



COSMIC

TRUFFLES



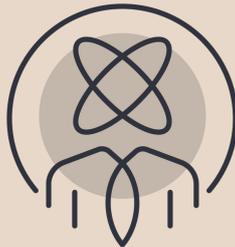
Microdosing

Manual

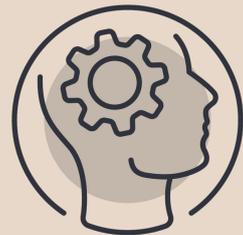
A safe and responsible tool for the optimal Microdosing experience



Self Awareness



Personal Development



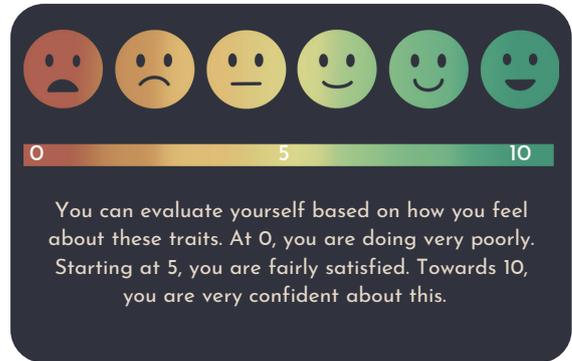
Transformation

This manual can be used as a responsible and safe method during your Microdosing cycle. You can begin the cycle with a specific intention. Open yourself to innovative perspectives and insights. Give yourself the opportunity and time to consciously work with the chosen user protocol. If you can't quite figure out which approach and protocol is best for you, it's best to contact one of our professionals.

Self-reflection

Reflect on the following characteristics of your life and rate on a scale of 1 to 10 how you feel you are doing in this area at this time. Below these traits are some examples that you can include in your consideration. The assessment is entirely personal and is different for everyone.

Write them down on a piece of paper or in a journal so you can reflect on them later. Of course, you can also just use this ready-made chart. Be as honest as you can and give yourself room for improvement and development. If you need help with this you can approach a professional.



Health Perception

Energy level, mood and vitality

Working Life

Problem solving, activity and learning ability

Personal Development

Creativity, self-confidence and motivation

Social Environment

Relationships, transparency and supportiveness

Spirituality and Fulfillment

Self acceptance, empathy and gratitude

Currently	After the Microdosing cycle
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Objective

Next, make an estimate of where you want to be at the end of the Microdosing cycle. Note this, following the first finding. What do you want to take away from the experience?

Find and circle the 2 aspects with the biggest difference in the evaluation. These are the areas for targeting your goal or intention. It establishes the foundation for an interactive growth process in conjunction with Microdosing. You can thus commit yourself to develop, learn and grow. Whether you will be successful in this depends on various personal factors. In any case, a goal or intention will help you to be able to learn from this.

Intention

Reflect on the following questions to get a clear understanding of your intention and the steps you want to take to get the most out of the experience. Add your own questions if you want to delve deeper into your personal growth process.

In which areas do I want more oversight during my Microdosing cycle?

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How do I deal with the challenges I face?

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Is there anything I hope to take away from this experience?

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The Microdosing Day

Reflect and focus on your intentions at the start of the Microdosing day. Be honest and genuine with yourself. Give yourself some space to allow the experience to unfold without applying pressure to it. It's about being able to work on yourself consciously, patiently and on a personal level.

Reflect on your experience at the end of the day for both the Microdosing, and the transition days. Keep track of this as best you can in the following chart to keep track of your findings during your Microdosing cycle.

Microdosing days

Health Perception

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Working Life

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Personal Development

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Social Environment

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...../...../...../...../...../...../...../...../...../...../.....

Spirituality and Fulfilment

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Transition days

Health Perception

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...../...../...../...../...../...../...../...../...../...../.....

Working Life

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...../...../...../...../...../...../...../...../...../...../.....

Personal Development

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...../...../...../...../...../...../...../...../...../...../.....

Social Environment

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...../...../...../...../...../...../...../...../...../...../.....

Spirituality and Fulfilment

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Concluding the Microdosing cycle

Now that you have come to the end of the Microdosing cycle, it is time for you to reflect on it. Conclude the cycle with a final assessment in which you will reflect upon the various characteristics of your life again.

Compare this with the self-reflection made at the very beginning of the cycle. How did you experience the process? Are there things you were able to learn about yourself? What were some of the pitfalls you encountered? Did it bring you any new ideas?



You can evaluate yourself based on how you feel about these traits. At 0, you are doing very poorly. Starting at 5, you are fairly satisfied. Towards 10, you are very confident about this.

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Self acceptance, empathy and gratitude

Final Assessment

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Allow yourself the time and space to integrate the experience. What did you perceive? Did you experience the cycle as positive and were you able to get something out of it?

To better integrate the experience, it may be helpful to practice meditation or yoga. This way you allow your mind and body to process the experience, without judging or dwelling on it with your thoughts.

Regardless of your personal conclusions, you have ventured to open yourself up to new possibilities. Personal growth and development can be very challenging and is not always easy.

Have the courage to choose for yourself, dare to change your course, dream and do not allow anything to stand in your way of living your own reality!

Disclaimer

The use of this manual is entirely at your own responsibility.

Consult a Professional if you are unsure if this is appropriate for your personal situation.

Microdosing is not a direct solution to any condition or problem.