

Complete

# Microdose Guide



*For LSD & Psilocybin!*

**Primal Focus**

# Intro

## Welcome to your first Primal Focus adventure.

This guide is your gateway to the world of microdosing. It will equip you with the essential knowledge and skills to embark on your microdosing journey. But before we get there, let's take a moment to reflect on this question:

### Why do people microdose?

In today's fast-paced world, many people struggle to find their sense of purpose and connection with themselves. Despite living in an era of abundance, we often feel disconnected from our true selves. Microdosing has emerged as a powerful tool to help us reestablish this vital connection.

Microdosing offers a range of benefits that can enhance our well-being and personal growth. By microdosing, we can experience improved mood, heightened focus, expanded creativity, and a profound sense of self-awareness. It allows us to tap into our full potential and face life's challenges head-on.

This guide is expertly crafted to direct you through the four fundamental principles that lay the groundwork for our microdosing approach:

**Schedule:** Discover the specific guidelines and protocols for microdosing to ensure a safe and effective experience (page 1-3).

**Dose:** Explore the concept of taking a fraction of a regular dose of a psychedelic substance, typically 5 percent to 10 percent, to unlock the therapeutic benefits without the intense hallucinogenic effects (page 4 & 5).

**Flow:** Learn how microdosing can help you enter a state of flow, where you can effortlessly immerse yourself in activities, experience heightened creativity, and achieve optimal performance (page 6 - 9).

**Growth:** Understand the importance of tracking and evaluating your progress throughout your microdosing journey. By monitoring your experiences and outcomes, you can make informed adjustments and maximize the benefits (page 10).

If you have any questions or need support, our team is here to assist you. You can reach out to us through Whatsapp, E-mail, Instagram, TikTok and Facebook (see our contactpage).

Remember, microdosing is a personal exploration, and it is crucial to approach it with mindfulness and respect for the potential risks involved.

# Schedule (1/3)

## Get the most out of your microdose experience.

It is important to use a structured approach and maintain consistency. Here's why:

**Avoid building tolerance:** People tend to develop tolerance to LSD & psilocybin (the active component in magic mushrooms & truffles) quickly, which is why microdosing every day is not recommended. Taking regular breaks helps prevent tolerance buildup and ensures the effectiveness of microdosing.

**Observing changes over time:** Consistency in microdosing allows you to observe how your feelings, mood, and creative output evolve over time. By following a microdosing protocol first, you can track and analyze the effects of microdosing on your overall well-being and make informed adjustments if needed.

To implement a microdosing protocol, which is a schedule indicating when to microdose and when to abstain, consider the following:

Start with established protocols: Over the years, certain microdosing protocols have proven to be effective. These protocols provide guidelines on the frequency and timing of microdosing.



# Schedule (2/3)

## The Starter Protocol

The Starter Protocol is a recommended starting point for first-time microdosers. It is based on the well-known Fadiman Protocol, inspired by Dr. James Fadiman, a renowned researcher in the psychedelic field. This protocol is widely used and considered effective for beginners. Here is an overview of the Starter Protocol:

