



Beckley
Retreats

A PUBLIC BENEFIT CORPORATION

Science-backed psychedelic retreats

Weekend Ketamine Retreat



As Featured In

Forbes

VOGUE

**The
Economist**

THE  TIMES

Handelsblatt

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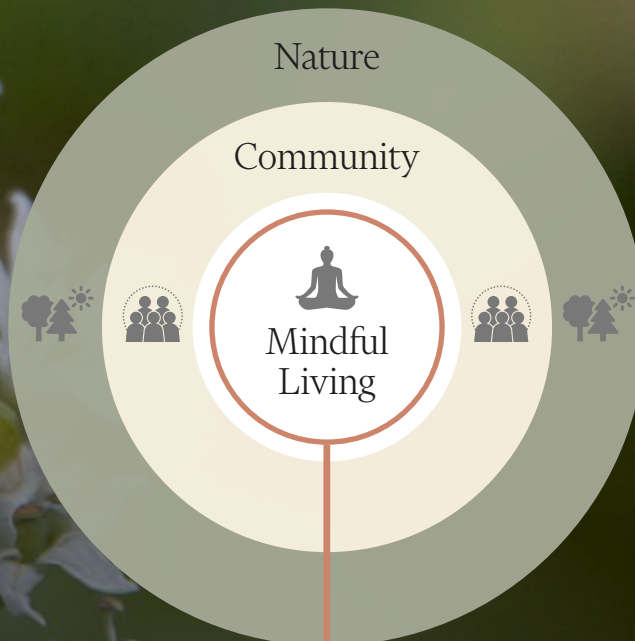
**BUSINESS
INSIDER**

**The
Standard **

FINANCIAL TIMES

At Beckley Retreats, we believe that a more beautiful world begins within.

In the rush of daily life, it's easy to lose touch—with ourselves, with others, with what matters most. Our programs offer space to slow down, shift perspective, and grow. Rooted in Community, Service, and Wisdom, every experience is designed to help you reconnect—with yourself, with others, and with the world around you.



Mind



- Mindset development
- Meditations
- Intellectual growth (knowledge-building)

Body



- Exercise & mindful movement
- Breathwork
- Healthy diet

Heart



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

Spirit



- Mindful psychedelic experiences
- Nature Connectedness
- Arts & creative expression

The Ethics of Ketamine Retreats

Exploring psychedelics with intention and care.

At Beckley Retreats, we are committed to ethical, science-backed psychedelic experiences that respect traditional practices and foster positive change.



Why Our Participants Join

88% of our 650+ guests describe our program as "the most or one of the most meaningful experiences of their lives".

Reasons participants choose Beckley Retreats:

Personal Development

- Accelerate personal growth and self-understanding
- Unleash performance and impact
- Improve mood and wellbeing
- Break through limitations and inner blocks

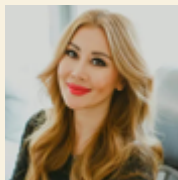
Healing & Connection

- Address emotional wounds and destructive patterns
- Build resilience and empathy
- Explore spiritual connection and meaning



"A perfect blend of science and spirituality, led by a masterful team driven by the power of self-healing, compassion and a little bit of magic."

— Joshua Nino, CEO & Co-Founder at Dexerto Media Group



"I am walking away from this retreat with new found love in my heart. And I am immensely humbled. Feeling cleansed and healed."

— Toni Ko, Founder NYX Cosmetics (sold to L'Oréal)



"If you want to reinvent yourself and be a better human being as part of humanity, do the work... The mushroom doesn't always give you what you want, but it will give you what you need."

— Jim MacPhee, Former COO Walt Disney World, Retreat Participant



"This retreat was so profound and I am so grateful for the care and the intention with which the facilitators supported us. We showed up as strangers, but we felt as family members. And that felt really special to me."

— Candace Oglesby-Adepoju, Trauma Informed Psychotherapist



"Since I came home, I have chosen to be light-hearted and patient. My daughter has started giving me spontaneous hugs like she used to. Maybe the cloud has lifted. Maybe the mushrooms did know what I needed."

— Harriet Walker, Fashion Editor, The Times

Experience deep, lasting personal growth and wellbeing through the legal use of ketamine and holistic wellness practices in nature and community.

