



The Microdosing Roadmap: Your Complete Guide to Creating a Safe & Effective Practice



Microdosing can be a supportive medicine and healing modality, whether you're looking to:

- Find relief from parental burnout
- Get off medications such as SSRIs or Adderall
- Enhance your creativity
- Find healing from anxiety, depression, eating disorders, OCD, PTSD or addictions
- Find more focus and productivity
- Be less triggered and reactive in stressful situations
- Heal unresolved traumas
- Resolve limiting beliefs
- Increase connection to nature
- Find a new level of self care and love
- Improve PMDD symptoms
- Connect to a deeper level of spirituality
- Explore a more holistic way of life



about me

EMILY SANDERS

My journey into the world of microdosing began as a personal quest for healing and resilience in the face of postpartum depression (PPD) and parental burnout. This holistic approach to well-being became a catalyst for positive change in my life, leading me to explore its potential as a means of support for others facing similar struggles.

My mission is rooted in the belief that education is the key to breaking down stigmas and fostering a greater understanding of microdosing. Through various trainings and experiences, I have witnessed firsthand the profound impact that microdosing can have on mental health and overall well-being. As a mentor, I am committed to guiding individuals on their own journeys toward balance, resilience, and self-discovery.

Today, I am dedicated to sharing the gift of microdosing with others, especially parents who find themselves struggling with the overwhelming demands of life. I firmly believe that microdosing offers a gentle, yet profound, way to reclaim your life, unlock your creative potential, and heal from conditions like anxiety, depression, OCD, and addiction. Through personalized protocols, holistic guidance and compassionate support, I am here for you!



hello@mindfullmagic.com



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Connect on IG
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CLIENT REVIEWS



My life has significantly changed for the better since starting the protocol. I have more appreciation for my family, I enjoy spending quality time with my kids, I have more meaningful and deeper conversations with my husband.

Emily generously took my call, answered all of my questions and validated others. We worked together to find a routine that worked well for me. Within a few days of the medication, I noticed major positive changes.



I greatly appreciate what you are doing for women and the world, Emily! You have my full support and I will recommend you to any and everyone that I feel could benefit from your wisdom.

"I've been able to see my ocd from a new angle. I've successfully gotten off of my ssri. It helped me take back what my ocd had taken from me. I have hobbies again, I am laughing again, I am able to fall asleep at night without a constant barrage of "what ifs"

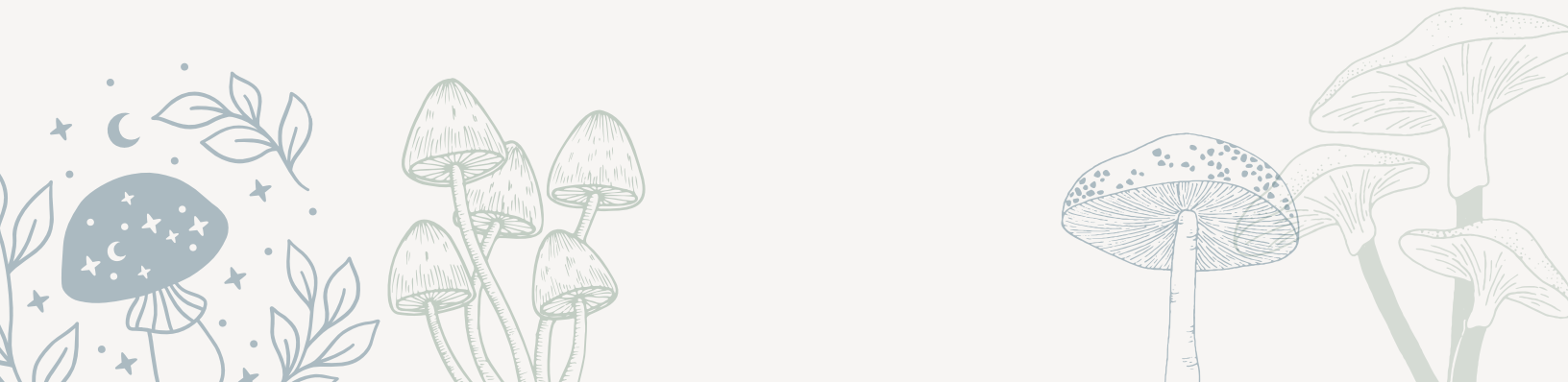


I greatly appreciate what you are doing for women and the world, Emily! You have my full support and I will recommend you to any and everyone that I feel could benefit from your wisdom.

