

# FREE MICRODOSING GUIDE

---

Unlocking the Potential of Microdosing:  
Your Step-by-Step Journey

BLISS & STARS

## CONTENT

INTRODUCTION	03
WHAT IS MICRODOSING	04
BENEFITS & SIDE EFFECTS	07
HOW TO MICRODOSE	12
PROTOCOLS	14
GUIDE TO DOSAGE	15
DO'S AND DON'TS	19
CREATING MINDFUL MICRODOSING PRACTICE	20
RETREATS & COACHING	22

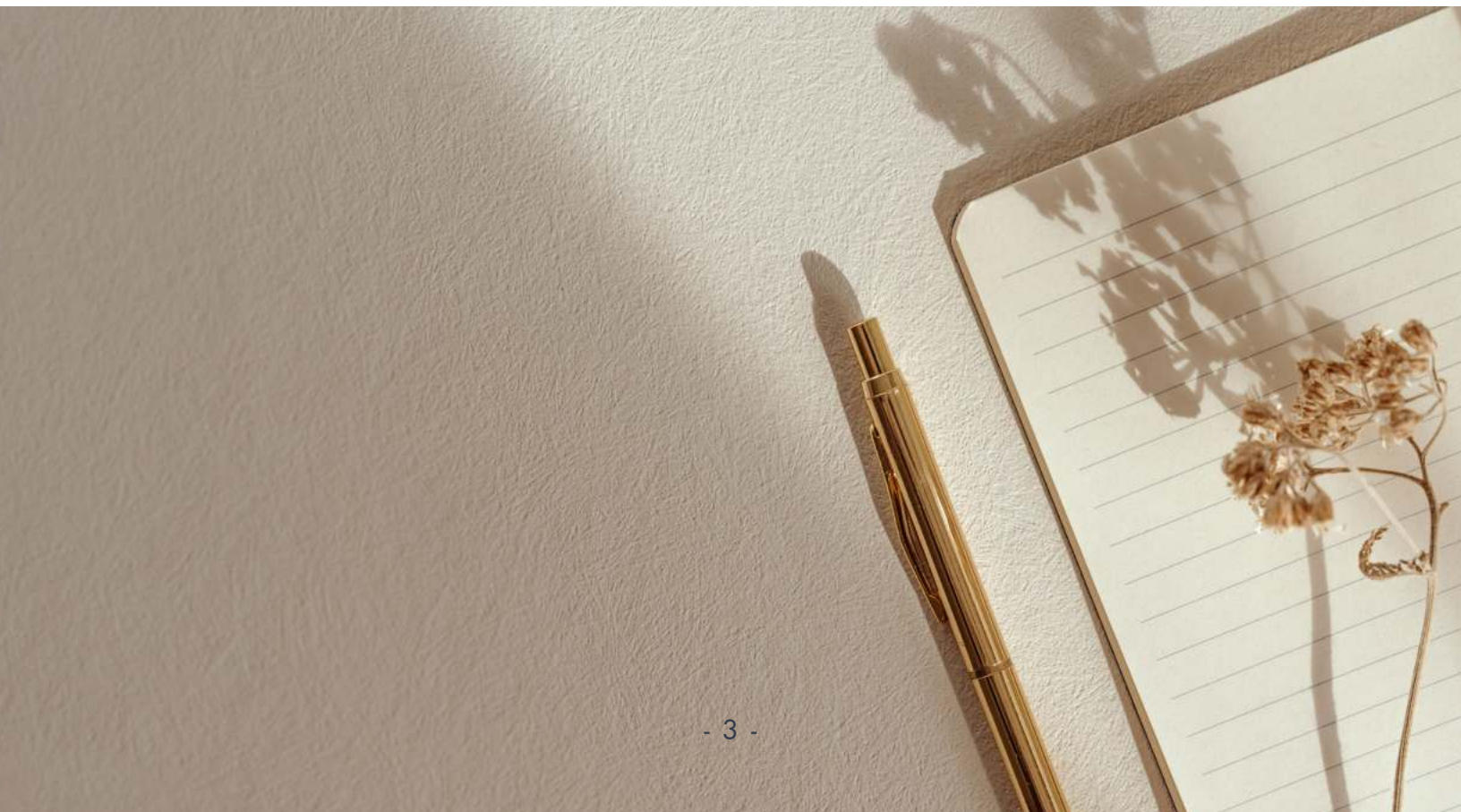
## INTRODUCTION

At Bliss & Stars, we're delighted to share our passion for microdosing medicinal mushrooms. Our team has put together this easy-to-follow guide. It's perfect for anyone curious about microdosing and looking to dive in.

