

MY
MYNDPROJECT
OUTSIDE YOUR MIND WHERE IS THE PROBLEM?

MICRODOSING PSILOCYBIN GUIDE



WHAT NEXT

1. Start your trial to experience microdosing, or continue the course to keep learning. **Online Course: [CLICK HERE](#)**
2. Download the workbook (If reading this, you already have it).
3. Check out our website for more information.

Click Here: [Your 30-Day Trial - MYND Mushrooms](#)
Website Click Here: [MyMyndProject Website](#)

Together, let's start without our own improvement in emotional and physical well-being to make a positive impact on the rest of the world.

MY MYNDPROJECT
OUTSIDE YOUR MIND WHERE IS THE PROBLEM?

REDEFINE YOUR DAILY ROUTINE

With Our

30-DAY MICRODOSING CHALLENGE

JOIN US AND LEARN MORE!

 mymyndproject www.mymyndproject.com

Disclaimer: This website, the original content contained herein, digital and printed material, and the trade names, slogans, and logos associated with the Mymyndproject. ("Mymynd") are protected by the trademark laws and copyright laws of the United States and other jurisdictions and may not be used without Mymynd's express written permission. Content, educational materials, or services described in any of the materials or on the website is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Each reader or user is solely responsible his/her/their own health and wellness decisions. Mymynd does not encourage, instigate, incite, criminally facilitate, solicit, or promote any illegal activity or use of or facilitated procurement of – or actually procurement of – any illegal substance(s) under Colorado state law. Mymynd seeks to strictly comply with all aspects of Colorado's Proposition 122, the Natural Medicine Health Act, as amended by the Colorado legislature in Senate Bill 290 in May 2023. Mymynd does not and cannot sell Natural Medicines. Any fees paid in the Membership Program are for bona fide harm reduction or bona fide support services authorized under the law. By reading the content on this site, you agree that you are solely responsible for yourself, your health, and your wellbeing, and hereby release, indemnify and hold harmless Mymynd, and their agents, affiliates and assigns from any and all damages, claims, whether under the law or in equity. "

WELCOME AND PROGRAM OVERVIEW

Welcome to our comprehensive microdosing course, and thank you for choosing to embark on this enlightening journey with us. We are deeply grateful for your time and interest in exploring a topic that has gained significant popularity for its profound impact on health and wellness. As you step into this world of transformation, we are committed to being your trusted guide, offering insights and knowledge refined over 20 years of experience in the plant-based industry.

Our commitment to you is twofold. First, we promise to provide you with world-class mushroom products characterized by their superior ingredients, consistency, taste, and overall experience. Second, we are dedicated to offering world-class education rooted in truth and supported by the latest research and expertise from leading figures in the industry. Our goal is to present facts that illuminate the path forward, dispelling myths and personal opinions that can cloud understanding.

Participants in our course typically fall into one of two categories. The first group consists of individuals seeking world-class products (Gummies and Chocolate Bars) to set an intention and embark on a microdosing journey that promises an amazing experience. This path is designed to connect you with both the healing properties and recreational improvements that microdosing can bring to your life. **Click here for a risk-free money back guarantee trial: [START MICRODOSING](#)**

The second group is composed of those in pursuit of a top-rated educational experience. Our top-rated course offers a holistic and scientific curriculum designed to enhance, expand, and heal your life across physical, emotional, cognitive, and spiritual dimensions. You'll gain access to daily insights on microdosing and holistic health, meditation and somatic practices for deep bodily and mental connection, Cognitive Behavioral Therapy (CBT) techniques for mental well-being, and community experiences for support and connection. Carefully curated resources and expert-led guidance aim to support your transformative journey towards improved well-being. Join us for a comprehensive experience in discovery, healing, and empowerment.

As we start this journey together, our excitement to guide you through the exploration of self and the healing of our MYNDS is unparalleled. We are honored to have supported thousands of individuals over the last decade, witnessing transformative experiences that redefine personal health and wellness. Join us as we embark on this journey of discovery and self-improvement, unlocking the potential that lies within the power of microdosing.

HOW PSILOCYBIN MUSHROOMS AFFECT YOUR BRAIN

Drawing on insights from research and experts, we explore how psilocybin affects the brain, specifically focusing on its impact on the amygdala, Default Mode Network, and 5-HT_{2A} receptors. The course delves into the therapeutic potential of these effects in treating mental health conditions like depression and anxiety. It provides a comprehensive understanding of the neuroscientific underpinnings of psilocybin's influence on mood, cognition, and perception, and how these changes can contribute to overall well-being and consciousness expansion.

By integrating microdosing psilocybin into your practice, you're embarking on a journey of personal and spiritual growth and actively engaging in a process that nurtures these essential qualities. This approach allows for a holistic development of the self, where healing and growth are achieved not through suppression or control but through understanding, accepting, and integrating all parts of your being.

We commonly come across judgment from people who lack understanding, especially during the time of acceptance and access to these natural resources.

Psilocybin, the active compound in psychedelic mushrooms, has gained significant attention for its therapeutic benefits, particularly in the context of mental health and emotional treatment. The benefits of using psilocybin mushrooms are closely linked to their impact on the brain's neurochemistry and structure, influencing factors like Brain-Derived Neurotrophic Factor (BDNF), serotonin receptors, and mood regulation. These effects have implications for treating conditions like anxiety, depression, and addiction. Here's how:

1. REGULATING BDNF (BRAIN-DERIVED NEUROTROPHIC FACTOR)

BDNF is a protein that supports the survival of existing neurons and encourages the growth and differentiation of new neurons and synapses. Psilocybin has been shown to stimulate the growth of new brain cells and enhance neural plasticity, which can lead to improved brain function and resilience against the effects of stress and depression. By promoting neuroplasticity, psilocybin can help break the cycle of negative thought patterns associated with depression and anxiety.

2. IMPROVING SEROTONIN RECEPTOR ACTIVITY

Psilocybin primarily exerts its effects by activating serotonin receptors in the brain, particularly the 5-HT_{2A} receptor. Serotonin is a neurotransmitter that significantly influences mood, anxiety, and happiness. By modulating these receptors, psilocybin can produce profound changes in consciousness and perception, which can lead to increased mood, optimism, and a sense of well-being. This modulation of serotonin receptors is particularly beneficial in treating depression and anxiety, conditions often linked to dysregulated serotonin systems.

3. ENHANCING MOOD REGULATION

The effects of psilocybin on serotonin receptors and BDNF also contribute to improved mood regulation. Users often report experiences of emotional catharsis, increased empathy, and a greater sense of connectedness to others and the world around them. These experiences can provide new perspectives and insights, helping individuals to overcome patterns of negative thinking, self-criticism, and isolation that are common in depression and anxiety.

4. ASSOCIATION WITH TREATING ANXIETY, DEPRESSION, AND ADDICTION

Anxiety and Depression: By enhancing neuroplasticity, modulating serotonin receptors, and improving mood regulation, psilocybin can help reduce symptoms of anxiety and depression. It offers a potential reset for brain activity patterns associated with these conditions, allowing patients to experience a significant reduction in symptoms, sometimes after just a single session.

Addiction: Psilocybin therapy has shown promise in treating various forms of addiction, including tobacco and alcohol dependence. The psychological flexibility gained through psilocybin experiences can enable individuals to break free from addictive behaviors and thought patterns. It is thought that the increased BDNF levels and improved serotonin receptor activity can help rebuild and rewire the brain's reward pathways, making it easier for individuals to overcome addiction.

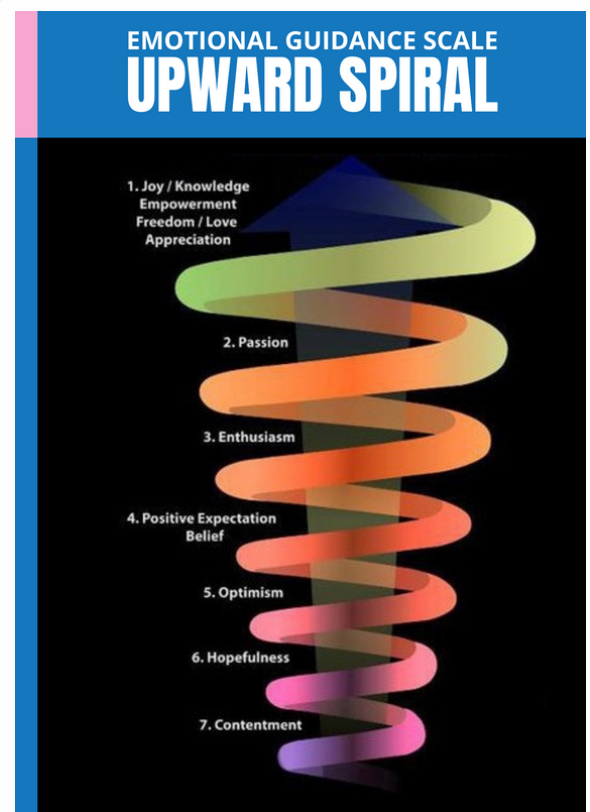
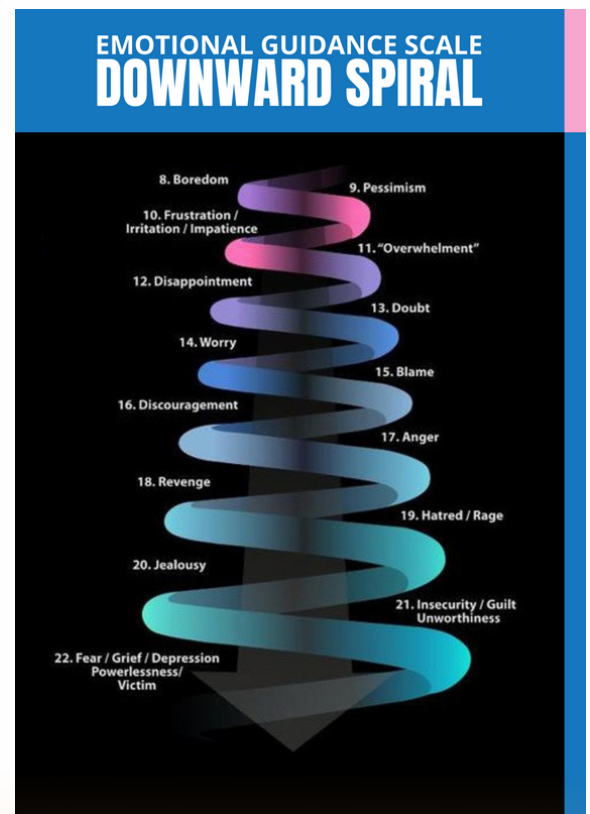
That's not all of it, but there are some things you can expect to experience during your first six weeks. We are most excited you are educating yourself and others so that more people understand alternative options to common DIS-EASE!