Why Beckley Retreats?

Building on Amanda Fielding's work at the Beckley Foundation, Beckley Retreats combines 25+ years of psychedelic research with compassionate guidance from world-class facilitators in modern and traditional wellbeing practices.

Our Four-Phase Process

Our comprehensive approach ensures that participants are fully supported through every stage of their transformational journey, from initial preparation through long-term integration and continued growth.

Prepare

Immerse

Integrate

Grow



Program

Our retreat journey unfolds in four phases to support lasting growth. Begin with personalized preparation, dive into deep exploration, integrate your experiences, and stay connected with our community.

Prepare

Set the foundation and get ready

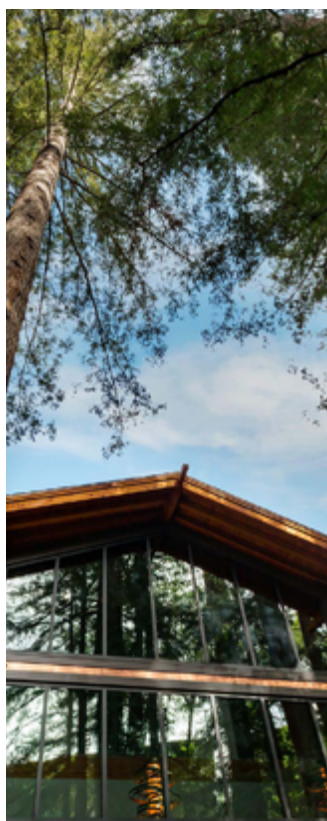
- One cohort prep sessions
- Self-guided app
- Optional 1:1 coaching



Immerse

Go deep and build community

- Two ketamine sessions: one sublingual, one intramuscular
- Meditation & movement
- Sound Bath
- Breathwork
- Group integration circles
- Nature immersion



Integrate

Continue self-inquiry & build new habits

- Two group integration sessions
- Guided skill-building
- Optional 1:1 coaching



Grow

Stay connected and stay committed

- Monthly alum calls led by facilitators
- Alumni community
- Ambassador program



Program - Prepare

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



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

Two weeks 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. Completed digitally, from your home at your own pace.**

Three preparation components:

1:1 Medical Screening

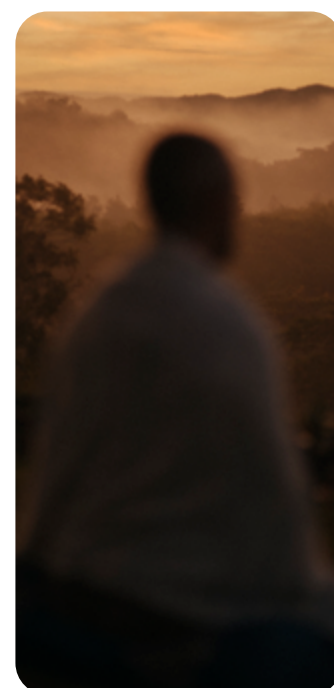
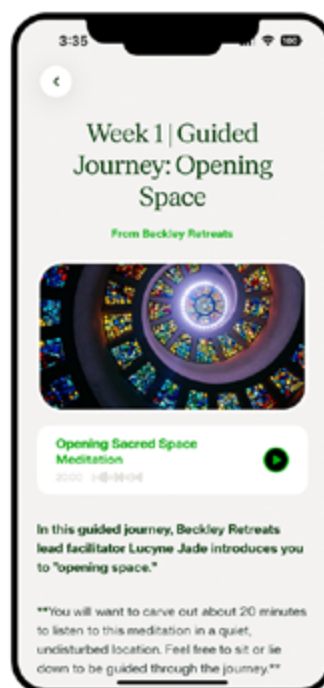
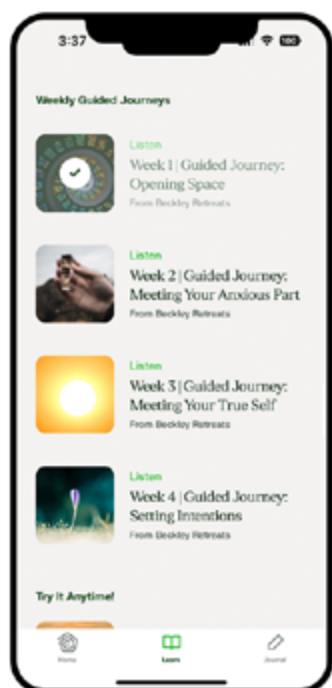
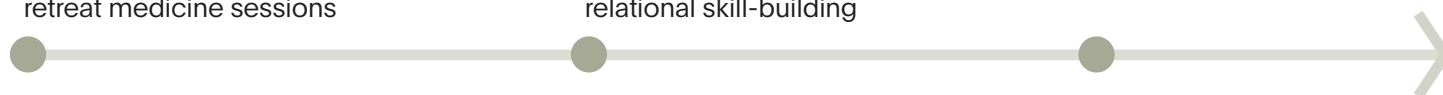
Speak with one of the two MDs who are ketamine experts and will facilitate the retreat medicine sessions

