Microdosing 101: Your Subconscious & Conscious Mind While Microdosing Transcript

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Introduction to Microdosing and Reframing

Memory, Meaning, and Habit Formation

Using Visualization to Rewire Responses

How Psilocybin Supports Neuroplasticity

Habit Loops, Resistance, and Trauma

Brain Connectivity and Emotional Awareness

Integration, Guidance, and Support

Subconscious Programming and Brain Activation

Psychedelics, Transformation, and Responsible Use

now transitioning into what your now transitioning into what your subconscious and conscious mind do while subconscious and conscious mind do while micro dosing psilocybin mushrooms micro dosing psilocybin mushrooms is a great is a great topic to dive into topic to dive into so neuroscience has shown us that we so neuroscience has shown us that we don't remember original data or events don't remember original data or events so much as we remember the way that we so much as we remember the way that we actually remember it actually remember it and every time we recall something from and every time we recall something from the past we actually changed the memory the past we actually changed the memory so the idea of reframing so the idea of reframing is to take advantage of this fact and to is to take advantage of this fact and to deliberately go in and change the way we deliberately go in and change the way we remember some event remember some event so i want you to visualize some event so i want you to visualize some event from your past from your past go into the actual feeling of that go into the actual feeling of that moment moment moment and then visualize yourself doing it and then visualize yourself doing it differently differently differently so for example standing up for yourself so for example standing up for yourself when you hadn't um maybe like when you hadn't um maybe like standing up for yourself when you hadn't standing up for yourself when you hadn't said no in the past and now you're said no in the past and now you're standing up for yourself and you're standing up for yourself and you're doing the opposite doing the opposite right the more intensely you can right the more intensely you can recollect the events and the more real recollect the events and the more real your visualization is your visualization is um the more powerfully you can actually um the more powerfully you can actually rewire your brain rewire your brain psychedelics can dramatically increase psychedelics can dramatically increase the intensity of your of your um the intensity of your of your um your your past and re and contribute to your your past and re and contribute to rewiring that habits so in other words rewiring that habits so in other words it can bring the event right back into it can bring the event right back into the present the present and give you and give you authority over how you want to actually authority over how you want to actually respond to those events respond to those events so you can't change an event from the so you can't change an event from the past but what you can do is change the past but what you can do is change the meaning meaning meaning of that event for your present of that event for your present okay i'm going to say that again because okay i'm going to say that again because that's really important you cannot that's really important you cannot change an event from the past change an event from the past but you can change the meeting the but you can change the meeting the meaning of that event meaning of that event in the now in the present in the now in the present okay okay okay for better and worse one of the for better and worse one of the principal tools is or one of the principal tools is or one of the principal tools of our actual mind is principal tools of our actual mind is habituation habituation habituation so as we proceed through life our brain so as we proceed through life our brain is constantly compressing complex is constantly compressing complex behaviors and relationships behaviors and

relationships into simple habits that require little into simple habits that require little to no conscious thought to no conscious thought this is true this is true whether those habits and unconscious whether those habits and unconscious associations are healthy and desirable associations are healthy and desirable or if they're not or if they're not so if some event in your past connected so if some event in your past connected feelings of embarrassment shame feelings of embarrassment shame maybe discussed uh dis-ease like really maybe discussed uh dis-ease like really discomfort um to some particular thing discomfort um to some particular thing or to some particular situation or to some particular situation you will find yourself hardwired to you will find yourself hardwired to avoid that thing or the situation avoid that thing or the situation even if you consciously want to go there even if you consciously want to go there there's going to be resistance because there's going to be resistance because something in your body isn't feeling something in your body isn't feeling safe it's unfamiliar or it's a space safe it's unfamiliar or it's a space that that that you have developed fear or trauma around you have developed fear or trauma around so your body is again in the resistance so your body is again in the resistance so when micro dosing we actually can so when micro dosing we actually can deliberately rewire these associations deliberately rewire these associations completely completely completely by taking a chemical that combines by taking a chemical that combines neuroplasticity with pleasure neuroplasticity with pleasure and then thinking about it or engaging and then thinking about it or engaging with things that you have negative with things that you have negative associations with associations with you can permanently change your you can permanently change your associative state associative state that is how powerful these can be with that is how powerful these can be with intention and a road map and a badass intention and a road map and a badass protocol that supports you protocol that supports you um a coach a guide someone to really be um a coach a guide someone to really be in these back and forth conversations of in these back and forth conversations of support and guidance and support and guidance and um um um yeah i don't know what i was going to yeah i don't know what i was going to say but those things say but those things so again what's happening here when so again what's happening here when we are microdosing psilocybin with we are microdosing psilocybin with intention intention intention is you're going to start to notice the is you're going to start to notice the habits that i'm speaking into the habits that i'm speaking into the conditioned patterns that i'm speaking conditioned patterns that i'm speaking into into into the mental blockages that i'm speaking the mental blockages that i'm speaking into into into these are going to start shifting these are going to start shifting they're going to start opening something they're going to start opening something up within you within your body they're up within you within your body they're going to release because you're bringing going to release because you're bringing awareness to these areas that were shut awareness to these areas that were shut down that weren't receiving attention down that weren't receiving attention right right right because this programming is so deeply because this programming is so deeply conditioned conditioned conditioned from our childhood and from our everyday from our childhood and from our everyday life life life it is deeply stored in our subconscious it is deeply stored in our subconscious mind mind mind and this can be very challenging to and this can be very challenging to access without deep therapy or a guide access without deep therapy or a guide or truly getting to the root of where or truly getting to the root of where these beliefs started so that you can these beliefs started so that you can begin re rewriting a new narrative begin re rewriting a new narrative around them around them so so so what's happening in the brain when we what's happening in the brain when we take psilocybin take psilocybin are the regions of the brain that were are the regions of the brain that were shut off that i was just speaking into shut off that i was just speaking into right those spaces that haven't received right those spaces that haven't received attention or communication or love attention or communication or love um um um they begin to turn on they begin to they begin to turn on they begin to activate they begin to activate they begin to create community with one another create community with one another because they're now communicating with because they're now communicating with and because and because these brain regions the brain regions these brain regions the brain regions these receptors are now activated these receptors are now activated there is a significant change there is a significant change in the way that different areas of the in the way that different areas of the brain are now synchronizing and brain are now synchronizing and harmonizing with each other harmonizing with each other think of it like you're building a think of it like you're building a relationship with somebody that you've relationship with somebody that you've never met or somebody that you had a never met or somebody that you had a relationship with that relationship with that you guys took some space and some time you guys took some space and some time apart and you're rebuilding it apart and you're rebuilding it right that takes patience and love and right that takes patience and love and communication and empathy and compassion communication and empathy and compassion and truth right core values authenticity and truth right core values authenticity you holding the boundary you speaking you holding the boundary you speaking into all of those things that are going into all of those things that are going to to to essentially help you have more trust in essentially help you have more

