



Conscious Life presents

How Psychedelics Can Unlock Your Creativity

Guest: Laura Dawn

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[00:00:11] Alexander Beiner

Our next guest is Laura Dawn. Laura is an author, a keynote speaker, and she's the host of the popular Psychedelic Leadership podcast. Laura has an MSc specializing in Creativity and Change Leadership, and her research focuses on the intersection between psychedelics and creative problem solving, helping leaders and teams consciously work with sacred plant medicines to think more creatively.

So Laura, it's great to have you and welcome.

Laura Dawn

Hi, Alex. Nice to be here with you.

Alexander Beiner

Yeah, it's great to have you. Laura, I thought a nice place to start would be to get a sense of why, of all the many things you could have devoted your life to, you've devoted it to this area. What is it about the world of psychedelics that drew you in?

Laura Dawn

Well, I had my first high dose psilocybin experience when I was about 14, so I've been journeying for over 25 years at this point. It's interesting when people ask me, "How did you step into this industry?", well, it's only recently become a quote unquote "industry". And it sort of has been what has raised me. It's been mostly my path my entire life.

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I've also been an entrepreneur my entire life, so I've had these very strong parallel paths between altered states of consciousness and really looking at "How do I amplify my impact in terms of what I'm contributing through my life's work". And I've always had that deeply embedded mindset ever since I was really young.

But more specifically, during the pandemic, I decided to go back to school and pursue a master of science and really looking at the intersection between psychedelics and creative cognition within the context of leadership development.

And what drew me to that was just such a severe lack of research in the area of psychedelics and creativity. And I don't think..many people wouldn't argue, can they enhance creativity? Because all you have to do is look at the '60s, look at works of art, look at the Beatles, and look at Indigenous cultures that are weaving intricate patterns like Shipibo tapestries as they work with medicines.

So I don't think the question is can, but I was really curious about how. And so I spent three years really looking at the existing literature that really was just mostly focused on the intersection of psychedelics and the big four; mental illness, depression, PTSD, anxiety, and addiction.

And part of the reason that I was called so early was because I was struggling with addiction and depression as a teenager. And they were like just a breath of fresh air as I looked up at the cosmos and really started questioning my life and pulling me out of that small ruminative box of just going round and round with self.

And I also grew up with a very deeply entrenched belief that I wasn't creative because I couldn't draw. And so it's interesting. We're in this parallel cultural moment where both psychedelics and creativity are getting a major overhaul and rebrand. Cultural narrative is shifting around it. So it's really fun to be at that intersection.

And so that's what I focused most of my time in graduate school was, if we look at the existing literature, if we look under the hood of that literature through the lens of creativity research, can we actually make a compelling case that psychedelics do enhance creativity despite the fact that that's not what the actual study was focused on?

And when you start connecting the dots and really know what to look for, I came to the conclusion of a resounding, absolutely, yes, that we can make a very compelling case that for very similar underlying neurological reasons, the same reasons that psychedelics help treat depression are very similar to the same reasons that they help enhance creativity. And so happy to unpack that more.

But that was a big call for me to go into this. And it was actually Manesh Girn, recently officially Dr Manesh Girn, he's just completed his PhD. He wrote a paper alongside Robin Carhart-Harris, and it was about connecting some of those initial dots.

And that was something that was really interesting to me. And when I saw that paper, I started digging in. I was like, "It's really there's not a lot here". And so that's what I decided to really focus my graduate degree on. And it was very fulfilling and rewarding in so many ways.

[00:04:35] Alexander Beiner

I definitely want to drill into that a bit because I think everyone watching will be curious. I perked up, especially when you said that the dynamics between why psychedelics can help heal depression and why they increase creativity are perhaps the same. I think that's fascinating. So if you don't mind unpacking that a bit, that would be great.

Laura Dawn

Yeah, and there's so much to say about what creativity is. We can have as many definitions as there are people on the planet because it's actually what makes us human is our capacity to come up with new original ideas.

And considering the state of the planet right now, as Einstein said, "We can't solve our problem at the same level of thinking that created them". So that's another big driving force behind all of this. And so to connect a few dots, one definition that I love of creativity is by Arthur Koestler, and he says, "Creativity is the defeat of habit by originality".

So when we look at a very standard definition of creativity, it's like looking at how do we come up with unique novel ideas that are useful for solving a problem at hand. And when you look at, we could say that original definition by Arthur Koestler, we could say that that's the same as the healing of depression is the defeat of habit by originality.

