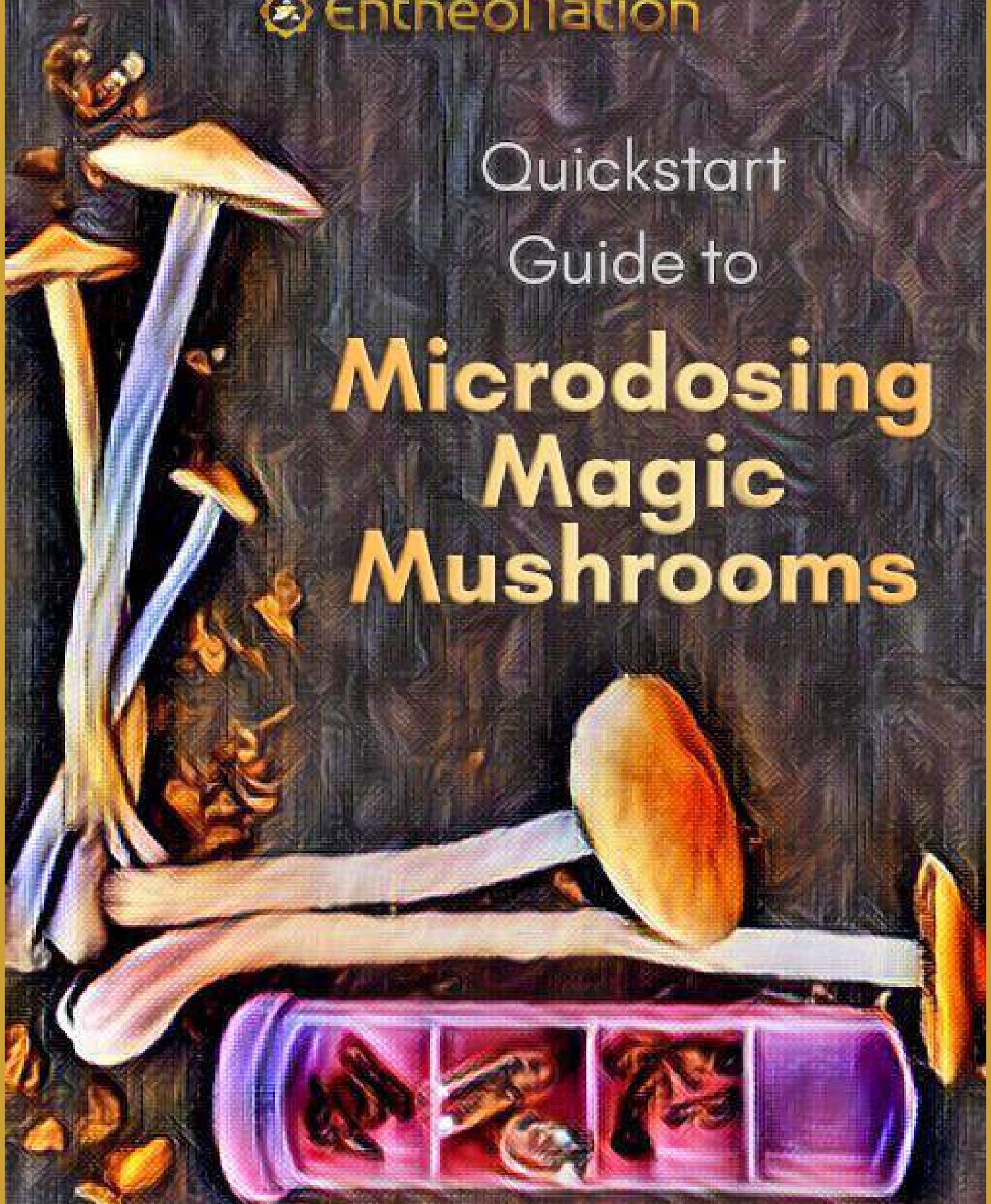


Quickstart  
Guide to

# Microdosing Magic Mushrooms





## Introduction

Psilocybin mushrooms, sometimes colloquially called magic mushrooms or “shrooms,” are psychedelic fungi that have been used by humans for thousands of years.

In popular culture, magic mushrooms are mostly associated with modern hippies and music festivals. But the psychedelic compounds in magic mushrooms have been utilized by indigenous cultures for their healing and divinatory powers for longer than recorded history.

