

Introductory Preview





QUICK START GUIDE

EXPAND YOUR EXPERIENCE

Our goal with the Microdosing Journal is simple; to create something that lends itself to making your personal growth inevitable - through writing, planning, execution, and reflection.

As such, we want to give you everything you need to succeed in your mindful and creative journey.





INTRODUCTION

A THOUGHTFUL APPROACH TO PSYCHEDELICS

Humans have been interacting with psychedelic substances for longer than recorded history. There is now compelling evidence indicating the use of psychedelics in ancient practices of many major religions. Sacraments, communions, and traditions; our past is abundant with tales of heightened states, visions and encounters with spirits and beings, miraculous healings, and even direct connection with God(s) and/or "the source." Ancient Mexican cultures describe the psilocybin mushroom as the "flesh of the gods". Also called entheogens, meaning "full of the divine", these compounds provide a gateway for humans to explore other powerful states of consciousness and gain deeper connectivity to all creation.

And we live in the 21st Century. The age of information (and distraction). How do psychedelics fit in?

Many of us feel lost in the modern world. Distracted, depressed, dependent, deprived of that spark. Our spark is our creativity, our uniqueness, our path to growth and development. Our spark is our faith, our reason to get out of bed. Sparks can grow into brilliant fires. They require attention and the proper tools.

Tools. Instruments that facilitate skilled actions. We all have unique tools and skill sets to live our lives. They can be learned and unlearned; conscious, and subconscious. Tools can both build buildings and tear them down, depending on how you choose to use them.

Psychedelics are a powerful tool. Psychedelics have been shown to have radically positive effects treating ailments across the board such as PTSD, addiction, anxiety, depression, ADHD; we are only now beginning to scratch the surface of rediscovering the human connection to these substances.

For many people, intentional psychedelic use provides clarity. Like seeing your campsite in the distance towards the end of a long hike. The respite is in sight, but we still need to walk the path to get there. That certainty gives us hope and reassurance, and the inspiration to keep on trekking.

But we still must walk the path.

Psychedelics are not a panacea, but they can be an activator. They can help us activate our best selves; help us love ourselves, others, and our shared existence. Working in coordination with other powerful tools, explored in this journal, we can maximize our potential and ignite a mere spark into a powerful beacon of light.

MICRODOSING 101

Disclaimer – We are not scientists, and this is not a scientific publication. We made this journal to empower and optimize your journey with psychedelics and microdosing. We have been inspired by teachers, authors, doctors, coaches, plants, shamans, pastors, friends, family, and personal experiences. We wish you only the best in your journey with psychedelics, and we make no medical claims.

A full list of useful references and inspirations (along with a killer reading list) are found in the back of the journal.

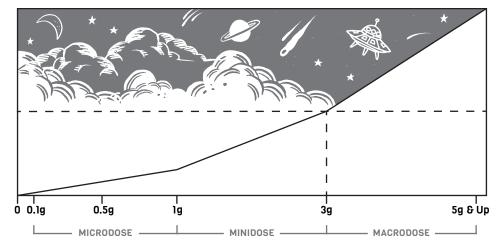
WHAT ARE **PSYCHEDELICS?**

Psychedelics are substances that can profoundly alter perception, thoughts, and emotions. They can induce unique and transformative experiences, expanding our awareness and providing a different lens through which we view the world. Common psychedelics include psilocybin (mushrooms), LSD (ergot), Mescaline (peyote cactus), and DMT (ayahuasca).

WHAT IS MICRODOSING?

Microdosing involves regularly taking small, sub-perceptual doses of psychedelics. The goal is to experience subtle benefits without the intense hallucinogenic effects associated with higher doses. Microdoses are typically a fraction of a regular dose, usually around 0.10 grams. Typical effects of a microdosing regimen include increased alertness and focus, uplifted mood, addiction management, and improved general wellbeing. Microdosing has been compared to "braces for your mind." Over time, the subtle changes can lead to profound cumulative results in behavior and quality of life.

