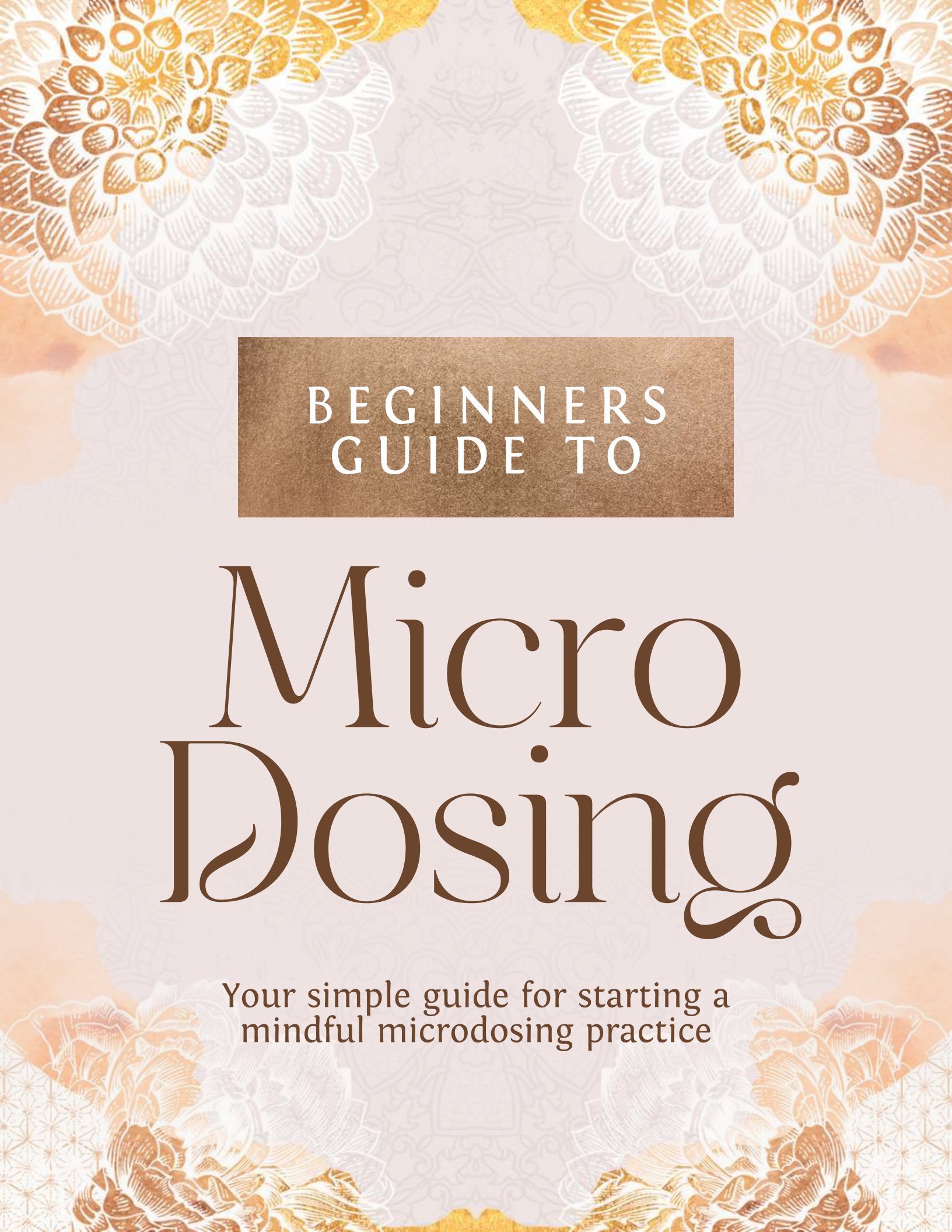


The background of the entire page is a light beige color with a subtle, repeating mandala pattern. Overlaid on this are four large, stylized mandala designs in the corners, rendered in a golden-brown color with intricate line work. In the center of the page is a solid brown rectangle with a slightly textured appearance.

BEGINNERS
GUIDE TO

Micro Dosing

Your simple guide for starting a
mindful microdosing practice

A Note About Microdosing Sacred Medicine

Microdosing is the act of ingesting small doses of sacred medicines (also called entheogens) as part of your weekly routine for higher levels of creativity, energy, increased focus, and improved mood.

When approached with intention, curiosity, and openness to experimentation, microdosing can become a versatile toolset for personal growth and optimal well-being.

This short and easy-to-follow guide provides you with my top tips and best practices for starting a mindful microdosing practice and is based on my experience mentoring and guiding over a hundred people through this process.

This guide is a "microdosing 101" focused on microdosing with mushrooms. It does not replace the advice and guidance of a qualified professional who can consider your individual circumstances and goals.

