



MINDS EYE OPEN  
MICRODOSE

TRANSPERSONAL MICRODOSE

# HOW TO CONNECT WITH YOUR MEDICINE & CALIBRATE YOUR PERFECT MICRODOSE



[www.mindseyeopenmicrodose.com](http://www.mindseyeopenmicrodose.com)

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# W E L C O M E

Welcome to your guide on how to develop your connection with psilocybin and calibrate your perfect microdose. I am so happy that you have found your way here and chosen to embark on this profoundly transformative journey of your life with us. If you have any questions, I am happy to help. Follow the links at the end of this guide.

*Steph - Anise*



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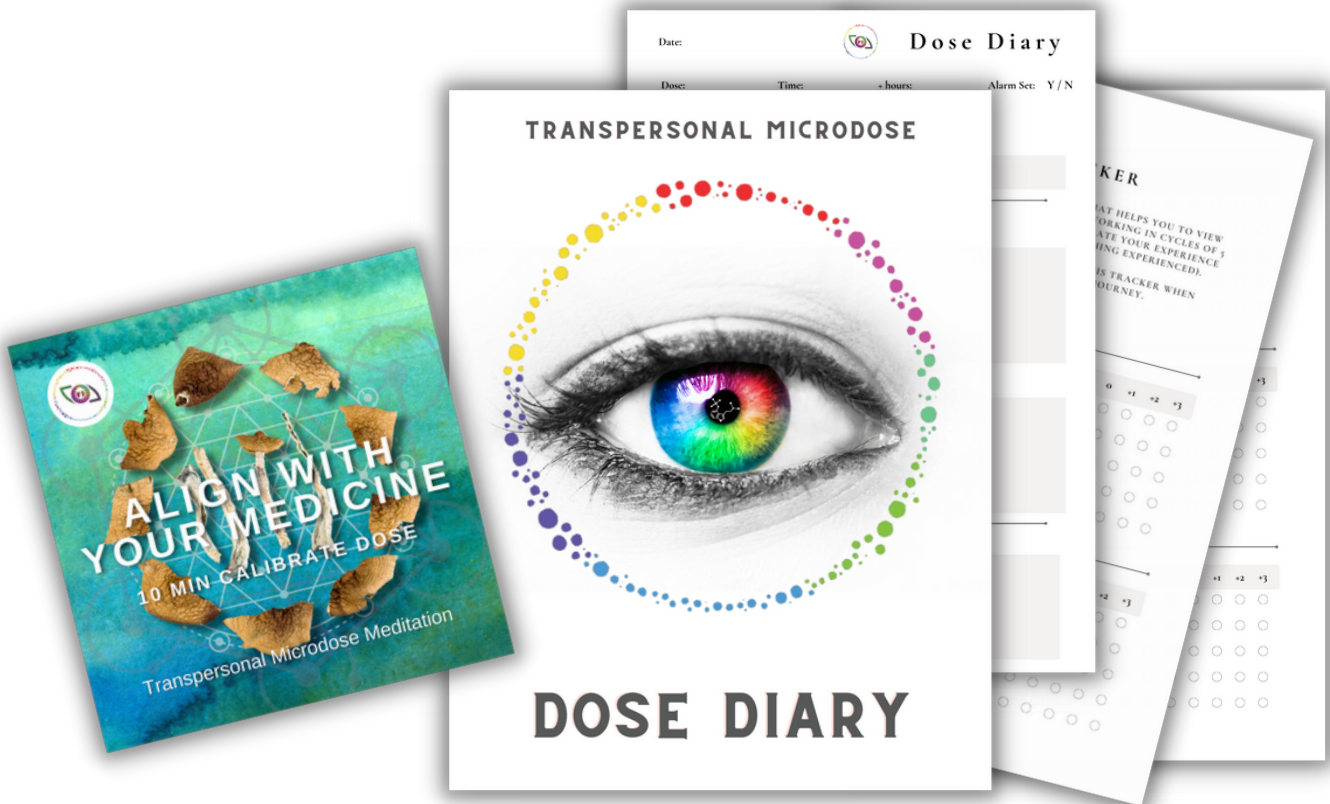
## INTRODUCTION

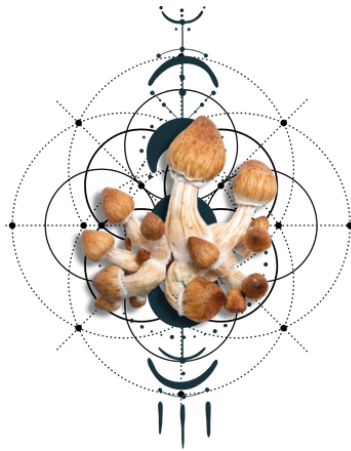
The use of Psilocybin, the psychoactive ingredient in certain species of mushrooms, has become increasingly popular as a means to expand consciousness and achieve healing. However, the process of safely engaging with this powerful medicine requires deep respect, mindful preparation, and care considered calibration. If approached in this way, genuinely wonderful things will begin to happen, almost instantly.



