



**Dr. Sam Gandy: From Egoism to Ecoism: Psychedelics and Nature Connectedness**



Dr. Sam Gandy is working on the cutting edge of research, combining two passions: the natural world and psychedelics. He has a Ph.D. in ecological science from the University of Aberdeen and an MRes in entomology from Imperial College London, where he is a collaborator at the Centre for Psychedelic Research. He also works at the Synthesis Institute. His research focuses on the capacity of psychedelics to (re)connect our increasingly disconnected species to nature, for the potential betterment of humanity and the biosphere. In this session discover research that investigates the capacity of psychedelic substances to increase human connection to nature and the potential implications of this.

**TOP EMBODIMENT TIP:** Therapeutic integration with psychedelics have a much more powerful synergy when used with embodiment practices.

Nature Connectedness Is an Essential part of Psychological Well-being

- **Improved psychological well-being** is measured by improved mood, increased vitality, life satisfaction, attentional capacity, and reduced load anxiety.
- **Self-identification with nature** is our sense of felt oneness with nature. It is the degree to which we see ourselves as part of the natural world. Eudaimonic well-being is best predicted by a relationship with nature.

Classic Psychedelics are Non-toxic and Non-addictive

- There is a long history of human usage of **plant-based agents** in healing and divination.
- **Psilocybin** has been shown to address the feeling of “disconnection” described in depression.
- Retrospective studies show the possibility of psychedelics **increasing connectedness** to nature and others.

Appreciation for Environmental Concerns is Associated with NDE and Psychedelic Experiences

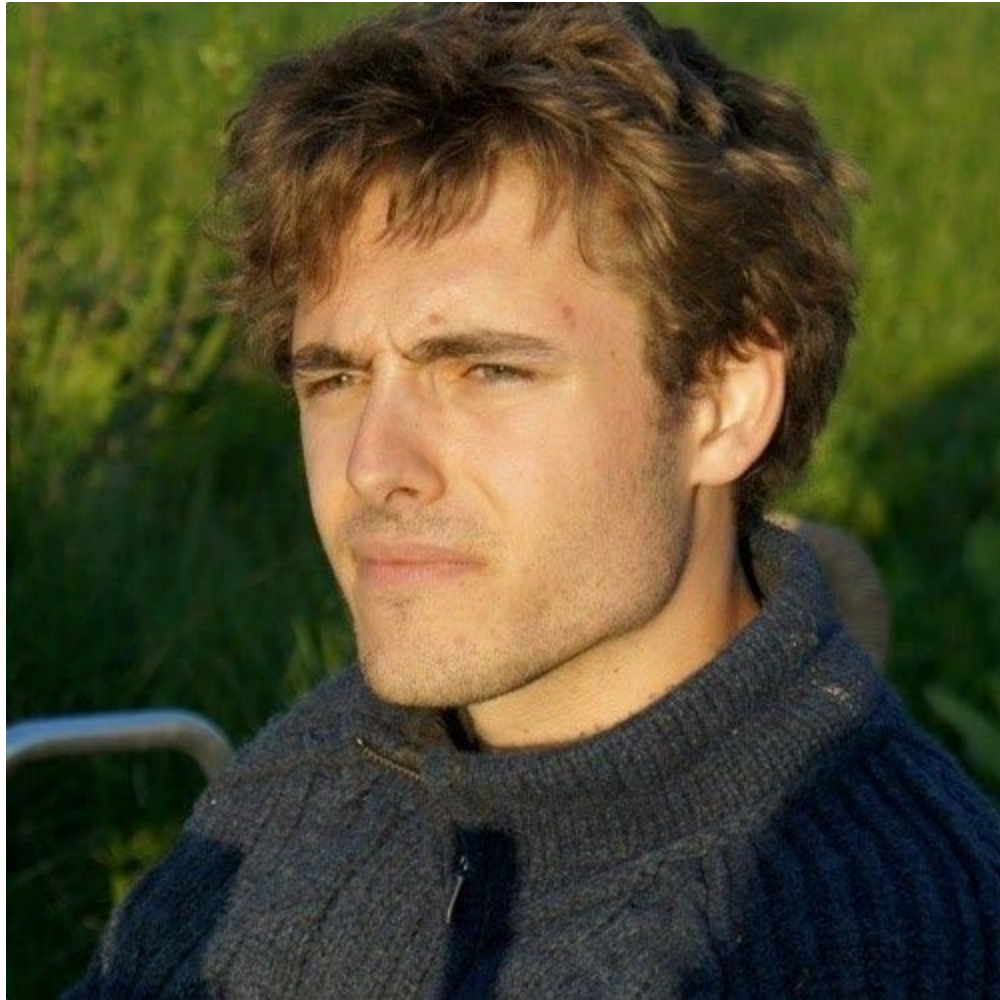
- There is a potential **synergy between love for nature and universal transcendent human experience**.
- Certain psychological and embodiment practices magnify the long term gains from psychedelic experiences.

Resources

- ❖ **Please note that psychedelics are currently illegal in many parts of the world so do check the legal situation in your location. While there is significant evidence that psychedelics can have therapeutic benefits, it is recommended that you always work with an experienced therapist. For more information see:**
  - [The Embodiment Conference Library: Leveraging Psychedelic Experiences](#)
  - [The Beckley Foundation](#) | [Centre for Psychedelic Research](#) | [Synthesis](#)
- ❖ **Courses:** <https://www.psychedelicspsychotherapy.ca/2020-schedule>
- ❖ **Website Recommendation:** <https://michaelpollan.com/books/how-to-change-your-mind/>
- ❖ **References:** Forstmann M, Sagioglou C. [Lifetime experience with \(classic\) psychedelics predicts pro-environmental behavior through an increase in nature relatedness](#). J Psychopharmacol. 2017 Aug;31(8):975-988. doi: 10.1177/0269881117714049. Epub 2017 Jun 20. PMID: 28631526.
- ❖ **Books:** Roszak, Theodore (ed). [Ecopsychology: Restoring the Earth, Healing the Mind](#). ISBN-13: 9780871564061
  - Plants of the Gods <https://www.simonandschuster.co.uk/books/Plants-of-the-Gods/Richard-Evans-Schultes>
  - Stafford, Peter. [Psychedelics Encyclopedia](#) (1993). ISBN-13: 9780914171515
  - Passie, Torsten. [The Science of Microdosing Psychedelics](#) (2019). ISBN: 9780992808884



## Dr. Sam Gandy





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The initiative was founded by Nicoleta Carpineanu (aka Nico de Transylvania), a Romanian, UK-based DJ/Producer who grew up in the forests of Transylvania. We began our first key project in Romania in April 2019 and in our first year planted over 25,000 trees. We reforest land that has been clear-cut, where natural reforestation would not occur. We only plant native, biodiverse species, grown locally and cared for until maturity in legally protected areas, adjacent to existing natural forests. Our aim is to plant one million trees in the Carpathians and beyond by 2025.

**OUR MISSION** is to preserve our forests and the people and wildlife they nurture, and to promote connection with nature through music, art, and culture.