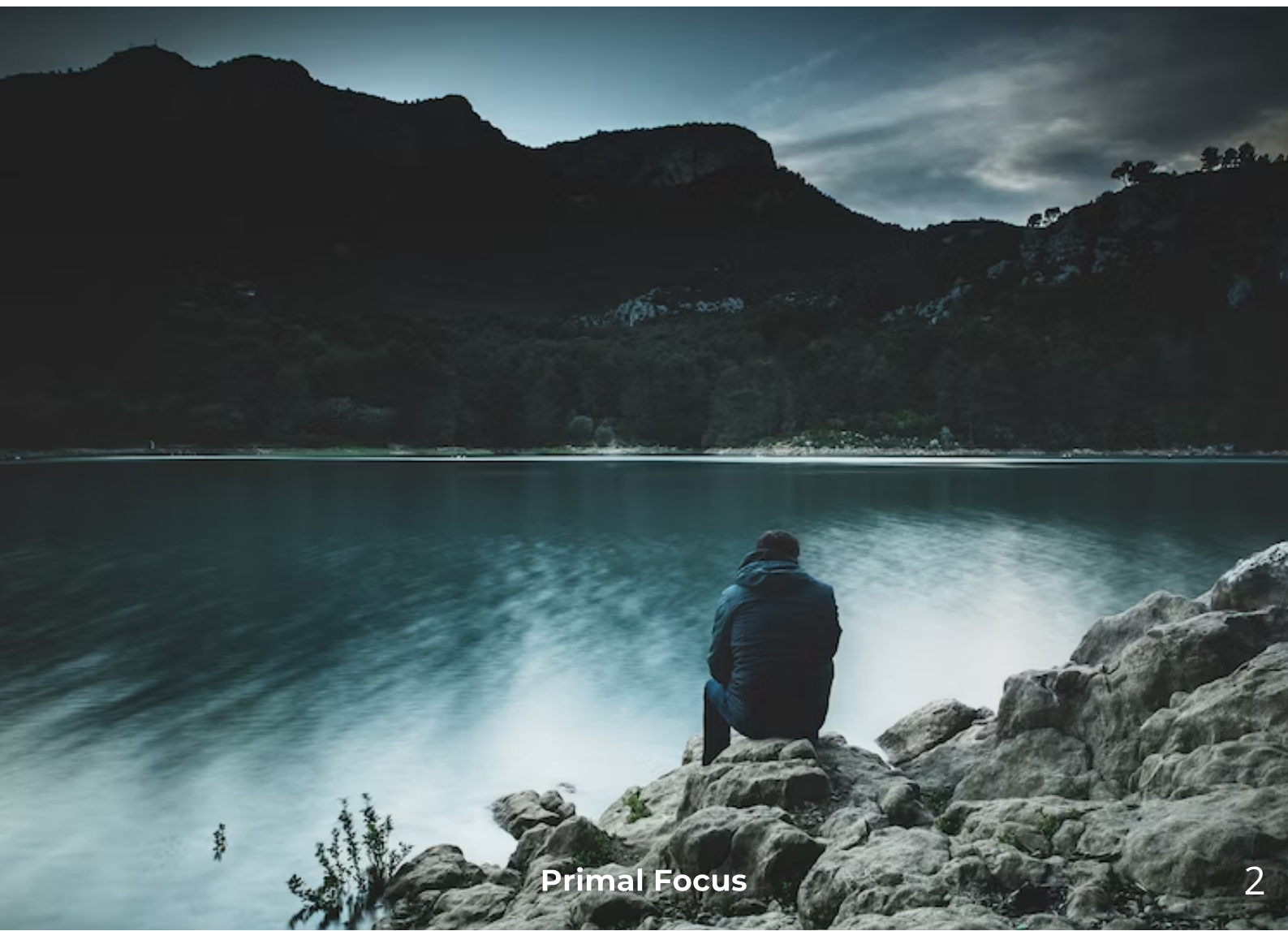
**Day 1:** Take a microdose.

**Day 2 and 3:** Do not take a microdose.

**Day 4:** Start again at Day 1 and take a microdose.

Repeat this cycle for a maximum of two months. After two months, take a one-month break from microdosing and track your progress.

It is recommended to start microdosing on the weekend or a free day to allow yourself to become familiar with the effects without being interrupted by work or obligations.



