



# YAWN

MICRODOSING GUIDE

YOUR COMPREHENSIVE GUIDE TO MICRODOSING

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# microdosing 101

This essential guide is the product of hours of research and years of personal psychedelic exploration. It's designed to provide first-time microdosers with the basics, and experienced ones with improved tools, for getting the most out of their psilocybin experience. We recommend reading all of the information that we have provided before beginning a program.

Our goal is to make education more approachable, promote informed use and harm reduction.



## MENTAL + EMOTIONAL EFFECTS

Many people microdose to enhance productivity and cognitive abilities. A study published in August 2018 by researchers showed that small doses of psilocybin seemed to increase both divergent and convergent thinking – two forms of thinking associated with creativity and problem-solving. Psilocybin has also shown signs of acting as an antidepressant. People who have taken this substance commonly report feeling more empathic and emotionally open. The substances themselves should be gone within a few minutes, though the effects of the psychedelics can linger for up to 2 days. When microdosing at your correct dosage you should expect to feel a bit more extraverted, energetic and uplifted. The heightened sense of awareness also improves focus and increases the enjoyment of your tasks and activities. People who microdose do not report experiencing an altered state of reality or some kind of spiritual/mystical awakening.

## PSILOCYBIN, MEDICATIONS, & HEALTH CONSIDERATIONS

Psilocybin creates chemical changes in the brain and acts on neurotransmitters, specifically serotonin. Recreational drugs and prescription medications that cause changes in brain chemistry (i.e. antidepressants and mood-stabilizers) may interact with psilocybin and create undesired and negative effects. We do not recommend taking mushrooms if you are on any medication.

Existing medical conditions may also have an impact on your experience with taking psilocybin. If you are concerned about taking mushrooms with another drug, or you have an existing medical condition, we recommend seeking out further information and/ or advice from a trusted healthcare provider.

# introduction

## WHY MICRODOSE INSTEAD OF CONSUMING A FULL DOSE?

The idea behind microdosing is to obtain the benefits that the psilocybin molecule can provide without experiencing the visual and auditory hallucinations and mental impairment that can occur with full doses. While there can be many positive effects to a full psilocybin experience, it can sometimes become too intense for someone who wishes to operate efficiently through everyday tasks.

## HOW MUCH SHOULD YOU TAKE?

The ideal dosage varies from person to person. Some people are more sensitive to psilocybin while others, more resistant. The recommended approach is to start with the lowest dose possible (20-50mg), and ensure that you'll have little to no activities or responsibilities that day. Remember the aim is not to get high but to achieve a better equilibrium and a positive effect on the emotional state, rather than to bring on hallucinations or heavy distortions to reality.

As a general rule, a typical microdose is anywhere from 5-10 percent of a normal dose. For example, a typical dose of mushrooms is 1-1.5 grams. A microdose would be anywhere from 50-200 milligrams, which should equate to approximately 10% of the typical dose mentioned above.

## HOW OFTEN SHOULD YOU MICRODOSE?

The frequency at which you should take psilocybin will vary from person to person as each body will react in a unique way. Always start with a low dosage, and it's normally recommended that you take a day or two off without the microdose, as effects can linger for up to 2 days in the body.

## WHAT ACTIVITIES ARE SAFE TO ENGAGE IN?

Most activities should be safe to engage in while microdosing. The idea behind microdosing is to take a quantity so small that you should not feel any sort of high or large changes in your spatial navigation whatsoever. This highlights the importance of taking a safe approach to discover the dosage that works for you. Start small and start slow.

## HOW TO HAVE A POSITIVE EXPERIENCE

That depends on what your intentions are, but typically if you are simply looking to gain a sense of what microdosing can do for your emotional state, twice a week and preferably outside work hours is probably the best time to try microdosing for the first time. While many who experiment with microdosing do so on their own, for those using psychedelics as therapy, experts recommend supervision by professionals and periodic breaks so as not to build up a tolerance and/or diminish the effectiveness of the drug.



## DOSE HACKS

Carefully measure your microdose using accurate scales and be aware that the strength of identical amounts of psychedelics can vary. If you are using a new or different mushroom, it's recommended that you start with a lower dosage than what you're used to.

