

## Bufo Alvarius The Underground Secret

Grab this amazing Psychedelic Notebook for yourself or someone who love smoking weed, DMT, taking ayahuasca, LSD magic mushrooms and other psychedelics. The paperback notebook consists of 120 pages, size 6x9 inches.- 6x9 Notebook- 120 Pages Count- Paperback Cover

Cymatics is the study of sound-wave phenomena and this astonishing book vividly depicts the significance of audible sound throughout our world. It presents, primarily through beautiful colour photographs, the effects of sound vibrations to excite powders, pastes and liquids into life-like, flowing forms. The resultant patterns can be found throughout nature, art and architecture. This new edition contains the complete English text of both of Hans Jenny's original bilingual volumes, together with all the photographs, as well as a new introduction and commentary to the work. The book is essential reading for students of sacred geometry, mandalas, metaphysics, sound healing and even crop circles. Celebrating the 1996 discovery of a vast array of Buddhist stone statues - all of which embody Chinese Buddhist history, archaeology, and art, a stunning volume presents thirty-five of these statues, discussing their distinctive characteristics that reveal the extraordinary milestones in the development of stone carving in China during the Northern and Southern Dynasties.

An in-depth investigation of traditional European folk medicine and the healing arts of witches • Explores the outlawed "alternative" medicine of witches suppressed by the state and the Church and how these plants can be used today • Reveals that female shamanic medicine can be found in cultures all over the world • Illustrated with color and black-and-white art reproductions dating back to the 16th century Witch medicine is wild medicine. It does more than make one healthy, it creates lust and knowledge, ecstasy and mythological insight. In Witchcraft Medicine the authors take the reader on a journey that examines the women who mix the potions and become the healers; the legacy of Hecate; the demonization of nature's healing powers and sensuousness; the sorceress as shaman; and the plants associated with witches and devils. They explore important seasonal festivals and the plants associated with them, such as wolf's claw and calendula as herbs of the solstice and alder as an herb of the time of the dead--Samhain or Halloween. They also look at the history of forbidden medicine from the Inquisition to current drug laws, with an eye toward how the sacred plants of our forebears can be used once again.

Based on more than a half century of research, Dr. Grof distills teachings from ancient wisdom and modern science that suggest how to face the process of death and dying. He proposes that those who come to terms with death through intense self-exploration tend to develop a reverence for life, in all its forms. Based on his own patients' experiences of death and rebirth in psychedelic-assisted therapy, he investigates cross-cultural beliefs about death, paranormal and near-death-experience research, and LSD therapy with advanced-stage cancer patients. The ultimate journey challenges us all, and how we approach death is much more than a major personal issue. Those who come to terms with death in deep experiential self-exploration tend to develop a sense of planetary citizenship, reverence for life in all its forms, and spirituality of a universal and all-encompassing nature. Such radical inner transformation might be humanity's only real chance for survival. The Ultimate Journey describes ancient and aboriginal ritual and spiritual practices that help us understand the experience of death, develop effective ways of making dying easier and integrate it as a meaningful part of life. This book also summarizes modern studies that shed new light on a variety of phenomena related to death and dying, including psycho-spiritual death and rebirth, near-death experiences, and the new expanded cartography of the psyche that has emerged from Grof's fifty years of research of psychedelic therapy, Holotropic Breathwork, and spontaneous psychospiritual crisis. Grof writes that our modern industrial civilization typically gives more attention to the wardrobe, makeup, and even plastic surgery for the corpse than to counseling dying individuals and their families. This is in marked contrast to pre-industrial societies for whom death and dying were paramount in their worldviews and important inspiration for much of their art and architecture. For example, the shamans of many cultures-going back at least thirty thousand years, began their careers with a spontaneous or induced experience of death and rebirth. They explored, firsthand, territories of the psyche that transcend the boundaries of individual consciousness. Similarly, in the rites of passage, initiates were guided into non-ordinary or Holotropic ("moving toward wholeness") states of consciousness and had a direct experience of numinous realities that transcend biological death. In the ancient mysteries, neophytes participated in various mind-expanding processes or "technologies of the sacred" to move beyond individual consciousness and experience directly and firsthand the higher transpersonal dimensions of existence.