One Group Session

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

Optional Coaching Support

Supplementary 1:1 coaching available.



Program - Immerse

Beautiful locations. Rigorous safety protocols. Expert facilitators. Nourishing cuisine. A well-paced schedule giving ample space to commune with self, nature, and one another.



Practice and experience in community

Our immersive retreat schedule provides the perfect balance of guided sessions, personal reflection, and group activities in a serene natural setting.

Immersion Program (Retreat) Schedule

	Day 1	Day 2	Day 3
06:00			
07:00			Guided Nature Hike
08:00		Breathwork/Meditation	Mindful Movement
09:00		Smoothie/Group Time	Meditation
10:00		1:1 Sessions	Breakfast
11:00		Ketamine Full Dose Ceremony (see next page)	Integration Circle
12:00			1:1 Sessions & Rest
13:00	Check-in	Integration Circle	Lunch
14:00	Relax/Nature/Campus Tour	Lunch	
15:00		Rest/Relax	Closing Circle & Final Integration
16:00	1440 Welcome & Opening Circle		
17:00	Ketamine Low Dose Ceremony (see next page)	Integration Circle	Departure
18:00		Dinner	
19:00	Dinner	Fire Ceremony/Sound	
20:00			
21:00	Fire Pit/Hot Tub		
22:00			

*Please note the schedule is subject to change as needed

Ketamine Session

Experience a gentle opening experience with sublingual ketamine to begin the inner journey and a deeper intramuscular (IM) session designed to support expanded states of awareness.



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 wellbeing after a psychedelic experience.

About the Ketamine Sessions

Experience guided ketamine session rooted in traditional and contemporary practices, supported by live music, our experienced facilitators and safety protocols.



Important Legal Disclaimer

This program is designed and delivered in full compliance with California laws governing the practice of medicine. Beckley Retreats does not offer or administer ketamine, and all medical services are provided solely by licensed physicians and medical staff wholly unaffiliated with Beckley Retreats. Neither Beckley Retreats nor its staff are engaged in the practice of medicine, nor do they exert any oversight of any licensed medical staff in any jurisdiction.

Beckley Retreats will not retain any portion of the fees earned by such medical practitioners, nor will it receive any discount or other compensation for the referral of any patients to such medical practitioners. Beckley Retreats' services consist solely of unlicensed (and non-medical) wellness offerings that do not require a prescription or medical diagnosis.

Program - Integrate

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 transformative experience, the brain enters a state of heightened neural plasticity and increased receptivity to new patterns. This presents an optimal window for establishing a positive mindset, engaging in productive self-reflection, and implementing supportive integration practices. **Participate as much or as little as time permits.**

Guided Experience

Comprehensive content and curated resources delivered through our intuitive application platform. Access self-paced learning modules, evidence-based integration techniques, and practical tools designed to support your unique journey of growth and transformation.

Two Group Sessions

90-minute sessions focused on building meaningful connections and developing essential life skills. Each session combines guided integration practices with facilitated discussions, creating space for shared learning, relational skill-building, and collaborative growth in a safe, supportive environment.

Additional 1:1 Support

Personalized private coaching sessions are available to complement your group experience. Receive individualized guidance tailored to your specific needs, goals, and challenges. Our experienced coaches provide professional support to help you navigate your integration process and deepen the insights gained from your transformative experience.



Program - Grow

Join our vibrant community, continue your journey of transformation and wellbeing & get involved.



