

# Psychedelics in Recovery Guiding Principles

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We suggest...

- Honesty in our considerations for approaching psychedelic use of any kind. We recommend a trusting relationship with a sponsor or other fellows in a 12 step recovery program.
- Thoughtfulness and respect for integrating conscious, intentional use of psychedelics as part of 12 step recovery. We treat these tools as medicines, sacraments, or catalysts for ceremonial use and spiritual growth, not as substances or drugs for temporary pleasure or escape. Set and setting matter.
- Using caution when deciding whether to ingest any psychedelic. We do our research.
- Understanding that there may be legal risks involved with the use of psychedelics.
- Personal discretion regarding disclosure of the role psychedelics and/or plant medicines have in our recovery. We understand that talking about psychedelics in mainstream 12 step meetings is deemed “an outside issue.”
- Relying on the fundamentals of Step 12 when “carrying the message of recovery” in the context of our fellowship to the still sick and suffering or longtime members from other fellowships that are new to ours.
- Being mindful of the primary purpose of our fellowship, which is to provide a safe space for us to share experience, strength, and hope regarding the use of psychedelics and plant medicine in our 12 step based recovery process.
- Not using this space for sourcing, finding others to participate in sessions, or recommending retreat centers, organizations, and/or individuals to facilitate psychedelic experiences.
- Respecting our fellows’ right to find their own definition of recovery.

The word ‘psychedelic’ means “mind-manifesting.” The word ‘entheogen’ means “creating the divine within.” When these are applied under the right conditions, with right intention and with the utmost respect, they can provide us with profound insights, healing, and sometimes radical shifts in personal awareness. We do not consider the use of psychedelics to be destructive. We do not use them for numbing, escapism or avoidance. We practice openness and honesty when integrating psychedelics into our 12-Step program because they help us become more aligned with our primary goal of recovery.

It is worth noting that Bill Wilson, one of the co-founders of A.A. had his own experiences with psychedelics, specifically LSD, and recognized its transformative potential. He likened the experience to his original “white-light” encounter that was the bedrock for the “spiritual awakening” discussed in the Big Book literature. We feel that the implications of this are far-reaching and worth exploring.

To quote the Big Book of Alcoholics Anonymous: “ There is a principle which is a bar against all information, which is proof against all arguments, and which cannot fail to keep a man in everlasting ignorance – that principle is contempt prior to investigation. ” pg. 568, 4th Edition. If you have explored or are interested in exploring psychedelics as a therapeutic aid to your process of recovery, we feel this Fellowship has a lot to offer.

We suggest what many 12-Step fellowships suggest:

- Working the 12-Steps with a sponsor or a group of fellows.
- Finding a home group for fellowship and connection in recovery.
- Looking for ways to be of service.