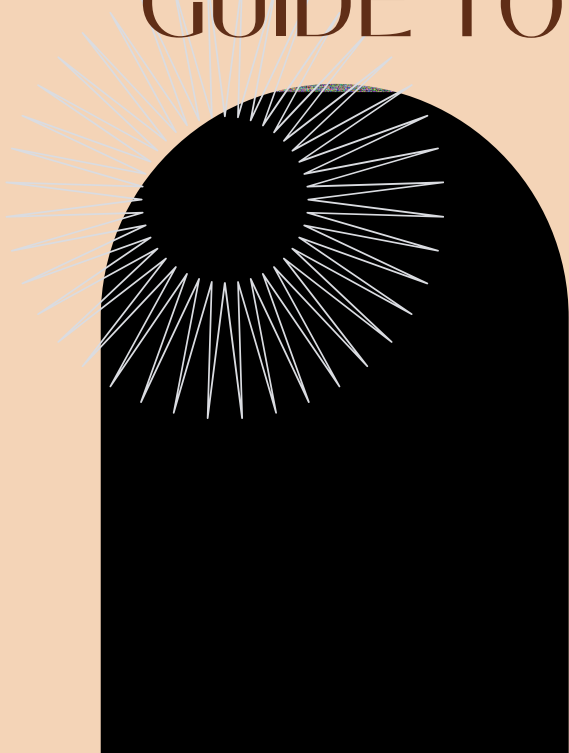


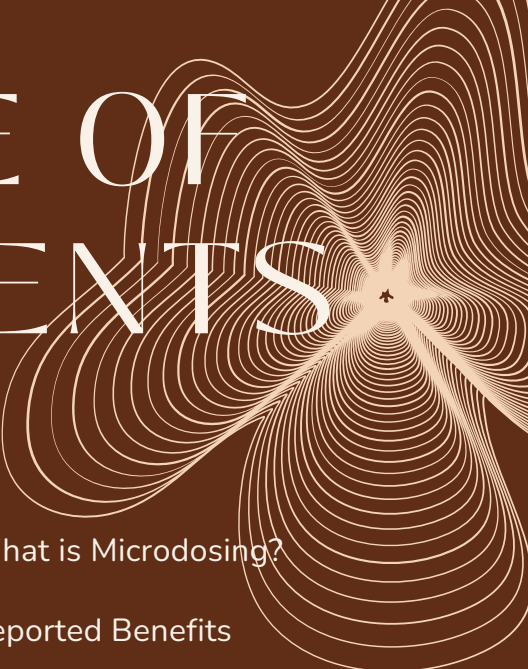
ROOTED INSIGHT GUIDE TO



MICRODOSING

LISTEN INWARD. LIVE WITH INTENTION.

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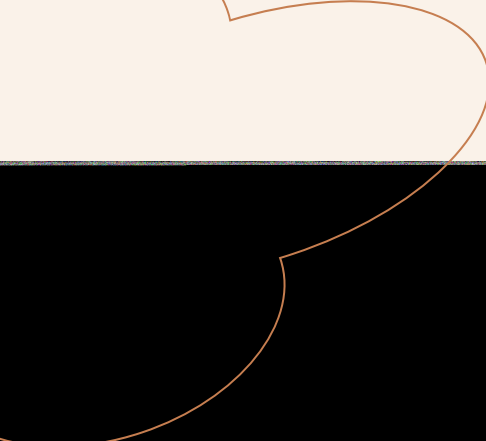
WHAT IS MICRODOSING?

Microdosing is a soft guide that leads you inward toward the expression of your true self. It sits with you as you merge with your intention.

Microdosing is a practice of taking a very small, sub-perceptual or sub-hallucinogenic amount of a substance to support awareness, clarity, and connection.

Many people describe a sense of “coming home” to themselves—a return to the body, the inner landscape, and a way of being that has always been there.

Your experience is unique. Use this guide as a starting point and adjust based on your own awareness and support. Individual support and group sessions are available for clarity and deeper integration through Rooted Insight.



