



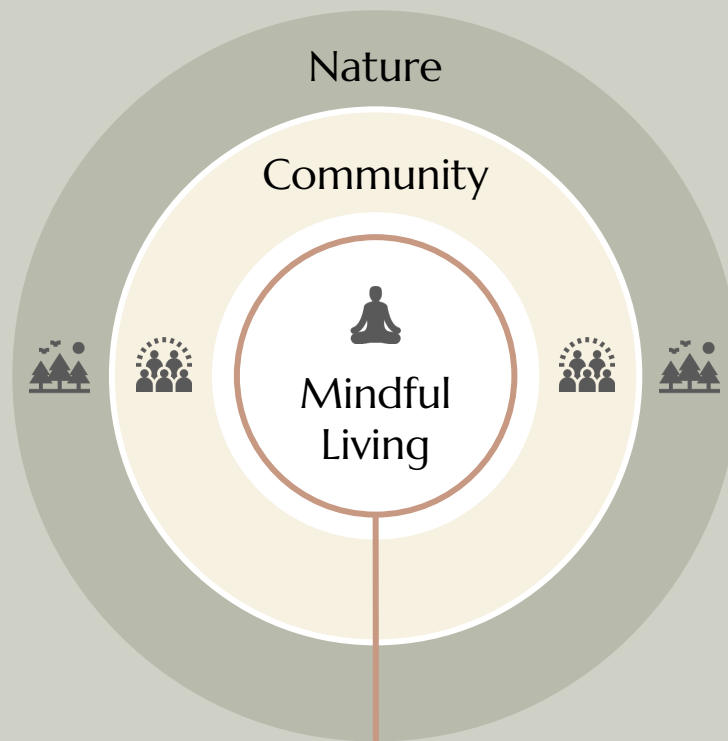
PUBLIC BENEFIT CORPORATION

Christian Program

Christian Program

A supportive program rooted in the power of psychedelics, prayer, and community

Our multidisciplinary model empowers our participants to develop the mindset, knowledge and skills to promote personal discovery and holistic wellbeing across mind, body, heart, and spirit.



Mind



- Mindset
- Mindfulness
- Intellectual growth (knowledge-building)

Body



- Exercise & mindful movement
- Breathwork
- Healthy diet

Heart



- Self-reflection and journaling
- Relational skills
- Gratitude & compassion practice

Spirit



- Ceremonial psychedelics
- Prayer & spiritual practice
- Arts & creative expression

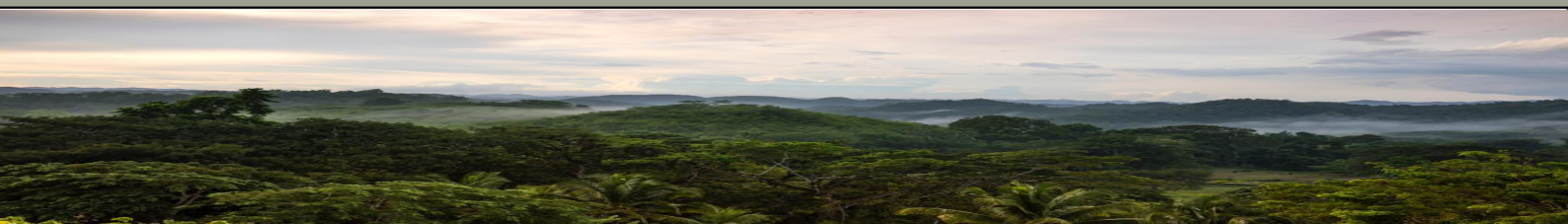
Christian Program

An experience for those with deep roots in – or a newfound calling to – Christian beliefs and practices

Designed to offer a safe space for exploring the intersection of psychedelics and Christian tradition.

