

MICRODOSING

UTILIZING
PSYCHEDELIC MEDICINES
AS A PERSON IN RECOVERY



WORKBOOK

BY KEELIA RYAN

PART OF THE PLANT-ALLIED RECOVERY PROGRAM
PLANTALLIEDRECOVERY.COM

Step onto your most authentic recovery path

Thank you so much for downloading this transformational resource, and congratulations on taking your first step onto this new exciting phase in your recovery journey! There are so many transformations waiting on the other side of this journey. Make sure to save this resource somewhere you can look back to it and read through the entire informational portion of this workbook before you begin.

We did our best to pack AS MUCH valuable information about **what it means to be a person in recovery on the plant medicine path**, as well as how to begin a microdosing journey so that you can get **the most** out of this workbook.

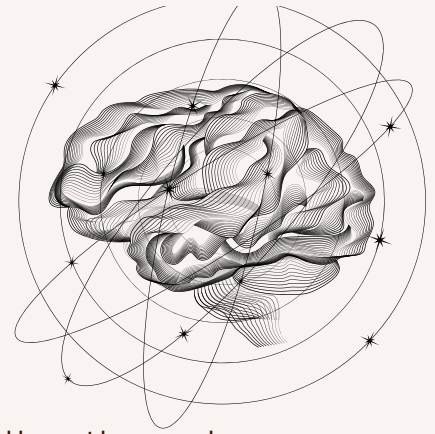
This workbook is a limited resource - in our Plant-Allied Recovery Program, there is a complete lesson on microdosing, in addition to courses, educational resources, group coaching sessions, 1:1 Plant-Allied Recovery coaching, integration coaching, and accountability coaches. If that calls to you, check out plantalliedrecovery.com to fill out an application and learn more.

May the Spirits of the Mushrooms guide you toward YOUR most authentic version of YOU!

With Gratitude,
Keelia Ryan
Co-Founder of Plant-Allied Recovery

HOW TO WORK WITH PLANT MEDICINE?

As people in recovery, we have to look at these substances in a COMPLETELY different way, because we have predispositioned, deeply rooted neuropathways in our brains for dependence and habitual use.



Those of us in recovery that choose a path of healing through intentionally working with entheogenic plant medicines do not have a term to define our path. Plant-Allied Recovery is a term for those of us who choose to work with their “Plant Allies” in a sacred and intentional way. Plant-Allied Recovery is for those of us who strive to reclaim our ancient and ancestral relationship to our Plant Allies, and return to our sacred relationship to the plants and to the Earth.

The concept of Plant Spirit Shamanism has existed since the Stone Ages in cultures all across the Globe. Curanderos from the Amazon, the Indigenous Shamans and Healers of Europe, and present day herbalists all work with Plant Spirits. Our own ancestors acknowledged the sentience and healing nature within plants. When people make connections and work with Plant Spirits such as Ayahuasca, San Pedro or Mushrooms, they gain a powerful Plant Ally on their healing path.

The term Plant-Allies refers to the relationships we can form with these plants. It has been believed for thousands of years how to form a bond with the spirit of the plants and fungi around us. They are believed to be intelligent beings that have the ability to raise consciousness to a level where deeper healing can take place. The way in which you form your relationship with these Plant Spirits is entirely up to you. The important thing is to bring sacredness and reverence to the process, so that these experiences are completely different than any previous experiences you had with substances.

We provide education and support so you can do this in whatever way you want, following whatever Spiritual beliefs you choose.

This is a deeply intuitive process of recovery that looks different for each person. We work to bridge the gap for people on this journey.

Whether you are coming from 12-step recovery, or are new in your recovery journey, we can help you find balance, healing, and harmony on your plant-allied path.

Now lets get right into it!

LANGUAGE & MINDSET SHIFTS

As a person in recovery, we need to completely shift our mindset when it comes to psychedelics. Psychedelics are changing the world as we know it. AA was created after its co-founder, Bill Wilson, experienced hallucinations at the hospital while being administered the belladonna treatment. As a result, he later advocated for LSD being brought into the halls of AA, so that addicts could have a more felt spiritual experience.

Psychedelic Medicines are just that - medicine. Though they CAN be used irresponsibly, and can be dangerous if they are not respected for their power, they are not the same as other "drugs". They have the ability to completely transform your life for the better.

