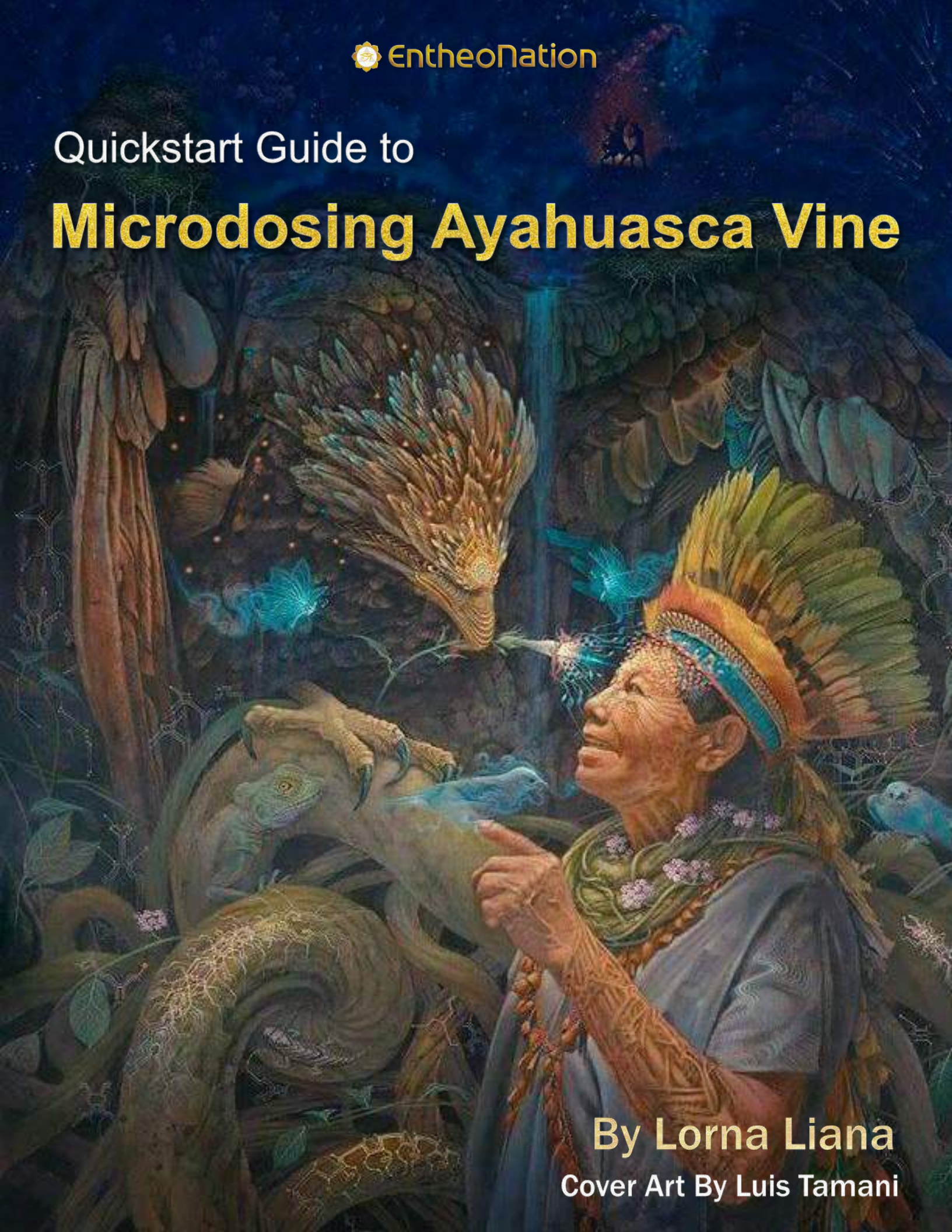


Quickstart Guide to

Microdosing Ayahuasca Vine

By Lorna Liana

Cover Art By Luis Tamani



Introduction

Ayahuasca vine (*Banisteriopsis caapi*) is a consciousness-expanding plant medicine long considered as a sacred plant spirit ally by the indigenous tribes in the Amazon with many health and spiritual benefits.