This program is for you if:

- You are an open-hearted Christian new to psychedelics, called to deepen your faith and relationship with Christ through the sacred use of psilocybin mushrooms, OR
- You are new to Christianity and drawn to explore Christian tradition and/or Christ as an anchor during a transformative psychedelic-assisted spiritual journey



This program DOES NOT:

- Provide Christian education, offer Bible study, or include in-depth training/content on Christian theology
- Promote a specific agenda
- Diminish other religions or belief systems
- Discriminate based on religious belief, gender, race, or sexual identity

This program DOES:

- Explore Christian mysticism, identity, faith, and practice from the “inside out”
- Provide resources for those interested in learning more about psychedelics and contemplative Christianity
- Offer space to integrate psychedelics into the spiritual life

Psilocybin

Psilocybin has been used globally for millennia. Evidence suggests it may improve wellbeing.



History

The use of psychoactive plants has been integral to the spiritual practices of traditions from all over the world including Africa, the Americas and Europe. In fact, some historians believe that entheogenic plants were used as far back as 9000 B.C. based on rock paintings.

Psilocybin is a psychoactive compound found in +200 species of fungi. Aztecs and Mazatec shamans use it for diagnostic, medicinal/curative, spiritual, and recreational purposes by entering other realms to retrieve wisdom and healing for their community. (2)

Benefits of Psilocybin

Modern scientific research into psilocybin indicates that there may be many potential lasting therapeutic benefits:

- Potential relief from depression, addiction, anxiety, obsessive compulsive disorder, and fear of death (3) (4) (5)
- Potential increased activity in the visual cortex and experience of “ego loss” (6) (7)
- Promotion of creativity and empathy, and enhanced subjective well-being when taken in nature (8) (9)

Some studies have also shown that psilocybin may promote neurogenesis and neuroplasticity (1)

The Ceremonial Use of Psilocybin

- Our retreats include two 6-hour psilocybin ceremonies incorporating Christian tradition
- Sitting together in ceremony has been done for millennia across traditions and anecdotal evidence suggests it has often been perceived to improve wellbeing.

Sources:

- 1) Shao LX, Liao C, Gregg I, Davoudian PA, Savalia NK, Delagarza K, Kwan AC. Psilocybin induces rapid and persistent growth of dendritic spines in frontal cortex in vivo. *Neuron*. 2021 Aug 18;109(16):2535-2544.e4. doi: 10.1016/j.neuron.2021.06.008. Epub 2021 Jul 5. PMID: 34228959; PMCID: PMC8376772.
- 2) Jamilah R. George, Timothy I. Michaels, Jae Sevelius, and Monnica T. Williams. “The psychedelic renaissance and the limitations of a White-dominant medical framework: A call for indigenous and ethnic minority inclusion.” Yale University, University of Connecticut, University of California, Ottawa University. March 1, 2020.
- 3) Psilocybin with psychological support for treatment-resistant depression: six-month follow-up. (2017) *Psychopharmacology (Berl)*, Carhart-Harris RL, ... Feilding A, Taylor D, Curran HV, Nutt DJ
- 4) Psilocybin with psychological support for treatment-resistant depression: an open label feasibility study (2016) *The Lancet Psychiatry*, Carhart-Harris RL, ... Feilding A, Nutt DJ.
- 5) Nathaniel Lee and Benji Jones. “How Magic Shrooms Affect Your Brain.” *BusinessInsider.com*. April 27, 2021.
- 6) Mason, N.L., Kuypers, K.P.C., Müller, F. *et al.* Me, myself, bye: regional alterations in glutamate and the experience of ego dissolution with psilocybin. *Neuropsychopharmacol*. 45, 2003–2011 (2020).
- 7) Carhart-Harris, R.L., Feilding, A., Lebedev, A.V., Lovden, M., Nutt, D.J., Rosenthal, G. (2015) Finding the self by losing the self: Neural correlates of ego-dissolution under psilocybin. *Human Brain Mapping*.
- 8) Natasha L. Mason, Elisabeth Mischler, Malin V. Uthaug & Kim P. C. Kuypers (2019) “Sub-Acute Effects of Psilocybin on Empathy, Creative Thinking, and Subjective Well-Being,” *Journal of Psychoactive Drugs*, 51:2, 123-134
- 9) Mason, N.L., Kuypers, K.P.C., Reckweg, J.T. *et al.* Spontaneous and deliberate creative cognition during and after psilocybin exposure. *Transl Psychiatry* 11, 209 (2021). <https://doi.org/10.1038/s41398-021-01335-5>

Why Our Participants Join

And how our program helps

Self-Understanding & Habit Change

Most of our participants want to develop greater self-awareness and explore the subconscious realms to reveal a deeper sense of purpose, form stronger relationships, and make changes in their lives. Our program offers opportunities for profound personal inquiry, skill-building, and new habit formation.

