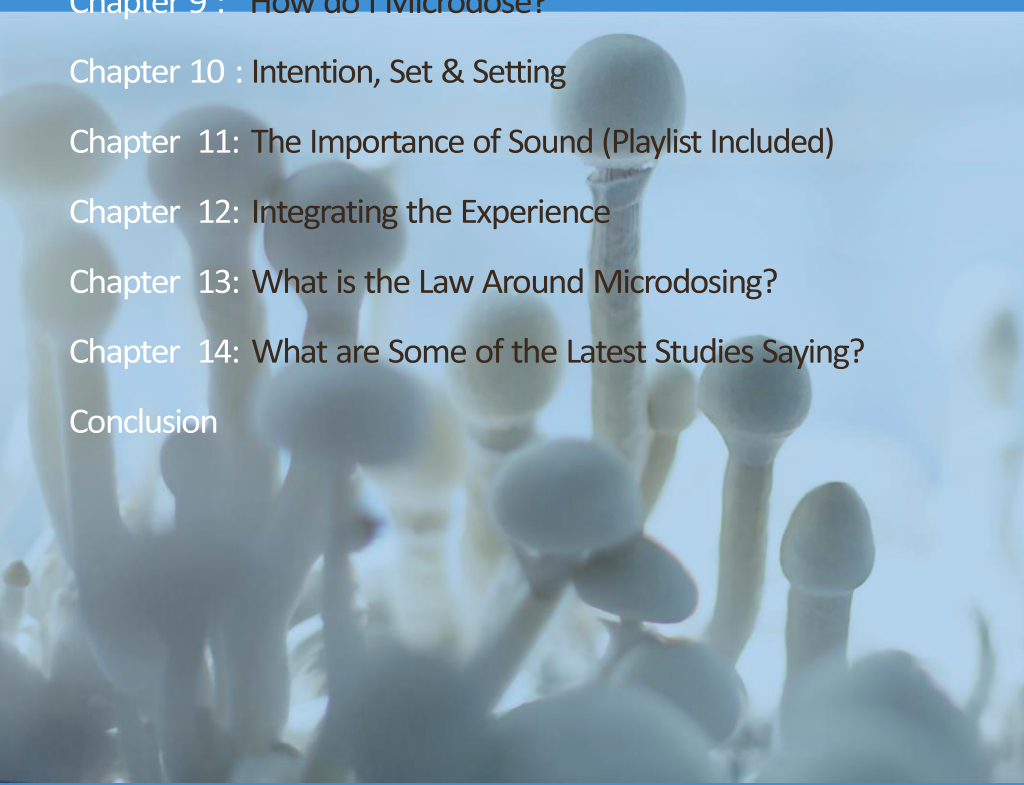
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Chapter 1

What is Microdosing?



Microdosing refers to the practice of taking a small amounts of an entheogenic or psychoactive substance, such as ayahuasca or psilocybin, in order to experience the substance through subtle effects without inducing a fullblown journey. The idea behind microdosing is to consume a dose that is too small to produce the intense visual and cognitive effects associated with a full dose, but large enough to stimulate creativity, focus, and mood improvement.

Some people also utilize Microdosing as a tool for enhancing their psychospiritual experience of life. This type of utilization focuses on experiencing beyond the mundane activities of living and enlivens practices like meditation and yoga, allowing for deeper connection and purpose than one can achieve when only focused in the physical. Providing a means of deeper awareness and relationship with one's purpose or life mission is another way that Microdosing can be useful for those seeking more balance in these areas.

- Microdosing has become popular in recent years as an alternative way to improve focus, creativity, and mood, as well as to alleviate symptoms of depression, anxiety, and other mental health conditions.
- While the practice of microdosing has been associated with psychedelic substances, some people also microdose with other substances such as cannabis or even vitamins and supplements.

- The concept of microdosing is not new and has been used in traditional medicine practices, such as with Ayahuasca in the Amazonian region of South America. Microdosing is often done by individuals who are seeking the benefits of the substance without the potential risks and side effects of taking a full dose.
- Some people who microdose report positive effects on their mood, creativity, and overall well-being. However, others may experience negative side effects such as anxiety or irritability. It is important to note that the effects of microdosing are not universal and can vary greatly from person to person.

Microdosing in and of itself is a fairly straightforward practice but it becomes more complex when discussing the types of substances being microdosed, how to microdose, and what to expect from the experience. In this course, we will focus primarily on microdosing with psilocybin.

Chapter 2

What is Psilocybin?

Psilocybin is a psychoactive compound found in certain species of mushrooms, and when ingested, it can produce a range of effects on the physical brain and the psychological mind. After ingestion, psilocybin is converted into psilocin, which acts on the serotonin receptors in the brain, specifically the 5-HT_{2A} subtype of serotonin receptors. Serotonin is a neurotransmitter that regulates mood,



emotions, and perception, and the 5-HT2A receptor is thought to play a key role in the psychedelic effects of psilocybin.

In addition to the 5-HT2A receptor, psilocybin also interacts with other serotonin receptors, including the 5-HT1A and 5HT2C subtypes. It is believed that these interactions may contribute to the compound's effects on mood, anxiety, and perception. Recent research has also suggested that psilocybin may have anti-inflammatory effects on the brain, and this may be related to its interactions with certain receptors, including the sigma-1 receptor and the dopamine D3 receptor.

When psilocybin interacts with the brain's neurological receptors, it serves to pause certain activities that normally keep our thoughts or reactions consistent. As an example, if a person generally has anxiety when thinking of a specific thought or engaging in a specific activity, it is because their brain has been programmed to respond in this manner through development and conditioning. Psychedelic substances such as psilocybin interrupt these feedback loops and provide space for directed neurogenesis. The brain is always creating new neurons, however it typically follows the patterns that have been set through our physical and environmental conditioning. When we create a mindfulness practice such as microdosing for a specific goal(s), and take an active role in that practice, we are creating new guidelines for neurogenesis to proceed in a more positive or helpful way, one that is mindfully directed.

One way of looking at the experience of using psilocybin is to think of a well-worn path with many footprints. During psychedelic interactions, such as with psilocybin, it is as if the path and footprints are fainter, or even erased altogether. In this space there is an opportunity to mindfully recondition neurological responses which include feelings, behaviors, expressions, etc. Setting intentions and goals for how to move through the microdosing experience is vital to directing this reconditioning so that it develops into a new desired pattern of thoughts and responses.

Overall, the effects of psilocybin on the brain can include changes in perception, mood, and thought patterns. Many users report experiencing a sense of connectedness to the world around them, as well as enhanced creativity, empathy, and spiritual experiences. At higher doses, psilocybin can also produce hallucinations and altered states of consciousness.

From a clinical perspective, while psilocybin's effects on the brain are still not fully understood, research has suggested that psilocybin may have therapeutic potential for treating a range of mental health conditions, including depression, anxiety, and addiction. It is believed that the compound's effects on the brain may help to facilitate new perspectives and insights, leading to a shift in behavior and thought patterns.

Chapter 3

What is Microdosing with Psilocybin?

Microdosing with psilocybin typically refers to ingesting a very small amount of psilocybin that is below the threshold for producing full psychedelic effects. Specific amounts can vary depending on the individual and the potency of the mushrooms or other source of psilocybin, but typically a microdose ranges from 0.1 to 0.5 grams of dried psilocybin-containing mushrooms. If you know yourself to be resistant to psilocybin, it's safe to opt for the larger dose and move down if you find it is not subperceptual. For those more sensitive however, the larger microdoses can be disruptive, so always be sure to test the smaller doses before going for the larger end of the scale.

Although it is unlikely you would encounter or be microdosing with fresh psilocybin-containing mushrooms, as a general rule, mushrooms lose around 90% of their weight from fresh to dried so if you're looking to figure out a dose from fresh mushrooms, a microdose would be in the area of 9 grams to 45 grams. While this may seem like a lot, you will find that fresh mushrooms tend to weigh out much heavier than dried so you may have to reduce a mushroom or find a small one to get the 9g dosage. Keep in mind

that fresh mushrooms begin to decompose very quickly after they are harvested, so drying them as close to immediately is important to preserve the potency and the medicine itself.