Most people in the Global North associate ayahuasca with the wildly psychedelic brew made by combining the *B. caapi* vine with the leaves of the DMT-containing *Psychotria viridis* shrub. However, a number of indigenous tribes in the Amazon have traditionally consumed tea made from pure *B. caapi* alone for medicinal and ritual purposes, as well as for community initiations.

When vine-only brew is consumed on its own in larger quantities, it too has a psychoactive effect that can be described as cathartic, insightful and supportive of deep mindfulness states. Vine-only brews are also purgative, and can illicit dizziness, nausea, and vomiting.

The consumption of pure vine ayahuasca brews and tinctures is increasing in practice around the world, due to its ease of use, safety, effectiveness for therapeutic healing, and accessibility. *B. caapi* is legal in most countries, because it does not contain DMT, and thus can easily be procured online. It's an alternative way to experience ayahuasca without the hassle or expense of traveling all the way to the Amazon or the commitment of an intense psychedelic ceremony.

An easy way to work with pure vine ayahuasca is through microdosing. Microdosing caapi vine is a practice you can easily do at home, with minimal negative side effects or physical discomfort, as you explore its mind-expanding, mood-enhancing benefits.

In the Amazon, shamans and apprentices cultivated alliances with sacred plant teachers, to receive healing, guidance and spiritual support.

We created the Quickstart Guide to Microdosing Ayahuasca Vine to help you connect to a powerful and ancient ally, in an entirely new way, to support you in these challenging modern times.

With So Much Love,

Lorna Liana & the EntheoNation team

About Lorna Liana



Lorna Liana is a new media strategist and online business coach to visionary entrepreneurs. With over 25+ years of psychedelic experience, Lorna tracks the developments in the Psychedelic Renaissance and global expansion of ayahuasca with great interest and engaging conversations with thought leaders in the field.

Since 2003, she's attended ayahuasca ceremonies with 30+ different shamans and facilitators, 7 indigenous tribes, several Brazilian churches, and a host of neo-shamanic circles, in Peru, Ecuador, Brazil, Europe, the US, and Asia.

Through this widely-varied background, she hopes to shed some perspective on the globalization of ayahuasca.

About Luis Tamani Amasifuen



Luis Tamani is one of Peru's pre-eminent visionary artists who grew up on the banks of the Ucayali River near Pucallpa, surrounded by a rainforest wonderland of plants, trees, animals and birds, and immersed in the medicine world of Ayahuasca from a young age.

He studied Art at the Eduardo Meza Saravia Escuela Superior de Formacion Artistica in Pucallpa, whose Shipibo founder Sr Meza was one of the greatest proponents of Amazonian painting and a teacher of the Neo-Amazonico, figurative, surrealist, shamanic style.

Why Microdose with Ayahuasca Vine?

Microdosing with ayahuasca vine may be perfect for you if you are:

- Seeking an effective, natural way to alleviate PTSD, anxiety and depression.
- Interested in psychedelic plant medicines, but unsure about taking a large dose or partaking in an all-night ceremony.
- Restricted from being able to travel to a country where ayahuasca ceremonies take place.
- Looking for spiritual and medicinal support in your life that feels gentle and natural.
- Hoping to find a holistic spiritual practice that can fit into your life without huge cost or practical sacrifices.
- Wishing to connect with the Spirit Vine in advance of attending a ceremony.
- Wanting to stay in touch with “La Madre,” when you don’t have access to ceremonial medicine.

Ayahuasca vine is, in small quantities, a very gentle but spiritually beneficial medicine that can easily fit around your daily life. Microdosing with this plant medicine may be the ideal way to introduce yourself to natural psychedelics.



June 17

...

I’ve been Microdosing with Ayahuasca Vine now for almost a month. I feel like my PTSD is gone. It’s so strange but the agoraphobia and anxiety, gone?

I’m nervous that it will return because now I remember how great normal feels.