Ingesting a full dose of magic mushrooms induces a powerful and profound psychedelic experience that has been proven to be effective in treating depression, anxiety, and addiction in the right settings. Traditional knowledge also suggests that magic mushrooms can treat many other health and spiritual issues, when administered under the watch of an experienced shaman.

Since magic mushrooms grow wild on almost every continent, and they can also be grown fairly easily at home, their popularity is increasing worldwide. Although they are illegal to possess in many countries, there are a number of exceptions that mean they're relatively easy to obtain without breaking the law.

Microdosing is a popular way to become introduced to magic mushrooms. It doesn't require a full psychedelic trance, or travelling to see a professional shaman, and it can be done at home with low risk of discomfort or side effects.

For those who are totally new to psychedelics, microdosing with magic mushrooms can be a great way to become introduced to their mind-expanding, mood-enhancing benefits with minimal risk.

We created this Quickstart Guide to Microdosing Magic Mushrooms to help educate you about this powerful and ancient ally.

With So Much Love,  
Lorna Liana & the EntheoNation team





## About Lorna Liana



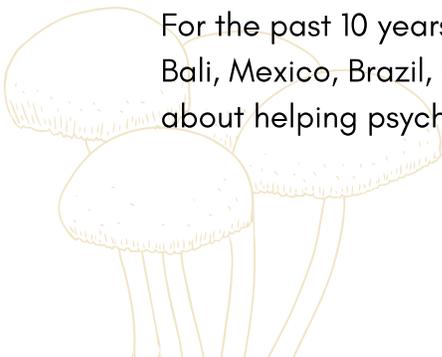
Deep in the heart of the Brazilian Amazon, Lorna Liana discovered her purpose and her divine calling while drinking visionary plant medicines with indigenous shamans. She was given a mission:

*“To leverage emerging technologies to preserve indigenous traditions, so that ancient wisdom can benefit the modern world, and technology can empower indigenous people.”*

In pursuit of this mission, Lorna became a new media strategist to sustainable brands, social ventures and visionary entrepreneurs, helping them attract their tribe and ignite a movement around their mission-driven businesses.

Through podcasting, video blogging and social media, she shares the stories of both indigenous people and the world’s foremost experts in psychedelics, modern shamanism, and visionary culture, to inspire each and every one of us to explore the depths of our minds, spirits, planet... and evolve.

For the past 10 years Lorna has built her business as a digital nomad, living in Thailand, Bali, Mexico, Brazil, Costa Rica, Hawaii, and Spain. Lorna is currently passionate about helping psychedelic brands communicate & grow with integrity.





## Why Microdose with Magic Mushrooms?

Those who seek microdosing with magic mushrooms are often:

- Interested in psychedelic medicines, but unsure about taking a large dose or partaking in a full ceremony.
- Restricted from being able to travel to wherever magic mushroom ceremonies are available.
- Looking for a spiritual and medicinal treatment that feels gentle and natural.
- Hoping to find a spiritual practice that can fit into daily life without huge cost or practical sacrifices.
- Seeking a new method of exploring their natural creativity.

While there are a huge number of potential reasons for microdosing with magic mushrooms, it is found to be a very gentle but spiritually beneficial practice that can easily fit into daily life.



██████████ Took a few weeks for me to notice my negative thought patterns going away. About a month in I noticed my anxiety was completely gone.

Been dosing for almost 3 months now and my mood is very stable.

Like · Reply · 19w





## The Health Benefits of Magic Mushrooms

Although research into magic mushrooms is still in its infancy, we have already collected evidence that magic mushrooms could help us heal from a number of health conditions.

Magic mushrooms contain the substances psilocybin and psilocin, which have been shown to:

- Effectively treat depression when used as part of therapy
- Reduce anxiety related to the fear of death
- Help people quit smoking when combined with therapy
- Temporarily reduce OCD symptoms
- Provide relief from debilitating cluster headaches

... and the research still has much more to unearth!

As well as these possible health benefits, magic mushrooms can have deep spiritual benefits too...



August 28, 2017



So.... I'm about 10 days into microdosing mushrooms. I've never touched shrooms before this, and as someone with pretty severe anxiety.... I was terrified. I was going through a severe bout of depression and was having panic attacks almost daily. I had planned on trying microdosing for months, but was too afraid to start until I was considering a hospital stay because the depression was so bad.