And so anyone who's listening to this who has ever experienced rumination or depression or anxiety or addiction, it's like being in a hamster wheel. When I was struggling with addiction, it was like going round and round with a handful of thoughts all day, every day, and there's really not a lot of room for anything else.

And going through that portal of healing, it was like reaching for a door knob out of a very small, dark, claustrophobic room and realizing, "Wow, there's a whole big, beautiful world out here. And now what do I do with my life?". And stepping off the hamster wheel is literally choosing a new thought, and so is creativity. It's defeat of habit by something that's original and unique.

And so that is a baseline way of understanding it. It's divergent from the norm. And that's really what we need right now. And that's what we're seeing in our culture, is more people diverging from the norm and taking a risk to actually contribute something meaningful through these times of crisis and change.

Alexander Beiner

Yeah, it's music to my ears to hear you talk in those terms, because I think a lot of us are converging on something very similar, which often points to something being true, hopefully.

I make a similar argument in my book that there's a neuroscientist called Mark Lewis, and he argues that addiction - and I think it would be the same for depression - is caused by what you're describing. He calls it reciprocal narrowing, where your frame of reference gets smaller and smaller and smaller until you just have a tiny box you're operating in.

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My friend John Vervaeke, who's a cognitive scientist, he says, "Well, hang on, if there's such a thing as reciprocal narrowing, there's such a thing as reciprocal opening", where you get more and more expanse with more and more options.

And he argues that meditation, psychedelics, all of these practices can potentially bring us there so I think it's very exciting that we're now in this time where we're moving out of the purely medical - which is, of course, important - or purely clinical application of psychedelics, because I think people like you and me who have been involved in this world, which used to be subculture, and now is something else.

For a while, I think...it didn't start as the clinical, even though many of us had a lot of healing experiences. I think this deep potential is that psychedelics could help us solve some of these huge problems.

So I'm very curious to hear just your thoughts on that and where you're putting your energy right now in terms of that. Where are you feeling is most important for us to look at putting our energy?

Laura Dawn

Well, I just want to say I love your book so much and before I actually answer that question...I think what you're pointing to, and I just want to fill in a little bit more there, because I think people take it for granted that most people in the mainstream are approaching medicines through the clinical lens.

And you mentioned this in your book, and it's also been a conversation that I was super passionate about for years leading up to reading your book and then reading it, I was like, "Okay, other people are really getting this".

And so for people listening, I think that this is actually a really big core takeaway is these compounds are so multifaceted. They're like Swiss army knives with infinite add-ons. And you can't separate...if we think of it as tools, some people might not like the word 'tool' because it's like, these are sacred medicines. But actually, if you look at the etymology of the word 'tool', it comes to the root word 'instrument' and so I like that. It's a way of tuning our being, our body, mind, heart, alignment.

And so, in the '60s, they handed these complex to someone and said, "These are a psychotomimetic, and we're going to put you in this set and setting, and you might have a psychotic break". And people did. And then we went through hallucinogens, which there's a basic assumption in understanding them as a hallucinogen that, "Oh, any vision that you see is just a hallucination", discredit it.

We live in a culture that only values, you know, a monophasic culture that only really values one mode of consciousness, waking consciousness. Indigenous cultures see value in dream states and in altered states of consciousness.

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And then we evolved to entheogens. And then it informed, also, the set and setting and the priming. And we can now take this further and say, "Okay, well, if we look at these as, let's say, powerful ideogens" - which is not my term, it's Thomas Roberts' coined ideogens - it also will inform how we sit with these medicines, how we prepare for them, how we integrate them.

And I think the work that Leor Roseman is doing in the Middle East with, you know, okay, these are powerful tools for peace building, for healing, for empathic relational tools for healing. And so it really informed...they're bringing together Palestinians and Israelis to drink ayahuasca together.

And of course, it's informing the setting. It's informing how people prepare for that journey, how they go back to...you know, we talk a lot about set and setting, but Betty Eisner also coined 'matrix', which I really would love to - as a comeback - because the environment that we go back to is that's what the matrix is...what home are we returning to? What culture? And the matrix of Western culture is really, I don't want to say broken, but it has a lot of issues.

And so most people are coming through the lens of, "Okay, I'm going to heal depression". And I really just am so passionate about sharing this message that yes, that is possible, and there's so much more possible. And that's only one tiny lens through which we can look at them.