The Health Benefits of Ayahuasca Vine

Although the vine alone is not as powerfully psychedelic as some ayahuasca brews (which contain other psychedelic ingredients), it certainly has powerful potential. The vine contains the harmala alkaloids – a collection of compounds that have been shown to have numerous potential benefits for health, including:

- The potential to regrow and protect bone (1) and cartilage (2)
- The potential to regrow damaged neurons in your brain (3)
- The potential to kill harmful bacteria (4)
- The potential to reduce inflammation (5)

As well as these possible physical benefits, ayahuasca vine has important spiritual benefits too...



In my own personal experience being diagnosed with fibromyalgia, it has helped with anxiety and pain. I now am totally pain free at age 70. Hope this helps. 😊

Like · Reply · 14w



The Spiritual Benefits of Ayahuasca Vine

People have been reporting spiritual benefits of the combined ayahuasca brew for decades, including its ability to dramatically treat depression, anxiety and addiction.



For me, it's about embracing the feels. I love how grounded I feel while dosing. Yes, more "emotional" it's what I needed. Most likely why the universe let it come into my life 🙏

Like · Reply · 16w



Although there is less information available about the spiritual benefits of ayahuasca vine on its own, we're seeing a surge of people microdosing with ayahuasca vine and reporting spiritual benefits of regular connection to this plant medicine, including:

- A general reduction in anxiety
- Improved relationships with important people in your life
- A surge in creativity and motivation
- Shifts in perspective towards less obsessive mindsets
- Increased connection to the world around you

Keep in mind that since ayahuasca vine microdosing is still in its early days, we don't know everything about its effects. Some people report feeling discomfort during microdosing, in which case it's time for you to stop and lower your dose (or even stop altogether!). Read on for some tips on how to microdose effectively and safely...



For me when I microdose pure vine. I feel a bit more lucid , more present every moment. It's subtle and builds up over time but it seems to be a reminder of what a ceremony can bring .. it encourages a sense of mindfulness, and help a lot with the busy monkey mind and I seem to have more focus and heart centred relations flow easy. Happy to talk more offline 😊

Like · Reply · 3w



Lucidity, clarity, an open heart, and connectedness with the master plants I've dieted

Like · Reply · 3w



The Risks of Microdosing Ayahuasca Vine

As there has been no mainstream research on microdosing with ayahuasca vine, it's very hard to be certain about the risks!

The most common downsides of microdosing with ayahuasca vine appear to be the negative experiences such as sleeplessness, anxiety, and nausea. All of these can usually be mitigated by either reducing your dose or taking a break from microdosing.

There is also the theoretical risk of high blood pressure if you mix ayahuasca microdosing with medications that affect your blood pressure, such as MAOIs. This is why we advise **not mixing your ayahuasca vine** with any other medications if you can safely avoid it.

However, if you are on medications that are crucial for your physical or mental health, **it may not be safe for you to discontinue them completely** just in order to try microdosing – so consult with your doctor and balance all your options carefully.

Pure Vine Microdosing vs Full Ayahuasca Brew

Most people experience full ayahuasca brew in a ceremonial context. While there are some brave and intrepid solo journeyers, we don't recommend going on a full solo ayahuasca journey unless you have a sitter, or lots of experience.

There are all sorts of reasons to be interested in a full ayahuasca ceremony, but microdosing with ayahuasca vine can often satisfy some of those reasons without as many of the downsides. Here are some of the characteristics of both:

Ayahuasca Microdosing vs Ayahuasca Ceremony

	Microdosing Ayahuasca Vine	Full Ayahuasca Ceremony
Benefits	Gradual psycho-spiritual benefits, changes are subtle and manageable	Can catalyze profound life changes and powerful psycho-spiritual breakthroughs
Risks	Little to no health or medical risks due to the limited quantity of MAOI inhibitor and absence of DMT	Requires thorough health screening to determine psychological and medical risks
Drawbacks	Negative effects are unlikely, and can be self-managed	Can involve vomiting and discomfort, as well as the need for ongoing psychological support
Cost	Cheap and can be done at home	Requires travel or expense
Duration	As little as a few minutes a day, whenever you desire	At least eight hours with an overnight stay, planned in advance
Commitment	Start and stop whenever you wish, with minimal impact to daily schedule. Dieting not required	Requires some scheduling, time off work, and blocking out calendar days, as well as dietary preparation
Accessibility	Mostly legal, easy to obtain	Illegal in most countries, hard to obtain, and requires some trial-and-error if cooking dry plant materials at home
Administration	Your learning experience is mostly self-guided	Need to find a shaman that's safe, qualified, and good
Transformation	You may have to work a little harder to unearth longer-term benefits	Benefits are often immediate and long-lasting