Here's what our free guide offers:

- Introduction to Microdosing: We'll start with the basics, answering the all-important question, What is microdosing?
- Why Consider Microdosing? Are you wondering if microdosing is for you? We'll explore the reasons why it might be a good fit.
- Getting Started: We'll guide you through the initial steps to begin your microdosing journey.

We're so glad you're here and can't wait for you to join us on this exciting journey into the world of microdosing!



## WHAT IS MICRODOSING?



So, you're curious about microdosing? Whether you're somewhat familiar with or just heard the term and want to know more, you're in the right place.

Microdosing, in simple terms, means taking tiny, sub-hallucinogenic doses of a substance. This could be psilocybin mushrooms (yes, those magic mushrooms) or LSD, among others. Here, our focus is mainly on psilocybin.

Here's the key point: when you microdose, you shouldn't experience any psychedelic effects like visual or auditory hallucinations. That's what we mean by 'sub-hallucinogenic' doses. This makes microdosing a safe practice for your daily routine, allowing you to gradually experience its benefits without disrupting your daily life.

Unlike a high dose experience, which can last about six hours and require you to step away from your usual activities, microdosing is more subtle and integrates seamlessly into your regular schedule.

Before embarking on your microdosing journey, it's essential to determine if microdosing is suitable for your needs and lifestyle.

## PERSONAL ASSESMENT

01.

I don't have a basic knowledge of what microdosing involves, including its potential benefits and risks?

YES

NO

02.

Neither me, nor any of my family members of the first or second category suffer from schizophrenia, psychotic conditions, or bipolar (I or II) condition.

YES

NO

03.

Are you in an unstable mental state?

YES

NO

04.

Do you understand that microdosing is not a substitute for professional mental health care?

YES

NO

05.

Do you currently take any antidepressants, anti-anxiety, or sleep medications?

YES

NO

06.

Are you pregnant or breastfeeding?

YES

NO

## PERSONAL ASSESMENT

### ASSESMENT RESULTS

If you've completed the microdosing assessment and answered **'Yes'** to any of the questions, it's important to proceed with caution.

Microdosing is not be suitable for you under these circumstances.

Each 'Yes' response indicates a factor that could potentially complicate or contraindicate microdosing. For example, existing health conditions, current medications (especially antidepressants, anti-anxiety, or sleep medications), and your mental health state are critical factors in determining if microdosing is a safe and appropriate choice for you.



## POTENTIAL BENEFITS AND SIDE EFFECTS

Microdosing is gathering interest for its range of reported benefits. Here's a breakdown of these benefits, supported by research findings.

### MENTAL BENEFITS

- **Clearer Awareness:** Many report a heightened sense of mental clarity.
- **Improved Productivity:** Tasks are completed more efficiently.
- **Increased Concentration and Focus:** Staying focused becomes easier.
- **Better Decision Making:** Linked to an increased understanding of goals, leading to better well-being.
- **Taking Responsibility:** Encourages accountability for one's actions and thoughts.
- **Reduced Depression, Stress, and Anxiety:** Notable decreases in these negative feelings.
- **Less Procrastination:** Tackling tasks becomes more straightforward.
- **Greater Presence and Awareness:** Feeling more engaged in the present moment.
- **Increased Optimism:** A general uplift in mood.
- **Reduction in Depressive Symptoms:** Some notice a decrease in depression severity.



## POTENTIAL BENEFITS AND SIDE EFFECTS

Recent studies have shed light on the mental benefits associated with microdosing. In 2019, a significant study involving 278 individuals who microdosed with mushrooms or LSD revealed some promising results. About 26.6% of the participants reported an improved mood, and 14.8% noted an increase in their focus. This suggests that a notable portion of microdosers may experience positive changes in their mental state.

Additionally, another piece of research conducted in the same year highlighted the potential for microdosing to alleviate symptoms of depression and stress. Over a period of six weeks, certain individuals who microdosed reported experiencing lower levels of depression and stress, indicating that microdosing could offer a supplementary approach to managing these conditions.

