

Microdosing

An Informational Guide to Sub-Perceptual Psilocybin Use

Microdosing involves taking very small, sub-perceptual doses of psychedelics—typically psilocybin—to support mental, emotional, and spiritual well-being. These doses are not meant to cause hallucinogenic effects but rather to gently shift awareness, creativity, and regulation over time.

This guide outlines foundational principles, protocols, and considerations for those interested in exploring microdosing in a safe and intentional way.

What Is Microdosing?

Microdosing is the act of consuming a very low dose of a psychedelic substance, most commonly psilocybin mushrooms. These small doses are typically 1/10 to 1/20 of a recreational dose, meaning users generally do not experience perceptual alterations.

The practice has gained popularity for its potential to:

- Support mood stability
 - Reduce symptoms of depression or anxiety
 - Enhance focus and creative thinking
 - Increase emotional resilience and self-awareness
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Commonly Reported Benefits

Experiences vary from person to person. That said, common benefits reported include:

Mental & Emotional Well-being:

- Relief from anxiety and depressive symptoms
- Increased emotional awareness and openness
- Greater sense of presence and inner calm

Cognitive & Creative Enhancement:

- Heightened focus and mental clarity
- Improved problem-solving ability
- Greater creative flow and motivation

Spiritual & Somatic Support:

- Deeper connection with self and nature
 - Greater bodily awareness and intuition
 - Release of old emotional patterns
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The Ember Protocol (5-on, 2-off)

One popular rhythm is the 5-on, 2-off schedule — also referred to as the "Ember Protocol."

- Microdose for five consecutive days
- Take two days off to allow the system to reset

This approach aims to maintain consistent benefits while avoiding tolerance buildup. Rest days also offer space for reflection and integration.

How to Microdose: A Step-by-Step Overview

1. Set Your Intention
 - Clarify your reason for microdosing. Are you seeking emotional healing, increased focus, or energetic alignment?
 - Write your intention down and revisit it regularly.
 2. Choose a Starting Dose
 - A typical microdose of psilocybin ranges from 0.05g to 0.3g of dried mushrooms.
 - Always begin with a lower dose to assess your sensitivity.
 3. Observe and Adjust
 - Track your emotional, physical, and mental states in a journal.
 - Adjust your dose as needed if it feels too strong or too subtle.
 4. Choose a Schedule
 - The Ember Protocol (5-on, 2-off)
 - The Fadiman Protocol (dose every third day)
 - The Stamets Stack (Psilocybin + Lion's Mane + Niacin)
 5. Integrate the Experience
 - Use your insights to make small changes in your daily life.
 - Practices like journaling, breathwork, or movement can help process subtle shifts.
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Precautions & Considerations

- Microdosing is not a quick fix. It works best when paired with reflection and healthy lifestyle choices.

- This practice is not recommended for individuals with a history of psychosis, bipolar disorder, or schizophrenia.
 - Psilocybin is currently a controlled substance in many places. Please research local laws.
 - Microdosing may not mix well with certain medications, such as SSRIs.
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Supportive Practices

To enhance your experience:

- Start your day with breathwork or meditation
 - Track your progress with journaling or voice notes
 - Engage in creativity, movement, or time in nature
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Recommended Reading & Tools

Books:

- How to Change Your Mind — Michael Pollan
- The Psychedelic Explorer's Guide — James Fadiman
- Consciousness Medicine — Françoise Bourzat

Online Resources:

- The Third Wave Microdosing Guide: <https://thethirdwave.co/microdosing/>
 - VeryWellMind Microdosing Overview: <https://www.verywellmind.com/microdosing>
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Final Thoughts

Microdosing is not about escaping life — it's about learning to meet it with more clarity, calm, and connection. When done with care, intention, and integration, it can be a powerful tool for personal healing and insight.

This guide is intended for educational purposes only. It does not replace medical advice or therapeutic support. Always consult a qualified professional if you have questions about your health or safety.