I remember what it was like to be stagnant in AA, to have felt like I had maxed out on my growth. I remember feeling like nothing else was helping me, and not many people at that time were talking about psychedelics. I honestly wish I had found them sooner. But - they found me exactly when they needed to.

This is a common happening for people. It is well researched that people feel a "calling" to these medicines. This is the power of the Plant Spirits. They call to you in your dreams, or you can stumble across the right person who can lead you in the right direction.

When you consume these medicines, you are opening a direct channel of communication. We don't use language like "got high on". We say things like "sat with", "worked with", or "communed with". We have found that this more accurately describes the process for us.

PSYCHEDELIC INTEGRATION

Integration is the synthesis of the mind and body following the experience of a non-ordinary state of consciousness. It is the process of exploring and sharing challenges and insights that arise during psychedelic experiences. Integration is about creating the space to “make meaning” of those feelings, sensations, and ideas so that they can inform daily functioning. In this way, integration increases the potential for personal transformation that psychedelics offer.

The most important and transformational part of working with plant medicine is not the experience of sitting with those medicines, **it is the work you do to integrate from those experiences.** Directly following a plant medicine journey, your brain has increased ability to engrain new neural pathways and find new ways of being. It's kind of like the ceremony completely reprograms you and opens you up to a more expansive and aligned life. If you fail to integrate - going back to your old environment and patterns in your daily life - the old programming creeps back in. Integration is critical.

In addition, non-ordinary states of consciousness have the potential to bring up lots of big ideas, sensations, and feelings! Healing requires that we engage with these ideas, and that's what integration is all about. In our program, we have experienced integration coaches to guide you through your entire integration process. Keep in mind, although microdosing is not as immediately shifting of an experience, integration still needs to happen for the results to have the most meaningful and long-lasting results.

THE IMPORTANCE OF COMMUNITY

We know that a lack of community can be a death sentence for people in recovery. When people in recovery sit with plant medicines, they risk losing their recovery community. To properly integrate medicine experiences, it is important to discuss these experiences in an accepting, understanding environment! We provide community within the Plant-Allied Recovery program, because it is SO IMPORTANT to have people to talk to. For those of us in recovery, being sneaky about our Plant-Allied path, being inauthentic, or lying is not an option. Having a group of people who UNDERSTAND your path, and who you can be 100% authentic with, is ESPECIALLY important!

WHAT IS MICRODOSING?

I find that it is easiest to think of psychedelic experiences as existing on a spectrum. There are ceremonial doses of plant medicines on one end, and then a continuous range of doses and experiences you can have, with a microdose at the other end of the range. To microdose does not always mean the same thing to each person, and everyone's body and brain react differently to different microdosing levels. A true microdose is usually sub-perceptual, meaning you cannot feel any noticeable effects of that dose. However, some people like to work with microdoses that are slightly more noticeable, without the typical "tripping" effect from a ceremonial dose.



To microdose means to work with a substance (usually LSD, psilocybin, or DMT) at a dose in which you are not feeling the full hallucinogenic effects, and in some cases, not feeling any effects. Microdosing is defined as consuming between 1% and 10% of a full dose of a psychedelic. For the purposes of this workbook, we will be talking specifically about psilocybin mushrooms. However, many other psychedelic substances and plant medicines can be consumed and worked with in this way, and you can utilize this guidebook just the same.

KEEP IN MIND: The dosage of mushrooms will vary depending on what results you'd like to get from microdosing. With our 1:1 coaches, we can guide you through that process according to YOUR specific intentions. Mushrooms can be beneficial at Macro, Mezzo, and Micro levels.

If after developing a relationship with this medicine at small doses, you feel called to a ceremonial dose, please keep in mind that there are dangers to working at that level without facilitation & guidance, and there are many unsafe medicine carriers out there. That's why we provide a list of vetted, safe, plant medicine retreat centers, as well as resources for sourcing or growing your own medicine.

DETERMINE MICRODOSING SCHEDULE

It is essential to listen to your body throughout this process! Your body holds the wisdom you will need to determine what regimen works best for you! Remember to be in conversation with your body and your Highest Self throughout this process. Ask yourself: What type of experience do I want to have while I am on this journey? You may be looking for something that you can easily incorporate into your schedule; a true microdose. If this is the case, you may want to take between 0.1 - 0.2 grams of psilocybin on a set schedule. Maybe you want to have a deeper experience and set aside sacred time for yourself during the days that you microdose. If that is the case, you may want to take between 0.2-0.5 grams on weekends (or whatever dose intuitively calls to you). Keep in mind that at this dose, you can have light to moderate perceptive effects.

