



Alchemy Within

A Microdosing Protocol

Intention · Authenticity · Integration

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Educational Purpose

This protocol is offered for educational and harm-reduction purposes only. The information contained within this guide is not intended to diagnose, treat, cure, or prevent any medical or psychological condition. It is not a substitute for professional medical advice, diagnosis, or treatment. Always consult a qualified healthcare provider before beginning any new health practice, particularly if you have a pre-existing condition or are taking any medications.

Legal Notice

Psilocybin and psilocybin-containing mushrooms are classified as controlled substances in many jurisdictions. It is your responsibility to research and understand the laws applicable in your area before proceeding. Divine Alchemy and Tessa do not encourage or condone illegal activity of any kind. This guide is intended solely for use in jurisdictions where such practices are legal or decriminalized.

Personal Responsibility

By using this guide, you acknowledge that you are an adult making informed, autonomous decisions about your own health and well-being. You agree to take full personal responsibility for your experience and to seek appropriate professional support when needed. Tessa and Divine Alchemy assume no liability for outcomes resulting from the use of this protocol.

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Welcome

My name is Tessa, and my practice Divine Alchemy is based in Albuquerque, New Mexico inside Aligned Alchemy Holistic Studio + Apothecary. This protocol was born from a deep belief that healing is not something that happens to us — it is something we participate in, with intention, curiosity, and care.

Microdosing psilocybin is gaining recognition not just in wellness communities but in leading research institutions around the world. When approached with reverence and intention, it offers a gentle yet profound invitation to expand how you think, feel, and experience yourself. I designed this protocol to give you a grounded, supported place to begin — and I am here with you every step of the way.

A note before you begin — *this practice may not be for everyone, or may not be right in this current moment.*

Please review the following before starting. If any apply to you, I encourage you to reach out before beginning rather than waiting until after.

Medications: SSRIs, antidepressants, or other psychiatric medications · GLP-1 receptor agonists (Ozempic, Wegovy, Mounjaro) · Lithium or medications with serotonergic activity

Mental & Emotional Health: Active unresolved trauma without professional support · Current or personal history of psychosis, schizophrenia, or bipolar I · Severe anxiety or panic disorder without professional care

Other: Pregnancy or breastfeeding · Cardiovascular concerns

Not sure if this is right for you right now? Reach out — Tessa@thealignedalchemy.com

The Sacred Science Behind This Practice

Ancient ceremonial traditions have long worked with plant medicines as tools for healing and expanded awareness — and modern neuroscience is now confirming what indigenous wisdom has carried for generations. At the heart of why microdosing works is **neuroplasticity**: the brain's ability to release old patterns and forge new ones. Psilocybin gently softens habitual grooves of thought, creating space for new neural pathways to emerge. What you practice, journal, and bring your attention to during this time lands more deeply. *This is the alchemy: you are not just feeling better — you are becoming.*

Understanding Dose Ranges

A typical starting microdose is around **150 mg (0.15 g)**. That said, every person is beautifully unique — body chemistry, sensitivity, and individual history all shape your experience. The golden rule is always to **start low and adjust gradually**. Psilocybin builds up in the system over time, which is exactly why the rest days in this protocol are not optional — they are essential.

Dose Type	Amount	What to Expect
Microdose	50–250 mg (0.05–0.25 g)	Sub-perceptual. No altered state. Subtle shifts in mood, focus, and creativity. Fully functional in daily life.
Mini Dose	250–500 mg (0.25–0.5 g)	Mildly perceptual. Light mood lift, gentle body awareness. Some may notice slight visual softening.
Museum Dose	500 mg–1 g (0.5–1 g)	Noticeably perceptual. Heightened senses, emotional openness. Not suitable for daily life or work.
Macrodose	1 g–3.5 g+ (1–3.5 g+)	Full psychedelic experience. Deep emotional and perceptual shifts. Requires intentional set, setting, and a guide.

Your Two-Week Schedule

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	◆ On	◆ On	◆ On	◆ On	■ Off	■ Off	■ Off
Week 2	◆ On	◆ On	◆ On	◆ On	■ Off	■ Off	■ Off

Begin on a day when you don't have a structured schedule — give yourself a little free time to simply experience and notice how you feel. After two weeks, we pause, reflect, and decide together what comes next.

1. Planting the Seed

Before your first dose — and at the start of each new week — I encourage you to take a few quiet moments to connect with *why* you are here. Solidifying your why will set you up for a more meaningful experience. Intention is the compass of this practice.

