ZENCHRONICITY

Microdosing

30 day Journal

BEFORE MICRODOSING

Psychedelics are known to be generally safe, but it's essential to be aware of potential risks.
This was created to bring awareness to micro-dosing and guide you on your personal journey!

- [ ] Does anyone in your family have a history of severe mental illness?
- [ ] Are you in good health? Mentally and physically?
- [ ] Have you recently been hospitalized for mental health concerns?
- [ ] Have you recently experienced or currently having a spiritual emergency?
- [ ] Are you on any doctor-prescribed medications that could potentially cause adverse reactions?

Psychedelics are known to amplify mental or psychic processes. This suggests that those suffering from significant mental health issues may want to avoid using psychedelics without medical or professional guidance. While preliminary research suggests promising outcomes for mental health issues, such as PTSD and end-of-life anxiety, these studies have been conducted in a controlled environment under professional supervision to minimize harm and maximize safety.

We suggest you seek more research and speak with the right professionals if you have any concerns about your situation.

This is not medical advice or professional advice. This is to be a guide for you to explore your subconscious, and begin your journey with these powerful fungi.

Microdosing Mushrooms

This is an Inner Experience workbook specifically for integrating micro-dosing psilocybin, also known as Magic Mushrooms.

A microdose is the consumption of a "micro" dose weighing 100-500 mg.

So far, there are many different micro-doing protocols -- all of them suggest two to four weeks of rest after a complete micro-dosing cycle of four to twelve weeks. This reset is vital to avoid building tolerance and thus slowing down the healing effects of micro dosing.

Everyone is different. To determine if a protocol fits you, we suggest you try each micro-dosing schedule for at least a month until you find the one for you.

Fadiman: Ideal for beginner Microdosing, two days rest, Microdoing

Statmet: Microdosing stacked with B12, and Lion's Mane

Night Cap: Microdosing at night before bed

Microdose Pro: Set days of the week you Microdose

**Taking days off between doses is recommended, but listening to one's body is important. **

How to use this workbook

This workbook was created to guide you through the process of reflection through journaling, education, and self-care practices.

You may choose to use this workbook linearly or each exercise separately.

The first week is developing and understanding self-care practices to stay rooted throughout the practice. May of us are stuck in the same habits and routines, and it's essential to break these patterning to create a new direction.

Going in a new direction or growing out of comfort can be challenging. It can come with challenges and being uncomfortable.

This workbook has activities that will work in the imaginal realm, as psychedelics open us up to a new world.

Integration is a process of soul work and soul-making. When using psychedelics, gaining deeper insight into a darker side of our subconscious mind is common. Insights are wonderful, yet they can leave confusion and feeling of not knowing how to work these experiences into everyday life.

Making and Work of the soul may seem odd to some, but think about the process as creating wholeness.

Psyche derived from the original Greek word meaning *Soul.* This process is a lifelong journey of getting in touch with yourself, developing a relationship, and loving ones self above all else.

The soul can be a driving creative archetype force in all of us. Psychedelics can open us up to SOUL expression, expansion, and potential. Our job is to nurture this process and not try and control it.

MONTHLY PREPARATION *Journal*

DATE: TIME:

✦ Monthly Goal

✦ How does it make me feel?

✦ Challenges

✦ How can I improve it?

Accomplished Goals

Unaccomplished Goals

Goals Next Month

Habits Retained

Habits Eliminated

New Habits Developed
(Good & Bad)

Three things that I am most grateful for last month:

Two life lessons I learned last month:

One word that best describes last month:

How will you rate last month? ☆☆☆☆☆

WEEK ONE
Self Care Practice

Self Care

What does your current day look like?
How much caffeine, alcohol, sugar, and processed foods are you consuming?
Do you have a daily movement routine?
Are you spending time side?

Spend a few days observing what your daily routine looks like-- and become aware of what you would like to adjust

Self-Care Routine allows you to spend time with yourself and is the first step in cultivating self-love and a grounding practice for integration and change.

Creating Routine
Everyone's routine looks different, but everyone needs a routine. What do you want your routine to look like?

This can be simple in the beginning by creating a time every day to sit in silence for 15 minutes with no distractions.

You begin to build from there, slowly eliminating one and implementing another. It's about compromise and negotiation with self.

i.e. 6 shots of espresso, becomes 3 shots daily, with a cup of cacao

Things to look at in your life:

- Time on social media
- Sleep patterns
- Boundaries in your life, work..
- Work-Life balance
- Spending Habits
- Time scrolling
- TV consumption
- Hobbies

WHY DID YOU DECIDE TO START MICRODOSING, AND WHAT ARE YOUR INITIAL EXPECTATIONS?

DESCRIBE YOUR FIRST MICRODOSING EXPERIENCE, INCLUDING DOSAGE AND ANY NOTICEABLE EFFECTS.

HOW HAS MICRODOSING AFFECTED YOUR MOOD AND OVERALL WELL-BEING SO FAR?

REFLECT ON ANY CHANGES IN YOUR PRODUCTIVITY OR CREATIVITY SINCE STARTING MICRODOSING.

WHAT, IF ANY, NEW INSIGHTS OR IDEAS HAVE EMERGED FROM YOUR MICRODOSING EXPERIENCES?

WRITE ABOUT ANY CHALLENGES OR DISCOMFORT YOU'VE ENCOUNTERED WHILE MICRODOSING.

EXPLORE ANY CHANGES IN YOUR RELATIONSHIPS OR SOCIAL INTERACTIONS AS A RESULT OF MICRODOSING.