# Schedule (3/3)

## The Expert Protocol

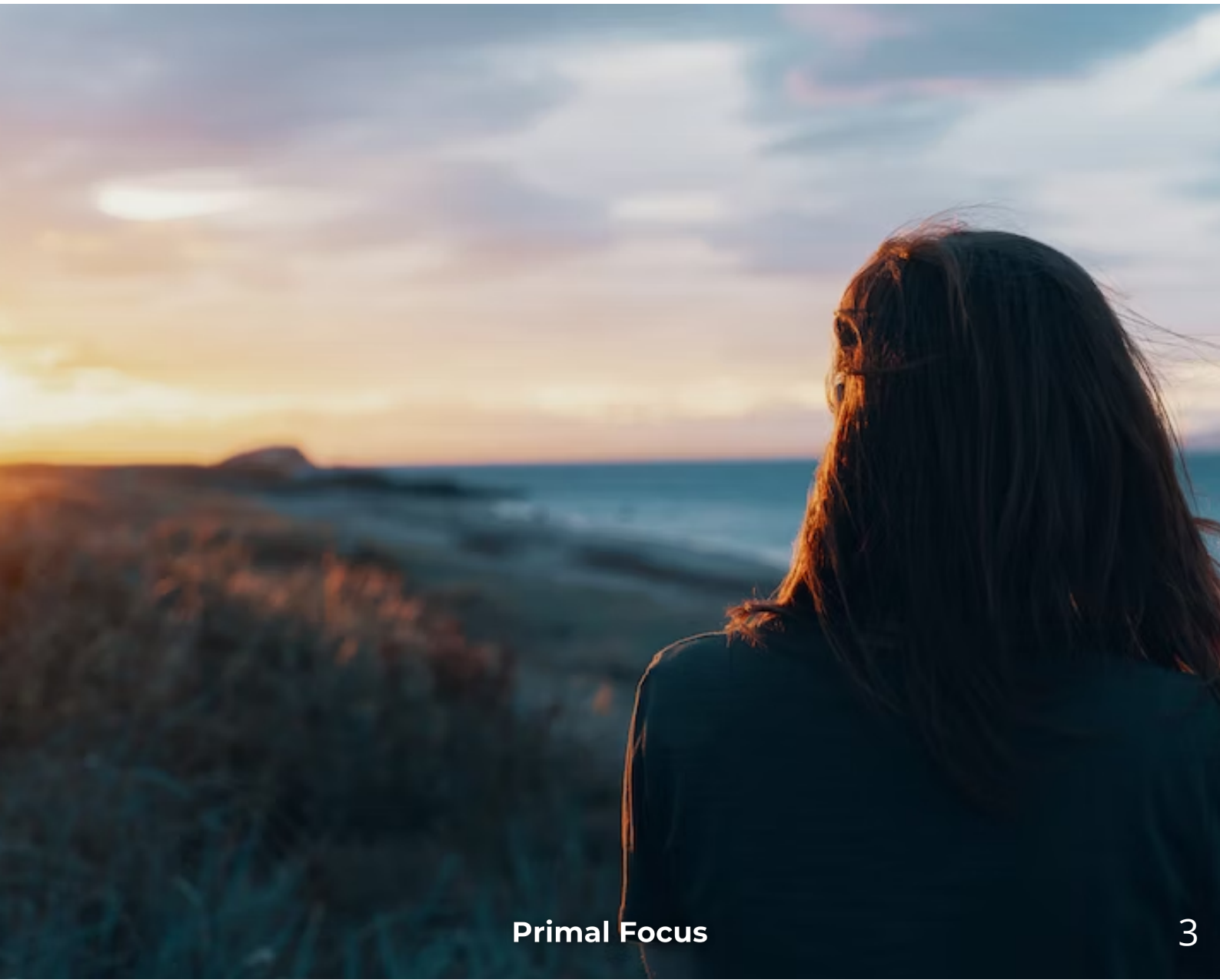
The Expert Protocol is based on the Stamets Protocol, created by mycologist Paul Stamets. This protocol is a bit more intense compared to the Starter Protocol, as it involves taking a microdose for four consecutive days in a row. Here is an overview of the Expert Protocol:

**Day 1, 2, 3, and 4:** Take a microdose.

**Day 5, 6, and 7:** Do not take a microdose.

On the eighth day, start again at Day 1 and take a microdose.

The Expert Protocol is designed to enhance the noticeable effects of microdosing and provide a longer-lasting effect on the off-days. It follows a seven-day cycle, which conveniently fits into a week.



# Dose (1/2)

## How to find your sweet spot?

Here are some considerations and tips to help you find your optimal dose for both 1cP-LSD & Psilocybin:

**Start low:** Begin with a modest dose (half a pellet for 1cP-LSD & 0.5 grams for psilocybin truffles) to gauge your sensitivity and response to the substance.

**Gradually increase:** If you don't experience the desired effects, you can slowly increase the dose in subsequent sessions. Some individuals may require more than a pellet or the full dose of 1.0 gram for psilocybin truffles. This while others may find the desired effects with a lower dose.

**Personal variation:** Everyone's optimal dose can vary due to factors such as weight, metabolism, diet, sleep quality, and other substances or supplements consumed, like coffee or lion's mane.

**Notice subtle changes:** The goal of microdosing is to experience subtle changes in mental clarity, focus, energy, mood elevation, and overall well-being. It is not intended to induce a trippy or uncomfortable experience.

**Track your progress:** Keep a journal to record your experiences and note the effects of different doses. This will help you identify your personal sweet spot and make adjustments accordingly.



# Dose (2/2)

## **What if my dose is too high?**

Finding your sweet spot for microdosing is a process that may involve taking a slightly higher dose at least once in your journey. If you accidentally take too high of a dose, it is often compared to drinking too much coffee. You may feel a bit on edge, jittery, or even tired and yawning. However, this is a normal part of the process, and the effects will gradually fade away within a few hours. Consuming high-sugar foods can help lower the effects more quickly. This is also why starting microdosing on the weekend is recommended to allow for a more relaxed and uninterrupted experience.

## **What if I feel sick or nauseous?**

Although few people get ill when taking small amounts of psychedelics, it is important to know the following. If you feel sick or nauseous after taking a microdose, it could be due to your body's reaction to the substance. In such cases, it is advisable to try a lower dose and combine it with tea or hot food like an omelet. This can help ease the stomach's reaction and make the 1cP-pellet or truffles easier to digest.



