



**Entheo
Community**

6-Week Microdosing Course

Introduction

Welcome, and thank you for allowing us to help you improve your life with microdosing! Please read this document carefully as it contains important information to help you get the most out of your microdosing practice.

The 6-week microdosing course is designed to help bring more awareness to your daily life, so you can more easily notice unhelpful patterns and transform them into more aligned ones. It will help you be more at peace with what you are feeling in any moment, knowing that uncomfortable feelings just need to be felt to bring healing. You will create a greater space between a stimulus and your response, so that you can make decisions more aligned with your highest well-being. You will also be able to handle more gracefully whatever life brings you in the day.

Your microdosing kit includes the following items: (1) These instructions; (2) A guide supporting your daily practices including journaling, setting intentions, and writing affirmations; (3) a beautiful 6-week guided journal to support your process; (4) Communicating from the Heart pamphlet; and of course (5) the microdosing sacrament.

Microdosing Protocol

The recommended schedule for microdosing is **once every 2-3 days** (Fadiman protocol), whether you are dosing the same thing each time or you are alternating. **Do not microdose every day**, or it will lose its effect.

I recommend doing your microdosing protocol **first thing in the morning**. Try to spend at least 15 minutes between journaling, intention setting, meditation, and any other focused self care. If you want to split the journaling between morning and evening, that is fine too. See the Daily Practice sheet for more information on constructing a daily practice that works for you. You can then choose your dose and take it if today is a microdose day.

The ideal dose is one that is just barely sub-perceptual. This means that you can barely tell if you have microdosed. It is best to start with a low dose and work your way up until you reach a dose that you are definitely able to feel. Then decrease the dose until it is no longer so noticeable.

Microdosing can improve your creativity, boost energy levels, increase body awareness, improve physical stamina, change your sleep patterns and eating habits, reduce addictive behavior, and help with anxiety and depression. Because of microdosing's wide range of effects, it is important to **use your microdose journal every day**, even on the days you don't microdose, to facilitate the tracking of these effects. Journaling will also help you more quickly identify your patterns, as it helps to increase awareness. In any case, journaling will help you make the most of your time with the sacrament.

If you are using microdosing to help you wean off your antidepressants, you may need to increase to 2-4 times the recommended dose. If you are using mushrooms, you can follow the Stamets protocol (4 days on, 3 days off) as you drop your dose of the antidepressant. However please do not dose LSD on consecutive days.

Sacrament-Specific Instructions

LSD nasal spray (product may vary from image):

LSD seems to be absorbed more completely when delivered intranasally, so the recommended dose is lower. Each metered-dose spray corresponds to 2.5µg of LSD, and I recommend starting with 1 spray and moving to 2 or 3 as needed. Make sure your nostril is clear, then insert the spray tip barely into your nostril and inhale lightly as you press down on the plunger. The first time you use the sprayer the pump will not be primed. Pump it into the air until a small amount comes out. The next pump will be a full spray.



LSD Sublingual drops:

If you have a dropper bottle, it is a 30mg bottle with 600µg of LSD in it. This means that for a standard 10µg dose, use 0.5mL of liquid. You can adjust up or down as needed. Squirt the liquid under your tongue and leave it there for up to 5 minutes while the LSD is absorbed, then you can swallow.



Mushroom Powder:

Typical microdose is 1/8 (0.125) grams. Ideally weigh it out on a scale (<https://amzn.com/dp/B07X1R442K>). Your starting dose will be about half of a 1/8 tsp.

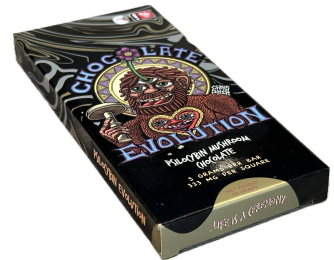
For best digestion, cover in lemon juice for 15 minutes, then add the powder to a cold or hot (not boiling) beverage or smoothie.

Keep your mushrooms cool & dry for best shelf life.



Mushroom Chocolate:

I recommend a starting dose of 1/3 to 1/2 of a square. You can increase to 2/3 or a full square as needed for optimum effect.



More Information

For more information on microdosing, you can check out The Third Wave's guide to microdosing (<https://thethirdwave.co/microdosing>) and the other resources in the Library section of my members portal, (<https://clients.entheo.coach/about/library>) under the Microdosing heading.

Support

Remember that the microdosing program includes a follow-up consult whenever you are ready for it. Until that point We recommend coming to our weekly group coaching meetings on Wednesdays from 10:30am to noon ET to share your progress and support your process. You can sign up at <https://www.entheo.coach/home/meetings>.

Additionally, please feel free to reach out to us on Signal app if you have further questions.

Congratulations on taking this important step in your healing process. We wish you great success!

Daily Practice

Spend 15 minutes each morning dedicated to your well-being.

Start by choosing an intention for the day from the list below, or make up your own! Meditate on that intention for a few moments, and then spend some time thinking about gratitudes and things you are excited about. Use these thoughts to increase your mood, which is the primary determiner of the quality of your daily experience. How you feel is everything! Do not dwell on thoughts that do not feel good. Choose thoughts that elevate your mood now and throughout the day.

Journaling is the second important piece of the daily practice. Do not underestimate its importance. To get inspired, use the journal's prompts, the Communicating from the Heart pamphlet, and the guide to writing affirmations on the flip side of this page. You can also download the Houston app to track digitally.