Working with microdosing is a sacred, nuanced, and intricate process, and you don't have to navigate it alone.

If you are ready to discuss your options or seek additional support, you're welcome to schedule a call with me using the link below or email hello@pritam tara.com to begin a conversation. Together, we can explore your options to determine the best path forward that aligns with your needs and aspirations.

[Book a Connection Call](#)

With Warm Regards,

Pritam Tara



CONSIDERATIONS BEFORE STARTING

Hold an Intention

Before you begin your microdosing journey, it's important to clarify your intention. Take some time to reflect on why you are choosing to microdose and what you hope to achieve from this experience.

To set your intention, ask yourself questions such as "Why am I pursuing this?" and "What do I aspire to gain from this microdosing experience?" Approach this process with curiosity and explore the answers in your journal. Dive deep into the details of what your intention looks and feels like. This simple act of setting intention can plant the seeds of transformation within you.

Let Your Intention Guide You

Your intention plays a significant role in how you engage with the medicine. By aligning your dose with your intention, you can optimize your microdosing experience and work in harmony with the desired outcomes you seek.

In the case you are microdosing for relief from anxiety, it's advisable to keep your dose completely sub-perceptual. The goal is not to amplify existing negative emotions. By maintaining a sub-perceptual dose, you can focus on the therapeutic benefits without intensifying any discomfort.

If your intention is to foster a stronger connection with yourself or harness the medicine's potential to enhance creativity or focus, you can explore slightly higher doses that may elicit perceptual effects. The specific dose can be adjusted based on the amount of time you have available and the planned activities.

CONSIDERATIONS BEFORE STARTING

Approach Your Practice From a Mindset of Appreciation

Sacred plant medicines, like mushrooms, hold immense potential for healing, inspiration, and personal growth. These powerful tools can be harnessed to facilitate your own evolution. To fully engage with their transformative properties, I encourage you to develop a microdosing practice that incorporates gratitude, ritual, and a touch of ceremony.

Consider designating a special space, such as an altar, to store your medicine alongside other sacred objects. Prior to ingestion, take a moment to connect with your intention and the specific dose you're about to take. This simple act of pausing and consciously setting your mindset can profoundly influence how the medicine interacts with you, allowing you to fully embrace its benefits.

Keep in mind that the more gratitude and belief you infuse into your microdosing practice, the more pronounced the rewards can become. I invite you to approach your medicine with reverence, intention, and an open heart. Observe how the possibilities unfold before you, as you embark on this transformative journey.

CONSIDERATIONS BEFORE STARTING

Stick to One Medicine

It's important to refrain from combining other plant medicines and recreational drugs (like alcohol and cannabis) with microdosing on your designated microdosing days. For an even more beneficial experience, it's highly recommended to take a break from these substances altogether as you embark on your initial microdosing protocol. This commitment to creating space for new beginnings will enhance the transformative potential of your microdosing journey.

Measure Your Dose

When it comes to mushrooms, what constitutes a "microdose" is anywhere between .1-.4 grams. Please note the decimal point! We are working with tenths of a gram.

For most individuals, I typically suggest a standard starter dose of 0.15 grams. However, if you consider yourself highly sensitive or experience any nervousness, it's advisable to begin with a lower dose of 0.075 grams. This allows you to ease into the process and observe how your body responds to the medicine. As you become more familiar with your specific medicine and understand its impact on your unique biochemistry, you can gradually increase your dose if desired. Remember, it's always better to start conservatively and make adjustments based on your personal experience.

CONSIDERATIONS BEFORE STARTING

Follow a Protocol

To truly experience the magic of microdosing, consistency is key. By taking small doses consistently over an extended period, you allow your body and mind to fully embrace the subtle benefits of the medicine. That's why it's highly recommended to commit to a 6-8 week microdosing protocol.

It is recommended to take your microdose around three days a week, but no more than four. Taking the medicine every day is not advised as your body can develop a tolerance over time.

Two commonly followed protocols are the Fadiman protocol and the Stamets protocol. The Fadiman protocol suggests one day on, followed by two days off. On the other hand, the Stamets protocol involves four days on and three days off. Studies have shown that both protocols are equally effective for most individuals.

Find Your Sweet Spot

When starting out, aim to find a dose that provides a gentle elevation without interfering with your daily activities. If you experience any drowsiness, it's a sign that you've slightly exceeded the optimal dose, so consider reducing it just below that level.

Keep in mind that everyone has a slightly different "sweet spot" when it comes to microdosing, and you may even have varying sweet spots for different days and activities. Pay attention to your body's signals and adjust your dose accordingly. Learning to microdose effectively takes time, experimentation, and some trial and error.