Determine the microdosing schedule that works for you. Remember, in order to keep your brain healthy, it is important to cycle in breaks when microdosing. You can play around with the scheduling and find what feels good for you and your lifestyle. Some common example schedules include:

- Microdose on the weekends
- Microdose every 3-4 days
- Microdose every other day
- Intuitively microdose by listening to your body, or by making mindful time in your schedule. Remember to take breaks!

Sun.	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.

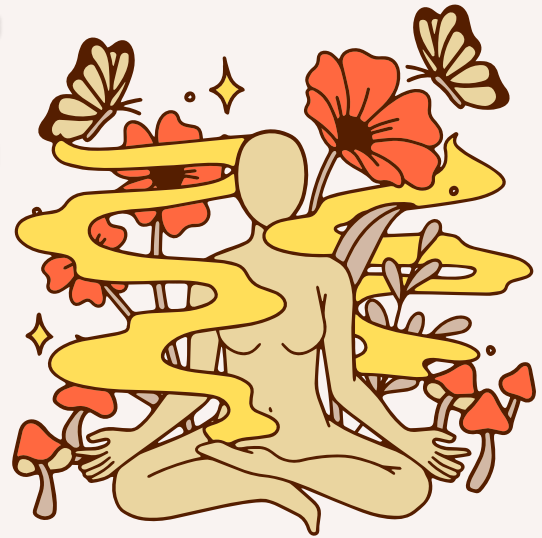
Making medicine out of dried whole psilocybin mushrooms:

It is important to remember that weight alone is not the best indicator of how much psilocybin is present in mushrooms. Each mushroom or even part of the mushroom might have a different amount of psilocybin in it. The best thing to do to create consistent results, is to grind dried mushrooms into a homogenous powder. From there you can weigh out between 0.1-0.5 of a gram depending on the way in which you plan on microdosing. These dosages can be measured on a scale and then can be poured into empty capsules, added to tea or cacao, or consumed with food. In the Plant-Allied Recovery Program, we have resources for sourcing and growing your own medicine, which is a beautiful way to develop a relationship with the Mushroom Spirits.

Renowned mycologist, Paul Stamets, suggests adding lion's mane and niacin to your regimen for the best results with microdosing. These non-psychoactive supplements work synergistically in your brain to allow psilocybin microdoses to work in the most efficient way possible. For more information about this method, please research "The Stamets Stack".

BENEFITS OF MICRODOSING

There are many benefits of microdosing and working with sacred plant medicines. Benefits can include spiritual, physical, and mental healing. Much of this depends on how you work with these medicines and how committed you are to integrating the gifts that these medicines can bring. Microdosing has been scientifically proven to improve mood, cognitive function, and mental concentration, as well as to enhance creativity and problem-solving skills. Low amounts of psilocybin have been proven to modify brain oscillatory activity, perception, cognitive functions, and mood. (Cavanna, 2022)



Utilizing psychedelic plant medicines can be extremely helpful for forming new habits and altering the deeply rooted neural pathways that can be challenging to change without the use of psychedelics. Modern neuroscience has proven that psychedelics significantly reduce activity in the brain's default mode network. Mental health conditions, such as OCD, depression, and anxiety, have been linked to overactivity in the default mode network. The default mode network refers to an interconnected group of brain regions that are associated with introspective functions and internally directed thought such as self-reflection and self-criticism. (Viridi, 2020) The reduction of default mode network activity can work as a 'reset' to your automatic thought patterns and behaviors. When coupled with deep reflection, affirmations, and journaling, you can utilize this altered space to reprogram your brain's deeply rooted neural pathways and form new neural connections in your default mode network. With consistent awareness and intention, you can rewrite neural pathways that lead to self-sabotaging behavior, automatic negative thought loops, or bad habits. Studies have found that the therapeutic impact of psilocybin was linked to its ability to 'reset' the default mode network, reconfiguring it in a way that is a little less rigid than before. (Carhart-Harris, 2017)

This evidence demonstrates that psilocybin is extremely beneficial. When taking a microdose, these effects on the default mode network can be more subtle, since this process happens more gradually over time, instead of happening all at once with a ceremonial dose. Studies have shown that people who microdose experience more wisdom, open-mindedness, and creativity. A large-scale study found that microdosing enhanced mood and overall well-being. The self-reported effectiveness of microdosing for mental problems was higher than other (conventional) methods to treat attention- and anxiety-related disorders, although the effects were smaller than those experienced following a full psychedelic dose. (van Elk, 2022)

