

To whom it may concern,

My name is Alesa Glazier. I was diagnosed with stage III ovarian cancer in 2016 and went on to develop a secondary form of cancer (myelodysplastic syndrome) in 2020, resulting from my treatment. I am currently receiving hospice care services and would like to offer my testimonial supporting the legalization of psilocybin for medicinal purposes.

I first learned about the benefits of psilocybin for people who have terminal illness in a support group for advanced cancer patients that I participate in. One of the other members who had been experiencing a lot of fear about dying came to group one day a changed woman---her entire demeanor was different: she was much more peaceful, calm and smiling. She shared that she had taken a treatment using psilocybin under the care of a trained guide, and that her fear of dying had completely vanished.

From there, I began to do some research about the benefits of psilocybin. I had grown up in a time when there was a lot of messaging about the danger of psychedelics, and initially I felt some fear and hesitation. The more I researched, however, the more I was convinced about the benefits of psilocybin treatment for people in my situation. I learned that there were (and are) multiple clinical trials happening at reputable institutions like Johns Hopkins that have positively demonstrated significant benefits of psilocybin treatment with cancer patients, including decreased depression, loss of fear about death and dying, and improved quality of life. I also learned that there are minimal side effects and risks to this natural form of treatment which has been used for Millennia in indigenous cultures.

Before my own treatment, I was feeling significant anxiety about the ultimate unknown---death. I was afraid that what I wanted to believe (that there is something beautiful on the other side) might not be true. I was afraid that the journey might be dark, frightening and painful. I was afraid of suffering. While it is hard to put into words what happened during my own treatment which was also with a trained guide, I can tell you that I emerged from the experience with a complete knowing that there is nothing to fear. That experience gave me a vision and a deep knowing that will carry me all the way through the rest of my life, leaving me without fear, and it brought me a deep sense of comfort and peace that remains with me today, nearly six months later.

I personally know seven other people with advanced cancer who have also tried psilocybin, and while all their journeys were different, the outcome has been the same: to a person, each one is no longer afraid of death and has a lasting sense of peace about it.

I hope that Maine will be amongst the states that are leading the way to ensure greater quality of life for people who are living with advanced and terminal illnesses by legalizing psilocybin.”

Alesa Glazier  
PO Box 143  
South Gardiner, Me 04359