So basically, if you are not keen on the downsides of a full-dose ayahuasca experience, microdosing offers you many of the same positives with only a little extra self-guidance required.

Where Do You Get Ayahuasca Vine?

There are two main ways of getting ayahuasca vine: Buying powdered *Banisteriopsis caapi* vine, or buying prepared *Banisteriopsis caapi* extracts.

We recommend buying an extract, because they come ready-prepared and immediately available to start microdosing with!

If you buy a powder, you'll have to take time dividing it into capsules or preserving it in alcohol or distilled water. Buying an extract means that this has already been expertly done, and means you can store your extract in the fridge and be sure you're taking the same dose every time!

EntheoNation has tested and recommends four different *Banisteriopsis caapi* extracts (skip to the end for more information and to receive a special 10% off discount code):

Chakra Openings



Sage Extracts



The Soul Vine



Ayahuasca Microdosing



A Note on Legality

Although the harmala alkaloids contained within the *B. caapi* vine are scheduled substances in a few countries, in most cases the vine itself, and preparations or extracts of the vine, are legal to buy and import.

The main exceptions are:

- **Australia**
- **Canada**
- **France**
- **Indonesia**
- **Louisiana (US)**
- **Malaysia**
- **Singapore**
- **Vietnam**

Make sure to be aware of the laws in your own country as laws and regulations can change. **EntheoNation does not endorse illegal behavior** nor do we wish that anyone experience undue stress and trauma over their consumption of plants.

It's also important to know that some countries can be very unforgiving about the import of plants and plant extracts, even if they're legal!

In some cases, the shipments might simply disappear. In other cases, you may receive a fine from customs. In corrupt countries with draconian drug laws, you might find yourself apprehended by the police and extorted for cash to avoid languishing in jail. Even if the product is technically legal, it would be your word against theirs.

Be sure to ask your vine extract provider if they have ever had problems shipping their product product to your locale.

When in doubt, purchase the product with the more obscure name, choose discreet packaging, and abstain from importing ethnobotanical products into draconian or corrupt countries.

How to Prepare for Microdosing

Although you're not going to have to do weeks of preparation for microdosing, in the same way you would for a full ayahuasca ceremony – nevertheless, it's recommended to prepare yourself for the experience and show that you are treating the plant medicine with respect.

It's useful to **set a clear intention** for microdosing. Why do you want to take the ayahuasca vine? What benefits would you like to see? Which difficulties do you think you might encounter and how might you try to overcome them? It may be helpful to write all of these thoughts down, or express them in other ways such as art or music.

It's also recommended to **start thinking more about your diet**. Although the doses of ayahuasca vine are small enough that you won't have to really worry about negative interactions between your foods and the medicine, there are good reasons for eating healthily in both full dose ayahuasca ceremonies and in microdosing regimens.

A healthier diet can help the benefits of the ayahuasca vine reveal themselves with more clarity. Avoiding highly processed or salty foods, and drugs like caffeine and alcohol, is a great place to start.

In general, treat your microdosing regimen with respect and enthusiasm, and you're more likely to have a great experience!

What Dosage Should You Use?

Because ayahuasca vine microdosing is so new, it's hard to estimate what a good starter dose is. This is one reason why pre-made extracts are convenient - you can be confident in the consistency of the dosage.

The recommended daily dosage is **5 drops of pure vine extract**. However, you can **start by taking one drop of the extract**, and easily up your dose if it's too weak.

