

# PSYCHEDELICS IN RECOVERY LITERATURE

Approved by PIR Intergroup March 2022, Amended June 2022

**Welcome to the (*individual meeting name*) meeting of Psychedelics in Recovery!**

(*Entheon, Sat. Morning Live, Integration, O.G., Women's, Step Study, etc.*)

**My name is \_\_\_\_\_, and I'm a Person in Recovery and Meeting Chair for today.**

**Opening:** Let us start the meeting with a moment of silence followed by the Serenity Prayer.

## **PIR Preamble:**

Psychedelics in Recovery is a 12-step fellowship of people from all 12-step programs and other paths of recovery who share our experience, strength and hope with each other. Our primary purpose is to pursue recovery and help others do the same, as defined by the individual. The only requirement for membership is a desire to recover from our addictive behaviors and/or an interest in psychedelics as an aid to our process of recovery. Our members either have had prior experience with, or are interested in, integrating the intentional use of psychedelics and/or plant medicines into our spiritually-oriented program. Psychedelics in Recovery is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. We do not sell or promote the use of any substances. This is a safe space in which we can openly discuss the role of psychedelics in our individual recovery journeys. While psychedelics are not considered inherently addictive, we practice mindfulness and accountability around the intentions we carry in the utilization of these medicines. We recognize that some in recovery may form addictive patterns with anything that induces altered states. If we find we are using these experiences in self-destructive ways or as a means to escape or avoid, we practice rigorous honesty with ourselves and trusted others in order to promptly restore a healthy recovery process.

Is anyone new to PIR or new to this PIR Meeting that would like to introduce themselves, and share your primary qualifying fellowship if you have one?

\_\_\_\_\_

## **(Optional Readings)**

I have asked \_\_\_\_\_ to read "The Guiding Principles" (below) I have asked \_\_\_\_\_ to read "Integration - A Plan of Action" (below)

## **Main Meeting Portion: Speaker Discussion / Topic Discussion / Steps or Literature**

This is a \_\_\_\_\_ (*describe format of meeting*) meeting.

*(Suggested Speaker Meeting Format: speaker shares their experience, strength, and hope for 10-15 minutes followed by brief shares by others.)*

**When the Speaker, Reading or Opening Topic finishes:** Now we turn the meeting over to individual shares. Please limit shares according to group size, sharing for about 3 minutes, so that everyone with a desire to speak may do so. Who would be willing to serve as a timekeeper (*if needed*)?

The meeting is now open for shares on one's own experiences related to 12-step recovery with or without psychedelic experiences.

**Meeting Ending:** (*When either everyone who wanted to share has shared or time has run out*) – Thank you for a really good meeting. That is all the time we have for sharing. We do however have time for a burning desire. A burning desire occurs if someone feels they may use, act out, hurt themselves, or hurt someone else if they do not share now. Does anyone have a burning desire?

Contributions can be made through our website, [psychedelicsinrecovery.org](http://psychedelicsinrecovery.org), by clicking on the 7<sup>th</sup> Tradition link. We have meetings every day. If you would like to be added to receive a list of meetings please go to the website and go to the "meetings tab" at the top of the page. If you would like a copy of our phone list or would like to be added to our phone list, please reach out to [pir.phonelist@gmail.com](mailto:pir.phonelist@gmail.com). We also have a Psychedelics in Recovery private Facebook group where you can find information about Zoom and in-person meetings. Are there any PIR or Recovery related announcements?

Thank you for letting me be of service, now let's close with a moment of silence followed by the Serenity Prayer.

# Psychedelics in Recovery Guiding Principles

- 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
- We suggest 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.
- We suggest using caution when deciding whether to ingest any psychedelic. We do our research.
- We suggest understanding that there may be legal risks involved with the use of psychedelics.
- We suggest 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.”
- We suggest 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.
- We suggest 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.

Please respect our fellows’ right to find their own definition of recovery.

We do not use PIR meetings or parking lots for sourcing medicines, self-promotion for financial gain, finding others to participate in sessions, recommending retreat centers, organizations, and/or individuals to facilitate psychedelic experiences.

# Integration and a Plan of Action

The word 'psychedelic' means "mind-manifesting." The word 'entheogen' means "discovering 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 [person] 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.

## **Here are the 12-Steps of Psychedelics In Recovery:**

1. We admitted we were powerless over addiction - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of a Higher Power of our own understanding.
4. Made a searching and fearless inventory of ourselves.
5. Admitted to our Higher Power, to ourselves and to another human being the exact nature of the damage we caused ourselves and others.
6. Were entirely ready to have our Higher Power remove any characteristics that cause suffering.
7. Humbly asked our Higher Power to remove these obstacles.
8. Made a list of all beings we had harmed and became willing to make amends to them all.
9. Made direct amends to such beings wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were out of alignment with our values, promptly admitted it.
11. Sought through spiritual practice to improve our conscious contact with a Power greater than ourselves, asking only for knowledge of this Power's will for us and the ability to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to others seeking recovery and to practice these principles in all areas of our lives.

These steps provide us with a foundation from which to prepare, process, and integrate psychedelic experiences into a program of recovery. Those who have embraced other 12-Step Programs have found it helpful to maintain their connection to those groups and fellows. We also welcome those who have no connection to other 12-Step fellowships and hope they may find this Fellowship to be a bridge to 12-Step recovery. Some people may find it difficult to share about the integration of psychedelics with others in traditional recovery groups. Each of us must determine for ourselves when, how, and with whom we can talk openly about our involvement in this Fellowship without fear of judgment or stigmatization.

**Optional additions:**

**Anonymous:**

A reminder that PIR is an anonymous program. Please keep that in mind and respect this safe space. In an effort to provide that safety for all to feel free to say what is on our minds and in our hearts please remember that who you see here, what you hear here, when you leave here, let it stay here. Thank you!

**7th Tradition before Lead Share:**

7th Tradition Break: PIR is fully self-supported through our own contributions. PIR has grown substantially over the past year which has increased our expenses. Your donations go far beyond just funding a zoom account. We are working to become a 501c3 and develop PIR literature as well as other projects. All of this growth brings increased financial needs. Please consider making a donation. If you would like to make a donation to PIR please visit the website at [psychedelicsinrecovery.org](https://psychedelicsinrecovery.org) and click on the 7th tradition link. You can choose to make a one-time donation or to arrange for a monthly donation to be given automatically.

**ONLY if ever voted to be a closed meeting:**

Before we begin, please note **that** This is a Closed Meeting of PIR. Closed meetings are for those who identify as being in recovery or with a desire to find recovery from addictive processes integrating **the** 12 steps with or without psychedelic substances. If you feel that this statement does not apply to you at this time, we kindly ask that you leave the room before we begin.