

## The Psychedelic Explorers Guide Safe Therapeutic And Sacred Journeys

Microdosing Psilocybin Mushroom Psychedelic Healing Tripping The Psychedelic Bible - Everything You Need To Know About Psilocybin Magic Mushrooms, 5-Meo DMT, LSD/Acid & MDMA Consciousness Medicine Unlimit Your Life Changing Our Minds Entheogens and the Future of Religion A Really Good Day The Manual of Psychedelic Support Listening to Ayahuasca True Hallucinations Manifesting Minds The Varieties of Psychedelic Experience Acid Dreams The Harvard Psychedelic Club Psychedelic Medicine Psychedelic Psychotherapy 2012 Your Psilocybin Mushroom Companion How to Change Your Mind Psychology of the Future Mindapps An Introductory Guide to Magic Mushrooms Microdosing Psychedelics The Idea of Order Personality and Personal Growth The Psychedelic Explorer's Guide Cannabis and Spirituality Sacred Knowledge LSD, My Problem Child The Divine Within The Psychedelic Explorer's Guide Zig Zag Zen Essential Sufism The Psychedelic Gospels Psilocybin Mushrooms Psychedelic Psychiatry The Pot Book

### Microdosing Psilocybin Mushroom

Learn. Prepare. Trip. Transform! With so much misinformation surrounding magic mushrooms out there, it can be hard to separate fact from fiction. This is where Your Psilocybin Mushroom Companion comes in to help. In this book, you'll find a comprehensive yet friendly guide to everything there is to know about magic mushrooms. Learn how to plan safe, effective trips with easy-to-follow step-by-step advice. Discover how to train a guide to take care of those on psychedelic voyages, as well as how to access the transformative nature of these experiences. Even learn how microdosing can improve your mood, cognitive functioning, creativity, physical stamina, and more. With the most up-to-date research, Your Psilocybin Mushroom Companion will put magic mushrooms into perspective, dispel myths and urban legends, and open your mind to the benefits of psychedelic tripping.

### Psychedelic Healing

The definitive compendium of Sufi wisdom, 'Essential Sufism' draws together more than three hundred fables, poems and prayers that reveal the luminous spirit of Islamic mysticism. Embracing all eras and highlighting the many faces of Sufism, this colle

### Tripping

When National Geographic Adventure published an article in 2006 about the powerful antidepressant effects of ayahuasca, the piece received a phenomenal reader response. That article struck a chord with psychotherapist Rachel Harris, who had encountered many clients unresponsive to traditional therapy and antidepressant protocols. Used for more than 8,000 years in the Amazon rainforest, ayahuasca is a powerful, and illegal, psychedelic that has distressing gastrointestinal side effects. Yet Harris found many willing to try it, so deep was their suffering. Harris here shares her original research (the largest study of ayahuasca use in North America) into its effects on depression, anxiety, and PTSD, along with her own personal experiences. By detailing ayahuasca's risks and benefits, she aims to help those driven to investigate ayahuasca to do so safely and to give their psychological caregivers a template for transformative

caring and healing.

## **The Psychedelic Bible - Everything You Need To Know About Psilocybin Magic Mushrooms, 5-Meo DMT, LSD/Acid & MDMA**

A guide to the benefits and challenges of the use of cannabis in spiritual practice • Includes chapters by 18 authoritative and influential voices of the modern cannabis movement, including Kathleen Harrison, Joan Bello, Hamilton Souther, Steven Hager, Chris Bennett, Dee Dussault, Jeremy Wolff, and Roger Christie • Explores the use of marijuana in a wide range of spiritual practices, including meditation, yoga, chanting, visualization, shamanism, group ceremonies, work with other entheogens, and as a creative aid Truly a medicine for body and soul, one of cannabis's greatest gifts is its remarkable potential for spiritual healing and awakening. In this authoritative guide, editor Stephen Gray and 17 other influential voices of the modern cannabis movement explore the spiritual benefits of cannabis and offer guidance on how to interact with the intelligence of this plant ally, a companion and supporter of humanity for millennia. Exploring cannabis spirituality in practice, Gray's chapters examine dosage, strains, and methods of intake; the use of cannabis to open the creative channels; how to conduct group ceremonies with cannabis; and cautions and counterindications for cannabis use. We hear from Chris Bennett on the religious and ritual use of cannabis from pre-biblical times to the present, Joan Bello on marijuana and the body-mind connection, Dee Dussault on ganja yoga, Kathleen Harrison on humanity's co-evolution with cannabis, and cannabis shaman Hamilton Souther on working with the spirit of cannabis. The contributors explore the spiritual future of this plant ally as well as the ritual use of cannabis by the Rastafarians of Jamaica and the Sadhus of India. The chapters from Brazilian ayahuasca shaman Mariano da Silva and ayahuasca apprentice Francisco present wisdom on comingling the sacramental medicines of cannabis and ayahuasca. Revealing the potential of "the people's plant" to enhance a wide range of spiritual practices, such as meditation, yoga, chanting, visualization, shamanism, spirit work, and explorations with other entheogens, this guide shows how cannabis is an effective ally on the awakening journey, unlocking the receptive energy in us all and helping us to feel connected to nature, to each other, and to ourselves.