## IN YOUR BUNDLE

Your guide comes to you as part of our exclusive dose diary bundle, which includes your printable and PDF versions of your dose diary in the recommended five-day cycles and dose tracker. You also have a short 10-minute 'Align with your Medicine' guided meditation MP3 audio to listen to when you take your dose. If you have any problems accessing these, please don't hesitate to get in touch.





In this guide, we will explore the importance of developing a connection with the sacred mushroom medicine, Psilocybin, and how to calibrate your perfect microdose for optimal benefit.

We will discuss how to prepare your medicine mindfully and engage with the transpersonal microdosing process in a safe and beneficial way.

Finally, we will touch on the importance of keeping a dosing diary and provide tips for successful engagement with this medicine.

By following these steps, you can ensure a meaningful experience with sacred mushroom medicine.

Whether you're new to microdosing sacred mushroom medicine or an experienced user, you'll find helpful information here that can help you make the most of this powerful medicine.



## CHAPTER I

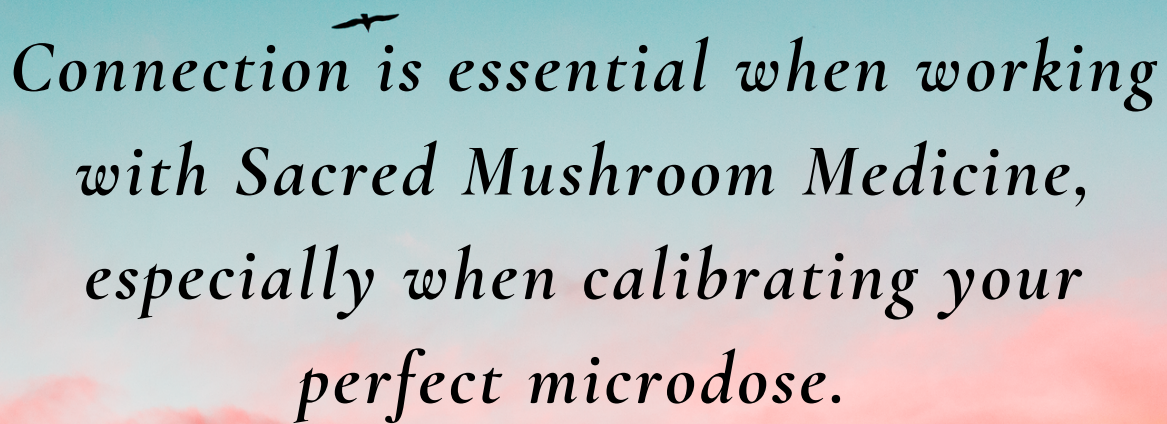
### THE IMPORTANCE OF CONNECTION

Connecting with the medicine is an energetic process that allows you to align your inner world with its vibration. Psilocybin has its own consciousness, and if you learn to work with it, you can unlock its potential to help you reach a higher state of being.



Transpersonal Microdosing does not aim to 'fix' specific issues one may be seeking liberation from, but rather focuses on raising one's consciousness.

By raising one's conscious awareness, we can tap into the infinite wisdom that already flows through us to heal and evolve.



*Connection is essential when working  
with Sacred Mushroom Medicine,  
especially when calibrating your  
perfect microdose.*

The mushroom consciousness is a powerful energy; and human's have been connecting with it in this way for thousands of years. By connecting with it, you can access its intelligence to better understand what's

needed for your healing process to take place. When you make a connection with the medicine, you allow yourself into its unique frequency, which can help guide you in your practice and bring about profound insights along with continued evolution.



The process of aligning with the mushroom medicine requires careful attention and intentional preparation. You must enter the process with an open heart and mind and be willing to open yourself up to its energies.

This can be done through meditation, visualization, repeating affirmations, or any other way that you use to foster a grounded and balanced state.

Creating a space for yourself that is conducive to this type of connection is essential, as it will help create an environment for more meaningful exploration and transformation. We will dive deeper into this later in the book.

**Remember that this practice is unlike conventional methods of taking medications to cure ailments; it goes beyond the belief that the medicine taken will heal you. It is a symbiotic process where you will be guided to heal yourself.**





By developing a deeper connection with the Sacred Mushroom Medicine, you will begin to receive more information about its potential and purpose in your life. Through this process, you can begin to understand how it can support and guide you on your journey of self-discovery.

The dose calibration stage is different from your actual microdose practice and, for some, the first time working with psilocybin. However, for others that are familiar with psychedelics, the practice of Transpersonal Microdosing will be an entirely new approach.

What you are about to learn in this book is a recommended guide to a practice that has gotten results and continues to attract more joy and abundance into the lives of those that practice it.

Please take your time with this stage of connecting and calibrating with your medicine because once you have found your perfect dose, it will be unlikely that you will need to return, at least for some time anyway.

It is an essential step of the process, one of discovery and connection, but not your practice; the real work will begin when you are clear on which dose amount you need to be working with.