Since the day I started, I have not had a bad day or a major panic attack. I can think more clearly. I was going to drop my class that started last week because I had been in such a bad place, but now I'm stoked about it.





# The Spiritual Benefits of Magic Mushrooms

Clinical research has just started to shed light on the deep spiritual benefits that magic mushroom practitioners have been aware of for centuries.

Magic mushrooms have been shown to:

- Increase our connection to nature
- Help us become more open-minded and tolerant
- Boost our connection to other people
- Catalyze encounters with mystical revelations that give us purpose and meaning

Keep in mind that since magic mushroom 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 people should stop and lower their dose (or even stop altogether!).

↑ r/microdosing · Posted by [redacted] 3 months ago

114  
↓

## 5 months of Microdosing Mushrooms - Ask Me Anything

Report: Psilocybin

Friends, ask me anything here, in a pm if you'd prefer,

My story: I am in my late 40's with two children and a wife. Over the last six-seven years I noticed that I was getting more and more depressed. The past two years were horrible. More so then not, I dealt with uncontrollable and unreasonable sadness, pain in the stomach, and the guilt of weighing on my family. Withdrawn and hurting, suicide was not an uncommon thought that I thankfully only occasionally entertained, but it was there none the less. I was on Welbutrin for several years, but it just didn't seem to do much.

I started reading up on Microdosing and figured I'd give it a shot. I started growing my own, and around February 6th, started my journey.

I will say that I do not plan on stopping. I STILL get depressed, but I would say it's been cut down by about 80 percent. It's been almost an entirely positive experience. There really has been no negatives, only a little anxiety sometimes when toy around with the dosage, but even if that were a daily side effect, which is by no means is, I'd take it.





## The Risks of Microdosing Magic Mushrooms

As there has been no clinical research on microdosing with magic mushrooms, it's very hard to be certain about the risks.

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

There is also a theory that microdosing for long periods of time without taking breaks could slightly increase the risk of heart disease. To minimize this risk, people recommend not microdosing for longer than three months, and taking a few weeks break afterwards.

Here are some medications that you should avoid mixing with magic mushrooms:

- **Lithium.** This can cause seizures and heart attacks when mixed with magic mushrooms.
- **Tramadol.** There is a risk of serotonin syndrome if you combine Tramadol with magic mushrooms.
- **SSRI medications.** There may be a reduced effect of magic mushrooms on these medications. Do not attempt to compensate by increasing dosage.
- **MAOI medications.** There is an unproven risk of serotonin syndrome if these are mixed with magic mushrooms.

With all of these contraindications, we aren't sure if the same risks will apply to microdosing – it's likely that the doses are so small that risk will be negligible. However, there is still no clinical research to confirm this, so caution is advised.

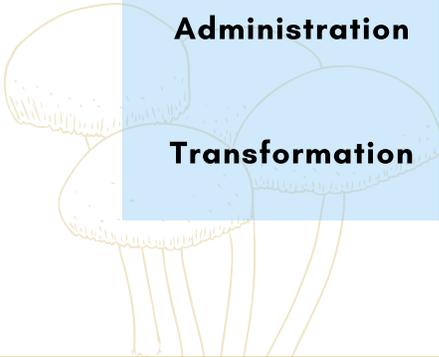
If you are on medications that are crucial for your physical or mental health, it may not be safe for you to discontinue them completely just in order to try microdosing – so consult with your doctor and balance all your options carefully.