WELCOMING POSITIVE EMOTIONS

In this course section, we turn our attention to addressing negative emotions with microdosing. Elevating our consciousness is a valuable tool for understanding and navigating the complex terrain of our emotions, particularly in the context of combating depression, anxiety, and addictions.

This map outlines a hierarchy of emotional states, ranging from lower levels characterized by feelings like fear, guilt, and despair, to higher levels associated with love, joy, and enlightenment. By applying this framework to our microdosing journey, we aim to foster a deeper intellectual comprehension of ascending these emotional levels. This understanding is crucial in mitigating the downward spirals that are often associated with depression and other negative emotions.

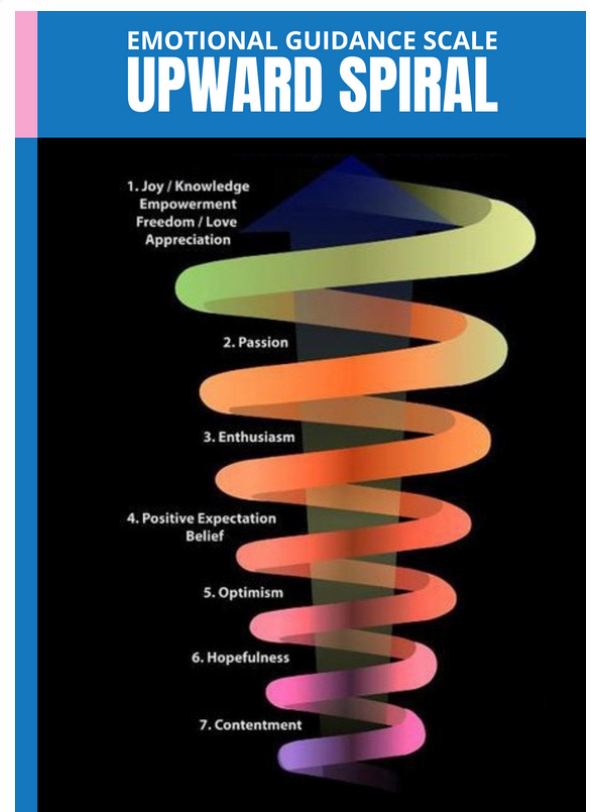
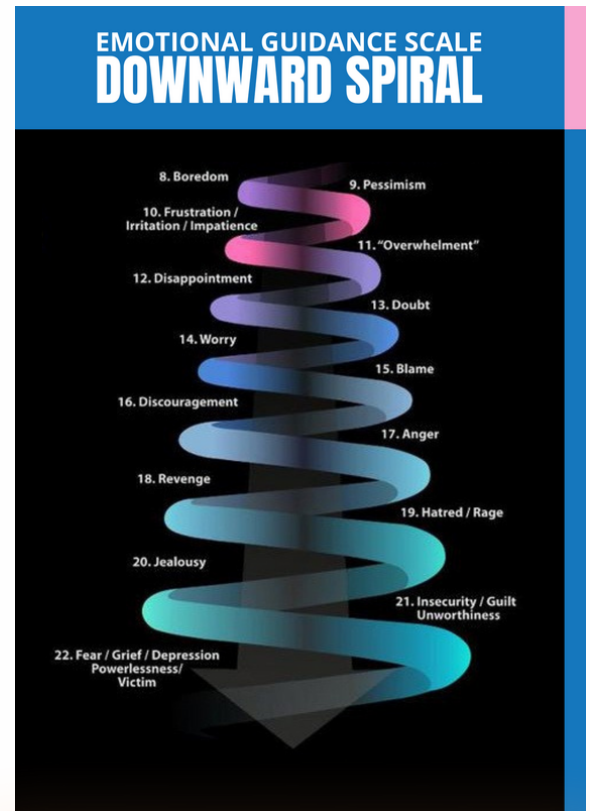
Through microdosing, we can begin to shift our emotional state consciously. This process involves recognizing where we currently are on this spectrum of consciousness and then deliberately working towards higher, more positive emotional states. The use of psilocybin mushrooms in this context is particularly beneficial, as they have been shown to facilitate a deeper connection with our inner selves and enhance our capacity for introspection and emotional processing.



WELCOMING POSITIVE EMOTIONS

By aligning our microdosing practices with the intention of moving up the emotional scale, we create an opportunity for significant personal transformation. This approach is not just about alleviating symptoms of depression; it's about fundamentally changing the way we experience and interact with the world. It encourages us to move away from a state of mere survival and towards a state of thriving, marked by emotional resilience, a greater sense of peace, and an overall enhanced quality of life.

There are additional sections of the course that emphasize the importance of understanding our emotional landscape and taking proactive steps to cultivate higher states of consciousness. These sessions will help you intellectually know the issues you are experiencing and provide an understanding to help you operate from a place of reason to experience positive change.



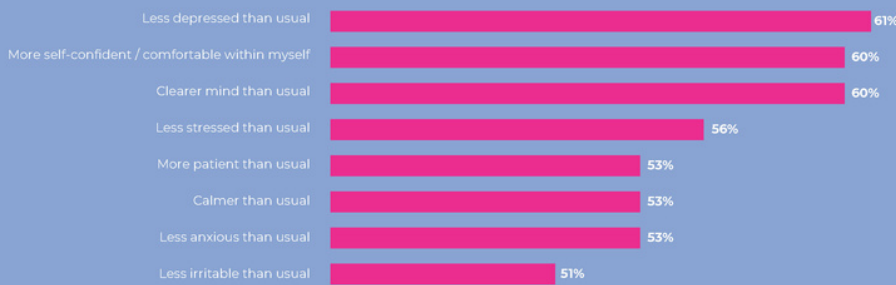
BENEFITS OF MICRODOSING AND OUR COMMUNITY

The benefits of microdosing are vast, extending from cognitive enhancements to physical well-being, particularly in alleviating feelings of anxiety and depression. However, these changes don't happen overnight. Microdosing is an ongoing journey, a project that encourages continuous work on your mind – your "MYND."

THE BENEFITS OF MICRODOSING

SHORT-TERM BENEFITS USUALLY EXPERIENCED

Improved mood and anxiety



15

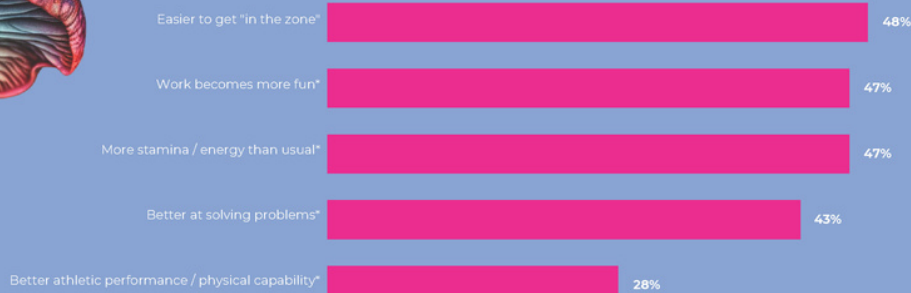
MICRODOSING.INSTITUTE



THE BENEFITS OF MICRODOSING

SHORT-TERM BENEFITS USUALLY EXPERIENCED

Enhanced cognitive and other performance



14

MICRODOSING.INSTITUTE

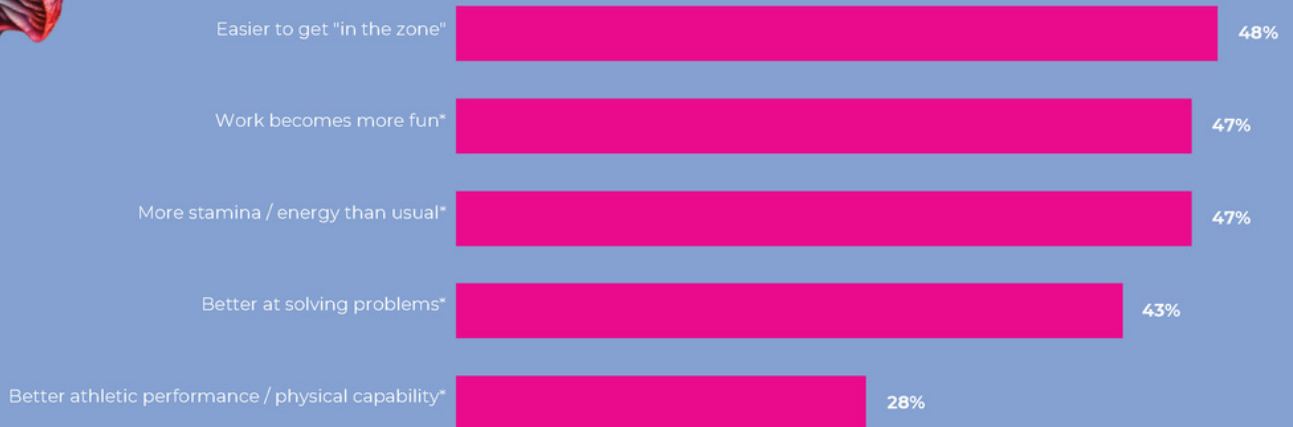


THE BENEFITS OF MICRODOSING

SHORT-TERM BENEFITS USUALLY EXPERIENCED



Enhanced cognitive and other performance



12

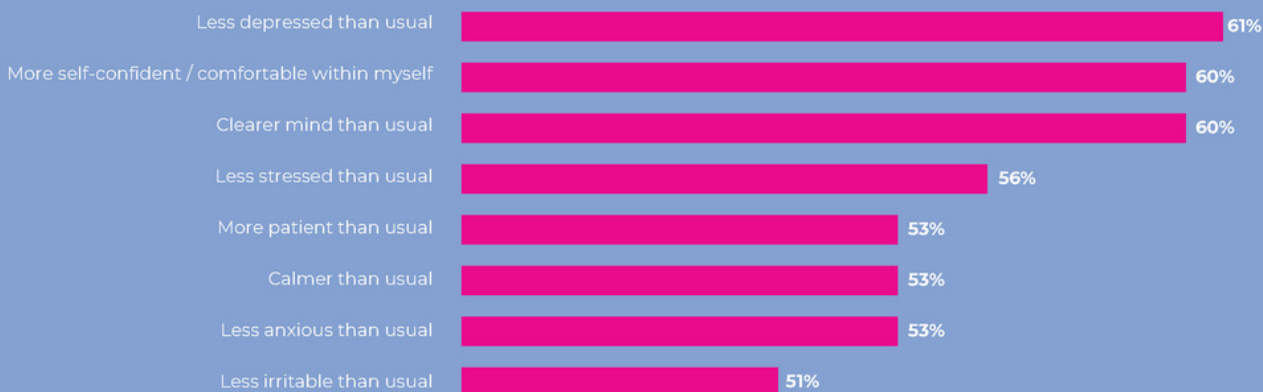
MICRODOSING INSTITUTE

THE BENEFITS OF MICRODOSING

SHORT-TERM BENEFITS USUALLY EXPERIENCED



Improved mood and anxiety



13

MICRODOSING INSTITUTE

In the next section of our microdosing course, we delve into the personalized approach and the unique experiences each individual may encounter. Understand that microdosing is not a quick-fix solution. While you may start feeling great, it's important to recognize that this journey might bring to the surface internal issues that haven't been addressed in a long time. This is a normal part of the process, as microdosing can often catalyze deep personal growth and healing.

