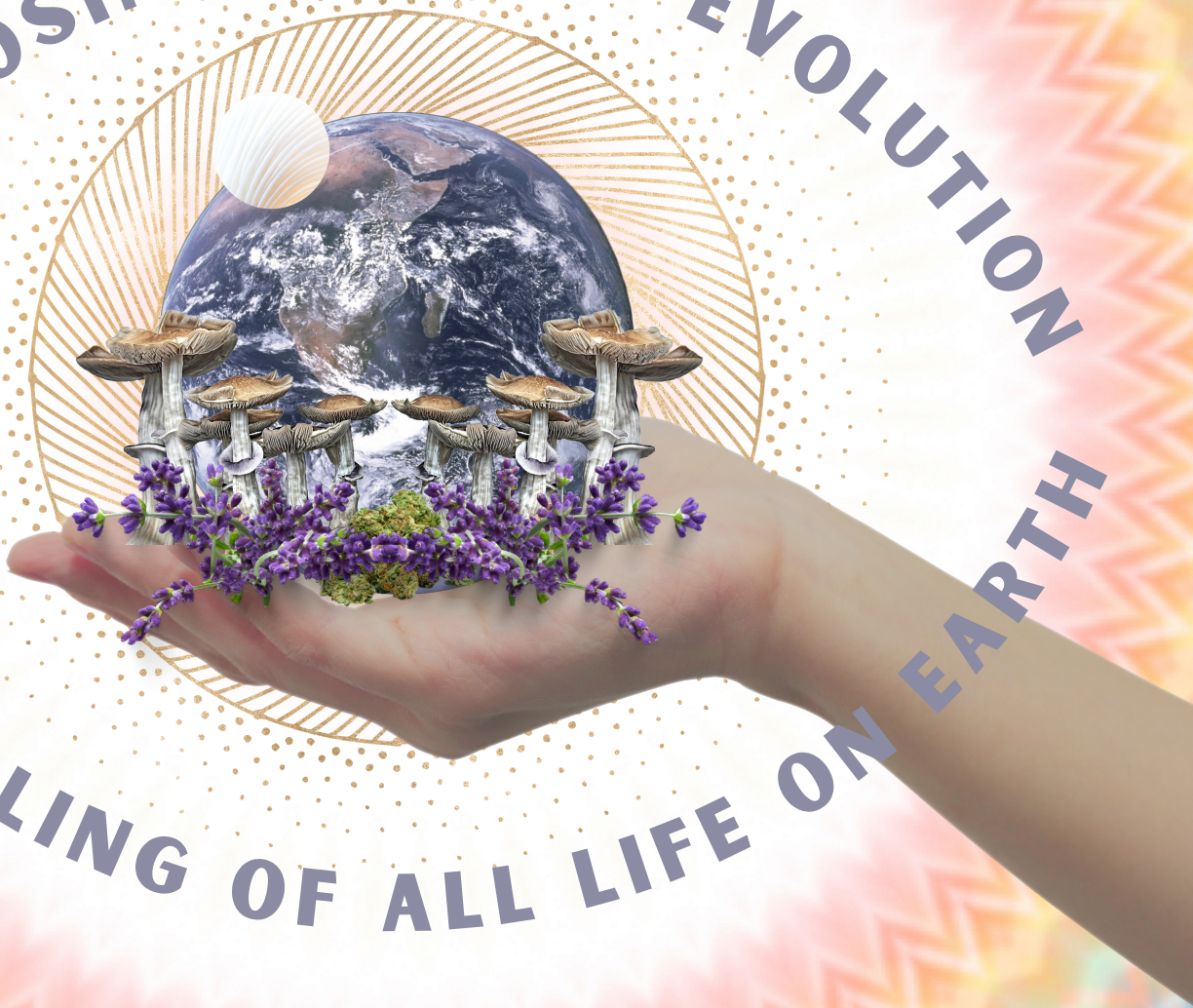


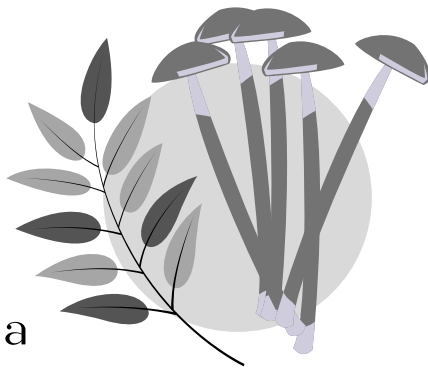
**\* MICRODOSING FOR THE EVOLUTION  
+ THE HEALING OF ALL LIFE ON EARTH**



# HEALING PLANTS + FUNGI COMPATIBLE WITH PSILOCYBIN

## PLANTS

ashwagandha cannabis  
chamomile cacao  
ginkgo biloba  
lemon balm  
st. john's wort  
lavender  
rauwolfia vomitoria



reishi  
lion's mane  
cordyceps  
chaga

## FUNGI

## OVERALL WELLNESS

**Frequency:** 2 days on 5 days off

**Dose:** 150mg (.15g)

**Prayer:** I connect with the divine source and allow it to bring me what is needed and remove what no longer serves the highest good.

## ANCESTRAL WORK

**Frequency:** 5 days on 2 days off

**Dose:** 300mg (.3g)

**Prayer:** I stand with an open heart, fully prepared to embrace my soul purpose. My ancestors heal through me backwards and forwards as I mend all patterns. curses and wounds.