Spiritual Inquiry in Community

Many of our participants seek a spiritual journey or mystical experience in the context of spiritual belief and inquiry. In safe community, participants cultivate unity, interconnectedness, and belonging while exploring their evolving spirituality.

Breaking Through Limitations

Some participants want to transcend limiting beliefs after attempting other potential solutions. They hope to expand their horizons, work on self-worth, overcome barriers, and unlock creativity. Our program provides dedicated space, transformational practices, and professional support for increased confidence and capacity for breakthroughs.

Emotional Growth & Holistic Wellbeing

Almost all of our participants are looking for ways to resolve old wounds and embrace emotional growth. And some hope to come to terms with or process physical health issues. Through our supportive program, participants practice self-monitoring and self-regulation techniques; develop resilience; and even experience emotional catharsis.

98% of our 200+ participants said they would recommend our program to family and friends¹

“One of the, if not THE, most healing and spiritual experiences of my life! ... The setting. The people. A truly beautiful experience I wish I could relive everyday!”

- Jon Macaskill - 20 year SEAL Commander

“A Life Changing Experience! I had the pleasure of attending a Beckley Retreat in November 2021. It was an incredible experience that has helped me to find more peace and contentment.”

- Will Schneider, coHost of Men Talking Mindfulness

“The Beckley Retreat experience was extraordinary and transformational - it is beautifully and intentionally structured in a way that builds trust and connection. The group experience is truly a gift.”

- Spring 2023 guest

“Being on the other side of my retreat experience, I try to imagine what I would tell me pre-retreat self to encourage her to attend as soon as possible. I would tell her “You can't imagine what it will be like until you experience the retreat, but it is better than you ever thought possible.”

- Spring 2023 guest

“Don't do this work just for you - do it for everyone you interact with in your life”

- Beckley Facilitator

98% of guests when asked “how likely are you to recommend us to a friend or family” scored above a 6 (1-10 scale). Our NPS score is 75, which is considered “excellent.” See how NPS is calculated [here](#).

Safety

Your psychological, emotional, and physical safety is our priority.

Safe Location

Our retreats are held in beautiful, natural, restorative locations where psilocybin mushrooms/truffles are legal. Our retreat centers are spacious, remote, safe, and secure.

Holistic Training

Our world-class team of facilitators brings together global wisdom traditions with modern clinical expertise. Our staff has decades of combined experience in guided psychedelic experiences and other holistic wellbeing modalities.

Dedicated Care

There will be a minimum of one facilitator for every 4 participants to focus on your wellbeing during the ceremonies. Typically, however, the ratio is closer to 1:3.

Access to Medical Care

Our retreats are facilitated by qualified professionals, at least one of whom is also a professionally licensed physician, psychologist, or psychotherapist. Although our facilitators do not serve in a formal medical capacity in our programs, they bring a wealth of knowledge and expertise. There is quick and easy access to urgent care facilities and hospitals within a 30-60 minute drive.

Suitability Screening

We employ a rigorous application process. Our screening reviewers carefully assess each applicant's personal, medical and psychiatric history (with consent). For some individuals, participating in program activities, particularly consuming psilocybin, may lead to undesirable drug interactions or other psychiatric or physical complications. In these cases, we are unable to approve applications.

Safety Protocols

We have devised a safety plan and risk management protocols to prevent/anticipate and respond to any scenario. This plan is frequently revisited, updated, and shared with our retreat site partners, operations staff, and facilitation team members.



Program Facilitators

Our world-class team of practitioners has decades of combined experience holding safe, transformational spaces and working with psychedelics.