"1% better, every day."
- James Clear



DOSAGE CHART



WHY DO WE MICRODOSE?

While we are just beginning to (re)discover the impact of psychedelics on humanity, many of us approach and work with microdosing for these common reasons:

- Relief from anxiety and depression
- Increased productivity and creativity flow states
- Disrupting poor habits and building healthy lifestyle
- Self-discovery and a restored sense of purpose
- Increased neuroplasticity and heightened awareness

MICRODOSING SAFELY

Psychedelic use is as much an art as it is a science. It takes intention, attention, and experience to build your own relationship with psychedelics. Anyone approaching psychedelics brings their own unique qualities, biome, mindset, history, and experience level; the journey is as unique as the journeyer. Microdosing is a wonderful way to introduce psychedelics into your life gently, to better understand your relationship with the substance. Many psychedelic therapists, clinics, and scientists encourage a consistent microdosing regimen prior to any larger dosage experience.

Ultimately, listen to your body and start small. This journal will teach you how to tailor a healthy lifestyle around intentional and safe microdosing practices.

COMMON QUESTIONS & CONCERNS

While we believe microdosing is extremely safe, we recognize that psychedelics are powerful substances that interact with everyone uniquely. Below are some common questions and concerns associated with psychedelic use:

- Contraindications with other medications
- Digestive distress and gastrointestinal issues
- Exacerbation of mental disorders
- Proper dosing
- Regional legality
- Ability to function in daily activities
- Dependence and addiction

In the world of microdosing, it's natural to have questions and concerns.

Firstly, when it comes to contraindications with other medications, consulting with a healthcare professional is crucial to ensure safety. As for digestive distress or gastrointestinal issues, starting with a low dose and adjusting gradually can help minimize discomfort and optimize the effect.

When it comes to mental health, if you have concerns about exacerbating mental disorders, consider seeking expert guidance. Proper dosing is essential, and regional legality should be adhered to. Rest assured, microdosing is designed to enhance daily functioning, not disrupt it, and the risk of dependence and addiction is generally low.

Remember, the journal includes scientific and medical sources in the back, empowering you to do your own research and make informed choices. Your journey is unique, and knowledge is your ally.

PLANNING YOUR MICRODOSING REGIMEN

When planning your microdosing regimen, it is important to be clear on your goals and intentions. Some microdose to optimize work focus, flow state, and productivity. Others seek to connect more to themselves, nature, and their personal relationships. Once you are assured in your intentions surrounding microdosing, choose a regimen that fits your schedule and is easily followed.

Many choose to take their microdose first thing in the morning, while others wait until the afternoon to feel its effects into the evening. Consider the days and times that are best for your schedule and commit to it for the first few weeks. Once you feel comfortable with your screws, levels and measuring tape are tools you may utilize. Similarly, you have tools that you us.

Some things to consider when building your microdose regimen:

- Psychedelics, like most substances, tend to have a stronger effect when taken on an empty stomach. Remember to pair it with food or not depending on what sits better in your body. Always remember to properly hydrate.
- **Psychedelics are not physically addictive.** However, any behavior can become a habit over time. Taking a few days off microdosing each week ensures that neither tolerance nor dependence will be an issue. Be responsible. Be intentional.
- Microdosing is sub-perceptual. This means small yet powerful shifts bolstered by mindful decisions. It is good practice to consume your microdose independent of other substances to notice its subtleties. Caffeine, supplements, and other medications can overpower or skew its effect.
- Working with psychedelics is an intentional and powerful practice. We recommend making a mindful ritual around taking your microdose. We will expand on this in the next sections.





Morning

The morning is the most common and popular time of day to Microdose. Many ingest microdoses in the morning to boost their energy, increase their productivity, and refine their focus during work hours.

Tip: Combining caffeine and Microdosing can cause jitteriness and over-stimulation. If considering microdosing in the morning, be mindful of how much caffeine you are also consuming.

Evening

Microdosing in the evening is the least common time to partake. Many wish to feel the subtle microdosing effects during the more active times of the day.

