

SAFE

DRUG

USE

GUIDE



The guide for mushroom-loving, MDMA newbies, and Ketamine curious folx.

KATHLEEN OH



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LET'S GET THIS MICRODOSING PARTY STARTED!

MICRODOSING HAS MANY BENEFITS, INCLUDING:



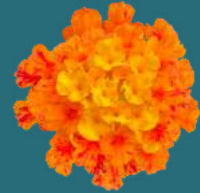
Increase in Focus
& Productivity



Improved
Mental Health



Increase in
Creativity



and More...

THE FADIMAN PROTOCOL

Typically used when microdosing LSD

Day 1	Dosing day - Take your microdose
Day 2	Transition day - No microdose. Notice any lingering effects?
Day 3	Normal day
Day 4	Dosing Day - Take your microdose
Day 5	Transition day - No microdose. Notice any lingering effects?
Continue this cycle for 4 - 8 weeks; Rest for 2 - 4 weeks.	

STAMENTS PROTOCOL

Typically used when microdosing mushrooms

Sunday	Microdose	Thursday	X
Monday	Microdose	Friday	X
Tuesday	Microdose	Saturday	X
Wednesday	Microdose		

0.1-0.2 grams is considered a microdose.

Daily use may cause you to build a tolerance, causing you to need a higher dose, which is why this protocol is recommended.

You may not start to notice lasting effects for 6 weeks, up to 6 months.

BOOKS TO READ:

Psychedelic Explorer's Guide
James Fadiman

*Drug Use for Grown-Ups:
Chasing Liberty in the Land of Fear*
Dr. Carl L. Hart

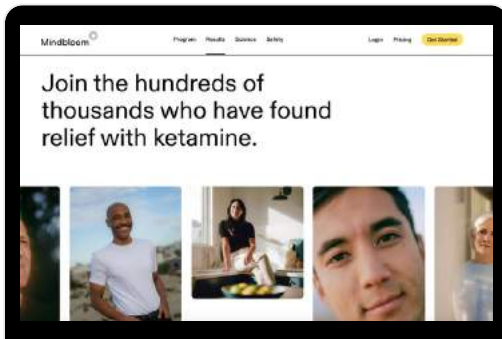
How To Change Your Mind
Michael Pollan

WHERE THE HECK DO I GET IT?

RESEARCHED, REPUTABLE SOURCE:
[@celiapowerz](https://www.celiapowerz.com) or celiapowerz@gmail.com

*Not an affiliate or personal profit on my end. Available for online purchase with shipping in North America in discrete shipping/packaging

CURIOUS ABOUT KETAMINE?



Mindbloom blew up during the mental health crisis of the pandemic. It is legal and available in most states. **Ask questions if you want to know more!**

I have explored this terrain in the last year and have good news. For years, I had a slanted biased away from ketamine therapy.



In this interview with Dr. Julie Holland, a psychopharmacologist, psychiatrist and the author of the book *Good Chemistry* shares ketamine vs. MDMA and psilocybin.

I adopted her opinion without personal experimentation or had never supported clients who worked with ketamine. A lot has changed! Ketamine is great!!



MDMA RESOURCES

I'm a big believer in psychedelics. It can do wonders for our relationships and connections to our minds. But I also know that MDMA is NOT for everyone.

- Check out this wacky [study](#) about using MDMA to improve couples' relationship
- Is it such a shock that MDMA could help people feel closer to their partners? This [New York Times](#) article explores how one couple saved their marriage
- Learn more about the benefits of MDMA with perimenopausal women with [The Desire Project](#)
- Could MDMA be the key to connection? Check out [what Dr. Julie Holland says](#)
- How do you feel about talking about drugs with your partner? [This conversation](#) with Dr. Carl Hart is enlightening
- Brain health aftercare is part of psychedelic self-care. Learn which MDMA supplements [RollSafe](#) recommends and why.
- If you like movies: [A New Understanding: The science of Psilocybin](#) – A documentary exploring the use of psilocybin to treat end-of-life anxiety in cancer patients
- If you like reading: [Drugs: Without the Hot Air](#) – David Nutt
- If you like music: I love curating playlists. Follow me on [Spotify](#)
- If you like learning more about harm reduction: [DanceSafe Drug Checking](#) – This harm reduction organization can test drugs to ensure they are adulterant free and also sell drug-checking kits.
- If you like podcasts: [Psychedelics Today](#) – A weekly podcast on all things psychedelic.
- I strongly advocate for healing with psychedelics and use my voice to help educate people to use drugs [solo](#) or with [partners](#).