Sergio
Rodriguez-Castillo

Sergio is a Mexican psychotherapist living in the U.S. with 16+ years of experience in psychedelic-assisted therapy. He has trained/apprenticed extensively with a Mazatec healer and holds two master's degrees in psychology. Sergio is core faculty at CIIS' Integral Counseling Psychology, the Center for Consciousness Medicine. He has published a book in Spanish called "On the Path to Kingdom: Jesus' Teachings from the Perspective of Psychotherapy."



Megan Hollaway

Megan is a U.S. American Episcopal priest, clinical social worker, and spiritual director with 25 years of experience. She trained in psychedelic-assisted therapy at both UC Berkeley and CIIS. Megan spent her formative years living in an ecumenical religious community committed to healing the city of Richmond, VA around issues of race and economics. Throughout her life she has been transformed by her ongoing discovery that community is the medicine.



Jim Marsh, Jr.

Jim is a United Methodist clergy person, licensed clinical professional counselor, mentor for underserved youth and young adults, and has completed the psychedelic-assisted therapy program through CIIS. Jim has been working within the Church of the Saviour ministries and their intentional communities in Washington, D.C. since 2001. Helping people discover their true selves, helps Jim deepen his.



Rachael Oliver
(Deva)

Deva is an English ceremony guide and song carrier, a KRI qualified yoga and meditation teacher, and social worker. She has spent many years working with trauma, offering counseling and support to children and families. During ceremony, she provides energetic support, sacred music and a lot of love.



Grzegorz Sykala

Grzegorz is a Polish musician who studied under renowned Medicine Woman Beata Alfoldi while completing his Accredited Shamanic Practitioner Training. He received teachings in the Santo Daime tradition; studied group facilitation at the Warsaw Holistic Training School; and has a Masters of Cultural Studies with a focus on intercultural communication.

Program

Focusing on community, skill-building, and deep inner inquiry – drawing from modern science and ancient wisdom – to support profound personal discovery

Pre-retreat preparation
4 weeks, virtual

One-week immersion
6 days

Post-retreat integration
6 weeks, virtual

Ongoing Community

Set the foundation and get ready

(2-3 hrs/week max recommended)

- Cohort prep sessions
- Guided experience & skill-building in our app
- Optional 1:1 coaching

Go deep and build community

- 2 psilocybin ceremonies
- Meditation/prayer & mindful movement
- Breathwork and/or voice activation
- Group integration circles
- Nature immersion & digital detox

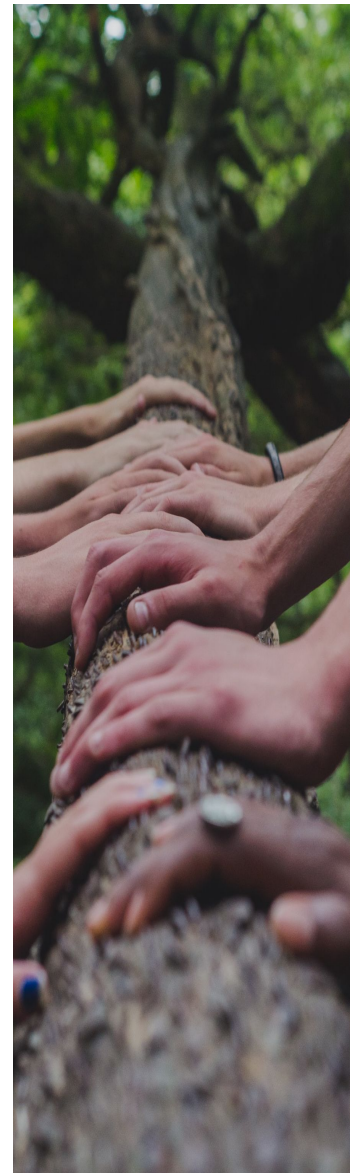
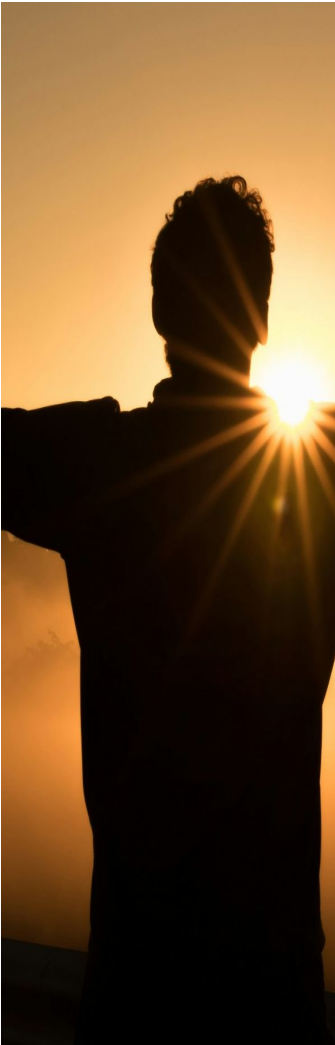
Continue self-inquiry & build new habits