## **Consciousness Medicine**

Sacred Knowledge is the first well-documented, sophisticated account of the effect of psychedelics on biological processes, human consciousness, and revelatory religious experiences. Based on nearly three decades of legal research with volunteers, William A. Richards argues that, if used responsibly and legally, psychedelics have the potential to assuage suffering and constructively affect the quality of human life. Richards's analysis contributes to social and political debates over the responsible integration of psychedelic substances into modern society. His book serves as an invaluable resource for readers who, whether spontaneously or with the facilitation of psychedelics, have encountered meaningful, inspiring, or even disturbing states of consciousness and seek clarity about their experiences. Testing the limits of language and conceptual frameworks, Richards makes the most of experiential phenomena that stretch our understanding of reality, advancing new frontiers in the study of belief, spiritual awakening, psychiatric treatment, and social well-being. His findings enrich humanities and scientific scholarship, expanding work in philosophy, anthropology, theology, and religious studies and bringing depth to research in mental health, psychotherapy, and psychopharmacology.

## **Unlimit Your Life**

Reveals evidence of visionary plants in Christianity and the life of Jesus found in medieval art and biblical scripture--hidden in plain sight for centuries • Follows the authors' anthropological adventure discovering sacred mushroom images in European and Middle Eastern churches, including Roslyn Chapel and Chartres • Provides color photos showing how R. Gordon Wasson's psychedelic theory of religion clearly extends to Christianity and reveals why Wasson suppressed this information due to his secret relationship with the Vatican • Examines the Bible and the Gnostic Gospels to show that visionary plants were the catalyst for Jesus's awakening to his divinity and immortality Throughout medieval Christianity, religious works of art emerged to illustrate the teachings of the Bible for the largely illiterate population. What, then, is the significance of the psychoactive mushrooms hiding in plain sight in the artwork and icons of many European and Middle-Eastern churches? Does Christianity have a psychedelic history? Providing stunning visual evidence from their anthropological journey throughout Europe and the Middle East, including visits to Roslyn Chapel and Chartres Cathedral, authors Julie and Jerry Brown document the role of visionary plants in Christianity. They retrace the pioneering research of R. Gordon Wasson, the famous "sacred mushroom seeker," on psychedelics in ancient Greece and India, and among the present-day reindeer herders of Siberia and the Mazatecs of Mexico. Challenging Wasson's legacy, the authors reveal his secret relationship with the Vatican that led to Wasson's refusal to pursue his hallucinogen theory into the hallowed halls of Christianity. Examining the Bible and the Gnostic Gospels, the authors provide scriptural support to show that sacred mushrooms were the inspiration for Jesus' revelation of the Kingdom of Heaven and that he was initiated into these mystical practices in Egypt during the Missing Years. They contend that the Trees of Knowledge and of Immortality in Eden were sacred mushrooms. Uncovering the role played by visionary plants in the origins of Judeo-Christianity, the authors invite us to rethink what we know about the life of Jesus and to consider a controversial theory that challenges us to explore these sacred pathways to the divine.

## **Changing Our Minds**

### **Entheogens and the Future of Religion**

Draws on cosmological phenomena of the modern world as well as the author's own research into shamanic and metaphysical belief systems to support the Mayan theory about an unprecedented global shift predicted for the year 2012.

## **A Really Good Day**

Thinking about taking this magical drug? Ever wondered what exactly happens when you take magic mushrooms? Want to listen to trip reports about others experiences? In this unbiased guide you'll explore the effects of wild psychedelic mushrooms including the risks and benefits of taking them in the modern world. Educate yourself and learn the history of these psychedelic plants before you decide to go further with whatever you're thinking. There are plenty of fascinating facts, stories and intriguing questions you're going to come across that may shock you. Other topics covered in this guide include: The

neurochemical effects taking place in your brain Different types of magic mushrooms The first-ever trip report in history Tripping safe/managing a bad one Mushrooms and mental health Do's and don'ts Much much more If you want to be well informed and stay safe on the topic of Magic Mushrooms scroll up and get this book now!

### **The Manual of Psychedelic Support**

Thinking about taking these magical drugs? Ever wondered what exactly happens when you take them? Want to make sure you don't have a bad trip? In this unbiased book you'll explore the effects of Psilocybin, DMT & LSD including the risks and benefits of taking them in the modern world. Educate yourself and learn the history of these psychedelic compounds before you decide to go further with whatever you're thinking. There are plenty of fascinating facts, stories and intriguing questions you're going to come across that may shock you. ?? Some of the topics covered in this book include?? - The Neurochemical Effects Taking Place In Your Brain - Proper Measurement & Consumption Of Each Drug - The First Ever Trip Report In History - Tripping Safe / Managing A Bad One - LSD, Magic Mushroom & DMT Therapy / Medical Studies - Experiencing Death - Entering The Hallway Of All Possible Realities If you want to be well informed and stay safe on the topic of these magical drugs scroll up and click 'add to cart' now!! See you inside!

### **Listening to Ayahuasca**

Provides a social history of how the CIA used the psychedelic drug LSD as a tool of espionage during the early 1950s and tested it on U.S. citizens before it spread into popular culture, in particular the counterculture as represented by Timothy Leary, Allen Ginsberg, Ken Kesey, and others who helped spawn political and social upheaval.

