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[Researchers Find That Mindfulness Meditation Boosts Psilocybin's Beneficial Effects](#)

June 24, 2021

In the recent past, numerous studies have focused on the clinical application of psychedelics, including LSD, ayahuasca and psilocybin, in treating anxiety and depression disorders being conducted. For example, University of Zurich researchers have demonstrated that mindfulness meditation can improve the positive long-term effects of an individual dose of psilocybin, which can be found in magic mushrooms.

Psilocybin, which is the primary active ingredient in hallucinogenic mushrooms, and LSD are known to alter the perception of individuals who consume them as well as induce feelings of unity and bliss. These experiences of decreased self-focus and self-transcendence are similar to those caused by mindfulness meditation.

These hallucinogens are also known to increase altruism and empathy, bring about happiness and decrease stress in an individual. On the other hand, damaged social interactions, recurring negative emotions and thoughts, and exaggerated self-focus are features of psychiatric disorders such as depression.

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Scientists at the institution's university hospital recently conducted a study that looked into the possible synergistic effects of combining psilocybin and mindfulness meditation.

For their double-blind study, the researchers recruited 40 meditation experts who participated in a five-day mindfulness retreat. They each received an individual dose of placebo or psilocybin on the fourth day of the retreat. The researchers then used different neurocognitive and psychometric measurements to demonstrate that mindfulness meditation increased psilocybin's positive effects.

Lukasz Smigielski, the first author of the study which was directed by Prof. Franz Vollenweider of UZH, explained that in comparison with the individuals who received the placebo, psilocybin was found to significantly grow the intensity and incidence of self-transcendence virtually, without causing feelings of anxiety.

The researchers then conducted a follow-up four months later, observing that in comparison to the individuals in the placebo control group, those who received a dose of psilocybin showed more empathy, better self-acceptance and beneficial changes in psychosocial functioning. In addition to this, the researchers noted that the participants' optimism and openness could be equated to a positive response to psilocybin. Vollenweider asserted that these factors could help researchers forecast positive responses, adding that skills in which individuals were trained during mindfulness meditation, such as reevaluating emotions and adjusting one's attention, helped lessen the possible negative reactions to the hallucinogen.

Furthermore, Vollenweider stated that their discovery helped explain the interaction between extra-pharmacological and pharmacological factors in psychedelic states of the mind. He explained that they showed that mindfulness training improved the positive effects of an individual dose of psilocybin, noting that this could create new treatment avenues for the treatment of various mental conditions, such as depression.

Indeed, companies such as Cybin Inc. (NEO: CYBN) (OTCQB: CLXPF) are developing psychedelic remedies for the most prevalent mental health conditions. It may be only a matter of time before these are available to patients.

NOTE TO INVESTORS: The latest news and updates relating to Cybin Inc. (NEO: CYBN) (OTCQB: CLXPF) are available in the company's newsroom at <https://ibn.fm/CYBN>

About PsychedelicNewsWire

PsychedelicNewsWire (PNW) is a specialized content distribution company that (1) aggregates and distributes news and information on the latest developments in all aspects and advances of psychedelics and their use, (2) creates PsychedelicNewsBreaks designed to quickly update investors on important industry news, (3) leverages a team of expert editors to enhance press releases for maximum impact, (4) assists companies with the management and optimization of social media across a range of platforms, and (5) delivers unparalleled corporate communication solutions. PNW stays abreast of the latest information and has established a reputation as the go to source for coverage of psychedelics, therapeutics and emerging market opportunities. Our team of seasoned journalists has a proven track record of helping both public and private companies gain traction with a wide audience of investors, consumers, media outlets and the general public by leveraging our expansive dissemination network of more than 5,000 key syndication outlets. PNW is committed to delivering improved visibility and brand recognition to companies operating in the emerging markets of psychedelics.

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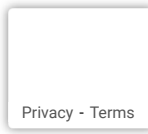
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