



Your Daily Practice

Episode 29

(Most) Everything You Want To Know About Psychedelic-assisted Therapy with Dr. Brian Pilecki

There's increasing interest in psychedelic-assisted therapy, and research behind the treatment for anxiety, PTSD, and stress associated with a terminal illness is promising. However, many of us have fears and stigmas associated with psychedelics. This week's daily practice encourages you to explore those beliefs as well as try some activities that give you a glimpse of the type of interconnection and freedom that psychedelics can offer.

Practices to try this week

1. **Look at your stories, stigmas, and beliefs** you have about psychedelics. Did your perspective shift after listening to the conversation with Dr. Brian Pilecki?
2. **Have a conversation** with friends and family about psychedelics. Share experiences, ask questions and learn from others.
3. **Try some practices** that support interconnection and openness including mediation, ecstatic breathing, group dance, or meditation.