MICRODOSING BENEFITS

MY
MYNDPROJECT
OUTSIDE YOUR MIND WHERE IS THE PROBLEM?



Physical

- Better Sleep
- Pain Reduction
- Increased Energy Levels



Emotional

- Uplifted / Balanced Mood
- Greater Emotional Awareness
- Feeling More Connected to Others and or Self



Cognitive

- Increased Focus
- Mental Clarity & Enhanced Cognitive Function
- Increased Creativity



Spiritual

- Feeling more present
- Feeling closer to the sacred
- Interconnectedness of all things

As you progress through the course, remember that your path with microdosing will be unique to you. It's about learning, adapting, and growing in ways that align with your personal goals and needs. Be patient with yourself and the process. Embrace the journey, knowing that each step, each discovery, brings you closer to a more balanced, fulfilled version of yourself.

MICRODOSING BREAKTHROUGHS

Community Findings Show Promise for Microdosing in Specific Populations as a Medicine or Helpful Practice.



TRAUMATIC BRAIN INJURY



AGEING BRAIN



ALZIMER'S



DEPRESSION

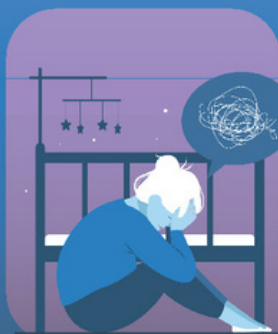
WOMEN'S HEALTH



CLUSTERHEADACHES



MOTHERHOOD



The following applications are now being studied, either clinically or via community / citizen science



03

MICRODOSING INSTITUTE



MICRODOSING HELPS WITH:

microdosinginstitute.com

- ADHD/ADD
- Depression
- Overcoming addiction
- Overcoming burnout
- Overcoming eating disorders
- Social anxiety



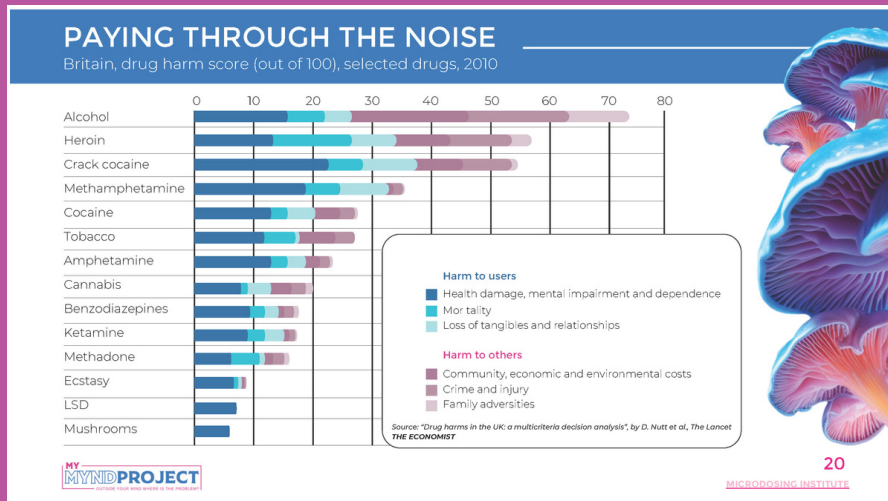
MY
MYNDPROJECT
OUTSIDE YOUR MIND WHERE IS THE PROBLEM?

16

MICRODOSING INSTITUTE

A HEALTHIER CHOICE

In this section, we focus on the benefits of choosing substances that minimize harm to oneself and others, particularly highlighting the use of mushrooms for microdosing. Among various substances used for personal growth and health improvements, mushrooms stand out for their low risk of harm to users and others. The use of mushrooms, especially in the context of microdosing, is often associated with a minimal risk of negative physical or social consequences. This safety profile makes them an appealing choice for those looking to explore recreationally or enhance personal well-being without causing harm.



Historically, mushrooms have been used for centuries in various cultures for their medicinal and spiritual properties. This ancestral connection to mushrooms is not just a matter of tradition; it's grounded in the experiences of many generations finding spiritual growth and physical health improvements through their use. This historical context provides a rich backdrop to our understanding of how mushrooms can positively interact with our minds and bodies.

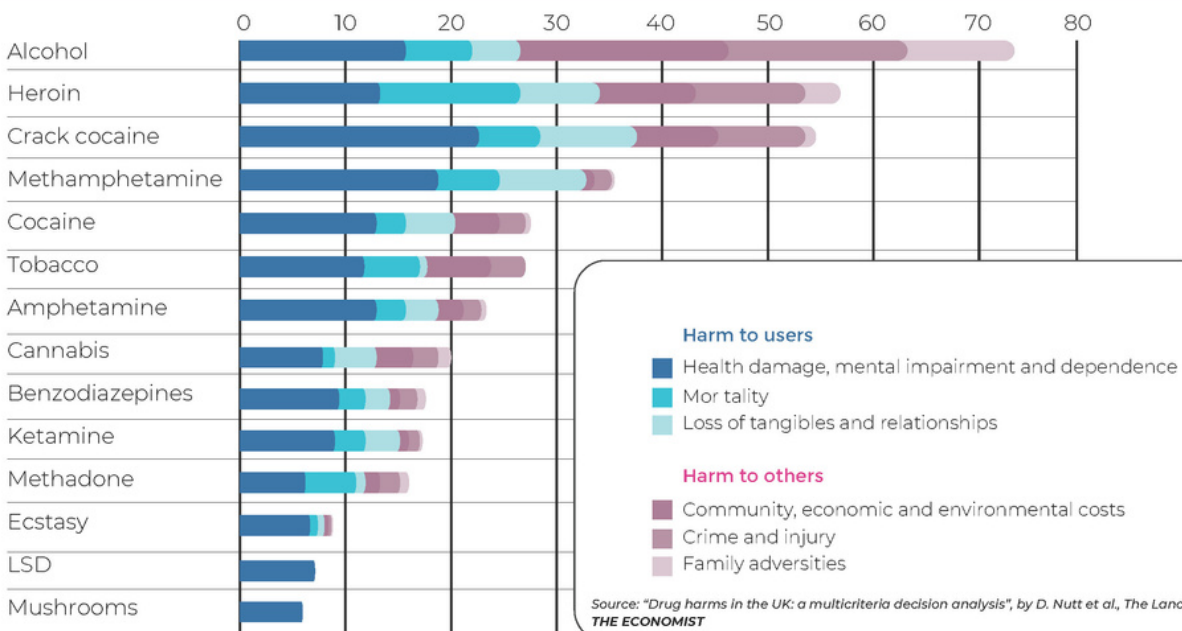
In microdosing, the subtlety of mushrooms' effects allows for a gentle yet profound interaction with our consciousness. This interaction can lead to significant improvements in mental health, cognitive function, and overall well-being. Users often report feeling more connected with themselves and the world around them, leading to enhanced clarity, creativity, and emotional stability.

Moreover, the use of mushrooms in a controlled, mindful setting, such as microdosing, aligns with the idea of using medicine to improve, expand, and heal our minds – or "Mynds," as we refer to them in our community. This approach is about more than just symptom relief; it's about engaging with a tool that has the potential to facilitate deep personal growth and healing.

In summary, the use of mushrooms for microdosing offers a way to explore personal development with a low risk of harm. This practice connects us to a long lineage of ancestral wisdom and provides a pathway for spiritual and physical health improvements. As we integrate this ancient knowledge with modern practices, we open ourselves to the possibilities of healing and expanding our "Mynds" in a safe and respectful manner.

PAYING THROUGH THE NOISE

Britain, drug harm score (out of 100), selected drugs, 2010



PROTOCOL OVER PRESCRIPTION

As you continue your journey in microdosing, we want to emphasize the importance of selecting a protocol that aligns perfectly with your intentions. It's crucial to understand that microdosing is not a one-size-fits-all approach; rather, it's a deeply personal journey that should be tailored to meet your specific goals and needs.

To assist you in this process, we encourage you to fully use the microdosing journal and dosing calendar provided. These tools help you track your experiences, monitor your progress, and ultimately find your "sweet spot" – the optimal dosage and frequency that work best for you.

To better serve the diverse needs of our community, we offer three predominant program options as you progress in your microdosing journey, each catering to different goals and levels of experience:

1. Sub-Perceptual Program (\$59.99/month) 1 Box

Gummies: Ideal for those new to microdosing or prefer a noticeable effect. This program is designed to enhance your daily functioning without much alteration in your perception. It's perfect for those looking to integrate microdosing into their routine with subtle but noticeable effects. Self-paced with community resources to help answer questions. This is great for people looking for an intuitive or James Fadiman protocol (one day on, two days off) with lower dosing. [Secure Checkout](#).



2. Preferred Protocol (\$97.00/month) Choose Two:

Suited for individuals seeking a more pronounced experience with microdosing. This program offers a slightly higher dosage, still within extremely safe limits, but with more tangible effects. It's great for those who are ready to deepen their microdosing journey to enhance immediate improvement within levels of consciousness. Includes specific tailored cognitive and somatic practices for your current consciousness score. Access to our community resources and webinars, along with individual feedback. This is ideal for anyone with a higher dosing (immediate change in consciousness and mood) or using the Microdosing Institute/Stammets Stack protocol (every other day, four days on, three days off). [Secure Checkout](#)



3. **Substitute Preferred Protocol (\$197.00/month) Mix 4 Quantity Gummies/Bars:** This optimized option is for those who desire an individualized, highly flexible, and recreational approach with mushrooms. It includes the option for recreational use (higher dose than microdose) to enhance enjoyment and relationships. This program is tailored to your unique situation, providing a microdosing experience guided by consultative expert consultation. Includes weekly microdosing community zoom webinars to help support your ongoing microdosing experience. This option is perfect for deepening your micro-dosing practice with physical, emotional, cognitive, and spiritual components. It is also great for coaches looking to add microdosing to their practice. **Secure Checkout.**



Each program is designed to align with different intentions and comfort levels with microdosing. Remember, the key to a successful microdosing journey is to start low, slow, and stay consistent with your chosen protocol. By doing so, you'll experience the full benefits of microdosing in a way that complements and enhances your lifestyle. We're here to support you in making the best choice for your personal growth and well-being. If you have questions or need guidance in selecting the right program, our team is always here to assist you.