## CHAPTER 2

### PREPARING YOUR MEDICINE

Transpersonal Microdosing strongly endorses preserving the sacredness of this medicine and only supports using medicines that are in their natural and purest states. Pre-dosed products, processed or synthesized psilocybin in this instance is not suited.



It's important to consider how you want to proceed with your practice, where to source your medicine and how you intend to prepare your doses before you begin.

Yes, this practice requires a little preparation, but once you have what you need and have gone through the dosing process, you are set for a long time.

Just like any new lifestyle practice, there are things to learn and equipment to get to help you achieve the result you are looking for, Transpersonal Microdosing is no different in the initial stages.

Psilocybin or any other psychedelic ingredient is still considered illegal in many parts of the world; however, hundreds of thousands of people can still access them. It is at your discretion how you choose to do this. By picking, growing or purchasing sacred mushrooms, you are breaking 'the law' and may be prosecuted for doing so. Sourcing your medicine is one of the most important factors to consider for yourself; tread mindfully and do your diligence.

That being said, I can't stop anyone who is determined to explore these medicine further, so I have outlined some of your options below.



**Licenced Dispensary:** There are private sectors that engage in the growing and selling of magic mushrooms, legally sanctioned by government officials for medicinal use. This is mainly in some US states but is also available in some countries in Europe.

*Pros:* Very knowledgeable growers that give you a great deal of information about which strain is best for your intentions.

*Cons:* Being certain of the age could be challenging, and trust in your supplier would be needed, which takes a little control out of your hands.

**Growing Your Own:** Growing your own sacred mushrooms may sound daunting, but it is, in fact, very interesting and more simple than you may believe. You can access more technical mycology information and how-to guides on the internet if you are called. Alternatively, sacred mushroom grow kits are available for

purchase across the world on the internet, are inexpensive, discreet and very easy to grow your own medicine.

*Pros:* Full control of your medicine from beginning to end, high yields of mushrooms from one kit that, when microdosing, will last a very long time if stored correctly, and cost-effective.

*Cons:* Possessing and cultivating are highly illegal, and you would be taking the risk of prosecution in doing so.

**Picking From The Wild:** If you are lucky enough to have wild crops near where you live, then this is the most cost-effective way to go about things. Please ensure you know what you are picking is correct and research-picking methods, so you don't accidentally destroy the outcrop.

*Pros:* The most authentic way to receive medicine is from nature.

*Cons:* Irregular and unpredictable supply.



**The Microgram symbol looks like this:  $\mu\text{g}$  or mcg  
micrograms are measured at  $1\text{g} = 1,000,000\mu\text{g}$**

**You will be measuring your doses in milligrams (mg) despite  
the practice being called (micro)dose.**

**This measurement looks like  $1\text{g} = 1000\text{mg}$ .**

You will need to prepare doses beginning at the lowest dose (0.02g) or (20mg), then doses gradually increase by .02g or 20mg each dose. We will cover measurements and amounts in more detail later. Although you will be working on the micro level, there can still be a considerable difference between the effects of tiny variations.

Some people cut small pieces from dried mushrooms. Still, for accuracy, I prefer grinding the dried mushrooms into a powder and filling capsules at carefully measured doses that increase gradually.

Please consider that the dose calibration part of your practice is only carried out once (maybe twice if you are intuitively guided to recalibrate as you evolve or for different purposes), and you will only be preparing five or ten individual doses. When you begin your actual practice, you will be preparing all your doses at once. This can take considerable time if not turning them into capsules.

# Equipment Required

All of the listed items can be easily sourced at inexpensive prices on the internet.

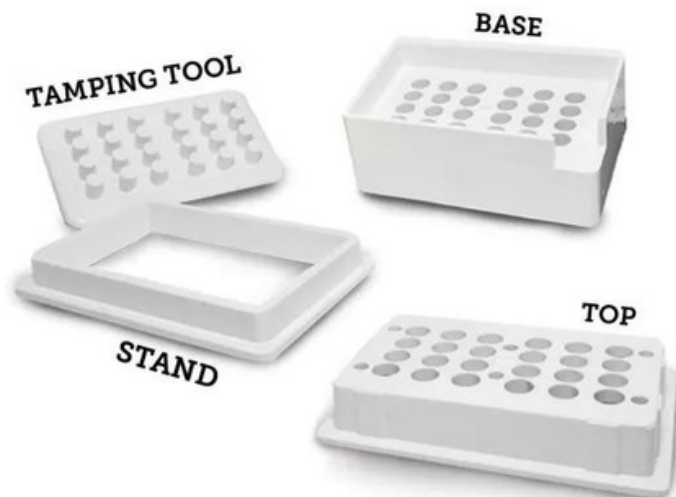


## An Electric Precision Scale

This is the only item that you cannot begin without. The scale must read to .01g. For more accuracy aim for .001g.

## Empty Gelatin (or Plant) Capsules

Empty gel capsule are available in bulk for and are supplied for the herbal supplement industry. Size '0' is the most versatile size to purchase.



## A Capsule Filling Machine

Capsule filling machines for domestic use come in all shapes and sizes, and will save you considerable time and effort.