BENEFITS OF HAVING GUIDANCE

Guidance for people in recovery supports them in accountability in addition to receiving a personalized plan and practice for microdosing. Although this practice can be done on your own, know that you may learn through trial and error. It is not uncommon for people to accidentally over-do it on their microdose. If you are doing this on your own, be sure to start on a day when you have no obligations. Remember that mushrooms can affect you differently from day to day because they work on an ENERGETIC level. Be sure to take it very slow with your journey to start, and/or seek guidance from reputable people.

FAQ: How long will I need to follow a microdosing regimen before I start to see results?

Everyone is different, for some people, they notice immediate differences (i.e. positive changes in their mood, increased presence, changes in thought patterns), while for other people it may take several weeks or months of following a regimen while working with a specific intention. It is important to remember that the mushrooms themselves are only a tool to facilitate your growth. Therefore, you should be pairing the microdoses with healthy practices and aligned action that will lead to the fulfillment of your intention, your healing, and reprogramming.

FAQ: I have had a lot of anxiety come up for me when taking plant medicines in the past. Am I still a good candidate for microdosing?

This is a really big question I get asked a lot when people begin microdosing, and the answer is: Yes, microdosing can have significant healing benefits for people who experience high levels of anxiety. It is important to remember that microdosing works by assisting you in rewiring your brain. Sometimes anxiety, sadness, or discomfort can come up when you microdose. When this happens, remember to be the observer and honor what comes up for you. If anxiety comes up, ask yourself; where am I holding this anxiety in my body? How can I consciously bring my breath to that space and let go of that anxiety? Remember to affirm that you are safe, and work on reparenting yourself by nurturing your inner child as these feelings come up for you! Anxiety or discomfort can come up to teach us how to move past these experiences in our day-to-day lives. When in doubt, breathwork or guided meditations can be extremely powerful tools. Be sure to sit in the discomfort as much as you can to learn what you need to from those experiences.

CREATING A MORNING RITUAL

It is important to be intentionally inviting more sacredness into your life while your brain is in this unique state of increased neuroplasticity. My suggestion for this time is to have a nourishing morning practice. This can look different for everyone, but it typically includes a mindfulness practice, a spiritual practice, and an embodiment practice.

Below are some examples of practices, but remember, consistency and finding what feels the most meaningful to you is the most important.

Mindfulness Practices

- Meditation
- Chanting
- Reflective Journaling
- Toning
- Creating music
- Creating art

Spiritual Practices

- Prayer
- Oracle Cards
- Affirmations
- Mantra
- Channeled Journaling
- Manifestation
- Visualization

Embodiment Practices

- Yoga
- Exercise
- Mindful Stretching
- Dance
- Walking in Nature
- Flow

What mindfulness practices feel the most nourishing to me?

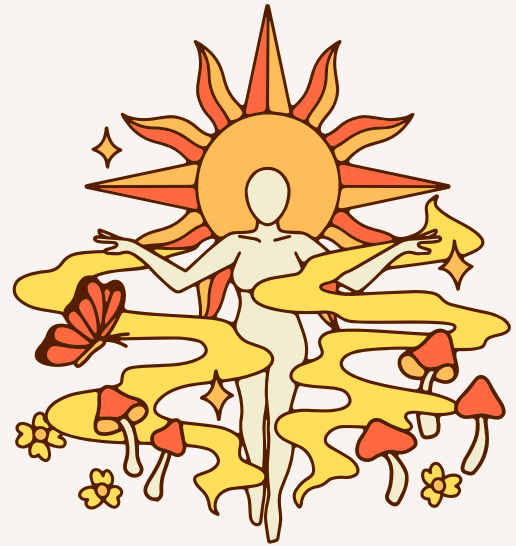
What practices make me feel the most connected to my Highest Self?

What embodiment practices feel the most nourishing to me?

What practices will I commit to incorporating into my morning ritual/routine for the duration of my microdosing regimen?

