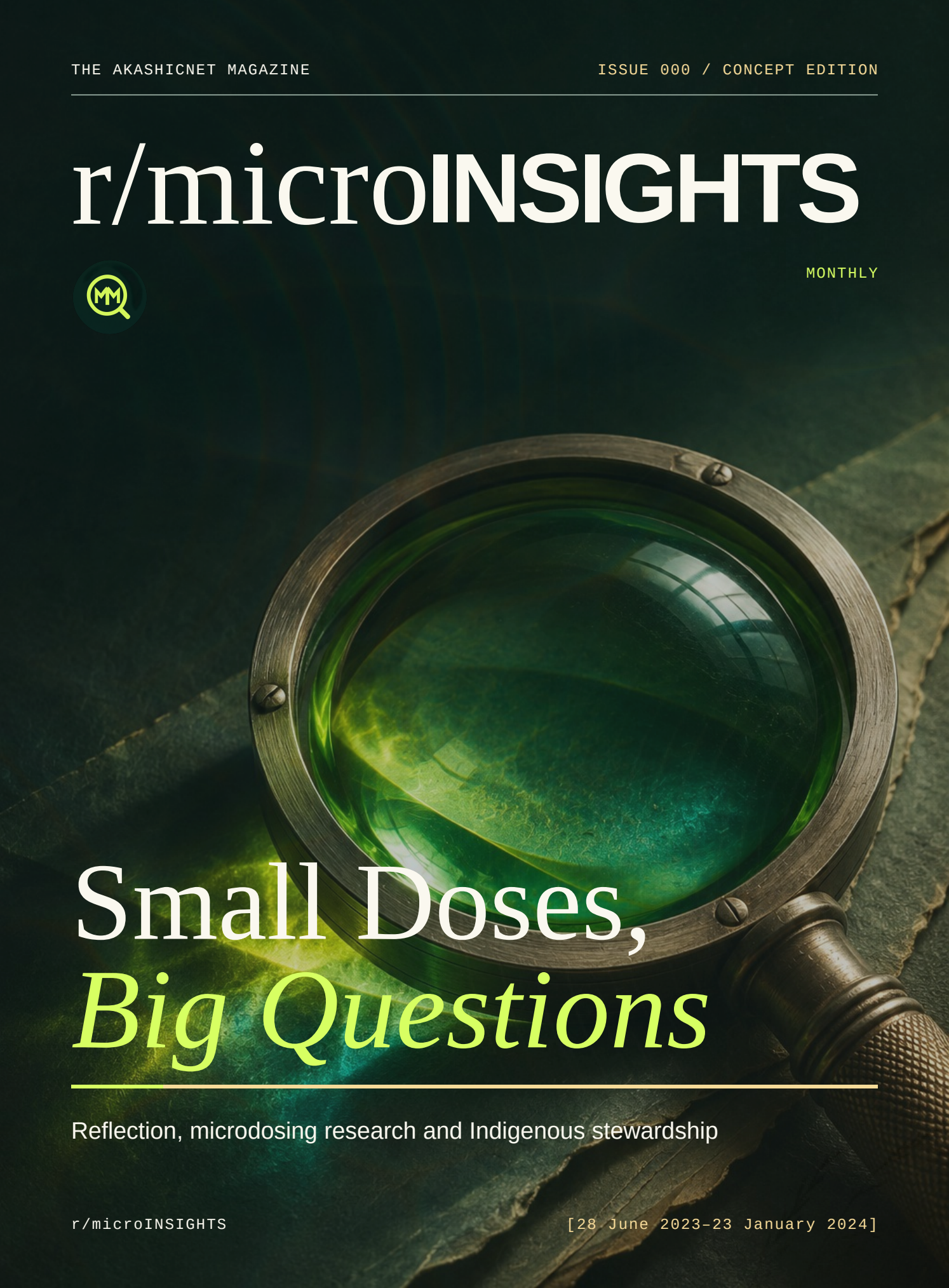
THE AKASHICNET MAGAZINE

ISSUE 000 / CONCEPT EDITION

r/microINSIGHTS

MONTHLY



Small Doses, *Big Questions*

Reflection, microdosing research and Indigenous stewardship

r/microINSIGHTS

[28 June 2023–23 January 2024]

FROM THE EDITORIAL DESK

A Place *To Begin*

What did r/microINSIGHTS make room for in its earliest captured posts? The archive lists an early index. A resource post gathered ideas for life after an experience. A journal image imagined what might happen if a personal practice spread.

The dated posts run from June 2023 to January 2024. This edition revisits them through spiritual reflection and controlled research, then looks at stewardship through an Indigenous-led conservation initiative.

01 An Early Index — Notes
Oldest item in the captured listing · date and body unverified

02 After the Experience — Read
28 June 2023 · self-help, integration and therapy

03 Can a Microdose Change the World? — Read
23 January 2024 · a journal post and an evidence check

04 Who Gets To Decide? — Read
Indigenous-led stewardship · a new editorial feature

FROM THE ARCHIVE

After the *Experience*



An early cross-post from r/microdosing gathered an integration guide, playlists, writing resources and a directory of professional support. The range is what makes the post interesting. It gives a reader several places to turn when an experience keeps occupying their attention.

The post treats integration as something that continues in daily life. A conversation, a written reflection or one small change can give you a way to revisit what mattered.

Years later, the community’s revised guide kept the same practical emphasis and made the roles of peer support and professional care clearer.

Open the 2023 resource post

Three Ways To Read an *Experience*

Try this with an ordinary moment that stayed with you. Write a sentence for each prompt.

01

What Happened?

Describe what you saw, felt or did. Use details you could recall tomorrow.

02

What Did I Make of It?