A bold exploration of modern psychedelic culture, its history, and future • Examines 3 modern psy-culture architects: chemist Alexander "Sasha" Shulgin, mycologist-philosopher Terence McKenna, and visionary artist Alex Grey • Investigates the use of microdosing in extreme sports, the psy-trance festival experience, and the relationship between the ego, entheogens, and toxicity • Presents a "History of Visionary Art," from its roots in prehistory, to Ernst Fuchs and the Vienna School of the Fantastic, to contemporary psychedelic art After the dismantling of a major acid laboratory in 2001 dramatically reduced the world supply of LSD, the psychedelic revolution of the 1960s appeared to have finally run its course. But the opposite has actually proven to be true, and a psychedelic renaissance is rapidly emerging with the rise in popularity of transformational festivals like Burning Man and BOOM!, the return to positive media coverage of the potential benefits of entheogens, and the growing number of celebrities willing to admit the benefits of their own personal use. Along with the return of university research, the revival of psychedelic philosophy, and the increasing popularity of visionary art, these new developments signify the beginning of a worldwide psychedelic cultural revolution more integrated into the mainstream than the counterculture uprising of the 1960s. In his latest book, James

Oroc defines the borders of 21st-century psychedelic culture through the influence of its three main architects-- chemist Alexander Shulgin, mycologist Terence McKenna, and visionary artist Alex Grey--before illustrating a number of facets of this "Second Psychedelic Revolution," including the use of microdosing in extreme sports, the tech-savvy psychedelic community that has arisen around transformational festivals, and the relationship between the ego, entheogens, and toxicity. This volume also presents for the first time a "History of Visionary Art" that explains its importance to the emergence of visionary culture. Exploring the practical role of entheogens in our selfish and fast-paced modern world, the author explains how psychedelics are powerful tools to examine the ego and the shadow via the transpersonal experience. Asserting that a cultural adoption of the entheogenic perspective is the best chance that our society has to survive, he then proposes that our ongoing psychedelic revolution--now a century old since the first synthesis of a psychedelic in 1918--offers the potential for the birth of a new Visionary Age.

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"This book is an introduction to some of the hallucinogenic drugs in their cultural and historical context, stressing their important role in religion, ritual, magic and curing".--BOOKJACKET.

Contains over 70 experiments, complete with notes, and ingredients with the focus on Tryptamines., The first half concentrates on Shulgin's spiritual journey, ideas and philosophy. Foreword by Daniel M Perrine and preface by Nicholas Saunders. Edited by Dan Joy.,.

Tryptamine Palace 5-MeO-DMT and the Sonoran Desert Toad Simon and Schuster

A compilation of current scientific knowledge about psychoactive herbal drugs. Virtually all cultures consume drugs from psychoactive plants. Caffeine, for example, is probably the most common stimulant in the world, and many modern medicines, such as morphine and codeine, are derived from plant sources. In these cases, scientific research has revealed the composition of the plants and how they interact with the nervous system. There are also many herbal medications with reputed therapeutic value that have not yet gained acceptance into mainstream medicine, partly because there has not been enough research to support their usefulness. Instead they are regarded as "alternative medicines." This is an active research area, however, and many current studies are focusing on identifying the active components, pharmacological properties, physiological effects, and clinical efficacy of herbal medicines. This book compiles and integrates the most up-to-date information on the major psychoactive herbal medicines—that is, herbal medicines that alter mind, brain, and behavior. It focuses particularly on the effects on various areas of cognition, including attention, learning, and memory. The book covers all major classes of psychoactive drugs, including stimulants, cognitive enhancers, sedatives and anxiolytics, psychotherapeutic herbs, analgesics and anesthetic plants, hallucinogens, and cannabis.

Feelings of oneness with other people, nature, and the universe. Encounters with extraterrestrials, deities, and demons. Out-of-body experiences and past-life memories. Science casts a skeptical eye. But Dr. Stanislav Grof—the psychiatric researcher who cofounded transpersonal psychology—believes otherwise. When the Impossible Happens presents Dr. Grof's mesmerizing firsthand account of over 50 years of inquiry into waters uncharted by classical psychology, one that will leave readers questioning the very fabric of our existence. From his first LSD session that gave him a glimpse of cosmic consciousness to his latest work with Holotropic Breathwork, When the Impossible Happens will amaze readers with vivid explorations of topics such as: Temptations of a Non-Local Universe—experiments in astral projection Praying Mantis in Manhattan and other tales of synchronicity Trailing Clouds of Glory—remembering birth and prenatal life Dying and Beyond—survival of consciousness after death When the Impossible Happens is an incredible opportunity to journey beyond ordinary consciousness, guaranteed to shake the foundations of what we assume to be reality, and sure to offer a new vision of our human potential.