SET & SETTING

Set and setting, which includes your mindset and physical environment, are important to consider when working with plant medicines. These are also important to consider for the duration of your microdosing experience. It is important to treat this time in your life as a sacred ceremony. To do this, be mindful of what you consume for media during this time, who you're interacting with, the foods you are eating, and what you are putting into your body. Set and setting includes mindset. To get yourself in a proper mindset to microdose, it is helpful to set the space properly.



SETTING SACRED SPACE

It is important to remember that you are working with sentient Spirits when you are taking mushrooms. Intention, prayer, and reverence are essential to connect and work with the mushroom Spirits. Remember that working with plant medicines opens you up energetically. This is helpful because this is how rapid manifestation and healing can occur. To protect yourself energetically, even with a sub-perceptual dose, it is still important to set sacred space for yourself.

What setting space looks like can be different and personal for each person. It might be helpful to ask yourself: What does setting sacred space mean to me? **Whatever you do, remember to make this practice intentional and bring sacredness & spiritual protection to the space.**

Some examples include:

- Using a smudge or incense to clear the space
- Pulling Oracle cards
- Channeled journaling (see page #23)
- Intentional sounds, chants, or mantras (such as using a singing bowl, or chanting "Om")
- Calling on specific guides or ancestors to be with you in the space
- Meditate before sitting with the mushroom medicine
- Envisioning bringing golden light into the room
- Putting your phone on "Do Not Disturb"
- Working with crystals, creating a crystal grid or sacred geometric shape
- Lighting a candle and saying a prayer
- Going for a walk in nature and calling upon the Spirits of the land to guide and protect you
- Calling on the directions (see page 10)
- Chakra cleansing meditation
- Breathwork
- Writing affirmations

PRAYER FOR CREATING SACRED SPACE

This suggested incantation is from the Munay Ki initiatory rites that Shamans of the Andes and Amazon use to open and spiritually protect the space. If you choose to use this incantation, remember to close the space by giving thanks to each of the directions and associated spirits or guides that you called into the space at the end of your spiritual session.

South: To the winds of the South
Great Serpent, Wrap your coils of light around us,
Teach us to shed the past the way you shed your skin, ★
To walk softly on the Earth.
Teach us the Beauty Way.



West: To the winds of the West
Mother jaguar, Protect our medicine space.
Teach us the way of peace, to live impeccably
Show us the way beyond death.

North: To the winds of the North.
Hummingbird, Grandmothers and Grandfathers, Ancient Ones
Come and warm your hands by our fires
Whisper to us in the wind
We honor you who have come before us,
And you who will come after us, our children's children.

East: To the winds of the East.
Great eagle, condor
Come to us from the place of the rising Sun.
Keep us under your wing.
Show us the mountains we only dare to dream of.
Teach us to fly wing to wing with the Great Spirit.

Mother Earth: We've gathered for the healing of all of your children.
The Stone People, the Plant People,
The four-legged, the two-legged, the creepy crawlers,
The finned, the furred, and the winged ones.
All our relations.

Father Sun: Father Sun, Grandmother Moon, to the Star Nations.
Great Spirit, you who are known by a thousand names
And you who are the unnamable One.
Thank you for bringing us together
And allowing us to sing the Song of Life.



INTENTION SETTING

When working with these sacred plant medicines, having an intention and reverence for them is vital, even if you are working with them at small doses. The energetics of intention setting are extremely important when working with sacred Plant Spirits. This is how we use the power and magic within us as humans. Sacred plant medicines are spiritual beings, and can communicate with us through energetics. Remember, we are spiritual beings having a human experience. Our words have power, especially when working with Master Teachers, such as Mushrooms.

Having clear intentions can help you re-wire your brain and get the most out of your microdosing regimen. On that note, it is critical to remember that you have increased neuroplasticity during your process, and you can form new habits at an accelerated rate. Be mindful of the state that your brain is in, and try to treat the entire experience as a sacred time for your healing.

