

A NINE-STEP GUIDE TO A SENSIBLE MICRODOSING PROGRAMME

BASED ON AEON ESSAYS · TUNDE AIDEYAN, PHD | SET & SETTING INFORMED BY BRAINFUTURES: ELEMENTS OF PSYCHEDELIC-ASSISTED THERAPY

THE NINE STEPS

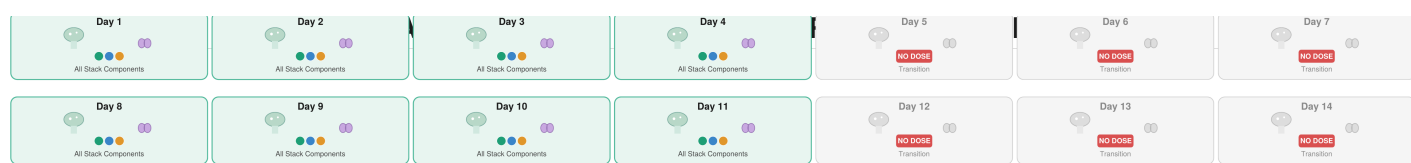
#	STEP	WHAT IT INVOLVES	KEY GUIDANCE / NOTES
1	RESEARCH & EDUCATE YOURSELF	Review the scientific literature on microdosing. Understand the difference between pharmacological microdosing (1% of active dose) and the psychedelic community standard (5–10% of a full dose).	<i>The 2022 systematic review in Journal of Psychopharmacology is a good starting point. Understand that evidence is still emerging and largely anecdotal.</i>
2	ASSESS YOUR HEALTH & CONSULT PROFESSIONALS	Evaluate physical and mental health before starting. If possible, visit a primary care physician and/or mental health professional to assess risk factors.	<i>Those with history of psychosis, bipolar disorder, cardiovascular issues, or on SSRIs/MAOIs should exercise extra caution or avoid microdosing entirely.</i>
3	CHOOSE YOUR SUBSTANCE	Psilocybin (magic mushrooms) and LSD are the most studied and widely used options. Both have relatively well-understood safety profiles compared to other psychedelics.	<i>Prudence favors LSD or psilocybin over novel or less-documented substances. Check decriminalization/legal status in your region.</i>
4	SOURCE & TEST YOUR SUBSTANCE	Obtain from trusted, known personal networks—not social media or anonymous delivery services. Use fentanyl test strips or lab services (e.g., DrugsData) to verify purity, especially for powders, pills, or liquids.	<i>Fungi and whole mushrooms are less likely to contain adulterants than powders or liquids. Never skip testing for unknown substances.</i>
5	DETERMINE YOUR DOSE	Standard microdose range: 5–10% of a full dose. Psilocybin: approx. 0.1–0.3 g dried mushrooms. LSD: approx. 5–15 micrograms. For truly sub-perceptual effects, start at 1–2%.	<i>Use a milligram-accurate scale. Divide and store doses before beginning the cycle. LSD blotters can be cut (1 blotter ÷ 9 = ~11 µg each).</i>
6	STORE YOUR SUBSTANCE PROPERLY	Psychedelics degrade with heat, light, and moisture. Store in airtight containers in cool, dark environments. For long-term storage, keep LSD in the fridge or freezer.	<i>Potency can be lost if improperly stored over weeks or months of a microdosing cycle.</i>
7	SET YOUR INTENTION & PROTOCOL	Clarify your goals (mood, creativity, focus, grief processing, etc.). Choose a dosing schedule. Common protocols: Fadiman (1 day on / 2 days off); Stamets (5 days on / 2 days off). Avoid daily dosing.	<i>Most common cycle duration: 1–4 months. Do not exceed 6 months without a break due to emerging cardiovascular risk data.</i>
8	PREPARE SET & SETTING	Your mindset (SET) and environment (SETTING) significantly shape outcomes. Schedule your first dose on a low-obligation day. Have a trusted support person available if new to psychedelics.	<i>See Set & Setting table below. Avoid unfamiliar or stressful environments, especially on early doses.</i>
9	TRACK, JOURNAL & INTEGRATE	Begin tracking on Day 1. Log mood, energy, focus, creativity, sleep, social ease, and any side effects. Use a dedicated journal or spreadsheet. Note transition days (Day 2) and off days (Day 3) as well.	<i>Journaling on all days—not just dosing days—reveals subtle patterns. Revisit goals after 4–8 weeks and plan a break for reflection after each cycle.</i>

SET & SETTING — KEY CONSIDERATIONS

Informed by BrainFutures: An Expert-Informed Introduction to the Elements of Psychedelic-Assisted Therapy

SET — MINDSET & INTERNAL PREPARATION	SETTING — PHYSICAL & SOCIAL ENVIRONMENT	DEFINITION
		Your expectations, motivations, intentions, emotional state, and prior experiences. Popularized by Timothy Leary; defined by Stanislav Grof (1980).
DEFINITION The actual physical location and the interpersonal atmosphere in which the substance is taken — both matter equally.	IDEAL MINDSET Calm, reflective, open, and trusting. Reduce stressors in the days before. Avoid dosing if in a state of distress, agitation, or acute illness.	
IDEAL PHYSICAL SPACE Familiar, safe, comfortable. "Living room-like" with soft lighting, comfortable seating, plants or nature access if possible.	INTENTION-SETTING Clarify <i>why</i> you are microdosing. Write down goals. Having an approach-intention (vs. avoidance) correlates with more reported benefits in research.	
SOCIAL ENVIRONMENT Welcoming, non-judgmental. Avoid unfamiliar or chaotic settings. A trusted support person nearby is recommended for newcomers.	PRE-DOSE PRACTICES <ul style="list-style-type: none"> • Eat lightly or fast beforehand • Avoid alcohol 24–48 hrs prior • Practice breathwork or meditation • Reduce obligations on dose day 	
ENVIRONMENTAL ENHANCEMENTS <ul style="list-style-type: none"> • Curated music / headphones • Personal meaningful objects • Comfortable temperature & lighting • Access to nature if possible 	THERAPEUTIC ALLIANCE In clinical PAT: trust and rapport with a therapist is essential. For personal microdosing: share your practice with a trusted person or community.	
SAFETY & SECURITY Ensure privacy and minimal interruptions. Have water, blankets, and comfort items available. Arrange transport if needed.	MUSIC & INWARD FOCUS Music is widely used in clinical PAT to facilitate emotional release and inward focus. For microdosing: ambient or instrumental playlists during the experience can support reflection.	
INTEGRATION SPACE Post-experience: designate time and space for journaling and reflection. Keeping a consistent "integration corner" supports habit formation.		

Sources: Aeon Essays (Tunde Aideyan, PhD, 2025) · BrainFutures: Elements of Psychedelic-Assisted Therapy (2022) · Grof, LSD Psychotherapy (1980) For educational purposes only. Not medical advice.



Legend: ■ Dose Day ■ Transition Day (No Dose) ● Psilocybin ● Lion's Mane ● Niacin

STACK COMPONENTS — DOSE DAYS ONLY

- Psilocybe cubensis**
0.1 g dried mushroom
Primary psychedelic component. Sub-perceptual dose — no hallucinations. Facilitates neuroplasticity and mood modulation.
- Lion's Mane**
5–20 g whole/powder or 50–200 mg extract
Promotes neurogenesis and stimulates nerve growth factor (NGF). Believed to amplify the neuroplastic effect of psilocybin.
- Niacin (Vitamin B3)**
75–150 mg
Acts as a delivery agent — helps carry compounds across the blood-brain barrier and into peripheral neurons.