

MICRODOSING GUIDE

YOU ARE THE MEDICINE

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WELCOME, BEAUTIFUL SOUL

This guide is **not an instruction**. It is **remembrance**. A remembrance that you already know. The medicine only reminds you of what you already are.

My journey began 2020 – straight out of my first corporate job, which had made me depressed almost immediately – in a **Bufo ceremony in Mexico**. Which completely dissolved me, sent me into the universe, and gently placed me back on Earth in absolute lightness.

I was shown truth – long before I could embody it:

Life is simple. Is = existent. Simple = easy.

The years that followed, I spent building my business and trying to “find my path.” Which is quite funny, because my path had already found me – it had always been there. Long story short: many iterations, loops, and letting go of illusions later – **I always came back to the medicine.**

And every single time, it answered (without me asking): **This is the way.**

Not mushrooms, LSD, or any substance itself – but the **remembrance through them**. And I’m here to share that.

Love, Laura



Introductory Disclaimer

This guide is for **educational and self-reflection purposes only**. It is **not medical, psychological, or legal advice** and does **not encourage** substance use. Psilocybin and LSD are **illegal** in many countries, including Germany.

Their use may involve legal and health risks.

Please check the laws in your country.

If you are taking **medication** (especially SSRIs, MAO inhibitors, or antipsychotics), or if you have **psychological or cardiac pre-existing conditions, consult qualified medical professionals beforehand.**

The effects of psychedelic substances are **individual and unpredictable.**



CHAPTER ONE

WHAT MICRODOSING REALLY IS

Microdosing is not about “taking a substance.”
It is about **opening to frequency**. Plants and substances
are **teachers** – mirrors of what already lives within you.



Definition: Microdosing refers to taking a **sub-perceptual** dose of a psychedelic substance – typically around **1/10 to 1/20** of a full dose. The dose is low enough that you do **not experience hallucinations**, yet high enough to gently **influence mood, focus, and creativity**.

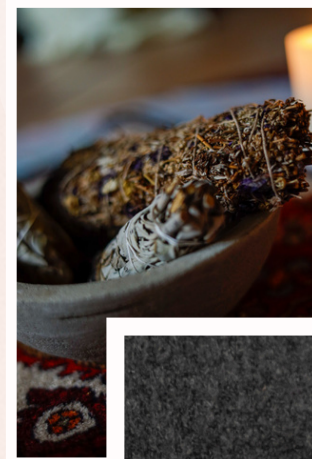
Commonly reported effects:

- improved mood, emotional resilience & social connectedness
- increased focus & productivity
- enhanced creativity & problem-solving
- reduced anxiety, depressive symptoms, or stress responses

Psilocybin is a psychoactive compound found in certain mushrooms (“magic mushrooms”). Microdosing with psilocybin usually refers to **micro-amounts** of dried mushrooms, e.g. **0.05-0.25 g**, taken at intervals over weeks or months.

Legal note:

Psilocybin and pure LSD are **illegal** in most countries. Some **LSD derivatives** exist with **unclear legal status**.





The term **Magic Mushrooms** is deeply accurate. Through their **mycelium network**, mushrooms are infinitely interconnected – much like neural networks – reminding us of **interbeing**. Mushrooms teach **humility** and **relationship**. Healing does not happen because you “improve yourself,” but because you **remember that you are whole**.

No dopamine chase: Microdosing is not suppression, distraction, or fireworks. It is allowance for **consciousness to heal itself** by remembering its own wholeness.

On a physiological level, microdosing can support neuroplasticity – the brain’s ability to **form new connections & release old patterns**. Especially when combined with conscious bodywork, breath, and presence, this can open space to feel, think, and act differently.

It modulates serotonin receptors, which may positively influence mood and perception. For many bodies, this is the first time they **truly feel safe**.

And when the body feels safe – **It brings shit up**.

And that is exactly what we want! Because when your body finally feels safe enough, it allows what has been hidden to surface and be felt. And in that, your **freedom lives**.

Possible side effects: nausea, headaches, sleep disturbances, increased anxiety/paranoia, flashbacks.
Effects are highly **individual**.