Legal Disclaimer

The information contained in this guide is for educational purposes only. This guide does not, and is not intended to convey medical or mental health advice. You should not rely on this information as a substitute or replacement for professional medical or mental health advice, diagnoses, or treatment. The content is designed and intended for educational and information purposes only.

I am not a doctor, and any information I share pertaining to psychedelics, supplements or any other health and wellness modality is not meant to treat, diagnose, or claim cures for any physical conditions or mental illness. If you choose to microdose or consume psychedelics, you are choosing to do so as a personal choice, on your own free will, not based on any recommendation from any outside parties.



What's In This Guide?

The Basics

- What is Microdosing?
- How Does Microdosing Work?
- What Are the Benefits?
- When is Microdosing NOT Recommended?
- What are the Risks?

The Preparation

- The Steps to a Self Guided Microdosing Journey
- Protocols
- Choosing Your Dose
- 30 Day Calendar
- Prep Work
- What to Expect
- Signs You Might Need Additional Support
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The Journey

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- Bonus: Ceremonial Cacao Recipe
- Set Your Intention
- Check In Sheet
- Journaling
- What is Integration?

The Basics



What is Microdosing?

Microdosing is the practice of regularly consuming a very small amount of a psychedelic substance, usually 1/10th to 1/20th of a regular dose, with the intention of improving one's quality of life.

Microdosing does not cause classic psychedelic effects such as visual disturbances. Rather, you may experience more subtle “sub-perceptual” effects. Some examples of this may be:

More energy
Enhanced creativity
Clearer thinking
Increased problem-solving ability
Increased focus
Positive mood
Greater emotional connection with people around you
Being more present

Microdosing is also often practiced over periods of time, consistently, following a protocol (more on that later). While doing this, you are also implementing integration practices as well as supportive wellness modalities that will support your journey.

This process will teach you how to navigate and process habits, beliefs, patterns, and blockages that have stood in your way for a long time.



How Does Microdosing Work?

1) Rewiring your brain and creating new neural pathways: psilocybin has been shown to promote neuroplasticity, which is your brain's ability to reorganize and form new neural connections. This is the process where you can create new thought patterns, beliefs and create more supportive habits while breaking old ones.

2) It quiets your Default Mode Network- This area of your brain is where your mind defaults to. It's that "chatter" in the back of your brain. So if you ever ruminate on past events or conversations or you drive somewhere and realize you have no idea how you actually got there, chances are you were living in your DMN. Psilocybin quiets all that extra noise which helps you be more present in the current moment instead of ruminating on the past.

3) Psilocybin acts on the 5-HT_{2A} receptor which quiets the regions of the brain associated with mind-wandering, fear and hyper-vigilance, while activating the networks responsible for visual input, higher learning, memory, planning, goal-setting and instinct regulation. Psilocybin supports new neural connections in the brain, allowing people to face the root cause of their pain typically with less judgement and distress

4) It is an emotional amplifier- therefore it has the tendency to bring forward unprocessed experiences or emotions to the surface. This is why when people start to microdose, they may feel more anxious, sad or agitated.



What are the Benefits?

While experiences and results vary from person to person, there are a wide range of reported benefits.

Physical Benefits:

- Improvements in negative moods
- Increases energy and creativity
- Improves work focus
- Reduces anxiety
- May improve sleep
- Reduces in reactivity (anger outbursts)
- May reduce use of alcohol, nicotine & harmful drugs
- Can create mindful eating habits
- Improves problem solving ability
- Increases mental and emotional resilience during times of stress
- Helps access and maintain "flow state" when working, studying, etc.

Spiritual Benefits:

- Increases connection to yourself, others & nature
- Rewrites limiting beliefs you have placed on yourself in the past
- More in tune to your feelings, intuition & needs
- Creates the ability to identify and apply healthy boundaries to your life
- Strengthens empathy and emotional connections
- Heightens your presence and awareness
- Increases gratitude for life