Typical microdosing wisdom is that a good microdose should be between a tenth and a twentieth of a full dose. For ayahuasca vine, this would equate to roughly 2-5g of dried *B. caapi* vine.

The ideal microdose is considered to be a sub-threshold dose that gives you some subtle benefits. If you feel stoney or altered, then you may have given yourself a "homeopathic dose," rather than a microdose.

As with any psychedelic, it's best to start small and work your way up until you find your comfort spot.



I've been microdosing for about 6 months maybe eight months, I'm not really keeping track and it's kind of hard to keep track of time lately. But it has benefited me for sure, I get an overall sense of well-being almost like an antidepressant.

Like · Reply · 14w

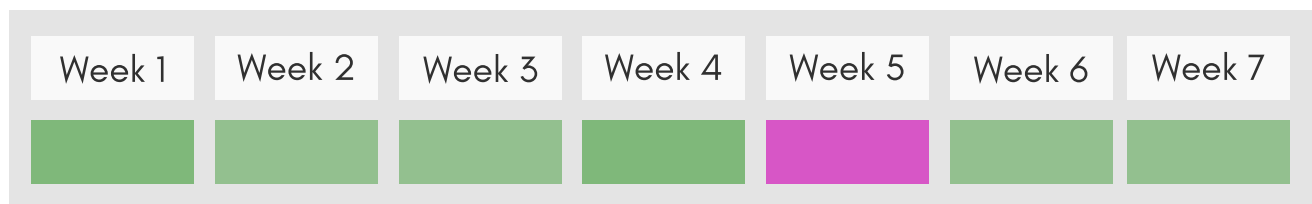


Which Microdosing Protocol Should You Follow?

There are two main styles of microdosing with ayahuasca vine: daily dosage, or the Fadiman technique. The Fadiman technique is the “go to” protocol for many people microdosing for the first time, but this was developed for specifically LSD and psilocybin. The pure vine community seems to lean towards a daily dose protocol.

Daily Dose Protocol - One Month On, One Week Off

With **daily dosage**, you simply take your preferred dosage of your chosen ayahuasca vine extract on your tongue every morning after you wake up, ideally with your breakfast. As time goes on, you can adjust your dose gradually until you reach a place where you feel the effects are right for you.



This protocol helps you mitigate the buildup of tolerance, while allowing you for a **7-10 day break** for you to evaluate your dosage and adjust accordingly.

Daily doses are recommended for people who are prepared for more sustained and apparent effects, and are perhaps not the ideal method for beginners.

Fadiman Technique - One Day On, Two Days Off

With the **Fadiman technique**, doses are taken three days apart. So on a usual week, you may microdose on Monday and Thursday, then take an extra rest day on Sunday. Or, if you'd like to keep it regular, simply dose on every third day. As with the daily dose method, it's best to take your dose in the morning with breakfast, and adjust your dose as you go until you find one that works for you.

Mon	Tue	Wed	Thu	Fri	Sat	Sun

The Fadiman technique was originally developed for people microdosing with serotonergic psychedelics like LSD and magic mushrooms, as three days' break is required to prevent a tolerance building up.

Although the ayahuasca vine does not have the same tolerance build-up as LSD and magic mushrooms, the Fadiman technique is good for beginners because it gives you more time to reflect on the effects of each individual dose.

For both techniques, **people will microdose for a period of several weeks**, before taking a break of a few weeks to re-acclimatize and decompress. This is the perfect time to reflect on your microdosing experience and think about what to change in future.

What Effects Can You Expect?

The effects of microdosing with ayahuasca vine can depend on a huge number of factors personal to you, including:

- Your prior experience with plant medicines
- Your tolerance to psychedelics
- Your familiarity with spiritual practices
- Your diet and health
- Your intentions

But some of the most common effects of the ayahuasca vine can include:

- A general reduction in anxiety
- Increased feelings of lucidity or vividness
- Boosts in motivation and creativity
- Reductions in pain and inflammation
- More connection to the world around you
- Fluent and comfortable interactions with friends and loved ones

You may also encounter some negative effects, such as:

- Anxiety
- Nausea
- Restlessness

If you encounter any of these downsides, make sure to reduce your dose or stop altogether until the effects stop

How to Make the Most of Microdosing

There are several clear-cut things you can do to make sure you have a positive time with microdosing ayahuasca vine:

- **Keep a journal.** Log every dose you take, and at the end of each day make a note of how you're feeling. How connected did you feel today? What was your underlying emotional state? How did your interactions feel?