(2-3 hrs/week max recommended)

- Cohort integration sessions
- Guided experience & skill-building in our app
- Optional 1:1 coaching

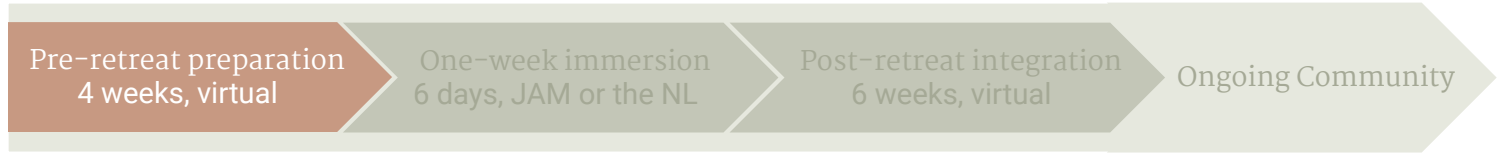
Stay connected and stay committed

- Weekly mini-meditations
- Alumni gatherings
- Virtual offerings



Program - Preparation

Personal attention, community, and flexible preparation options for an optimized retreat experience



Set the foundation and get ready. **Go at your own pace.**

The month leading up to the retreat marks the beginning of the Beckley Retreats journey. Participants enjoy building skills and confidence, and getting to know one another prior to the retreat. **Scale up or down your participation based on your availability.**