So that has informed so much of my work to answer your question. So a big part of my focus in my professional career has been creating models for how do we create setting that is actually the arc of a journey based on my own experience and also working with other people. And how do we train people with skill sets so that when they're in the journey, they can leverage that.

So one thing I can say is that in this new paradigm of creativity, it's not just music, it's not just writing poetry, it's not just... It's so much more. So a great example is many people sit in ayahuasca ceremonies for the first time, and they have a hard time sitting up, they're disoriented.

But if you keep watching them sit month after month, over time, I know people who never played music, and then they're birthing songs, writing new music on the guitar, three months into ceremonies, and that's a common occurrence.

So when we take that understanding and apply it to other aspects of creativity, like creative thinking, for example, and we learn those skill sets, we can actually practice them before, during, and after, and understand the underlying mechanisms of what creative cognition is and then start to learn, where do I integrate medicines into my arc of creativity?

So, we can say, just to break it down for people, I like to think of the five P's of creativity. We have the creative person, the process we go through. Another definition is like, how do we bring ideas into the world? That's another definition of creativity. What does that process look like?

And then I can teach you creative practices so that you're better at whatever aspect of creativity you're practicing as a creative person. And then we have the creative place, the environment that we're in. So this really naturally maps over set and setting.

It's no coincidence that I've been journeying for 25 years and I've been living outside for almost 20 years open air living, because another word that I value for psychedelics is 'ecodelics' as well

because of their inherent connection to nature. And then we have the creative product, that's the fifth P that I think of as the outcome.

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So when we get a lay of the landscape of what are we talking about when we talk about creativity? And let's say we focus on just the creative process. What is the process of you coming up with an idea, making that idea really good to solve a problem at hand, and then translating that idea so that it's useful, so that it's contributing, so it's having a positive impact.

Everyone has their own creative process. And creativity and creative cognition is not one state of mind. It's a dynamic state of mind. So we know that actually, we don't get our best ideas when we're sitting down, efforting, constrained cognition, narrow focus at the desk.

But actually, when we have a few hours of focused work and we get up and we go for a walk and we let the mind wander, we go into a mode of unconstrained cognition. And that's where ideas tend to flow more naturally. We're both advocates for this understanding of embodied cognition. So even understanding the assumption that ideas are not just from the neck up, but a full body experience.

And so all of this is to say, if we educate people about creativity, what it means, how do we understand our own creative process? How do we teach people divergent thinking skills? How do we teach people how to come up with better ideas and drop into a flow to actually translate those ideas into reality? And then we look at, okay, what aspects of psychedelics help for what aspects of the creative process?

And so, one of the greatest aspects is this spontaneous thought, mind-wandering, incubation time. And that's why we have great examples like Kary Mullis, who on BBC interviews said he won a Nobel Prize for the PCR chain reaction.

And he attributed LSD to discovering that. But he was in the grind every day of the preparation of it. And then he went and he allowed his mind to wander, to open, to be in the floating rather than the efforting and the swimming.

And sometimes when we go into those spaces, that's where we get our best ideas. There is infinitely more I can say about it, but it's really pointing to this idea that what we call them, how we relate to them, how we interact with these very multifaceted compounds, hugely affects how we work with them, and you can't separate it from the person holding it.

So just like a person holding a guitar, if you learn and practice and then go into ceremony, you can really drop into flow. You can also learn other creative thinking skills to develop your thought leadership, to develop connecting new ideas in novel ways.

And that's what we need right now, is people being able to take very...you're great at this, Allie. You're so great at this. You take very complex ideas in a very complex world, and you synthesize them by connecting dots that helps people transform the way they think, the way they perceive, the way they live.

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And so, when I think about creativity, it's not also just building a product, but it's actually like, how are we living our lives? How are we living in harmonious alignment with our environment? How am I sharing ideas in a way that inspire people to think differently about how we relate to the sacred, about how we live on this Earth through these times of change?

There's so much there. And I'll pause because you might have a direction. But this also really ties to leadership and what it means to be at the forefront of change.

Alexander Beiner

Amazing. Beautifully described. I do want to pick up on leadership, but there's something I think really important in what you said, and it's this idea of the person and the creativity being inseparable.

Firstly, I've observed running psychedelic retreats and just over the years, very commonly people will have a deep experience, a deep emotional experience, where they'll come to terms with something or they'll remember something or they'll process something. And what they come out with is, "I want to be more creative. I want to create something". And there's so many different ways.