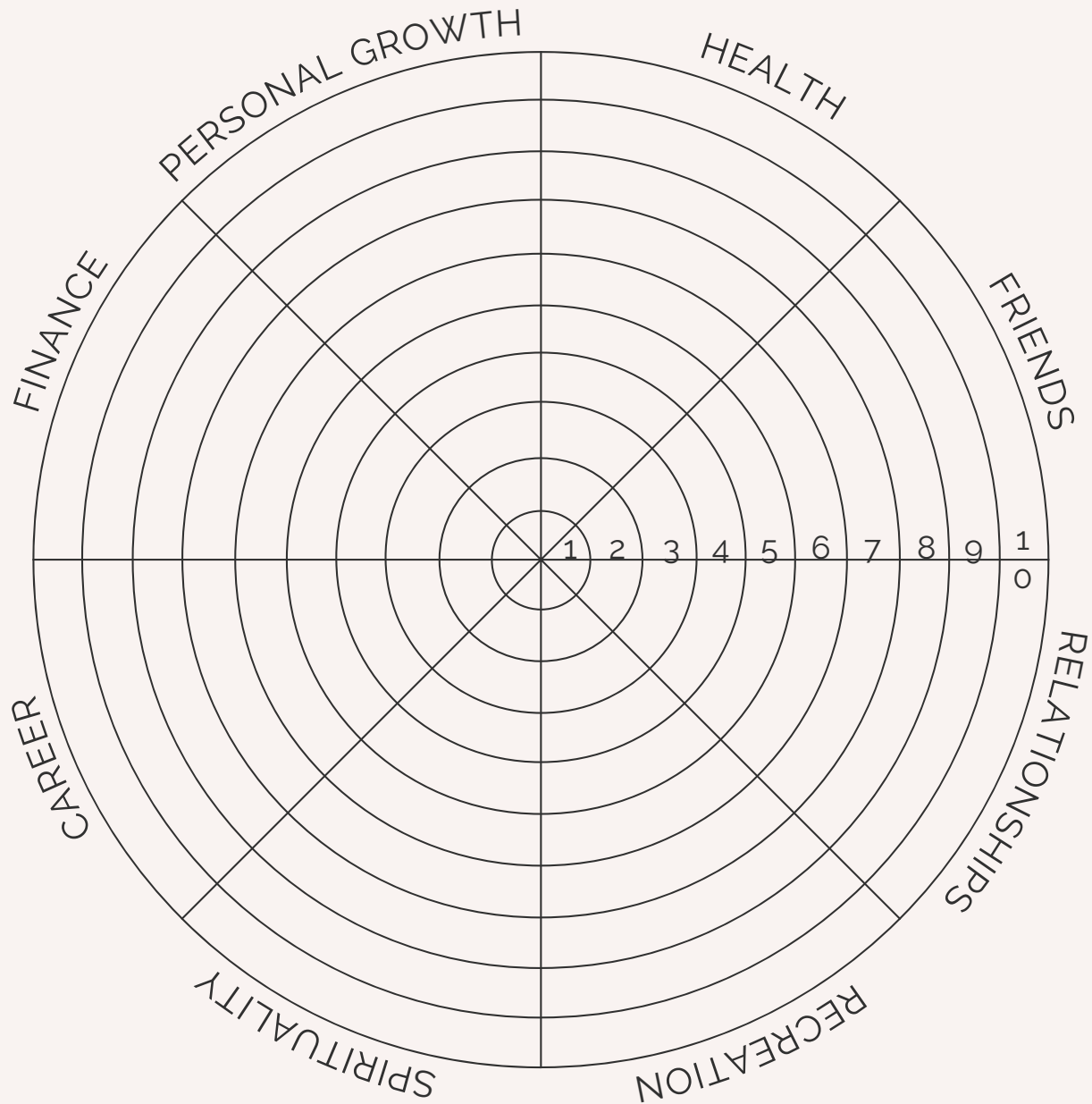
Sometimes, an intention can be as simple as "Mushroom spirits, please show me what I need to see." Your intentions can be specific or vague. You can set a different intention each time you microdose, or you can set an intention for the duration of your microdosing regimen. The exercises and journaling prompts in this workbook will assist you with setting intentions as your practice shifts and grows. I recommend working through a page each day you microdose.

What is the intention that you would like to start with?

What are the intentions that you would like to work on for the duration your microdosing practice?

WHEEL OF LIFE

THE WHEEL OF LIFE IS A GREAT TOOL THAT HELPS YOU BETTER UNDERSTAND WHAT YOU CAN DO TO MAKE YOUR LIFE MORE BALANCED. CONSIDER THE 8 LIFE CATEGORIES BELOW AND SCORE THEM FROM 1 - 10.



NOTICE WHAT AREAS OF YOU LIFE YOU NEED TO WORK ON AND REFLECT ON ALIGNED ACTION STEPS YOU CAN TAKE TO BRING MORE BALANCE TO YOUR LIFE

FINDING BALANCE

What areas of the wheel of life need more attention?