### **True Hallucinations**

### **Manifesting Minds**

Featuring essays and interviews with Timothy Leary, Aldous Huxley, Ram Dass, Albert Hofmann, Alexander (Sasha) Shulgin, Daniel Pinchbeck, Tim Robbins, Arne Naess, and electronic musician Simon Posford, as well as groundbreaking research and personal accounts, this one-of-a-kind anthology is a "best of" collection of articles and essays published by the Multidisciplinary Association for Psychedelic Studies (MAPS). Topics include the healing use of marijuana and psychedelics--including MDMA, ibogaine, LSD, and ayahuasca--for PTSD, anxiety, depression, and drug addiction, as well as positive effects of these substances in the realm of the arts, family, spirituality, ecology, and technology. Among many other thought-provoking and mind-opening pieces are the following: • "On Leary and Drugs at the End," by Carol Rosen and Vicki Marshall • "Psychedelic Rites of Passage," by Ram Dass • "To Be Read at the Funeral," by Albert Hofmann • "Another Green World: Psychedelics and Ecology," by Daniel Pinchbeck • "Psychedelics and Species Connectedness," by Stanley Krippner, PhD • "Huxley on Drugs and Creativity," by Aldous Huxley • "Psychedelics and the Deep Ecology Movement: A

Conversation with Arne Naess," by Mark A. Schroll, PhD, and David Rothenberg • "Psychedelic Sensibility," by Tom Robbins • "Electronic Music and Psychedelics: An Interview with Simon Posford of Shpongle," by David Jay Brown • "How Psychedelics Informed My Sex Life and Sex Work," by Annie Sprinkle • "Consideration of Ayahuasca for the Treatment of Posttraumatic Stress Disorder," by Jessica Nielson, PhD, and Julie Megler, MSN, NP-BC • "Psychedelics and Extreme Sports," by James Oroc • "Youth and Entheogens: A Modern Rite of Passage?," by Andrei Foldes with Amba, Eric Johnson, et al. • "Diary of an MDMA Subject," by Anonymous • "Dimethyltryptamine: Possible Endogenous Ligand of the Sigma-1 Receptor?," by Adam L. Halberstadt • "Lessons from Psychedelic Therapy," by Richard Yensen, PhD • "Psychosomatic Medicine, Psychoneuroimmunology, and Psychedelics," by Ana Maqueda • "Talking with Ann and Sasha Shulgin about the Existence of God and the Pleasures of Sex and Drugs," by Jon Hanna and Silvia Thyssen From the Trade Paperback edition.

## The Varieties of Psychedelic Experience

In the early 1950s, the leading centre of the world for LSD research was Weyburn, Saskatchewan, where two psychiatrists sought to revolutionize the treatment of mental illness and, in the process, gave rise to a new form of therapy: psychedelic psychiatry. Psychedelic Psychiatry is the tale of medical researchers working to understand LSD's therapeutic properties just as escalating anxieties about drug abuse in modern society laid the groundwork for the end of experimentation at the edge of psychopharmacology. Historian Erika Dyck deftly recasts our understanding of LSD to show it as an experimental substance, a medical treatment, and a tool for exploring psychotic perspectives. She recounts the inside story of the early days of LSD research in small-town, prairie Canada, when Humphry Osmond and Abram Hoffer claimed incredible advances in treating alcoholism, understanding schizophrenia and other psychoses, and achieving empathy with their patients. In relating the drug's short, strange trip, Dyck explains how societal concerns about countercultural trends led to the criminalization of LSD and other so-called psychedelic drugs. In this well-written and fascinating book, she confronts the ethical dilemmas of the time and challenges the prevailing wisdom behind drug regulation and addiction therapy.

## Acid Dreams

"Françoise Bourzat has written an authoritative book on guided psychedelic therapy with important lessons for anyone thinking of either guiding or being guided." —Michael Pollan via Twitter A comprehensive guide to the safe and ethical application of expanded states of consciousness for therapists, healing practitioners, and sincere explorers Psychedelic medicines also known as entheogens are entering the mainstream. And it's no wonder: despite having access to the latest wellness trends and advances in technology, we're no healthier, happier, or more meaningfully connected. Psilocybin mushrooms, ayahuasca, and LSD—as well as other time-tested techniques with the power to shift consciousness such as drumming, meditation, and vision quests—are now being recognized as potent catalysts for change and healing. But how do we ensure that we're approaching them effectively? Françoise Bourzat—a counselor and experienced guide with sanctioned training in the Mazatec and other indigenous traditions—and healer Kristina Hunter introduce a holistic model focusing on the threefold process of preparation, journey, and integration. Drawing from more than thirty years of experience, Bourzat's skillful and heartfelt approach presents the therapeutic application of expanded states, without divorcing them from their traditional contexts. Consciousness Medicine delivers a coherent map for navigating nonordinary states of consciousness, offering an invaluable contribution to the field of healing and transformation.

## The Harvard Psychedelic Club

Microdosing Psychedelics: A Practical Guide to Upgrade Your Life by Paul Austin is a comprehensive guide to all the necessary information on the practice of microdosing - including protocols, benefits, drawbacks, and sourcing. Weaving together anecdotal narratives and preliminary research on the use of small amounts of psychedelics, Microdosing Psychedelics is oriented toward anyone interested in microdosing to improve their general well-being, particularly those in leadership and creative positions. Over the last few years, microdosing has entered the cultural zeitgeist. From bio-hackers in Silicon Valley seeking to improve their focus, to writers and artists looking for a creative edge, to suburban moms struggling with depression, to everyday people who want to achieve emotional balance, microdosing has led the way in mainstreaming and normalizing psychedelics. In the most comprehensive book of its kind, author, public speaker, and microdosing expert Paul Austin provides a thorough overview of how just about anyone can benefit from an intentional, structured microdosing protocol. In Microdosing Psychedelics, Austin provides readers with everything they need to know about microdosing, including: \*What exactly is microdosing and how did it become a "thing?" \*How to set up a weekly schedule if you want to experiment with microdosing \*Three ways microdosing can benefit your professional career \*The safest and easiest ways to obtain psychedelics if you wish to experiment with microdosing