## WOMB HEALING

**Frequency:** 3 days on 4 days off

**Dose:** 200mg (.2g)

**Prayer:** I am worthy of all that I desire, I am worthy of patience, I am worthy of rest. May I let inner wisdom guide me and keep myself rooted in unconditional love.

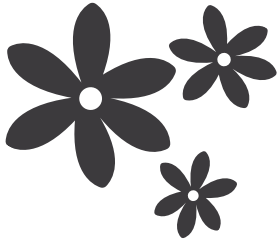
## CREATE YOUR OWN

**Frequency:**

**Dose:**

**Prayer:**

# JOURNALING YOUR NEW LIFE WITH PSILOCYBIN



## DAILY SELF ASSESSMENT

### General Mood

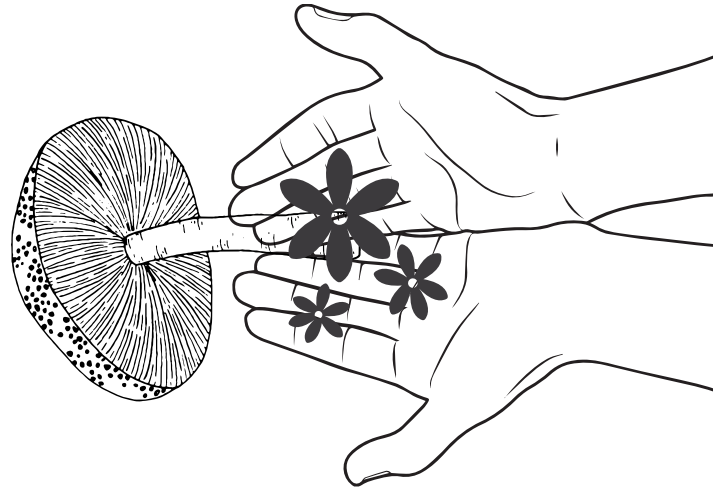
- Awareness of positive emotions
- Relationships & social interactions
- Self-love & taking care of yourself
- Awareness of (and dealing with) negative emotions
- Stress

### General Physical

- Energy level
- Sleep
- Sports & exercise
- Nutrition & eating habits
- Pain

### General Work & Study

- Focus
- Productivity
- Creativity
- Flow



## DAILY JOURNAL QUESTIONS

- What have you noticed, in the positive sense, today?
- What thoughts, feelings and emotions did you perceive in yourself?
- Did something occur to you today, internally or in your actions, that was different than you would normally expect?