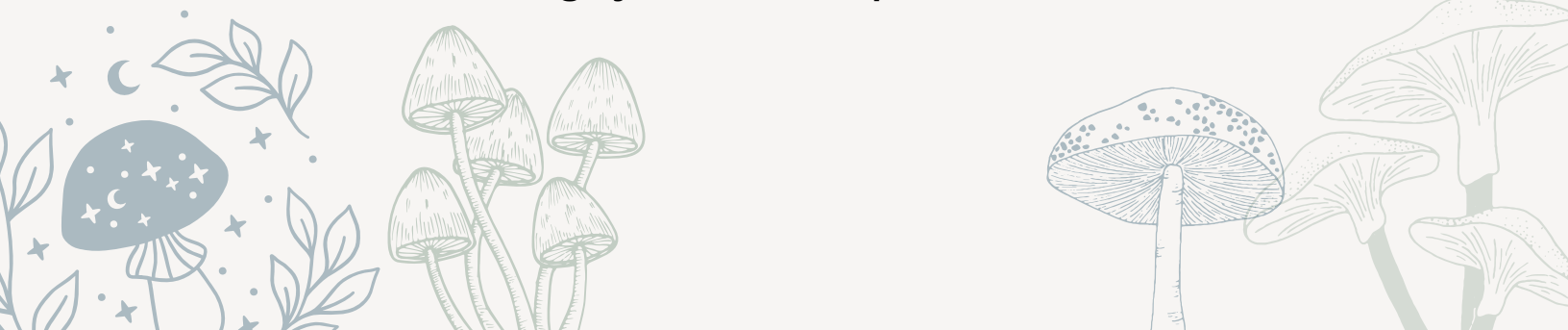
When is Microdosing NOT Recommended?

You should NOT be microdosing if you have or are experiencing any of the following:

- For people under the age of 18
- In combination with other drugs that may cause side effects including lithium carbonate medicine (Lithium), and Tramadol
- During pregnancy or breastfeeding
- In those with a family history of epilepsy, psychosis (bipolar & schizophrenia)
- Those diagnosed with a heart related condition such as heart disease, uncontrolled blood pressure, heart failure, or previous heart attack/stroke
- You don't have access to a trusted source for medicine or are in an unsafe environment
- You don't currently have the willingness or space in your life to accommodate microdosing or making changes in your life
- You utilize microdosing as a reliant substance instead of a supportive modality

It is important to:

Always consult your doctor first if you plan to combine, stop or phase out medications. Remember: The interactions of microdosing and medications is still unknown. If you want to taper off medications because you suspect that microdosing is a better alternative, always consult with your doctor and thoroughly research the pros and cons!



What are the Risks?

Generally speaking, the side effects of microdosing psilocybin are low and manageable. There are no physically addictive properties to psilocybin and it has no lethal dose. The side effects, if any, are typically temporary. These can include but are not limited to:

- increased anxiety, paranoia, irritability or emotional instability
- stomach upset or nausea
- Fatigue
- Difficulties sleeping if taken too late
- Headaches

Interactions

Adderall, Xanax and SSRI Antidepressants should be approached with extreme caution. Psilocybin could interfere with any medications or herbal supplement (St Johns Wort) that alter the serotonin system (5-HTP)





The Preparation

The Steps to a Self Guided Microdosing Journey

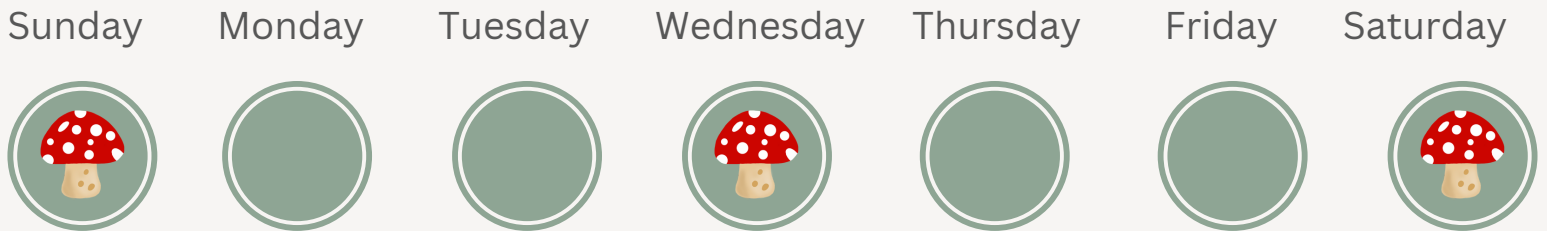
- 1) Choose a protocol
- 2) Choose a dose
- 3) Know what to expect
- 4) Do your prep/set intentions
- 5) Check in on your mindset/journal
- 6) Integrate

