

Welcome to a Journey of Self-Exploration,
Profound Healing and Personal
Transformation



Meet your Soul Alchemist



My name is Catalina Galeano, a dedicated wisdom seeker and steward of spiritual healing and growth.

My soul's mission is to be a vessel of love, facilitating healing by reconnecting individuals to their purest essence.

My focus lies in assisting individuals in breaking free from inherited patterns and limiting paradigms. Through a transformative journey of self-awareness, I guide them towards a reawakening of their natural gifts and inner power. Together, we craft new beliefs that pave the way for tangible results and lasting transformation. I am here to empower you on your unique journey toward wholeness.

This microdosing guide is crafted for those prepared to take radical action towards change and expansion. The essence of this sacred practice of microdosing lies in changing established patterns to access our greatest potential—patterns that are neurologically anchored in the brain. Whether it's shifting limiting beliefs, habits, conditioning, resistance, or seeking those profound 'aha' moments through powerful breakthroughs that unlock your most authentic self, microdosing is here to support you on your transformative journey. It is designed to accelerate self-development and healing by facilitating the release of old patterns and the rapid adoption of new ones.

DISCLAIMER

This Microdosing Guide serves solely for educational purposes. Soulching Alchemy explicitly does not endorse or encourage the illegal use, sale, or transfer of substances, nor does it provide medical advice. Our priority is harm reduction for educational and safety purposes. As an ancestral medicine facilitator and integration coach, Catalina provides guidance on responsible entheogenic use without offering health recommendations or endorsing careless consumption. For health concerns, please consult qualified professionals. Your choices and actions are solely your responsibility. All content here is intended for educational purposes, promoting safe and conscious use. Always prioritize safety and consider seeking professional guidance.

What's Microdosing?



Microdosing involves taking tiny, almost unnoticed amounts (about 1/10 to 1/20 of a regular dose) of entheogenic medicine like psilocybin mushrooms. Instead of diving into intense states of consciousness, this sacred practice allows you to tap into your Inner Healing Intelligence, an ancient wisdom that knows exactly how to bring you to states of harmony and wellbeing. This medicine acts as a loving ally, reminding you of your natural ability to heal—I like to refer to this practice as my daily "spiritual vitamin."

Microdosing psilocybin stimulates neurogenesis (the formation of new neurons) and enhances neuroplasticity (the brain's ability to reorganize, create new synaptic connections, and form neural pathways). Psilocybin binds to serotonin receptors, playing a crucial role in mood regulation, anxiety, depression, and PTSD. It promotes cognitive function, mental clarity, enhanced creativity, cardiovascular health, and self-awareness. Additionally, it has been associated with repairing nerve damage, providing anti-inflammatory properties, increasing energy, and assisting in the treatment of eating disorders. It's soul medicine, a gift from Mother Earth.

People microdose for various reasons, such as spiritual/personal growth, to alleviate mood disorders; to connect with their creative power or to find better flow states. The key to creating sustainable transformation lies in integrating this impactful practice with mindful activities and a profound intention.

PROTOCOLS

Different protocols have been developed to support you through your transformational journey. Since every person is like a different universe, it's important to explore what works for you. Allow your own system to guide you towards what feels right. This practice will help you connect deeply with your inner self and actively listen to its wisdom. You will intuitively discern which protocol aligns more closely to your goals.

Here are the three main protocols:

FADIMAN PROTOCOL

This protocol uses a three-day cycle. The first day is a microdosing day, followed by a transition day where you may still feel some of the effects of your microdose. The third day is a normal day, where you can reflect on how a microdose day works for you compared to a day where you no longer perceive any effects.

A 3 Day Cycle: 1 Day on, 2 Days Off

DAY 1: Microdosing day

DAY 2: Transition day

DAY 3: Normal day / Reflection Day

DAY 4: Microdosing day

Fadiman Protocol						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MICRODOSE	DAY OFF	DAY OFF	MICRODOSE	DAY OFF	DAY OFF	MICRODOSE

STAMETS PROTOCOL

4 Days On, 3 Days Off Cycle

According to Stamets, combining a low dose of psilocybin, a niacin flush (vitamin B3) and the special mushroom lion's mane has a positive, lasting effect on the behavior and growth of brain cells (neuroplasticity). He calls the combination of the various substances "stacking".