1:1 Preparation Session

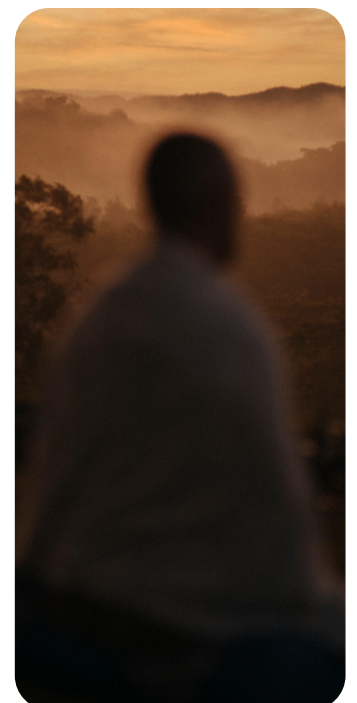
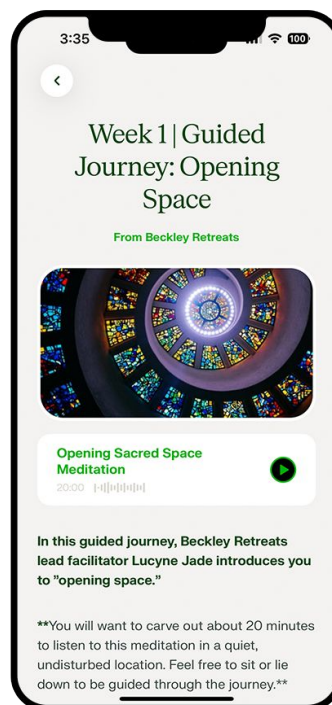
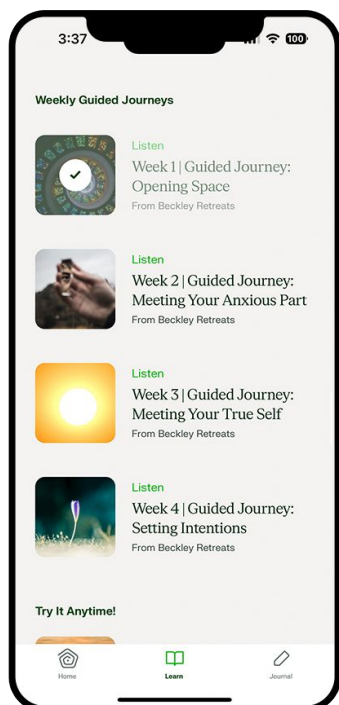
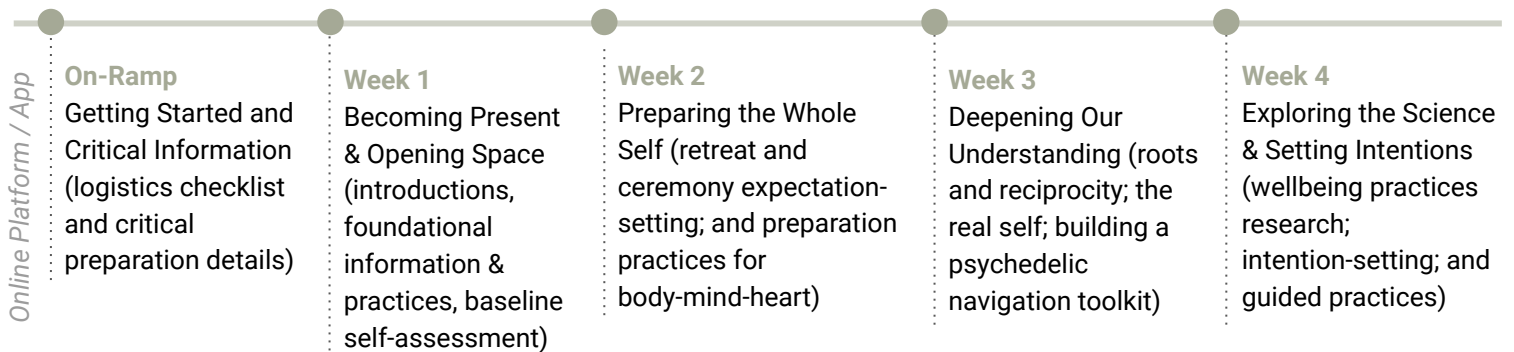
Speak with a retreat facilitator for personal support.

Two Group Sessions

90-minutes for community building, guided practices, discussion, and relational skill-building.

Optional Coaching Support

Supplementary 1:1 coaching available.



Program - Immersion

Safe, beautiful locations. Expert facilitators. Nourishing cuisine. A well-paced schedule giving ample space to commune with self, with nature, and one another.



Practice and experience in community.

Far away from the day-to-day, a Beckley Retreat is a time to become fully present for deep self-inquiry, personal agency-building, inner-resourcing, and restorative practices. The power of community is emphasized and the space is artfully held by our experienced professional facilitators.

Immersion Program (Retreat) Schedule

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
06:00		Morning Walk		Morning Walk		
07:00		Movement		Movement		Morning Walk
08:00		Meditate/Pray	Movement	Meditate/Pray	Movement	
09:00		Breakfast	Meditation	Breakfast	Meditate/Pray	
10:00		I:I Sessions/ Relax/Nature	Breakfast	Breakfast	Breakfast	Breakfast
11:00			Integration Circle	I:I Sessions/ Relax/Nature	Integration Circle	
12:00		Breathwork or Voice Activation		Breathwork or Voice Activation		Departure
13:00		Smoothie / Group Time	Lunch	Smoothie / Group Time	Lunch	
14:00		Rest/Free Time		Rest/Free Time		
15:00			Relax Nature		Relax Nature	
16:00	Arrivals/ Welcome	Ceremony (see next page)		Ceremony (see next page)		
17:00						
18:00	Opening Circle		Integration Circle		Integration Circle	
19:00	Dinner		Dinner		Dinner	
20:00		Dinner	Music or Fireside	Dinner	Fireside	
21:00						

Program – Immersion: Ceremony

A safe, guided ceremonial psilocybin experience rooted in practices from global wisdom traditions



Harness the power of a group psychedelic experience.