TIPS FOR GETTING STARTED

Pick a Good Day to Start

To begin your microdosing journey, choose a day with an open schedule, preferably on a weekend or a day when you don't have work or driving commitments. By selecting a day without many responsibilities, you can minimize outside pressures and create an environment where you can focus on observing the effects of the medicine and your overall well-being. This dedicated space allows you to calibrate your dose effectively and notice how it affects you.

Take Your Dose in the Morning

For optimal results, it is recommended to microdose in the morning on an empty stomach. Taking a microdose after eating may lead to digestive discomfort or nausea. Additionally, if you consume it too late in the day, it can potentially disrupt your sleep cycle.

However, some individuals may find alternative timing more effective for them. It's always best to experiment and find what works best for you personally. Pay attention to your body's signals and adjust your microdosing schedule accordingly to optimize your experience.

TIPS FOR GETTING STARTED

Go Easy on the Caffeine

While everyone is different, it is generally advisable to avoid consuming caffeine, or at least opt for low-caffeine alternatives like tea, within a couple of hours of taking your microdose. This recommendation is especially relevant if you are susceptible to anxiety, as combining caffeine with your microdose can lead to excessive stimulation of the body and mind.

To determine what works best for you, it's worth experimenting with different beverage options and observing how they interact with your microdosing experience.

Track Your Process

Tracking your experiences is highly beneficial and particularly valuable when you're exploring various doses, schedules, supplement combinations, and activities. Make it a habit to take daily notes and observe the following aspects: mood, energy levels, mental clarity, sleep quality, self-talk, eating patterns, and any noteworthy "ah-ha" moments. Tracking these factors will provide insights and help you make informed adjustments to optimize your microdosing experience.

OPTIMIZING YOUR MICRODOSING EXPERIENCE

Take Breaks

To maintain the effectiveness of microdosing and promote a reset in your neurochemistry and body, it is advisable to incorporate a one-week break every couple of months. This break provides an opportunity for fresh perspectives to emerge by experiencing the contrast between microdosing and not microdosing.

Additionally, it allows your brain and body to recalibrate and reduce any tolerance that may have developed over time. By implementing these periodic breaks, you can enhance the overall efficacy of your microdosing practice.

Make Time and Space for Integration

Integration involves the process of effectively incorporating the wisdom and insights gained from microdosing into our daily lives. It starts with setting a clear intention for working with the medicine and creating space for new perspectives and behaviors to emerge. To anchor these insights into actionable steps, it is essential to establish foundational practices.

If you are seeking additional guidance on establishing supportive practices that facilitate positive transformation, I invite you to explore my FREE Cultivating Your Daily Practice Guide. Simply visit awakentoyourwholeness.com or email me at hello@pritamtara.com, and I will happily provide you with the guide.

Risks & Disclaimer

Contraindications with Medications

It's essential to be aware of your medications and how they may interact. Some medications, such as antidepressants and antipsychotics, may interact with psychedelics in potentially dangerous ways. Contraindications vary from medicine to medicine, so you need to do your research and speak with an expert before embarking on your microdosing journey.

Physical Side Effects

Some people may experience physical side effects, such as increased blood pressure, heart rate, and dizziness. Always defer to your medical doctor if you are experiencing any negative side effects.

Legality

In many countries, psychedelics are illegal, and possession can result in fines or imprisonment. Please be aware of the laws in your area before working with any illegal substance.

Disclaimer: Microdosing is not for everyone and this guide is for informational purposes only. Psychedelics are largely illegal substances, and I do not encourage or condone their use where it is against the law. Pritam Tara is not a doctor, and any information she shares is not meant to treat, diagnose, or claim cures for any physical conditions or mental illness. Please do additional research and consult with a medical doctor if you have a health condition.

Hello! I'm Pritam Tara

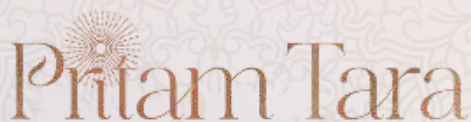
I hope the information provided here proves beneficial for your personal journey of healing and transformation.

It's important to approach this work with thoughtful preparation and incorporate supportive integration practices. Ideally, you are embracing a holistic framework that promotes healing, fosters positive habits, and unlocks channels of creativity and inspiration. This framework can guide you toward a life filled with greater meaning, direction, and purpose.

If you are looking for more in-depth and personalized support, I encourage you to reach out.

I'm always excited to connect with fellow seekers on this path.

In Gratitude,


Pritam Tara

You're welcome to schedule time using the link below or email me at hello@pritamtara.com. I'd love to hear about where you are on your healing journey and offer resources and suggestions to inform your next step.

[Schedule a Free Connection Call](#)

