

Overthinking and over analyzing is a part of the human condition. As humans, we possess the ability to think about alternative situations, stress about outcomes before they happen, and ruminate on the "what if's" in life. This unique ability is what sets us apart from other species, but it's also a detriment to our mental health and wellbeing. The practice of mindfulness is an incredible tool to help us understand, tolerate and deal with our emotions in a healthy way by altering our habitual responses and thought processes.

What is Mindfulness?

Mindfulness is a non-judgmental awareness of what you are directly experiencing - thoughts, bodily sensations and surrounding environment, on a moment-to-moment basis. Mindfulness is an ability that we all possess, but in our fast-paced lives we often do not practice. When we are mindful, our thoughts are focused on what were sensing in the present moment rather than rehashing the past or imagining the future.

Letting Go is Letting Be

A key principle of mindfulness is "letting go". When we start paying attention to the present moment, we discover that there are certain thoughts and feelings that the mind wants to hold onto. Although this protective mechanism serves to maintain the lens in which we see our lives, it hinders our ability to see our experiences for what they are in the moment. In the emotional sense, "letting go" is synonymous with "letting be", a non-judgmental acceptance of things as they are. As you embark on your journey with psychedelics, this will be an important practice for you. Letting go and trusting the treatment process will be vital in obtaining the utmost from your treatment.

The similarities of both mindfulness and psychedelics lies in their facilitation of similar mechanisms. Both dissolve the ego, direct awareness inwards, and collapse time into the present moment. Practicing mindfulness prior to your first session is a great way to prepare you for your psychedelic journey ahead. During a session, mindful awareness can help guide you through uncomfortable territory that may arise by treating it with a curious mind and an awareness that this state is only temporary. Long after your journey, you can continue to practice mindfulness daily to aid you in living a more present, peaceful life.

Practicing Mindfulness

1

**Be aware of the
present moment**

2

**Focus your
attention to
'one thing' at any
point in time**

3

**Be compassionate,
non-judgmental
and curious about
whatever happens**