Consider asking yourself:

- What am I hoping to open, shift, or understand through this practice?
- How do I want to feel in my body, mind, and heart?
- What am I willing to gently release?
- What does growing into my higher self look like right now?

Write it down somewhere you can return to it. It doesn't need to be perfect — just honest.

2. Honoring Your Rhythm

Afternoon is a wonderful starting point — after lunch, with at least **6 hours** before your intended bedtime to allow the microdose to be fully processed and to protect your natural sleep cycle. That said, this is *your* practice. Some people feel most aligned taking their capsule in the morning, others mid-day. Pay attention to how your body responds — noticing if and when you feel any sleepiness can offer helpful insight into your sleep patterns. Consistency matters: try to take your capsule at the same time each dose day.

Things to be aware of: If you notice too much stimulation — racing thoughts, anxiety, difficulty focusing, or an inability to function normally — this is a sign your dose may be too high. The same applies to any increased nerve sensitivity, inflammation, or discomfort. These are not signs of failure; they are information. Reduce your dose or discontinue for that day and reach out to me directly.

I'm here. Tessa@thealignedalchemy.com

3. Sacred Practices & Subtle Signs

Microdosing is most potent when held within a container of intentional practice. One of the most profound gifts of this protocol is what it teaches you about yourself — it gently amplifies what your body, emotions, and intuition have been trying to say. Part of what we are cultivating here is the courage to hear your inner voice, and then to trust it.

- **Journaling.** I highly recommend documenting your experience — even something as simple as what time you took your capsule, anything you noticed, whether there was a come-down, and any shifts in your sleep. Sometimes the most significant changes don't reveal themselves until you look back. *(If you'd like journal prompts, the [Alchemy Within Journal Workbook](#) is available at [thealignedalchemy.com](#))*
- **Slow Movement.** Yoga, a mindful walk, gentle stretching. Let your body lead — it has things to say.
- **Breathwork.** Even five intentional minutes of conscious breathing can deepen the experience significantly.
- **Nature & Stillness.** Sit outside. Remove your shoes. Let your nervous system remember something larger. Carve out quiet — stillness is one of the most underrated medicines.
- **Gratitude Practice.** End each evening by naming three things, no matter how small. This simple practice compounds.
- **Herbal & Fungi Allies.** Consider supporting your protocol with additional plant medicine. Adaptogens like ashwagandha or rhodiola for resilience; nervous system regulators like lemon balm or passionflower for calm; lion's mane for focus and brain support; reishi or valerian for restful sleep. Reach out for personalized guidance.

Among the gifts you may begin to notice:

- Your dose working quietly *in the background* — subtle, not loud
- Awakened creativity, cognitive flexibility, and inspired ways of seeing
- Elevated mood and a deepening sense of emotional well-being

- A quieting of the inner critic and habitual thought loops
- Deeper compassion, spiritual connection, and heart-centered presence
- Improved sleep quality and restoration
- The growing courage to hear — and trust — your own inner voice

4. The Alchemy of Integration

The off days are not empty space — they are where the medicine lives. Integration is the real work, and it begins the moment you put down your journal and step back into your life. At the close of two weeks, I encourage you to pause and sit with these questions:

- What did I notice — in my body, my emotions, my relationships, my thoughts?
- Did I honor my intention? Where did I surprise myself?
- What is my inner voice telling me that I haven't fully listened to yet?
- What wants to continue? What wants to shift?
- How am I being called to show up differently — for myself and others?

Write it down. Share it with someone you trust. Reach out. Let it be witnessed. Integration is not a solo practice — and neither is this journey.

You Don't Have to Walk This Alone

I am here — during and after your protocol. Whether something unexpected arises, you have questions, or you simply want to share what is unfolding, please reach out. This practice is more powerful when held in relationship.

1:1 Coaching & Guidance — Personalized support for your microdosing journey, weaving plant medicine wisdom with deep coaching to help you live more fully yourself.

Elevate Microdosing Circle — Join our monthly in-person gathering at Aligned Alchemy in Albuquerque. A sacred container for community, sharing, and collective integration. Come as you are. Leave more yourself.

Practitioner Training & Full Course — For coaches, therapists, healers, and guides ready to thoughtfully weave microdosing support into their offerings.

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Offered with love as a complimentary resource. Please share with those who are ready.