Protocols

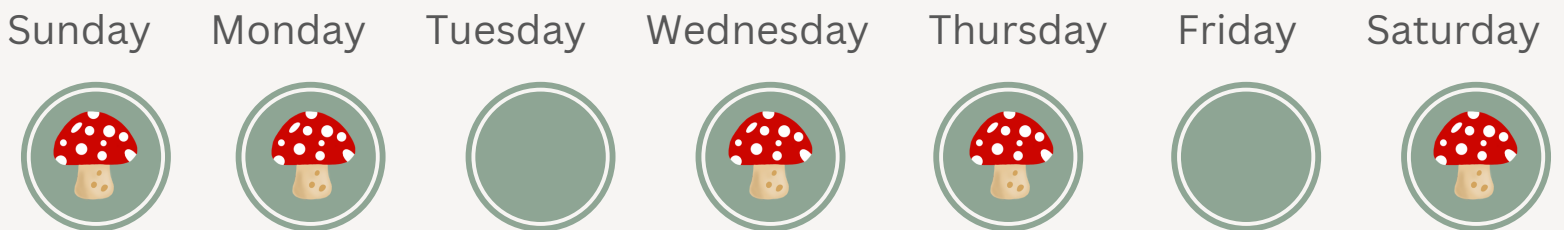
Microdosing is a practice that yields best results when it's done over an extended period of time following a dosing scheme, or protocol. The effects and results of this practice depend greatly on the person, the dosage and many other factors such as their intention, their expectations and mindset. It is recommended to work with the medicine for around 4-8 weeks and then take at least a two week break to avoid a tolerance build up and allow you the chance to properly integrate.

Below are the most common protocols and the benefit to each. This is an intuitive process. I typically recommend Stamet's Protocol beginning at 100 mg. Choose what feels good to start for you but pay attention to what your body is telling you. If you need to change the schedule or dose, do so with caution or contact me for help in navigating this.

Fadiman Protocol: Boost Creativity, 1 on 2 off



Microdosing Institute Protocol: Good for Anxiety, 2 on 1 off



Stamet's Protocol: Brain Fog, 4 on 3 off

This is my recommended protocol to start with if you aren't sure where to start. It's typically a 4/3 schedule. However, I sometimes suggest trying a 3 on/2 off schedule if 4 days feels like too much to start.

Sunday

Monday

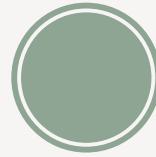
Tuesday

Wednesday

Thursday

Friday

Saturday



This protocol also includes stacking both Lions Mane (100-300mg) and a Niacin Supplement. Stamets believes this specific 'stack' of supplements can have a range of potential positive effects on the brain and our brain health such as improved cognition and neurogenesis.

PLEASE NOTE: I like leaving the niacin as an optional addition. You may experience a niacin "flush" which is characterized by redness and tingling in the face, arms and body that can last from 10-30 minutes and though slightly uncomfortable, it is a harmless side effect of the vitamin. Taking it with food may help avoid a flush. You can also take 50 mg instead of the full 100 mg if you experience more discomfort.

DON'T FORGET TO INTEGRATE ON YOUR OFF DAYS!

Choosing a Dose

Deciding on a dose refers to how much medicine you will take for each “on” day of your protocol. Finding a dose/protocol combo that works best and is most supportive for you may take some time and trial and error. Start small and keep track with how you are feeling each day. To begin, pick a dose around 100 mg (0.1g). However, if you are sensitive to caffeine, lights or sounds or are prone to headaches, starting closer to 50 mg may be the best starting point. Remember that this medicine is highly intuitive so listen to your body and what you are feeling and adjust accordingly.

Dosing Guide



0.05 - 0.25 grams: Microdose-enhanced mood, improved focus, creative flow, heightened emotional awareness



0.5 - 0.1 grams: Creative Dose-mild sense of euphoria, vivid emotions, enhanced perception of sounds and visuals



1 - 2 grams: Moderate Dose-visual stimulation, mild hallucinations, deep introspection, enhanced creativity



3 - 5 grams: High Dose-Mystical experiences, distorted sense of time, open and closed eye visuals, Synesthesia



5+ grams: Heroic Dose-Ego dissolution, intense euphoria, complete loss of sense of time, extreme alteration of senses

A 30 Day Example of your Journey

SUN	MON	TUE	WED	THU	FRI	SAT
	ON DAY	ON DAY	ON DAY	ON DAY	 OFF DAY	 OFF DAY
 OFF DAY	ON DAY	ON DAY	ON DAY	ON DAY	 OFF DAY	 OFF DAY
 OFF DAY	ON DAY	ON DAY	ON DAY	ON DAY	 OFF DAY	 OFF DAY
 OFF DAY	ON DAY	ON DAY	ON DAY	ON DAY	 OFF DAY	 OFF DAY
 OFF DAY	YOU DID IT!					