Disclaimer

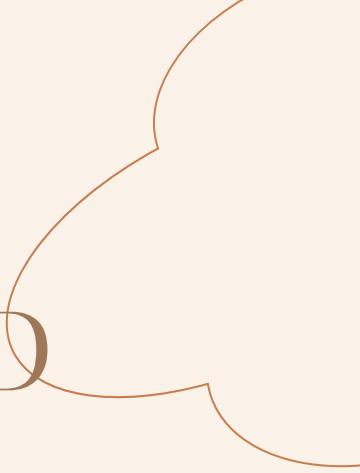
Psilocybin and related substances are not legal in all locations. You are responsible for understanding and following the laws in your area.

This guide is for educational purposes only and is not medical or psychological advice. It does not encourage, promote, or condone the use of illegal substances. Always consult a qualified professional regarding your health and any decisions related to microdosing.

Any decisions regarding microdosing are made solely at your own discretion and responsibility.

Always consult a qualified healthcare professional regarding your health and any related decisions.

REPORTED BENEFITS



While research is still emerging, self-reported experiences and observational data report:

Clarity & Focus

- Improved concentration and mental flexibility
- Enhanced creativity and problem-solving

Self-Awareness & Insight

- Recognition of patterns
- New perspectives and understanding

Emotional Well-Being

- Improved mood
- Increased emotional awareness
- Reduced anxiety (at appropriate doses)

Connection & Expression

- Increased empathy and presence
- More authentic communication

Nervous System Support

- Greater sense of calm and ease
- Increased resilience to stress

Somatic Awareness

- Greater connection to the body
- Increased sensitivity to internal experience

MICRODOSING MAY NOT BE APPROPRIATE

Microdosing is contraindicated for individuals with:

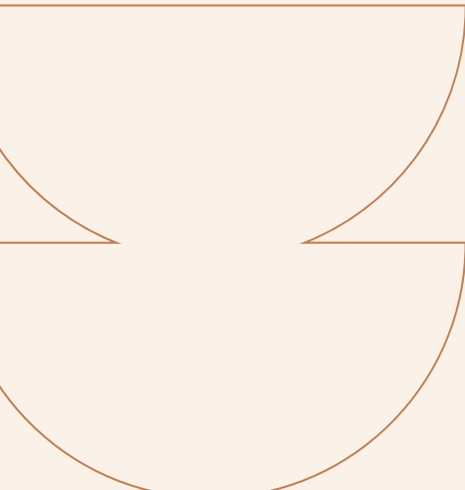
- History of psychosis or bipolar disorder
- Severe anxiety or unstable trauma symptoms
- Certain medication use (antidepressants, mood stabilizers, etc.)
- Cardiovascular or neurological conditions
- Pregnancy or breastfeeding

If unsure, consult a qualified healthcare provider.

ADDITIONAL SUPPORT

Additional Support May Be Helpful If You:

- Experience sleep disorders or severe insomnia
- Have a highly dysregulated nervous system
- Do not have a consistent support system



If you feel called to more
guided support,
Rooted Insight offers 1:1
coaching

CHOOSING A SUPPORT PERSON



Before beginning, identify someone you trust who can be available if needed. Naming a support person creates a field of safety for you and your experience. Their role is to be a steady, supportive presence when needed.

Choose someone who:

- Feels safe to you
- Is emotionally steady
- Can listen without judgment
- Respects your process
- Is available if needed

A support person could be:

- A close friend
- A partner or spouse
- A trusted family member
- A therapist or counselor
- A coach or guide familiar with this work
- A member of a supportive community
- Someone who has experience with personal growth or somatic awareness

Microdosing is not a quick fix.

It works as a non-specific amplifier, meaning it brings awareness to what is already within you.

Set and setting matter.

- Set (Mindset):
Your intention
- Setting (Environment):
Your daily life

Awareness deepens → insight emerges → integration unfolds in daily life.

In microdosing, insight doesn't happen outside of your life, it is a journey that happens within your life.

Integration happens daily.

GETTING STARTED

Start low and go slow.

- Begin with a very small dose
- Adjust gradually over time
- Notice your experience

Start low (≈ 0.05 – 0.1 g) → adjust gradually every other day or daily up to 5 days → find your “sweet spot.”

Your “sweet spot” is the lowest dose that supports awareness without overwhelm.

Signs it’s working:

- Subtle ease
- A “good day” feeling
- You may forget you even dosed

If you feel anxious, agitated, or overwhelmed:

→ pause, reduce, or reassess
→ contact support person

SET YOUR INTENTION

Creating an intention is at the core of the microdosing experience. It supports your mindset and shifts your perspective of your environment.