# Preparing Your Dose



## SOURCE MUSHROOMS

Whether you choose to pick your own, grow at home using a kit, purchase from a licenced grower, or source from a friend, always ensure your medicine is not old and whole.

## GRIND INTO POWDER

You will need an electric coffee grinder or powerful kitchen aid. The powder needs to be fine and without lumps. Only grind what you need and store the remaining mushrooms properly (see below)

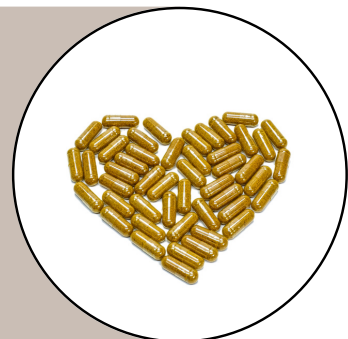


## WEIGH DOSES INDIVIDUALLY

Always weigh each dose individually and carefully. Using a small piece of card or paper to hold your powder, measure out your doses that increase in small increments.

## FILL EMPTY CAPSULES

Fill each capsule one at a time so as to avoid getting your carefully measured doses mixed up. Store them separately from one another. Just so you know – this is only necessary for your dose calibration practice.



## LABELE & STORE CORRECTLY

Always clearly label each dose with either the weight or number to be taken. Store in separate zip bags or bottles and store in a cool, dry place out of direct sunlight. Use immediately as the magic will diminish over time.



## CHAPTER 3

### THE DOSING PROCESS

Transpersonal Microdosing differs from other microdosing protocols in various ways, and the dosing process is the most prominent of these.



# Five days on - Two days off!

With the Transpersonal Microdose model, you are encouraged to calibrate your dose in five-day cycles. It is the only part of the process where you consecutively take your medicine each day, meaning one day after the other without breaks. When you have completed the five-day cycle, take two-days rest (no-dose days) between. Repeat this process until you have discovered or been intuitively directed to which dose you should be working with.

## Don't Set Intention

This may go against commonly held beliefs around microdosing; however, in this instance of discovering your dose, you are not to actively work with the medicine.

The process of dosing with this practice, in particular, is not one of setting an intention; we aim to foster a clear and open perception of what comes up.



# Commitment

Show up for the five days unless you come to the point where you have found your working dose.

A sporadic approach will not harm you in any way. Instead, a drawn-out dosing process can become confusing, and one is less likely to maintain vigilance around all of the subtle signals and sensations.

Once you have started, finish!

## Conditions

Ensure that the conditions around dosing both internally and externally are as close to similar as possible, i.e., have you eaten or not? what time of the day are you taking the dose? any ritual you have chosen to include, etc.

Don't worry about changing conditions outside your control throughout the day; these are everyday life occurrences. Only consider the ones that are in your control and affect you and your results directly.

# What Am I looking For?

When it comes to microdosing, the idea is to take a small enough dose so that you are not experiencing any significant psychedelic effects but rather feeling a subtle shift in your mental, emotional, or physical state. Most microdose protocols will highlight that one should not feel or experience anything - this is another area that Transpersonal Microdosing differs. Feeling the subtle effects of the mushrooms is a powerful subconscious convincer that you are not alone in your effort of transformation, thereby indicating that this time will be different.

The effects will be experienced differently by everyone, so you are encouraged to tune into yourself and your unique perspective. If the effects cross over from enhancing one's overall abilities to impairing it, then you have gone too far. Enjoy the rest of your day, and know that one of the doses before this one will be your working dose.

## Over-all Aim

The overall aim is to begin to read how the medicine feels at specific doses so that you can find the perfect dose to microdose further.

It is about learning and creating a connection with the medicine that is unique to you. I just wanted to let you know that you don't need to think about anything other than this at this stage. Cultivate a curiosity about what your upcoming practice may potentially be like.

# The Steps

## 01 Source your medicine.

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Source your mushrooms in raw unground form, unless you can ensure they have not been in powder form for long. Their magic will decrease quickly when ground.

## 02 Prepare your doses.

---

Make sure to have you're prepared gradually increasing doses of psilocybin before you begin.

## 03 Set a date to begin.

---

Plan ahead and set a date that would be best suited to your calibration practice, with no major events or heavy demands during this time.

## 04 Plan your practice.

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Think about how you would like to show up for this practice, meditation? ritual? record-keeping? daily routine? etc. See the planning guide in the Tips section.

## 05 Start your 5-day cycle.

You are to complete each consecutive day for five days and then take two days break. If you have yet to find your dose in this cycle, repeat another five days, followed by another two-day break if needed.

# Dose Day Process

- Each morning at the same time, choose to sit with your medicine, align yourself with its frequency and know that you are taking the first steps toward reclaiming your power.
- Log your day's details in your diary (date/day/dose/time etc.)
- Don't simply take your dose and run; spend some mindful moments calming the body and mind, ritualise your practice, listen to a short meditation, and then take your medicine.
- Express gratitude either inwardly or out loud for this opportunity to close the energy of the scene and go about your day (don't forget to set a 4-hour alarm)
- Remain aware of how you are feeling without guiding your inner world in any direction. Pay attention when interacting with others or carrying out tasks. Become a spectator of your experience without interfering. Repeat your chosen affirmation several times if you feel you are over analysing the situation.
- At 4 hours, complete your dose-diary questions in as much detail as possible.

