

PHILADOSE

PREPARATION & DOSING

Guide Book

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WHEN WORKING WITH PSYCHEDELICS

When working with psychedelic medicines, whether it be for recreational, therapeutic or ceremonial use, it is important to learn about the medicine you intend to work with and what dosage you will be taking. Preparation is the key to having a safe and successful journey. Taking these steps can help to ensure your safety and will allow you to create a more intentional experience. Below are some basic guidelines to help you prepare for your psychedelic journey.

SAFETY

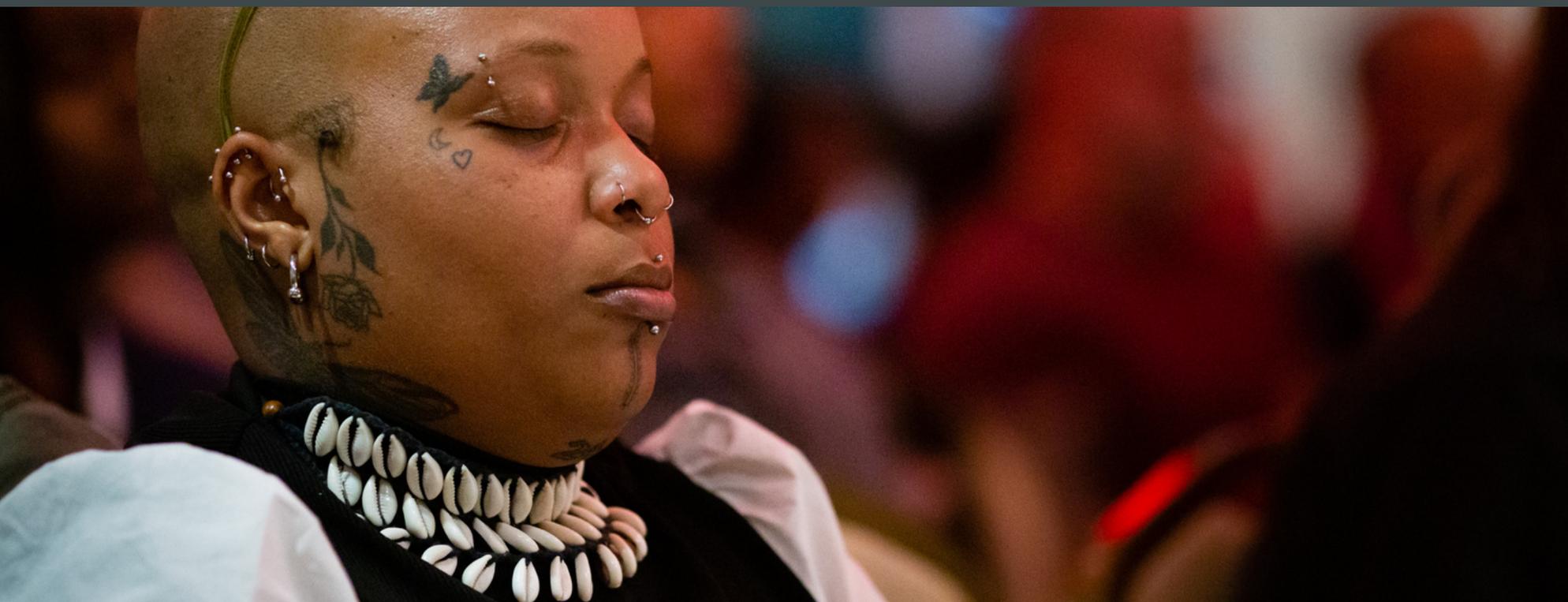
Safety is the utmost priority when considering a psychedelic journey. Before engaging with any medicines, make sure there are no psychological or physiological contraindications. As psychedelic medicines become decriminalized and even legalized in many states, more medical professionals are becoming aware of the benefits of these medicines. Therefore if it feels safe for you to do so, consider speaking to your medical professional about any possible drug interactions or contraindications. [Here](#) is a resource for further information on contraindications.

RESEARCH

Always research the medicine you will be working with and have an understanding of how deep you would like to go on your journey. From there you will be able to make an informed decision and be intentional with your experience. Erowid is a great resource for all things psychedelic. [Here](#) is a resource for more information regarding many different psychedelic compounds.

POTENCY

Honor yourself and honor your capacity, what may be the right dose for someone else, may not be the right dose for you. Every person is different. Each batch of medicine varies in their potency and intensity. The amount of psychoactive compounds may vary from one batch to the next, therefore one experience may differ from the next and it is important to keep this in mind.



PURITY

For plant medicine and chemical compounds, know your source. Purity matters when it comes to medicine. Ensure that the person who produces these puts good intentions into the substances. In order to guarantee purity, it is a good practice to test the medicines before ingesting them by purchasing a simple online testing kit.

The experience will always vary, no matter how well you control all of the variables. Every time we step into a psychedelic journey, we, ourselves are different. Each day we have a different mental, physical and energetic state. We are always changing, and therefore nothing can be guaranteed in the psychedelic experience. This is why it is extremely important to remain open and humble when approaching experiences with psychedelic medicine.

MEASURE

Use an accurate scale with a minimum measurement of milligrams to determine the dose you will be taking.

Start low, you can always take more & have an option for a booster dose.



BASIC EXAMPLES OF A DOSING STRUCTURE:

Basic examples of a dosing structure:

Microdose: 10% of a full dose

Twilight: Light Dose

Full: Medium-Strong

Heroic: Heavy



A woman with long dark hair, wearing a green turtleneck sweater and a gold belt buckle, is speaking into a silver microphone. She is looking slightly to the right. The background is a blurred green wall with white patterns. The text is overlaid on the right side of the image.

**THIS GUIDE SHOULD
NOT BE TAKEN
AS MEDICAL ADVICE,
ALWAYS SEEK THE INPUT
OF A TRAINED
AND LICENSED
PRACTITIONERS BEFORE
WORKING WITH
THESE EXPERIENCES.**

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