## Microdosing vs Full Magic Mushroom Ceremony

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

	<b>Microdosing Magic Mushrooms</b>	<b>Full Mushroom Ceremony</b>
<b>Benefits</b>	Gradual psycho-spiritual benefits, changes are subtle and manageable	Can catalyze profound life changes and powerful psycho-spiritual breakthroughs
<b>Risks</b>	Small unproven risk of heart disease with long-term, uninterrupted use	Very low physical risk, some risks of psychological harm if facilitation is not up to standard
<b>Drawbacks</b>	Negative effects are unlikely, and can be self-managed	Can involve nausea and distress, as well as the need for ongoing psychological support
<b>Cost</b>	Cheap and can be done at home	Requires travel or expense
<b>Duration</b>	Only takes a few seconds to take a dose; gentle effects may be felt for several hours or not at all	At least six hours overall, sometimes with preparation and integration too
<b>Commitment</b>	Start and stop as convenient, with minimal impact to daily schedule	Requires some scheduling and preparation, usually a whole day
<b>Accessibility</b>	Legal exceptions can be found in most places, easy to obtain or grow	Larger doses may be harder to procure, ceremonies may be more susceptible to scrutiny
<b>Administration</b>	The learning experience is mostly self-guided	Need to find a facilitator who is safe, qualified, and good
<b>Transformation</b>	Longer-term benefits may require more focussed work	Benefits are often immediate and long-lasting





## Where Do You Get Magic Mushrooms?

Magic mushrooms can be acquired from all sorts of places – but be sure to check your local laws first! Read our below section on legality for more information.

These are the most common ways to obtain magic mushrooms, in places where it is legal to do so:

- **Ordering magic truffles.** Magic truffles, a dormant form of magic mushrooms that contain the same psychedelic ingredients, are legal in the Netherlands. Some companies operate in a legal grey area by shipping them worldwide.
- **Picking them in the wild.** There are dozens of species of magic mushrooms that grow pretty much anywhere that it's damp, dark, and wooded. Foraging for them is easy and fun – just make sure you have an [identification guide](#).
- **Making psychedelic friends.** Attending local psychedelic society events and making some friends is a surefire way of coming into contact with magic mushrooms eventually.
- **Growing them at home.** [Mushroom spores](#) and [grow kits](#) are often available to purchase online, if they are legal in your area. They only take a few weeks to grow and don't require any specialist equipment. Here's a great course on general mushroom cultivation:

# DB 101

## How To Grow Mushrooms

An Educational Course by DoubleBlind



Presented by Rainbo

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“ENTHEO”  
for 20% off!

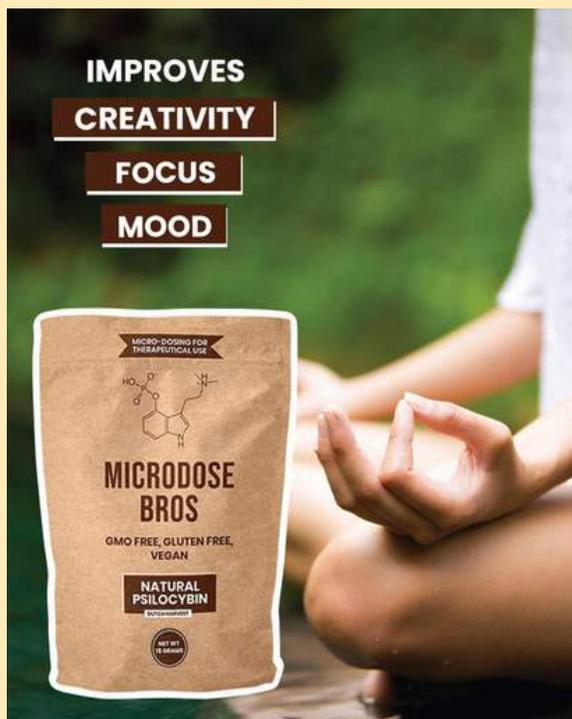
What's Included:  
7 video lessons  
Written companion  
Legality & FAQ guide  
Live access to experts



## Magic Truffles

A truffle is a dormant form of a full sprouting mushroom, and some species of psilocybin mushrooms can be induced to grow as truffles - an easier growing process.

Magic truffles contain the same psychedelic ingredients as magic mushrooms, but the dosage is different: 1g of dried magic mushrooms will contain roughly the same amount of psilocybin as 5g of fresh magic truffles (but all species are different!).



In the Netherlands, magic truffles are legal to grow and consume. In recent years, dozens of Dutch companies have started growing, marketing and shipping magic truffles internationally.

Vacuum-packed magic truffles, such as the ones shown here by [Microdose Bros](#), can be bought online with accurate dosing information and clear instructions.