## Psychedelic Medicine

## Psychedelic Psychotherapy

This is the story of LSD told by a concerned yet hopeful father, organic chemist Albert Hofmann. He traces LSD's path from a promising psychiatric research medicine to a recreational drug sparking hysteria and prohibition. We follow Dr. Hofmann's trek across Mexico to discover sacred plants related to LSD, and listen in as he corresponds with other notable figures about his remarkable discovery. Underlying it all is Dr. Hofmann's powerful conclusion that mystical experience may be our planet's best hope for survival. Whether induced by LSD, meditation, or arising spontaneously, such experiences help us to comprehend the wonder, the mystery of the divine in the microcosm of the atom, in the macrocosm of the spiral nebula, in the seeds of plants, in the body and soul of people. Now, more than sixty years after the birth of Albert Hofmann's problem child, his vision of its true potential is more relevant, and more needed, than ever.

## 2012

Microdosing with psilocybin mushrooms - amounts of a few tenths of a gram. Many individuals who have integrated microdosing with psilocybin mushrooms into their weekly routine report higher levels of focus, increased productivity, and improved relational skills. Some enthusiasts report that microdosing helps them to heighten their spiritual awareness and enhance their overall well-being. Eminent researchers have also found largely positive effects of microdosing on mood disorders and anxiety. In fact, The Beckley

Foundation is leading the push for the legalization of psilocybin mushrooms, backed by long-term safety effects found in their research with chronic depression patients. Recently, Oakland, California drafted legislation to allow medical use of psilocybin mushrooms, a move that follows a successful referendum to decriminalize psilocybin mushrooms. Even addictions, such as marijuana, can be treated with psilocybin. **\*Buy and Give a 5star Review\***

## Your Psilocybin Mushroom Companion

One of the most important books written on the effects of LSD on the human psyche. • Its authoritative research has great relevance to the current debate on drug legalization. • Prolific authors Robert Masters and Jean Houston are pioneer figures in the field of transpersonal psychology and founders of the Human Potentials Movement. The Varieties of Psychedelic Experience was published in 1966, just as the first legal restrictions on the use of psychedelic substances were being enacted. Unfortunately, the authors' pioneering work on the effects of LSD on the human psyche, which was viewed by its participants as possibly heralding a revolution in the study of the mind, was among the casualties of this interdiction. As a result, the promising results to which their studies attested were never fully explored. Nevertheless, their 15 years of research represents a sober and authoritative appraisal of what remains one of the most controversial developments in the study of the human psyche. Avoiding the wild excesses taken by both sides on this issue, this book is unique for the light it sheds on the possibilities and the limitations of psychedelic drugs, as well as on the techniques for working with them. With drug legalization an increasingly important issue, The Varieties of Psychedelic Experience provides a welcome and much needed contrast to the current hysteria that surrounds this topic.

## How to Change Your Mind

A study of the importance of psychedelic plants and drugs in religion and society • With contributions by Albert Hofmann, R. Gordon Wasson, Jack Kornfield, Terence McKenna, the Shulgins, Rick Strassman, and others • Explores the importance of academic and religious freedom in the study of psychedelics and the mind • Exposes the need for an organized spiritual context for entheogen use in order to fully realize their transformative and sacred value We live in a time when a great many voices are calling for a spiritual renewal to address the problems that face humanity, yet the way of entheogens--one of the oldest and most widespread means of attaining a religious experience--is forbidden, surrounded by controversy and misunderstanding. Widely employed in traditional shamanic societies, entheogens figure prominently in the origins of religion and their use continues today throughout the world. They alter consciousness in such a profound way that, depending on the set and setting, they can produce the ultimate human experiences: union with God or revelation of other mystical realities. With contributions by Albert Hofmann, Terence McKenna, Ann and Alexander Shulgin, Thomas Riedlinger, Dale Pendell, and Rick Strassman as well as interviews with R. Gordon Wasson and Jack Kornfield, this book explores ancient and modern uses of psychedelic drugs, emphasizing the complementary relationship between science and mystical experience and the importance of psychedelics to the future of religion and society. Revealing the mystical-religious possibilities of substances such as psilocybin mushrooms, mescaline, and LSD, this book exposes the vital need for developing an organized spiritual context for their use in order to fully realize their transformative and sacred value. Stressing the importance of academic and religious freedom, the authors call for a revival of scientific and religious inquiry into entheogens so they

may be used safely and legally by those seeking to cultivate their spiritual awareness.

## **Psychology of the Future**

More than ever, people are in pursuit of greater fulfillment in their lives, seeking a deeper spiritual truth and strategies for liberation from suffering. Both Buddhism and psychedelics are subjects that one encounters in such spiritual pursuit. Edited by Tricycle contributing editor Allan Badiner and art edited by renowned visionary artist Alex Grey, *Zig Zag Zen* features a foreword by Buddhist scholar Stephen Batchelor, a preface by historian of religion Huston Smith and numerous essays, interviews, and art that lie outside the scope of mainstream anthologies. This new edition of the classic work on Buddhism and psychedelics includes a recent interview with Rick Doblin, founder of MAPS, contributions from Ralph Metzner, James Fadiman and Kokyo Henkel, and a discussion of ayahuasca's unique influence on Zen Buddhism. Packed with enlightening entries offering eye-opening insights into alternate methods of inner exploration.