Regardless of the dosage you choose, it is important to remember that a microdose is often described as subperceptual, meaning that microdosers should not feel any significant psychedelic effects such as visual hallucinations or altered perception of reality. Instead, the goal of microdosing is to achieve subtle effects such as improved mood, creativity, focus, and productivity without interfering with daily activities or causing significant side effects.

For many, psilocybin is the best choice for microdosing because it is one of the safest and most consistent sources of psychedelic medications. It is also one of the better-known hallucinogens and has been in use for thousands of years amongst humankind. The evidence for this exists in the remains of ceremonial residues, stone engravings, extant writings, and even ancient mystical rites. In our ancient past, psilocybin was seen as a bridge connecting the user's awareness with dimensions of consciousness outside of our baseline level of awareness.

The tradition of using psychedelic substances as medicine that serves both spiritual and physical aspects of the human being still exists. Today, traditional Medicine Keepers often guide journeyers in ceremony through the unfamiliar landscapes presented by hallucinogens, while helping them understand the significance of the experience and how to apply it for maximum healing. In the absence of these types of traditional outlets for experiencing psilocybin, microdosing is another way to experience a spiritual connection and gain both physical and metaphysical benefits. Whether one utilizes microdosing for spiritual, health or a mixture of reasons, it is important to know as much as possible about its effects before beginning the journey.



Chapter 4

What are the Benefits of Microdosing Psilocybin?

Psilocybin has been the subject of a growing body of research in recent years, and some studies suggest that it may have a range of potential benefits, particularly in the context of mental health. Clinically, psilocybin has been investigated in treatment of Anxiety and Stage IV Melanoma. It was granted breakthrough therapy status by the FDA in November 2019 and significant research has been underway since that time. This research is now just beginning to emerge in prominent scientific journals.

Because the currently supported research is so new, clinical trials have not yet presented substantial results with regard to microdosing Psilocybin. However, microdosers have self-reported many benefits based on their interactions with the practice. Some of the reported benefits include:

- Treatment of depression and anxiety: Some studies have found that psilocybin may be effective in reducing symptoms of depression and anxiety, with long-lasting effects even after a single dose.

- **Treatment of addiction:** There is some evidence that psilocybin may be helpful in the treatment of addiction, particularly to substances such as tobacco or alcohol. Improved quality of life in cancer patients: Some studies have found that psilocybin may help improve the quality of life for cancer patients by reducing anxiety and depression related to their diagnosis and treatment.
- **Increased creativity and openness:** Some people report that psilocybin use can lead to increased creativity and openness to new ideas and experiences.
- **Spiritual experiences:** Psilocybin has been used traditionally in many cultures for spiritual and religious purposes, and some individuals report having profound spiritual experiences while using the substance.
- **General upliftment:** Psilocybin has been reported to facilitate more positive inner dialogue which over time promotes healing neurogenesis and produces a more felt sense of self-esteem and self-love. Improved mood, and sense of connection with all life and humanity may also be felt.

It is important to note that much of the research into the potential benefits of psilocybin is still in its early stages, and more research is needed to fully understand the potential risks and benefits of the substance.



Chapter 5

What are the Risks of Microdosing Psilocybin?

It is important to note that the effects of psilocybin can vary widely between individuals, and many people may experience positive effects such as increased creativity, improved mood, and a sense of connection with others. However, the risks and potential dangers associated with psilocybin use should always be carefully considered before making a decision to utilize it for microdosing purposes.

As a general rule, most of the reported negative effects of utilizing psilocybin come from using this substance at macrolevel doses. This would be doses that range from 2.5g and higher. Though these effects may be uncomfortable, there are those who believe that the effects themselves serve a healing purpose within the context of a ceremonial use of psilocybin.

It is also important to remember that despite any potentially negative or uncomfortable effects at high doses, psilocybin has been reported to be one of the safest of available psychedelic substances with no long-term ill effects reported. The most commonly reported short-term negative effects from higher doses of psilocybin include:

- Psychological distress: Psilocybin can cause feelings of anxiety, paranoia, or confusion, especially in individuals who are prone to mental health conditions.
- Physical side effects: Psilocybin can cause physical symptoms such as nausea, vomiting, diarrhea, increased heart rate, and dilated pupils.
- Risk of triggering or exacerbating mental health conditions: Psilocybin use can potentially trigger or exacerbate underlying mental health conditions, especially in individuals with a history of mental health issues.

- Risk of injury during loss of awareness: At very high doses, users risk personal injury if they do not have someone sitting for them that can assist during their experience. Physical difficulties and challenges that can arise include vomiting while lying on the back, falling, running into physical objects and similar occurrences.
-

It is possible to manage all these effects when higher doses are taken with an experienced sitter or Medicine keeper. At the subperceptual doses that are used in microdosing, there are few users that report any unwanted symptoms. If unwanted symptoms do occur with a microdose amount, such as losing focus, feeling anxious, etc., it may be a sign to lower the dosage. Many people choose microdosing as a way of interacting with psilocybin in a gentler way so as not to encounter any of the reported uncomfortable effects of macrodosing. In this way, the majority of reported risks are completely absent while benefits are still gained.

Chapter 6

What About Microdosing and Medications?

Psilocybin can interact with certain medications, including antidepressants, anti-anxiety drugs, and MAOIs (Monoamine oxidase inhibitors), which can lead to negative side effects such as serotonin syndrome or high blood pressure. It is essential to consult a healthcare provider before taking psilocybin if you are currently taking any medications or have any medical conditions, to avoid potentially harmful interactions.

While it can be possible to work with psilocybin while also taking certain medications, the interactions are generally much less felt and experiences are reported to be muted for those who are being treated with SSRI and MAOI types of medications. This may have to do with the fact that both psilocin and SSRIs/MAOIs both impact



the serotonin receptors in the brain. Though we do not know a great deal about these interactions at this time, it is safe to say that microdosing may be most beneficial for those who are not being treated with psychiatric medications such as SSRIs and MAOIs.

The state of Oregon has pioneered both the research and treatment of psilocybin in recent years through legalization and support measures and has begun compiling information on interaction between psilocybin and common medications. Some of the information and recommendations that have been compiled can be found below but new information is constantly being released as studies continue. Be sure to do your due diligence and ask your medical provider if you are taking any medications and are unsure of how to proceed with microdosing.

It is important to remember that most people who have interacted with psilocybin have reported it to be a safe and effective substance. For many of these reports we do not have information on whether or not users were also taking any of the listed or other types of medications. For this reason, if you decide to try microdosing and also take any medications, please be aware that information on contraindications is currently preliminary and may change over time. It is always a great idea to look up any specific medications you are taking to find out if there are known contraindications with psilocybin/psilocin. Asking your medical provider prior to beginning your microdosing practice is always recommended.