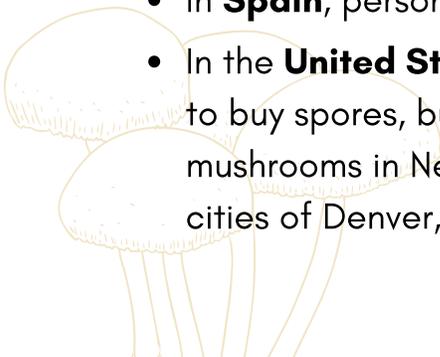


## A Note on Legality

Under the UN Vienna Convention of 1971, the psychedelic compounds in magic mushrooms are illegal worldwide. However, the convention did not specify whether the mushrooms themselves are illegal, meaning that every country has developed its own unique laws regarding magic mushrooms.

While many countries have made possession, purchase/sale, and cultivation of magic mushrooms illegal, there are some notable exceptions:

- In **Brazil**, magic mushrooms are legal to buy, possess, consume and cultivate.
- In **Jamaica** and the **British Virgin Islands**, magic mushrooms are sold in public.
- In the **Netherlands**, magic truffles are sold online and in shops, and contain the same psychedelic ingredients as magic mushrooms.
- In **Austria**, you can grow your own mushrooms as long as you don't eat them.
- In **Canada** you can legally buy spores, but you may be breaking the law if you use those spores to grow mushrooms.
- **Costa Rica** operates a number of magic mushroom retreats – so despite some uncertainty, magic mushrooms appear to be somewhat legal.
- You can grow small amounts of mushrooms in the **Czech Republic**.
- In **Italy**, magic mushrooms are partly decriminalized.
- In **Mexico**, traditional use of magic mushrooms is tolerated by authorities.
- In **Portugal**, magic mushrooms are decriminalized.
- In **Spain**, personal use of magic mushrooms has been decriminalized.
- In the **United States**, you need to check your state laws! In most states it's legal to buy spores, but illegal to use them to grow mushrooms. You can grow magic mushrooms in New Mexico, and they have been effectively decriminalized in the cities of Denver, Oakland, Ann Arbor and Santa Cruz.





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 magic mushrooms.

It's also important to know that some countries can be very unforgiving about the import of plants and fungi, 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 jail. Even if the product is technically legal, it would be your word against theirs.

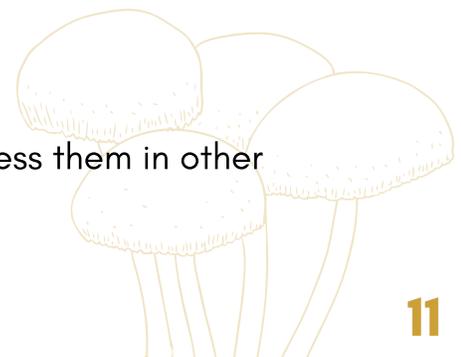
## How to Prepare for Microdosing

While microdosing does not require the same kind of preparation seen during a full psychedelic ceremony, people definitely report getting more out of microdosing after taking more time to prepare. As with any spiritual pursuit, it's recommended to prepare mentally for the experience and treat the practice with respect.

It can be useful to **set a clear intention** for microdosing. When setting intentions, people try to reflect on these points:

- Why do I want to take magic mushrooms?
- What benefits would I like to see?
- Which difficulties do I think I might encounter?
- How might I try to overcome these difficulties?

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 about complementary practices.**

Combining microdosing with a healthy diet, frequent exercise, and other spiritual practices (such as yoga or meditation), is reported to provide the best chance of encountering healing and positive transformation.

In general, research shows that people who treat their microdosing regimen with respect and enthusiasm are more likely to have a great experience!

## What Dosage Should You Use?

Typical microdosing wisdom is that a good microdose should be between a tenth and a twentieth of a full dose. For magic mushrooms, this is roughly **0.1-0.3g of dried mushrooms** and **1-3g of fresh mushrooms**. First timers are advised to start with the lowest dose possible.

Microdosing with dried mushrooms is usually achieved by making sure they're really dry (often with a food dehydrator) and then grinding them up into powder. This powder can then be distributed into capsules (this makes it easy to standardize the dose) or mixed into smoothies or tea to mask the taste.

Microdosing with fresh mushrooms is a little less pleasant, because they'll have to be eaten whole or drunk in a tea. It's recommended to wash them down with cocoa or ginger tea with lemon and honey.



