

The background features a large, faint Sri Yantra (a complex geometric pattern of 43 smaller circles) overlaid on a dark green gradient. A bright, glowing orb with a rainbow-like spectrum is positioned in the upper left quadrant, and a smaller, similar orb is in the lower right. The text is centered in white.

JOURNEY WITH INTENTION

INTENTION SETTING GUIDE

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WELCOME, TRAVELER!

The Hero's Journey is not always easy. Just like the hero of any good story has to overcome obstacles and adversity to reach his or her destination, so too do we have to do the work on our own path towards wholeness and the truest and most authentic version of ourselves.

Whether you are an experienced psychonaut or are looking to dip your toes into the realms of the human unconscious for the very first time - our intention guide has been developed to guide you on the first steps of your healing journey.

Safe travels!

Cordi from Becoming Om

PERSONALIZED PSYCHEDELIC SUPPORT

Healing happens in community, and we are here to offer support and guidance every step of the way. From detailed information about various medicines, helping with finding a retreat center or practitioner that is in alignment with your needs, preparing for an intentional and safe journey, to the weeks and months after your experience to help you sustainably integrate the lessons you have been given and to make long lasting changes in your life.

Connect with us at becomingom.com | hello@becomingom.com



SET & SETTING

In the psychedelic space, **set and setting** refer to one's mindset (set) and the social and physical environment the journeyer finds him or herself in (setting). The importance of set and setting, for both recreational as well as therapeutic psychedelic experiences, was first observed by Al Hubbard, and popularized by Tim Leary in the 60s. A positive set and setting can have a profound impact on our psychedelic experience.

Luckily, we have some agency around both.

SET - JOURNEY WITH INTENTION

Setting an intention prior to a medicine experience acts as a powerful mindfulness practice, helping you to clarify the "why" of your journey. It can give your journey a completely new layer of depth, and can act as a thread to follow during your experience. This is your "set".

Even though you can set an intention, try to detach yourself from the outcome of the journey. When we set expectations rather than intentions, we can get disappointed. More often than not, the medicine will take you where you NEED to go. However, having put some thought into the "why", can help steer your journey in that direction. Staying open to whatever arises can help you navigate the space without attaching yourself to specific outcome.



SET - JOURNEY WITH INTENTION

An intention can be set by journaling down your thoughts, affirmations or goals, uttered quietly or out loud, or talked about with your guide/therapist. You can also meditate on your intention or affirmations before your journey.

Take a moment to center yourself. Take a few deep breaths. Connect to your heart. The following are inspirations for setting an intention.

You can find extensive resources for intention setting and preparing for a medicine journey in our app or talk to us one on one for a more personalized and guided experience.

AFFIRMATIONS

- I am letting go of what no longer serves me.
- With every breath I allow myself to release fear and anxiety within me.
- I am reclaiming my authentic self.



JOURNALING PROMPTS

I am here to ...

I am ready to let go of ...

I am stepping into ...

SETTING - ENVIRONMENT

The space you find yourself in during a psychedelic experience can have a profound impact on your journey. Depending on the nature of your trip, you may find yourself in a variety of settings; no matter where or how you choose to dive into the realms of the human unconscious - a safe and comfortable environment is recommended. Creating the right set and setting for your journey helps to create a relaxed mindset.

SETTING - ENVIRONMENT

- safe, secure, private
- comfortable (pillows, blankets, eye covering ...)
- ceremonial (essential oils, candles, incense, sacred items ...)

SOCIAL ENVIRONMENT

Whether you are an experienced psychonaut or are dipping your toes in for the first time - having a trusted guide/shaman/maestro is recommended for a smooth and safe trip - from before takeoff to landing safely and reorienting to "the real world".

A guide/shaman/maestro is someone who is familiar with the space you're going into, helps you navigate safely through the journey, and helps with preparation and integration. If you are using psychedelics recreationally, it is advised to have a "sitter" - somebody who can keep an eye on the journeyer(s) and can intervene or help out if necessary.

You are diving into a possibly very vulnerable and intimate space, so make sure you trust your guide/shaman/sitter to hold the space for you.

