

Conversation Menu

Welcome, and thank you for being part of the Global Psychedelic Dinners. Please enjoy the conversation suggestions below. Feel free to use as many or as few of these suggestions as you'd like. Thank you for joining the global community of people working to end the stigma surrounding psychedelics and raise funds for making MDMA-assisted psychotherapy a legal treatment.

Starters

Something to whet the appetite. Get to know your community, share why you came, and discover what you might have in common.

Getting to Know You

Who are you? Why do you support legalizing psychedelic therapy?

Prepare for Take-Off

What, if any, psychedelic experiences have you had in the past and how did they affect you?

Main Course

The star of the gathering. Dig deep and share your own experiences. Find out if others have had similar experiences. Explore what happens when we're not afraid to share our experiences.

Lend a Helping Hand

How have psychedelics helped you, or people you know?

You Might Want to Sit Down for This

How do you talk to people about psychedelics, who aren't open to the topic?

Nothing Like the First Time

What was your first experience with psychedelics? How did you grow from that experience?

It's Bigger Than You and Me

What role do psychedelics have in your culture? What differences do you see in other cultures?

Not Always Butterflies and Roses

Have you or anyone you know had a difficult psychedelic experience? How was it managed?

We're All In This Together

How has the War on Drugs affected you or people you know? What are some effective harm reduction practices?

Sides

Interesting topics to supplement the main course. Mix, match, and create your own customized conversations.

Psychedelics and Therapy

What impact could psychedelics have on conventional therapy?

Psychedelics and the Betterment of Well People

What benefits could well people experience from the careful use of psychedelics?

Psychedelics and Creativity

Can psychedelics affect creativity?

Psychedelics and Microdosing

Is there potential scientific, medical, spiritual, or personal value in using smaller doses?

Psychedelics and Spirituality

What role do you see psychedelics having in regard to spirituality or religion?

Psychedelics and Policy

How could making psychedelic therapy legal contribute to ending the drug war?

Psychedelics and Parenting

Have psychedelics had an impact on the way you parent, or on your parents?

Dessert

Something sweet to close the gathering and stimulate further connections. Show your gratitude for your community and yourself for making your Global Psychedelic Dinner a success.

Extend a Healing Hand

Do you know someone who has benefited from the use of psychedelics? Someone who could?

Share Your Gift

If you're comfortable doing so, let others know how much you've donated or how much you've raised from your network, and why you choose to give.

Give Thanks

Give thanks to the guests and host by sharing what you appreciated someone else shared.