trust in this relationship to move forward this relationship to move forward so so so rewinding rewinding rewinding when new areas of the brain start to when new areas of the brain start to communicate with each other communicate with each other as in your conscious and your as in your conscious and your subconscious mind for example you might subconscious mind for example you might have new insights into deep restored have new insights into deep restored programming and beliefs that have been programming and beliefs that have been holding you back in some areas of your holding you back in some areas of your life life life this is a huge contribution to the this is a huge contribution to the mushroom compounds unlocking brain mushroom compounds unlocking brain states that we usually only experience states that we usually only experience when we're dreaming when we're dreaming right and these changes in activity right and these changes in activity could also help unlock permanent shifts could also help unlock permanent shifts in our perspective our behavioral in our perspective our behavioral effects and even our biological changes effects and even our biological changes these regions of your brain begin to get these regions of your brain begin to get louder and louder and louder and more louder and louder and louder and more active and active and active active and active and active enhancing your mind and your body to get enhancing your mind and your body to get in touch with your emotional system in touch with your emotional system and when you're in touch with your and when you're in touch with your emotions emotions emotions you begin to feel and you begin to you begin to feel and you begin to connect on levels that you weren't doing connect on levels that you weren't doing before before before and this is where the healing in the and this is where the healing in the and and one more thing one more thing this is why all walks of life you um this is why all walks of life you um you're seeing leaders ceos athletes you're seeing leaders ceos athletes coaches healers coaches healers again anybody black white hispanic asian again anybody black white hispanic asian any it doesn't matter race authenticity any it doesn't matter race authenticity gender gender gender weight it doesn't matter all walks of weight it doesn't matter all walks of life are exploring and working with life are exploring and working with microdosing to better quality to to microdosing to better quality to to enhance the quality of their life for enhance the quality of their life for the better right and you're seeing this the better right and you're seeing this happen anywhere from them wanting to happen anywhere from them wanting to accelerate learning to healing trauma accelerate learning to healing trauma to reprogramming underlying associations to reprogramming underlying associations that lead to habitual behavior or that lead to habitual behavior or thought patterns thought patterns you're seeing these people want to you're seeing these people want to get in touch with their shadow work get in touch with their shadow work paradigm engineering and of course paradigm engineering and of course the continued exploration of nature and the continued exploration of nature and connecting more with the earth right connecting more with the earth right you've seen this all over the place you've seen this all over the place right now right now psychedelics are powerful powerful psychedelics are powerful powerful powerful tools of transformation and powerful tools of transformation and when used when used appropriately appropriately appropriately these can really be powerful tools for these can really be powerful tools for good they can be lasting for good so good they can be lasting for good so long as you have intention so long as long as you have intention so long as you integrate these habits that you you integrate these habits that you learn learn learn and develop on your actual protocol and develop on your actual protocol journey journey journey so unfortunately for five decades so unfortunately for five decades society has chosen to try to avoid society has chosen to try to avoid ignore and ignore and and and really repress these tools and and really repress these tools rather than learn how to use them rather than learn how to use them responsibly responsibly responsibly so things are starting to turn around so things are starting to turn around now but we are still waiting for society now but we are still waiting for society to catch up and for more rigorous and to catch up and for more rigorous and legal legal legal research to really be allowed for this research to really be allowed for this