Moreover, a further study in 2019 provided insights into the benefits of microdosing for individuals dealing with more severe mental health challenges. .



This research pointed out improvements in symptoms of PTSD, anxiety, and depression among those who received psychological support in conjunction with their microdosing regimen. This finding is particularly significant as it underscores the potential role of microdosing in comprehensive mental health strategies, especially when combined with professional support.

These studies collectively suggest that microdosing could be a valuable tool for some individuals seeking to improve their mental wellbeing, although it's important to remember that experiences can vary widely, and guidance is recommended.



## PHYSICAL BENEFITS

- **Improved Sleep:** Better and more restful sleep patterns.
- **Increased Energy:** A boost in physical vitality.
- **Pain Reduction:** Notably in PMS symptoms and other chronic pains.
- **Enhanced Body Awareness:** A stronger connection to one's physical self.
- **Support in Breaking Negative Habits:** Assists in overcoming addictions and harmful practices.



02

01

## SPIRITUAL BENEFITS

- **Developing Key Qualities:** Like compassion, curiosity, and openness.
- **Boost in Creativity and Optimism:** Enhanced sense of creativity and a positive outlook.
- **Child-Like Curiosity:** Rediscovering a sense of wonder.
- **Increased Sense of Community:** Feeling more connected to others.
- **Emotional Awareness:** Heightened sense of emotional understanding and presence.

## POTENTIAL BENEFITS AND SIDE EFFECTS

### POTENTIAL SIDE EFFECTS

Researchers have noted that while most experiences with microdosing are positive, there is a small percentage – about 4% – where users report less favorable outcomes. This was highlighted in the study “Might Microdosing Psychedelics Be Safe and Beneficial? An Initial Exploration.”

It's key to recognize that not all microdosing experiences will be positive. While the aim is to feel better, it's also about self-care and dealing with whatever comes up, including learning from any negative side effects. Sometimes, a side effect like a headache or fatigue might be more than what it seems on the surface. Microdosing can bring heightened personal awareness, making you more conscious of underlying physical or emotional challenges.



## POTENTIAL BENEFITS AND SIDE EFFECTS

Here are some less common but possible side effects of microdosing:

- **Fatigue or Brain Fog:** This might signal that emotional or physical issues are coming to the surface.
- **Physical Discomfort:** This can include changes in body temperature, digestive issues, or sensations like tingling and numbness.
- **Tolerance Build-Up:** This happens if you need increasing amounts of the substance to feel the same effects.
- **Consciousness Changes:** Some find it challenging to adapt to changes in their consciousness and perceptions.
- **Rising of Uncomfortable Emotions or Traumas:** It's possible for difficult emotions, thoughts, or past traumas to surface.
- **Focus Issues:** Some people might experience reduced focus or worsened mood.
- **Feelings of Disconnection:** This could be a sign of reevaluating your life choices and seeking a more authentic path.
- **Excessive Energy:** Symptoms like restlessness or agitation may occur.
- **Physical Risks:** These include nausea, headaches, or an increase in anxiety.



While these side effects are relatively rare, they're important to consider. Microdosing isn't just about the benefits; it's also about understanding and navigating the entire experience, both positive and challenging. Remember, individual reactions can vary, and it's always advisable to proceed with caution.

## HOW TO MICRODOSE?

### FORM OF MEDICINE

Microdoses can be taken in various forms - capsules (either pre-measured or homemade), gummies, chocolates, or the dry mushroom itself. Choose what works best for you.



### SOURCE, STRAIN AND DOSAGE

It's crucial to get your microdosing substance from a trustworthy source.

The strain you choose depends on availability and personal preference.

Dosage varies based on the strain, your body, and your goals. Our guide can help you determine a starting point (see page xx)



## HOW TO MICRODOSE?

### SET & SETTING

'Set' refers to your mindset. What's your mental and emotional state before microdosing?

