

Macro dosing vs Micro dosing

Note: Dosage effects can vary greatly between individuals, based on body weight, metabolism, sensitivity, and environment.

	Microdosing	Macro dosing
Definition	Taking a very small (sub-perceptual) dose	Taking a full (often intense) psychedelic dose
Goal	Subtle benefits (mood, focus, creativity)	Profound experiences (healing, insight, ego dissolution)
Perception	You can function normally—no hallucinations	Intense sensory, emotional, or spiritual effects
Typical Frequency	Regular schedule (e.g. every 3 days, Paul Stamets or Dr. Fadiman’s protocol)	Occasional—needs time to integrate afterwards
Common Substances	LSD, psilocybin, mescaline	LSD, psilocybin, DMT, ayahuasca, mescaline
Used In	Creativity, productivity, mental health support	Ceremonies, therapy sessions, spiritual journeys
Risks	Lower—though effects accumulate over time	Higher—can be destabilizing if done irresponsibly

Dosing Guidelines (Approximate)

Substance	Microdose	Macrodose (Standard to High)
Psilocybin	0.1–0.3 grams (dried)	2–5 grams+ (heroic dose ~5g)
LSD	5–20 micrograms	100–300 micrograms
Mescaline	~10–30 mg	200–500+ mg
DMT	Rarely microdosed	15–50+ mg (smoked); varies in ayahuasca

Why People Use Each:

Microdosing:

- Improve **focus, creativity**, and **emotional regulation**
- Manage symptoms of **depression, anxiety**, or **PTSD**
- Maintain daily function (used by professionals, artists, etc.)
- Often *not* spiritually intense, but helpful for “tuning” the mind

Macro dosing:

- Deep **spiritual or mystical experiences**
- **Therapeutic breakthroughs**, especially in guided sessions
- Ego dissolution or confronting suppressed trauma
- Used in traditional ceremonies or psychedelic-assisted therapy

Integration Matters

- **Macrodoses** often require significant **preparation and integration** (what you do *after* matters as much as the experience).
- **Microdoses** are subtle, but can also benefit from intentional reflection and tracking changes over time.