"Cody Johnson beautifully balances historical knowledge with cutting-edge science to produce a thoroughly enjoyable and enlightening read which paints a holistic picture of the risks and benefits of psychedelic use in modern day medicine and culture." —Rick Doblin, PhD, Founder and Executive Director of the Multidisciplinary Association for Psychedelic Studies (MAPS). Magic Medicine explores the fascinating history of psychedelic substances and provides a contemporary update about their growing inclusion in modern medicine, science, and culture. Each chapter dives into the rich history of a single plant or compound and explores its therapeutic and spiritual uses in cultures near and far. Firsthand quotes allow glimmers of psychedelic light throughout. Learn all about: Classical psychedelics, including 2C-B, ayahuasca, LSD, and peyote The empathogenic psychedelics MDA and MDMA Dissociative psychedelics, including DXM, ketamine, and salvia Unique psychedelics, including cannabis, DiPT, and even fish and sea sponges The history of psychedelic plants and substances is full of colorful facts and stories, and intriguing questions. Did US Army Intelligence really use LSD as an enhanced military interrogation technique? How is DiPT able to make a familiar tune sound utterly foreign? Can MDMA (Ecstasy) help people overcome traumatic experiences? Many psychedelic plants and substances have a long history of being incorporated into various healing traditions—such as cannabis and opium in Traditional Chinese Medicine. Science is beginning to research what traditional cultures have told us for years: psychedelics have transformative healing properties. Anyone who has ever wondered about psychedelics—from complete neophytes to veteran trippers, seekers and sages to skeptics and scientists, therapists and patients to green thumbs and armchair anthropologists—will find something in this engrossing and beautifully designed book.

The most comprehensive guide to the botany, history, distribution, and cultivation of all known psychoactive plants • Examines 414 psychoactive plants and related substances • Explores how using psychoactive plants in a culturally sanctioned context can produce important insights into the nature of reality • Contains 797 color photographs and 645 black-and-white illustrations In the traditions of every culture, plants have been highly valued for their nourishing, healing, and transformative properties. The most powerful plants--those known to transport the human mind into other dimensions of consciousness--have traditionally been regarded as sacred. In The Encyclopedia of Psychoactive Plants Christian Rätsch details the botany, history, distribution, cultivation, and preparation and dosage of more than 400 psychoactive plants. He discusses their ritual and medicinal usage, cultural artifacts made from these plants, and works of art that either represent or have been inspired by them. The author begins with 168 of the most well-known psychoactives--such as cannabis, datura, and papaver--then presents 133 lesser known substances as well as additional plants known as "legal highs," plants known only from mythological contexts and literature, and plant products that include substances such as ayahuasca, incense, and soma. The text is lavishly illustrated with 797 color photographs--many of which are from the author's extensive fieldwork around the world--showing the people, ceremonies, and art related to the ritual use of the world's sacred psychoactives.

Recounts the life of the physicist, psychologist, and philosopher David Bohm, including his friendship with J. Robert Oppenheimer and his protest against Senator Joseph McCarthy, and explains his landmark scientific discoveries and his work with Eastern philosophy.