# Flow (1/4)

## **Flow: where things are getting really interesting.**

Microdosing offers a pathway to enter a flow state more easily and deepen the experience. The concept of a flow state, also known as "being in the zone" or "the Deep Now," was introduced by researcher Mihaly Csikszentmihalyi. In a flow state, individuals are fully immersed in an activity, experiencing energized focus, complete involvement, and enjoyment. Here's how microdosing can enhance the flow state:

**Increased immersion:** Microdosing can help individuals become fully absorbed in their activities, allowing them to be more present and focused on the task at hand. The sense of ego and time may dissolve, creating a state of oneness with the activity.

**Amplified enjoyment:** Microdosing has the potential to enhance the enjoyment and pleasure derived from engaging in activities. It can heighten the positive emotions associated with the flow state, making the experience more fulfilling.

**Alpha brain waves:** Microdosing may influence brain activity, specifically alpha waves, which are associated with calmness, alertness, and mental coordination. These brainwave patterns can contribute to a state of flow and optimal performance.

While scientific research on microdosing and flow states is limited, anecdotal reports suggest a positive relationship between microdosing and entering a flow state. Individuals have shared their experiences of increased creativity, productivity, and focus when microdosing.



# Flow (2/4)

## The Flow Cycle

The Flow Cycle consists of four distinct phases that contribute to the experience of flow:

**The Struggle Phase:** To enter a flow state, you must first encounter a challenging activity that requires your focused attention. This phase involves grappling with the task at hand, such as solving a work-related problem.

**The Release Phase:** After engaging deeply with the challenging activity, it is beneficial to take a short break and shift your focus to something less demanding. This could involve doing an unrelated enjoyable activity, like going for a walk. The release phase allows for a mental reset and relaxation.

**The Flow State:** Upon returning to the main task after the release phase, you enter the flow state. This is the optimal state of being where you experience heightened energy, increased creativity, and enhanced productivity. In the flow state, you become fully immersed in the activity, losing track of time and self, and feeling a sense of oneness with your craft.

**The Recovery Phase:** Being in a flow state requires mental energy, and it is important to allow for recovery afterward. Rest and relaxation are crucial for replenishing your mental resources. It is essential to recognize that being in flow all the time is not sustainable, and taking time to unwind and recharge is necessary.

Understanding and embracing these four phases of the Flow Cycle can help you maximize your flow state experiences and optimize your performance in various activities.



# Flow (3/4)

## Microdosing & Flow

Microdosing and flow are closely related, and after years of microdosing, it has been observed that microdosing supports flow in two significant ways:

**Shortening the Struggle Phase:** The initial phase of entering flow, known as the struggle phase, can vary in duration and difficulty. However, on microdose days, the struggle phase tends to significantly shorten, making it easier to enter a flow state

**Deepening the Flow State:** Microdosing not only facilitates easier entry into flow but also deepens the flow state itself. Microdosing enhances the sense of absorption in activities, leading to increased creativity, productivity, and overall output.

## Full Focus & Deep Work

Flow is a natural outcome of focused attention, as emphasized by flow researcher Steven Kotler. To achieve flow, it is essential to dedicate uninterrupted time and focus to your activity. Therefore, we recommend the following before you begin:

- Minimize distractions and interruptions by turning off or muting your phone, work chat platforms like Slack, and email.
- Communicate to others that you should not be disturbed for a few hours. Allow yourself to fully immerse in the activity at hand.



# Flow (4/4)

## How to trigger a Flow state?

Flow states can be triggered by various factors, categorized as internal triggers, external triggers, and group triggers. These triggers play a role in directing our attention to the present moment and enhancing our ability to enter a flow state. Here are the 22 defined flow triggers:

### Internal Triggers:

1. Clear goals
2. Unambiguous feedback
3. Challenge-skill ratio
4. Concentration on task
5. Curiosity / Passion / Purpose
6. Autonomy

### External Triggers:

1. High consequence
2. Novelty
3. Complexity
4. Unpredictability
5. Deep embodiment
6. Creativity and pattern recognition

### Group Triggers (achieve flow with more people):

1. Shared goals
2. Equal participation
3. Blending ego's
4. Close listening
5. Yes, and...
6. Complete concentration
7. A sense of control
8. Familiarity
9. Open communication
10. Shared risk

These triggers can vary in their impact on individuals, and it is important to identify which triggers are most effective for you personally. While some triggers, such as setting clear goals, may be applicable to most people, others may differ based on individual preferences and characteristics.