Write down your first interpretation. What else might explain the moment?

03

What Is Worth Trying?

Choose one action you could take this week. What could you notice afterwards?

Read the updated community guide

FROM THE ARCHIVE

Can a Microdose Change the *World?*



In January 2024, r/microINSIGHTS shared a journal image from r/microdosing that imagined widespread microdosing making the world better. That leap from one person’s hopes to a claim about whole communities is the story worth revisiting.

A claim this big needs a specific outcome. What would improve, for whom and for how long? How would we tell whether it was the substance, expectation or something else that changed?

Open the 2024 journal cross-post

What Would Count *as Evidence?*

Two controlled studies help put the journal post's broad claim into perspective. Both examined short-term outcomes in individuals.

191

COMPLETED / 2021

A Self-Blinded Study

In Szigeti and colleagues' citizen-science study, participants set up their own placebo controls. After four weeks, both groups improved on measured psychological outcomes. The differences between groups were statistically inconclusive.

Read the study

34

RECRUITED / 2022

A Mushroom Study

Acute effects were rated stronger with mushrooms than with placebo only among participants who correctly guessed their condition. The study found no evidence of gains in wellbeing, creativity or cognition.

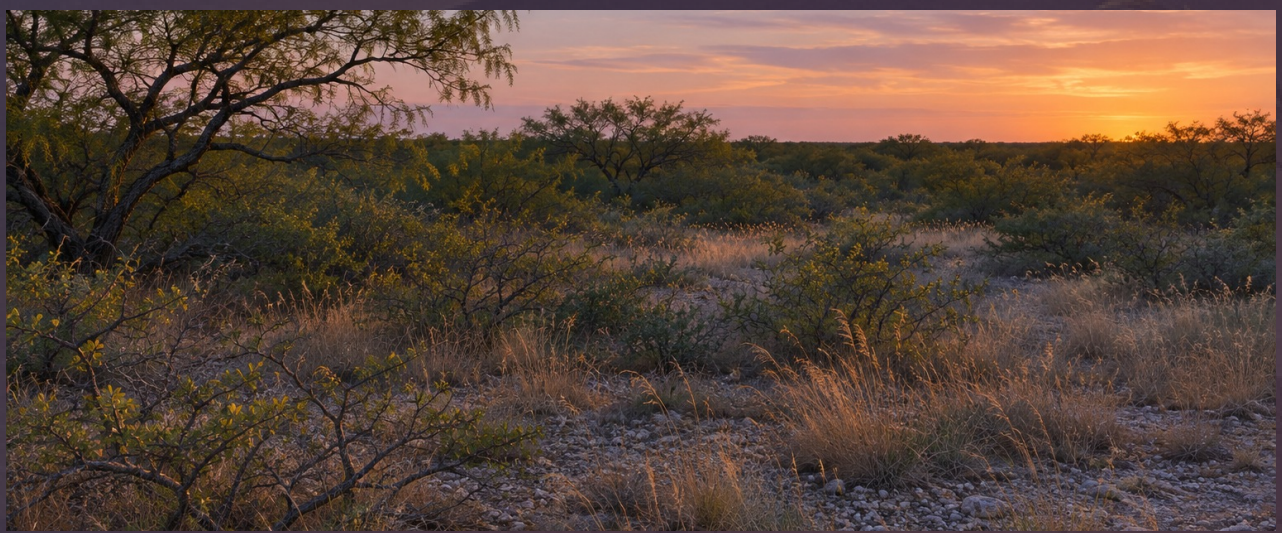
Read the study

THE OPEN QUESTION

Expectation could account for some reported changes. A community-level claim would need a study that measures effects in relationships or communities over time.

A NEW EDITORIAL FEATURE

Who Gets *To Decide?*



ILLUSTRATIVE LANDSCAPE

The Indigenous Peyote Conservation Initiative describes peyote as a sacred medicine and links its future to the health of the land and to Indigenous spiritual sovereignty. In its public conservation work, access for future generations goes together with habitat protection and community authority.

For this magazine, that raises a question about attention. Whose account leads the story? A public description from the organisation can guide readers to its work and show where the organisation itself sets the terms.

Visit the Indigenous Peyote Conservation Initiative

AN EDITORIAL REFLECTION

What We Carry *Forward*

A moment can feel sacred and leave you with a question you cannot yet answer. You can give both the feeling and the question time. What has changed in the way you listen, apologise or show up for someone?

Attend

Notice what the experience meant to you and how that meaning changes in ordinary life.

Test

When an interpretation makes a claim about cause and effect, ask what observation could change your mind.

Ask

When a story involves knowledge held by a community, ask whose permission and authority govern its use.

Read the CARE Principles for Indigenous Data Governance

The Source Shelf

The archive section follows the first three entries in a September 2026 capture of 44 visible posts from the subreddit's New feed. The date range covers the two dated posts. Reddit lists 31 May 2023 as the community creation date.

01 **TOP r/microINSIGHTS**

Earliest captured entry. Its post date and contents remain unverified.

02 **Self-Help / Integration / Therapy** — Open post

Public cross-post · 28 June 2023.

03 **Microdosing Journal** — Open post

Public cross-post · 23 January 2024.

FURTHER READING

Szigeti et al. (2021) · eLife

Cavanna et al. (2022) · Translational Psychiatry

r/microINSIGHTS · Community profile

Indigenous Peyote Conservation Initiative

CARE Principles · Global Indigenous Data Alliance

Concept issue prepared with AI assistance. The cover and interior images are AI-generated editorial artwork. The archive posts and cited studies are credited at their source. This issue is for general education.

Return to *the Archive*

Which early post would you revisit today, and what would you ask of it now?



Visit r/microINSIGHTS