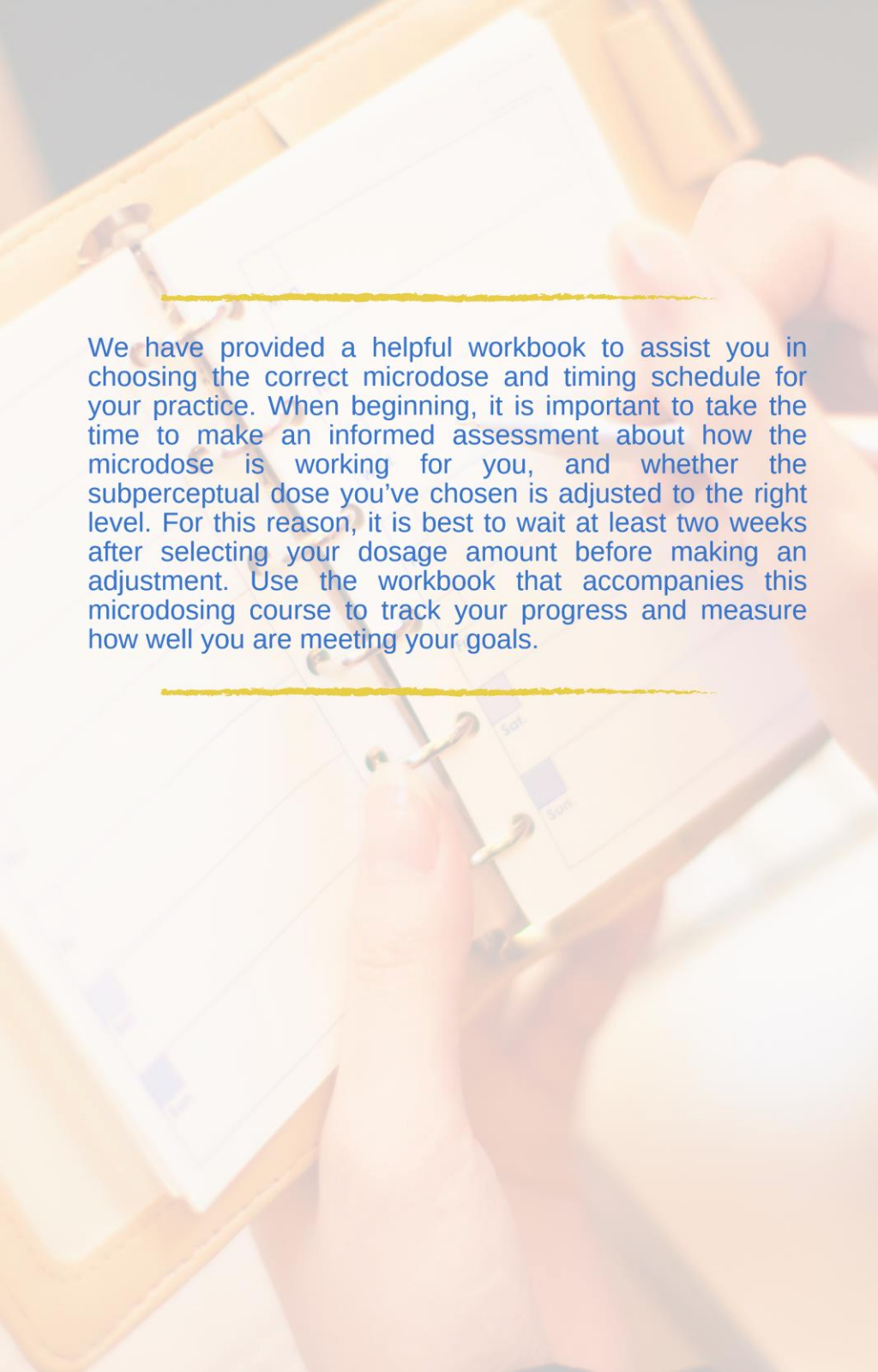
Chapter 7

What are the Protocols for Microdosing?

Microdosing is often carried out by following specific protocols that have come down through popular channels like Paul Stamets, a renowned mycologist who has promoted the benefits of microdosing and given a protocol that has been termed “the Stamets Stack”. Other recommendations that have been popular within the microdosing culture include a regimen of .25 grams of dried psilocybin mushroom every two or three days. Some individuals prefer a dose that is taken on the 3rd and 7th day of each week.

The amount of the substance taken can and should be adjusted to fit the needs of the person. A good rule of thumb for figuring out the correct dose is usually around 1/10 to 1/20 of a typical recreational dose. If you are not accustomed to taking recreational doses and do not know what that might be for you or someone else, it's best to err on the side of caution when testing for the most beneficial dosage. A typical recreational dose of mushrooms is generally between 2.5 – 3.5g depending on the strength of the mushroom and the sensitivity of the person. Persons of larger stature generally would take a 3.5 gram dose while those of smaller stature would begin with a dose of 2.5 grams.

An example of erring on the side of caution, would be to choose the 2.5g mark and then take 1/20th, or 0.125g for the first microdose, then adjust from there. Sometimes stature is a good predictor of how someone will respond to psilocybin and other times it is not. The sensitivity of each individual to substances they are familiar with (such as alcohol, painkillers, etc.) should always be taken into account when considering a person's general sensitivity. Use this knowledge to assist in determining which dose to begin with.

A close-up, slightly blurred photograph of a person's hands holding a spiral-bound notebook. The notebook is open to a page that appears to be a calendar or a tracking sheet, with some dates and boxes visible. The background is a soft, out-of-focus light color. The text is overlaid on the notebook page.

We have provided a helpful workbook to assist you in choosing the correct microdose and timing schedule for your practice. When beginning, it is important to take the time to make an informed assessment about how the microdose is working for you, and whether the subperceptual dose you've chosen is adjusted to the right level. For this reason, it is best to wait at least two weeks after selecting your dosage amount before making an adjustment. Use the workbook that accompanies this microdosing course to track your progress and measure how well you are meeting your goals.

Chapter 8

Frequency and Dosage



Timing your dosages is an important factor in achieving optimal effects from microdosing psilocybin. It is best to plan your microdoses in advance and stick to the same schedule each week. This will help you better track the effects of the psilocybin. You can use the suggestions above as a guide based on what works best for you, but generally, it is recommended to take the same dose of psilocybin at the chosen interval for at least two weeks before adjusting the dose. It is also advised to take the doses at the same time of day, so the effects can be better monitored. Many people find it easier to take their doses in the morning, because this allows them to have the remainder of the day to observe any changes in mood or behavior. Dosing can be done at night as well, however some users report that it disturbs their ability to sleep peacefully. Additionally, it is important to give the body a regular break from psilocybin. To accomplish this, it is advised to take a one-week break after each month of microdosing.

Because the effects are subperceptual, it can be difficult to know if the microdose is working for you. It can also be tempting to increase the dose to the level of perceptual dosing. Keep in mind that while it may be tempting to feel the effects, the goal of microdosing is to expose the mind and body to the substance little by little, so patience in assessing the benefits of a new dose will be very helpful for those beginning this journey. A great way to support your microdosing journey is to find a good integration coach that can help you establish a baseline, set goals, and help you track your progress.

Chapter 9

How do I Microdose?

As we have discussed, microdosing is best done with a structured set of intentions and goals that can guide your experience. The following discussion highlights the four main components of microdosing that you will follow throughout your experience.

#1 – Set Intentions and Goals

Most people who want to microdose have been drawn to the practice for specific reasons. Whether your goal is increasing creativity or reducing anxiety, identifying or formulating at least one personal goal and an accompanying intention can help you get the most out of your microdosing experience. Without goals and intentions, microdosing can become something of an aimless exercise, this is because mindfulness is a required component of achieving success with the use of psychedelic medicines.

Mindfulness is a very special function of our cognitive abilities as humans, which allows us to consciously change our conditioned responses. We utilize mindfulness when we take the time to be present with ourselves and activate higher levels of self-awareness and introspection. These are powerful tools we all possess, and which can be even more effective when utilized with psychedelic medicines such as Psilocybin.

The workbook that accompanies this course has several helpful exercises and worksheets that can give you ideas on what areas of life microdosing can assist with. In order to set the best intentions and goals, it is important to be able to use your powers of self-reflection to review the three major psychosocial dimensions of life, physical, emotional and spiritual. Evaluating what you need and want across those areas is a powerful way of engaging your mindful awareness around what types of intentions and actions will best fit your goals for this experience.

#2: Choose a Starting Dose

After reviewing the previous chapters, as well as Section 5 of the Microdosing Workbook and Section 3 below, choose a starting dose for your microdosing experience based on the listed dosage protocols. Remember the best rule of thumb is to start low and work your way up from there. It may be a good idea to plan your first dose on a day where you have the time and space to gauge how it will affect you. As an example, planning your first dose on a weekend or day when you don't have the responsibilities of work or interacting with others is a great choice.

