

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-dosing 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, Microdosing

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. Many of us are stuck in the same habits and routines, and it's essential to break these patterns 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 oneself 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.

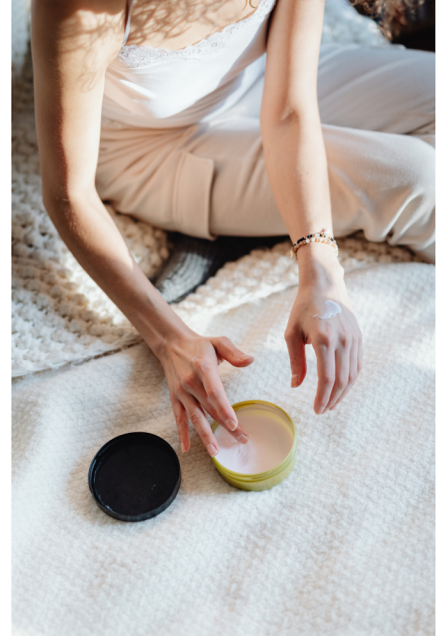
Creating Routine

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

W E E K T W O

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.



WEEK THREE

Movement

Movement of the Body

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

Ask yourself:

How does your physical body feel?

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

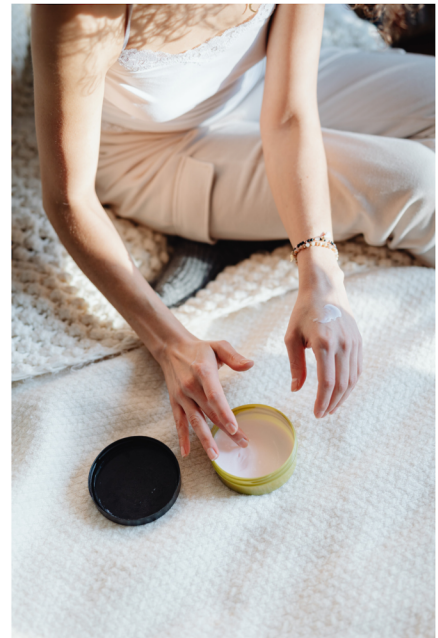
How many times a week are you moving your body for at least 30 minutes?

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 essential for understand self, and growing and moving out of stored negative emotions that are in the body.



W E E K F O U R

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?

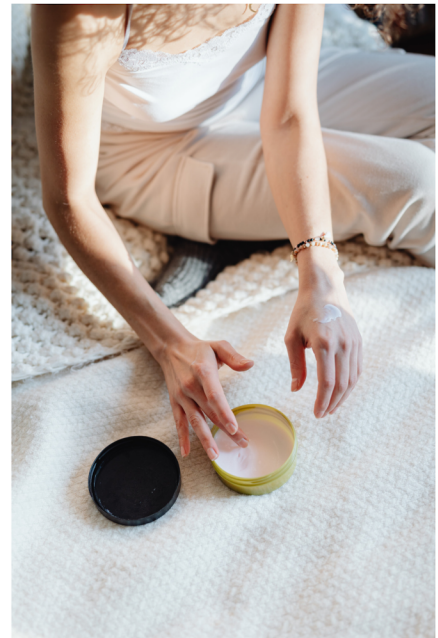
What have I learned about myself?

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?



MONTHLY REFLECTION

Journal

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◆ Challenges

◆ How can I improve it?

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