If you want something hyper-individualized, embark on a transformative 12-week journey with our specialized microdosing program. In just 60 minutes a week, we tailor sessions to your unique path of awareness, blending Cognitive Behavioral Therapy (CBT) principles for holistic development—cognitive, emotional, physical, and spiritual. Unlock profound growth and self-discovery in an intimately guided experience. **Secure Checkout**

Let's embark on this path of discovery and growth together, finding the perfect balance for your microdosing experience. Please share your journal when it is completed.

If you are taking this course out of state and would like trusted resources for sourcing mushrooms that have been shared with me by leading experts in the field, please 🙏 let me know via chat, and I will be happy to share it with you.

Online Dosing Resources

[MYNDJournal](#)



LET'S START YOUR MICRODOSE

As we conclude the Welcome & Program Overview, we want to emphasize the key components forming the foundation of your microdosing journey.

Next Steps in Your Journey:

- 1. Holding Intention:** As you move forward, the focus will be on maintaining and holding your intention. This is about keeping your goals and aspirations at the forefront of your microdosing practice, ensuring that each step is purposeful and aligned with your desired outcomes.
- 2. Microdosing Effects:** You will learn to observe and understand the subtle yet profound effects of microdosing. This awareness is key to recognizing the changes within yourself and adapting your approach as needed.
- 3. Dosing and Calibration:** Finding the right dose is a personalized process. You will be guided on how to calibrate your dosing to match your unique physiological and psychological makeup, ensuring an optimal balance between efficacy and comfort.

As we close out this introductory phase, remember that this journey is as much about personal growth as it is about community learning. You are not alone on this path. Our community is here to support, share, and grow alongside you. Each step you take is a step towards a deeper understanding of yourself and a more enriched life experience.

Your journey with microdosing is a profound commitment to self-discovery and improvement. Embrace each moment with openness and mindfulness. Be patient with yourself and the process, and trust in the journey ahead.

Thank you for being part of this incredible journey. We are excited to see the transformations that await you. Let's embark on this path together, with intention, awareness, and respect for the ancestral wisdom of psilocybin.

If you want to try microdosing with a 30-day money-back guarantee, sign up here: [START MICRODOSING NOW](#)

If you are taking this course out of state and would like trusted resources for sourcing mushrooms that have been shared with me by leading experts in the field, please 🙋 let me know via chat, and I will be happy to share our Sourcing Mushrooms PDF with you.

FURTHER INTO MICRODOSING

Your dedication to personal development is crucial. We're grateful for the time and attention you've invested in this course. It's our hope that you found it valuable and insightful, especially in recalling the two commitments we made together at the beginning.

Although mushrooms aid in reducing snap judgments, you'll still face life's external settings. This project aims to help you understand and influence your beliefs and truths and acknowledge your mind's power over your experiences. Together, we'll explore higher consciousness and positive emotions.

Embrace this journey with love, joy, and growth.

- Justen Martin

**"The mind is everything. What you think you become." –
Buddha**

WEEKLY JOURNAL AND PROGRAM RESOURCES

As an exclusive bonus for enrolling in our free course, you can start your journey by downloading the program resource and weekly journal we've provided. To see your dosing calendar fill in automatically, you may need to refresh the document after entering your program dates. Once you've finished the initial week of the course, we strongly suggest continuing with the subsequent weeks of the microdosing course. This is particularly beneficial if you're new to the protocols, as it will help you get acquainted with them and improve your overall experience. This is especially valuable for anyone who does an individualized program or desires to do a macro (heroic dose) journey in the future.

Resources

Calibration PDF-[CLICK HERE](#)

Journal-[CLICK HERE](#)





CALIBRATION

Finding your sweet spot

MICRODOSING INSTITUTE

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.

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

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



CALIBRATING YOUR SWEET SPOT

Substance	Recreational Dose	Dose 1 2.5%	Dose 2 5%	Dose 3 7.5%	Dose 4 10%	Dose 5 12.5%
Mynd Infused Gummies	1-2 grams for each	0.0625g/ 62.5mg	0.125 g/ 125 mg	0.187 g/187.5mg	Sweet Spot	Full Gummie .25g / 250 mg
Mynd Infused Chocolate	1-2 grams for each	0.125g/ 125mg	0.25g/ 250mg	0.375g/ 375mg	Previous 3 Sweet Spot	Full Piece 0.5g/ 500mg
Dried Psilocybin Mushrooms	1-2 grams for each	0.5g / 50mg	0.01/ 100mg	.15g/150mg	.20g/ 200mg	.25g/ 250mg

Scale is based on recreational dose, not a heroic dose

CALIBRATING YOUR SWEET SPOT

Substance	Recreational Dose	Dose 1 2.5%	Dose 2 5%	Dose 3 7.5%	Dose 4 10%	Dose 5 12.5%
Mynd Infused Gummies	1-2 grams for each	0.0625g/ 62.5mg	0.125 g/ 125 mg	0.187 g/187.5mg	Sweet Spot	Full Gummie .25g / 250 mg
Mynd Infused Chocolate	1-2 grams for each	0.125g/ 125g	0.25g/ 250mg	0.375g/ 375mg	Previous 3 Sweet Spot	Full Piece 0.5g/ 500mg
Dried Psilocybin Mushrooms	1-2 grams for each	0.5 / 50mg	0.01/ 100mg	.15g/150mg	.20g/ 200mg	.25g/ 250mg

CALIBRATING YOUR SWEET SPOT

Substance	Recreational Dose	Dose 1 2.5%	Dose 2 5%	Dose 3 7.5%	Dose 4 10%	Dose 5 12.5%
Mynd Infused Gummies	1-2 grams for each	0.0625g/ 62.5mg	0.125 g/ 125 mg	0.187 g/187.5mg	Sweet Spot	Full Gummie .25g / 250 mg
Mynd Infused Chocolate	1-2 grams for each	0.125g/125g	0.25g/ 250mg	0.375g/ 375mg	Previous 3 Sweet Spot	Full Piece 0.5g/ 500mg
Dried Psilocybin Mushrooms	1-2 grams for each	0.5 / 50mg	0.01/ 100mg	.15g/150mg	.20g/ 200mg	.25g/ 250mg

Available at www.mymyndproject.com

CALIBRATING YOUR SWEET SPOT

Substance	Recreational Dose	Dose 1 2.5%	Dose 2 5%	Dose 3 7.5%	Dose 4 10%	Dose 5 12.5%
Mynd Infused Gummies	1-2 grams for each	0.0625g/ 62.5mg	0.125 g/ 125 mg	0.187 g/187.5mg	Sweet Spot	Full Gummie .25g / 250 mg
Mynd Infused Chocolate	1-2 grams for each	0.125g/125g	0.25g/ 250mg	0.375g/ 375mg	Previous 3 Sweet Spot	Full Piece 0.5g/ 500mg
Dried Psilocybin Mushrooms	1-2 grams for each	0.5 / 50mg	0.01/ 100mg	.15g/150mg	.20g/ 200mg	.25g/ 250mg

You may have found your sweet spot at this point. If so, "testing" a higher dose is optional.

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 effortless 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!



MICRODOSING EFFECTS

MICRODOSING INSTITUTE

TODAY'S LEARNINGS

**WHAT TO EXPECT
BOTH BENEFITS
AND CHALLENGES**



**NAVIGATING DISCOMFORT OR
CHALLENGING EFFECTS**

**RECOGNIZING THE
VALUE OF EFFECTS
THROUGH THE 4
DIMENSIONS:
PHYSICAL,
EMOTIONAL,
COGNITIVE,
AND SPIRITUAL**



OBSERVING MICRODOSING EFFECTS

Observing the Benefits and Challenges of Microdosing Across Four Realms

Now that you are actually microdosing, pay attention this week to the potential benefits and challenges in various aspects of human experience. These can be categorized into four primary realms: physical, spiritual, cognitive, and emotional. Insights from the Microdosing Institute suggest a nuanced approach to understanding these effects.

1. Physical:

- Benefits: Users often report increased energy levels, reduced symptoms of certain physical ailments, and a heightened sense of bodily awareness. Improved sleep patterns and decreased reliance on substances like caffeine or nicotine are also noted.
- Challenges: Physical effects can vary widely among individuals. Some might experience mild discomforts such as headaches, especially during the initial phases of dosage adjustment.

2. Spiritual:

- Benefits: Microdosing can facilitate a deeper connection with oneself and the surrounding world. It often leads to increased mindfulness, a sense of peace, and a deeper appreciation for life. Users report a heightened sense of presence and a deeper engagement with spiritual practices.
- Challenges: Navigating spiritual awakening or heightened awareness can be challenging, especially for those without prior experience in spiritual practices. It may bring up existential questions or unresolved personal issues.

3. Cognitive:

- Benefits: Many users experience enhanced creativity, improved problem-solving skills, and increased focus and productivity. Microdosing is often associated with heightened clarity of thought and an improved ability to learn and process information.
- Challenges: Overstimulation and distraction can be a challenge for some. Finding the right dosage is crucial to avoid counterproductive effects on concentration and cognitive function.

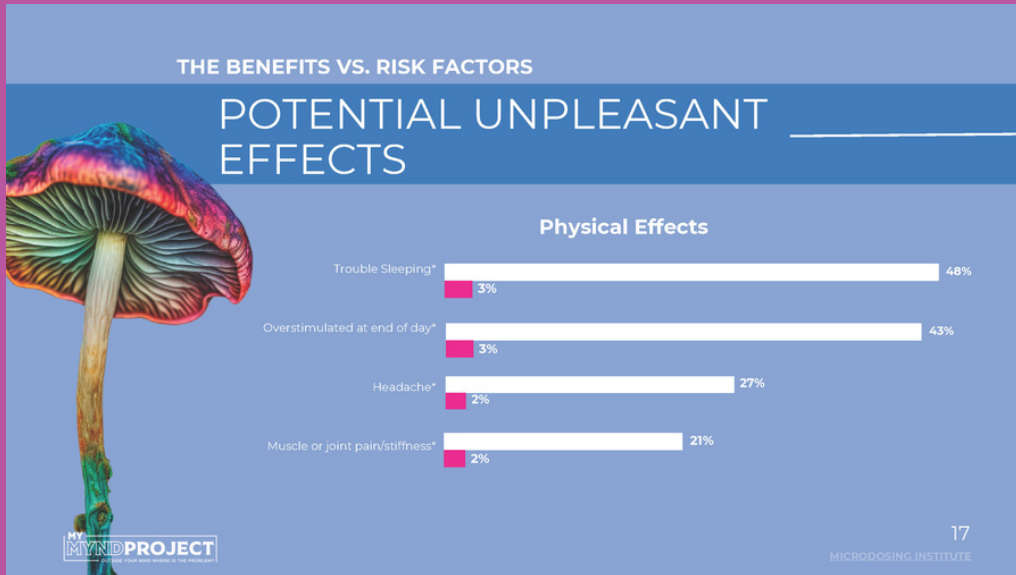
4. Emotional:

- Benefits: Emotional benefits include increased empathy, emotional intelligence, and a greater capacity for joy and gratitude. Users often report a reduction in symptoms of anxiety and depression, leading to improved overall mood and emotional stability.
- Challenges: Emotional upheaval or heightened sensitivity can occur, particularly in the early stages. Some individuals might experience swings in mood or a resurfacing of suppressed emotions.

