

MICRODOSING WEEK

Starting Your MYMYNDPROJECT

Calibration Steps

Welcome to your Calibration Week in the Microdosing Exploration Course! We're thrilled to have you join this journey of self-discovery and personal development. This week, you'll be guided through a carefully structured protocol designed to help you understand and experience the subtle yet profound effects of microdosing.

- Start microdosing with gummies to determine individual tolerance and optimal dosage ("sweet spot").

Dosage Schedule:

- Frequency: Every other day, aiming for four doses during calibration week.
- **Dose 1** (Day 1): **Take 1/4 of a gummy** (Cut one gummy into four small pieces).
 - Purpose: Observe any changes in consciousness. Most people will not experience any at this dose.
- **Dose 2** (Day 3): **Take 1/2 of a gummy** (Cut one gummy in half).
- **Dose 3** (Day 5): **Take 3/4 of a gummy** (Use the other three small pieces from dose 1)
- **Dose 4** (Day 7, Sunday): Choose either the previously identified sweet spot or **take a full gummy**. Most people end at this amount as their microdose, but many people enjoy less as well.

Evaluation and Adjustment:

- **Post-Dose Reflection:** After each dose, participants should reflect on the effects and changes in consciousness.
- **Sweet Spot Identification:** Determine the most effective dose. Each person will experience a similar but different non-specific amplification in consciousness/emotion.
- **Adjustments:** If the desired change in consciousness is not achieved by the end of the week:
 - **Option to repeat the calibration in week 3, with doses up to two gummies. Add 1/4 of a gummy to your full gummy every other day again, etc.**

Communication and Support:

- Ongoing communication is encouraged within the course program. Please post questions in direct chat, and I speak directly with you.
- Share experiences and insights in the community center for collective learning and support.
- If you ever experience concern, please always consult your PCP or a doctor.

FIND YOUR SWEET SPOT OR SWEET RANGE



Start Low and Go Slow

- ✓ Taking time to find your 'sweet spot' (range) is critical to an optimal microdosing journey



Dosing Range

- ✓ The typical range for a microdose is between sub-perceptual and sub-intoxicated levels, usually amounting to 0.1 to 0.2 grams of mushrooms..
- ✓ For individuals preferring a sub-intoxicated experience, this equates to approximately 1/10th of a standard dose, translating to 0.25 to 0.5 grams



Precision is Helpful

- ✓ No need to mess with a scale. Now you have a consistent and quality micro dosing experience.

CALIBRATION PROTOCOL

- ✓ During calibration week, it is recommended to dose every other day
- ✓ After identifying your sweet spot, you may find it supportive to switch to a different dosing schedule or protocol

WHAT DOES A SWEET SPOT FEEL LIKE?

- ✓ You feel a sense of effortlessness and ease in your days
- ✓ During the day, you forget that you've taken a microdose
- ✓ When reflecting at the end of the day, you think, "This was a really good day."
- ✓ Ask yourself, "what is the least amount that I need for the benefits I'm seeking?"

SIGNS YOUR DOSE IS TOO HIGH

- ✓ You lack focus or become easily distracted
- ✓ You are greeted with increased anxiety
- ✓ Emotions become too large for you to hold or process

GOAL

END

Establish a personalized microdosing protocol for the forthcoming weeks based on individual tolerance and desired effects.

You can set up a personalized microdosing protocol for the upcoming weeks based on individual tolerance and desired effects.

People embarking on a microdosing journey through various protocols over months often report transformative experiences. They describe a notable enhancement in well-being and a deeper understanding of their body, self, and mind's capability to self-regulate, leading to a natural increase in joy. This process involves diminishing the dominance of certain brain areas that previously governed their thought systems, allowing for more effective management of life's challenges. They achieve a state of attention stabilization and profound awareness, transitioning from a state of doing to being.

This shift enables you to move from mere observation to direct experience, engaging deeply with your sensory world and the consciousness underlying your perceptions.

