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My experience with psilocybin has been the most therapeutic and transformationally healing experience of my life. Unfortunately, my high dose experience transpired without a trained guide who would be able to ensure a safe and trusting environment, would be able to provide therapeutic companionship during the experience, and could enable necessary integration of the drug experience back into my daily life for maximal benefit.

Obviously, I had chosen to ingest psilocybin anyway despite being in a more recreational setting — this was a choice that I had made without any previous experience with psilocybin. (Another outcome that may have been prevented if the experience was accessible and legal in carefully constructed settings.)

Directly after the experience, a major takeaway I had alongside many other personal revelations was how much I had brazenly underestimated the vital importance of a trained guide for the high dose experience. They say many aspects of the experience are ineffable — indescribable for their foreignness to our regular experience and their incompatibility to be captured through language — I submit that it is likewise ineffable how powerful a therapeutic presence would be for this experience. I can begin to explain this by noting how powerful and overwhelming the emotional tidal wave brought forth by the experience is, and how the great power of the drug can be quite destabilizing and earth shattering. This is part of their benefit - psilocybin can provide the shake up a person needs in their neural landscape, but we need skilled, attentive, and loving people to help ensure that as the dust of our mind immediately begins resettling that it lands in more healed and supportive places rather than places of continued trauma.

Thank you for your consideration of the Maine Psilocybin Health Access Act. Your support will mean many who have been failed by our healthcare system in about every other way have hope to seek reprieve for their trauma. My testimony is intended as a personal case of why bringing psilocybin into the open of a decriminalized health landscape will lead directly to pathways of safer healing for curious and in-need individuals. It is also intended to note the many in my community who have not submitted testimony but have expressed explicit interest in psilocybin assisted therapy as a potential life saving treatment for various traumas and mental health issues.