CHAPTER TWO

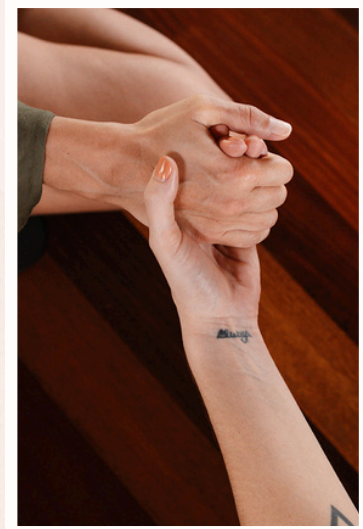
7 COMMON ILLUSIONS ABOUT MICRODOSING



1

"I need microdosing to function."

You don't. The medicine reminds you that you are **not here to function**. As safety grows, you act from yourself. This is what we call the **flow of life**.



2

"I'm doing it wrong if I don't feel anything."

Nope. Let your system **sensitize**. Pausing before acting, responding differently in old situations – these **micro-shifts accumulate**. Listen.



3

"I need to control and track everything."

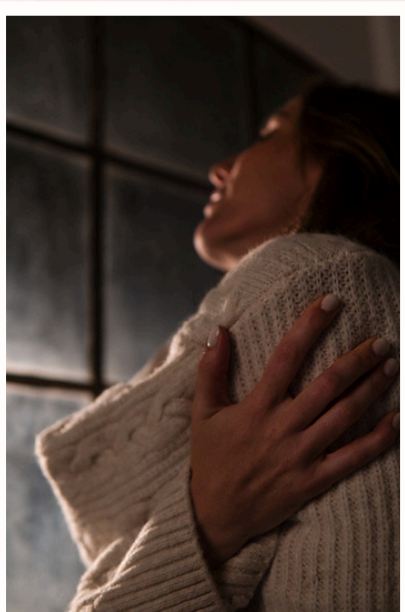
You can – if it supports safety.

Personally:

I don't track. I don't control. I trust.

Journaling can offer clarity and grounding. Safety is not the enemy of trust – it is the ground it grows on.

Sometimes it's simply beautiful to write down the miracles. Not to hold onto them – but to honor yourself. Trust what feels right for you.



4

"I can't trust myself."

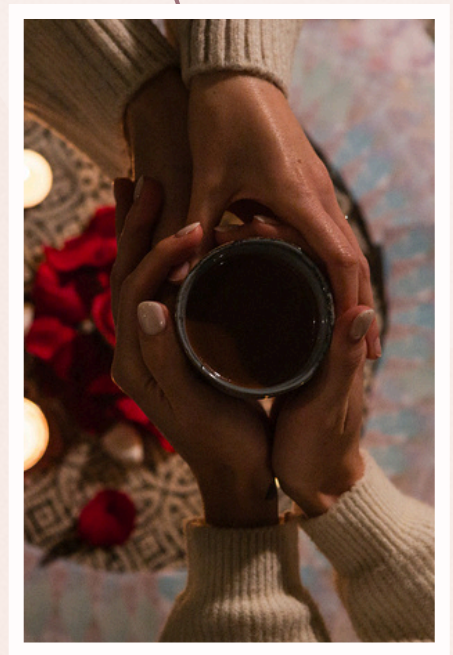
You already do.

Every single day, a little more.

5

"I'm can't to tell anyone."

You can – **consciously chosen**. Share with people who are **present, not instructive, and open**. "Words only make things smaller" – be mindful of who you share with, so your **experience isn't diminished**.



6

"I'm not spiritual enough."

You are a **conscious being** on a planet flying through infinite space.

You're spiritual enough.



7 "I have to be perfectly stable."

Nope. Maybe that's **exactly why** the medicine is calling you.

If you have a **history of psychological conditions** (personal or familial), psychedelics may carry risks (symptom worsening, flashbacks). Professional support is strongly recommended.



CHAPTER THREE



RITUAL, RHYTHM
& DOSING

Trust yourself.

Set & Setting are central. Your **inner state** (set) and **environment** (setting) significantly influence your experience.