Make sure to communicate any questions you run into during your daily self-reflection and scoring via chat. Feel free to ask questions, and we look forward to hearing about the benefits and any potential challenges.

POTENTIAL NEGATIVE EXPERIENCE

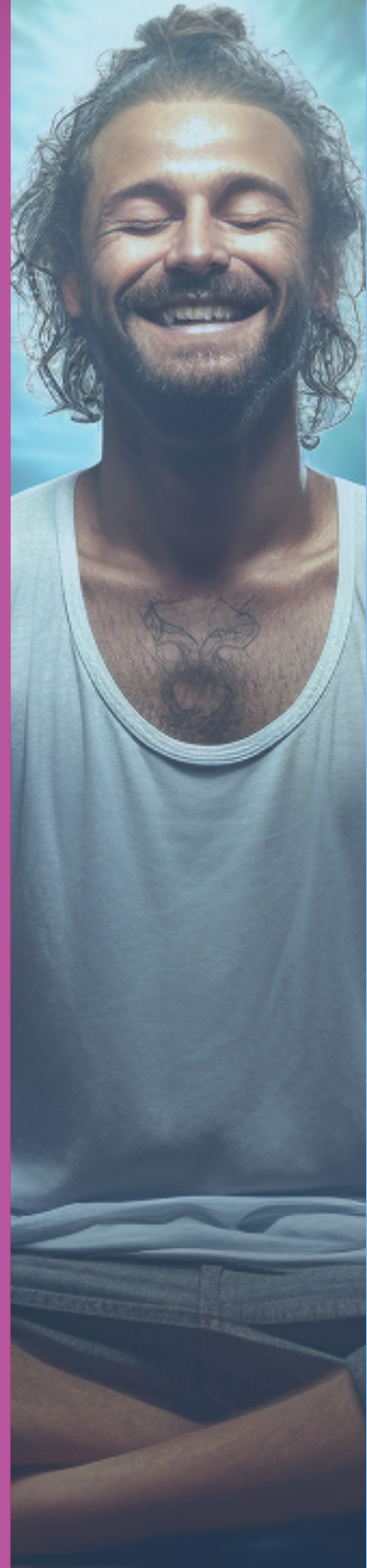
One effect some individuals might experience is trouble sleeping. This can happen if you feel overstimulated due to the microdosing. It's important to monitor your sleep patterns and adjust your dosing schedule or dosage if sleep disturbances occur.



It's essential to remember that everyone's body and mind react differently to substances like psilocybin. While many people find microdosing to be a positive and transformative experience, it might not be suitable for everyone. Each individual's reaction can vary based on many factors, including personal health history, current health status, and individual biochemistry.

Although the occurrence of unpleasant effects is rare, it's crucial to approach microdosing with awareness and caution. If at any point during your microdosing journey, you have questions or concerns about your experience, especially if you encounter any unusual or persistent side effects, it is strongly advised to seek medical consultation. A healthcare professional can provide guidance tailored to your specific circumstances and health needs.

In conclusion, while microdosing psilocybin can offer significant benefits, being mindful of how your body and mind respond is key. Stay informed about potential side effects, listen to your body, and don't hesitate to seek professional advice if needed. This careful, informed approach will help ensure your microdosing journey is safe, positive, and beneficial.

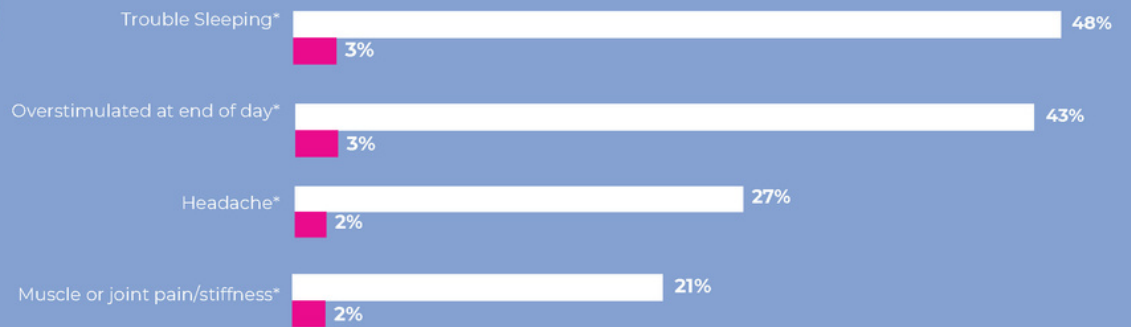


THE BENEFITS VS. RISK FACTORS

POTENTIAL UNPLEASANT EFFECTS



Physical Effects



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.



MY MYNDPROJECT

OUTSIDE YOUR MIND WHERE IS THE PROBLEM?



**SYSTEMS YOU
HAVE CONTROL OVER**

THE SCIENCE OF MEDITATION AND MICRODOSING PSILOCYBIN

Meditation impacts the brain and body in ways that foster relaxation, awareness, and an expanded sense of self. Scientifically, meditation has been shown to decrease activity in the **Default Mode Network (DMN)**, the brain network associated with mind-wandering, rumination, and the ego or self-referential thoughts. This quieting of the DMN parallels the effects seen with psilocybin, suggesting a synergy between meditation and microdosing in cultivating a state of mindful presence and reduced overthinking.

Meditation also enhances the connectivity in the prefrontal cortex, improving emotional regulation, decision-making, and empathy. Similarly, microdosing psilocybin influences serotonin receptors, leading to changes in perception, mood, and thought patterns. This interaction can boost neuroplasticity, allowing the brain to form new connections and break free from old, unhelpful patterns of thinking and feeling.

THE SCIENCE OF MEDITATION AND MICRODOSING PSILOCYBIN

Meditation impacts the brain and body in ways that foster relaxation, awareness, and an expanded sense of self. Scientifically, meditation has been shown to decrease activity in the Default Mode Network (DMN), the brain network associated with mind-wandering, rumination, and the ego or self-referential thoughts. This quieting of the DMN parallels the effects seen with psilocybin, suggesting a synergy between meditation and microdosing in cultivating a state of **mindful presence and reduced overthinking.**

Meditation also enhances the connectivity in the prefrontal cortex, improving emotional regulation, decision-making, and empathy. Similarly, microdosing psilocybin influences serotonin receptors, leading to changes in perception, mood, and thought patterns. This interaction can boost neuroplasticity, allowing the brain to form new connections and break free from old, unhelpful patterns of thinking and feeling.

THE SCIENCE OF MEDITATION AND MICRODOSING PSILOCYBIN

Meditation impacts the brain and body in ways that foster relaxation, awareness, and an expanded sense of self. Scientifically, meditation has been shown to decrease activity in the Default Mode Network (DMN), the brain network associated with mind-wandering, rumination, and the ego or self-referential thoughts. This quieting of the DMN parallels the effects seen with psilocybin, suggesting a synergy between meditation and microdosing in cultivating a state of mindful presence and reduced overthinking.

Meditation also enhances the connectivity in the **prefrontal cortex**, improving emotional regulation, decision-making, and empathy. Similarly, microdosing psilocybin influences serotonin receptors, leading to changes in perception, mood, and thought patterns. This interaction can boost neuroplasticity, allowing the brain to form new connections and break free from old, unhelpful patterns of thinking and feeling.

SPIRITUAL CONTEXT AND EXTERNAL PROBLEMS

Both meditation and microdosing psilocybin open doorways to deeper spiritual understanding by revealing that many of our problems are external and often outside our direct control. This realization is pivotal, as it shifts our focus from attempting to control the external world to cultivating an inner sanctuary of peace and resilience. The practice teaches us that the power to shape our experiences lies within our **perceptions**, attitudes, and responses.

This insight aligns with the teachings of Dr. David R. Hawkins and his Map of Consciousness, a tool that categorizes various emotional states from lower energies such as fear and anger to higher vibrations of love, peace, and enlightenment. By incorporating meditation and mindful microdosing into our daily lives, we can intentionally navigate our consciousness towards these higher states, experiencing life with greater joy, compassion, and understanding.

As you continue your exploration through our microdosing course, it's important to consider how the combined practices of meditation and microdosing psilocybin not only facilitate personal growth and healing but also play a crucial role in the way we perceive and interact with our internal systems. This integration is particularly significant in helping us separate our internal systems into distinct parts, allowing for a deeper understanding and quicker navigation through the different areas and levels of consciousness we experience.



DISSOLUTION OF "I" AND UNDERSTANDING OF SEPARATION

One of the most profound effects of combining meditation with microdosing psilocybin is the dissolution of the ego or the concept of "I." This experience of ego dissolution enables you to observe your thoughts, emotions, and experiences as separate from your sense of self. It offers a clearer perspective on the various parts of your internal system, promoting an understanding that these parts do not define you but are aspects of your experience. This separation is crucial for overcoming challenges and moving through different levels of consciousness with greater ease and insight.

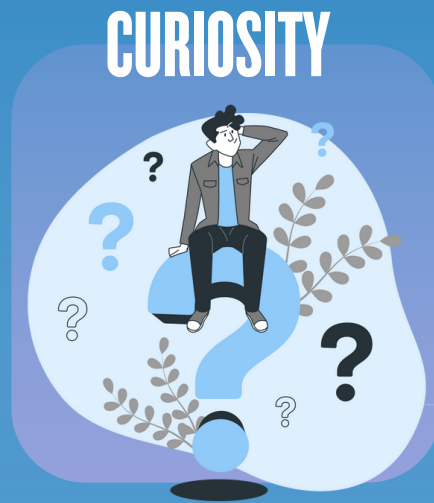
By engaging in meditation, you quiet the Default Mode Network (DMN), fostering a state where the rigid boundaries of the self begin to soften. Microdosing psilocybin complements this process by further blurring the lines between the self and the external world, deepening your sense of interconnectedness and reducing the dominance of ego-driven thoughts and behaviors. Together, these practices facilitate a shift away from a singular, fixed identity toward a more fluid and expansive understanding of the self.