# Growth (1/1)

## Become a Microdose Master

To become a Microdose Master and unlock the full potential of microdosing, it is crucial to approach it with discipline and structure. Tracking your progress in a structured manner can make microdosing a more conscious practice and help you discover your perfect dose and flow. By reflecting on your microdosing journey, you can clearly see your growth and improvements in various areas of your life.

## Set your intentions

It all starts with setting intentions. Each day, whether you microdose or not, it is important to set a clear goal for the day and work towards it. The type of intention you set is up to you and can vary, such as being more present, fully experiencing your emotions, or dedicating specific hours to writing. Setting an intention provides guidance and structure, giving you a clear focus for the day.

At the end of the day, you can reflect on how well you lived up to your intention, which helps you prioritize what truly matters in life. Remember, a disciplined approach and intention setting can enhance your microdosing practice and contribute to a more meaningful and transformative experience.

## That's it!

You now have the basic knowledge and tools to embark on your microdosing journey. If you have any questions, feel free to reach out to us through the following channels:

- Whatsapp: +31 6 12874460
- E-mail: [info@primalfocus.eu](mailto:info@primalfocus.eu)
- Instagram & TikTok: [@primalfocus.eu](https://www.instagram.com/primalfocus.eu)

Enjoy your adventure!



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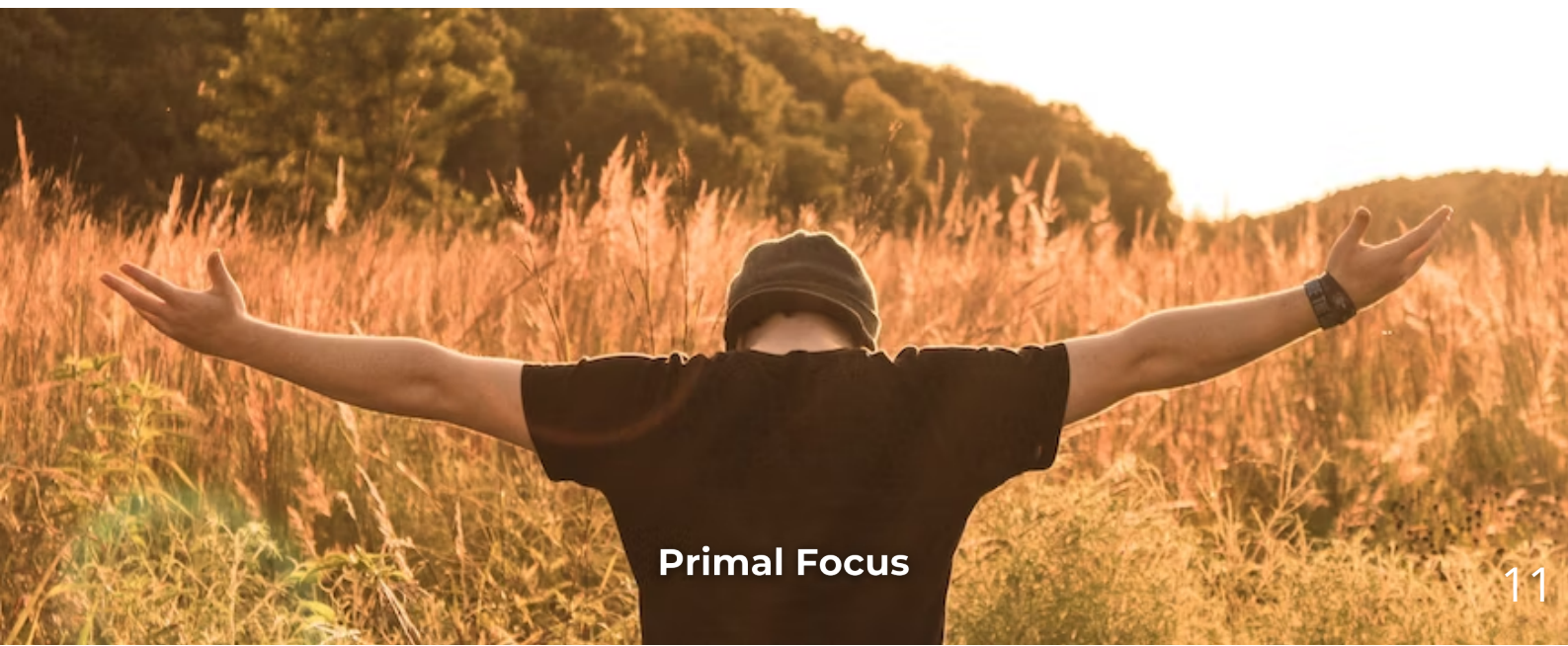
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