



MUSHROOM MICRODOSING

a magical guide

HOW TO INTRODUCE A LITTLE BIT OF
MAGIC AND INTENTION TO YOUR DAILY
PRACTICE



by becomingom.com

OUR VISION - MEDICINE WITH INTENTION

Our vision at Becoming Om is to encourage, support, and guide an intentional and conscious way of psychedelic microdosing.

Microdosing medicine is more than just a supplement; it is a way to reconnect to yourself, your community, and Mother Nature.

WHAT IS MICRODOSING?

The term microdosing means to consume unnoticeable amounts of a psychedelic substance.

Generally speaking, a microdose would be anything from 0.1 grams - 0.3 grams - a dose low enough to get all the benefits without any noticeable effects of feeling "high".

We firmly believe that intention and education are a big part of working with sacred medicines.



SLOW AND STEADY SUPPORT

Remember that microdosing is not a "quick fix" but a daily practice to support your health and well-being.

When used with intention, this medicine can be absolutely life changing.

"Nature doesn't hurry, yet everything is accomplished."

- LAO TZU



BENEFITS OF MICRODOSING

Microdosing is becoming increasingly mainstream and has many proven benefits:

- higher levels of creativity
- more energy
- increased focus
- improved relational skills
- reduced anxiety, stress, and even depression.



MICRODOSING PROTOCOLS

There are numerous ways to establish a microdosing practice that works for you.

Generally speaking, we recommend adding your microdose to your morning routine and on an empty stomach.

You can follow an already established microdosing protocol, or come up with a routine that works best for you. We recommend the Stamets or the traditional protocol.

STAMETS PROTOCOL

5 days on - 2 days off

TRADITIONAL

1 day on - 2 or 3 days off

General thoughts on vitamins and supplements are that you should cycle them periodically rather than follow the protocol indefinitely.



INTENTION

Setting an intention for your microdose experience acts as a powerful mindfulness tool, helping you to clarify the "why" of your practice. It can add a completely new layer of depth to working with this medicine and can act as a thread to follow throughout your day.

TAKE A MOMENT - TAKE A BREATH

Adding intention to your microdosing routine doesn't have to be elaborate; it can be as simple as taking a moment to connect to the medicine and think of something you would like to invite into your day.

It can be a short affirmation such as "May this medicine help me connect to my body and mind." or "May I flow through my day with steadiness and ease."

You can also write down your intentions or do a short meditation before communing with the medicine.

You can find additional resources at becomingom.com



YOUR BODY - YOUR MEDICINE

Everybody is different, and every body reacts differently to substances.

Give yourself some time to play with and dial in your perfect microdose.

If you need any additional support or would like some guidance to get started on your healing journey, reach out to us anytime!

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