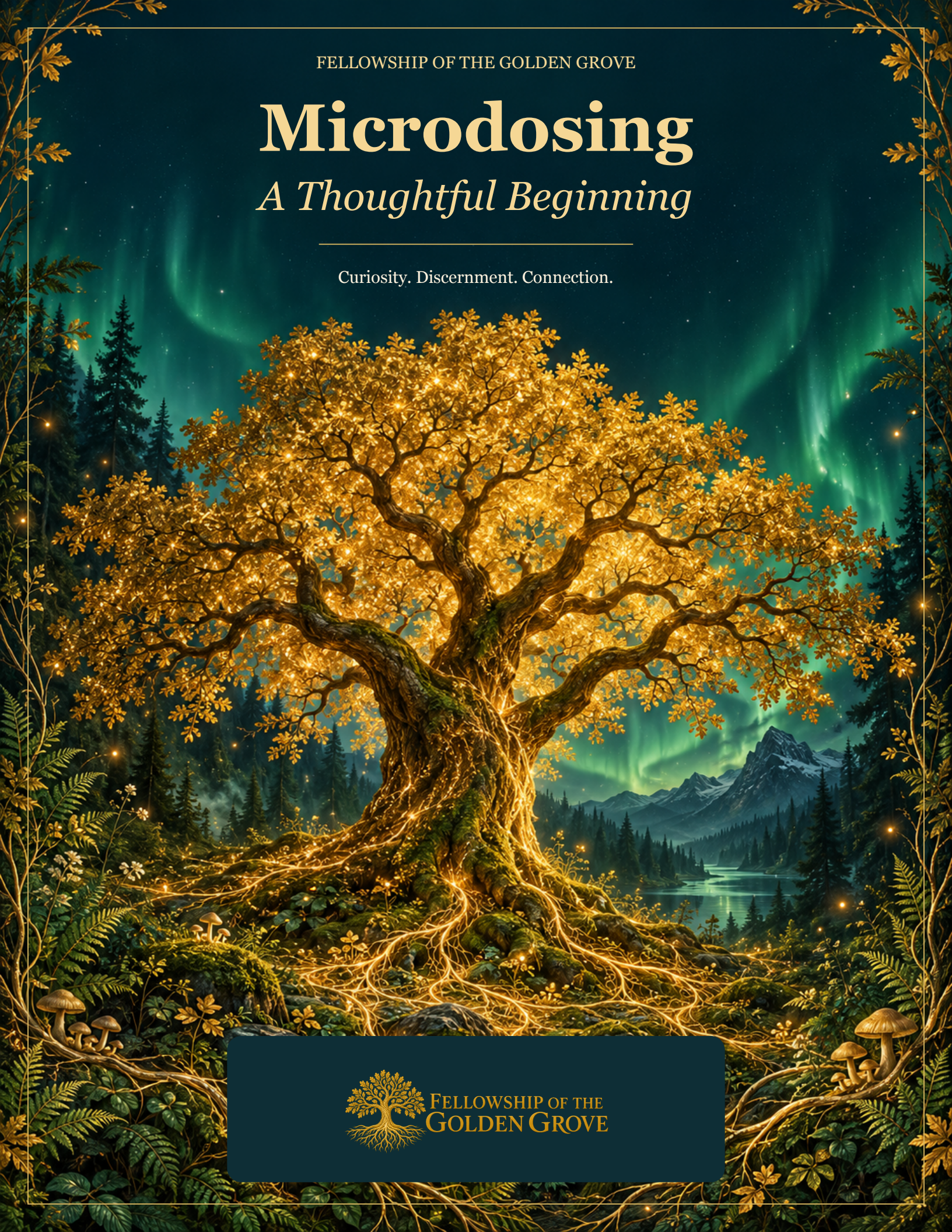
FELLOWSHIP OF THE GOLDEN GROVE

Microdosing

A Thoughtful Beginning

Curiosity. Discernment. Connection.



FELLOWSHIP OF THE GOLDEN GROVE

Microdosing: A Thoughtful Beginning

An introduction for curiosity, reflection, and informed discussion.

A gentle beginning leaves room for questions.

Golden Grove approaches transformation through connection with nature, personal responsibility, and community. Learning includes recognizing what remains uncertain and honoring the choice not to use a substance.

What does microdosing mean?

Microdosing commonly means taking a small amount of a psychedelic with the intention of avoiding a full psychedelic experience. There is no universally standardized definition or clinically validated routine. Small amounts can still affect perception, mood, and functioning.

Hope, experience, and evidence

People describe changes in mood, focus, or creativity. Reports can be meaningful, but they do not establish that a substance caused an improvement. Expectations, daily habits, and social support may also contribute.

In a small placebo-controlled mushroom study, researchers did not find reliable improvements in well-being, creativity, or cognition on the measures used [1]. A larger self-blinding study found no significant difference between microdose and placebo groups on its main accumulated outcomes [2]. Both studies have limitations; uncertainty remains.

Begin with your questions

Intention: What am I hoping to understand or change in everyday life?

Support: Who can help me consider my health, medications, boundaries, and expectations?

Choice: What could I explore through rest, nature, reflection, or conversation without a substance?

Educational information for adults 21+. This guide does not prescribe a dose, schedule, or preparation. Microdosing has not been established as a safe or effective treatment [3].

Care Before Curiosity

Safety, support, and space to integrate.

Speak with a qualified healthcare professional

Discuss your medical and mental health history and all medications or supplements. Psilocybin can cause anxiety, nausea, and changes in heart rate or blood pressure. A history of psychosis or bipolar disorder warrants particular caution. Safety during pregnancy or breastfeeding is not established [3].

Do not stop or change prescribed medication to pursue psychedelic use. Avoid driving or hazardous activities while impaired. A difficult reaction deserves care, not pressure to continue.

A small amount does not guarantee safety. Mushroom potency varies, and misidentified mushrooms can cause serious poisoning. Amanita muscaria is chemically different from psilocybin-containing mushrooms; guidance about one cannot be assumed to apply to the other.

Integration is a practice of everyday living

Integration means reflecting on an experience and considering how it relates to your values, relationships, and choices. Spiritual support can offer a listening space; it does not replace medical care, psychotherapy, or crisis services.

Notice: What feelings, questions, or patterns are present? Let meaning unfold without forcing a conclusion.

Ground: Make room for sleep, nourishing meals, familiar routines, gentle movement, and time outdoors.

Connect: Talk with a trusted person. Seek professional care if distress persists or interferes with daily life.

In case of a medical emergency, contact 911.
For suspected poisoning in the U.S., call Poison Control: 1-800-222-1222 [4].

Continue with Golden Grove

Explore integration support | Read our safety guidance
info@fellowshipofthegoldengrove.org

Spiritual support is not medical treatment. You can take part in reflection and integration without using a substance.

A Page for Reflection

A quiet place to notice what matters.

What am I hoping to understand about myself?

What support or boundaries would help me feel grounded?

What is one small change I can bring into daily life?

Sources and further reading (links open the original publications)

[1] Cavanna et al., 2022. Microdosing with psilocybin mushrooms.

[2] Szigeti et al., 2021. Self-blinding citizen science study.

[3] NCCIH. Psilocybin for Mental Health and Addiction.

[4] Poison Control. Magic mushrooms: effects and exposure guidance.

Updated October 26, 2026. Not individualized medical advice. Laws vary; spiritual affiliation does not itself establish legal permission to possess or use a controlled substance.