Let's see what you experience!

HOW COULD YOU CHOOSE A SPECIFIC PROTOCOL AFTER YOUR CALIBRATION?

After calibrating your microdosing journey, choosing the right protocol is your next pivotal step. This guide will navigate you through selecting a protocol that resonates with your unique needs, goals, and experiences. Remember, microdosing is a highly individualized practice, and what works for one person might not work for another. Let's explore how you can make the most informed decision for yourself.

Understand Your Goals

Firstly, clarify your intentions. Are you seeking to enhance creativity, improve mental health, boost productivity, or embark on a journey of personal growth? Your goals play a critical role in determining which protocol might suit you best.

- **For Creativity and Problem-Solving:** If your primary aim is to enhance creativity, the James Fadiman approach, with its every-three-days dosing schedule, can offer the balance between experiencing subtle shifts in perception and having off days to integrate and reflect on these changes.
- **For Therapeutic Purposes:** If you're exploring microdosing to manage symptoms of anxiety, depression, or PTSD, the personalized approach recommended by the Microdosing Institute could be ideal. This method allows for adjusting dosages and schedules to best meet your therapeutic needs.
- **For Cognitive Enhancement and Neurogenesis:** Interested in boosting your cognitive functions and supporting brain health? The Stamets' Stack protocol, with its combination of psilocybin, Lion's Mane mushroom, and niacin, is designed to enhance neurogenesis. This regimen might be your best bet if your goal is long-term cognitive improvement.

Reflect on Your Calibration Experience

Your calibration phase—where you experimented with different dosages to find your "sweet spot"—offers invaluable insights. Reflect on how you felt during this phase:

- **Sensitivity to Substances:** Did you find yourself particularly sensitive to the substances? If so, a more conservative approach, such as the Microdosing Institute's tailored regimen, might be more comfortable, allowing for dose adjustments based on your sensitivity.
- **Reaction to Dosing Days:** How did you respond to dosing days? Were the effects too intense, or did you find them manageable and beneficial? This feedback can help you decide whether a more frequent dosing schedule, like Stamets' Stack, or a more spaced-out approach, like Fadiman's, suits you better.



Consider Your Lifestyle

Your daily responsibilities and lifestyle should also influence your protocol choice.

- **Work and Social Commitments:** Do you have a demanding job or social commitments that require a clear head? Fadiman's approach or microdosing institute, with its less frequent dosing, might fit better into a busy lifestyle.
- **Openness to Experimentation:** If you're someone who enjoys self-experimentation and closely monitoring your progress while exploring mindful consumption, the personalized approach recommended by the Microdosing Institute or Stamets could be more engaging and fulfilling.

Listen to Community

Feedback: Engage with your microdosing community. Listening to others' experiences can provide you with insights into how different protocols have worked for them. While your journey is personal, the community can offer support, advice, and perspectives you might not have considered.

Final Thoughts

Choosing a microdosing protocol is a personal journey that requires introspection, experimentation, and adjustment. Remember to listen to your body and mind, and be willing to adapt your approach as you learn more about how microdosing affects you. With the right protocol, microdosing can be a transformative tool, guiding you toward your desired goals with clarity and purpose. Many people change this every 6-10 weeks to explore what works best for them. Stay open, stay curious, and embrace the journey ahead with an open heart and mind. Start with the microdosing institute protocol on the next page if you question which protocol is best for you.



CHOOSE PROTOCOL

Fadiman

Microdosing Institute

Stamets' Stack

Fixed Days

Intuitive

	S	M	T	W	T	F	S
Fadiman	✓			✓			✓
Microdosing Institute	✓		✓		✓		✓
Stamets' Stack	✓	✓	✓	✓			
Fixed Days		✓			✓		
Intuitive				♥			



SETTING INTENTION YOUR MYNDPROJECT

In this course, we emphasize the importance of intention in creating significant change. To effectively improve, expand, and heal your mind, it's crucial to invest time and thought in the intention exercise and journaling. This step is not just about setting goals; it's a commitment to your self-development and a critical element in facilitating subconscious changes. Alongside the work of the mushrooms, setting a clear intention is a pivotal part of the process and integral to achieving meaningful results.