However, evening microdosing can be a wonderful option if you are seeking deeper creative states, later social engagements, or hoping for more vivid dreams.



Midday/Afternoon

Many choose to take their microdose in the middle of the day. This provides an afternoon boost that is wonderful for sustained attention in the later work hours. It also helps us shift gears into more creative and social activities after work.



DEEPER PSYCHEDELIC EXPERIENCES

As you progress in your transformative and mindful journey with microdosing, you may be interested in undertaking a more significant psychedelic experience in the future. While this program focuses on microdosing, many of the practices and exercises are directly applicable to a larger dose experience. We want to offer a few guidelines when considering a deep psychedelic journey. Please practice safety and integrity, these are very powerful substances.



Set and Setting

We cannot overstate the critical importance of one's "set and setting," which refers to the journeyer's mindset and the environment in which the experience takes place. We recommend a safe, comfortable, and supportive environment and a positive, open mindset for the optimal experience.



Preparation

Journeyers should prepare themselves mentally and emotionally for the experience. This includes practicing mindfulness techniques, setting intentions, and having a clear purpose for the psychedelic journey.



Dosage

Consider starting with a modest dose, especially if you are new to psychedelics. Gradual exploration and adjustment of dosage based on your response ensures the most positive and safe experience.



Supervision

Consider having an experienced guide or therapist present during the experience, particularly with higher doses. This can provide emotional support and guidance, along with added safety.



Integration

After a deep psychedelic journey, integration is of utmost importance. This involves reflecting on the insights gained during the experience and incorporating them into daily life.



Legality and Safety

As you consider going deeper with psychedelics, it's crucial to be aware of the legal status of these substances in your area. Furthermore, make sure to prioritize your safety by testing substances for purity and obtaining them from a reputable source.



Respect and Humility

We cannot overstate the need for respect and humility when approaching psychedelics. These substances can be powerful and unpredictable, and they should be used with a sense of reverence.

TOOLS FOR SUCCESS

This journal is dedicated to helping you activate a healthier, more fulfilled life. While psychedelics are an amazing activator, it is up to you to use them mindfully and in coordination with other practices to better yourself. In this section, we explore healthy practices that enhance your microdosing journey and massively improve your lifestyle.

Picture yourself in a workshop. You are surrounded by your tools, your drafts, your works in progress. Each tool serves its own purpose. In coordination, these tools serve you in your creations. Building a table? Saws, screws, levels, and measuring tape are tools you may utilize.

Similarly, you have tools that you use to build an optimal life. Mindfulness practices, discipline and routine, and personal writing are examples of lifestyle tools. Psychedelics are a POWERFUL tool; a backhoe that can level your home as well as build one. A tool is only as powerful as the creator who yields it. That's you! You are the creator of your life.

You have the power to learn and master the tools in your workshop to construct a magical life of health, wealth, and wisdom.



It all starts and ends with your breath. Your breath is your energy and your life-source. It works for you 24/7, a constant current that brings you to the present. There are countless breathing techniques, and we encourage you to explore methods that resonate best with you. However,



How did that feel?

Just six deep and deliberate breaths can have a significant effect on the body and mind. From lowering blood pressure to emotional regulation, taking less than a minute to breathe slowly can radically improve your daily life.

Your breath is your strongest and most reliable tool. Use it.



_____ Meditation

"The goal of meditation isn't to control your thoughts, it's to stop letting them control you." -Unknown

If you are new to meditation, congratulations; you already meditated in the last breathing practice! Meditation is simply observing your thoughts and feelings rather than being governed by them. While meditation practices vary in technique and length, the simplest practice is sitting still with eyes closed, focusing on the breath, and witnessing what comes up. It is so easy to get frustrated and caught up in thoughts. This is so common, even in experienced meditators.

Keep in mind that recognizing this deviation and being able to come back to witnessing, that is the win. Slowly, over time, you will get better at your practice and will notice a small buffer between stimulus in your life, and your reaction. This is huge! That buffer could look like stopping and asking yourself, "Do I need to be mad right now? Do I want to relive this negative story?" That small buffer compounds to massive changes in the decisions you make and how you live your life.