HOW TO TRIP USING MDMA

Eat a regular meal at the beginning of the day and lighter meals before the trip. Most people are not hungry during/after but enjoy small bites of fresh fruit, berries, veggies and herbal tea. Vitamin C, 5HTP, magnesium and melatonin help with recovery.

Take each dose after the trip and the following days for brain health. Continue to drink lots of water and eat nourishing foods. Most people are surprised by how much they crave vegetables.

The "afterglow" is an excellent time to be reflective, write, have time in nature, have long baths, and have good music. These things take time to form language and may be too intimate for others to understand. If you have friends/family curious about your experience, plan to let them know you will talk/share when you are ready.

FLIGHT INSTRUCTION (FOR A THERAPEUTIC TRIP)

THREE CRITICAL COMPONENTS.

SET, SETTING, DOSE

- Stop microdosing for a few days prior.
- Plan minimum 4hrs, but also plan on resting for a while after the journey (like a long sleep)
- Be safe...do it in a safe environment where you won't be disrupted, have easy access to a bathroom, and need a box of Kleenex.
- Let someone know you are tripping, and you will reach out for help only if needed, and their comfort level of offering is completely fine.
- You can clarify sitter rules are not talking or touching unless you initiate a conversation and remind them you will ask for help if that is what you want.
- Take the dose to heal and find your truth through recovery.
- Celebrate the beginning by reflecting on what brought you here and asking what you hope to receive or achieve.



HOW TO TRIP USING MDMA

SETTING


- Be comfortable, lying down warm blanket, cushions and pillows
- Easy access to lots of drinking water (your brain will appreciate this)
- Eyeshades and headphones - recommended for a journey inward
- MDMA does have a side effect of jaw clenching. It is not something you can control. Just try to relax and not focus on it.
- Prepare music.
- **Have the playlist ready.**
- Just drift with the music and breathe.
- Trust that you will return to exactly where you began, like millions before you, so relax and see what your mind reveals. Your trip will be uniquely yours.
- If sadness, fear, or something even terrifying comes on, don't run away, regret, or wish this is all over soon. Instead, be curious about the emotions. You can confront it so scary and ask what it is doing in your head and why?



WHAT TO EXPECT:

- Difficulties are inevitable. Especially if your goal is to heal, therapeutic trips can be challenging. If you find yourself, keep walking, move through the darkness with courage and be curious. If you meet something confusing, interact with questions or demand it to move on....breathe.
- You may also find something out of this world in beauty and mystical experiences.
- The drug coming on comes and goes in waves. These undulating feelings are known as "rolling." Breath is your most important tool to manage the intensity of what comes.
- When you feel in between the experiences (feel quite normal), drink water and go to the bathroom.
- Avoid looking at electronics, as it can be pretty disorienting.
- Journalling is optional and helpful, especially for integration after, but it may not be accessible while you are tripping.
- After the session is done, you will feel "out" However, you may drift with a quiet mind. Stay home with few distractions. Meditation, sleep, relax.





Unburden yourself of the past and discover more parts of yourself

This work is about creating a space for self-leadership and self-discovery.

It's my job to hold a space where all parts of you are welcome. This is a place for your exiled parts to be seen, heard and understood so that you can see yourself, stop shoving things down, and better understand who you are and why you are that way.

You get to show up as your whole self—instead of prioritizing the comfort of the world around you.



xo Kathleen

[MORE ABOUT ME AND MY WORK](#)

Disclaimer: This class is for information and harm reduction purposes only. Note that psilocybin is deemed Schedule I substances under the United Nations 1971 Convention on Psychotropic Substances and are illegal in most countries. The presenter and author of this webpage and Masterclass do not condone the purchase, possession, sale, or consumption of any illegal substances.