JOURNAL

DATE: # DAYS SINCE DAY 1

SUBSTANCE: DOSE:

MICRODOSING

DAY TRANSITION

DAY NORMAL DAY

Rate this day from 1-10:

GENERAL: WELL-BEING.....

AWARENESS OF POSITIVE EMOTIONS...

RELATIONSHIPS & SOCIAL.....

SELF LOVE & SELF CARE.....

SUFFER FROM NEGATIVE EMOTIONS*...

SUFFER FROM STRESS*.....

MEDITATION / MINDFULNESS.....

GENERAL: PHYSICAL.....

ENERGYLEVEL.....

SLEEP QUALITY.....

SPORTS & EXERCISE.....

DIET & EATING HABITS.....

PAIN LEVEL*.....

GENERAL: WORK & STUDY.....

FOCUS.....

PRODUCTIVITY.....

CREATIVITY.....

FLOW.....

OTHER:

YOUR INTENTION FOR THIS CYCLE

WHAT STOOD OUT FOR YOU TODAY?
IN THE POSITIVE SENSE:

IN THE NEGATIVE SENSE:

WHAT THOUGHTS, FEELINGS OR EMOTIONS HAVE YOU OBSERVED IN THAT REGARD?

LOOKING BACK AT TODAY, WAS THERE ANYTHING DIFFERENT, INTERNALLY OR IN YOUR DOINGS OR BEHAVIOUR, THAN YOU WOULD NORMALLY EXPECT?

* These ratings are inverted. For example, suffering less from stress = positive result = lower rating

My Microdosing Journal

This Journal is here for you to track your microdosing journey with the opportunity to reflect on the path you have tread and plan for the future. It is designed to accommodate your needs on any given day. Whether you have 30 seconds or 30 minutes, this journal is here to support your reflections during your microdosing protocol

Date:

Track the date of your journal entry here.

Dose:

Track the dose you are taking here. If it is a nondosing day, say so, or mark with an "X".

30 Second Check In

Using a 1-10 scale or similar tracking method of your preference fill in the bubbles correlating to the above labels rating them as recommended below.

Dose Feel - Are you feeling it? While the goal is to keep the effects of the microdose subperceptual, it is common that people might feel it in the body and or mind. Track this to help find your sweet spot. Allow "0" to represent no feeling and "10" as, "Woah Now!"

Energy - How much energy did you have? Track this regardless of how productive or enjoyable the energy was. "0" is no energy and "10" is far too much.

Focus - How was your focus today?

Sleep - This represents a combination of how well you slept & how rested you felt throughout the day.

Body Feel - How "in your body" are you feeling, in addition to how your body has felt today?

Mood - Track your mood as the one factor that reflects how you feel about the various factors above. Maybe you didn't sleep well and had no focus but felt great about your day. Maybe not.

Impressions

Use this section for words and phrases, not whole sentences. What highlighted thoughts, feelings, observations, or themes can you track that express your day at a glimpse?

5 Minute Free Flow

Use this section to free write or journal about the day you had. Take notes regarding any observations from your day, particularly in regard to your microdosing experience and your personal protocol.

The image shows a sample page from the journal. At the top, there are fields for 'Date:' and 'Dose:'. Below these is the '30 Second Check In' section, which consists of a row of six bubbles labeled 'Dose Feel', 'Energy', 'Focus', 'Sleep', 'Body Feel', and 'Mood'. To the left of these bubbles is a vertical label '30 Second Impressions Check In'. Below the bubbles are several horizontal lines for writing. To the right of these lines is a blue header for the '5 Minute Free Flow' section, followed by more horizontal lines. At the bottom of the page is a section titled 'Daily Depths Exploration' with a sub-header 'Spiritual' and a prompt: 'Consider how spirituality has factored into your life, what you have given to it, what it has given to you for better and for worse. How has it made you who you are today?'. The page also includes a small text 'Week 1: Reflecting On The Journey That Brought You Here'.