🗇 Gratitude

"Gratitude is the wine for the soul. Go on. Get drunk." - Rumi

Practicing gratitude is the easiest way to elevate your mood and improve your trajectory. There is always something to be thankful for. Your health, your family, the sun on your skin; the more we tune ourselves to a state of gratitude, the more we appreciate the positives in our life and the easier it is to reframe the perceived negatives.

🕉 Intention & Goal Setting

"Plans are nothing; planning is everything."

- Dwight D. Eisenhower

What do you want? How do you want to feel? Sometimes we forget how powerful these questions can be. When we step back and consider our goals and intentions, we often approach our days with more clarity and positivity. Furthermore, clearly stating your goals and intentions increases the likelihood of turning them into reality by giving them purpose and direction.

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"I am a great believer in luck. The harder I work, the more of it I seem to have" -Coleman Cox

Building on our intention and goal setting work; affirmations and visualization are incredibly powerful practices. Our mind and body are interconnected. How we think manifests itself in our bodies and in our work. If we believe we are losers, we act like losers. However, if we believe that we are abundant, beautiful, successful creators of our life; we can do anything. The art of visualization and affirmation is in the feeling. When we feel good about our present and believe in a boundless future, our energy shifts and amazing possibilities become reality.



🗏 Writing & Drawing

"There is no greater agony than bearing an untold story inside you."

- Maya Angelou

When we write, we solidify our thoughts and emotions. A personal writing practice gives us the freedom to express and expand. Writing also gives us structure and clarity. A space that is just for us where ideas come to life and revelations are realized. This journal is filled with empowering writing prompts, daily reflections, and fun exercises. However, what is most important is that you develop your own relationship with writing. Whichever way you choose to write, go for it! You will be amazed at what you learn about yourself when you put your pen to the page.

Drawing is another amazing tool for self-expression. We have included tons of fun artwork throughout the journal. Feel free to color them, add to them, or create fresh doodles of your own. Leave the judgment behind and have fun with your creations!



(Routine & Habits

"We are what we repeatedly do. Excellence, then, is not an act but a habit."

- Aristotle

We are all creatures of habit. Our habits compile into our routines, which govern our daily lives. Some of these habits we are aware of, but most of them are in our subconscious. Many of these habits serve us, while others derail us and keep us down. With practice, awareness, and discipline; we can own our habits and create routines that make health, wealth, and wisdom inevitable. We will dive into habit and routine reconstruction in this journal.



Courage

"Courage is not the absence of fear, but the triumph over it."

- Nelson Mandela

Courage is how we grow. That scary place outside of our comfort zone. Uncertainty and risk are inherent in all life. Some fear is natural, avoiding danger to stay alive. Yet other fears are manifested in our psyche. Our fear to speak out, to be judged, to ask for more; these fears are based on social conditioning, and most of them are unwarranted. It is crucial to put your fears in their place.

Are you in real danger? Or is this a chance to be courageous and grow? Courage is contagious, and there are few better feelings than making bold actions in the face

Exercise & Nutrition

"To keep the body in good health is a duty, otherwise, we shall not be able to keep our mind strong and clear."

- Buddha

To thrive, we must fuel and train our bodies. The luxuries of the modern lifestyle have led to a sedentary, sugar-addicted, and unhealthy society. Our bodies need movement as much as they need healthy food. For the sake of simplicity, we recommend eating plants and animals, avoiding processed sugar-rich foods, and simple exercise (preferably outside). As with meditation, there are countless diets and workout routines. Opt for the routines that resonate most with your body and that you can consistently adhere to. When you feel stuck, tired, or grumpy; exercise can be the perfect remedy.

Prayer

"It doesn't matter how you pray, only that you pray."

- Unknown

Prayer does not belong to any deity or religion. We have the freedom to pray however we choose. Prayer is extremely personal, and we recommend taking some time to consider your relationship with prayer. Remember, your prayer can be as concise or elaborate as you need it to be, as long as it serves you effectively.

