

I am a female married heterosexual elder, mother and grandmother; a biracial child of a mother from another country; a Registered Nurse; an artist; one who has non-denominational spirituality beliefs, a higher education, has never lived outside of the United States, and was raised in a suburban working-class family environment. Although I have some life experiences of gender, racial, economic, class, cultural, religious, occupational, and age-related micro and macro-aggressions, I also have experienced personal, educational, and professional benefits of living as this identity, and acknowledge that this my work and positionality is influenced by my current lens of experience.

I honor the wisdom of indigenous elders who have contributed their knowledge of plant medicines for healing, as well as the contemporary pioneers of psychedelic exploration. I appreciate those who have stewarded and shared the land we live in throughout generations and recognize that historically our institutions were founded upon and continue to enact exclusions, displacement, and erasures of Indigenous and non-Caucasian Peoples.

Although there is truly no reparation for the atrocities to these and other marginalized populations, I begin a personal effort by making this disclosure, and by supporting the following organizations:

- [Inclusive Guide and the Digital Greenbook Project](#)
- [Southern Poverty Law Center](#)
- [National Black Nurses Association, Inc.](#) (who generously allowed me to participate, at no charge, in a nurse board review course when I was a low-income, divorced mother who could not have afforded to attend such a study course otherwise)
- [The Center on Colfax](#)
- [La Familia](#)
- [Planned Parenthood](#)

It is my desire to facilitate a culture of kindness, safety, acceptance, curiosity, belonging, respect, and collaboration to promote individual and collective healing and well-being; to help humanity evolve to higher levels of conscious-awareness and connection with all Beings across the time-space continuum; to be aware of, to listen to, and learn from those who may have different wisdom, life experiences, and views than myself. I believe psychedelic, entactogen, and other classes of psychoactives have great medicinal and healing potential and, perhaps, may help us move towards these aims.

I am a work in progress! I invite you to please alert me to any blind spots or offensive material I may inadvertently present and apologize in advance for any insensitivities or ignorance.