- At the end of your day, make a few notes of your overall experience, not forgetting to rate your mind/body threshold (more about this later); some choose to complete this section in the morning the following day after they have slept. It's entirely down to your personal preferences.

## Got Your Dose?

- You may find your perfect dose in the first cycle, or it may be in the second or third. You will be able to know intuitively which dose you are comfortable working with regularly and consistently.
- Many go a little beyond their required dose to even identify whether a previous dose was the one. Don't worry the effects will still be very subtle; you won't experience anything that won't pass or that you won't be in control of. You will feel a little too happy at a dose that's too far.
- When you can identify your working dose, stop. Stopping won't cause any harm or have any detrimental effects if you suddenly stop mid-cycle.
- Make a note of your optimum dose and the amount that you will be working with. Now you can begin to plan your actual practice.

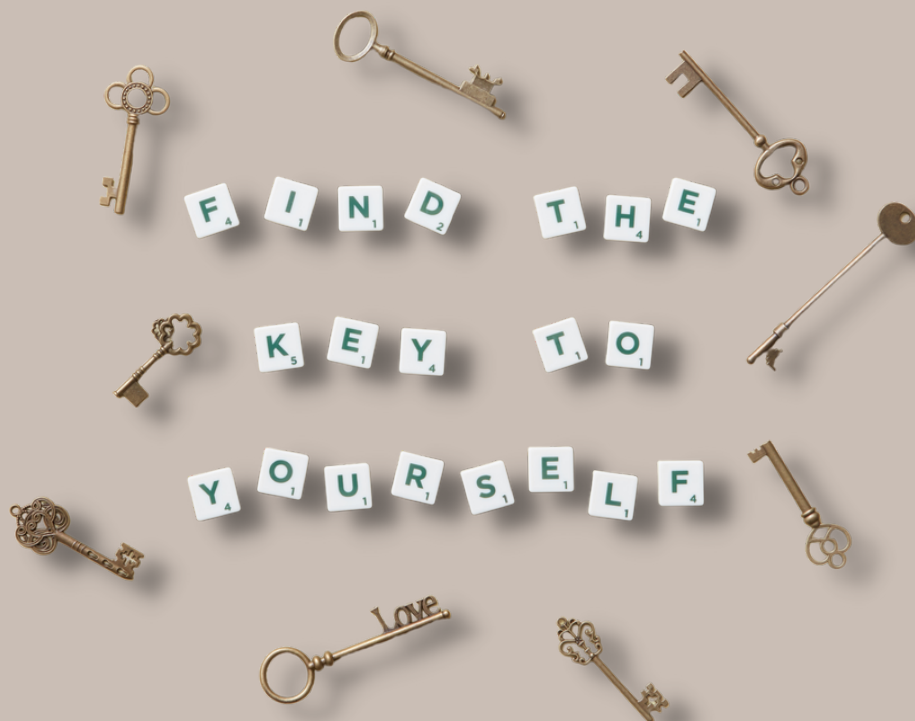




## CHAPTER 4

### HOW TO USE YOUR DIARY

A dosing diary is different from a microdose journal. It is a valuable aid that supports developing the necessary skills and awareness when tuning into the medicine and discovering your perfect working dose.



# SIX BENEFITS OF USING A DOSE DIARY

## 1. CULTIVATES A PRACTICE OF MINDFULNESS

Mindfulness is the ability to separate ones self from the thinking mind and learn emotional responses. Becoming aware of one's inner world without attaching labels that can be subject to the thinking minds' illusions or egoic mindsets. The art of mindfulness will serve you very well as you further embark on your journey of transformation with microdosing.

## 2. IT IS DESIGNED TO PROMOTE SELF-INQUIRY

Self-inquiry is a skill that needs mastering. Without having these skills or insight needed to effectively ask the right questions or integrate the answers, we can likely mould the outcomes to suit our needs. In order to evolve past conditioning, one must learn how to explore difficult truths beyond one's beliefs.

## 3. IT PROVIDES A MEANS TO KEEP TRACK

As one day flows into the next our recollection of the small details may fade. Success is in the details of the moment. Having a document to keep track of specific areas of focus is very beneficial when recalling subtle sensations and realisations. What may appear small and insignificant may hold larger benefits behind the scenes.

#### **4. IT HEIGHTENS AWARENESS**

Our reality is only limited by our ability to perceive new realities. Developing one's awareness stretches the mind to be able to perceive greater and greater realities. Combining mindfulness practices with self-inquiry, one can foster an open mindset to grow awareness beyond the walls of our limitations. The skills you gain from your dose diary or other microdose resources during your practice are transferable to all other areas of life. You won't need to try to apply them, you will already approach your life in this way as a result.