## **Mindapps**

You Are About To Discover An Even Better Way To Combat Stress, Fatigue, Depression, Anxiety And Terminal Illness That Doesn't Have To Do With Traditional Medicine! Are you looking for an alternative solution to modern medicine? Have you wondered if perhaps there was a better way to treat anxiety, depression, stress, or related ailments that had little to do with antidepressants, painkillers and other types of prescription drugs? Perhaps you've come across information about some mushrooms having potent properties that make them ideal for neutralizing stress, depression, anxiety and related problems and are looking for answers to questions running through your mind. How do they do it? What properties make some mushrooms great for fighting stress, anxiety, depression and related problems? What kind of mushrooms has these potent properties? Are there any risks associated with these mushrooms? What safety precautions do you need to observe when using these mushrooms? If you have these and other related questions about using mushrooms to fight stress, anxiety, depression and related problems, you are in for a treat so keep reading, More precisely, the book will teach you: The concept of psilocybin mushrooms, including what it is they have that makes them 'magical' The basics of prodrugs, including how useful they be What the psychedelic substance found in magic mushrooms is, and how it can be of spiritual value How LSDs and other hallucinogens, once used for medicinal research, came to be banned How hallucinogens found in fungi have been used by countless generations for religious purposes How and why hallucinogens shouldn't be misused or abused Psilocybin mushrooms and how they can be offered as "the medicine of happiness" to terminally ill people How and why magic mushrooms aren't nearly as dangerous as heroin, cocaine, alcohol, and methamphetamines Why the hallucinogen in psilocybin mushrooms is considered "God in a Pill" by the medical fraternity The false myths that you ought not to believe about psychedelic drugs 7 popular methods of extracting psilocybin from mushrooms Just how safe are psilocybin mushrooms? Ways that you can obtain magic mushrooms Other products that you can get from mushrooms 10 special things you need to keep in mind about mushrooms Ways that you can use mushrooms to conquer anxiety, depression, and stress 15 things to keep in mind while preparing mushrooms to use for healing purposes 5 Benefits of using magic mushrooms that you never knew about The side effects of using psilocybin mushrooms And much more I know you've heard a lot about prescription drugs I know you've heard how sometimes doctors have prescribed the wrong medicine, which ultimately led to the worsening of a condition or even the demise of a patient. I know that you know that

sometimes prescription drugs aren't always the right way to go, and that perhaps something less conventional could do better. That is what this book will prove to you: that you have been right all along. And how you can start putting that knowledge to work for you. Whether you are a complete beginner to the world of magic mushrooms or are an advanced psilocybin mushrooms user, you will find this book helpful! So why wait any longer?

## **An Introductory Guide to Magic Mushrooms**

Psychedelics for spiritual, therapeutic, and problem-solving use • Presents practices for safe and successful psychedelic voyages, including the benefits of having a guide and how to be a guide • Reviews the value of psychedelics for healing and self-discovery as well as how LSD has facilitated scientific and technical problem-solving • Reveals how microdosing (ultr-low doses) improve cognitive functioning, emotional balance, and physical stamina • This year 600,000 people in the U.S. alone will try LSD for the first time, joining the 23 million who have already experimented with this substance Called “America’s wisest and most respected authority on psychedelics and their use,” James Fadiman has been involved with psychedelic research since the 1960s. In this guide to the immediate and long-term effects of psychedelic use for spiritual (high dose), therapeutic (moderate dose), and problem-solving (low dose and microdose) purposes, Fadiman outlines best practices for safe, sacred entheogenic voyages learned through his more than 40 years of experience--from the benefits of having a sensitive guide during a session (and how to be one) to the importance of the setting and pre-session intention. Fadiman reviews the newest as well as the neglected research into the psychotherapeutic value of visionary drug use for increased personal awareness and a host of serious medical conditions, including his recent study of the reasons for and results of psychedelic use among hundreds of students and professionals. He reveals new uses for LSD and other psychedelics, including microdosing, extremely low doses, for improved cognitive functioning and emotional balance. Cautioning that psychedelics are not for everyone, he dispels the myths and misperceptions about psychedelics circulating in textbooks and clinics as well as on the internet. Exploring the life-changing experiences of Ram Dass, Timothy Leary, Aldous Huxley, and Huston Smith as well as Francis Crick and Steve Jobs, Fadiman shows how psychedelics, used wisely, can lead not only to healing but also to scientific breakthroughs and spiritual epiphanies.