Lifelong Growth & Connection: **The Alumni Community**

Many alumni seek to maintain their connection beyond the integration phase - deepening personal development and continuing to elevate their wellbeing. Beckley's community is thoughtfully designed to support that ongoing journey.

Alumni gain access to an ever-expanding circle of kindred spirits, seekers, and changemakers, along with continued guidance, curated tools, and opportunities for lifelong growth. This includes live monthly calls, online resources, and in-person connectivity events that foster authentic connection and sustained community engagement.

Monthly Alumni calls

Our live monthly gatherings are designed to keep your transformational journey alive. Led by experienced Beckley facilitators, these sessions create space for reflection, insight, and meaningful connection while providing continued tools for growth:



Integration Tools

Practical guidance and embodied practices to support your ongoing personal development and maintain momentum from your retreat experience.



Meaningful Connection

Ongoing interaction with fellow alumni and trusted facilitators, fostering deep relationships within a supportive community of like-minded individuals.



Expanded Perspectives

Shared dialogue, fresh insights, and collective learning that broaden your understanding and deepen your transformational practice.



Intention Alignment

A monthly opportunity to pause, reflect, recenter, and realign with your core values and evolving life intentions.



Ketamine Weekend Program Pricing

California, 1440

Single



\$3,450* - Single Room w/1 king bed. Price per person.

Additional Pricing Information

Your retreat experience encompasses a complete transformation:

- Comfortable accommodation in beautiful natural settings
- All meals featuring nutritious, locally-sourced cuisine
- 2 professional guided sessions with experienced facilitators
- Wellness activities including yoga, meditation, and nature immersion
- 24/7 support from trained staff
- Post-Retreat Integration
- Structured integration program to support lasting change
- Access to our vibrant alumni community
- Ongoing resources and support materials

All Inclusive Pricing: Retreats include preparation program, accommodation, guided ceremonies, wellness activities, meals, lodging, integration program, alumni community.

*For bookings completed before August 31, 2025. After that, the cost is \$3,950. All prices shown per person for a single room in USD.

This holistic approach ensures you receive comprehensive support before, during, and after your transformational experience.



Location

California



Set among majestic California redwoods, 1440 Multiversity is a 75-acre sanctuary in Scotts Valley that seamlessly blends natural wonder with modern wellness.

1440 Multiversity

This tranquil forest retreat offers thoughtfully designed accommodations, hiking trails through ancient groves, a comprehensive fitness center, and a breathtaking infinity-edge hot tub.

Guests enjoy farm-to-table dining and daily wellness programming in an environment specifically crafted to support deep personal transformation and renewal.



Your Safety and Wellbeing Come First

Your wellbeing is our highest priority. We conduct comprehensive suitability assessments and maintain rigorous safety protocols to ensure a secure and supportive experience for every participant.

Safe Location

The retreat is conducted in a carefully selected location where ketamine is legally permitted, ensuring full compliance with local regulations and providing peace of mind for participants.

Holistic Training

Our expert facilitators combine indigenous wisdom traditions with modern therapeutic science, bringing years of specialized training and experience to create a balanced, evidence-based approach.

Dedicated Care

We maintain a 1:3 facilitator-to-participant ratio, ensuring personalized attention and support throughout your entire journey. This intimate setting allows for individualized care and immediate response to any needs.

Access to Medical Care

All facilitators are trained in medical support protocols, with qualified medical professionals available nearby for 24/7 emergency access, providing an additional layer of safety and security.

Comprehensive Screening Process

Our thorough screening process evaluates personal, medical, and psychiatric histories to ensure safe participation. This careful assessment helps us create the most appropriate and beneficial experience for each individual.

Safety Protocols

We implement comprehensive, regularly updated safety protocols that are shared with all team members and partners. These living documents ensure consistent, high-standard care across all aspects of the retreat experience.



Expert Program Facilitators

Our world-class team of practitioners brings decades of combined experience in creating safe, transformational spaces and working with psychedelics. Each facilitator offers unique expertise while sharing a deep commitment to your journey.



Sylver Quevedo, MD MPH

Dr. Sylver Quevedo is a Harvard-trained physician and integrative health leader whose career spans clinical medicine, global health, and psychedelic research. He completed his medical degree at Harvard Medical School and his residency and fellowship training at Stanford. Over the last three decades, Sylver has held faculty and leadership positions at institutions such as UCSF, where he led efforts in integrative care and global health partnerships across East Africa and the U.S.

