

# MICRO- DOSING GUIDE

---

**CONTENTS:**

|                              |   |
|------------------------------|---|
| What to expect . . . . .     | 2 |
| Preparation. . . . .         | 4 |
| Microdosing schedule . . . . | 5 |
| Tracking your experience .   | 8 |
| Reflection practices . . .   | 9 |

# WHAT TO EXPECT

---

## HOW A MICRODOSE FEELS

Dr. James Fadiman describes a microdose as a “sub-perceptual” dosage, meaning you will be able to function normally during daily activities and social interactions without disruption. You may feel a slight presence of the substance but hopefully not so much that it distracts you or interferes with your daily routine.

Here are some indicators that your microdose is working well for you:

As you go about your day, you forget that you took a microdose.

You feel a sense of wonder and effortlessness slightly more than usual. At the end of your day, you reflect and realize you had a surprisingly good day.

## IF THE DOSE FEELS TOO WEAK:

Positive effects of the microdose may be very subtle, but there is a chance you may need to increase your dose.

Even if you think the microdose is too small of an amount, refrain from taking an additional dose on the same day.

Continue to pay attention to what you’re experiencing and try increasing your dose on the next scheduled day.

## IF YOUR DOSE FEELS TOO STRONG:

If the microdose causes a lack of focus, confusion, restlessness, or headache, it may be too strong. Here are a few reminders that may be helpful during a difficult experience:

You are physically safe. You won't experience a "trip" from taking a microdose, and the sensations will likely subside on their own.

Try your best to surrender to your body and accept the experience. Mentally resisting will create more friction.

Take some time to reflect: What is this sensation telling you? What does it require from you? There can be many causes for abdominal pain, headaches, or other physical discomfort. Use this opportunity to become more aware of yourself and better able to take care of your needs.

If you experience an extreme allergic reaction or your physical health is in danger, do not continue using the substance in future doses. Seek medical care if necessary. Note that medical providers are a safe resource even if you've been using a non-legal substance.

# PREPARATION

---

There's a reason why you're interested in microdosing. Your desire for this kind of support has been informed by past experience, and it's worth paying attention to what you're hoping to get out of the process.

## SET AN INTENTION

Consider where you need more alignment in your life. The idea is not to microdose in pursuit of a specific outcome, but to orient yourself in an intentional direction. Your intention will serve as a helpful guidepost throughout your journey.

Note that an intention will be distinct from any specific goals you may have in mind. While microdosing can create more space for you to accomplish goals you're working toward, it's important to identify a deeper underlying intention for you to orient yourself around as you move forward.

## SET A BASELINE

Reflect on your experience up to this point and try to develop a clear sense of your current state. Throughout your microdosing journey, comparing your experience back to this baseline can help you to see your progress more clearly. This is also a helpful tool for determining your ideal dosage.

# MICRODOSING SCHEDULE

A microdosing cycle lasts from four to eight weeks, and is followed by a reset period of two to four weeks. There are a few different recommended ways to structure your microdosing cycle:

## FADIMAN PROTOCOL:

Every third day keeps microdoses evenly spaced.

- DAY 1: 1st microdose
- DAY 2: transition day
- DAY 3: normal day
- DAY 4: 2nd microdose

|   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|
| X |   |   | X |   |   | X |
|   |   | X |   |   | X |   |
|   | X |   |   | X |   |   |
| X |   |   | X |   |   | X |
|   |   | X |   |   | X |   |

## TWICE PER WEEK PROTOCOL:

Two fixed days per week can feel simpler and more practical.

Choose days that fit your schedule, making sure to space them out as much as possible.

|  |   |  |  |   |  |  |
|--|---|--|--|---|--|--|
|  | X |  |  | X |  |  |
|  | X |  |  | X |  |  |
|  | X |  |  | X |  |  |
|  | X |  |  | X |  |  |
|  | X |  |  | X |  |  |

## INTUITIVE PROTOCOL:

Unscheduled microdoses can be highly effective. Many people transition to a more intuitive way of microdosing after completing a cycle or two with another protocol. Always leave at least one day between microdoses.

# GETTING STARTED

---

## DAY 1

Here are some best practices to keep in mind as you begin your first microdosing cycle:

Start microdosing on a day without any demanding work, family, or social obligations, and avoid driving or operating heavy machinery until you've built some familiarity with how the substance feels in your system.

Start with the smallest recommended amount. You can always increase your dose on future days.

Take your microdose on an empty stomach to increase efficacy.

Take your microdose early in the day to help avoid difficulty sleeping.

Plan to spend some time focusing on relaxation and reflection. Breathing exercises, meditating, going for a walk, listening to comforting music, and drinking herbal tea are ideal activities as you adjust to the process. Take your time to become aware of the presence of the substance in your system.

## DAY 2

The day after a microdose is referred to as a transition day, and is just as important as a microdosing day. The substance will continue to be present in the brain and body at this point. Be conscious on these days about what you are feeling, experiencing, and thinking, but try not to judge or overthink. Instead, briefly write in your journal about the subtle differences that you notice. Putting your reflections on paper gives your subconscious mind an opportunity to speak.

## DAY 3

The third day should feel like a normal day, as the substance is no longer active in your system at this point. By including normal days in your microdosing routine, you avoid developing tolerance of the substance.

## DAY 4

On day four, you take the second microdose. Reflect on your experience from day one and consider a marginal adjustment to your dose at this point. Ideally, you will be able to determine what amount works best for you within your first few microdosing days.

# MICRODOSE TRACKING

---

Everyone has a blind spot. In everyday life, some people might feel disconnected from their emotions, others from their thoughts, and others from their somatic experience. Throughout your microdosing journey, tracking and reflection practices can compensate for this by providing another context to notice what's happening under the surface.

## **PAY ATTENTION + TAKE ACTION**

Microdosing is a great tool for gradual personal development, but this kind of growth is sometimes difficult to notice. Tracking your experience can help you observe growth that may be less tangible otherwise. The insights you gain about yourself through this process will provide a catalyst for your next steps toward sustainable long-term growth.

## **DAILY SELF-ASSESSMENT**

Mood

Awareness of emotions

Relationships

Social interactions

Self-love and self-care

Stress

Energy level

*Sleep*

*Exercise*

*Eating habits*

*Physical discomfort*

*Focus*

*Productivity*

*Creativity*

*Flow*

# REFLECTION PROMPTS

---

## MORNING

What is my intention for today's microdosing experience?

How do I feel physically, mentally, and emotionally right now?

What thoughts are lingering in my mind as I begin the day?

What small act of self-kindness can I commit to today?

What is one thing I'm curious to explore about myself today?

## MIDDAY

What sensations am I noticing in my body?

How is my perception of time, space, or emotion shifting?

What patterns of thought are arising more clearly?

Am I experiencing resistance or openness to anything in particular?

Where do I feel most connected or alive in this moment?

## **EVENING**

What insights did I gain today, no matter how small?

How did my intention for the day show up in my experience?

Did I notice any changes in how I responded to situations or interacted with others today?

What emotions surfaced today that I might usually suppress?

What do I feel grateful for as I close the day?

## **WEEKLY INTEGRATION**

How have my moods or thought patterns shifted throughout this cycle?

What limiting beliefs have I noticed starting to dissolve?

What creative or intuitive instincts have emerged?

How am I changing in my relationship to stress or anxiety?

What feels more aligned in my life right now than it did at the beginning of this cycle? What feels less aligned?