#### **5. IT PROMOTES CREATIVE EXPRESSION**

Oftentimes words and language are not capable of expressing thoughts, feelings and sensations that exist outside of intellect. By using a dosing diary to record these areas of your inner world you can choose to draw a symbol or picture that most closely represents what you want to express.

This symbol or picture will act as an anchor when you revisit your diary and recall the moment. Sometimes more powerful than words alone, if words are not your primary way of expressing yourself.

#### **6. STRENGTHEN MEMORY**

Remembering to turn up each day, using your affirmation, recalling the day's events for the end-of-day review, and casting your mind back over previous days when assessing your tracker will all serve to strengthen your memory.

# DIARY SECTIONS

Each section featured on your dose-diary page is explained in more detail further in this chapter.

AFFIRMATION

SET ALARM  
REMINDER

MINDSET

THE FOUR  
QUADRANTS OF  
THE 4-HOUR  
CHECK-IN

END OF DAY  
REVIEW

MIND/BODY  
THRESHOLD

The diagram shows a 'Dose Diary' form with the following sections and labels:

- AFFIRMATION**: Points to the 'Affirmation:' field.
- SET ALARM REMINDER**: Points to the 'Alarm Set: Y / N' field.
- MINDSET**: Points to the 'Mindset:' field.
- THE FOUR QUADRANTS OF THE 4-HOUR CHECK-IN**: Points to the four quadrants of the 'CHECK-IN:' section: 'Thoughts/Mindset:', 'Mood/Emotion:', 'Energy/Motivation:', and 'Feeling/Sensation:'.
- END OF DAY REVIEW**: Points to the 'EOD REVIEW:' section.
- MIND/BODY THRESHOLD**: Points to the 'Mind' and 'Body' threshold scales.

The 'CHECK-IN:' section is divided into four quadrants: Thoughts/Mindset, Mood/Emotion, Energy/Motivation, and Feeling/Sensation. The 'EOD REVIEW:' section is at the bottom. The 'Mind/Body THRESHOLD' section is at the very bottom, with a scale from -3 to +3 for both Mind and Body.

Let's take a look at what each section entails and what information you are looking to become aware of when filling them in.



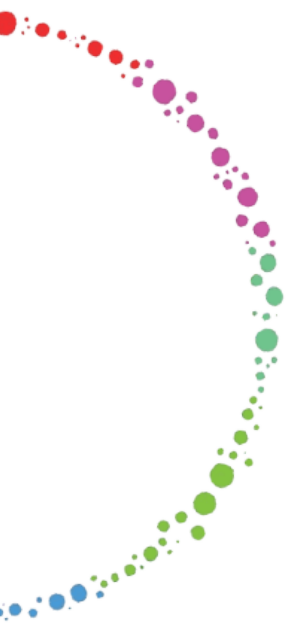
(DATE / TIME / DOSE / + 4 H)

## SET ALARM REMINDER:

For the most part, this section is self-explanatory and one not to be skipped.

Enter the day or date, followed by the dose amount taken. Then enter the time taken, plus the time four hours from then.

We will cover the four hour check in later in this section, however for now concentrate on the 'set-alarm yes or no' section.



By taking action to set an alarm for four hours in the future, you are able to release the need to remember and sink into the noticing required of dosing. It seems simple, but when we are having a really good day, or we are lost in a project or task. The four-hour check-in can be missed and recalling with detail later on or the next day won't provide you with the insights at the moment that you are looking to document.




## AFFIRMATION:

Within the practice of Transpersonal Microdosing, affirmations and pattern interrupts are utilised vigorously because they are powerful change-work tools in their own right.

Affirmations repeated several times mindfully can change our mindset, improve our vibrational energy, and also prepare one's subconscious mind for upcoming events.

It's very important during the dose calibration part of your practice to remain open and not allow your thoughts to habitually frame your experience. We don't do this on purpose; however, it can be a well-practised subconscious response to new experiences or inadvertently try to shape the outcome to what we want it to be rather than what it should be.



The affirmations can be repeated to yourself several times throughout the day or when they come to mind. Preplanning which affirmation to use will help with recall when you are not around your diary.

# AFFIRMATION SUGGESTIONS

"My heart and mind remain open to the possibilities  
of this day"

---

"In this moment, I love and approve of myself;  
I am at peace with the process"

---

"I have planted the seed of personal growth, and I move  
forward with confidence"

---

"When I open my heart, my mind is open to the guidance of  
the sacred medicine"






## MINDSET:

This section is where you record your mindset before you take your dose.

- How are you feeling going into today's dose?
- Are you calm, optimistic, nervous or anxious?
- Why? Is it the dose or something else?
- Do you have anything on your mind about the day ahead?

Recording your mindset before you take your dose will help you consider any changes (or no changes) later. Microdosing, after all, is a practice of turning inward and becoming aware of our inner worlds, higher, lower, illusionary and extra-sensory.


There is no need to label anything good or bad or try to force anything to be in any particular way. Be honest and detailed with your entry. You are about to partake in an extraordinary practice of Self-discovery and transformation; the mushrooms will need to align and calibrate with your authentic experience as it is. Your dose-diary is private; no body else will read anything that you write in here. Don't hold back.