There are different microdosing protocols, such as Fadiman (1-0-0-1-0-0-1) or Stamets (1-1-1-1-0-0-0 / 1-1-1-1-1-0-0). What matters most is that it feels aligned for you.

Listen – the mushroom knows your timing.

If things come up, ask yourself whether “this isn’t working” is an **old protection** – or an invitation to stay with yourself, knowing **you are held**.

Routine helps: A set structure means no daily decisions. Work consciously with your **nervous system**:

- **Breath:** e.g. 4-7-8, 3-5 Min.
- **Music** that allows you to soften
- **Body:** Movement, touch, stretching, self-massage
- **Gaia (Earth):** Nature, skin-to-earth contact, conscious perception





RITUAL SUGGESTION

- Intention
- short check-in
(motivation, expectations, presence)
- conscious breathing
- gratitude to the mushrooms,
the earth, yourself
- one song that opens the space
- ensure your environment feels safe
and nurturing



Dosage (starting points):

- Dried mushrooms: **0.05-0.10 g**
- (up to **0.25 g** can already be clearly perceptible)
- LSD: **5-20 µg**

Use a **precision scale** (0.001 g).

Precision prevents unintended mini-trips.

Start on days without major responsibilities.

Avoid unsafe activities (long drives, machinery, tools).

Once you know your dose, **gently integrate** microdosing into your daily routine (work, creative, social days).

Stay grounded. **Choose consciously** with whom you share your experiences.

Do not combine with medications or supplements without medical clarification. (**Interactions!**).





CHAPTER FOUR

INTEGRATION ≠ CONTROL

The medicine does not give you **what you want** – it gives you **what you need**.





Control creates the **illusion** of safety.
True safety arises from within.

Release the management of the experience –
loss of control is part of it.

Pauses are medicine:
They integrate and prevent **tolerance**.

There are no “relapses.”
Cycles and spirals belong to the path. You cannot force
readiness. **Everything arrives when you are ready.**
On another level, you already chose this.

Take time for **reflection and integration** –
alone and with trusted mirrors.
Seek professional support when needed.



CHAPTER FIVE

RISKS & WARNINGS

I share these words with deep **respect** for the medicine
- and with a sense of **responsibility**.

Psilocybin and LSD are illegal in many countries and may
involve legal and health risks. Check your laws.

Interactions with medications – especially **SSRIs, MAO
inhibitors, antipsychotics** – can occur (e.g. **serotonin
syndrome**). Seek professional consultation. Effects are
individual and unpredictable.

This guide is **not** medical advice.
It is an **invitation to meet yourself consciously**.

IMPORTANT NOTE : LSD VS. PSILOCYBIN

LSD and psilocybin **are fundamentally different substances** and **must not be treated with the same protocols, dosage logic, or timelines.**

Key differences:

- LSD has a much **longer duration** (8-12+ hours) compared to psilocybin (4-6 hours).
- LSD is generally more **stimulating and cognitive**, while psilocybin is often more **somatic and emotional**.
- LSD builds **tolerance more quickly**, making frequent dosing more problematic.
- The nervous system load of LSD is different and often stronger over time.

For this reason, **psilocybin-based microdosing protocols cannot simply be applied to LSD.**

LSD requires **longer integration phases**, more caution with frequency, and a very honest relationship with the nervous system.

Less is more.

And for many people: **much less.**

CHAPTER SIX



WHEN YOUR HEART'S CALLING — GO DEEPER

If you feel called to go **deeper** – to meet the medicine **ceremonially** – this is your **invitation**.

Reach out regarding **1:1 ceremonies or retreats**.
I may guide you or refer you to **aligned, safe spaces**.

YOU ARE THE MEDICINE

The mushroom, the earth, your body, your breath – **one pulse. All is love.** The same primal frequency of abundance in different density.

With or without microdosing: **You are the medicine.**
This path only reminds you.

Thank you for being here. Thank you for feeling.
Thank you for remembering.
You are. Eternal. All. One.

If you have any questions or would like accompaniment
- **you know where to find me.**

I love you and wish you a wonderful journey.

Laura