Although the dosage should be subperceptual, some people are more sensitive than others and may feel the first dose more than expected. Over time, your body will build up a tolerance to the dose and it may need to be increased. It is best to wait at least two weeks before changing the dosing however, if you find the first dose to be too much, in this case it is best to adjust the dose lower before taking a second dose. See Section 5 of the microdosing workbook for a comprehensive list of dosing options to choose from.



#3: Choose a Dosing Frequency

As discussed in the sections above, there are a number of preferences that have worked for microdosers based on their personal needs and established goals. Following are the most commonly suggested options for the frequency of microdosing:

- Once every 2 days
- Once every 3 days
- 3rd and 4th day of each week
- Every 7 days (once weekly, same day each week)

Now that you have reviewed the list of popular frequencies for microdosing, you will need to select the right dosing for your personal needs. Remember the goal is to keep the experience subperceptual but don't worry if you don't get it right the first few times. Simply adjusting your next dose up or down based on your previous experience will ultimately get you to the perfect place that is just right for you. Some of the most popular dosing options to start are as follows:

- 0.125 grams (1/20th of 2.5g)
- 0.25 grams (1/10th of 2.5g)
- 0.175 grams (1/20th of 3.5g)
- 0.35 grams (1/10th of 3.5g)

Remember to think about your personal sensitivity to other medications like antihistamines, cold or cough medicines and pain relievers. While it may not be the case 100% of the time, many times sensitivity to these medicines can indicate a similar sensitivity to the effects of psilocybin. Complete Section 5 of the microdosing workbook as a way of mindfully selecting your dosage and frequency based on the most successful microdosing reports. Once you have selected your preferred frequency, update your calendars and set reminders to take your dose at the same time each day.



#4: Stay Consistent

Consistency with your practice is vital to microdosing success. Develop a ritual or routine around your microdosing practice that you know you can sustain throughout your program. When you establish this practice as a physical or sacred discipline, you are activating your intention and providing energy and motivation for your practice to continue.

What do we mean by physical or sacred discipline? This is a practice that you commit to repeating each day at or around the same time. These kinds of rituals serve to provide a cycle that your brain and body can anticipate, allowing it to be as prepared as possible for the experience it is about to undergo. As we mentioned above, the practice of microdosing includes mindfulness, which is a crucial ingredient to reaping the greatest rewards from any discipline involving the use of hallucinogens, especially the practice known as microdosing.

To be sure you will succeed with your microdosing program, ensure that you have an adequate supply of psilocybin to complete at least thirty days of microdosing prior to taking your first one-week break. Tracking your intentions, goals and progress can also help keep you accountable and consistent with your practice. A great way of doing this is by completing the exercises in the Microdosing Workbook that accompanies this course.

Chapter 10

Intention, Set & Setting

One of the greatest consistencies in recommendations that crosses all conversations involving psychedelic medicines, is the idea of intention, set and setting. All three of these practices are rooted in mindfulness because mindfulness is like the scalpel that we hold in our own grasp when it comes to creating benefit from the use of psychedelic medicines. When we utilize these core mindfulness techniques, and others, we actively participate in creating meaningful benefits from the use of psychedelic medicines. Mindfulness practices that involve self-discipline, such as a consistent ritual of microdosing at your chosen frequency, affect the brain in a positive way that allows a greater disruption of the neurological loops we want to interrupt to create better, and more positive conditioning in our lives. Little by little, this reconditioning of our minds provides subtle adjustments in behaviors and attitudes that over time produce profound changes in an individual's life.



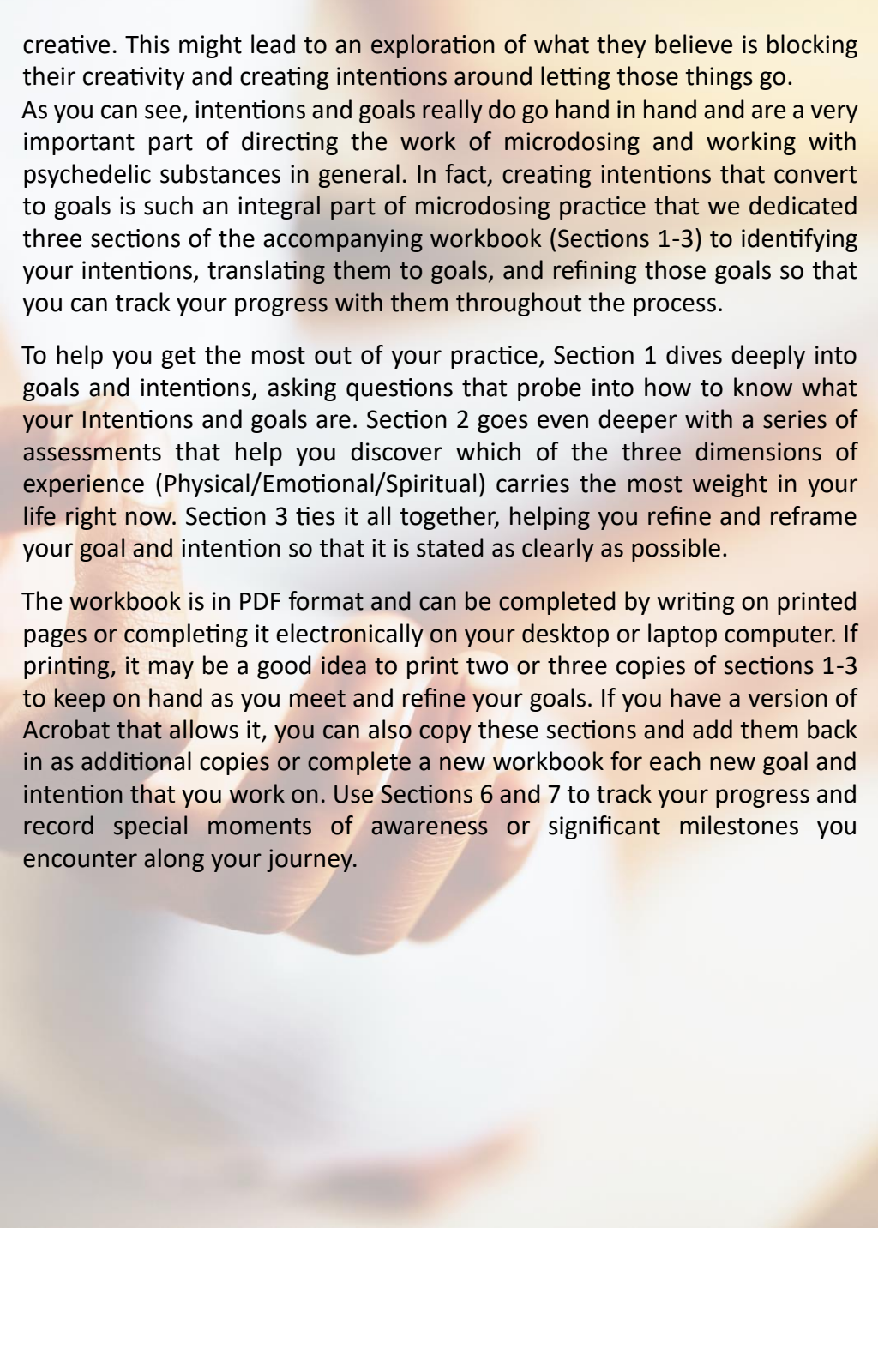
Setting an Intention

Intention setting can be challenging at first because many of us tend to make very broad intentions for goals that we then find take a very long time to accomplish. The time lag can lead to discouragement and then abandonment of the original goal and possibly confusion about where to go next. Sometimes it is also difficult to distinguish intentions from goals. It can take some time to truly recognize what the best intentions and goals would be that will move our lives forward. To help make this process easier, we created this section and the Microdosing Workbook as an indispensable tool that will help you create and refine your intentions and goals.

One excellent rule of thumb to begin with in setting an intention, is to think about the things in your life that would be easiest to change right now. Intentions go hand in hand with goals because their purpose is linked with the achievement of the goal. For many, an intention or goal was the reason they came to this practice in the first place. If this describes you, focusing on that intention or goal will be a great place to begin this journey. If you are beginning from scratch, you will want to dig deep within yourself to achieve an understanding of why you really want to do this work and defining what you believe you can get out of it.