## FOUR HOUR CHECK-IN:

The check-in section is four hours because this is the average time most people would peek with the medicine, even though you are only taking tiny amounts.



If your daily schedule doesn't allow you to stop and record your thoughts and feelings at four hours, choose a more convenient time or be mindful of the time when you initially take your dose.

Don't worry if you are late or if you are called to turn up early. The most important thing is to turn up at all. It is important to record an accurate recount of what you are experiencing; if you try to remember, memory is only partially detailed. Many tiny details can be lost, like a dream that fades away.

Each section is specifically designed to instigate awareness and introspection around different areas of focus.



## THOUGHTS/MINDSET

This section only focuses on cognitive processes, what is happening with your performance or mindset.

- Do you notice any changes? Positive or Negative?
- Is your mind clearer, more focused, and more intuitive?
- Are you finding otherwise simple tasks challenging?
- How is your attention?



## MOOD/EMOTION

Again, this section focuses on the inner world of emotions; how are you experiencing the medicine internally?

- Has your mood improved or declined?
- Are you feeling apathetic or manic?
- Can you recall fond memories if asked?
- Do you feel engulfed by your emotions or able to separate from them?




## ENERGY/MOTIVATION

This section concerns the physical body, sickness, symptoms, and ailments (relief or exasperation).

- Do you feel lethargic or motivated?
- Is your body light or heavy?
- Do you feel pain in the body where there was none?
- Do you feel relief from pain in the body where there was discomfort?

## FEELING/SENSATION

This, again, is about the physical experience, what are you feeling or sensing in the physical body.

- Do you have any sensations in the body?
  - Are you more attuned to energetic feelings in the body?
  - Are any unusual feelings in the fingers or toes?
- 



## END OF DAY REVIEW:

The end-of-day review is your chance to look back over the day that has past with a broader overall perspective of your entire experience.

Some prefer to complete this section the following morning to capture the sleeping period. Adjustments in sleep and dreams are a substantial part of this experience for some. If this is the case for you, please complete this section at a time that works best for you.

You can also go ahead and transfer your daily assessments to your tracker form. The tracker is valuable when aiming to view your entire practice as a whole where you can more easily decide which dose is for you at this time.






## MIND / BODY THRESHOLD:

The mind/body threshold is a specific point in the practice where from one dose to another, the effects of the medicine are felt more strongly in the body and then in the mind.

There is no particular order to this; everyone's experience will be different. It may be from mind over to body or the other way around. Neither is wrong, only different.

For spiritual growth and emotional advancements, the mind dose is the recommended dose to work with. Feeling the medicine more dominantly in the body can be utilised to heal or find relief from physical symptoms, pain, discomfort, or slow the body down.

Both are beneficial, and once you become confident in working with medicine in this way, you'll be able to revisit your notes and decide to embark on a specific cycle for varying needs. Until then, aim to be working in the mind threshold.





# USING YOUR TRACKER

**DOSE TRACKER**

A DOSE TRACKER IS A GREAT TOOL THAT HELPS YOU TO VIEW YOUR DAILY DOSING OUTCOMES EASILY, WORKING IN CYCLES OF 5 DAYS, LEAVING 2 DAYS BETWEEN CYCLES, RATE YOUR EXPERIENCE BELOW FROM -3 TO +3 (ZERO BEING NOTHING EXPERIENCED).

YOU WILL BE ABLE TO REFER BACK TO THIS TRACKER WHEN NAVIGATING YOUR MICRODOSE JOURNEY.

DATE: \_\_\_\_\_

	-3	-2	-1	0	+1	+2	+3
THOUGHTS/MINDSET							
MOOD/EMOTION							
ENERGY/MOTIVATION							
FEELING/SENSATION							
MIND/BODY THRESHOLD							

DATE: \_\_\_\_\_

	-3	-2	-1	0	+1	+2	+3
THOUGHTS/MINDSET							
MOOD/EMOTION							
ENERGY/MOTIVATION							
FEELING/SENSATION							
MIND/BODY THRESHOLD							

Transfer your days' notes into the tracker form provided; this will save you time when working out which dose to pursue.



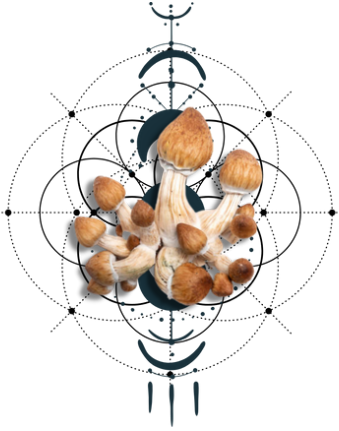
## CHAPTER 5

### TIPS FOR SUCCESS

Here I share insight one should consider when aiming to get the most from your experience. I want to ensure that you come to discover your perfect dose in the most effective way possible.



# DOSING TIPS



## PREPERATION

Once you begin, being prepared is the key to a successful dosing practice.