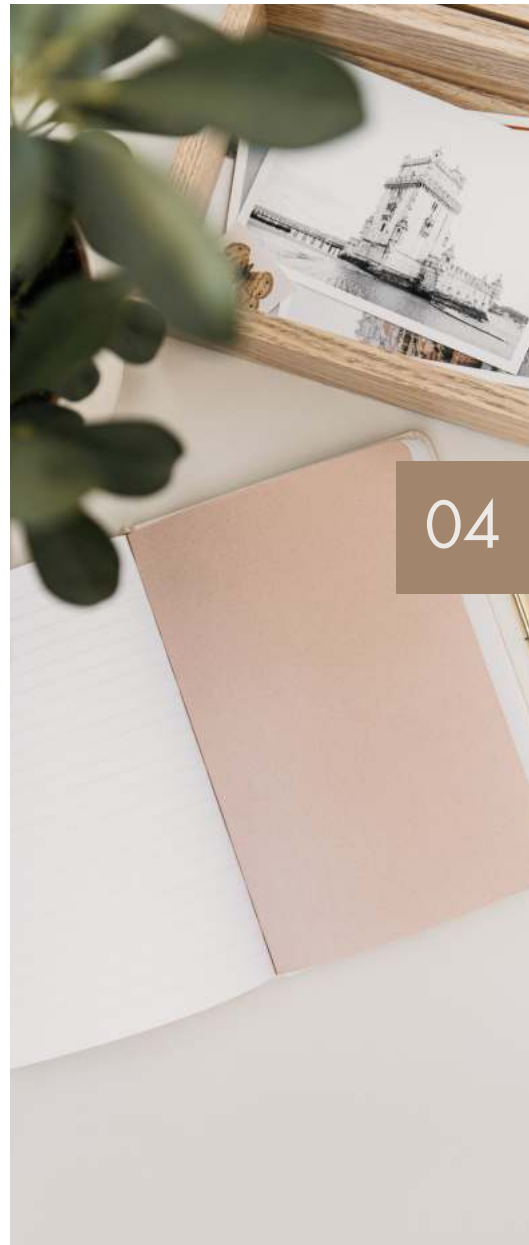
'Setting' is about your physical environment, your schedule, and the people around you.

Both are important to consider for a positive experience.



### PROTOCOL

You'll need to decide on a microdosing protocol. This could be one that's already established or one you create yourself.



# MICRODOSING PROTOCOLS

When it comes to microdosing, having a clear protocol is key. A protocol is essentially a set of guidelines or a schedule for when to take your doses. It's important because your body can build up a tolerance to psychedelics pretty fast. To get the most out of microdosing and let your body reset to its natural state, it's a good idea to space out your dosing day.

## MICRODOSING PROTOCOLS

<p><b>THE FADIMAN PROTOCOL</b></p> <p>A popular microdosing regimen named after Dr. James Fadiman. It involves taking a sub-perceptual dose of a psychedelic substance every three days for a period of 4-6 weeks followed by a break of 2-4 weeks. The protocol aims to enhance creativity, mood, focus and overall well-being while minimizing the risk of overwhelming effects.</p>	<p><b>Day 1:</b> First microdosing day <b>Day 2:</b> Afterglow day <b>Day 3:</b> Regular day <b>Day 4:</b> Second microdosing day</p>
<p><b>THE STAMMETS PROTOCOL</b></p> <p>This protocol has a more intense nature and combines the consumption of psilocybin truffles, a non-psychoactive functional mushroom called Lion's Mane, and Niacin or Vitamin B3. Repeat this cycle for a maximum of one month followed by a break of 2-4 weeks. This regimen aims to harness the potential benefits of these substances synergistically while supporting overall well-being, enhancing cognitive function and promoting neuroregeneration.</p>	<p><b>Day 1-4:</b> Microdosing days <b>Day 5-7:</b> Break days with the consumption of Lion's Mane only</p>
<p><b>INTUITIVE PROTOCOL</b></p> <p>This protocol is defined by you and tailored to your specific needs. You decide when to microdose and use your intuition as your guide. The Intuitive Protocol has one rule: you always leave at least one day between the days you microdose.</p>	<p>Notice how you are feeling and when it's a good time to microdose.</p>
<p><b>NIGHTCAP PROTOCOL</b></p> <p>This can be applied to the Fadiman or Intuitive Protocols in theory. The dosage days remain the same <u>but</u> the time of dosage is right before bed instead of first thing in the morning. This works well if you are experiencing tiredness when microdosing during the day.</p>	<p>60 to 30 min. before going to bed</p>