Naturally occurring DMT may produce prophecy-like states of consciousness and thus represent a bridge between biology and religious experience • Reveals the striking similarities between the visions of the Hebrew prophets and the DMT state described by Strassman's research volunteers • Explains how prophetic and psychedelic states may share biological mechanisms • Presents a new top-down "theoneurological" model of spiritual experience After completing his groundbreaking research chronicled in DMT: The Spirit Molecule, Rick Strassman was left with one fundamental question: What does it mean that DMT, a simple chemical naturally found in all of our bodies, instantaneously opens us to an interactive spirit world that feels more real than our own world? When his decades of clinical psychiatric research and Buddhist practice were unable to provide answers to this question, Strassman began searching for a more resonant spiritual model. He found that the visions of the Hebrew prophets--such as Ezekiel, Moses, Adam, and Daniel--were strikingly similar to those of the volunteers in his DMT studies. Carefully examining the concept of prophecy in the Hebrew Bible, he characterizes a "prophetic state of consciousness" and explains how it may share biological and metaphysical mechanisms with the DMT effect. Examining medieval commentaries on the Hebrew Bible, Strassman reveals how Jewish metaphysics provides a top-down model for both the prophetic and DMT states, a model he calls "theoneurology." Theoneurology bridges biology and spirituality by proposing that the Divine communicates with us using the brain, and DMT--whether naturally produced or ingested--is a critical factor in such visionary experience. This model provides a counterpoint to "neurotheology," which proposes that altered brain function simply generates the impression of a Divine-human encounter. Theoneurology addresses issues critical to the full flowering of the psychedelic drug experience. Perhaps even more important, it points the way to a renewal of classical prophetic consciousness, the soul of Hebrew Bible prophecy, as well as unexpected directions for the evolution of contemporary spiritual practice.

• Examines the therapeutic potential of expanded states, underground psychedelic psychotherapy, harm reduction, new approaches for healing individual and collective trauma, and training considerations • Addresses challenging psychedelic experiences, spiritual emergencies, and the central importance of the therapeutic relationship • Details the use of cannabis as a psychedelic tool, spiritual exploration with LSD, micro-dosing with Iboga, and MDMA-assisted psychotherapy for PTSD Exploring the latest developments in the flourishing field of modern psychedelic psycho-therapy, this book shares practical experiences and insights from both elders and newer research voices in the psychedelic research and clinical communities. The contributors examine new findings on safe and skillful work with psychedelic and expanded states for therapeutic, personal, and spiritual growth. They explain the dual process of opening and healing. They explore new approaches for individual inner work as well as for the healing of ancestral and collective trauma. They examine the power of expanded states for reparative attachment work and offer insights on the integration process through the lens of Holotropic Breathwork. The contributors also examine the use of cannabis as a psychedelic tool, spiritual exploration with LSD, microdosing with Iboga, treating depression with psilocybin, and MDMA-assisted psychotherapy for PTSD. Revealing diverse ways of working with psychedelics in terms of set, setting, and type of substance, the book concludes with discussions of ethics and professional development for those working in the field as well as explores considerations for training the next generation of psychedelic therapists.

The former editor-in-chief of Details and Star adventures into the fascinating "brave new world" of cannabis, tracing its history and possible future as he investigates the social, medical, legal, and cultural ramifications of this surprisingly versatile plant. Pot. Weed. Grass. Mary Jane. We all think we know what cannabis is and what we use it for. But do we? Our collective understanding of this surprising plant has been muddled by politics and morality; what we think we know isn't the real story. A war on cannabis has been waged in the United States since the early years of the twentieth century, yet in the past decade, society has undergone a massive shift in perspective that has allowed us to reconsider our beliefs. In Brave New Weed, Joe Dolce travels the globe to "tear down the cannabis closet" and de-mystify this new frontier, seeking answers to the questions we didn't know we should ask. Dolce heads to a host of places, including Amsterdam, Israel, California, and Colorado, where he skillfully unfolds the odd, shocking, and wildly funny history of this complex plant. From the outlandish stories of murder trials where defendants claimed "insanity due to marijuana consumption" to the groundbreaking success stories about the plant's impressive medicinal benefits, Dolce paints a fresh and much-needed portrait of cannabis, our changing attitudes toward it, and the brave new direction science and cultural acceptance are leading us. Enlightening, entertaining, and thought-provoking, Brave New Weed is a compelling read that will surprise and educate proponents on both sides of the cannabis debate.