Learn more [here](#)

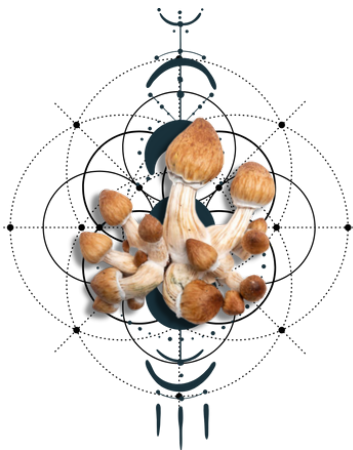
## RITUAL

Making a conscious point of your dosing practice with a small ritual enhances success. Learn more [here](#)



## TRUST

Trust the mushrooms already know what they are being invited to show you. The moment they arrived in your conscious awareness, this practice was already aligned to find you.



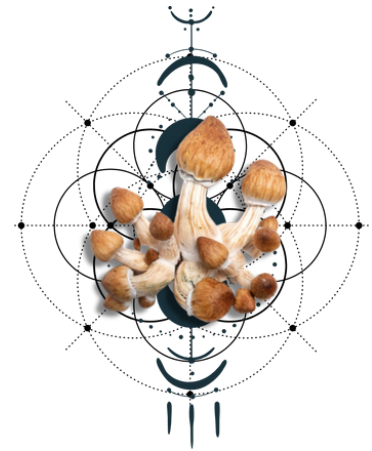


## OPENNESS

Resist trying to force things with expectation, cultivate an openness to new and wonderful.

## COMMUNICATE

If you are unsure about a dose, ask the mushrooms, and trust your first impressions. Please don't worry about getting in your head about what comes up; your thoughts will not give you an accurate answer.

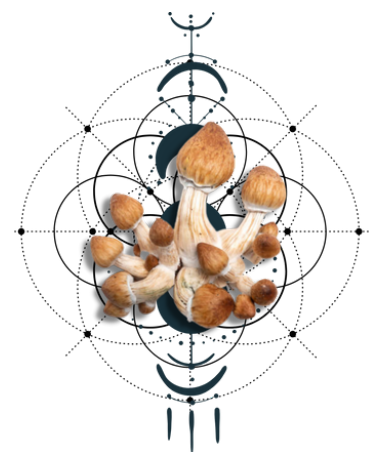


## ATTENTION

Maintain a soft awareness and pay attention to the small fluctuations around your responses to your outer and inner worlds.

## VIGILANCE

If you don't feel anything, this is fine. However, if you feel too happy, nauseous, sleepy, or have a headache, take this as you have gone slightly too far, and your correct dose will be one that you have taken before this day. To ease any unwanted symptoms, drink water.



# PREPARATION

- Have a glass of water ready! This is often one that needs to be remembered.
- Could you create a space or choose a specific area in your home where you won't be disturbed, and that is clear and uncluttered?
- Hold space for yourself, and be patient, kind and loving to yourself when beginning to take the first steps towards your future self. Things only need to move as fast or slow as is most comfortable for you.
- Have your first cycle doses ready for the entire five-day cycle.
- Ensure your daily schedule is manageable or not abnormally demanding. You don't need to change your daily life to accommodate your practice but being mindful of not having stressful engagements is a must at this stage.
- Prepare your dose-diary pages and specific meditations if you are choosing to include this in your ritual.





# DOSING RITUAL

Everyone has their own way of honouring the medicine; you will, in time, discover how this appears for you. In the beginning, it helps to sit quietly and clear your mind for a few moments before you take your medicine and go about your day. However, you can maximise your connection by doing a few simple things. Here I share my personal dose ritual.

- Begin by sitting quietly and settling the mind and body. Hold the dose in the palm of your hand.
- Then bring your chosen affirmation to mind. Say the first part of the affirmation in your mind as you breathe in; say the second part of the affirmation as you breathe out. Repeat as many times as you feel is enough for you.
- Listen to the 'Align with the medicine' MP3 - Ingest the medicine when instructed.
- When the guided meditation has come to an end, close your dosing by expressing gratitude to the medicine. Return to the silence for a few moments with cycles of breaths — 7, 10, 21, whatever you like. If you find a particular affirmation useful, you might like to repeat it at various points during the day to keep it fresh.







## CONCLUSION

### YOUR JOURNEY - YOUR WAY

Remember that this practice requires you to take responsibility for yourself and your journey of awakening consciousness. Take care at all times, pay attention to your inner and outer worlds, listen to your heart which is the voice of your intuition and always prioritise your health, happiness and prosperity. This medicine potentially has the power to help you transform your entire existence as a human on earth at this time, but it won't do it for you. You are ultimately the one that creates the change by doing the work needed.

*Thank you!*



NEED MORE INSIGHT?

## YOUR INTRODUCTION TO TRANSPERSONAL MICRODOSING

Discovering your perfect dose is only the beginning of what may become the practice that makes all the difference in your life.

Transpersonal Microdosing with psilocybin will change your mind, but knowing how to work with this medicine will help you transform your life.

Make sure to grab your copy today for free if you haven't yet, and you can discover for yourself that you hold all the power.



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# Questions?

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