Notes:

Here's a blank calendar for your MindFULL Journey

SUN	MON	TUE	WED	THU	FRI	SAT

Notes:

Prep Work

- It is recommended to avoid alcohol or other drugs while on a microdosing protocol as it may lessen the effects of the psilocybin. If you do decide to consume alcohol, it is suggested to do so on an off day. If you decide to consume alcohol or another substance on a dosing day, please exercise caution in doing so.
- Get yourself a Journal. This can be paper, a Word doc, or a Cloud based journal-whatever works best for you! A very impactful process during a microdosing journey is to do inner work, meditations, journal prompts, etc. Remember the more you work with the medicine, the more it works with you!
- DAY 1: The first microdosing day. I advise getting started with microdosing on a day without many obligations (work, family, social). It's best to take your microdose before 10AM in the morning on an empty stomach. This way, it will take effect much quicker. Many people experience an increased energy level, but for others it can make them sleepy. If you find your energy levels are low when you microdose, try taking your dose an hour or two before bed and allow the medicine to work it's magic while you sleep.
- For your "ON" days, try to have a morning ritual when taking your medicine. Doing this starts your day on the right foot! Don't just "pop a pill" and carry on with your day. Chances are, you won't see much success. Honor the medicine and work with it-this is how changes happen!

Prep Work

- Here are some ideas for your morning ritual:
 - drink a glass of water. I like warm lemon water with some pink himalayan salt
 - watch the sunrise-this is great for balancing your circadian rhythm
 - meditate or practice deep breathing
 - do journal work, gratitude, light body movement
 - burn incense, sage or palo Santo
- Remember, that while protocols are a great guideline to follow, this is a highly intuitive medicine. If you feel like your dose or time of day you take it isn't working for you, honor your body and make any necessary adjustments.
- Psilocybin depletes your magnesium, so it is wise to add a magnesium supplement while using the medicine.

What to Expect

- You will NOT trip or feel high as this is a very gradual process. The most you may feel is an overall sense of calm.
- Microdoses usually take 30-45 minutes to kick in but some days are different than others and everyone responds differently. Some days you might feel no different and some days may feel stronger. This is all ok and normal. Physical changes can effect how each day feels such as your stress levels, what you ate or drank, etc.
- The effects may last several hours but again, each person and each day can vary. I have found personally that dosing days I feel very calm and focused but on my off, or afterglow days, are when things tend to come up for me to process and my emotions run higher. This medicine teaches you to be aware of your physical and emotional fluctuations, so don't expect things to always feel a certain way or compare your journey to someone else's.
- You might notice you feel great the first few days and then you might start to feel agitated or more anxious. This ebb and flow is very common. Microdosing has a way of amplifying feelings that are there. So if you suffer from anxiety, you might feel more anxious. Think of when you have a splinter in your finger. You squeeze it from all sides trying to force it out. This is how your brain starts to respond to anxiety, depression, agitation, etc. Remember that microdosing isn't a passive process and it requires you to lean into those sensations and feelings.
- Get comfortable with the uncomfortable. There may be moments where emotions and memories will come up that will need to be processed. Embrace them, acknowledge them for what they are and do what you need to move through those feelings. Cry, talk to a friend or spouse, journal, workout, etc. Part of what is so powerful about this healing process is we are rewiring these memories to not feel so intense or traumatic and we eventually are able to view them from a different lens.