Sometimes it is easier to work backwards, defining a goal and then creating intentions that support the movement toward that goal. Other times, goals may spring from intentions that we have been cultivating within ourselves. A good example of this could be this microdosing program. Some may come to this program because they have been thinking about how it might benefit them but don't know exactly how and have set an intention to take part in the program to discover and experience the benefits it offers. The intention to take part in the program facilitates the goal of experiencing its potential benefits. That goal may become refined once those benefits are better defined.

On the other hand, participants may come to this program because they set a goal of being more creative in their work and microdosing came up as a pathway to creating that outcome. Once they come to the program, they will need to break down what intentions support their goal of being more



creative. This might lead to an exploration of what they believe is blocking their creativity and creating intentions around letting those things go.

As you can see, intentions and goals really do go hand in hand and are a very important part of directing the work of microdosing and working with psychedelic substances in general. In fact, creating intentions that convert to goals is such an integral part of microdosing practice that we dedicated three sections of the accompanying workbook (Sections 1-3) to identifying your intentions, translating them to goals, and refining those goals so that you can track your progress with them throughout the process.

To help you get the most out of your practice, Section 1 dives deeply into goals and intentions, asking questions that probe into how to know what your Intentions and goals are. Section 2 goes even deeper with a series of assessments that help you discover which of the three dimensions of experience (Physical/Emotional/Spiritual) carries the most weight in your life right now. Section 3 ties it all together, helping you refine and reframe your goal and intention so that it is stated as clearly as possible.

The workbook is in PDF format and can be completed by writing on printed pages or completing it electronically on your desktop or laptop computer. If printing, it may be a good idea to print two or three copies of sections 1-3 to keep on hand as you meet and refine your goals. If you have a version of Acrobat that allows it, you can also copy these sections and add them back in as additional copies or complete a new workbook for each new goal and intention that you work on. Use Sections 6 and 7 to track your progress and record special moments of awareness or significant milestones you encounter along your journey.

Understanding the Terms “Set” or “Setting” in the Context of Microdosing

What comes to mind when you hear the words “set and setting”? If you’ve been around in the psychedelic community for any amount of time, you may at least recognize the phrase as one that comes up a great deal when discussing how to take psychedelics. Almost all good articles on the subject will discuss set and setting, but just what exactly does the word “set” in the first part of that phrase mean?

While it could conjure up images of movies sets or theater stages, the word “set” in the phrase “set and setting” refers to the mindset we are in when we utilize psychedelics in any capacity. While this is especially important when taking larger amounts of psilocybin, mindset is equally impactful when microdosing and can have a very significant effect on your program. This is because controlling mindset is a practice rooted in mindfulness, which is, as we previously discussed, one of the crucial factors in achieving success with the utilization of psychedelic medicines.

The best mindset for achieving success with microdosing psilocybin is one that:

- **Frequently reviews the motivation for taking on this work**
- **Reminds of the benefits that dedicated practice will bring**
- **Encourages consistency and positive thinking throughout the process.**

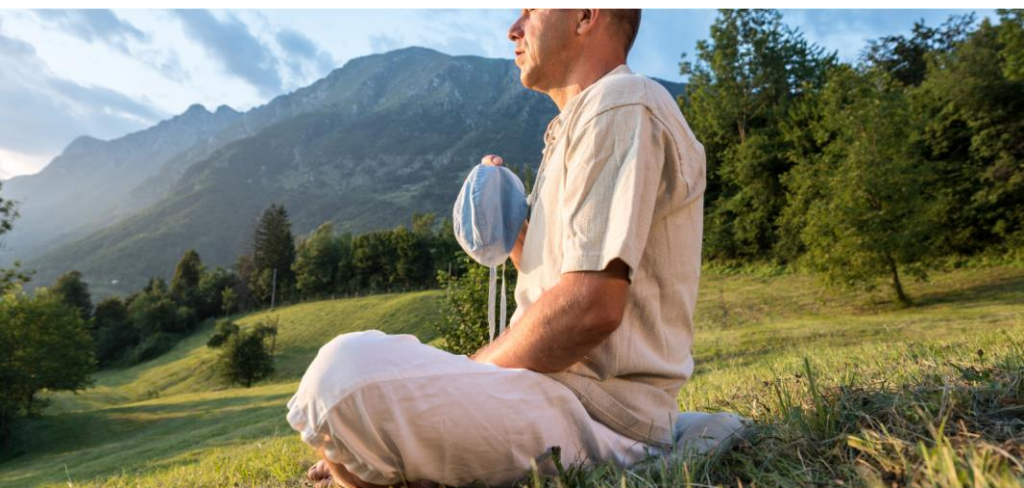
In addition, reviewing your written goals and intentions and tracking your progress are great ways to encourage a positive mindset throughout the process of microdosing. Remember not every day will be perfect. Sometimes things may take a while to change. The important thing is to stay consistent, stay positive and remind yourself why you embarked on this journey any time you are feeling down.

It might be a helpful idea to create a mantra for yourself that you can chant inwardly or outwardly whenever you need to give yourself a boost. An example of a positive mantra could be “Through this work, I am creating a positive change in myself and around me”. Any short phrase that is memorable and meaningful to you will work for this purpose.

Don't fear that it is not working if you get discouraged or stuck in a negative mindset. Mindfulness practices with microdosing programs can feel somewhat intense for some, because the period requiring attention to this detail is much longer than periods of mindfulness needed to attend occurrences of macrodosing. As an example, a 90-day microdosing program requires attention to mindfulness throughout the entire 90-day practice, while a 1-time macrodose requires this type of attentiveness 4-6 weeks at most to maximize the benefits.

Remember to be kind to yourself and remind yourself that you are doing work that is important and meaningful and which will pay off in the long run. Don't forget to take weeklong breaks at least once monthly to allow your brain space to integrate into the work.

To minimize burnout on the program, we created the Microdosing Workbook to accompany this course. The Workbook helps users select the best intentions and goals, create a plan to work toward goals and provides space to track progress along the way. The Workbook also provides a written record of your achievements as you move through your chosen microdosing program.



Creating and Maintaining a Proper Setting

Since we've discussed the first part of the phrase "Set and Setting" in so much detail, it's only fair we pay some well-deserved attention to the second half of the phrase, the word "Setting". While this word has some particular and broad implications for macrodosing, the setting for microdosing is as you may guess, slightly more nuanced and subtle.

