

# Community Resourcing

Before starting a dosing session, it's helpful to take stock of your relational resources. This means figuring out what kind of support you have around you and what you might need after the experience.

Our guided mindfulness exercise focuses on the idea of community. It's designed to get you ready for psychedelic-assisted therapy by helping you tune into what community really feels like in your body, and the emotions that come up when you think about the role community plays in your life. Let's dive into these feelings and understand them a bit more deeply.

## Practice

### Find Your Comfort

Find a comfortable place to sit or lie down. Notice your natural breath. Don't try to change it. Notice what position feels most comfortable. Allow yourself to yield into the support of the ground, cushion, chair, or whatever else is supporting your body.

### Bring to Mind

Imagine the concept of "community." What does it mean to you? What pictures play in your mind's eye? What emotions do you associate with community? What beliefs emerge as you think about community? What community resources do you have access to now?

### Track Your Response

Consider the emotions that the word "community" evokes. Is there joy, nostalgia, or perhaps a twinge of sadness for people or environments lost? Community might bring a sense of belonging and calm, a sanctuary from the pressures of day-to-day life, or it could stir up feelings of longing and desire for what once was or what could be. Notice any somatic responses this exercise is prompting.

### Orient Towards the Future

Allow yourself to imagine your ideal version of community. What community resources do you have access to? How does your community support you? Identify a few iterations of community that you do not currently have but feel you could build in the future.