# DOSing + SAFETY

A microdose for most folks can be a major dose for some. A bad trip can occur for those who are highly sensitive or if the drug has accumulated in the bloodstream over time. Moreover, magic mushrooms, cannabis, and other substances can vary in active drug concentrations, even when using carefully prepared products. The variance of active content can be down to small changes in growing conditions, like the weather or soil. For *Psilocybe cubensis*, the classic magic mushroom, a typical microdose is 0.1-0.3g, although some people with clinical issues may find that they need a smaller dose. *Psilocybin* truffles are usually milder, so you may require a slightly higher dose. Many wood-loving *psilocybin* mushrooms, such as *Psilocybe cyanescens*, are stronger, so you may find a smaller dose to be correct for you. These are all simply recommendations based on our research and experience, please continue to exercise your own caution and take time to find out what makes the most sense for you.

## HOW TO TELL IF YOU TOOK TOO MUCH

Feelings of anxiety, stress, sweating.  
Unexpected hallucinations.  
Feeling on edge with ordinary events.  
Experiencing mood swings.  
Social awkwardness, cognitive interference, feeling distracted.

## HOW TO COUNTERACT THE EFFECTS

Meditation, breathing exercises, yoga.  
Laying down in a dark, quiet place.  
Eating a light, healthy snack.  
Vitamin C + Valerian Root can help calm the effects.

# THRESHOLD GUIDE

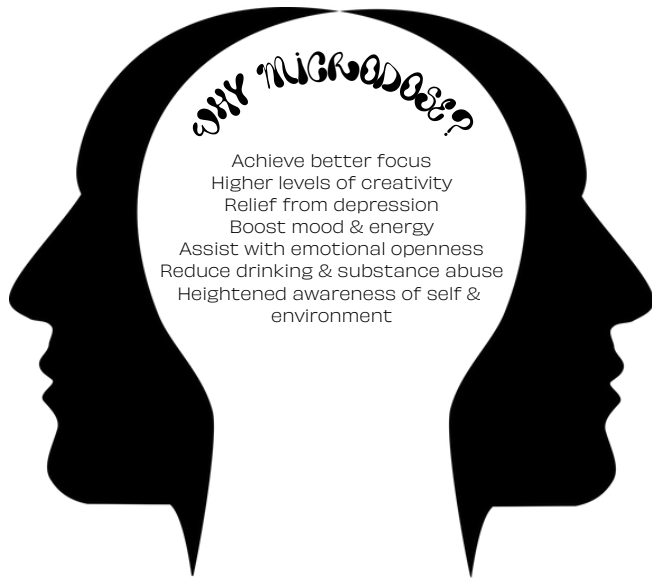
## HOW IT'S DIFFERENT FROM TRIPPING

A microdose is meant to be sub-perceptual and not about tripping. It's about bringing a gentle subtle shift in our mind, body, and spirit and it will never create visual distortions, discomfort, or a 'high.' James Fadiman suggested that a microdose of psychedelics could be 1/10 of a regular dose. However, that is just a starting point and for many people it's a bit too high, hence finding your threshold is an intensely personal practice.

## ASSESSING YOUR THRESHOLD

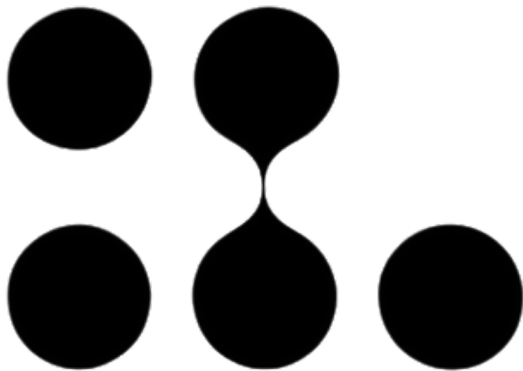
The first step towards finding the dose that works best for you is to know exactly how much you are ingesting, which means you need to measure your dose accurately. Knowing the initial dose that you consume will help you work your way up or down.

Written by Ana Badila, @MicrodosingGuru



# MICRODOSING PROTOCOL

Most methods for microdosing fall under the idea of finding what works for you. There are some more common ones that have received great feedback, here we'll share some that we think you should know:



- 1. One dose every other day (day on, day off)**  
DR. JAMES FADIMAN'S PROTOCOL
- 2. One dose every three days**  
MICRODOSING GURU PROTOCOL
- 3. One dose for four days, three days off**  
PAUL STAMETS' PROTOCOL

## TIPS

Keeping a diary to record your experiences with different methods is highly recommended.

Take your microdose before 10AM to avoid problems with falling asleep.