September 1, 2018



I've been microdosing dried shrooms for the past week now. Some days 0,3 grams and others 0,5 grams. I never expected such a profound effect on my state of mind and energy levels. I am performing much better at work, my physical energy is higher. During workouts I get "in the zone" right away and don't seem to get tired. But the best part is my general wellbeing. I feel happier and uplifted. What are your experiences with this?





The ideal microdose is considered to be a dose that provides some subtle benefits, without significantly impacting daily life. However, microdosing can be approached in pretty much any way. People sometimes like taking doses that they can feel throughout the day! Whereas others would rather not notice anything until they reach the end of a really successful week and realize it's thanks to the microdosing...

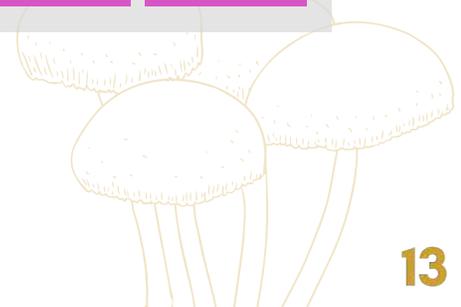
As with any psychedelic, it's best to start small and work up gradually to a comfortable place.

## Which Microdosing Protocol Should You Follow?

The most popular style of microdosing with magic mushrooms is **the Fadiman technique**.

With the Fadiman technique, doses are taken three days apart. So on a usual week, someone may microdose on Monday and Thursday, then take an extra rest day on Sunday. Or, for a more regular schedule, microdosers may simply dose on every third day. It's best to take doses in the morning with breakfast.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Green	Purple	Purple	Green	Purple	Purple	Purple





## Quickstart Guide to **Microdosing Magic Mushrooms**

The Fadiman technique was developed for people microdosing with serotonergic psychedelics like LSD and magic mushrooms, as three days' break is required to prevent a tolerance building up. The Fadiman technique also allows the microdoser to reflect on the effects of each individual dose. Many people report an "afterglow" lasting throughout their non-dose days!

Outside of this technique, microdosing protocols are varied! Some people microdose once a week, some even less often... and some people just microdose whenever the mood suits them, not sticking to any particular routine.

Generally, **people will microdose for a period of 4-6 weeks**, before taking a break of a few weeks to re-acclimatize and decompress. This is the perfect time to reflect on the microdosing experience and think about what to change in future.

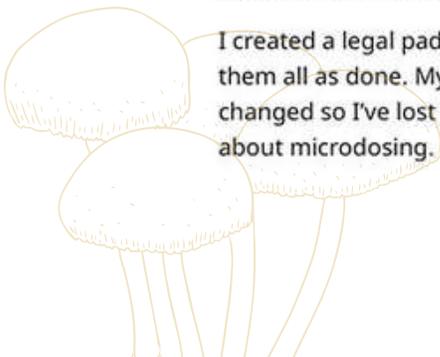
32 points · 13 days ago

I, 40/F, was on antidepressants for 15 years, and a very low dose mood stabilizer for 3 years. I still had bouts of depression, I was always tired, had no motivation, no libido, no creativity.

Did some heavy research about psilocybin and decided to give microdosing a try figuring if it doesn't work I'll just go back on the meds. I will admit coming off the meds was very difficult, and if I were to do it over again I would microdose while coming off the meds to help with side effects.

I've been off my meds and successfully microdosing since February 2020. I have not had an episode of depression since my first dose. Literally I felt the first dose push my depression back, and has kept it away.

I created a legal pad full of projects I've wanted done for the last three years and have marked them all as done. My energy level is amazing, libido is in high gear again, my eating patterns have changed so I've lost weight, creativity is coming back. I have nothing but positive things to say about microdosing.





## Magic Mushrooms in Canada

While the Decriminalize Nature movement is making progress in the US, it is still a struggle for US residents to obtain ready-prepared magic mushroom microdoses. In Canada, even though magic mushrooms are illegal nationwide, the police turn a blind eye to companies that sell psilocybin mushrooms in small quantities.

The first few Canadian companies to openly sell magic mushroom microdoses required their customers to obtain a referral from a healthcare provider. New companies, such as mindfulMEDS, sell magic mushroom microdoses to any Canadian - regardless of medical status.

The magic mushroom market in Canada will undoubtedly change over the next few years. We hope to see more dispensaries and even retreat centers as time goes on.