Daily Depths Exploration

Each day of the journal includes a prompt to take you deeper and reflect on the variety of subjects displayed in the initial Holistic Check-In. Additionally, each daily prompt fall into a greater weekly theme. Write your responses in your own journal or use the prompt as an opportunity for reflection or conversation.

Date:

Dose:

Dose Feel

Energy

Focus

Sleep

Body Feel

Mood



30 Second
Check In

Impressions

5 Minute Free Flow

Area for impressions and free flow notes, consisting of multiple horizontal lines for writing.

Daily Depths Exploration

Week 1: Reflecting On The Journey That Brought You Here

Spiritual

Consider how spirituality has factored into your life, what you have given to it, what it has given to you for better and for worse, how has it made you who you are today?

Date:

Dose:

Dose Feel

Energy

Focus

Sleep

Body Feel

Mood



30 Second
Check In

Impressions

Four horizontal lines for impressions, with a blue diagonal bar at the bottom right.

5 Minute Free Flow

Multiple horizontal lines for free flow writing.

Daily Depths Exploration

Week 1: Reflecting On The Journey That Brought You Here

Social

How have you related to others throughout your life? What trends stand out to you?

Date:

Dose:

Dose Feel

Energy

Focus

Sleep

Body Feel

Mood



30 Second
Check In

Impressions

Four horizontal lines for impressions, with the bottom line partially obscured by a blue banner.

5 Minute Free Flow

Multiple horizontal lines for free flow writing.

Daily Depths Exploration

Week 1: Reflecting On The Journey That Brought You Here

Emotional

Our emotional state is never constant, how has your emotional landscape formed throughout the years? Does it flex like grass in the wind? Remain hidden but for private moments? Reflect on your emotional development.

Date:

Dose:

Dose Feel

Energy

Focus

Sleep

Body Feel

Mood



30 Second
Check In

Impressions

5 Minute Free Flow

Daily Depths Exploration

Week 1: Reflecting On The Journey That Brought You Here

Mind

How has your mind helped you navigate your conscious experience, the day-to-day reality we are all a part of? In your life, how would you describe your inner voice, your relationship to self?

Date:

Dose:

Dose Feel

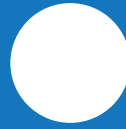
Energy

Focus

Sleep

Body Feel

Mood



30 Second
Check In

Impressions

5 Minute Free Flow

Area for impressions and free flow notes, consisting of alternating light and dark gray horizontal bands.

Daily Depths Exploration

Week 1: Reflecting On The Journey That Brought You Here

Work

Not all labor is "of love". How have you spent your working hours in your life and how has this provided meaning? Consider the highs and lows, sacrifices and payoffs.

Date:

Dose:

Dose Feel

Energy

Focus

Sleep

Body Feel

Mood



30 Second
Check In

Impressions

5 Minute Free Flow

Large area for free flow impressions with alternating light and dark gray horizontal lines.

Daily Depths Exploration

Week 1: Reflecting On The Journey That Brought You Here

Physical

Having a body can be a challenge, it can be a joyful vessel to inhabit as well. How has your relationship to this complex and fascinating body developed throughout your time in it?

Date:

Dose:

Dose Feel

Energy

Focus

Sleep

Body Feel

Mood



30 Second
Check In

Impressions

5 Minute Free Flow

Blank lined area for impressions and free flow writing.

Daily Depths Exploration

Week 2: Observing Changes Within

Spiritual

Compared to your past, how is your relationship to spirituality evolving right now? How would you define the term in the past and in the now? What is emergent in your relationship to spirit?