## GUIDE TO THE RIGHT DOSAGE

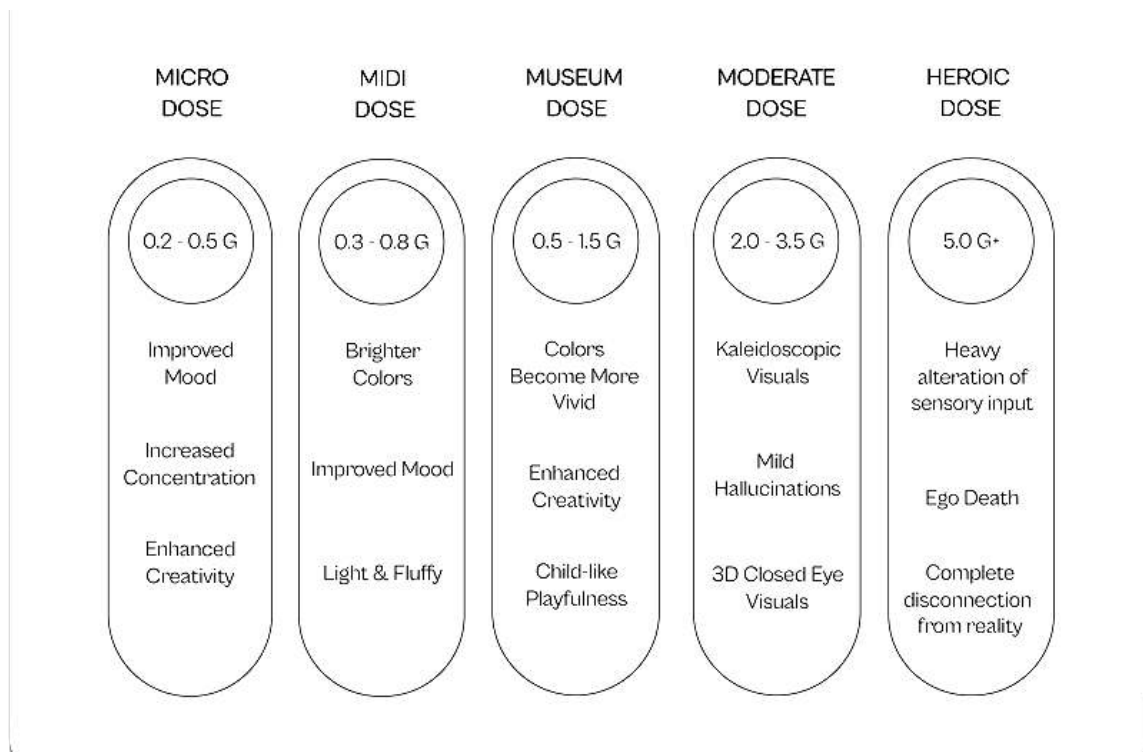
Figuring out the right amount of psilocybin to take can be a bit tricky. Medicinal mushrooms don't exactly come with a how-to guide, and it can be daunting to figure out where to start. People's bodies react differently, but we've set up some guidelines to help ease you into it.

A microdose is a tiny amount of magic mushrooms, usually between 0.05 and 0.5 grams. This dose is small enough that you won't have a hallucinogenic experience – it's what we call a sub-perceptible dose. You're not supposed to "trip" or have any intense effects.

Many people microdose psilocybin to help manage mood disorders like depression, anxiety, and stress. Others use it to boost their focus and creativity.

For most folks, a microdose is typically around 0.05 to 0.2 grams, but this can vary. How much you should take can depend on several things, like how you react to higher doses (macro doses) and your overall experience with psilocybin. Your body's tolerance to psilocybin and the specifics of your microdosing protocol also play a big role in figuring out the right amount for you.

## GUIDE TO THE RIGHT DOSAGE





## GUIDE TO THE RIGHT DOSAGE

Deciding on the right dose of magic mushrooms can feel overwhelming, but there's no need to stress. We've put together some pointers and resources to help you figure out an ideal dosage.

### YOUR DESIRED FEELING

How do you want to feel? Your dose and mindset greatly influence your experience. Be honest with yourself here.



### YOUR REASONS FOR MICRODOSING

Set an intention for your journey. Are you seeking creativity, mental health benefits, or just curious? This will help guide your dosage.