A longtime contributor to psychedelic science, he has served as Principal Investigator with MAPS and currently supports the development of ethical frameworks and clinical applications at the UC Berkeley Center for the Science of Psychedelics. His work blends scientific rigor with a reverence for consciousness studies, cross-cultural healing traditions, and the role of community in long-term wellbeing. At Beckley, Sylver brings deep wisdom, clinical integrity, and a thoughtful presence to every step of the participant journey.



Dr. Dingle Spence

Dr. Dingle Spence serves as Beckley Retreats Team Lead and ceremony co-facilitator. A retired Jamaican physician with extensive training in oncology and palliative medicine, she heads the Hope Institute Hospital in Kingston. Her pioneering research and application of psychedelics has transformed palliative care approaches. Dr. Spence is also trained in shamanic practices and psychedelic spaceholding, bringing both medical expertise and spiritual wisdom to her facilitation.



Sidney Edsall, MD DABMA

Dr. Sidney Edsall is a psychiatrist and integrative medicine practitioner with deep expertise at the crossroads of mental health, trauma, and somatic healing. After completing her psychiatric residency at Stanford in 2006, she went on to serve in a range of healthcare settings—including academic institutions, community clinics, and active-duty military systems. Today, she is the founder and medical director of Quantum Integral Healing Arts, a multidisciplinary clinic in San Francisco. Sidney also co-founded Open Mind Collective, dedicated to expanding access to psychedelic-assisted therapies through research and education.

Her clinical work integrates ketamine-assisted psychotherapy (KAP), acupuncture, mindfulness, and trauma-informed modalities. As a principal investigator in ongoing clinical trials—including studies on MDMA, 5-MeO-DMT, and psilocybin-like compounds—Sidney is committed to advancing the scientific and ethical foundations of this work. Her calm, grounded approach reflects decades of inquiry into how healing can unfold through safe space, compassionate presence, and deep personal insight.



Lucyne Pearson

Lucyne is a certified Integrative Psychotherapist and Founder of The Deepening Process retreats across the UK, Brazil, Spain, and Costa Rica. She specializes in shamanism, breathwork, and ancestral healing. As a Beckley Team Lead, she is recognized as a skilled sound healer and master at bridging ancient wisdom with modern neuroscience. Her approach creates profound connections between traditional practices and contemporary therapeutic understanding.

Expert Program Facilitators



Ben Sheinwald

Ben is a Biodynamic Therapist and group facilitator who brings expertise in body psychotherapy, biodynamic massage, mindfulness, and embodied practices to Beckley Retreats. As a Team Lead, he guides group integration circles during retreats. Ben trained at the prestigious Centre for Biodynamic Body Psychotherapy, offering participants a unique integration of somatic healing and psychological support.



Eber Rodriguez

Eber Rodriguez is a skilled multi-instrumentalist, breathwork facilitator, and psychedelic guide specializing in ancient chanting techniques and sound therapy. He creates vibrational environments that support deep states of grounding and relaxation. With years of study and practice in traditional plant medicines and indigenous healing methods, Eber brings authentic ceremonial presence and profound musical healing to the retreat experience.



Micah Tafari

Micah Tafari serves as a Jamaican land custodian, sharing his deep connection to nature through farming, entheogens, and sacred plant wisdom. As a trained firekeeper and expert in sustainable building techniques, renewable energy, yoga, and meditation, he brings grounding earth connection to retreats. Micah has played an integral role in re-establishing villages and intentional communities in Jamaica, holding space for profound ceremonial work and retreat integration.



Tamara Slock

A former nurse who discovered her calling in holistic healing, Tamara follows the integrated path of yoga, breathwork, bodywork, and Reiki practice. She explores diverse healing modalities with a focus on holistic wellbeing. At Beckley Retreats, Tamara combines music and various healing practices to guide ceremonies, known for her powerful singing voice, grounding presence, and nurturing approach to participant care.