## What Effects Can You Expect?

The effects of microdosing with magic mushrooms can depend on a huge number of factors personal to the microdoser, including:

- Prior experience with psychedelics
- Tolerance to psychedelics
- Familiarity with spiritual practices
- Diet and health
- Intentions
- Medications

But some of the most common effects of magic mushrooms 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 and others
- Fluent and comfortable interactions with friends and loved ones

Some people also encounter negative effects, such as:

- Sleeplessness
- Anxiety
- Nausea
- Restlessness

Microdosers who encounter any of these downsides should be sure to reduce their dose or stop altogether until the effects stop





## How to Make the Most of Microdosing

There are several clear-cut things people can do to increase the chance of having a positive time with microdosing magic mushrooms:

- **Keeping a journal.** Logging every dose, and making daily notes about effects. Journal prompts could include: How connected did you feel today? What was your underlying emotional state? How did your interactions feel?

Negative effects are important to note as well, including sleeplessness and nausea. Journaling is a crucial part of being able to look back over a microdosing regimen and make changes to dosage, or know when to stop.

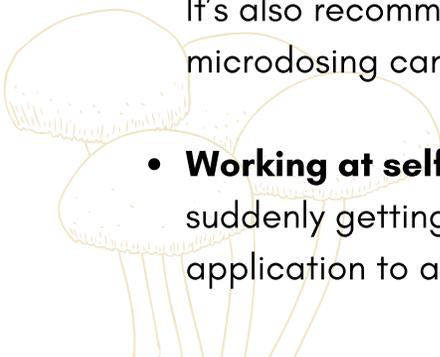
- **Avoiding drug mixtures.** Limiting the number of other substances combined with mushrooms can improve the microdosing experience. There is always the potential for medications to interact negatively with magic mushrooms. Stimulants and powerful synthetic drugs are especially likely to interfere.

As for crucial medications, weaning off them just for microdosing could be dangerous - it is recommended to check with your doctor before making decisions.

- **Eating healthily and exercising.** Our bodies are much more likely to be receptive to the health and spiritual benefits of magic mushrooms when avoiding things like alcohol, caffeine, refined sugars, and processed meats.

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

- **Working at self awareness.** Microdosers don't usually feel everything suddenly getting better after a single dose - it usually takes a lot of work and application to a process of self-betterment.





## Quickstart Guide to **Microdosing Magic Mushrooms**

Best results are seen when microdosers make an effort to reflect on how they are feeling, and whether their intentions are being met. Spiritual practices such as meditation, yoga, or nature walks are recommended to help get in touch with the positive effects of the mushrooms.

- **Stopping when it's good, stopping when it's bad!** The ideal end-goal of microdosing is to have received some benefits that can be continued without the need of substances. Cultivating the benefits of microdosing after a regimen has ended is an important skill to learn.

Conversely, microdosers who don't encounter any positives should take a break, return to the drawing board and change something. There's no point continuing to microdose without seeing any benefits!

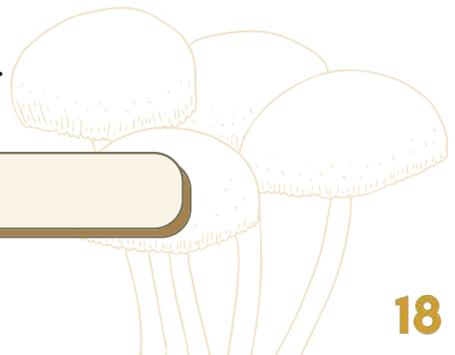
Overall, people get the most out of microdosing with magic mushrooms if they see it as just one step on a path towards self-betterment. Little doses of this special fungus are unlikely to perform miracles on their own – but could be a catalyst towards more happiness and contentment.

## Share Your Results!

We'd love to hear what your experiences are with microdosing magic mushrooms, and how it might compare to ceremonial mushrooms. 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 full out our short survey.

[MAGIC MUSHROOM MICRODOSING SURVEY](#)



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*Introducing the*

## How to Microdose Nature Online Course



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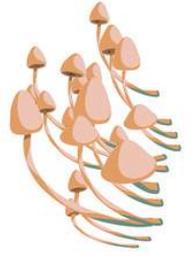
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