And I've also noticed that there's this, perhaps more than anything else, possibly because of the way our culture, like you've pointed to, the way our culture values things. Creativity, so many of us have the feeling that, "Oh, that's not for me" in some way.

And I make a living out of being creative, basically. But for example, I play traditional Irish music, not for money, just for fun, right? So I always have my flute beside the desk. And I've been playing for over 20 years. And I still have a part of me that's like, "Yeah, but I'm not a musician because I don't know music theory inside out", which is kinda crazy because...

But there is that little thing. And I think we all have something like that. And I think one of the things that's magic about psychedelics is that they open up this space, this space of possibility of like, "Yeah, but maybe you are. Maybe you are a writer. Maybe you are a dancer. Maybe you are. Maybe you have that potential"...I think it's so important.

And also, just to note for anyone watching, some of the people you mentioned, Leor Roseman and Sami Awad, is the Palestinian activist who they did the Ayahuasca for Conflict Resolution, Israel and Palestine, they're guests.

And so is Bruce Damer, who has this wonderful story of an ayahuasca journey, helping him to gain a new theory on the origins of life, which then made it onto the cover of Scientific American.

So these things are, as you're pointing to, happening. I want to pick up on leadership, though, because I think you're tapping into something very important, which is that there is an aspect of leadership involved with stepping out with your full creative vision. So maybe you could talk about that a little bit.

[00:19:52] Laura Dawn

Yeah. Well, I think it's interesting to think about how much things are changing. Even organizations like the World Economic Forum are calling creativity and creative thinking the most important skill sets of our time.

So just to pick up what you're saying, too, it's like, if you are a knowledge worker, even, not even considering yourself in a position of leadership, but if you are a knowledge worker, then embodying the identity that you're creative by definition of having consciousness and having a brain and doing work with your mind is imperative because research also shows that if someone doesn't believe they're creative, they're less effective at creative problem solving.

So creative problem solving is also a subcategory of creativity. It's a very specific thing. I was also trained in the creative problem solving process, CPS, which is a great process to be trained in for these days because we're encountering problems all the time.

And so the interesting thing when you look at Carhart-Harris's work, when you look at, okay, well, what do psychedelics do in terms of playing a role as agonist in the 5HT-2A receptor? Well, what they do is they enhance adaptability. And that's the essence of what being an effective leader is these days.

It's like we need to be adaptable in the face of change, and that's hard. And it's easier said than done because we're...what got us here is not going to get us to where we're going to go, and we have to be able to roll with it.

And that's another dot that I like to connect between psychedelics, creativity, leadership, and mental illness or disease. I don't love the word mental illness, but more looking at this notion of adaptability and what I was talking about with the hamster wheel earlier.

It's like our ability to choose a new thought, to choose again, and be able to say, "Okay", you know. And then there's this whole other conversation about what it takes to actually be at the forefront of change, because if you're at the forefront of changing and inspiring people to think differently, also nervous system regulation and embodying your center and your truth and your ability to face adversity.

And especially for me, it's like I've been growing quite rapidly on social media with a message of living in harmonious alignment with nature, 'videos going viral with 14 million views kinda thing', and watching just mainstream consciousness attacking me for all sorts of things.

And so it's like, we have to really get so clear on why. Why are we doing this? What is the vision of what we're creating? And get so clear on why our vision and alignment with what we really care about and our values.

And that's our ongoing resilience reservoir, to be able to show up every day in the face of adversity, in the face of division. It's very wearing out there when you just look at what's happening.

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And so I, a year and a half ago, I was with the Mamos and the Kogi elders in Colombia, an Indigenous group that have a very powerful prophecy about these times that we're living in right now. I was with an Indigenous elder, a shaman, Kurikindi, from Ecuador. And he said to me, "When you stand in your truth, that's when you're the most protected".

So when you're centered, and it's like, we're not doing this and sharing a message because we want praise or we're afraid of blame. It's just like, "This is my message and this is what I'm here to do".

And everything that I do in terms of the content that I create, the way that I share ideas, it's all in deep collaboration with my medicine teachers, actually. A lot of my process is clearing that channel to get clear on what is my truth, what is my higher alignment of my higher purpose of my most contribution.