What areas of the wheel of life are you doing well in? Celebrate your strengths!

What aligned actions can you take to bring more balance to your life?

WEEKLY HABIT TRACKER

MORNING ROUTINE

S M T W T F S

-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

HEALTH + WELLNESS

S M T W T F S

-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SELF-CARE + WELLBEING

S M T W T F S

-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

EVENING ROUTINE

S M T W T F S

-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

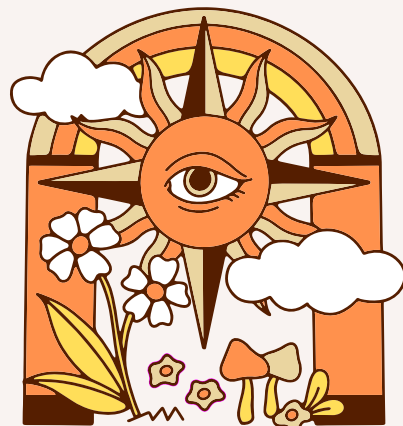
VISION BOARD

Write what you want your life to look like one year from now in each of these areas of your life.

PHYSICAL	INTELECTUAL
EMOTIONAL	SPIRITUAL
FINANCIAL	OCCUPATIONAL
ENVIROMENTAL	SOCIAL

JOURNALING PRACTICE

Journaling is such an important tool for reflection, alignment, and connecting with your Highest Self. You can work on these journaling prompts anytime, although I find journaling to be particularly enlightening when I have taken a microdose and have set aside the time for self discovery in a sacred way. There are all sorts of ways to utilize journaling for self-discovery and to deepen your connect to your highest self!



Tune into your body. Notice what parts of your body are holding stress. What is your body trying to tell you right now?

What in your life is bringing you stress?

What aligned actions can you take to decrease your stress levels?

CONNECTING TO YOUR HIGHEST SELF

What makes you feel like you are embodying your Highest Self?

What makes you feel like you are blocked from your Highest Self?

What do you need to align in your life to allow your Highest Self to flow more freely?

OVERCOMING FEAR

What are some of my fears, and what stories do I tell myself about those fears?

How have I allowed my fears to control me or direct my life?

If I trusted and believed in my Highest Self and stepped through those fears, how would my life transform?

CHANNELED JOURNALING

For these questions, meditate for five minutes on each question before answering. Do not think about what you're writing, just let the words flow out of you!

What have the Mushroom Spirits been trying to communicate to you?

What has your Highest Self been trying to communicate to you?

What aligned action can you take to integrate these lessons into your life?

SELF REFLECTION

What do you feel is holding you back from stepping into your Highest Self?

What aligned actions can you take to overcome these things and fully step into your Highest Self?

What qualities or traits do you most admire about who you are becoming?

INNER CHILD PROMPTS

What makes you feel most connected to your inner child?

In what ways could you nurture your inner child better?

How can you incorporate more "play" into your life?

AFFIRMATIONS

Name some self-limiting beliefs that you still have about yourself:
(i.e. I am not enough, I am not deserving of love, etc.)

Now write the opposite of each of those limiting beliefs in the form of an affirmation. (i.e. I am a child of God and born in perfection, I am the love I have been searching for, etc.) **Pro tip: Rewrite these affirmations on sticky notes and put them somewhere you will see them every day, such as on your mirror)**

DAILY GRATITUDE

Use this space to practice daily gratitude. If this is a practice that you find helpful, repeat this exercise for a few days in a row and notice what shifts occur in your life.

TODAY I'M FEELING

POSITIVE AFFIRMATIONS

TODAY I'M GRATEFUL FOR

1 _____
2 _____
3 _____

SOMETHING I'M PROUD OF

MORE OF THIS:

LESS OF THIS:

MY FAVORITE MOMENT THE DAY

TOMORROW I LOOK FORWARD TO

DAILY GRATITUDE

Use this space to practice daily gratitude. If this is a practice that you find helpful, repeat this exercise.

TODAY I'M FEELING

POSITIVE AFFIRMATIONS

TODAY I'M GRATEFUL FOR

- 1 _____
- 2 _____
- 3 _____

SOMETHING I'M PROUD OF

MORE OF THIS:	LESS OF THIS:
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

MY FAVORITE MOMENT THE DAY

TOMORROW I LOOK FORWARD TO

DAILY GRATITUDE

Use this space to practice daily gratitude. If this is a practice that you find helpful, repeat this exercise!