Signs You May Need Additional Support

- **Unclear Goals:** If you are unsure about why you are microdosing or what you hope to achieve, it may indicate a lack of clarity and direction. I can help clarify goals and establish a roadmap for achieving them.
- **Inconsistent Results:** If you are experiencing inconsistent or unpredictable results from microdosing, it could be a sign that you need help refining your approach. I can provide guidance on dosing schedules, substance selection, and other factors that may affect outcomes.
- **Difficulty Managing Effects:** Microdosing can sometimes produce unexpected effects or challenges, such as increased anxiety or difficulty concentrating. If you are struggling to manage these effects on your own.
- **Lack of Integration:** Microdosing experiences can offer insights and revelations, but without proper integration, these insights may not translate into lasting change. I can support the integration process by helping you reflect on your experiences and incorporate them into your daily lives.
- **Lack of Support Network:** Engaging in microdosing can sometimes feel isolating, especially if friends or family members are not supportive or understanding. I can provide a supportive and nonjudgmental space for you to discuss your experiences and concerns.
- **Desire for Optimization:** You may be interested in microdosing as a means of optimization, such as improving productivity or creativity. I can help you explore whether microdosing aligns with your values and goals, and provide strategies for maximizing benefits while minimizing risks.

If at any point these feelings become difficult to work through on your own, please consider utilizing the "Additional Support" options that I have available in this guide

Additional Support Options

Having a coach for microdosing can be invaluable for several reasons:

1. **Guidance and Safety:** A coach can offer guidance on dosage, substance, and frequency, ensuring that you stay within safe and legal limits. They help mitigate potential risks and guide you through the process safely.
2. **Personalization:** Coaches can tailor the microdosing experience to your specific needs, considering your goals, lifestyle, and potential sensitivities or health concerns.
3. **Maximizing Benefits:** A coach can assist in maximizing the benefits of microdosing. They might suggest practices or routines that complement the process, like mindfulness exercises or journaling, to enhance the desired effects.
4. **Accountability and Support:** Having a coach provides accountability, ensuring that you stay on track with your microdosing regimen. They also offer support and a space to discuss experiences and challenges that might arise.
5. **Legal and Ethical Guidance:** A knowledgeable coach can advise on the legal and ethical aspects of microdosing, helping you navigate within legal boundaries and ethical considerations. Overall, a coach can significantly enhance the microdosing experience, making it a more structured, safe, and beneficial journey.



Things may come up, triggers, emotions etc and that is where having the additional support is so beneficial. At any point during your journey, if you are experiencing anything that requires support, or can't figure out a dose and protocol that feels good for you, listed below are the add on options within this container:

-1:1 Support for the full 30 day protocol

-30 minute Zoom call to cover any questions or concerns

To schedule a 30 minute intake call with me about support click the link below

[Click Here!](#)



The Microdosing Journey



Stacking Your Protocol

Stacking microdosing protocols with mood-regulating and cognitive-enhancing herbs, alongside functional mushrooms recognized as nootropics, and adaptogens targeting stress reduction creates a potent synergy for optimizing mental well-being and cognitive function. These customized blends offer tailored solutions to individual goals, whether it's mitigating nervousness and anxiety, enhancing stress tolerance, reducing irritability, or boosting energy and motivation levels. By harnessing the combined benefits of these natural compounds, users can unlock their full potential while promoting a balanced and resilient nervous system, ultimately leading to improved overall outcomes in both mental and emotional realms.

**Use the below link and enter EMILY10
for \$10 off your first microdosing stack
from Mycro Drops
[Click Here!](#)**



Ceremonial Cacao

Infusing your cacao with a microdose presents a delightful and uncomplicated method to establish a simple ritual involving not just one, but two forms of medicine. Cacao is revered as a sacred plant medicine in various cultures and is recognized as a natural facilitator of heart-opening experiences.

Pairing psilocybin with cacao can elevate your journey: mushrooms are known for expanding the mind, while cacao acts as a catalyst for opening the heart.

Theobromine, cacao's primary stimulant, serves as a vasodilator, enhancing blood flow to the heart. Additionally, cacao incorporates MAO inhibitors that inhibit the breakdown and modulate neurotransmitters like Serotonin. Within cacao are trace amounts of Anandamide, an Endocannabinoid often referred to as the "Bliss Molecule," and Phenylethylamine, known as the "Love Molecule."

**Ora is my favorite place to buy cacao.
Below is a link for 10% off your cacao order.**

[Click Here!](#)



Daily Cacao Recipe

Here is a recipe for cacao, courtesy of Ora

The Daily Recipe

SERVES 1 TIME NEEDED 10 MINUTES

15-20 Cacao discs (up to 25 grams)

4oz water, milk or herbal tea

2 tsp sweetener of your choice, optional

INSTRUCTIONS

Heat your water to 170 degrees. Like green tea, using boiling water with our cacao could heat out all the powerful nutrients. We like using electric kettles with temperature control or you can boil the water and let it cool down for a few minutes.

