



SACRED COUNSEL

MICRODOSING CHECKLIST & PROTOCOLS

Your companion guide to a safe, intentional microdosing practice

WELCOME

ABOUT MICRODOSING

Microdosing is the practice of taking a small, sub-perceptual amount of sacred mushroom on a steady rhythm — not to journey, but to gently soften the patterns the mind runs on repeat. The medicine works with your brain's natural capacity for *neuroplasticity* and *neurogenesis* — the forming of new neural connections and, over time, entirely new pathways. With clear intention and consistent practice, that window of flexibility becomes the ground where new life patterns take root.

On the level of neurochemistry, the medicine works primarily through the serotonin system — the same system that shapes mood, meaning-making, and our capacity to savor the day. Many people notice a gentle lift in mood, a quieting of looping thoughts, more ease in the body, and a brightness to ordinary moments. The shifts are subtle by design; the practices in this guide are what turn them into lasting change.

You don't have to walk this path alone. For more in-depth guidance — from finding your dose to weaving the medicine into your deeper healing work — reach out to us any time for one-on-one microdosing and integration support. We'd be honored to walk with you.



PART ONE

FOUNDATIONS & PREPARATION

☐ HOME & MENTAL / PHYSICAL SETTING

Take a moment to tune into how your body and mind are feeling, and ensure you have a stable home environment. It's essential to have a relatively regular space where you wake up, without traveling too much across locations. The first step is always getting honest with your inner and outer landscape.

☐ SUPPORT & CONSULTATION

Best case scenario is consulting with a therapist or your doctor before starting the protocol. Areas of interest here are whether you're on medications that run on serotonin or dopamine pathways, as well as heart medications. If you need a quick clearance, set up an intro call.

☐ MEDICINE

Ensure you have a safe source for the medicine — one you trust to have grown it in an environment of balance and harmony. Storage is best out of direct sunlight, in the fridge.



PART TWO

YOUR PERSONAL PROCESS

☐ DOSAGE

A microdose typically falls between 0.05g and 0.2g of cubensis. The effect should be subtle — at the edge of what's perceptible. You may notice a lift in mood, a brightness to your vision, or a gentle somatic ease. It should never feel like a full journey.

Each Neurogenesis capsule (and each Fungi Chai bag) is pre-measured at 0.15g — squarely in that range, so there's nothing to weigh or guess.

☐ FREQUENCY

Find a rhythm of medicine intake that fits your intentions. As a rule of thumb: beginners will go with Protocol 1, and those with more experience can explore Protocol 2 & 3.

☐ TIMING

We recommend not directly after a meal — if dosing in the morning, after a light, fruit-based breakfast or smoothie — and no later than 4pm if you plan to sleep at your regular time. But remember, this is your journey — if you prefer to dose after your daytime commitments, adjust this to your needs.



PART THREE

DOSING DAYS

☐ INTENTION

Your intention should be a clear, simple direction — using the microdose as support for your pre-established daily practices. If your intention is more peace, be sure to pair it with activities that already promote peace, like walking outdoors, meditation, or journaling.

☐ ANCHOR

Anchor practices are short rituals that happen every day you microdose — daily throughout your protocol, if possible — helping you take note of the actual effects. A simple anchor practice: 10 deep breaths, then ask yourself — what is the quality of my mind? My emotional body? My physical body?

☐ ALLOW

Reflection is the chance to receive feedback from your direct experience of the microdose, for two reasons. First, to savor — deepening the experience of restorative feelings and ease in the system. Second, to give yourself feedback on dosage and timing for your practice.



PART FOUR

INTEGRATION & REFLECTION

☐ REFLECTION: CONSOLIDATE YOUR GAINS

Reflection is the opportunity to receive feedback from your direct experience of the microdose, for two reasons. First is to savor: the practice of deepening the experience of restorative feelings and ease in the system. Second is to give yourself feedback on dosage and timing for your practice.

☐ CONNECT WITH COMMUNITY

Sharing with community can help you explore a variety of experiences in your microdosing journey. Being able to ask questions and get feedback in a supportive environment can foster resiliency and self-confidence in this personal healing practice. Register for our Monthly Microdosing Circle Group.

☐ READY TO START!

Ready for your self-guided journey, complete with mindfulness training and self-reflection practices? Discover our Inner Landscapes Month-Long Immersion.



PART FIVE

MICRODOSING PROTOCOLS

PROTOCOL 1 — 1 DAY ON, 2 DAYS OFF

RECOMMENDED FOR BEGINNERS

This is the most recommended protocol for beginners, as promoted by Jim Fadiman — the man who coined the term "microdosing."



Cycle repeats every 3 days — start on any day.

PROTOCOL 2 — 4 DAYS ON, 4 DAYS OFF

FOR THOSE WITH PRIOR EXPERIENCE

This is for folks who have already done the introduction protocol. Practice this for 4–10 weeks, then allow 4 weeks to consolidate your gains. Refer to the previous section for reflection.



Cycle repeats every 8 days.

PROTOCOL 3 — EVERY DAY FOR ONE MONTH

FOR DEEPER SUPPORT

This is for folks seeking external serotonin support — for lack of a better phrase, those in a serious funk. It's highly advised to have a space holder or therapist to meet weekly to support your reflection process.



Every day, for 4 consecutive weeks.



PART SIX

YOUR DEVOTED SUPPORTS

Want a discounted session curated for your microdosing interests & needs?

LUKE

Breathwork & Microdosing · Functional Medicine Practitioner & Spiritual Growth

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SCHEDULE WITH LUKE →

ALEXA

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Questions about your practice? Reply to your order email, or message us on Signal.