And when we're clear on that and we have a compelling vision - and this is, to me, the essence of what plant medicines are all about. They've been called visionary medicines for many, many years. They enhance our capacity to vision, to imagine. And that's another huge dot that we can connect between leadership, psychedelics, and creativity as well.

And so they're enhancing our ability to get very clear on an inspired vision so that we can take action towards that. And that's what creative leadership is all about, and being able to share it from a place of deep commitment to what we stand for and what we value despite what other people are going to say.

Because when you're a leader, you're by definition standing in the face of 99% opposition. You're going against the cultural norm of conventional thought. Right now, as we know, things are really not in a good way on our planet. To me, it's like that real devotion. It's the path of devotion.

And in a way, I also see it as the path of the Bodhisattva, that we're not doing it for us. I'm not growing on Instagram because I want to be rich and famous; that's a horrible reason to do anything. It wouldn't be worth it in the face of what comes our way with that.

Alexander Beiner

Absolutely. And the word that really stands out to me in what you just said is the word 'alignment'. There's this boom in popularity of people taking psychedelics in Silicon Valley, for example, or executives, which are fantastic. People are... This experience, I think, is a birthright for people in general.

I think the trickiness comes when we forget, though, that we as human beings have to be aligned with nature. We have to be in alignment with reality, which is nature. I'd love to hear your thoughts about nature connectedness. There's a lot of research on nature connectedness.

You live much more in nature than I do sitting here in London, right? It'd be great to hear about... where's the link there for you between your medicine experiences and this connection to nature?

[00:26:04] Laura Dawn

It's everything. I mean, it's the foundation. It's the root of all of it. I also, for many years, lived in Hawaii in open air living, and I grew my own medicine. I make my own medicine and when you tend to the plants, you actually learn just as much about medicine and life and what it means to be in harmonious alignment with your environment as the journey itself.

And one of the things that I think that feels really pertinent to say - I mean, there's a couple of things. One is I'm in such devotion to my path of what I'm creating. And you know that this takes a lot of dedication and commitment. It's everything. It's like being an Olympic athlete.

And I was actually raised as an athlete. I was training at a young age. That's what I had going for me. I never thought I was smart. I never thought I was creative, but I was taught a very profound mindset as a young child.

And so for me, it's like I'm consciously crafting the scaffolding of my life in a way so that the inputs, the creative enhancers, are very easy, almost outside of my conscious awareness. Like listening to bird songs for six minutes balances your nervous system. I'm listening to birds in my background all the time. Same with taking breaks.

So the way I structure my life, the way I structure my day, it's all centralized around my devotion to the service of the programs that I'm creating. Right now, I'm at the end of a seven-month program. It's training psychedelic coaches called Transilience. And this has been such an intense marathon.

So I'm living in a way where I'm taking care of my body, where I'm taking care of my sleep, and I'm immersed in nature that is like - we don't need to look to science, but it's incredible that now science is getting very full on about eco psychology and environmental psychology, and I love it.

And it's like, we know that you go walk in the forest and they emit chemicals that helps boost your immune system. And I go jump in waterfalls every single day. And people are like, "Oh, you're so lucky to live there". It's like, "Well, actually, I intentionally created my life around this. And yes, it's extraordinary. And the price of admission for extraordinary living is a lot of discomfort".

And so that's a major thing. It's like, yes, I live outside. I had a boa snake in my living room a couple of months ago. And that's a part of this reality, but I wouldn't trade it in. I'm not doing it because it's easy. I'm doing it because it's meaningful.

And when I started in Hawaii, I bought raw land there and I built a retreat center. And for a year, the first year and a half, I lived without power, without running water, I pooped in the woods, we didn't even have a flush toilet. And that changes you. And it shapes you because you really understand what it means to be a person living in your environment.

And I'll never forget the day when before I bought that land, I was living in this little open cabin, and my drain drained right out into the banana patch 10 feet outside the cabin. And I thought to myself, "Wow, for so many years...", it was this insight and revelation. And it was so simple but so profound of like..."all of these years, it goes down the drain and boom, it's gone. We don't even know. It's totally disconnected".

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And one of the things I struggled with growing up was food addiction and eating disorders. And I only really healed my relationship to my body and to food when I moved on to 200 acres of land in British Columbia with my ex-ex partner, and his family taught me how to homestead.

And so all of these years, it's been this deep practice of also learning to pay attention to what you're paying attention to. So when you live without power and you're only on solar panels for many years, all of a sudden, you drastically change how you understand your power consumption and you modify your habits based on, "Is it sunny today? Okay, our power is low. I'm not going to run the blender".