## GUIDE TO THE RIGHT DOSAGE

### YOUR SET & SETTING

The environment and your mindset are key. List the practices to support you, e.g. meditation, breathwork, journaling.



### YOUR SUPPORT SYSTEM

Whom you can talk about your microdosing journey?



## DO'S

- **Research Thoroughly:** Before and after your journey, learn about magic mushrooms and their effects.
- **Mindset & Setting:** Ensure a positive mindset and a comfortable, safe environment.
- **Seek Professional Supervision:** Find a guide, trip sitter, or experienced psychonaut for guidance.
- **Start with a Low Dose:** Follow professional advice on dosages. Adopt a "start low, go slow" approach.
- **Structured Protocol & Breaks:** Follow a structured microdosing protocol and take a month's break after a cycle.
- **Journaling:** Keep a journal to document your experiences, thoughts, and feelings during and after the journey. This can provide valuable insights and help in integrating the experience.



## DON'TS

- **Don't Assume Uniform Effects:** Everyone's brain chemistry is different. Start with low doses and proceed cautiously.
- **Avoid with Certain Medications:** Don't use medicinal mushrooms if you're on antidepressants or anti-anxiety medications.
- **Don't Microdose Daily:** To avoid building a tolerance, refrain from microdosing every day.
- **Don't Mix with Other Substances:** Avoid combining mushrooms with alcohol or other drugs.
- **Don't Neglect Mental Health:** If you have a history of mental health issues, consult a healthcare professional first.



## CREATING A MINDFUL MICRODOSING PRACTICE

To really get the most out of microdosing, it's important to approach it with a mindful practice. This involves three key elements, with the first being setting an intention.

Essentially, ask yourself: *What's drawing you to this practice?*



Your intention doesn't have to be complex – it can be as straightforward as deciding how you want to feel or act in your day-to-day life. For example, you might pick a word that represents how you want to feel.

It's crucial to understand the difference between an intention and an expectation. Expectations are tied to specific outcomes and can lead to disappointment if things don't turn out as anticipated. For instance, thinking a bigger house will automatically make you happier, and then feeling let down if it doesn't.

In contrast, an intention is more about the state of mind you want to maintain. Say you move into a new home – setting the intention to be grateful for the extra space to spend with your family is different from expecting the house to make you happier. Intentions aren't about achieving a fixed outcome; they're about the mindset you bring to your experiences.

They encourage you to be open to new possibilities, rather than getting stuck in old patterns. This way, you're not just recycling past experiences but allowing yourself to be guided by what feels right and aligned with your current state.

Medicinal mushrooms are just one part of the journey, making up about 30% of the process. The remaining 70% comes from the effort and practices you incorporate into this journey.

It's not just about the mushrooms; it's also about the additional practices you adopt to support and enhance their effects. These practices can include meditation, breathwork, yoga, journaling, and other similar activities.

Each of these complements the medicinal mushrooms, helping to create a more holistic and effective experience. By integrating these practices, you're actively contributing to your own growth and the overall effectiveness of the microdosing process.

### **Meditation:**

Enhances Mindfulness: Meditation promotes mindfulness, helping you become more aware of your thoughts and feelings. This increased awareness can make you more attuned to the subtle changes and benefits that microdosing brings.

Reduces Stress: It can lower stress levels, complementing the anxiety-reducing effects of microdosing.

### **Breathwork:**

Emotional Release: Breathwork can facilitate emotional release and processing, which can be particularly beneficial if microdosing brings up repressed emotions or memories.

Enhances Focus: It also improves focus and mental clarity, potentially augmenting the cognitive benefits of microdosing.