## **Microdosing Psychedelics**

In March 1971, Terence McKenna, his brother Dennis and a small gypsy-like band of friends set off for the Colombian Amazonas. Along the surreal way, they encounter a cast of remarkable characters - including a mushroom, a flying saucer, pirates from outer space, and James Joyce in the guise of poultry. One result of their adventures was McKenna's theory that psilocybin, the psychoactive ingredient in the stropharia cubensis mushroom, is the missing link in the development of human consciousness and language

## **The Idea of Order**

'Ayelet Waldman is fearless' - Rebecca Solnit 'Genuinely brave and human' - The New York Times 'Wildly brilliant' - Elle The true story of how a renowned writer's struggle with mood storms led her to try a remedy as drastic as it is forbidden: microdoses of LSD. Her fascinating journey provides a

window into one family and the complex world of a once-infamous drug seen through new eyes. When a small vial arrives in her mailbox from 'Lewis Carroll,' Ayelet Waldman is at a low point. Her mood storms have become intolerably severe; she has tried nearly every medication possible; her husband and children are suffering with her. So she opens the vial, places two drops on her tongue, and joins the ranks of an underground but increasingly vocal group of scientists and civilians successfully using therapeutic microdoses of LSD. As Waldman charts her experience over the course of a month - bursts of productivity, sleepless nights, a newfound sense of equanimity - she also explores the history and mythology of LSD, the cutting-edge research into the drug, and the byzantine policies that control it. Drawing on her experience as a federal public defender, and as the mother of teenagers, and her research into the therapeutic value of psychedelics, Waldman has produced a book that is eye-opening, often hilarious, and utterly enthralling.

### **Personality and Personal Growth**

This book is the story of how three brilliant scholars and one ambitious freshman crossed paths in the early sixties at a Harvard-sponsored psychedelic-drug research project, transforming their lives and American culture and launching the mind/body/spirit movement that inspired the explosion of yoga classes, organic produce, and alternative medicine. The four men came together in a time of upheaval and experimentation, and their exploration of an expanded consciousness set the stage for the social, spiritual, sexual, and psychological revolution of the 1960s. Timothy Leary would be the rebellious trickster, the premier proponent of the therapeutic and spiritual benefits of LSD, advising a generation to "turn on, tune in, and drop out." Richard Alpert would be the seeker, traveling to India and returning to America as Ram Dass, reborn as a spiritual leader with his "Be Here Now" mantra, inspiring a restless army of spiritual pilgrims. Huston Smith would be the teacher, practicing every world religion, introducing the Dalai Lama to the West, and educating generations of Americans to adopt a more tolerant, inclusive attitude toward other cultures' beliefs. And young Andrew Weil would be the healer, becoming the undisputed leader of alternative medicine, devoting his life to the holistic reformation of the American health care system. It was meant to be a time of joy, of peace, and of love, but behind the scenes lurked backstabbing, jealousy, and outright betrayal. In spite of their personal conflicts, the members of the Harvard Psychedelic Club would forever change the way Americans view religion and practice medicine, and the very way we look at body and soul.

### **The Psychedelic Explorer's Guide**

Collects narratives from fifty people regarding their psychedelic experiences while taking hallucinogenic drugs, including out-of-body occurrences, religious awakenings, miracles, psychosis, and flashbacks.

### **Cannabis and Spirituality**

Psychedelics for spiritual, therapeutic, and problem-solving use • Presents practices for safe and successful psychedelic voyages, including the benefits of having a guide and how to be a guide • Reviews the value of psychedelics for healing and self-discovery as well as how LSD has facilitated scientific and technical problem-solving • Reveals how microdosing (ultra-low doses) improve cognitive functioning, emotional balance, and physical stamina • This year 600,000 people in the U.S. alone will try LSD for the first time, joining the 23 million who have already experimented with this substance Called

“America’s wisest and most respected authority on psychedelics and their use,” James Fadiman has been involved with psychedelic research since the 1960s. In this guide to the immediate and long-term effects of psychedelic use for spiritual (high dose), therapeutic (moderate dose), and problem-solving (low dose and microdose) purposes, Fadiman outlines best practices for safe, sacred entheogenic voyages learned through his more than 40 years of experience—from the benefits of having a sensitive guide during a session (and how to be one) to the importance of the setting and pre-session intention. Fadiman reviews the newest as well as the neglected research into the psychotherapeutic value of visionary drug use for increased personal awareness and a host of serious medical conditions, including his recent study of the reasons for and results of psychedelic use among hundreds of students and professionals. He reveals new uses for LSD and other psychedelics, including microdosing, extremely low doses for improved cognitive functioning and emotional balance. Cautioning that psychedelics are not for everyone, he dispels the myths and misperceptions about psychedelics circulating in textbooks and clinics as well as on the internet. Exploring the life-changing experiences of Ram Dass, Timothy Leary, Aldous Huxley, and Huston Smith as well as Francis Crick and Steve Jobs, Fadiman shows how psychedelics, used wisely, can lead not only to healing but also to scientific breakthroughs and spiritual epiphanies.

### **Sacred Knowledge**

Brave New World author Aldous Huxley on enlightenment and the "ultimate reality" In this anthology of twenty-six essays and other writings, Huxley discusses the nature of God, enlightenment, being, good and evil, religion, eternity, and the divine. Huxley consistently examined the spiritual basis of both the individual and human society, always seeking to reach an authentic and clearly defined experience of the divine. Featuring an introduction by renowned religious scholar Huston Smith, this celebration of "ultimate reality" proves relevant and prophetic in addressing the spiritual hunger so many feel today.