~~Fixed Rigid Self~~

DMN understanding

Expansive Self
with Many Parts

THE 8 C'S



The following applications are now being studied, either clinically or via community / citizen science

INCORPORATION OF THE 8 C'S

This shift in perspective is incredibly valuable in developing the 8 C's: Calmness, Curiosity, Clarity, Compassion, Confidence, Creativity, Courage, and Connectedness. As you learn to separate your internal systems into distinct parts, you cultivate an environment where the 8 C's can flourish. Here's how the combination of meditation and microdosing psilocybin specifically supports this development:

- **Calmness and Clarity:** The practices reduce overactivity in the DMN and enhance prefrontal cortex connectivity, fostering a sense of inner peace and clear-mindedness that allows for better decision-making and self-reflection.
- **Curiosity:** With the ego's dominance diminished, you're more open to exploring your internal landscape without judgment, approaching your parts with curiosity instead of criticism.
- **Compassion:** The dissolution of "I" encourages a more compassionate stance towards yourself and the various parts of your internal system, understanding that each has a role and purpose.
- **Confidence:** As you navigate your consciousness with greater ease, you build confidence in your ability to face and integrate different aspects of your experience.
- **Creativity:** Enhanced neuroplasticity from microdosing psilocybin opens up new ways of thinking and problem-solving, unleashing creativity in addressing internal conflicts.
- **Courage:** Facing the unknown aspects of your mind requires bravery; the combined practices embolden you to confront and embrace the shadow parts of your psyche.
- **Connectedness:** Experiencing the interconnectedness of all life deepens your sense of belonging in the world, reinforcing the understanding that you are part of a larger whole.

By integrating meditation and microdosing psilocybin into your practice, you're not only embarking on a journey of personal and spiritual growth but also actively engaging in a process that nurtures these essential qualities. This approach allows for a holistic development of the self, where healing and growth are achieved not through suppression or control but through understanding, acceptance, and integration of all parts of your being.



DEFINITION AND PROCESS

Contemplation meditation involves selecting a specific thought, idea, or concept and focusing on it deeply, often with the intention of eliciting a particular emotional response or state of consciousness. This practice encourages you to engage actively with the thought, exploring its dimensions, implications, and how it resonates with your feelings and beliefs. **The goal is to hold the thought single-pointedly, allowing it to manifest a specific state of consciousness or emotional response.**

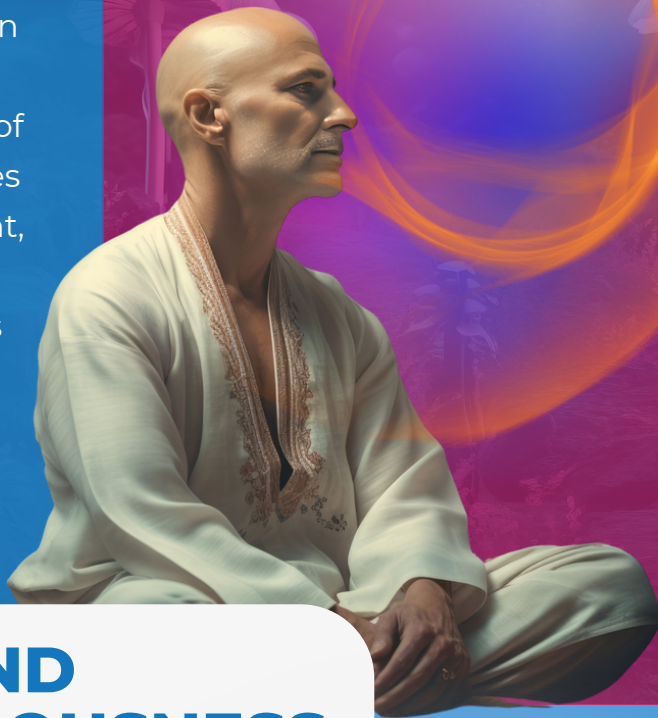
The goal is to hold the thought single-pointedly, allowing it to manifest a specific state of consciousness or emotional response

BRAIN SYSTEMS AND STATES OF CONSCIOUSNESS

Contemplation meditation engages the brain in a unique way, stimulating areas involved in focused attention, cognitive processing, and emotional regulation, such as the prefrontal cortex and limbic system. This form of meditation can lead to an increase in brainwave patterns associated with deep concentration and cognitive engagement, such as gamma and beta waves. These brainwave states are indicative of heightened awareness, problem-solving, and the integration of emotional and cognitive processes.

DEFINITION AND PROCESS

Contemplation meditation involves selecting a specific thought, idea, or concept and focusing on it deeply, often with the intention of eliciting a particular emotional response or state of consciousness. This practice encourages you to engage actively with the thought, exploring its dimensions, implications, and how it resonates with your feelings and beliefs. The goal is to hold the thought single-pointedly, allowing it to manifest a specific state of consciousness or emotional response.



BRAIN SYSTEMS AND STATES OF CONSCIOUSNESS

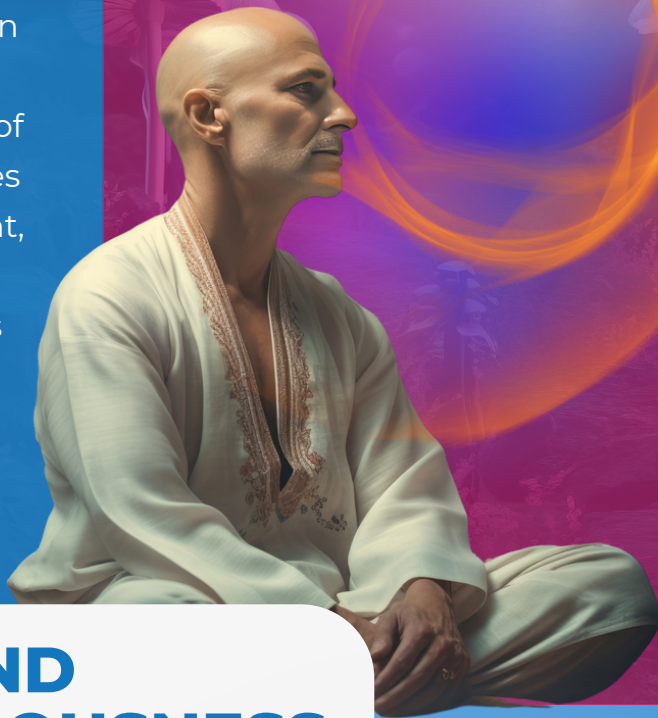
Contemplation meditation engages the brain in a unique way, stimulating areas involved in focused attention, **cognitive processing**, and **emotional regulation**, such as the prefrontal cortex and limbic system. This form of meditation can lead to an increase in brainwave patterns associated with deep concentration and cognitive engagement, such as gamma and beta waves. These brainwave states are indicative of heightened awareness, problem-solving, and the integration of emotional and cognitive processes.

**cognitive processing,
and emotional
regulation**



DEFINITION AND PROCESS

Contemplation meditation involves selecting a specific thought, idea, or concept and focusing on it deeply, often with the intention of eliciting a particular emotional response or state of consciousness. This practice encourages you to engage actively with the thought, exploring its dimensions, implications, and how it resonates with your feelings and beliefs. The goal is to hold the thought single-pointedly, allowing it to manifest a specific state of consciousness or emotional response.



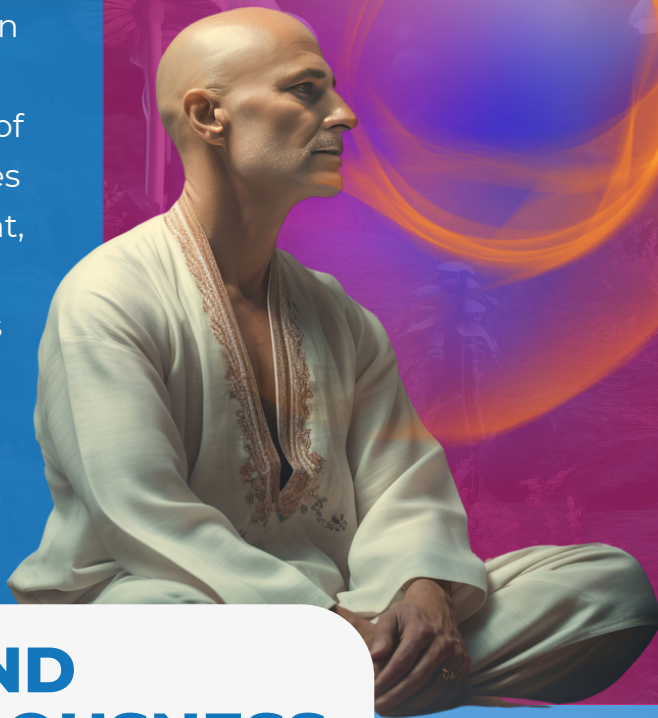
BRAIN SYSTEMS AND STATES OF CONSCIOUSNESS

Contemplation meditation engages the brain in a unique way, stimulating areas involved in focused attention, cognitive processing, and emotional regulation, **such as the prefrontal cortex and limbic system. This form of meditation can lead to an increase in brainwave patterns associated with deep concentration and cognitive engagement, such as gamma and beta waves.** These brainwave states are indicative of heightened awareness, problem-solving, and the integration of emotional and cognitive processes.

such as the prefrontal cortex and limbic system. This form of meditation can lead to an increase in brainwave patterns associated with deep concentration and cognitive engagement, such as gamma and beta waves

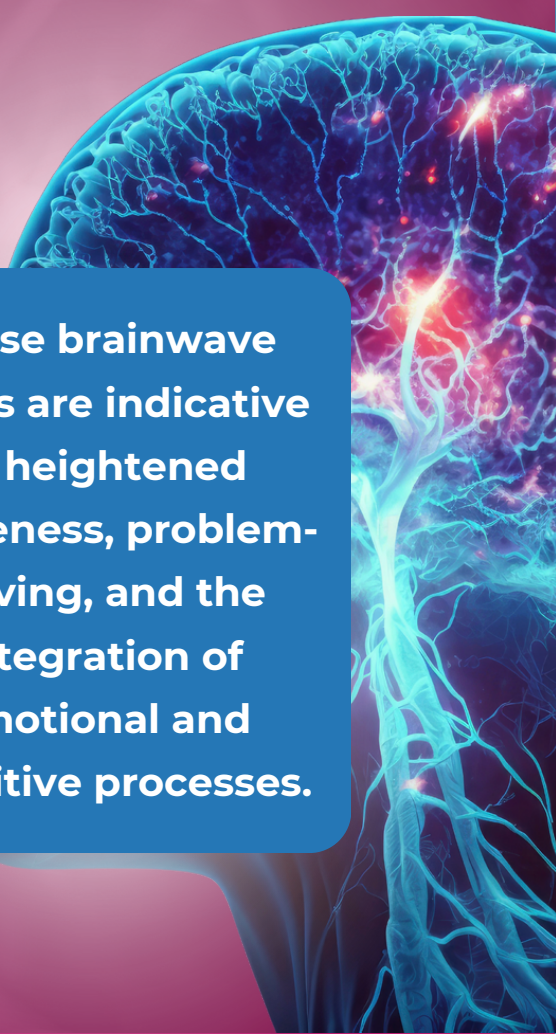
DEFINITION AND PROCESS

Contemplation meditation involves selecting a specific thought, idea, or concept and focusing on it deeply, often with the intention of eliciting a particular emotional response or state of consciousness. This practice encourages you to engage actively with the thought, exploring its dimensions, implications, and how it resonates with your feelings and beliefs. The goal is to hold the thought single-pointedly, allowing it to manifest a specific state of consciousness or emotional response.