A journey from Burning Man to the Akashic Field that suggest how 5-MeO-DMT triggers the human capacity for higher knowledge through direct contact with the zero-point field •

Examines Bufo alvarius toad venom, which contains the potent natural psychedelic 5-MeO-DMT, and explores its entheogenic use • Proposes a new connection between the findings of modern physics and the knowledge held by shamans and religious sages for millennia The venom from Bufo alvarius, an unusual toad found in the Sonoran desert, contains 5-MeO-DMT, a potent natural chemical similar in effect to the more common entheogen DMT. The venom can be dried into a powder, which some researchers speculate was used ceremonially by Amerindian shamans. When smoked it prompts an instantaneous break with the physical world that causes out-of-body experiences completely removed from the conventional dimensions of reality. In Tryptamine Palace, James Oroc shares his personal experiences with 5-MeO-DMT, which led to a complete transformation of his understanding of himself and of the very fabric of reality. Driven to comprehend the transformational properties of this substance, Oroc combined extensive studies of physics and philosophy with the epiphanies he gained from his time at Burning Man. He discovered that ingesting tryptamines unlocked a fundamental human capacity for higher knowledge through direct contact with the zero-point field of modern physics, known to the ancients as the Akashic Field. In the quantum world of nonlocal interactions, the line between the physical and the mental dissolves. 5-MeO-DMT, Oroc argues, can act as a means to awaken the remarkable capacities of the human soul as well as restore experiential mystical spirituality to Western civilization.

A multidisciplinary study of pre-Columbian South America—centering on the psychoactive plant genus Anadenanthera As cultures formed and evolved in pre-Columbian South America, Anadenanthera became one of the most widely used shamanic inebriants. Anadenanthera: Visionary Plant of Ancient South America is more than a comprehensive reference on shamanic visionary substances; it is a useful tool for archeologists and pre-Columbian art historians. This thorough book examines the ritual and cultural use of Anadenanthera from prehistory to the present, along with its botany, chemistry, pharmacology, anthropology, and archeology. The earliest evidence for the use of psychoactive plants in South America is provided by remains of seeds and pods recovered from archeological sites four millennia old. Various preparations were derived from it with the intent of being a shamanic inebriant. Inhaled through the nose, smoked in pipes or as cigars, and prepared in fermented drinks, Anadenanthera served a central role in the cultural development of indigenous societies in South America. Anadenanthera: Visionary Plant of Ancient South America explores the full spectrum of information gleaned from research, covering numerous archeological sites in the Andean region, as well as discussing Amazonian shamanic rituals and lore. Analyses of the artistic expressions within the decorations of associated ceremonial paraphernalia such as ritual snuffing tubes and snuff trays are included. The text is richly illustrated with photographs and images of decorated ritual implements, and provides a comprehensive bibliography. Anadenanthera: Visionary Plant of Ancient South America explores: botanical aspects, taxonomy, and geographical distribution of Anadenanthera ethnographical, historical, and traditional aspects of Anadenanthera use chemical and pharmacological investigations of the genus and the various visionary preparations derived from it—with emphasis on the biologically active constituents theories of the mechanisms of action of the active tryptamines and carboline alkaloids comparisons of wood anatomy, morphology, and percentage of alkaloid content evaluation of stylistic and iconographic traits Anadenanthera: Visionary Plant of Ancient South America is a thorough, useful resource for archeologists, anthropologists, chemists, researchers, pre-Columbian art historians, and any layperson interested in pre-Columbian art, archeology, or visionary plants.

"Music journalist Andrew Earles provides a rundown of 500 landmark albums recorded and released by bands of the indie rock genre"--

This book focuses on a novel approach that blends chemistry with forensic science and is used for the examination of controlled substances and clandestine operations. The book will particularly interest forensic chemists, forensic scientists, criminologists, and biochemists.

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*

No understanding of the history of the sixties could be complete without a grasp of the work of Leary, Alpert, and Metzner, the cultural resistance to their experiments, and the way in which psychoactive drug use became a part of contemporary society. Next Generation Independent Book Awards Finalist, *Birth of a Psychedelic Culture* explores these experiments and their cultural milieu through never before seen photographs, personal accounts of authors Ralph Metzner and Ram Dass, and conversations with luminaries such as Aldous Huxley, Charles Mingus, Allen Ginsberg, William Burroughs and others that appeared on the scene.