### **Yoga:**

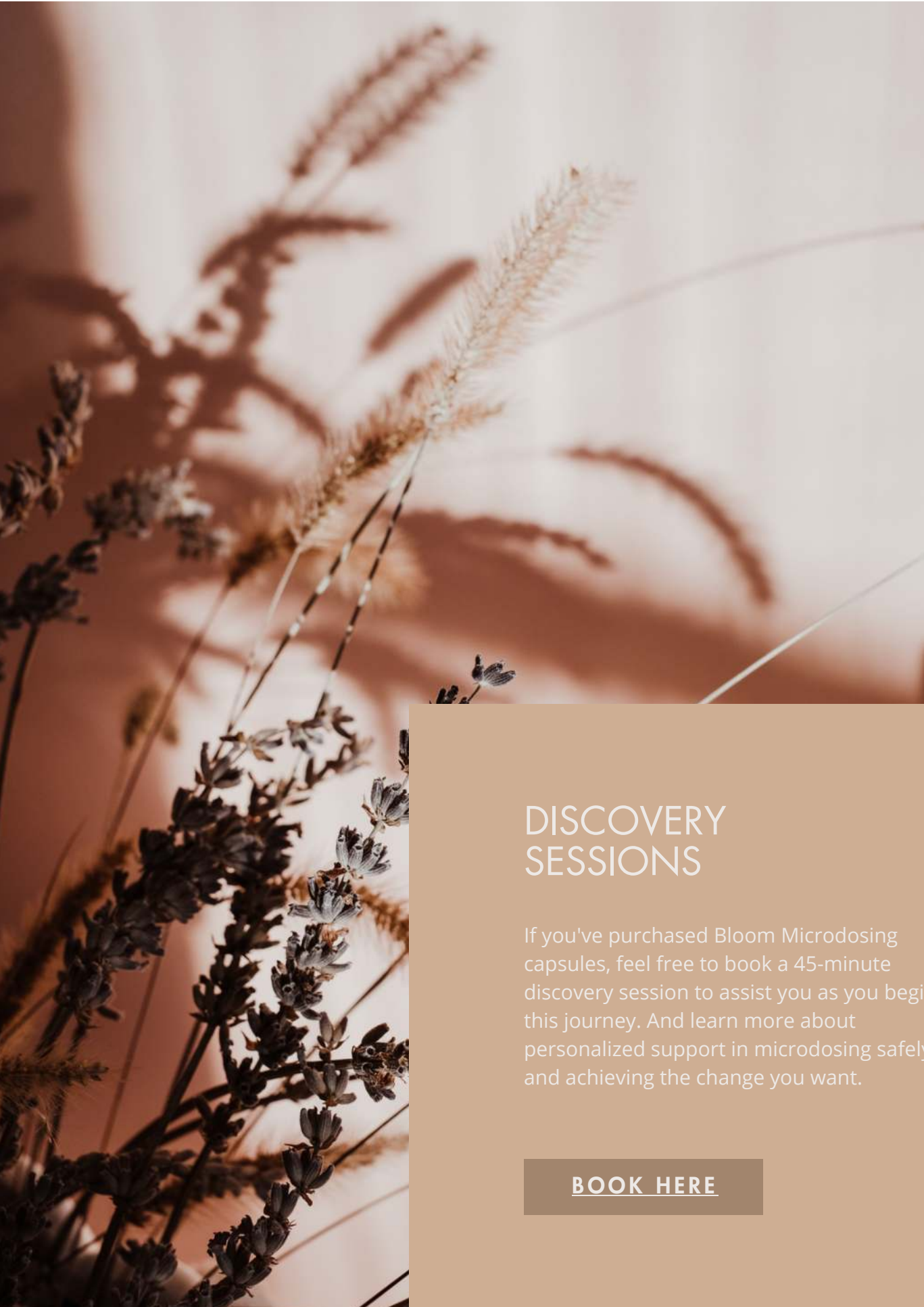
Body-Mind Connection: Yoga strengthens the connection between body and mind, enhancing the holistic benefits of microdosing.

Physical Health: It also contributes to physical health and flexibility, which can be important if you're using microdosing for wellness and self-improvement.

### **Journaling:**

Tracks Progress: Journaling is a powerful tool for tracking your experiences, thoughts, and feelings throughout the microdosing journey. This can help you notice patterns or changes that might be subtle or gradual.

Clarifies Thoughts: It's also a great way to process and clarify your thoughts, which can be particularly useful if microdosing leads to new insights or perspectives.



## DISCOVERY SESSIONS

If you've purchased Bloom Microdosing capsules, feel free to book a 45-minute discovery session to assist you as you begin this journey. And learn more about personalized support in microdosing safely and achieving the change you want.