DAY 1 through 4: Stacking Lion's mane, psilocybin and niacin

DAY 5 to 7: Rest or Lion's mane only

Stamets Protocol						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MICRODOSE	MICRODOSE	MICRODOSE	MICRODOSE	DAY OFF	DAY OFF	DAY OFF

THE EVERY OTHER DAY PROTOCOL

1 Day On, 1 Day Off, 1 Day On, 1 Day Off Cycle

People who microdose for medical reasons such as depression, (social) anxiety, ADHD, ADD, migraines or cluster headaches often benefit from microdosing 'every other day' using this protocol.

DAY 1: Microdosing day

DAY 2: Transition day

DAY 3: Microdosing day

DAY 4: Transition day

Every Other Day Protocol						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MICRODOSE	DAY OFF	MICRODOSE	DAY OFF	MICRODOSE	DAY OFF	MICRODOSE

How and when to take your "spiritual supplement" Microdose

As previously discussed, each individual is a unique universe; hence, it is essential to discover what resonates best for each of us.

Typically, people microdosing in the morning, and my recommendation is often to take the microdose after breakfast. It's crucial to note that the purpose of the microdose is not to elicit any physical or perceptual effects; rather, its intention is to cultivate a profound sense of presence, alignment, and calmness.

By incorporating the microdose into your morning routine, you can enhance your engagement, focus, and overall energy throughout the day.

While the primary effects usually last 5 – 6 hours, the medicinal influence lingers within your system for a full day, and you may even notice some residual effects the following day.

Although the majority of individuals do not encounter noticeable effects, if you do, and it disrupts your flow, I recommend taking it at night before bedtime. My aspiration is for this experience to be as nurtured as possible; the approach that works best for you is the ideal path to follow.

Contraindications

- The effectiveness of psilocybin can be diminished when taken concurrently with SSRIs and SNRIs (antidepressants). If you are currently using antidepressants, it is imperative to seek guidance from a healthcare professional before considering psilocybin.
- Refrain from consuming psilocybin, LSD, or any other entheogenic medicine if taking mood stabilizers such as lithium.
- Exercise caution against combining psilocybin with other substances, including alcohol, for optimal safety and efficacy.

Mindset and Setting Intentions

Having a clear understanding of why you're embarking on the microdosing journey will be your guiding force toward achieving your goals. It's crucial to recognize that this medicine serves as a supportive tool throughout your journey—not a miraculous cure for all. Active participation and integrating additional strategies and mindful activities into your daily routine is vital.

Consider practices such as working out, meditation, spending time in nature, engaging in breathing exercises, and incorporating movement.

At times, the medicine may bring up old memories or suppressed emotions. I encourage you to compassionately embrace whatever arises, allowing yourself to feel and acknowledge it. This process is integral to healing from the core. Our innate system possesses remarkable wisdom and can heal itself when provided with the right environment.

With these considerations into account, I encourage you to thoughtfully establish intentions for this sacred and nurturing practice. The power of intention amplifies the impact of the medicine, aiding in the cultivation of your unique and personal connection with the spirit of Ninos Santos.

Integration: The Pathway to Everlasting Transformation

At its core, integration is the soulful art of bringing the wisdom and experiences gained from microdosing into your everyday life. It's the bridge between those profound moments of insight and the enduring transformation they can spark.

While microdosing, you might unveil deep realizations about your habits, relationships, or past struggles. But without actively integrating these insights, they may lose their transformative power.

This is precisely why I offer mentorship throughout this sacred journey. We'll connect once a week for 45 minutes to delve into the insights the medicine has unveiled, understand the emotions it has stirred, and explore ways to weave these revelations into your daily life.

Furthermore, I will provide you with a tracking document, allowing you to journal daily. This tool empowers you to set up your intentions, track changes in mood, document effects, and capture any profound downloads or reflections that may unfold.

When should I stop?

The decision regarding the duration of microdosing is subjective and varies among individuals. Some choose to microdose continuously, while others opt to discontinue after four weeks. In my approach, I typically recommend clients follow a protocol for at least 90 days to observe significant results.

Embracing the journey ahead

As we conclude this Microdosing Guide, it's crucial to acknowledge that each individual's microdosing journey is as unique as their path to success. While these pages provide structure and guidance, personal intuition and self-awareness remain crucial. Microdosing is a journey of self-exploration and discovery, however, like any tool, its effectiveness depends largely on the intention and respect with which it is implemented. Celebrate every milestone, regardless of its size, and stay receptive to the diverse tapestry of lessons this journey unfolds.