This is a book about the intersections of three dimensions. The first is the way social scientists and historians treat the history of psychiatry and healing, especially as it intersects with psychedelics. The second encompasses a reflection on the substances themselves and their effects on bodies. The third addresses traditional healing, as it circles back to our understanding of drugs and psychiatry. The chapters explore how these dimensions are distinct, but deeply intertwined, themes that offer important insights into contemporary healing practices. The intended audience of the volume is large and diverse: neuroscientists, biologists, medical doctors, psychiatrists, psychologists; mental health professionals interested in the therapeutic application of psychedelic substances, or who work with substance abuse, depression, anxiety, and PTSD; patients and practitioners of complementary and alternative medicine; ethnobotanists and ethnopharmacologists; lawyers, criminologists, and other specialists in international law working on matters related to drug policy and human rights, as well as scholars of religious studies, anthropologists, sociologists, and historians; social scientists concerned both with the history of science, medicine, and technology, and concepts of health, illness, and healing. It has a potentially large international audience, especially considering the increasing interest in "psychedelic science" and the growing spread of the use of traditional psychoactives in the West.

We are in the midst of what is being called the 'psychedelic renaissance' with growing interest into how psychedelics alter consciousness, brain function and brain connectivity. The acute, often profound, effects of the psychedelic experience can induce lasting improvements in mental health demonstrating that chemistry forms the basis of mystical experience, consciousness and mental wellbeing. This volume is a collection of chapters by world leaders in fields of neurobiology, neuropsychiatry, psychology, ethnography and pharmacology, addressing the neurobiological mechanisms of action of various classic and atypical psychedelics, their therapeutic potential as well as the possible risks associated with their use

Second, Color Edition

Based on the most current psychological and pharmacological research, provides a reliable, unbiased look at the use and abuse of legal and illegal drugs -- from alcohol, caffeine, and anti-anxiety pills to heroin, ecstasy, and special-K.

"Pollan keeps you turning the pages . . . cleareyed and assured." —New York Times A #1 New York Times Bestseller, New York Times Book Review 10 Best Books of 2018, and New York Times Notable Book A brilliant and brave investigation into the medical and scientific revolution taking place around psychedelic drugs--and the spellbinding story of his own life-changing psychedelic experiences When Michael Pollan set out to research how LSD and psilocybin (the active ingredient in magic mushrooms) are being used to provide relief to people suffering from difficult-to-treat conditions such as depression, addiction and anxiety, he did not intend to write what is undoubtedly his most personal book. But upon discovering how these remarkable substances are improving the lives not only of the mentally ill but also of healthy people coming to grips with the challenges of everyday life, he decided to explore the landscape of the mind in the first person as well as the third. Thus began a singular adventure into various altered states of consciousness, along with a dive deep into both the latest brain science and the thriving underground community of psychedelic therapists. Pollan sifts the historical record to separate the truth about these mysterious drugs from the myths that have surrounded them since the 1960s, when a handful of psychedelic evangelists inadvertently catalyzed a powerful backlash against what was then a promising field of research. A unique and elegant blend of science, memoir, travel writing, history, and medicine, *How to Change Your Mind* is a triumph of participatory journalism. By turns dazzling and edifying, it is the gripping account of a journey to an exciting and unexpected new frontier in our understanding of the mind, the self, and our place in the world. The true subject of Pollan's "mental travelogue" is not just psychedelic drugs but also the eternal puzzle of human consciousness and how, in a world that offers us both suffering and joy, we can do our best to be fully present and find meaning in our lives.

The definitive overview of this transformative breathwork.

The *Manual of Psychedelic Support* is a new harm reduction resource providing a comprehensive overview of how people can provide compassionate care to people undergoing difficult psychedelic experiences during large-scale music festivals and events. This second edition of MOPS features an interactive in-the-field workbook with ruled scholar's margins for note-taking. The book is packed with full-color photographs depicting alternative festival culture and its psychoactive drugs of choice. It also showcases dozens of beautiful visionary artworks from fifteen contemporary psychedelic artists. New to this edition is a 46-page "Guide to Drug Effects and Interactions" which summarizes notable contraindications between different classes of psychoactive drugs. A quick-reference Index to those substances commonly encountered at music festivals and similar events is provided.

"Energetic Processes, Volume I is a revolutionary anthology with 19 classic articles by such USPA luminaries as Dr. Sarah Hieronymus, Dr. Bob Beck, Dr. Andrija Puharich, Col. Tom Bearden, Dr. Peter Moscow, Dr. Arden Andersen, Dr. Henry Monteith, Eldon Byrd, Jack Houck, Dr. Bev Rubik, Dr. Glen Rein, Christopher Bird and others. Subjects include