Rachael Oliver (Deva)

Deva is a Shamanic Guide, song carrier, KRI-qualified Kundalini yoga and meditation teacher, and experienced social worker. She has dedicated years to working with trauma survivors, offering counseling and support to children and families. During ceremonies, she provides energetic support through sacred music and loving presence. Deva is recognized for her calm, grounded presence and deeply compassionate care for all participants.



Sergio Rodriguez

Sergio serves as a team lead and ceremony co-facilitator, bringing deep interest in the intersection of psychology and spirituality. With multiple degrees and extensive study, he is a MAPS MDMA-Assisted Therapy Practitioner and licensed MFT in private practice. Sergio has been actively involved in the entheogen field for over 18 years, facilitating, developing curricula, and mentoring guides with a focus on existential growth and consciousness expansion.

Benefits of Ketamine

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

Rapid relief from treatment-resistant depression

Ketamine has shown remarkable efficacy in providing fast-acting antidepressant effects, often within hours to days rather than weeks (1) (2)

PTSD and trauma processing

Research suggests ketamine may help individuals process traumatic memories and reduce PTSD symptoms when combined with psychotherapy (7) (8)

Chronic pain management

Ketamine's effects on pain pathways may provide relief for various chronic pain conditions (9)

Breakthrough treatment for suicidal ideation

Studies describe ketamine's unique ability to rapidly reduce suicidal thoughts in emergency situations (3)

Neuroplasticity enhancement

Ketamine promotes the growth of new neural connections and synapses, potentially helping to "rewire" problematic thought patterns (6)

Some studies have also shown that ketamine may promote mindfulness, introspection, and enhanced therapeutic breakthrough when used in controlled clinical settings. (10)

Sources:

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(2) McIntyre, R. S., Rosenblat, J. D., Nemeroff, C. B., et al. (2021). Synthesizing the evidence for ketamine and esketamine in treatment-resistant depression: an international expert opinion. *American Journal of Psychiatry*, 178(5), 383-399.

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(5) Aleksandrova, L. R., & Phillips, A. G. (2021). Neuroplasticity as a convergent mechanism of ketamine and classical psychedelics. *Trends in Pharmacological Sciences*, 42(11), 929-942.

(6) Duman, R. S., & Aghajanian, G. K. (2012). Synaptic dysfunction in depression: potential therapeutic targets. *Science*, 338(6103), 68-72.

(7) Feder, A., Parides, M. K., Murrough, J. W., et al. (2014). Efficacy of intravenous ketamine for treatment of chronic posttraumatic stress disorder. *JAMA Psychiatry*, 71(6), 681-688.

(8) Albott, C. S., Lim, K. O., Forbes, M. K., et al. (2018). Efficacy, safety, and durability of repeated ketamine infusions for comorbid posttraumatic stress disorder and treatment-resistant depression. *Journal of Clinical Psychiatry*, 79(3), 17m11634.

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Ketamine Therapy

History

Ketamine has been used safely in medical settings for over 50 years and is showing remarkable promise in mental health treatment.

Medical Background

Ketamine was first synthesized in 1962 and has been used as an anesthetic and analgesic in medical settings worldwide. It is on the World Health Organization's List of Essential Medicines and has an established safety profile when administered by medical professionals.

Ketamine is a dissociative anesthetic that works differently from traditional antidepressants. Rather than targeting serotonin or dopamine systems, it blocks NMDA receptors and promotes glutamate activity, leading to rapid neuroplastic changes in the brain.

The Therapeutic Revolution

In recent decades, researchers have discovered ketamine's remarkable potential for treating mental health conditions. The FDA approved esketamine (Spravato) in 2019 for treatment-resistant depression, marking a breakthrough in psychiatric medicine after decades without major innovations.

The Therapeutic Use of Ketamine

Our Retreat Approach

Our retreats combine medically supervised ketamine sessions with comprehensive therapeutic support, creating a safe container for healing and transformation.

Supervised ketamine experiences have been used in clinical settings for mental health treatment, and evidence suggests they may facilitate profound therapeutic breakthroughs when combined with proper preparation, guidance, and integration.