It's built in. I feel like this is actually the blueprint for transformation on our planet. It's like, how do we change our fundamental perception? Garbage here is a big deal. We can't put garbage...where is out? Throwing garbage out, it's like, "Where is that? It's right over there". So every time I buy something, I'm looking at it and thinking to myself, "I don't know if I want to buy this because I don't want to have to deal with this plastic leftover".

And that mindset, I feel like, is the training that we need. So there's really two levels there. One, it's like, I'm very clear on what enhances my creative output, what contributes to clear channel, flow, alignment, devotion, all the inputs that are not hard to reach for. It's like, I just go for 20 minutes and I'm in the most epic waterfall. And I designed it that way intentionally.

And the other aspect is it's completely changed how I relate to my environment and completely changed the behaviors and my habits as a human being living on this Earth, where I'm going way more towards minimalism and also essentialism in my work, which is interesting parallel that we could also draw that parallel between the two core things that I just said.

So it's like less but better. How do we just focus more on what's meaningful, what's fulfilling, instead of trying to do everything but do less, a lot better?

Alexander Beiner

Yeah. Amazing. A lot of what you just described feels very psychedelic to me, in the sense that being able to tolerate discomfort and recognize that discomfort is a part of life, and it's actually how we grow, being mindful, and then crucially, being aligned with a greater system than just our own desires.

Even your example of the solar panel. It's like one of these...We can have so many different types of revelation on cycle. Certainly what I've had is around like, "Oh, it's not all about me. I'm part of something much greater, and I can have everything I want anytime I want it". And instead, that then orients us towards being more receptive and actually listening or watching what's going on. That seems to me what it is to be aligned with the natural world.

So, I completely agree. I think that's probably the crucial larger shift is that we're not the most important thing there is, we're part of an all equally interpenetrating important process.

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So the last thing I wanted to ask you is around your hopes for the future. So this could be especially related to the way the psychedelic world is moving. Where would you like to see things evolve and move towards?

Laura Dawn

In terms of the psychedelic movement or just the planet?

Alexander Beiner

Yeah, the psychedelic movement, but of course, they're going to be interrelated, I'm sure.

Laura Dawn

Yeah. I think one of the indicators for me that the psychedelic movement or the quote unquote "industry", the space is very young still, and the sense of shallow roots is just the amount of judgment that people have. I hear therapists judging other people for being like, "You shouldn't blah, blah, blah, recreational use".

I feel like once those roots get deeper, we have a lot more openness for dialog, a lot more acceptance around cognitive sovereignty and cognitive liberty, and that actually dropping acid at Burning Man can be a deeply, profoundly transformative spiritual experience that might completely change someone's life.

And so the non-reactivity, the non-judgment, the more...I mean, these are also essential Eastern philosophy, allies, Buddhist teachings, wisdom teachings. I'm also such a huge fan of John Vervaeke, and I love his work, and I love his concept of ecology of practices.

So really developing more of our practices in terms of it's not just the psychedelic journey, but what is your practice that you're showing up to? How are you showing up to the altar of your life, to the altar of great spirit? And how are you developing those practices to become more loving, more kind, more caring, more flexible, more resilient, more adaptable in the face of change?

And to your point, it's like, it's not about me, it's not about you. And what actually helps us, inspires us to reach out is to wake up for ourselves so that we can help the next person who's struggling to cross this river of change right now.

So it's really that's the dedication and the motivation and just encouraging everyone to stay kind, because I think that that's, it's like, if we're not staying kind, then what is it all for?

And my hope for humanity is the same. And also the...it's a dire metaphor, but in a good way. It's like we're in late stage capitalism. It's like we're all on this Titanic going down together. It's like, so who do we choose to be? It's not a bad thing that the Titanic is going down, and we're all on it right now. It actually needs to go down because things need to change.

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So are you going to be someone who is going to fight and flail and stomp your feet, or are you going to be someone who stands in your dignity who chooses to be someone who's supporting others, who are in fear.

And these are fearful times for a lot of people, so really encouraging that Bodhisattva heart in us to be kind and courageous and vulnerable and strong back and open, soft, kind front so that we can help each other through these times of change, because that's really what it's all about.

Alexander Beiner

Absolutely. That's such a powerful message to end on. Laura, thank you so much.

Laura Dawn

Thank you.