### **LSD, My Problem Child**

### **The Divine Within**

Leading experts on the science, history, politics, medicine, and potential of America’s most popular recreational drug • With contributions by Andrew Weil, Michael Pollan, Lester Grinspoon, Allen St. Pierre (NORML), Tommy Chong, and others • Covers marijuana’s physiological and psychological effects, its medicinal uses, the complex politics of cannabis law, pot and parenting, its role in creativity, business, and spirituality, and much more Exploring the role of cannabis in medicine, politics, history, and society, The Pot Book offers a compendium of the most up-to-date information and scientific research on marijuana from leading experts, including Lester Grinspoon, M.D., Rick Doblin, Ph.D., Allen St. Pierre (NORML), and Raphael Mechoulam. Also included are interviews with Michael Pollan, Andrew Weil, M.D., and Tommy Chong as well as a pot dealer and a farmer who grows for the U.S. Government. Encompassing the broad spectrum of marijuana knowledge from stoner customs to scientific research, this book investigates the top ten myths of marijuana; its physiological and psychological effects; its risks; why joints are better than water pipes and other harm-reduction tips for users; how humanity and cannabis have co-evolved for millennia; the brain’s cannabis-based neurochemistry; the complex politics of cannabis law; its potential

medicinal uses for cancer, AIDS, Alzheimer's, multiple sclerosis, and other illnesses; its role in creativity, business, and spirituality; and the complicated world of pot and parenting. As legalization becomes a reality, this book candidly offers necessary facts and authoritative opinions in a society full of marijuana myths, misconceptions, and stereotypes.

### **The Psychedelic Explorer's Guide**

Explores the potential of psychedelics as medicine and the intersections of politics, science, and psychedelics • Explores the tumultuous history of psychedelic research, the efforts to restore psychedelic therapies, and the links between psychiatric drugs and mental illness • Offers non-technical summaries of the most recent, double-blind, placebo-controlled studies with MDMA, psilocybin, LSD, and ayahuasca • Includes the work of Rick Doblin, Stanislav Grof, James Fadiman, Julie Holland, Dennis McKenna, David Nichols, Charles Grob, Phil Wolfson, Michael and Annie Mithoefer, Roland Griffiths, Katherine MacLean, and Robert Whitaker Embracing the revival of psychedelic research and the discovery of new therapeutic uses, clinical psychologist Dr. Richard Louis Miller discusses what is happening today in psychedelic medicine--and what will happen in the future--with top researchers and thinkers in this field, including Rick Doblin, Stanislav Grof, James Fadiman, Julie Holland, Dennis McKenna, David Nichols, Charles Grob, Phil Wolfson, Michael and Annie Mithoefer, Roland Griffiths, Katherine MacLean, and Robert Whitaker. Dr. Miller and his contributors cover the tumultuous history of early psychedelic research brought to a halt 50 years ago by the U.S. government as well as offering non-technical summaries of the most recent studies with MDMA, psilocybin, LSD, and ayahuasca. They explore the biochemistry of consciousness and the use of psychedelics for self-discovery and healing. They discuss the use of psilocybin for releasing fear in the terminally ill and the potential for MDMA-assisted psychotherapy in the treatment of PTSD. They examine Dr. Charles Grob's research on the indigenous use and therapeutic properties of ayahuasca and Dr. Gabor Mate's attempt to transport this plant medicine to a clinical setting with the help of Canada's Department of National Health. Dr. Miller and his contributors explore the ongoing efforts to restore psychedelic therapies to the health field, the growing threat of overmedication by the pharmaceutical industry, and the links between psychiatric drugs and mental illness. They also discuss the newly shifting political climate and the push for new research, offering hope for an end to the War on Drugs and a potential renaissance of research into psychedelic medicines around the world.

Psychedelic Psychotherapy contains valuable insiders' information for those using psychedelics for their own healing, and for practitioners who facilitate their sessions. Its focus is the nitty-gritty of healing trauma using MDMA, LSD, and psilocybin.

### **Zig Zag Zen**

An exploration of "mind design" technologies and practices--mindapps--that boost intellectual capacity and enable new ways of thought and action • Reveals how mindapps transform the patterns of our mind-body complex and help generate new ideas by enabling access to new mind states • Examines the singlestate fallacy--the myth that useful thinking only occurs in our ordinary awake mental state • Explores a wealth of mindapp practices and techniques, including microdosing with psychedelics, yoga and martial arts, hypnosis, breathing techniques, lucid dreaming, rites of passage, biofeedback

and neurofeedback, and transcranial brain stimulation Just as we can write and install apps in our electronic devices, we can construct “mindapps” and install them in our brain-mind complex, and as just as digital apps add capabilities to our devices, mindapps can expand our mental powers and creative abilities, allowing us to intentionally redesign our minds. Using psychedelics as the prime example, Thomas B. Roberts explores the many different kinds of mindapps, including meditation, other psychoactive plants and chemicals, sensory overload and deprivation, biofeedback and neurofeedback, hypnosis and suggestion, sleep and lucid dreaming, creative imagery, transcranial brain stimulation and optical brain stimulation, rites of passage, martial arts and exercise routines, yoga, breathing techniques, and contemplative prayer. He also looks at the future of mindapps, the potential for new mindapps yet to be invented, and how installing multiple mindapps can produce new, yet to be explored mind states. Drawing on decades of research, he shows how psychedelics in particular are “ideagens”--powerful tools for generating new ideas and new ways of thinking. Uniting the many forms of mindapps into one overall Multistate Mind Theory, Roberts examines the singlestate fallacy--the myth that useful thinking only occurs in our ordinary awake mental state--and demonstrates the many mind-body states we are capable of. He shows how mindapps not only allow us to design and redesign our own minds but also offer benefits for artistic performance, mystical and spiritual experience, and scientific research by improving creativity, open-mindedness, problem solving, and inner-brain connections. Reformulating how we think about the human mind, Mindapps unveils the new multistate landscape of the mind and how we can each enter the world of mind design.