Let the intention reflect your deepest truth and direction.

Components of an effective intention include:

- Simple
- Positive
- Present tense

Examples:

- I am grounded
- I move with clarity
- I live with ease

This becomes an anchor throughout your experience.

4 PROTOCOLS

Option 1: Fadiman Protocol

A structured approach with built-in rest days to observe effects. Best for spacious awareness and observing subtle shifts over time.

Every 3rd day

Dose → Rest → Observe

Flow:

Day 1 (Dose) →

Day 2 (Rest) →

Day 3 (Observe)

Option 2: Every Other Day (MDI)

A slightly more frequent rhythm for consistent support. Best for building consistency and steady emotional support.

Every other day

Dose → Rest → Repeat

Flow:

Day 1 (Dose) →

Day 2 (Rest) →

Day 3 (Dose) →

Day 4 (Rest)



A typical cycle timeframe:
4–8 weeks on
2–4 weeks off

Option 3: Stamets Stack

Combines psilocybin with supplements to support brain function and overall well-being. Best for supporting cognition, focus, and brain health through stacking.

4 days on / 3 days off

Stack:

Psilocybin + Lion's Mane + Niacin

Flow:

Day 1–4 (Dose + Stack) →
Day 5–7 (Rest)

Option 4: Rooted Insight Signature Approach

A balanced approach that supports awareness and integration through gentle, intentional stacking. It provides ongoing support on non-dosing days while allowing space for integration in everyday life.

3 days on / 2 days off

Stack:

Microdose + Adaptogen or herb (based on intention)

Flow:

Day 1–3 (Dose + Stack) →
Day 4–5 (Stack only or Rest)

optional quiz

Which Microdosing Protocol Might Be Right for You?

Take a moment to answer the following:

1. How sensitive do you feel to substances, emotions, or internal shifts?

- A. Very sensitive—I feel changes quickly
- B. Moderately sensitive
- C. I tend to need stronger or more consistent input to notice effects
- D. Sensitive, but also interested in supporting my system with additional tools

2. What are you primarily looking for right now?

- A. Awareness, reflection, and subtle shifts
- B. Emotional support and steadiness
- C. Focus, cognition, or mental clarity
- D. Integration—connecting insight with daily life and intention

3. How much space do you want between dosing days?

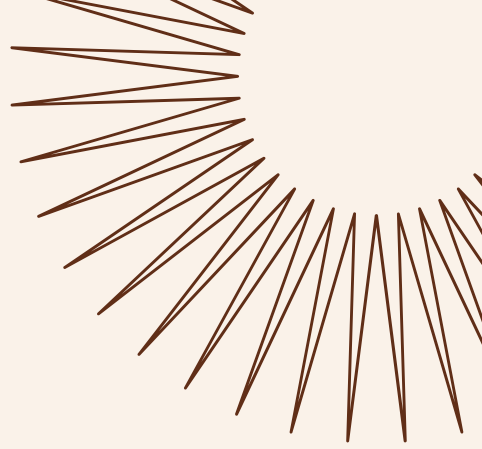
- A. I prefer more space to reflect and integrate
- B. A balanced rhythm feels best
- C. I'm comfortable with more frequent structure
- D. A rhythm with dosing and continued support on non-dosing days

4. How would you describe your current nervous system state?

- A. Sensitive or easily overwhelmed
- B. Generally stable with some fluctuation
- C. Stable and able to handle more input
- D. Aware of my patterns and ready to work with them more intentionally

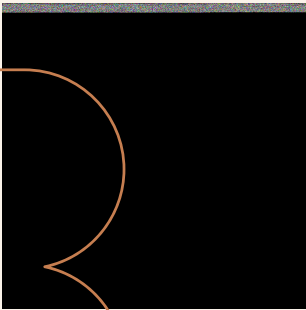
5. How structured do you want your approach to feel?

- A. Gentle and spacious
- B. Consistent but flexible
- C. More structured and supportive
- D. Intentional and supportive with room for personalization



There is no perfect protocol. It is important to follow your inner knowing, one of the benefits many people report from microdosing.

Start where you feel most supported and let yourself adjust as you learn.



optional quiz

Your Result

Mostly A's → Fadiman Protocol

You may benefit from a slower, more spacious approach.