TODAY I'M FEELING

POSITIVE AFFIRMATIONS

TODAY I'M GRATEFUL FOR

1 _____
2 _____
3 _____

SOMETHING I'M PROUD OF

MORE OF THIS:	LESS OF THIS:
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

MY FAVORITE MOMENT THE DAY

TOMORROW I LOOK FORWARD TO

GRATITUDE

MONTHLY PREVIEW

/ /

THIS MONTH'S INTENTION IS

HOW DO YOU FEEL?	HOW DO YOU WANT TO FEEL?
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

WHERE DO YOU WANT TO FOCUS YOUR ENERGY?

Notes

GRATITUDE

MONTHLY REVIEW

/ /

HIGHLIGHTS OF THE MONTH

- 1 _____
- 2 _____
- 3 _____

WHAT IS SOMETHING NEW YOU'VE LEARNED?

WHAT WERE SOME OF THE CHALLENGES YOU FACED?

WHAT IS THE BEST THING YOU HAVE DONE FOR YOURSELF THIS PAST MONTH?

HAS PRACTICING GRATITUDE HELPED YOU THIS MONTH?

YES

MAYBE

NO

SOURCES

Cavanna, F., Muller, S., de la Fuente, L. A., Zamberlan, F., Palmucci, M., Janeckova, L., Kuchar, M., Pallavicini, C., & Tagliazucchi, E. (2022). Microdosing with psilocybin mushrooms: a double-blind placebo-controlled study. *Translational psychiatry*, 12(1), 307. <https://doi.org/10.1038/s41398-022-02039-0>

Carhart-Harris, Robin & Roseman, Leor & Bolstridge, Mark & Demetriou, Lysia & Pannekoek, Justine Nienke & Wall, Matthew & Tanner, Mark & Kaelen, Mendel & Mcgonigle, John & Murphy, Kevin & Leech, Robert & Curran, Valerie & Erritzoe, David & Nutt, J. (2017). Psilocybin for treatment-resistant depression: fMRI-measured brain mechanisms. *Scientific Reports*. 7. [10.1038/s41598-017-13282-7](https://doi.org/10.1038/s41598-017-13282-7).

Jarvie, E. (2021, November 30). Study suggests SSRI drugs can be used safely with psilocybin. Retrieved March 4, 2023, from <https://psychedelicspotlight.com/ssri-drugs-can-be-used-safely-with-psilocybin-mindmed-study/>

van Elk, M., Fejer, G., Lempe, P., Prochazckova, L., Kuchar, M., Hajkova, K., & Marschall, J. (2021). Effects of psilocybin microdosing on awe and aesthetic experiences: A preregistered field and lab-based study. *Psychopharmacology*, 239(6), 1705–1720. <https://doi.org/10.1007/s00213-021-05857-0>

Virdi, J. (2020, February 4). Psychedelics & the Default Mode Network. *Psychedelics Today*. Retrieved March 1, 2023, from <https://psychedelicstoday.com/2020/02/04/psychedelics-and-the-default-mode-network/>

WHAT'S NEXT?

I hope you found this workbook to be of service in your journey of healing and transformation in recovery. There are many paths to Plant-Allied Recovery, and we can support you on your journey so that you have the most transformational results.

Want to transform your life?

Visit us at plantalliedrecovery.com to apply for our Plant-Allied Recovery Program - our premier program designed to empower people in recovery walking the plant medicine path. The program includes courses, group coaching, 1:1 mentorship, and more.



ABOUT KEELIA RYAN



I am a trauma-informed recovery coach, psychedelic integration specialist, and guide with almost a decade of experience working in the mental health field, and many years experience working in plant medicine ceremonial spaces, under medicine carriers. If you are looking to go deeper on your microdosing journey your plant medicine journey, and looking to transform your life, please inquire for a free consultation. I guide people in recovery through their plant medicine journey.

If you work with me, I will help you find a path that works for your unique situation, in alignment with your recovery journey. I am passionate about teaching others to claim their power and facilitate their own healing through the use of plant medicines and ancestral earth-based teachings. If you'd like to learn more, apply for a consultation call to see if you're a good fit for our program. We do not accept just anyone into our program, only those who are truly ready to do the deep inner work required to walk this path.

plantalliedrecovery.com

Don't forget to follow [@keelia.ryan](https://www.instagram.com/keelia.ryan) on Instagram