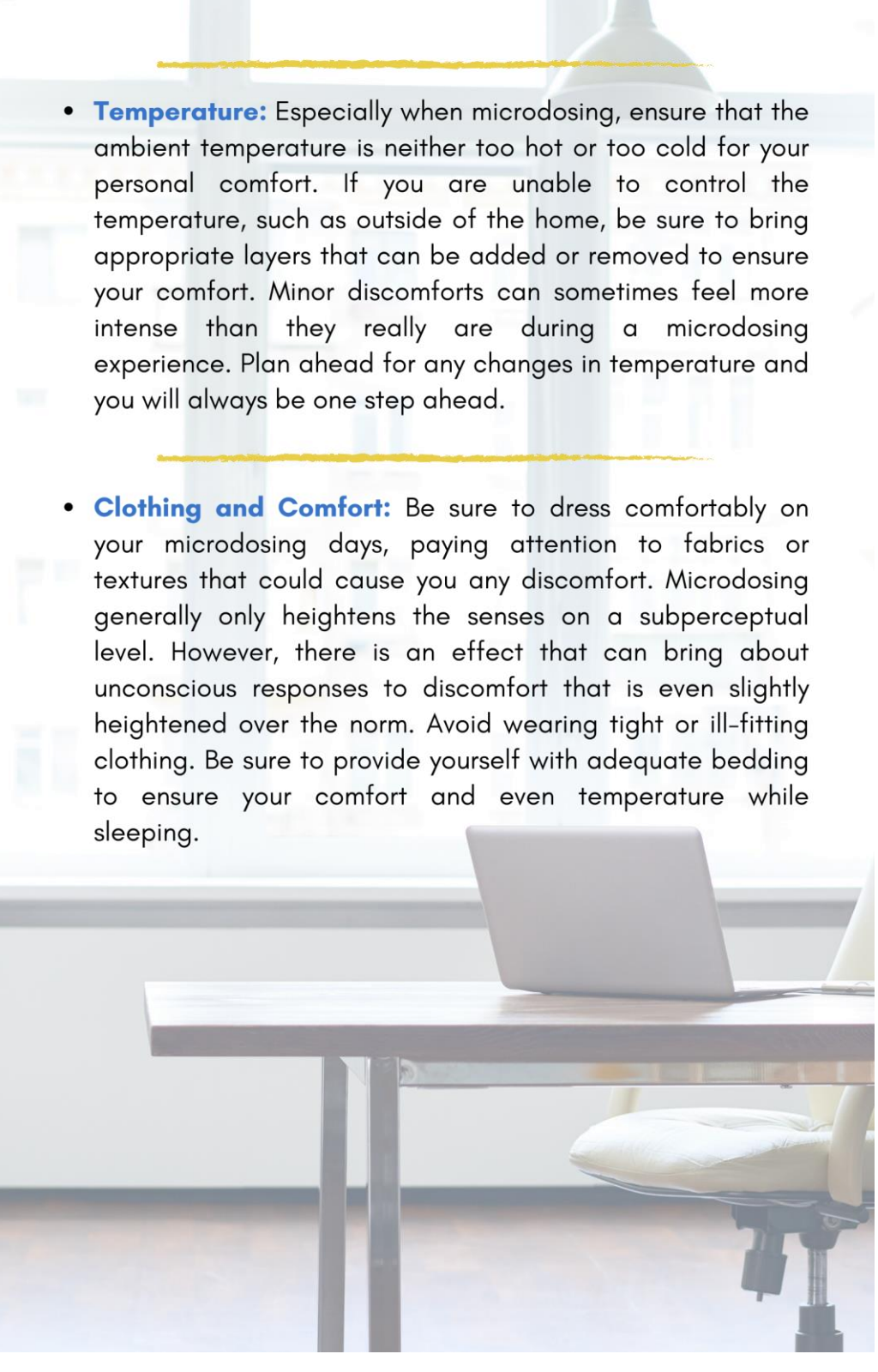
In general, the idea of creating a proper setting for working with psychedelic substances comes from the understanding that these substances produce a heightened level of sensitivity within our field of experience such that certain environments are more suitable than others to affect a positive over a negative experience. While this is especially true for macrodosing, it is also true to a lesser degree for microdosing. Though it may be true to a lesser degree, this isn't to say that setting is not an important consideration in the realm of microdosing. It certainly is! The difference is that the effects of the setting are more subtle because the effects of the psilocybin are also much more subtle, but one thing is certain. Whether in subtle ways or overt, the use of psilocybin will require some attention to setting.

We may not even notice or realize that the pile of dishes in the sink, or the shoes kicked off by the couch, or the mess of papers on the table has an impact on how we feel until we begin a microdosing program. While for some, organizing and ordering do not seem to have any effect, many people find that creating organization and order within their spaces and lives heightens the positive experience of microdosing and assists with staying uplifted during the experience and beyond.

A great side benefit to developing the practice of perfecting and maintaining a high level of order and cleanliness in your environment during a microdosing practice, is that these practices become a lifestyle change and a habit over time that lends to a more ordered and paced existence. In this way microdosing is a conduit to creating small micro adjustments in our behaviors, habits and lifestyle that over time lead to deep and meaningful changes. Maintaining a setting that enhances and encourages your microdosing experience will go a long way to helping you achieve success in your program and beyond.

Here is a thorough checklist to take you through the most important elements of your setting to control for the most positive experience and outcomes:

- **Space:** Whether you will be microdosing while at home, a work, out in the general public, or a combination of these types of spaces, it is important to do what you can to create your own personal space around yourself and to ensure that the physical spaces you will rest in (whether home or other) is/are welcoming, tidy and peaceful. To create personal space around yourself in a stressful situation, center your energy by taking a big deep breath, and close your eyes. Inhale and exhale deeply. Repeat your chosen mantra in your mind ten times slowly. Open your eyes and take one more, deep inhale/exhale. Feel the space you have created within and around you. Repeat this practice any time you need to refresh this energy. Take the time when at home to rinse your dish, put the item in the laundry basket, put away your shoes. Small practices such as this can go a long way to organizing your life with less effort.
- **Lighting:** Bright abrasive lighting can be very useful for work and home applications but should only be used when necessary. If this type of lighting is necessary in your home and/or workspace, consider alternative lighting such as lamps with yellow-light bulbs that can be switched on in place of the main lights to give you a break from the intensity. Ensure that your sleeping area is darkened sufficiently without ambient light to disturb your sleep.

- 
- **Temperature:** Especially when microdosing, ensure that the ambient temperature is neither too hot or too cold for your personal comfort. If you are unable to control the temperature, such as outside of the home, be sure to bring appropriate layers that can be added or removed to ensure your comfort. Minor discomforts can sometimes feel more intense than they really are during a microdosing experience. Plan ahead for any changes in temperature and you will always be one step ahead.

- **Clothing and Comfort:** Be sure to dress comfortably on your microdosing days, paying attention to fabrics or textures that could cause you any discomfort. Microdosing generally only heightens the senses on a subperceptual level. However, there is an effect that can bring about unconscious responses to discomfort that is even slightly heightened over the norm. Avoid wearing tight or ill-fitting clothing. Be sure to provide yourself with adequate bedding to ensure your comfort and even temperature while sleeping.

Chapter 11

The Importance of Sound

Sound, vibration, music, pitch, frequency, all of these can play a role in our everyday experiences, and even moreso when we are microdosing psilocybin. As we have mentioned in previous chapters, psilocybin heightens sensitivity for all senses. The experience of everything from tastes to sounds to textures is very subtly being impacted in a microdosing experience. Even when this experience is subperceptual, the perception is only just slightly below the level of visceral feeling, meaning it is still impacting us, just below the surface. When this is the case, we may unconsciously respond to things that we find either positive or negative by feeling extra irritable, fidgety, dreamy, etc.

With macrodosing, sounds and music are vital to moving through the experience in a positive manner. This is also true to a much lesser degree with microdosing psilocybin. The trick is to remember that even at subperceptual doses, psilocybin is still affecting us and causing us to have heightened sensitivities. Using this knowledge to remain mindful about where we are and what types of sounds, vibrations and frequencies are around us at any given time will also help us to become more aware of such soundscapes that we find either satisfying or bothersome. This information will be brought more into our awareness throughout the microdosing program and give us opportunities to make adjustments to our daily soundscapes that can bring positive changes far into the future.

Since microdosing psilocybin is a daily practice that may find us out in the world where we have much less control over sounds, vibrations and frequencies, there are a few important things to remember so that you will always have the right types of vibrational tools to keep you uplifted throughout your experience.

- **Stay Mindful:** Staying mindful about the way you are feeling or responding to any particular soundscape in your environment can give you a lot of information about how that soundscape affects you

even when you are paying less or no attention to it. This information is very important, because it teaches you about yourself and can inform you how to make adjustments that create more soothing vibrations in your everyday life. If you are in a soundscape you don't care for but don't have any control over it, do your best to stay above the level of irritation or other emotional reaction. Simply maintain control of your awareness that you would prefer to change the soundscape next time you encounter it and use the additional suggestions below to create your ability to have that control.