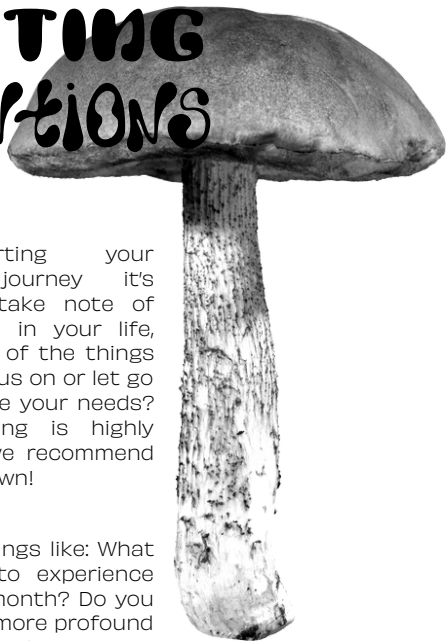
Continue to follow your normal routine: meals, exercise, work, etc.

If you are taking the microdosing every day, try to take one or two days off every few days, as effects can build up and linger in the body for a while.

# SETTING INTENTIONS

Before starting your microdosing journey it's important to take note of where you are in your life, what are some of the things you'd like to focus on or let go of, and what are your needs? Intention setting is highly personal and we recommend writing them down!

Ask yourself things like: What do you want to experience over the next month? Do you want to foster more profound empathy? Inspire more creativity? Reverse negative self-talk? Lead a healthier lifestyle? Focus on self-love?



NOTE: IF YOU FEEL ANXIETY, LIGHTEADEDNESS, CHANGE IN PERCEPTION, EXHAUSTION OR CHANGES IN APPETITE YOU MAY NEED TO LOWER YOUR DOSE.



## SYSTEMIC TRACKING

Spend some time daily or weekly observing, practicing, and reflecting your changes during your microdosing period. This will help you assess your threshold, adjust your dosage and set you up for consistency to help you get the best out of microdosing.



# AFTERCARE

Physical after-effects or "hangovers" from a mushroom experience are not commonly reported, but you may find that you are more emotionally vulnerable after your journey. Self-care techniques like the ones below may help to re-balance yourself and integrate any insights you may have gained during your microdosing day.

- ! Healthy snacks such as fruits, veggies, and nuts or something slightly more filling such as high quality ramen or a light pasta dish
- ! Rehydrate your body using the electrolyte pouch provided in this kit or drink lots of water
- ! A yoga session or stretching to relieve muscle tension
- ! Journaling about your trip experience
- ! Talking about your trip experience with a supportive person in your life

# INTEGRATION

## WHAT IS INTEGRATION?

Integration is the spiritual and emotional practice of processing your psychedelic experience, including any breakthroughs, lessons, or takeaways, and applying them to your life in a way that increases your well-being.

## JOURNALING IDEAS FOR INTEGRATION

Your intentions, hopes, fears, and expectations before microdosing

Any in-the-moment realizations or experiences during your day

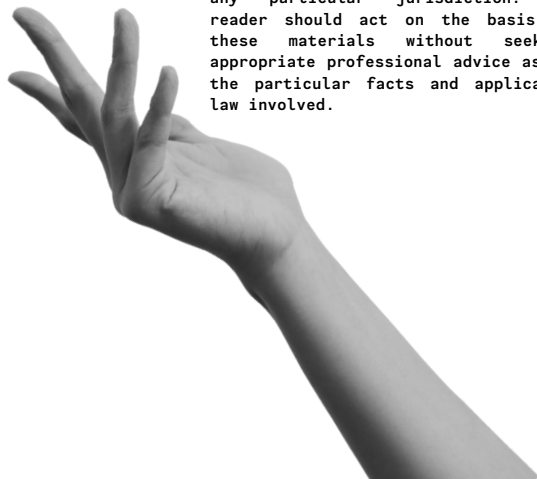
Sensations, visions, insights

What the experience meant to you

How you are feeling after your microdose day

Drawings or other art inspired by your trip

\*DISCLAIMER: YAWN does not condone the use of illegal substances including psychedelics. If you choose to partake we encourage safety and awareness. The materials presented by this handbook, are for informational and harm reduction purposes only and are not offered as medical or legal advice as to any particular matter in any particular jurisdiction. No reader should act on the basis of these materials without seeking appropriate professional advice as to the particular facts and applicable law involved.





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