

Instructions for Recording Video for *Chacruna Chronicles*

We are requesting that Chacruna authors please record and submit a **short video (1 minute or less)** to accompany their article. In this video, please pose a question which you address in your article, introduce yourself, and provide a brief summary of your piece.

Here are some additional instructions to help you with this:

- **Please record in vertical format.**
- Find a location with good lighting: natural daylight (if possible) on your face with no light coming from behind. Position the camera level with your face. Be careful that your face is not at the height of the logo and is higher than where we will put your name (see the image below).
- Start the video by asking a central, intriguing question which you address in your article. This is to create interest: e.g. “Who’s in charge of Psilocybin?”, “Is Ayahuasca less than 500 years old?”, “Is psychedelic medicine the antidote to racism?”. You do not need to answer the question in the video!
- Share your name and your title/a brief description of who you are.
- Offer a short summary of the content of your article.
- Conclude with a brief statement about why readers should feel called to read the article and what you hope them to get out of it.
- Please send to us in writing: your highest academic degree (PhD, MA,) and your profession (medical doctor/ anthropologist, etc). This information will appear under your name in the video.

You do not need to edit your videos. Please send us the file, and we will add in the Chacruna logo and other info.

Here is an example of what the video will look like:

