

A BEGINNERS GUIDE TO

# MICRODOSING MUSHROOMS



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Welcome!

As interest in consuming psilocybin (magic mushrooms) continues to grow among humanity, it is important to provide people with proper guidance and education. This document will go over the fundamentals of beginning a relationship with this medicine on the microdose level.

Whether you are just beginning to open your mind to this healing realm or you have played with it before, I am very grateful to have you here.

## TABLE OF CONTENTS

WHO I AM	1
WHAT IS MICRODOSING?	2
PROPER DOSAGE	3/4
SPIRIT FIRST	5
INTENTIONALITY	6
SET & SETTING	7
THE CEREMONIAL REALM	8
INTROSPECTION	9/10
INTEGRATION WORK	11
PROFOUND POTENTIAL	12
THE BENEFITS OF A GUIDE	13
CURRENT REALITY	14

*Disclaimer:* This document is for information and harm reduction purposes only. If you have clinical mental health issues, please seek guidance of a mental health professional.



My name is Paula Saarinen.

I was called into the sacred realm of Plant Medicine from a very young age. I am a licensed massage therapist, energy practitioner, and a registered yoga teacher. Above all of those titles, I am a student of the plants and elements. I consistently venture to the feet of shamanic elders to absorb the wisdom they contain. I work 1:1 with humans to ensure they understand proper plant use and how to get the most out of their experiences.



It is my mission and purpose to educate the masses on the sacredness and potential of these natural substances. I aim to shift the entire narrative around Plant Medicine & Psychedelics to one that is respectful & ceremonial instead of one that classifies these magical compounds as "drugs".

Microdosing is gaining more popularity across the nation. From the tech industry to stay-at-home moms, people are waking up to the profound benefits of taking small amounts of hallucinogens.

## MICRODOSE:

*A tiny fraction of a full dose.*

To be specific, a microdose is typically 5%-10% of a typical dose. A full dose of magic mushrooms is usually 1.5 grams to 5 grams. Taking a full dose would ensue in a psychedelic trip. A microdose of magic mushrooms is anywhere from 0.1 - 0.7 grams (depending on the person's size and weight).

A true microdose is not enough to send us on a full trip but just enough for the medicine to work its magic on our neurons and energetic alignment. We are able to stay in control of the experience as the usual separation between our conscious and subconscious mind thins. We enter into the psilocybin realm just enough for deep introspection and necessary change to take place.

Consuming such a small amount allows us to continue in our present reality and it allows for easier integration of what we learn along our microdosing journey. People notice subtle shifts in the quality of their head and heart space, they are keener on observing the beauty that upholds the natural world, and they begin to find a deeper presence with the narrative they are writing their life story in.



Finding the sweet spot in the appropriate dosage is going to be unique to each individual. Factors such as height, weight, mental health, and experience with the medicine all play into how much or how little someone uses as a microdose.

Start as small as possible.

You can always take more.

If you are brand new to the concept of microdosing, the best place to start is .1 of a gram. This is such a small amount, it is like dipping your toe into the waters of psilocybin. This provides the opportunity to be hyper-aware of any subtle shifts in the mind and the way you are viewing your reality. The majority of people seem to find contentment in .3 - .5 of a gram.

### GENERAL GUIDANCE

#### *.1 - .2 gram True Microdose*

Increased productivity and creativity with work and personal projects. Subtle inspiration. A gentle reminder to stay present and focused.

#### *.3 - .4 gram Creative Dose*

Helpful for physical exercises like trail running, going to the gym, or anything that induces a flow state. A beautiful tool to use in social situations such as gatherings or conversations with loved ones.

#### *.5 - .7 gram Expansive Dose*

The larger end of microdose amounts. A beautiful way to spend a day off. Great for hiking, simply being outdoors, yoga/meditation, dance, and journaling. A tool to utilize your free time as a reset or a chance to view your current reality from a higher perspective.

There are a few popular recommendations for the frequency of consuming microdose medicine. While these are great guidance, I recommend developing an intuitive relationship with the medicine. She will tell you when to utilize her and when to let her be. Trust in yourself.

## Dr. Fadiman's Approach

1 microdose every 3 days.

Day 1: Microdose

Day 2: Transition Day

Day 3: Normal Day

Continue this cycle for four to eight weeks then take a two to four week reset of no microdosing.

## Microdosing Institute Protocol

1 microdose every other day.

Day 1: Microdose

Day 2: Transition Day

Day 3: Microdose

Day 4: Transition Day

Continue this cycle for four to eight weeks then take a two to four week reset of no microdosing.

## Stamet's Stack

4 days of microdosing and 3 days off. This protocol focuses on consuming Lions Mane mushrooms and Vitamin B3 along with psilocybin.

Day 1-4: Microdose Stack

Day 5-7: Transition/Normal Days

Continue this cycle for four weeks then take a two to four week reset of no microdosing.





Psilocybin is an ancient Plant Medicine that has been used by humanity since the dawn of our existence. It is a timeless tool that has helped us progress on this planet, truly a technology that was given to us to ascend.

If we are interested in using microdosing mushrooms as an aid in our healing journey, we must acknowledge the central role spirituality has in healing. In the western medical world, spirituality is almost completely forgotten and that is the most important missing piece. Spirituality and healing are one and the same and cannot be separated. Unlike religion, spirituality is one's own individual quest for self-realization. It is coming to terms with your Truth and your own relationship to the divine energy that moves this world. It is unique to you and you only.

The medicine of psilocybin does contain a spirit of its own. We must have reverence for this medicine as if it is a living being. Before we consume the fungi, we must honor it's presence on the planet. It is important to thank the spirit of this medicine and to be clear that it is being used for the highest good of all.

## Learn to dance with the spirit.

As we journey into our healing work with psilocybin, we begin the dance with the spirit of this medicine. We understand the push and pull of different amounts and we see that every experience she provides as sacred and necessary. Building a trustworthy, dynamic relationship with her is the proper way to begin to use this plant.

# Intention anchors certainty.

Setting an intention before we consume any form of Plant Medicine is fundamental in extracting the most out of the experience. The intention we set is the beginning of the conversation and relationship to the spirit of the substance.

The intention of an experience with sacred medicines is the work we are trying to accomplish. It is the goal or the reason we are bringing it into our reality. It is impactful to understand why we feel called to utilize this medicine and what we would like to gain from it. This allows the healing energy of the experience to have direction and purpose. It also creates a contract between you and the spirit of the medicine.



## A few examples

I intend to...

Nuture my inner child.

Heal my internal relationship with my mother/father.

Anchor into my body with confidence and ease.

Feel more connected to my ancestors and life path.

Understand how this trauma has impacted me.

Unlock my creativity with the work I am passionate about.



Both set and setting are fundamental components of any psychedelic or Plant Medicine experience. When we take any amount of a mind-altering substance, we are opening new pathways of perception. It is crucial to take into account the nature of your mind-scape as well as the environment in which you reside.

## SET

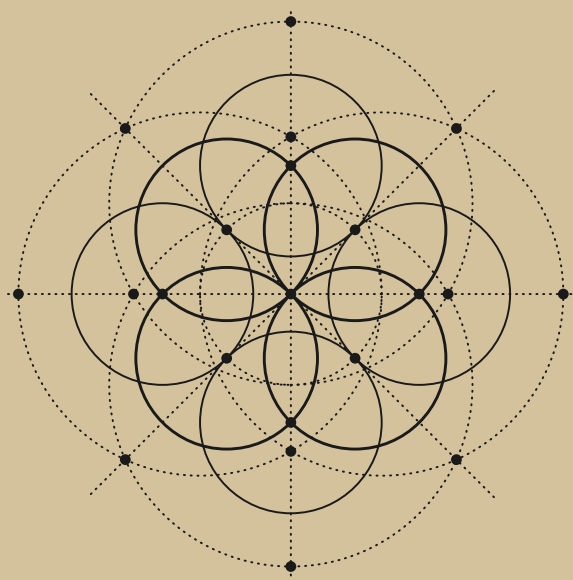
### Your mindset & mood

Psychedelics are "non-specific amplifiers." This means that they intensify what is already present within a person. Our current mood and mental state directly affect the kind of experience we receive from Plant Medicines. It is important to be aware of our emotional state, sense of openness, neuroticism (our anxiousness), and our conscientiousness. It is okay to work with medicine in a lower state as long as we have the willingness to take the journey from that state to the other side. It is all about being aware of where you currently are in your inner world.

## SETTING

### Your physical & social environment

Where we physically are in space and time has an impact on our experience with natural medicines. It is beneficial to be in a space that we are comfortable in such as our home, in nature, with loved ones, or a conscious gathering. We are products of our environment. The energy we submerge ourselves in has great impact on our inner experience. When it comes to microdosing, always begin your first few experiments with it in a space you feel safe in. As you progress in your relationship to the medicine, you will feel more comfortable consuming in most places like work, yoga studios, and general gatherings.



As mentioned before, psilocybin is an ancient technology that has been used by humans for thousands of years. Traditionally, psilocybin was always consumed within a ceremonial space.

The container of a sacred ceremony is just as important as its ever been. To be in ceremony is to be in communion with the sacred. When we consume medicine on the microdose level, we are typically with ourselves in our present reality and life. Although we are not sitting in a circle with a shaman, we are still present in the ceremonial realm.

Being present within this realm is the acknowledgment that everything that occurs in and around us is meant for us. Every thought, interaction, and choice is sacred and part of the healing experience. Even if we are simply going to work on a microdose, we are in ceremony.

Ceremony is the container for the divine interworkings of the plants. It is a space of intention, presence, and trust with the spirit of the medicine. With this knowledge and awareness, we can better see and feel the higher energies that are at play in our day-to-day reality. We can trust in this realm and we can find a sense of coming home within it.

## A reflective looking inward.

Introspection invites us to reflect on what happens each day and welcomes our feelings around it. Having a greater sense of self-awareness has been shown to result in stronger relationships, a clearer sense of purpose, and increased well-being, self-acceptance, and happiness.

Showing up to our microdosing experiences with an introspective approach allows us to gain the most from utilizing this medicine. When we take time to reflect upon our inner reality, we begin the process of peeling back layers. Once the layers of our identity start to fall away, we are shown the root of why we act a certain way or make certain choices. Being aware of the root of behavior and the feelings we have around them gives us the opportunity to make necessary, lasting shifts.

## Journaling & Contemplation

The simplest and most profound way to directly access our own internal psychological processes and perceptions is through writing and sitting in a meditative contemplating state with what comes through.

We can respond to questions that help us track our experiences in the medicine. We can look into our mental, emotional, creative, and social states, as well as physical sensations in the body. We can express what we are noticing and feeling with our words and we can see the changes and progression overtime.

When we keep track of our insights, shifts, and experiences, we can physically see our progress and see how far we have come.



## Examples of introspective questions to track microdose experiences:

### BODY -

How aware of my body have I been today?

What sensations have I felt in my body?

Where did I physically feel the medicine? (Throat, heart, stomach, etc.)

### MENTAL-

What was the quality of my thoughts today?

Were there any new thoughts that ran through my mind?

Did I think about anything new/see anything in a different light?

### EMOTIONAL -

Did my feelings take on different qualities today?

When I focus on my heart space, what comes up?

What did I cultivate in my relationships today?

### CREATIVE -

What is inspiring me to create?

How can I show up to my work in a unique way?

What feeds my creativity?

### SOCIAL -

How did I express my feelings and communicate today?

How often did I smile today?

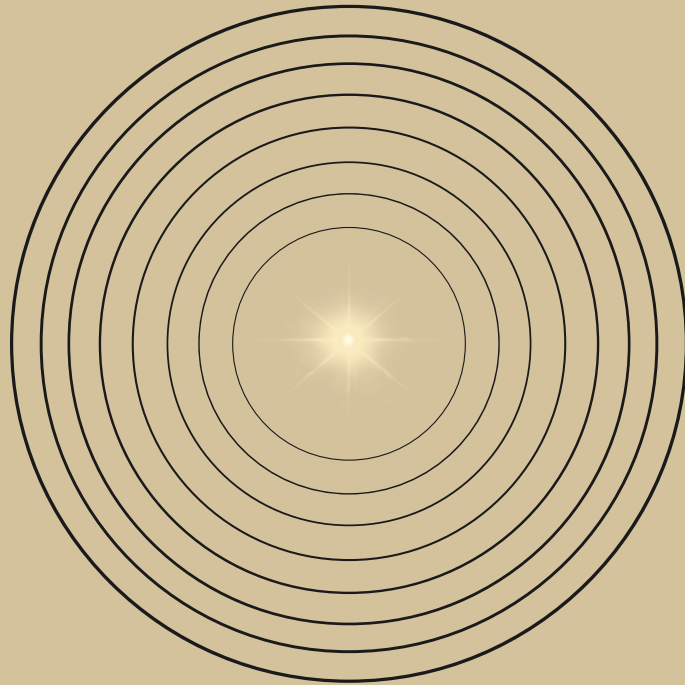
What was the nature of my tone and facial expressions?

