

HOW TO

MICRODOSE &

MACRODOSE

PSILOCYBIN

MUSHROOMS

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What is Microdosing?

When ChatGPT is asked, “What is Microdosing of psilocybin?”, the answer is;

“Microdosing psilocybin refers to the practice of taking very small, sub-perceptual doses of psilocybin, the psychoactive compound found in certain mushrooms, typically 5-10% of a standard recreational dose. The goal is to experience subtle effects, such as improved mood, focus, creativity, and mental clarity, without the intense hallucinations or altered perceptions associated with higher doses.

Microdosing is often done over a scheduled period, such as taking a dose every few days, and is sometimes explored as a potential treatment for conditions like anxiety, depression, PTSD, and ADHD. However, research on its long-term efficacy and safety is still ongoing, and psilocybin remains a controlled substance in many parts of the world.

Would you like more information on the effects or ongoing research into microdosing?”

That’s a typical AI answer, short, succinct, & to the point. But AI has never and will never Microdose or take a psychedelic substance. So this guide, is a human helping another human. Please keep an open mind, and realize the first evolution on the psychedelic voyage is choosing to start.

My definition of Microdosing is “Consuming small amounts of naturally occurring substances on a scheduled basis, for one's mental, physical, or spiritual benefit.” Macro dosing is consuming a larger dose of the same substances.

How to Microdose

Comfort is key to start. Please, do yourself a favor and take your first Microdose at a location you are comfortable and at peace. For example, at your home, in your yard, at a trusted person's home, in the woods on a hike, etc. Please do not take your first Microdose at work in a cubicle. That's the recipe for a bad time.

Have plenty of water & healthy fresh snacks like fresh fruit, trail mix, crackers or another favorite.

Have a small amount of food in your stomach before or soon after taking Microdose to avoid stomach discomfort.

Be aware that citric acid can increase the potency a bit, for example orange juice and grapefruit. Coffee acid can also compound this stomach reaction.

Remember, Microdosing is meant to be sub-perceptual, meaning you will not be hallucinating or tripping.

But mindset is everything while using any amount of psychedelics, so the more you know the more at ease your mindset will be.

Set/Set/Setting

The 3 most important aspects of any psychedelic experience.

Set: Your mindset. Are you at ease? Are you stressed or emotional? Remember, whatever mind state you have can be exacerbated by these substances, causing anxiety temporarily.

But also, allowing your mind to process & work through these difficult feelings will often result in major breakthroughs for people.

Set: The set of people you are with. Are you all of a similar mindset? Is it a small group of people you trust? Is there anyone in the group that is fake or overly dramatic? You may want to consider not consuming psychedelics with that person.

Setting: Where are you? Are you at a familiar, comfortable location, with plenty of water & good snacks? Perfect!

Are you stuck in a crowd, in an uncomfortable place or at work? Probably not the best setting for our purposes.

My best results have always come from my most prepared trips.

Not just by having plenty of water and snacks in a good location either solo or with some close people, but by having a clear INTENT going in.

Have a very specific intention or question you want answered during your experience, such as “How can I lower my anxiety?” Or “How can I improve X in my life?” You will find your mind working on this throughout the experience both in the back and front of your thoughts.

Intent

Going deeper on Intent.

To get the most possible out of your mind and a psychedelic experience, take time to think about and have a very clear INTENT or question going into the experience.

Think of your intent statement as the anchor you will keep returning to through the session, and often will find the entire experience is centered around this central concept.

Doing this will let your mind focus on and go deeper and deeper down that rabbit Hole. Do not fear the depth of this passageway, as at the bottom in my experience is Enlightenment and mental peace.

Use what is important to you. It can as specific as you want, and the more specific the better. Examples include:

“I want to reduce my anxiety/depression etc.”

“Teach me about my fear, and how fear impacts me, and where my fear comes from.”

“I want to be a more loving person to myself and others.”

“How can I do (x) better?” (I've used this many times for work projects, home projects, political action causes, etc.)

“Help me understand my place in the universe.”

During the Microdose or Macrodose

There's several ways to consume your dose. You may get your supply already processed into capsules or chocolate products. In that case, intake is quite easy. Lucky you!

The rest of us, are stuck with the old fashioned struggle of getting an amount of dried, flavorful, fungus down our throats.

There's the classic chew & swallow a handful, washing down with water or Gatorade. Not my favorite.

You can blend the mushrooms into a semi liquid such as applesauce, or a fruit shake made with fresh or frozen fruit & your choice of milks or juices. Remember the OJ & citric acid reaction tho, in which the acid breaks down the psilocin into Psilocybin and shortens the duration & intensity it affects you.

You can steep the mushrooms in a tea or coffee for 10-15 minutes then drink the liquid either with or without the mushroom left in the cup.

You can cook a dish like lasagna or a risotto type dish and add the mushrooms to the mix during the baking process. It can be harder to dose like this however.

You can powderize the mushrooms, and add to any other premade food you have, such as mashed potatoes or applesauce.

Once you have consumed the mushrooms, it will take about 30-45 minutes to start kicking in, and peaking around 1.5-2 hours in. But don't clock-focus. Just enjoy the ride.

Controlling a bad trip

If you ever feel discomfort in your stomach, water is always the answer.

Drink a little water, reposition if sitting or laying, walking around, and maybe try eating a piece of fruit or toast.

If you feel anxious about anything in your mind that arises, stay calm and allow the feeling to come.

Allow yourself to process whatever emotion is coming up.

More often than not, those that allow themselves to think thru these difficult moments have long lasting breakthroughs as a result. Growth happens thru discomfort often in both trips and life.

Remember, this is all in your mind, and you can adjust the course of your thoughts by staying calm and rational.

Put on relaxing music, or repetitive soothing images on a screen such as fish swimming in a fishtank.

Worst case, the trip will end within a few hours. But following the steps above, you should avoid a bad trip.

Remember, it's all in your head, don't panic or call 911.

That will only make it worse.

After the Trip

The afterglow in my opinion is the best part of the trip.

This is where your best insights are solidified.

Enjoy the afterglow as long as possible. Avoid eating a large meal as it will immediately dull the glow. At most, drink some water or eat a couple pieces of fresh or dried fruit.

Having a journal handy or a small prized possession closeby to play with can be very satisfying during the afterglow.

Put on light, soothing classical or soft jazz music if desired, or enjoy the silence.