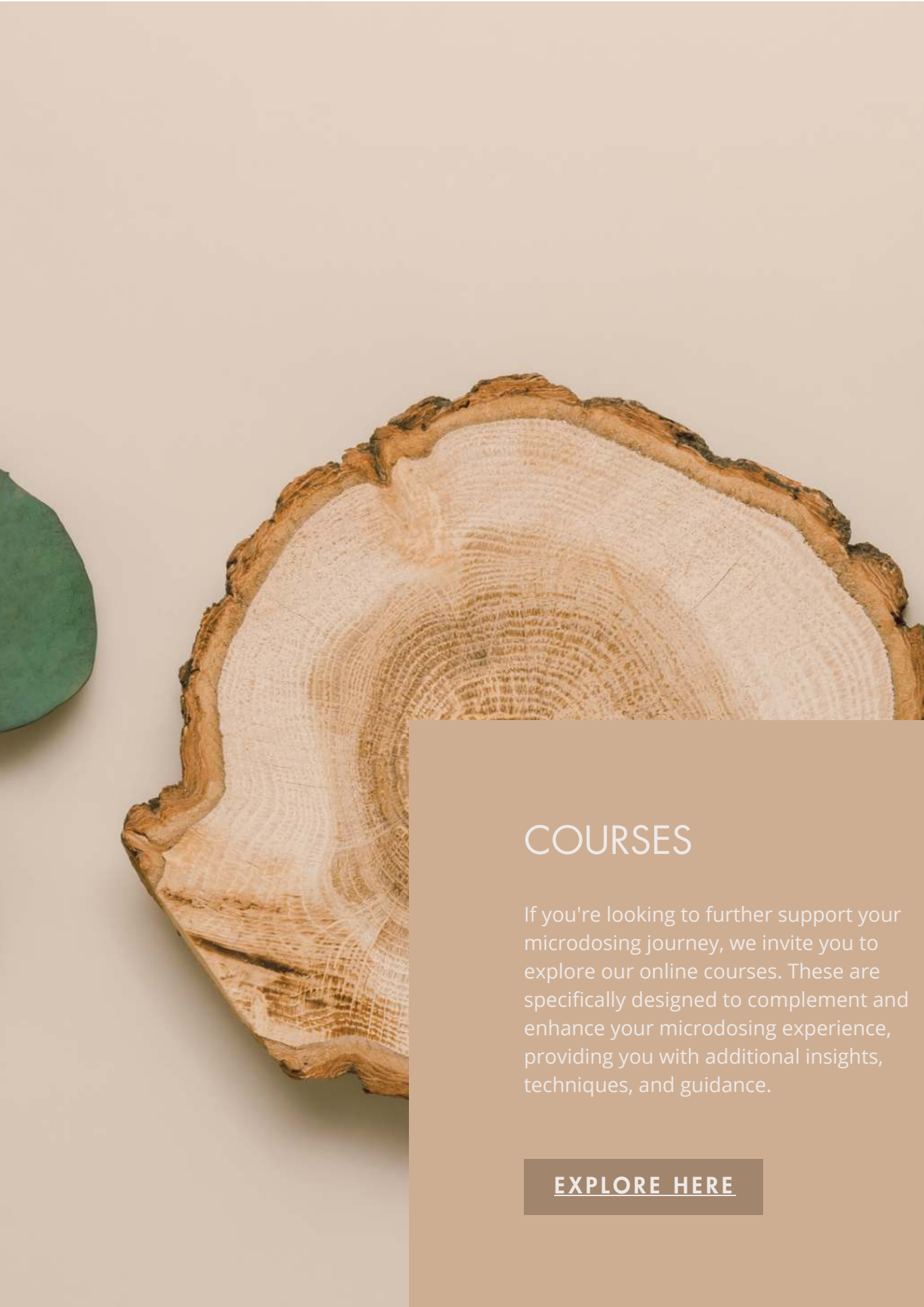
[BOOK HERE](#)



## RETREATS

If you're interested in diving deeper and enriching your experience, be sure to explore our Bloom Retreat offering. It's a comprehensive program tailored for deeper exploration and personal growth.

[EXPLORE HERE](#)



## COURSES

If you're looking to further support your microdosing journey, we invite you to explore our online courses. These are specifically designed to complement and enhance your microdosing experience, providing you with additional insights, techniques, and guidance.

[EXPLORE HERE](#)



THANK YOU

# THANK YOU!

We hope you found this free guide informative.  
If you want to explore more, you are welcome to join  
our Bloom retreat and book a discovery session [here](#).