[Research shows](#) that psychedelic journeys in group settings may promote a feeling of “communitas” – greater sense of connection, shared humanity, and a dissolution of hierarchies and social roles. The benefits of a collective setting are one of many predictors of long-term outcomes in well-being after a psychedelic experience.

About Ceremony

- Helpful psychedelic journey toolkit provided pre-retreat to navigate expanded state experiences
- Custom individualized preparations
- 1:1 dosing check-ins on site pre-ceremony with retreat facilitators
- Dried mushroom (JAM) or truffles (the NL) tea
- Ceremony lasts approximately 6 hours
- Beautiful, natural, remote setting
- Live, multi-instrumental music and nature soundscape
- Participants relax on comfortable mats with (optional but encouraged) eyes masks, pillows, blankets for an inward journey
- 4:1 participant to facilitator ratio, max
- Therapist or medical doctor on site* + nurse on call with dedicated operations staff to support

**not acting in a formal therapeutic/medical capacity*



Program - Integration

A meticulously designed experience for receiving deep personal support and maintaining momentum towards positive change



Continue self-inquiry and build new habits. **Go at your own pace.**

In the weeks following a psychedelic experience, the brain is in a state of neural plasticity and high suggestibility. This is an optimum window for anchoring in a positive mindset, productive self-reflection, and supportive integration practices. **Participate as much or as little as time permits.**

Guided Experience

Content and resources in our app.

Online Platform / App

Re-Entry

Soft landing checklist and anchoring beneficial experiences

Shifting Vision, Values, and Needs
Visioning the emerging self; values and needs inventories; setting priorities

Forming New Habits and Ways
Tools for change; exploring and practicing new ways of relating

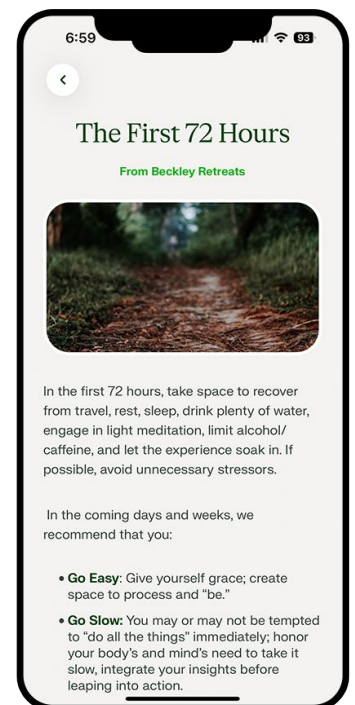
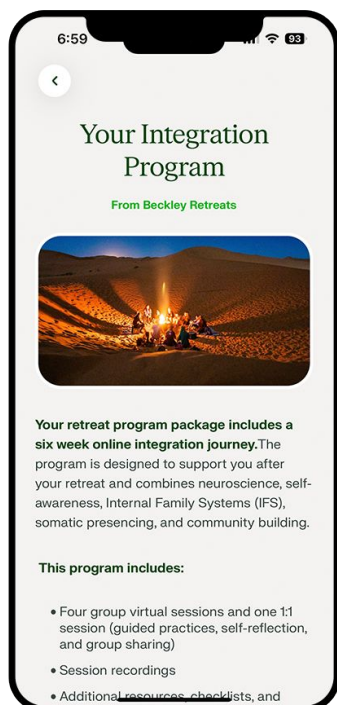
Deepening with Emotions
Guided practices and tools for working with emotions

Additional 1:1 Support

Private coaching available for integration.

Sacred Spaces
Bringing ceremony into everyday life; working with the sacred

Somatic Practices
The body as a source of wisdom; somatic integration





PUBLIC BENEFIT CORPORATION

Register

<https://www.beckleyretreats.com/journeys/netherlands-11-16-aug-2024/>

Questions?

email

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