- **Utilize Headphones:** Using headphones can be a great way to control your soundscape when the one you are physically in is not conducive to your state of positive wellbeing. Be sure to take a charged set of headphones with you whenever you head out anywhere so that you can pop them in whenever you need a respite from the vibrational space you are in.
- **Utilize Playlists:** Knowing what types of music and vibrations are best for you during your microdosing experience can be either very intuitive or somewhat of a journey to figure out. There are many amazing playlists that have been curated on platforms such as Spotify and Pandora to elicit calming or uplifting experiences. Some are even geared specifically toward working with psilocybin. Our team has curated the following playlist which can be a great starting point for setting the vibrational stage during your microdosing experience. Be sure to access the playlist [Microdosing Playlist \(Spotify\)](#) or find one similar and bookmark it in your favorite music app so you can get to it easily any time you need.

Chapter 12

Integrating the Experience

The importance of taking time to mindfully integrate psychedelic experiences can not be overstated, but what exactly does integrating the experience mean? And what does it actually look like?

These are a few of the most common questions that arise around the topic of integration with psychedelic medicines and for good reason. Before the emergence of psychedelic studies and the recent influx of usage of psychedelics, there was little talk of integration being significant in any way. Possibly this is because integration itself is a natural process that is always happening, and one that we've previously simply taken for granted. A good example of this lies within biological periods of activity and rest. In our human lives for instance, we rise from sleep, then go about our day until our bodies are once again tired and demand rest. During rest, our consciousness goes into a dream state, integrating and processing the experiences of the waking hours. When we do not enter into this state of rest on a regular basis, we can become confused, disoriented and mentally unstable. This is a natural example of unconscious integration.

There are purely physical examples of integration in our biological world just as there are more mental and emotional examples as well, but to be sure, the process of experience and integration is happening all around us on a consistent basis. The secret of gaining benefit from an unconscious process like integration is applying mindfulness. Just like many of our other unconscious processes, we can make magic happen when we shine the light of awareness on them. This involves

using mindfulness techniques to sculpt the way we experience a given process, making it more beneficial to us overall.

With the process of psychedelic integration, we are taking our natural biological process of integrating experience and adding a mindfulness component that promotes a greater level of neurogenesis and more profound longterm change. As with any mindfulness technique, integration can be done alone but is also greatly benefitted by engaging with a coach who has experience with the technique, in this case, psychedelic integration. Sometimes a solid combination of self-work that is punctuated every so often by a therapeutic integration session can be profoundly impactful, taking your psilocybin experience truly to the next level of growth.

If you prefer to do your integration solely on your own you are not alone. Just remember your best bet is to educate yourself fully on how to best integrate the experience so that you can proceed with the most knowledge available to you to create success from your work.

So now that we have talked more at length about what integration is both naturally and in the context of psychedelic integration, the question remains, what does this process actually look like?

Mindfully integrating your microdosing practice means taking the insights, emotions, and experiences gained throughout the experience and applying them to your daily life. It is the process of taking what you have learned about yourself, the world around you and your interactions with it, and incorporating that into your beliefs, values, and behaviors.

Integrating insights from a microdosing experience can be a challenging process, as it may require significant changes in your life. However, it can also be a transformative process that can lead to increased self-awareness, personal growth, and a deeper understanding of oneself and the world.

Remember that it is best to take a one week break for every month of your microdosing program to physically integrate the work you are doing into your body, mind and spirit.

In addition to this intentional practice, here are some steps that can help with integrating insights gained from the microdosing experience:

Journaling: Write down your thoughts, emotions, and experiences at regular intervals throughout your microdosing journey. This can help you process and reflect on what you have learned. Be sure to use the Microdosing Workbook to record your progress and insights you have gained along the way.

Meditation and Mindfulness Practices: Meditation and mindfulness practices can help you stay present and aware of your thoughts and emotions, making it easier to integrate the insights gained from your daily experiences. In addition, many people find that maintaining a spiritual practice such as meditation, yoga or prayer, can help with the integration process by providing a sense of grounding and connection to something larger than oneself.

Self-Reflection: At regular intervals, take time to reflect on the insights you've gained and how they relate to your life. Ask yourself how you can incorporate these insights into your daily life and take the time to update your goals and their accompanying action plans in your Microdosing Workbook.

Take Action: Incorporate the insights gained from the experience into your daily life by making small changes in your behavior or habits. This can help you embody the lessons learned and create lasting changes in your life.

Embrace Challenges: Integrating insights gained from your microdosing practice can be challenging, and you may encounter resistance or obstacles along the way. It is important to embrace these challenges as opportunities for growth and learning.

Be Patient: Integration is a process that takes time and patience. It is important to give yourself time to reflect, process, and incorporate insights gained from your experience at a pace that feels comfortable for you.

Practice Self Care: The microdosing journey can sometimes feel intense, or it can feel lacking and may over time become emotionally draining,

especially if you don't feel you are getting out of the experience what you hoped for. To mitigate these effects, it is important to practice self-care during the process and use mantras, reminders, and affirmations to elevate your mental states. In addition, it is also important to get enough rest, eat healthily, and engage in activities that bring joy and relaxation throughout your program.

Seek Support When Needed: Consider joining a support group or working with a coach or therapist who has experience with psychedelic integration. This can provide a safe and supportive space to discuss your experiences and insights and receive guidance on how to integrate them.

Overall, integrating insights gained from a psychedelic experience is a deeply personal and transformative process that requires patience, self-reflection, and often is helped greatly by some form of support. It can be a powerful tool for personal growth and transformation when approached with intention and care. Through consistent mindful practice, you will find that daily or at least regular integration of insights and updating of micro-behaviors will lead to lasting and profound changes which can positively impact your life for the foreseeable future.

It might be of use to note here that this type of work is not always easy to maintain for long periods of time. If you find yourself burning out because you are doing it all on your own, remember that seeking support can be a great way to realize that the work you are doing and have done has been impactful and important. Even one integration session with the right person can add exponential value to your microdosing practice or any practice that involves the use of psychedelic medicines.

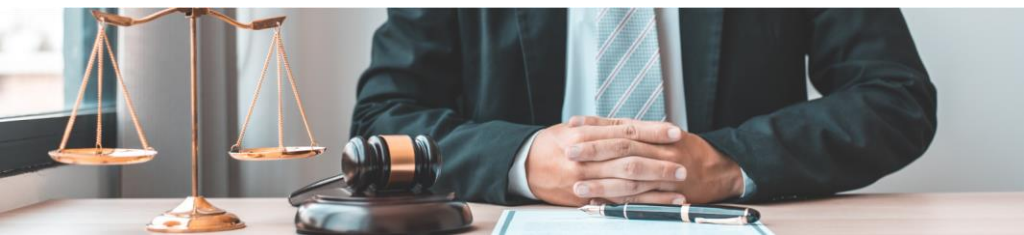
Chapter 13

What is the Law Around Microdosing?

Psilocybin is still considered a Schedule I substance in many of the United States however, there are some cities and states that have decriminalized psilocybin or are in the process of doing so. Decriminalization means that psilocybin possession and use is still illegal, but enforcement is deprioritized. As a rule, schedule I substances are considered illegal and not approved for medical use.

So where is it safe to use psilocybin? Certain states such as Oregon and Colorado have approved some psilocybin use, while in California certain cities have moved to allow the use of entheogenic substances including psilocybin. Washington and Arizona are also on the forefront of allowing psilocybin use for therapeutic purposes while ceremonial use of entheogenic substances such as psilocybin are already allowed in the state of Arizona. As of April 2023, the following states and cities in the United States have officially decriminalized psilocybin:

- Oregon: In November 2020, Oregon became the first state in the United States to decriminalize psilocybin. Measure 109, which was passed by voters, allows for the use of psilocybin in a controlled therapeutic setting.
- Washington D.C.: In March 2021, the D.C. Council passed a bill that effectively decriminalized a wide range of psychedelics, including psilocybin.