Mostly B's → Every Other Day (Microdosing Institute Protocol)

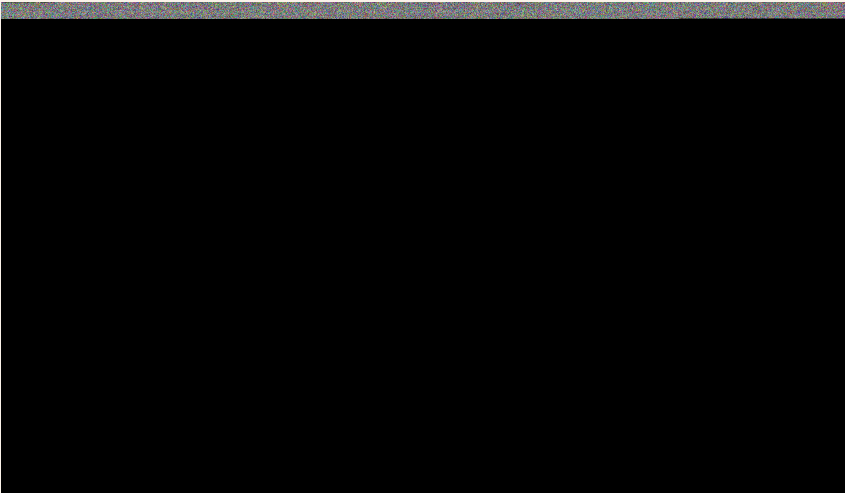
You may benefit from a steady, supportive rhythm.

Mostly C's → Stamets Stack

You may be open to a more structured and layered approach.

Mostly D's → Rooted Insight Signature Approach

You may benefit from a more integrative and personalized approach.



This quiz is intended for educational and self-reflection purposes only and does not replace medical or psychological advice. Microdosing is a personal experience that interacts with your health, nervous system, and life context. Consult a qualified professional if needed, and follow all local laws and regulations.

SET A CONTAINER

- Choose your protocol
- Decide the length of your cycle (e.g., 4–8 weeks)
- Create a simple daily ritual

This container helps bring consistency, safety, and intention to your process.

DAILY RITUAL

Each day, take a few moments to:

- Sit with your intention
- Notice your internal state
- Move through your day with awareness
- Reflect at the end of the day

Use the tracker to observe patterns over time and take note of your experience throughout the cycle.

Let this be simple, consistent, and supportive.

Rooted Insight Flow

AWARENESS

You may begin to notice:

- Thoughts and patterns
- Emotional responses
- Body sensations
- Behaviors

INSIGHT

You may experience:

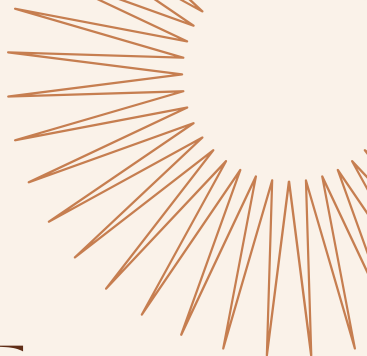
- Lightbulb moments
- Deeper listening to environment
- An internal knowing
- Ability look inward for reflection.

INTEGRATION

Insights expressed become lived experience.
Integration is the embodied expression of this flow.

*A simple, repeatable process for turning
awareness into embodied change.*

COME HOME TO YOURSELF



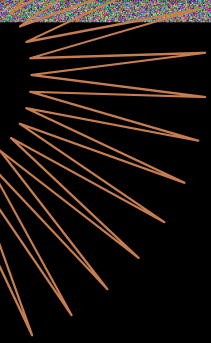
Monica Fayad

Embodiment Coach

Founder of Rooted Insight

Monica is a lifelong movement practitioner with almost three decades of experience guiding others back into connection with their bodies. Her work weaves together somatic awareness, nervous system education, yoga, and microdosing support to help individuals listen inward and live with greater presence, ease, and joy.

Drawing from training in polyvagal-informed approaches, trauma-sensitive training, developmental movement, and microdosing coaching, she creates spaces where insight can unfold and be integrated into daily life.



We are all just
walking each other
home.

-Ram Dass

LET'S GET IN TOUCH



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