Treatment Protocol

Each retreat includes:

- Medical screening and preparation - Comprehensive health assessment and mental health evaluation
- Therapeutic preparation sessions - Setting intentions and preparing for the experience
- Guided ketamine sessions - Medically supervised administration in a comfortable, supportive environment
- Integration - Processing insights and developing strategies for lasting change
- Ongoing support - Follow-up care and integration resources

Safety and Support

All ketamine sessions are conducted under medical supervision with:

- Licensed medical professionals present throughout
- Continuous monitoring of vital signs
- Emergency protocols in place
- Therapeutic support staff trained in ketamine-assisted therapy

Our Core Principles



Community

We are wired for connection.

At Beckley Retreats, we create intentional spaces where people can reconnect with themselves, with others on a similar journey, and with the natural world. These are not simply programs; they are invitations to rediscover your sense of belonging.



Service

Our approach to care is thoughtful and intentional.

Every element of our retreats, from the setting to the structure, is designed to support deep, personal exploration. We do not lead; we hold space, ensuring each participant feels safe, seen, and empowered throughout their journey.



Wisdom

We blend emerging science with ancient insight.

Our approach expands perspective and invites genuine self-inquiry. Beckley is not about prescribing one path; it is about creating space for you to discover your own unique way forward.

Beckley Retreats Leadership Team

Committed to serving others while continuing our own inner work.



Amanda Feilding

Co-Founder, (in loving memory)

Amanda Feilding was a pioneering force in psychedelic science and was widely respected for her impact on global drug policy reform spanning over five decades. Her visionary work helped shape the modern renaissance in consciousness research and continues to inspire our mission at Beckley Retreats.



Neil Markey

Co-Founder, CEO

Former Army Ranger Captain and McKinsey consultant, Neil is MBSR-certified and founded Maryland Mindfulness. Current Masters student at Harvard's Chan School of Public Health studying integrative health and psychedelics.



Vian Morales

Chief Operating Officer

One of the first Black women to graduate from The Citadel, Vian is a former Army officer who transformed her experience with burnout into a passion for accessible, science-based wellness at Beckley Retreats.



Dr. AZA Allsop

Head of Research

Harvard/MIT joint MD/PHD neuroscientist. Yale lab head, psychiatrist, and professional jazz musician. AZA leads psychedelic research at Beckley, bridging science and tradition.

The Beckley Foundation



The Beckley Foundation's purpose is two-fold:

- **Scientific Research:** To scientifically investigate the effects of psychoactive substances on the brain and consciousness in order to harness their potential benefits and minimize their potential harms. We aim to learn more about consciousness and brain function, and discover and explore new avenues for the treatment of illnesses.
- **Policy Reform:** To achieve evidence-based changes in global drug policies in order to reduce the harms brought about by the unintended negative consequences of current drug policies. We work to develop improved policies based on health, harm reduction, cost-effectiveness, and human rights.



About Amanda Feilding

In loving memory of a pioneering visionary

Amanda Feilding was called the 'hidden hand' behind the renaissance of psychedelic science, and her contribution to global drug policy reform was widely acknowledged. Amanda was first introduced to LSD in the mid-1960s. Impressed by its capacity to initiate mystical states of consciousness, she quickly recognized its transformative and therapeutic power.

Featured in the Guardian's list of the Bravest Men and Women in the History of Science, Amanda initiated much groundbreaking research and co-authored over 80 scientific articles in peer-reviewed journals.

In 1998 she founded the Beckley Foundation, and then hosted a series of eleven international seminars at the House of Lords, discussing key policy issues and drawing attention to the ignored topics of cannabis and psychedelics. These seminars, and the reports arising from them, were highly influential in changing attitudes among leading thinkers and policy makers worldwide.

Through the Beckley Foundation's Policy Programme, Amanda commissioned and published over 40 books, reports, and policy papers which analyzed the negative consequences of the criminalization of drug use.

While her first love was the science, Amanda bridged the divide between science and drug policy. Her pioneering psychedelic research provided the scientific evidence to open the doors for new therapies and to fuel a fair debate on drug policy reform.

Amanda's visionary work continues to inspire researchers, policymakers, and advocates worldwide, ensuring her legacy lives on through the Foundation's ongoing mission.

The Economist

Technology Quarterly | The new psychedelia

Ketamine, psilocybin
and ecstasy are
coming to the
medicine cabinet

From expanding minds to healing
brains



The Dalai Lama, when asked what surprised him most about humanity, answered "Man! Because he sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present; the result being that he does not live in the present or the future; he lives as if he is never going to die, and then dies having never really lived."