BRAIN SYSTEMS AND STATES OF CONSCIOUSNESS

Contemplation meditation engages the brain in a unique way, stimulating areas involved in focused attention, cognitive processing, and emotional regulation, such as the prefrontal cortex and limbic system. This form of meditation can lead to an increase in brainwave patterns associated with deep concentration and cognitive engagement, such as gamma and beta waves. **These brainwave states are indicative of heightened awareness, problem-solving, and the integration of emotional and cognitive processes.**



These brainwave states are indicative of heightened awareness, problem-solving, and the integration of emotional and cognitive processes.

BENEFITS

By focusing intensely on a particular concept or feeling, contemplation meditation can foster deep insights, emotional catharsis, or a profound sense of connection with the contemplated subject. **It can**

enhance cognitive flexibility, creativity, and emotional depth, allowing practitioners to explore and integrate complex aspects of their experience and beliefs.

It can enhance cognitive flexibility, creativity, and emotional depth, allowing practitioners to explore and integrate complex aspects of their experience and beliefs.



STANDARD MEDITATION (MINDFULNESS OR CONCENTRATION MEDITATION)

DEFINITION AND PROCESS:

Standard meditation practices, including mindfulness and concentration meditation, typically involve directing attention to a single point of focus—such as the breath, a mantra, or bodily sensations—while adopting an attitude of detachment from arising thoughts. The aim is to observe thoughts and sensations without engagement, allowing them to pass through the mind without attachment or aversion.



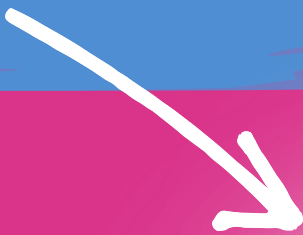
BRAIN SYSTEMS AND STATES OF CONSCIOUSNESS:

This form of meditation primarily engages brain regions associated with attention and the monitoring of internal states, including the dorsolateral prefrontal cortex and anterior cingulate cortex. Practitioners often experience increased alpha and theta brainwave activity, indicative of **relaxed alertness, reduced stress, and a state of calmness. These states contrast with the more active cognitive engagement found in contemplation meditation.**

relaxed alertness, reduced stress, and a state of calmness. These states contrast with the more active cognitive engagement found in contemplation meditation.

BENEFITS

Standard meditation practices are effective in reducing stress, enhancing emotional regulation, and improving attention and focus. By promoting a non-judgmental awareness of the present moment, **these practices can decrease rumination and anxiety, leading to greater mental clarity, peace, and well-being.**



these practices can decrease rumination and anxiety, leading to greater mental clarity, peace, and well-being.

AFFIRMATIONS AND NEW OUTLOOKS BEYOND SURVIVAL

When caught in survival modes, it's easy to lose sight of the broader perspective of our human journey. Your daily affirmations can include reminders of the beauty and preciousness of human life, recognizing each day as an opportunity to transcend the ordinary and embrace the interconnectedness of all beings. By affirming your commitment to experiencing higher levels of consciousness, you set intentions that lift you beyond the survival paradigm, inviting love, peace, and gratitude into your heart.

Meditation and microdosing psilocybin become practices of reverence and intention in this context, serving as gateways to a deeper connection with the essence of your being. They enable you to encounter and integrate higher states of consciousness into your daily life, guiding you to embody the virtues of love, peace, and enlightenment.

my story

MINDFUL CONSUMPTION - COGNITIVE DIMENSION

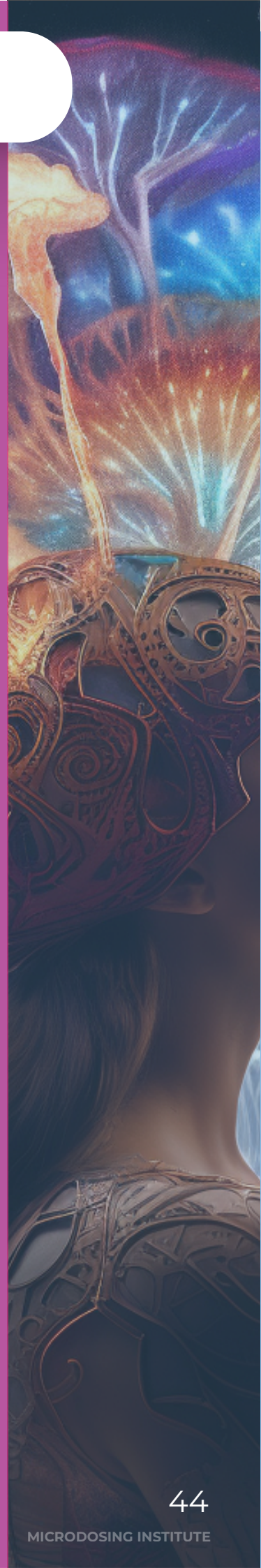
Understanding our conscious states and identifying emotions within these states are crucial for personal growth and healing. Recognizing the nuances of our feelings allows us to navigate the integration process better, adjusting our environment (set and setting) and mindful practices to support specific states. This deeper connection fosters significant change. Dr. David Hawkins' Map of Consciousness offers a valuable tool in this journey, enhancing emotional awareness and guiding our understanding of experiences. By leveraging this map, we can more effectively align our actions with our emotional and spiritual goals, leading to a more profound and transformative experience.

Overview of Dr. David Hawkins' Map of Consciousness

Dr. David Hawkins' Map of Consciousness is a conceptual framework that categorizes various levels of human consciousness on a scale from 0 to 1000. Each level represents a different emotional state or level of awareness, ranging from lower-energy emotions like shame and guilt to higher-energy states like love, joy, and enlightenment.

Key Elements of the Map:

- **Lower Levels:** Represent negative, life-suppressing emotions such as fear, anger, and apathy.
- **Mid-Levels:** Include more constructive emotions and states like courage, neutrality, and willingness.
- **Higher Levels:** Represent spiritual and enlightened states such as love, joy, peace, and enlightenment.



MEDITATION MAKES SENSE FOR MICRODOSING

In the "Mindfulness Neuroscience" video, you'll learn how mindfulness meditation can positively impact your brain. This practice can reshape the brain, enhancing areas that control attention, emotions, and self-awareness. You'll discover two key brain networks: the Default Mode Network (DMN), which is active during daydreaming and linked to self-reflection, and the Task Positive Network (TPN), which engages during focused tasks. By practicing mindfulness meditation, you can activate the TPN, reducing stress and increasing your present-moment awareness. The video also reveals that seasoned meditators often have smaller amygdalas, suggesting a different approach to stress management. This knowledge encourages you to embrace mindfulness for better mental health and overall well-being.

EXPLORING MINDFUL CONSUMPTION WITH MICRODOSING

Let's delve into the concept of mindful consumption and its profound impact on the practice of microdosing. This section goes beyond traditional understandings of diet and nutrition, offering a holistic view of how what we consume – in all forms – shapes our microdosing experiences and overall well-being.

Key Highlights:

- 1. Beyond Food and Drink:** Our focus extends beyond just physical nourishment. We'll explore how the substances, thoughts, and media we absorb significantly influence our microdosing experiences and our mental and emotional health.
- 2. Practical Tips and Insights:** Gain valuable strategies for aligning your dietary choices, mental intake, and emotional well-being with your microdosing regimen. These actionable insights are designed to enhance your journey with microdosing.
- 3. Holistic Approach to Microdosing:** Discover how mindful consumption is not merely a part of the microdosing process, but a broader lifestyle choice that fosters greater self-awareness and fulfillment.
- 4. Interactive and Reflective Learning:** This section encourages active participation and self-reflection. Engage with the material to understand how you can integrate these principles into your microdosing practice and daily life.

By exploring this segment, you'll develop a deeper understanding of how mindful consumption intertwines with microdosing. You will learn to make conscious choices about what enters your body and mind, enhancing the effectiveness of your microdosing experience and enriching your life.

AWAKENING THE PRESENT

A common hurdle shared by many when attempting to incorporate a meditation practice into their lives is the daunting challenge of slowing down their thoughts. The incessant flow of ideas, worries, and plans often acts as a significant barrier, limiting individuals from fully experiencing the benefits of meditation. This overthinking phenomenon, predominantly fueled by an overactive Default Mode Network (DMN), not only hampers the ability to be present but also creates a sense of frustration and inadequacy among practitioners. Our course addresses this critical challenge head-on, offering strategies and techniques designed to ease the mind into stillness. By acknowledging this universal struggle, we provide a compassionate and supportive approach, guiding participants through the initial discomforts towards achieving a tranquil state of mind, where the true essence of meditation can be realized and embraced.

Upon starting your trial journey you will have access to a 21-day neurosomatic meditation course to help you combine meditation with your microdosing protocol.

Our microdosing course is meticulously designed to intertwine the practice of neurosomatic meditation with the scientific understanding of neural networks, aiming at enhancing presence, diminishing anxiety, and fostering positive moods. This course centers on the pivotal role of the Default Mode Network (DMN) and its contrast, the Task Positive Network (TPN), in shaping our mental and emotional landscape.

The DMN is often described as the brain's time traveler, with its activities deeply entrenched in the past and future, seldom anchoring in the present. This network is responsible for the running commentary that constantly critiques our moment-to-moment experiences through the lenses of judgment and expectation, often leading to a cascade of anxiety and distress. It is the overactivity of the DMN that cultivates much of our mental suffering, rooted in the relentless analysis of our actions, the anticipation of future events, and the replay of past occurrences.