Select your dosage with intention. Cacao can be stimulating, so this dosage chart will help you decide how much cacao to work with. *We also recommend taking notes on how your body responds to different amounts, as every body is different.*

Make it creamy! Place the cacao in a blender, pour in 4-5 oz of heated water per serving and gently blend to create a nice frothy drink. We also love [these hand-held milk frothers](#), which are less clean-up.

*Bonus tip! The cacao tastes better when you pause and set an intention for your day before taking your first sip.

Set Your Intention

An intention is a specific outcome or goal you are holding for the duration of your protocol. Doing this shows commitment that you're taking the work you're about to do seriously. You are clearly stating what you want to embody.

Microdosing psilocybin is not a passive process. It requires your effort and involvement. Know that both this medicine and experience are on your side. You are getting exactly what you need and it is happening for your benefit and your healing.

Through your desired intention, you are telling the medicine, the journey and your body what you think is most important to focus on right now.



Take a few long deep breaths to feel calm and centered. Notice any thoughts or feelings that come up. Take time to really feel what you're needing from this process and when you are of clear heart & mind, write your intention below.

MY INTENTION FOR THIS JOURNEY IS:



DOSE

○ _____

○ _____

○ _____

A 2x6 grid of 12 simple line-art faces. The top row shows: a happy face with a wide open smile, a neutral face with a slight smile, a sad face with a straight line for a mouth, a face with a single tear, a sad face with a downturned mouth, and a surprised face with wide eyes and an open mouth. The bottom row shows: a happy face with heart-shaped eyes, a neutral face with a slight frown, a sad face with a wavy line for a mouth, an angry face with furrowed brows and a wide-open mouth, a happy face with a tongue sticking out, and a neutral face with a slight frown.

Journaling

Journaling can be an essential tool when microdosing for several reasons:

1. **Tracking Effects:** Microdosing effects can be subtle and difficult to notice without careful observation. Journaling allows individuals to track your experiences over time, noting any changes in mood, cognition, or behavior that may result from microdosing.
2. **Identifying Patterns:** By consistently journaling your experiences, you can identify patterns and correlations between microdosing and various aspects of your life. This can help you understand how microdosing affects you personally and make informed decisions about dosing schedules, substance selection, and other factors.
3. **Integration:** Microdosing experiences can offer insights and revelations that may be valuable for personal growth and self-discovery. Journaling provides a space for you to reflect on your experiences, integrate any insights gained, and identify actionable steps for applying these insights in your daily life.
4. **Self-Reflection:** Journaling encourages self-reflection and introspection, allowing you to explore your thoughts, feelings, and experiences in depth. This can promote greater self-awareness and insight, leading to personal growth and transformation over time.



Integration

Integration is when we start to understand our experience and the potential meaning it has for us—and then we incorporate the teachings from our psychedelic experiences into our everyday life. We are changing the way we think by THINKING. So this awareness and deliberate attention to oneself during this process is what makes all the difference in the world.

Integration is not just a tool, but an attitude toward life and it may look different for everyone. It can be using tools like journaling, taking a bath, listening to music or moving your body to stay in your head and heart space. It is highly beneficial and strongly encouraged to try integration throughout your journey, including your off days, as well as when your journey has ended.

Remember **RAIN**:

Recognize: what is happening

Allow: the experience to be there, just as it is

Investigate: with interest and care

Nuture: with self compassion

Remember that healing happens not only in the mind, but also in the body, psyche, heart, and spirit.

The next page contains some practical questions you can answer to integrate after your protocol:



You're Done! Now What?

You're all done your protocol and you're probably wondering "what do I do now?"
There are a few things to do following your protocol.

1) Continue to focus on integrating your experiences so they can become a part of your every day life.

2) If you added on 1:1 support, contact me to schedule your wrap up call. This is where we talk about how your journey went, the downloads you received, how your integration prompts went, what went great, maybe what didn't and what to do after.

3) Do you want to do another protocol? If you're feeling called to do so, go for it! You can microdose for up to 3 months but then make sure you take a 2-4 week break and start again when you feel called. The reason for the break is that you can develop a tolerance to psilocybin-taking the break allows you to keep microdosing at the same or similar dosage.



Thank-you!

This guide has truly been such a pleasure to build and I'm so thankful I was able to share this with you.

Sending you mush love on your future journeys!

Contact:

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IG: @Its_Emily_Sanders