- Somerville, Massachusetts: In January 2021, the Somerville City Council passed a resolution that made enforcement of laws against the possession, use, or distribution of entheogenic plants, including psilocybin, a low priority for law enforcement.
- Cambridge, Massachusetts: In September 2020, the Cambridge City Council passed a resolution that made enforcement of laws against the possession, use, or distribution of entheogenic plants, including psilocybin, a low priority for law enforcement.
- Ann Arbor, Michigan: In September 2020, the Ann Arbor City Council voted to decriminalize entheogenic plants, including psilocybin.
- California: In 2018, the cities of Oakland and Santa Cruz passed measures that made enforcement of laws against the use and possession of natural psychedelics, including psilocybin, a low priority for law enforcement. In November 2020, a ballot initiative to legalize psilocybin for therapeutic use was proposed in California, but it did not pass. There are ongoing efforts to legalize psilocybin for therapeutic use in California, and it is possible that similar ballot initiatives or legislation could be proposed in the future.

It is important to note that even in places where psilocybin possession or use is decriminalized, it is still illegal to sell or distribute psilocybin. It is also important to remember that laws can change over time, so it is always a good idea to check the most up-to-date information on the legal status of psilocybin in your area.

Chapter 14

What are Some of the Latest Studies Saying?

Microdosing is a relatively new area of study and there is still a lot of research needed to fully understand its potential benefits and risks. However, some recent clinical studies on microdosing have shown promising results.

One study published in the Journal of Psychopharmacology in 2020 found that microdosing psilocybin was associated with improvements in mood, creativity, and mindfulness in a sample of 98 participants. The study also found that microdosing was safe and well-tolerated by the participants.

Another study published in the journal ACS Pharmacology & Translational Science in 2021 found that microdosing LSD was associated with improved mood and cognition in a sample of 48 participants. The study also found that microdosing was safe and well-tolerated by the participants.

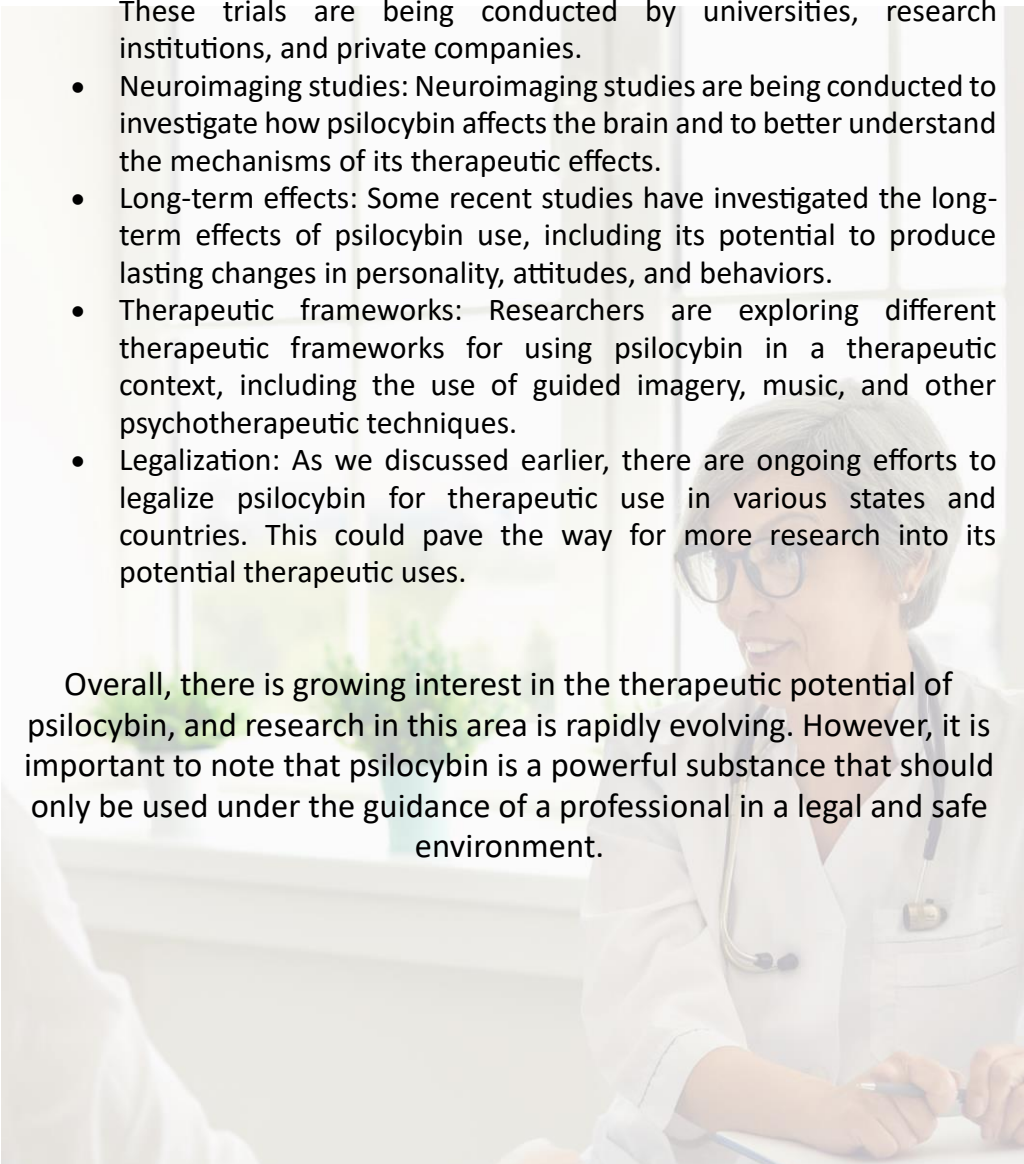
A systematic review of microdosing studies published in the journal Progress in Neuro-Psychopharmacology & Biological Psychiatry in 2021 concluded that microdosing may have potential therapeutic benefits for conditions such as depression, anxiety, and substance use disorders, but that more research is needed to fully understand its potential.

It is important to note that these studies are still limited in number and size, and more research is needed to fully understand the benefits and risks of microdosing. As it specifically relates to psilocybin, there is a lot of ongoing research into its potential therapeutic uses.

Here are some key developments in current psilocybin research:

- **Clinical trials:** There are currently several clinical trials underway to investigate the potential therapeutic uses of psilocybin, including trials for the treatment of depression, anxiety, PTSD, and addiction. These trials are being conducted by universities, research institutions, and private companies.
- **Neuroimaging studies:** Neuroimaging studies are being conducted to investigate how psilocybin affects the brain and to better understand the mechanisms of its therapeutic effects.
- **Long-term effects:** Some recent studies have investigated the long-term effects of psilocybin use, including its potential to produce lasting changes in personality, attitudes, and behaviors.
- **Therapeutic frameworks:** Researchers are exploring different therapeutic frameworks for using psilocybin in a therapeutic context, including the use of guided imagery, music, and other psychotherapeutic techniques.
- **Legalization:** As we discussed earlier, there are ongoing efforts to legalize psilocybin for therapeutic use in various states and countries. This could pave the way for more research into its potential therapeutic uses.

Overall, there is growing interest in the therapeutic potential of psilocybin, and research in this area is rapidly evolving. However, it is important to note that psilocybin is a powerful substance that should only be used under the guidance of a professional in a legal and safe environment.



Conclusion

Thank you for taking the time to complete this course on microdosing with psilocybin. We hope that this content has been informative, educational and helpful in guiding your future decisions around microdosing. The Community of Compassion has spent years cultivating our understanding of psychedelic interactions, as well as our presence in the online psychedelic community so that we can offer safe space and reliable resources for all things plant medicine. If you are interested in pursuing a microdosing program and are looking for reliable resources in your area, visit us at www.communityofcompassioninc.org for guidance and networking that will lead you to the accomplishment of your microdosing goals.

The following is a list of links which have been shared throughout this course:

[Microdosing Playlist \(Spotify\)](#)

As you continue forward on your microdosing journey, don't forget to reach out for additional support if you find yourself stuck or questioning your goals or experiences. We have accumulated an extensive network of integration coaches, facilitators and spiritual guides who are skilled in illuminating and navigating challenges both common and unique. We look forward to serving you.

***From your team at the Community
of Compassion... Namaste <3***