### **Essential Sufism**

'It's as if we made entering gothic cathedrals illegal, or museums, or sunsets!' When LSD was first discovered in the 1940s, it seemed to researchers, scientists and doctors as if the world might be on the cusp of psychological revolution. It promised to shed light on the deep mysteries of consciousness, as well as offer relief to addicts and the mentally ill. But in the 1960s, with the vicious backlash against the counter-culture, all further research was banned. In recent years, however, work has quietly begun again on the amazing potential of LSD, psilocybin and DMT. Could these drugs in fact improve the lives of many people? Diving deep into this extraordinary world and putting himself forward as a guinea-pig, Michael Pollan has written a remarkable history of psychedelics and a compelling portrait of the new generation of scientists fascinated by the implications of these drugs. How to Change Your Mind is a report from what could very well be the future of human consciousness.

### **The Psychedelic Gospels**

Tells how to set and achieve goals in one's relationships, career, business, and spiritual life

### **Psilocybin Mushrooms**

Bradley's volume uses archaeological evidence to investigate the creation, use, and ultimate demise of circular architecture in prehistoric Europe. Concerned mainly with the prehistoric period from the origins of farming to the early first millennium AD, it considers the role of circular features across a wide geographical spectrum.

## Psychedelic Psychiatry

Summarizes Grof's experiences and observations from more than forty years of research into non-ordinary states of consciousness. This accessible and comprehensive overview of the work of Stanislav Grof, one of the founders of transpersonal psychology, was specifically written to acquaint newcomers with his work. Serving as a summation of his career and previous works, this entirely new book is the source to introduce Grof's enormous contributions to the fields of psychiatry and psychology, especially his central concept of holotropic experience, where holotropic signifies "moving toward wholeness." Grof maintains that the current basic assumptions and concepts of psychology and psychiatry require a radical revision based on the intensive and systematic research of holotropic experience. He suggests that a radical inner transformation of humanity and a rise to a higher level of consciousness might be humankind's only real hope for the future. "It's rare to find a textbook that is both extremely informative and enjoyable to read. Psychology of the Future has to be one of the first ones I've ever come across ... Each chapter brought an entirely new concept, theory, or method that was just as engaging as the previous one." — Dr. Tami Brady, TCM Reviews "This book is by a pioneering genius in consciousness research. It presents the full spectrum of Grof's ideas, from his earliest mappings of using LSD psychotherapy, to his clinical work with people facing death, to his more recent work with holotropic breathing, to his latest thoughts about the cosmological implications of consciousness research and the prospects for dealing with an emerging planetary crisis. Grof has always been one of the most original thinkers in the transpersonal field, and his creativity has kept pace with the maturity of his overall vision." -- Michael Washburn, author of Transpersonal Psychology in Psychoanalytic Perspective "Grof offers an outstanding contribution to the ever-growing debate about the nature of human consciousness and about the place of humankind in the cosmos. If more psychiatrists could be persuaded that human consciousness transcends the limitations of the physical brain, and instead is but an aspect of what may best be described as 'cosmic consciousness,' we could not only expect treatment modalities to change, but we could also anticipate the possibility of culture-wide rethinking of the basic presuppositions of modern cosmology, the cosmology that grounds Western institutions, ideologies, and beliefs about the nature of personhood." -- Michael E. Zimmerman, author of Contesting Earth's Future: Radical Ecology and Postmodernity

## The Pot Book

CHANGING OUR MINDS is an experiential tour through a social, spiritual and scientific revolution that is redefining our culture's often-confusing relationship with psychoactive substances. Veteran journalist Don Lattin chronicles the inspiring stories of pioneering neuroscientists, psychotherapists, spiritual guides and ordinary people seeking to live healthier lives by combining psychedelic drugs, psychotherapy, and the wise use of ancient plant medicines. In ground-breaking clinical trials, specially trained therapists employ Ecstasy (MDMA) to help U.S. veterans struggling with the psychological aftermath of war. Other psychiatrists in government-approved research offer psilocybin, to alcoholics trying to get sober and cancer patients struggling with the existential distress of a life-threatening illness. Meanwhile, new imaging technology has enabled neuroscientists to map the psychedelic brain in real time, deepening our understanding of human consciousness. the essential primer for understanding and navigating this new consciousness-raising territory.

[Read More About The Psychedelic Explorers Guide Safe Therapeutic And Sacred Journeys](#)

[Arts & Photography](#)

[Biographies & Memoirs](#)

[Business & Money](#)

[Children's Books](#)

[Christian Books & Bibles](#)

[Comics & Graphic Novels](#)

[Computers & Technology](#)

[Cookbooks, Food & Wine](#)

[Crafts, Hobbies & Home](#)

[Education & Teaching](#)

[Engineering & Transportation](#)

[Health, Fitness & Dieting](#)

[History](#)

[Humor & Entertainment](#)

[Law](#)

[LGBTQ+ Books](#)

[Literature & Fiction](#)

[Medical Books](#)

[Mystery, Thriller & Suspense](#)

[Parenting & Relationships](#)

[Politics & Social Sciences](#)

[Reference](#)

[Religion & Spirituality](#)

[Romance](#)

[Science & Math](#)

[Science Fiction & Fantasy](#)

[Self-Help](#)

[Sports & Outdoors](#)

[Teen & Young Adult](#)

[Test Preparation](#)

[Travel](#)