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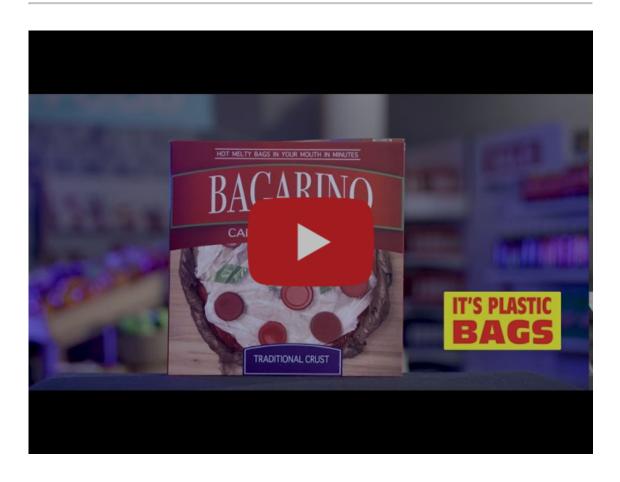
Happy Wednesay, Villagers

Please <u>send along</u> your suggestions for materials to add to the daily tips. We're always looking for good content. And visit our <u>website</u> for more information about our organization and programs.



Wednesday: GROUP VIEWING OF "COCO". 2PM

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		BAY AREA AIR QUALITY MAP	
		PurpleAir	
		Fire Safe Marin	
		<u>AlertMarin.org</u>	





I hope you will join me and <u>Konda Mason</u> on Nov. 4 at 6pm PT for Spirit Rock's <u>Post-Election Gathering and Practice</u>.

This online evening of reflections and dialogue will include a meditation practice and Q&A. Konda and I will share teachings that support individual and Register for this by-donation event <u>HERE</u>. A recording of the event will be available for 90 days but you must register before the end of the day on Nov. 4.

Quit cold turkey

Slowly and consistently repeat it

Ignore it

Forget it

How can you inculcate a habit? (from Word Genius)



Past Issues



Psychedelic Psilocybin 101: The science of magic mushrooms

After decades of branding as a taboo recreational drug, psilocybin, the key psychoactive compound in magic mushrooms is undergoing a renaissance in scientific research circles. From depression to anorexia and OCD, psilocybin has been labeled with a Breakthrough Therapy designation by the FDA. Here's a primer on the latest psychedelic psilocybin news.



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<u>13 Patriotic Spots Americans Should Visit at Least</u> <u>Once</u>





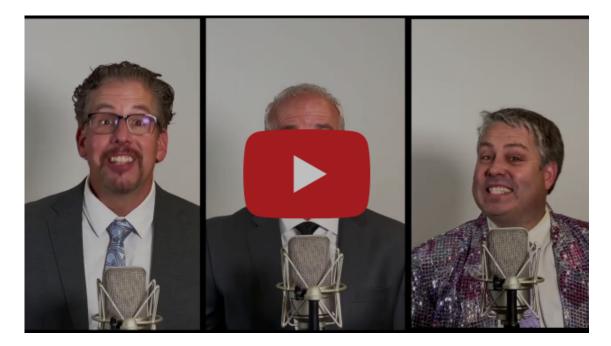
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Sand Art on Californian Beaches

Since the past fifteen years, <u>Andres Amador</u>, based in San

Francisco, stunning works of art on beaches. In the sand, the artist draws largescale patterns which can span over 100,000 feet. Naturally, his artworks have a limited lifespan since they depend on the tides : *"within minutes of finishing a piece, and often while still in progress, the returning tide begins resetting the canvas*", explains Andres Amador. This temporality enables him to explore the present moment and to give a meditative dimension to his art.



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For information about emergency preparedness and COVID resources, visit the recently updated Sausalito Village <u>website</u>.

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