WEEK TWO
Thought Patterning

Thoughts
the fastest form of energy.

On an average day, the human brain processes 70,000 thoughts.

Are you aware of your thoughts?

Thoughts are the building blocks of our conscious and subconscious minds. They are helping us decide what to eat, what to wear, and how to treat our selves and others.

Thoughts are the creator of habits.

When you become MINDFUL in your thoughts, you're about to RE-PROGRAM the REACTION.

When you react, you are repeating an action from experience. We have thousands of thoughts daily; if you become aware of them, you can change any REACTION in any situation.

Where are your thoughts?
Where are you mindlessly going; the refrigerator, negative thoughts about yourself, low self-esteem?

Re-wiring the thought-- A negative thought always has a positive.

Identify the positive thoughts to the negative.

REFLECT ON HOW MICRODOSING HAS INFLUENCED YOUR PHYSICAL HEALTH AND WELL-BEING.

DESCRIBE ANY MINDFULNESS OR MEDITATION PRACTICES YOU'VE INCORPORATED INTO YOUR ROUTINE DURING MICRODOSING.

HOW DO YOU FEEL ABOUT YOUR OVERALL MENTAL CLARITY AND FOCUS AFTER A WEEK OF MICRODOSING?

EXPLORE ANY CHANGES IN YOUR SELF-AWARENESS OR EMOTIONAL PROCESSING.

WRITE ABOUT ANY DREAMS OR DREAM PATTERNS YOU'VE NOTICED DURING THIS TIME.

REFLECT ON YOUR CONNECTION TO NATURE OR THE ENVIRONMENT DURING YOUR MICRODOSING JOURNEY.

HAVE THERE BEEN ANY UNEXPECTED OR UNINTENDED CONSEQUENCES OF MICRODOSING?

WEEK THREE
Movement

Movement of the Body

The body was made to move, we are made up of tissue, ligaments, bones, and facia. When we are stagniant and don't the body begins to create energetic blocks, muscles break down, excessive fat buidls up around the organs and over all the body becomes sick either physically, or energtically; or both.

Ask yourself:
How does your physical body feel?

Are you able to tell the difference between pain, or sore muscles?

How many times a week are you moving your body for atleast 30 minutes?

Are you connected to your breathe?

Where would you like to add more movement into your life?

What does more movement in your life, look like for your lifestyle?

When we take the time to move the body, we are taking time to be present within our bodies. This is essentail for understand self, and growing and moving out of stored negative emotions that are in the body.

DESCRIBE ANY MOMENTS OF INCREASED GRATITUDE OR AWE DURING YOUR JOURNEY.

HOW HAS YOUR PERSPECTIVE ON STRESS OR ANXIETY SHIFTED SINCE YOU STARTED MICRODOSING?

REFLECT ON HOW YOUR VALUES AND PRIORITIES MAY HAVE EVOLVED DURING THIS TIME.

EXPLORE YOUR SENSE OF INTERCONNECTEDNESS OR SPIRITUALITY DURING MICRODOSING.

WHAT HAVE YOU LEARNED ABOUT YOUR OWN LIMITS AND BOUNDARIES THROUGH THIS EXPERIENCE?

WRITE ABOUT ANY CREATIVE PROJECTS OR HOBBIES THAT HAVE BEEN INFLUENCED BY MICRODOSING

REFLECT ON ANY CHANGES IN YOUR DIETARY OR EXERCISE HABITS SINCE YOU STARTED MICRODOSING.

WEEK FOUR
Integration

What have you uncovered in the last six weeks?

Microdosing can uncover layers we have stuffed deep into our subconscious and left unattended.

It is remembering that we are now a new version of ourselves and have shed another layer of self.

When we work with medicine, we learn new things every time, and then we must bring that back into our everyday lives. When we create balance in our outer world, we can process, integrate and move through the experience with more self-love and grace.

Ask yourself?

What have I learned about myself?

Where can I expand, grow and dive deeper?

What are you grateful for?

How is your work/life balance?

Are you living in your highest potential?

DESCRIBE ANY MOMENTS OF PERSONAL GROWTH OR SELF-DISCOVERY THAT HAVE OCCURRED.

HOW HAS MICRODOSING IMPACTED YOUR MOTIVATION AND GOAL-SETTING?

WRITE ABOUT ANY CHALLENGES OR OBSTACLES YOU'VE FACED WHILE INTEGRATING MICRODOSING.

EXPLORE YOUR SENSE OF RESPONSIBILITY AND ETHICS WHEN IT COMES TO MICRODOSING.

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REFLECT ON YOUR RELATIONSHIPS WITH OTHERS AND ANY SHIFTS IN COMMUNICATION OR EMPATHY.

DESCRIBE YOUR EMOTIONAL WELL-BEING AND RESILIENCE THROUGHOUT THIS JOURNEY.

HOW HAS YOUR SENSE OF TIME OR THE PRESENT MOMENT EVOLVED DURING MICRODOSING?

WRITE ABOUT ANY INSIGHTS GAINED ABOUT YOUR OWN THOUGHT PATTERNS AND COGNITIVE PROCESSES.

REFLECT ON THE OVERALL LESSONS AND WISDOM YOU'VE GAINED FROM YOUR MICRODOSING EXPERIENCE.

MONTHLY REFLECTION *Journal*

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✦ How does it make me feel?

✦ Challenges

✦ How can I improve it?

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