



MICRODOSING ESSENTIALS

Quick Guide to Get You Started With Microdosing

Microdosing has tremendous potential to help you heal from clinical conditions, enhance your professional performance, and generally improve your quality of life.

Here are some of the benefits people experience from microdosing when done in a structured and intentional manner:

- Enhanced creativity and easier access to flow states
- Greater empathy and better communication skills
- Improved focus and productivity
- Greater capacity for problem-solving
- Greater self-awareness and spiritual connection
- Improved emotional well-being
- More energy and better coordination

In this Microdosing Essentials guide, we will teach you the most important information so you can get started with a microdosing protocol, integrating the tangible benefits into your everyday life.

Intention:

What is your North-Star when working with psychedelics?

Developing clarity around your motivations helps to orient your sense of self, generating enhanced awareness for your microdosing day.

Psychedelics amplify and intensify the mind's object of focus. By creating a clear and firm intention, you improve the likelihood of experiencing meaningful results from your microdosing protocol.

So, before microdosing, consider these questions:

- What do I want out of this experience? What is my ideal result?
- What problem do I want to solve or skill do I want to improve?
- How will my baseline change from Day 1 to Day 30 as a result of my microdosing protocol?

Set and Setting:

Critical variables for any psychedelic experience

With psychedelics, you become extremely sensitive to your internal and external environment.

Microdosing in the wrong environment or an upset state can sometimes lead to a negative experience. On the other hand, the right environment and the right state often creates a phenomenal experience.

Here are a few basic guidelines to help you get the most out of your microdosing protocol:

- Take care of your body: sleep well, eat healthy and nourishing food, exercise consistently
- Follow your regular routines — they provide predictability
- Be in a comfortable environment with minimal distractions
- Queue up your creative project to dive into before you microdose. Choosing the right project offers a focal point to channel the increased mental capacity from microdosing.

DOSE

Less is More

Microdosing integrates so well with your personal and professional life because it is, by definition, sub-perceptible.

So when determining your dose level, less is generally better than more. We have a saying at Third Wave: start low and go slow.

Here are some basic guidelines for microdosing:

- LSD: 8-12 micrograms
[↗ See more on how to prepare LSD here](#)
- Psilocybin: 0.1 - 0.3g
Note: People with clinical conditions may require a lower dose.
[↗ See more on how to prepare psilocybin for microdosing here](#)

TIMING

The key to sustainable microdosing and long-term benefits

Maximize the benefits and avoid building up tolerance by microdosing 2-3x per week with two days between doses.

SET YOURSELF UP FOR SUCCESS

Three key concepts

- Microdosing is best in the morning is because it can disturb sleep patterns, especially LSD.
- Lock in the benefits of microdosing with journaling, tracking, and complementary practices like yoga or meditation.
- Every 6-8 weeks, take a short break to come back to baseline and assess how things have shifted since you began microdosing

WANT TO GO DEEPER?

If you'd like to take your microdosing practice to the next level with a more structured system – [↗Check out our microdosing course here](#)

It goes much deeper into each of these topics with detailed protocols, where to find legal sources and exclusive interviews with leading researchers on how to utilize microdosing best to fuel your personal and professional goals.