The **"Creator's Prayer"** is your personalized intentional ritual, combining many of the other valuable tools discussed in this section.

To help you get started, here are a few steps we recommend when starting or evolving your prayer practice:



"The Creator's Prayer" is an integral part of this mindful journey with psychedelics. In the **"Starting Your Journey"** section of the journal, you'll craft your own unique Creator's Prayer.

HOW TO USE THIS JOURNAL

Throughout the Microdosing Journal, we've carefully structured each week to explore a different facet of your microdosing journey. From the psychology and preparation in the initial weeks to the deepening of your mindfulness and creativity in the later ones, this journal is your roadmap to a transformative experience. Each week features specific prompts, activities, as well as planning and reflection spaces.

Whether you're just starting or already well into your microdosing practice, this journal will guide you in harnessing the full potential of these experiences while maintaining mindfulness, safety, and creativity.



Weekly Focus

Dive into a specific theme each week, providing clarity and purpose to your creative and mindful journey.



Writing Prompts

Thoughtful questions and prompts to spark your creativity and self-reflection.



Activities

Not-so spontaneous activities designed to stimulate growth and courage.



Inspirational Quotes

Find inspiration in the wisdom of great minds.



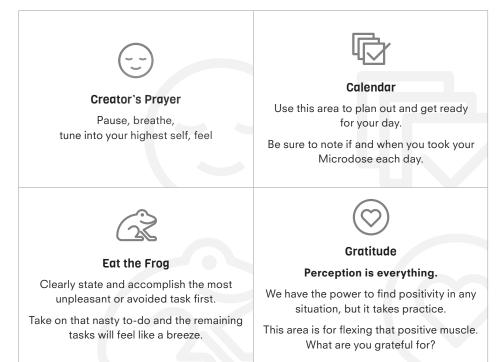
Weekly Reflection & Planning

Take time to review your progress, refine goals, and plan your next steps.

Each daily entry in the Microdosing Journal is a structured yet flexible journey within itself. Begin with a moment of prayer, connecting with your inner self, followed by a gratitude exercise to cultivate positivity. Set your daily goals and intentions, jotting down notes, thoughts, and insights as they arise. Then, strategically plan your day with a to-do list and schedule. Finally, end the day with a moment of reflection, exploring your experiences and lessons learned. This provides a powerful toolkit to help you embrace mindfulness and creativity while navigating your microdosing journey.



PREPARATION



REFLECTION



STARTING YOUR JOURNEY

Ok, that was a lot of information. Ready to begin your creative journey with mindful microdosing? This section is designed to help you create a framework for success.

💣 Goal Setting

What are you hoping to achieve with your microdosing practice? State these goals clearly and consider actionable steps towards completing them.

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C Intention Setting

How do you hope to feel through this journey of growth and self-discovery? How will you commit yourself emotionally to this practice?

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(Routine

What daily habits and routines will you focus on to ensure a successful creative journey and microdosing regimen?

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Creator's Prayer

See "Prayer" for guidlines (Pg 19) See example in "Conclusion"(Pg 130)

Create your own personal ritual. A loving and present prayer for yourself, your journey, your loved ones, and all creation.

Its time to make a commitment

I, **(NAME)** understand that I am entering a deep self-reflective journey with my own relationship to psychedelics. I commit myself to the twelve-week duration of this journal.

I, **(NAME)** commit to the daily entries, weekly review and planning, and developmental prompts included in this program.

I, **(NAME)** understand that these practices will surface issues and emotions for me to digest and grow from. I recognize that growth sometimes requires growing pains. I am strong, and I am courageous.

I **(NAME)** am a creator. I take responsibility for my life, my healing, and my development. My journey with psychedelics is my responsibility. I commit to pursue my creativity, mindfulness, and performance in my microdosing journey.

NAME

SIGNATURE

DATE

The Microdosing Jounal will be available soon!