AWAKENING THE PRESENT

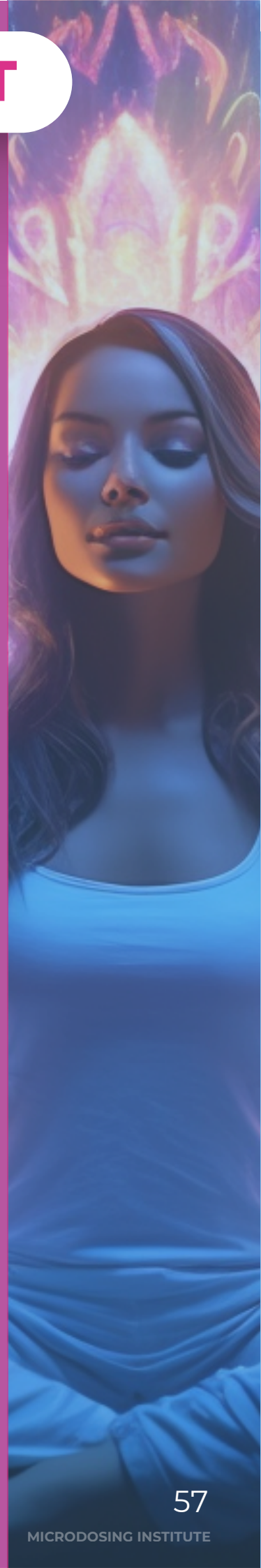
In contrast, the TPN comes into play when we engage in tasks that demand focused attention and concentration, such as threading a needle. The TPN has a mutually inhibitory relationship with the DMN, meaning that when one is active, it typically suppresses the other. This characteristic is crucial for our course, as engaging the TPN through specific meditation practices can diminish the dominance of the DMN, leading to a reduction in anxiety and an increase in presence and positive emotional states.

The course emphasizes the importance of self-regulation as a gateway to auto-regulation, a state where the balance between the DMN and TPN becomes a natural aspect of consciousness without conscious effort. By initially engaging in deliberate practices aimed at being present—focusing on the now—we begin the self-regulation journey. This practice is not just about reducing the activity of the DMN but nurturing a state where the present moment becomes the primary focus of our consciousness, free from the burdens of past regrets and future anxieties.

Awareness is heralded as the first step towards awakening. Through microdosing and neurosomatic meditation, participants are guided to cultivate an acute awareness of their mental processes, recognizing the triggers that activate the DMN and learning techniques to shift towards a TPN-dominated state. This awareness is the cornerstone of the course, empowering individuals to navigate their mental landscape with greater ease, leading to a life marked by presence, reduced anxiety, and sustained positive moods.

Our course is not just an educational journey; it's a transformational experience designed to rewire the neural networks that dictate our daily experience. By understanding and applying the principles of the DMN and TPN, participants embark on a path of self-discovery and mental liberation, unlocking the potential to live a life anchored in the beauty of the present moment.

Listen with headphones, on your phone, on your desktop, or anywhere you feel comfortable. Start at .8 speed and increase to 1.0 when you start to feel more present during your daily meditations.



MINDFUL CONSUMPTION

Integration for Consciousness and Emotional Wellness

Combining contemplation meditation with microdosing can synergistically enhance their benefits. Meditation facilitates a deepened state of awareness, preparing the mind for the subtle effects of microdosing. In turn, microdosing can make the meditative experience more profound and insightful.

Scientific Insights

- **Alpha Waves in Meditation:** During meditation, the brain often enters a state characterized by alpha waves, associated with relaxation, creativity, and a reduction in depressive symptoms.
- **Emotional Responses in Meditation:** Meditation can generate new emotional experiences or re-examine existing ones, allowing for deeper emotional processing and understanding.
- **Impact of Psilocybin:** Psilocybin has been shown to reduce activity in the brain's default mode network, which is active during mind-wandering and self-referential thoughts. This reduction can lead to a feeling of connectedness and present-moment awareness.
- **Amygdala and Mood Regulation:** Psilocybin also affects the amygdala, the part of the brain involved in emotional processing. It can decrease negative emotional responses, thereby aiding in mood regulation and subconscious programming.
- **Prefrontal Cortex Activation:** Psilocybin binds to serotonin receptors (particularly 5-HT_{2A} receptors) in the prefrontal cortex. This binding can lead to changes in perception and thought, often associated with therapeutic outcomes like improved mood and cognition.

MINDFUL CONSUMPTION

Cultivating Insights and Realizations

The combined approach of meditation and microdosing can lead to profound realizations about oneself and the world. It encourages a state of openness and receptivity, where insights are more likely to surface and be integrated into one's understanding.

Improving Neuroplasticity and the Subconscious

- **Neuroplasticity:** Both meditation and microdosing can enhance neuroplasticity, the brain's ability to form and reorganize synaptic connections. This leads to improved cognitive flexibility, memory, and learning capacity.
- **Subconscious Influence:** Regular practice of these methods can gradually influence the subconscious mind, leading to lasting changes in behavior, thought patterns, and emotional responses.

Practical Applications and Considerations

- **Personalization of Practice:** Individuals should tailor their meditation and microdosing practices to fit their personal needs and circumstances, considering factors like mental health history and personal goals.
- **Long-term Commitment:** Lasting benefits from these practices often require a long-term commitment and an openness to inner transformation.

In conclusion, contemplation meditation and strategic methods like microdosing plant-based medicines offer promising pathways for enhancing consciousness and emotional well-being. By tapping into the power of the mind and leveraging the potential of natural substances, individuals can embark on a transformative journey towards greater self-awareness, emotional regulation, and cognitive flexibility.

CONSCIOUSNESS CONTEMPLATIONS

We want to encourage you to incorporate these contemplation practices into your daily routine and connection to breath. Regular practice will not only support your microdosing journey but also contribute to an overall more mindful and emotionally balanced life.

In summary, this section is about harnessing the power of mindful consumption, contemplation, and meditation to deepen your understanding of yourself and enrich your microdosing experience.

By focusing on positive emotions and cultivating a deeper awareness of your inner world, you create a supportive environment for your subconscious to grow and thrive. This approach is not just about enhancing your microdosing experience; it's about fostering a transformative journey toward a more aware, balanced, and fulfilled self.

Embrace these tools and therapies as integral components of your journey. With regular practice and mindful application, you will find that they not only complement your microdosing experiences but also contribute significantly to your personal growth and emotional well-being. Let's explore these practices together and witness the positive changes they bring to our lives.

As a community member, you will see access to all these courses and more in the classroom section and collaboration in the community section.

Now, let's start microdosing and mindful consumption!

Enjoy the community!

MINDFUL CONSUMPTION

Enhancing Your Microdosing Experience Through Mindful Consumption and Integrative Tools

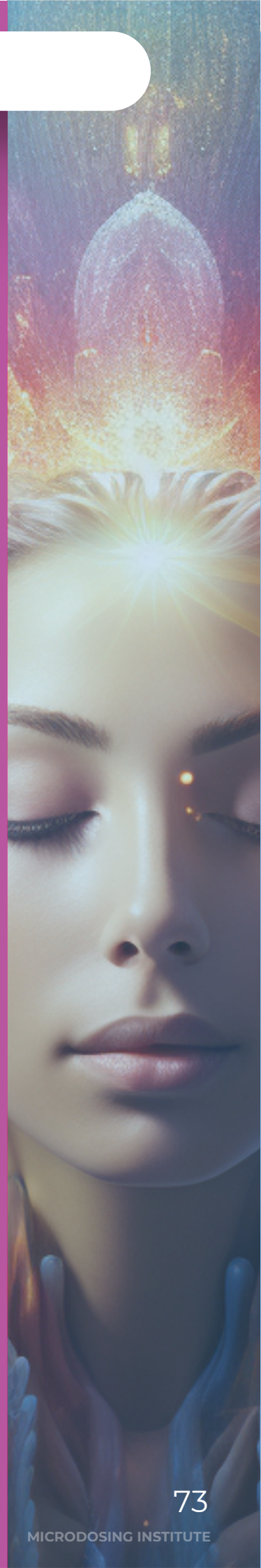
It's essential to recognize the powerful impact of incorporating various tools and therapeutic practices into your routine. These resources, including journaling, intentions, community readings (MYNDSETS), exercise, diet, meditation, and other tools provided in the course, are designed to create a structured and enriching microdosing experience.

Integrating Key Daily Practices:

- 1. Meditation:** Starting your day with meditation sets a tone of mindfulness and presence. It allows you to center yourself and approach your microdosing experience with a calm and clear mind.
- 2. Affirmations and Gratitudes:** Engaging in affirmations and expressing gratitude each morning helps cultivate a positive mindset. This practice enhances emotional well-being and aligns your thoughts with your microdosing intentions.
- 3. Intention Setting:** Before microdosing, take a moment to set your intentions for the day. This practice helps in directing the heightened awareness and sensitivity that microdosing can bring towards areas of your life that you wish to develop or heal.

Microdosing Routine:

- You can take your microdose 45 minutes prior to your morning mindful consumption (meditation, affirmation, etc.) or any other time of the day you prefer. Experiment with different times to see which enhances your mindfulness and aligns best with your daily activities.



MINDFUL CONSUMPTION ACTION

Enhancing Your Microdosing Experience Through Mindful Consumption and Integrative Tools

Utilizing Provided Tools:

- Use the App: Our specially designed app offers guidance, tracks your microdosing schedule, and provides reminders for your daily practices.
- Journaling: This is a vital tool for reflection. Each night, take time to journal your experiences, thoughts, and emotions. This practice not only helps in processing your day but also in tracking your progress over time.
- Daily Outlines: Follow the outlines provided in the program to structure your day effectively around your microdosing experience.

Evening Reflection and Gratitude:

- End each day with journal reflection, focusing on what you learned and experienced. Conclude with a moment of gratitude, acknowledging the positive aspects of your day and the growth you're experiencing through this journey.

Final Thoughts: By combining mindful consumption with these tools and practices, you create a supportive framework for your microdosing journey. Meditation, affirmations, gratitudes, and intention setting each morning, followed by reflective journaling and gratitude at night, provide a balanced rhythm that enhances the benefits of microdosing. Remember, this journey is deeply personal, and these tools are here to support you in discovering what works best for you. Embrace this process with openness and curiosity, and let your experiences guide you toward greater self-awareness and growth.



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 & EXCERCISE.....
- 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 are six bubbles for a '30 Second Check In' section, 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 is a section for '5 Minute Free Flow' with several horizontal lines for writing. At the bottom of the page is a 'Daily Depths Exploration' section with a weekly theme 'Week 1: Reflecting On The Journey That Brought You Here' and a 'Spiritual' 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?'.

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.