You can also add in other practices. Chanting three AUMs is a fantastic practice to align your body. Getting sunlight and/or going for a walk in the morning hours is extremely beneficial as well.

Example Daily Intentions

Intentions are most effective when they are clear, and they help you FEEL better about yourself. None should be done out of obligation, guilt or fear. Only out of inspiration, excitement and connection.

- Make good feeling choices around food.
- Be patient with the people around me.
- Speak my truth / preferences for my benefit.
- Spend more time outdoors.
- Engage in more physical movement & exercise.
- Be generous with compliments.
- Be generous with money.
- Practice kindness to the marginalized.
- Creatively change up an ingrained pattern.
- Sitting with my feelings instead of reaching for coping tools or distractions.
- Avoid using [food / drugs / alcohol / tv / indulgences] for distracting/numbing.
- Connect with friends and family.
- Make space for relaxation.
- Explore what self care means to me.
- Make decisions decisively & trust my choices.
- Take care of my needs before helping others.
- Take care of others (after meeting my own needs).
- Set boundaries around checking phone/email.
- Do that thing that I have been putting off.
- Spend time doing something creative.
- Hydrate myself better.
- Take a break when my body asks me to.
- Rest / sleep when my body tells me it's time.
- Show more affection toward my loved ones.
- Send my body love/healing throughout the day.
- Take frequent breaks to meditate throughout the day, even if just for one minute.
- Write a physical letter or card to somebody.
- Learn something new.
- Visit or explore a new place.
- Try a new experience.
- Find something new in the mundane & familiar.
- Express appreciation / gratitude to those in my life.
- Look for beauty in the little things.
- Identify and record limiting beliefs that come up throughout the day.
- Let go of some possessions I don't need.
- Make my home a more beautiful place.
- Express my feelings more openly.
- Use music to support my wellbeing.
- Learn more about the people in my life.
- Balance my speaking and listening / be a more courageous speaker / more attentive listener.
- Practice connection with nature.
- Be more heart-oriented (instead of mind oriented) when communicating with others.
- Breathe better / deeper / slower when I think of it.
- Practice reciprocity with / giving back to the planet.
- Using my affirmations throughout the day
- Do a stretching practice to keep the body young.

Affirmations for Success

The Art of Writing Affirmations That Work

An affirmation is any statement of truth; something we tell ourselves about the way things are. They are our beliefs put into words. For example, "I am successful in business" or "I am not enough" or "I'm beautiful" or "I'm not ready to pursue my dream yet".

When we become aware of what we are affirming for ourselves every day, and we practice consciously affirming only the beliefs that move us closer to our ideal selves, we can make a huge difference in our lives in a very short time.

Affirmations, when spoken AND written, can help us to reprogram the limiting beliefs that we've held onto for so long. But be careful how you use affirmations, because they can actually be harmful if used incorrectly. In the next section I will give you some best practices for writing affirmations.

What Effective Affirmations Look Like

- **Present Tense** - If you affirm something about the future every day, for example "My ideal soulmate is coming soon", it will always be in the future and never happening now. Instead, create what you desire right now. For example, "I am attracting my soulmate in this very moment, and I feel them here right now in my heart and mind."
- **Positive** - Focus on the words and ideas that bring you up, not down. Rather than "I'm not a disappointment," you could say "I set reasonable expectations of myself." Or instead of "I choose not to use alcohol in a hurtful way", consider "I am improving my relationship with alcohol by waiting before drinking, so that I can feel what needs to be felt."
- **Believable** - Can you honestly believe what you're saying is true? If not, the cognitive dissonance could actually be accentuating the fact that it's not true, thereby making it harder to get where you want to go. For example, "I am a billionaire" vs. "I am attracting more financial abundance into my life through recognizing and stating my value, and more responsibly managing my finances." Or alternatively, "I am skinny and fit" vs "I am taking action today to help me feel greater love and acceptance toward my body."
- **Aligned with Your Values** - Make sure that what you are affirming is true to your priorities. An

affirmation such as "I'm getting more fit by consistently going to the gym" is a great affirmation, but if you are just working out so that that hottie at the gym will find you more attractive, maybe it's just a greater sense of self-acceptance that you really desire; in which case a more appropriate affirmation might be "I am attractive just the way I am" or "My body is healthy and I am doing enough to support my well-being."

- **Feels Good** - When you say your affirmation, how does it feel in your body? If it does not inspire a feeling of joy and expansiveness, consider rewriting it so it truly resonates with you. For example, "I am growing my business by 200% this year" might seem good in theory, but if it causes you to feel overwhelmed, consider trying something that feels better, like "I am taking action to expand my business as quickly as I can while still leaving plenty of room for self care."

How to Use Your Affirmations

Journal Them - You can write affirmations in your journal each day to reflect the intentions you'd like to set for that day.

Post Them - You can write them on your mirror or put them on a sticky note on your monitor, or even a virtual sticky note on your computer desktop! (this is what I did for a long time).

Speak Them - Every day upon waking up is a great time to speak your affirmations to yourself. If it feels in alignment, try saying them as you look at yourself in the mirror!

And remember, affirmations are happening all day as we speak. The key is to be aware of what you are saying to yourself in every moment so that you don't repeat limiting beliefs but instead continue to create your ideal reality!

Try It Now!

Get out your notebook and see if you can think of some limiting beliefs you'd like to turn around into positive affirmations. Write them down and feel into them! If you'd like some support writing good affirmations for yourself, please feel free to reach out to me on Signal or schedule an appointment with me. Thank you and good luck!! You've got this!!