



Happy Wednesday, Villagers

Please [send along](#) your suggestions for materials to add to the daily tips. We're always looking for good content. And visit our [website](#) for more information about our organization and programs.



Wednesday: [GROUP VIEWING OF "COCO". 2PM](#)

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I hope you will join me and [Konda Mason](#) on Nov. 4 at 6pm PT for Spirit Rock's [Post-Election Gathering and Practice](#).

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

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Register for this by-donation event [HERE](#). 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? \(from Word Genius\)](#)



[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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[13 Patriotic Spots Americans Should Visit at Least Once](#)





[Sand Art on Californian Beaches](#)

Since the past fifteen years, [Andres Amador](#), based in San Francisco, stunning works of art on beaches. In the sand, the artist draws large-scale 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 [website](#).

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