Write down any negative effects as well, including sleeplessness and nausea. Journaling is a crucial part of being able to look back over your whole microdosing regimen and make changes to your dose, or know when to stop.

- **Avoid mixing with other drugs.** Try to limit the number of other substances you are taking. They could all interact negatively with the ayahuasca vine and make your experience less positive. Especially avoid stimulants, and powerful synthetic drugs.

If you are on any medications, don't wean yourself off them just for microdosing (this could be dangerous!) – instead, just be aware of what you're taking, and check with your doctor if you are worried.

- **Eat healthy and exercise.** Your body is much more likely to be receptive to the health and spiritual benefits of ayahuasca if you're eating less processed food, and avoiding things like alcohol, caffeine, and salt.

It's also recommended to start exercising regularly; many people report that the microdoses can make exercise much more enjoyable and effective.

- **Work at self awareness.** Don't expect that you'll be able to just take your microdoses and for everything to suddenly get better without any work on your part!

For best results, make sure to make an effort to reflect on how you are feeling, and whether your intentions are being met. Ideally, try out some spiritual practices such as meditation, yoga, or nature walks, to get in touch with the plant you're spending intimate time with.

- **Stop when it's good, stop when it's bad!** The ideal end-goal of microdosing is that you will have been shown some benefits that you can continue on your own, without the need of substances. If you start to encounter benefits while microdosing, think about the ways in which you could start to cultivate those on your own after your regimen has ended.

Conversely, if you're not encountering any positives, take a break. Go back to the drawing board and change something. There's no point forcing yourself to keep microdosing when you're not seeing any benefits!

Overall, you'll get the most out of microdosing with ayahuasca vine if you see this as just one step on a path towards self-betterment. Little doses of this special plant are unlikely to completely revolutionize your life on their own – but could be a catalyst towards more happiness and contentment.

Share Your Results!

We'd love to hear what your experiences are with microdosing pure ayahuasca vine, and how it might compare to ceremonial ayahuasca. We totally get that's like comparing apples and oranges, but in the absence of scientific research, your personal stories will help us gather a groundswell of user-reported data.

Simply click on the button below and fill out our short survey.

[PURE VINE MICRODOSING SURVEY](#)

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Where to Purchase Pure Vine Extract

Caapi Extract by Sage Extracts



Sage Extracts is a fair-trade, Brazilian-based company that sources its ethnobotanical products from indigenous communities throughout the Amazon.

This product is an extract of Banisteriopsis caapi sourced from a Kichwa Ecuador, in 20% alcohol.

[VISIT SAGE EXTRACTS](#)

[Get 10% Your First Order with the Coupon Code ENTHEO](#)

Aya Drops by Chakra Openings

Aya Drops is a water-based extract of caapi from vine that is sourced from Iquitos Peru.

This product is made with love in the United States.

[VISIT CHAKRA OPENINGS](#)



[Get 10% Your First Order with the Coupon Code ENTHEO](#)

Where to Purchase Pure Vine Extract

Banisteriopsis caapi Extract by The Soul Vine



The Soul Vine takes ayahuasca seriously – and makes every effort to make their extracts special.

The Banisteriopsis caapi vine is sourced from Peru, and the extract is prepared in California, all under the light of the full moon and with chanting and singing to impart positive energies to the mixture.

[VISIT THE SOUL VINE](#)

[Get 10% Your First Order with the Coupon Code ENTHEO](#)

Ayahuasca Microdosing Drops by Ayahuasca Microdosing

Ayahuasca Microdosing source their extract from Iquitos in Peru, and then make mixtures with either Bobinsana or Cat's Claw for anyone interested in exploring unique plant medicine combinations.

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