### OUTLOOK -

What is the current quality of my outlook on life?

Did I show up in fear or trust today?

How connected to this world do I feel right now?



Before one of my ceremonies with Ayahuasca, a Shaman told me, "the experience is 50% the medicine and 50% you." Meaning we have to show up to the medicine just as much as it is showing up to us.

Microdose Medicine (or any form of medicine really) is not a quick fix. Microdosing can shed light on your behavior and thought patterns but it is you that has to look at them and determine what to do about the patterns that don't serve your highest potential.

## The real work is after the ceremony.

The key to lasting, transformative results from working with Plant Medicine is taking what you learned from the experience and applying it to your day-to-day reality. This is why reset days or transition days are important when microdosing.

Microdosing is a powerful tool in that you don't have to completely disengage from your reality like in a strong psychedelic trip or Ayahuasca ceremony (although those have profound benefits too). Microdosing allows for easier integration because the shifts occur in our current reality. On the days we are not microdosed, we still carry with us the lessons and insights from the medicine and we continue to strive toward our highest expression of Self.

More and more scientific studies are being done around microdosing magic mushrooms and they are showing promising results. There are known mental, physical, and spiritual benefits to utilizing this powerful medicine.

## MENTAL

Improved concentration + focus

Easier entrance into flow-state

Increased creativity + productivity

More balanced mood

Decrease in depression (from mild to clinical)

Improved problem-solving capabilities

## PHYSICAL

More physical energy

Decreased pain levels

Deeper connection with the body

Supports in cutting out addictions

Improved sleep

Reduced PMS symptoms

## SPIRITUAL

Increased emotional awareness

Deeper presence

Greater emotional connection with others

Increased connection/understanding of life purpose

Increased gratitude

More feelings of unity, interconnectedness, and belonging





If you are just opening your mind to the concept of microdosing mushrooms, working with a guide in your journey is extremely beneficial. There are people placed on this Earth to help humanity utilize the technology of natural Earth Medicines. ( like me :)

These people have a deep, sacred relationship with the medicines and they are lifelong students of their spirits. Guides have experience in the ceremonial and Plant Medicine realm and they contain the necessary wisdom to aid others in working with it.



It is truly my life's mission and purpose to educate and direct humanity into proper use of the plants. I believe in protecting the ancient traditions while offering tangible advice and teachings to the community. I am the illuminated link between our most cherished beliefs and practices and how we can actually live these practices in our day-to-day lives.

I always offer a free consultation to anyone interested or curious about the microdosing journey. My inbox is always open.

ancientascension@gmail.com  
@ancient.ascension

Psilocybin is currently a schedule 1 substance under the Controlled Substances Act since 1971. This means that in the government's eyes, there is no therapeutic use. It is in fact in the same classification as heroin. If that doesn't scream ignorance, I'm not sure what does.

There are tremendous efforts across the nation to get psilocybin out of this classification. Hundreds of clinical studies are being done and they are proving this substance holds profound safe therapeutic benefits. It is only a matter of time.



There is a large and ever-growing underground community of people growing and providing this medicine to humanity regardless of its classification. If you are going to begin your microdosing journey with magic mushrooms, be sure to find a trusted source. Factors such as purity, potency, and strain all factor into the product you receive. I can offer you more personal advice on this if you need.

ancientascension@gmail.com  
@ancient.ascension

Thank you for trusting me to provide you with the fundamentals of microdosing psilocybin mushrooms. There is an enormous amount of wisdom to be shared within the realm of natural Earth Medicines. I believe it is our birthright for all beings to have easy, proper access to this sacred technology. I wish you many blessings on your journey of uncovering your highest expression of Self.

I am constantly sharing the most recent research findings as well as my own experiences with all types of Plant Medicine. Be sure to stay connected to continue to learn about the powerful potential these substances contain.

INSTAGRAM  
@ancient.ascension

