

Lsd My Problem Child Maps

From the artistic genius to the tarot reader, a sense of communication with another order of reality is commonly affirmed; this 'other' may be termed god, angel, spirit, muse, daimon or alien, or it may be seen as an aspect of the human imagination or the 'unconscious' in a psychological sense. This volume of essays celebrates the daimonic presence in a diversity of manifestations, presenting new insights into inspired creativity and human beings' relationship with mysterious and numinous dimensions of reality. In art and literature, many visual and poetic forms have been given to the daimonic intelligence, and in the realm of new age practices, encounters with spirit beings are facilitated through an increasing variety of methods including shamanism, hypnotherapy, mediumship and psychedelics. The contributors to this book are not concerned with 'proving' or 'disproving' the existence of such beings. Rather, they paint a broad canvas with many colours, evoking the daimon through the perspectives of history, literature, encounter and performance, and showing how it informs, and has always informed, human experience.

If you suffer from anxiety, you're not alone. While anxiety is one of the most common mental health complaints, it's also one of the most untreated. To make matters worse, modern psychiatric approaches are limited and often unsuccessful. Fortunately, there are effective complementary and alternative methods, some of which help even the most treatment-resistant anxiety disorders. *Complementary and Alternative Treatments for Anxiety* is a concise, easy-to-read guide that provides information from the latest research and medical findings on complementary and alternative therapies in the treatment of anxiety. Studies have shown that more people than ever are discovering that these therapies can have a natural anxiety-reducing effect. From nutritional changes to the use of herbal medicine and beyond, many of these methods have been used for thousands of years in the battle against anxiety. Now you, too, can have the ability to positively change your life and manage your anxiety once and for all.

What actually happens to you when you drink a cup of coffee? Is chocolate really an aphrodisiac? How do drugs like alcohol and cannabis work? Did psychedelics play a part in human evolution? In this fascinating little book, leading psychopharmacologist Dr. Ben Sessa describes the drugs, legal and illegal, natural and synthesised, from nicotine to endorphins, sugar to antidepressants, that humans all over the world take every day to change their state of mind. "e;Fascinating"e; FINANCIAL TIMES. "e;Beautiful"e; LONDON REVIEW OF BOOKS. "e;Rich and Artful"e; THE LANCET. "e;Genuinely mind-expanding"e; FORTEAN TIMES. "e;Excellent"e; NEW SCIENTIST. "e;Stunning"e; NEW YORK TIMES. Small books, big ideas.

It was one of the biggest scandals in New York University history. Professor John Buettner-Janusch, chair of the Anthropology Department, was convicted of manufacturing LSD and Quaaludes in his campus laboratory. He claimed the drugs were for an animal behavior experiment, but the jury found otherwise. B-J, as he was known, served two years in prison before being paroled, emerging to find his life and career in shambles. Four years later, he sought revenge by trying to kill the sentencing judge and others with poisoned Valentine's Day chocolates. After pleading guilty to attempted murder, he was sentenced to twenty years in prison, where he died in mysterious circumstances. But before he was infamous at NYU, B-J, a scientific luminary, had also taught at Yale and Duke. One of the world's foremost authorities on lemurs, our distant primate relatives on the remote island of Madagascar, he brought international attention to these endearing and endangered creatures. He cofounded the Duke Lemur Center in North Carolina and inspired a whole generation of scientists to study them and conservationists to save them and their habitat. His trials captured national headlines, but the mad scientist's full story has never been told—until now.

There are certain unusual mental states that have such an extraordinary intensity, that they are numinous; they involve the presence of an archetype. These states can be beautiful or utterly terrifying, they can predispose to illness but if carefully negotiated they carry enormous potential for accelerated development. This book is about these high intensity mental states as found in the psychiatric emergency room, in everyday life, in psychotherapy and in spiritual practice. How can we understand this archetypal layer of psyche and how can we work with its power to promote psycho-spiritual growth? The author weaves the archetypal perspective into the psychoanalytic and medical models of mind to show us how the different layers of the individual and collective psyche intertwine to give us our rich experience of being human. Using everyday language and using case studies from clinical work in psychiatry and psychotherapy, the author takes the reader on a journey from: * Breakdown to breakthrough * Plato's cave to Jung's archetypal crisis * Genetics to transpersonal psychology * Hearing voices to post traumatic stress disorder * Psychoanalysis to psychedelics * The mid life crisis to the encounter with death * Quantum physics to synchronicity * Shakespeare to shamanism * Transcendent nature to mindfulness

The acclaimed discoverer of LSD's personal experiences and thoughts on chemistry, the natural sciences, mind-altering drugs, the soul, and the search for happiness • Shares a different side of the father of LSD, one known only to his friends and close colleagues • Explains Hofmann's different methods of pharmaceutical research based on traditional plant medicine • Includes the poetry of this mystical prophet of psychedelic science Best known as the first person to synthesize, ingest, and discover the psychedelic effects of LSD, Albert Hofmann was more than just a chemist. A pioneer in the field of visionary plant research, he was one of the first people to suggest the use of entheogens for psychological healing and spiritual growth. His insights into the consciousness-expanding effects of psychedelics as well as human nature, the psyche, and the nature of reality earned him a reputation as a mystical scientist and visionary philosopher. This book--Hofmann's last work before his death in 2008 at the age of 102--offers the acclaimed scientist's personal experiences and thoughts on chemistry, the natural sciences, mind-altering drugs, the soul, and the search for happiness and meaning in life. Hofmann

explains different methods of pharmaceutical research based on traditional plant medicine and discusses psilocybin, the active compound in psychedelic mushrooms that he discovered. He examines the psychological role of psychoactives, their therapeutic potential, and their use in easing the life-to-death transition. Sharing a different side of the father of LSD, one known only to his friends and close colleagues, this book also includes the poetry of this mystical prophet of psychedelic science.

This is the story of LSD told by a concerned yet hopeful father, organic chemist Albert Hofmann, Ph.D. He traces LSD's path from a promising psychiatric research medicine to a recreational drug sparking hysteria and prohibition. In *LSD: My Problem Child*, 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 experiences 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." 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.

Researchers, program administrators, and practicing clinicians explain the most recent developments in using psychedelic substances to treat psychological, physiological, and social problems. • Describes the history of psychedelics as therapeutic treatments and the current renaissance of interest in them • Details the training of therapists in applications of psychedelics, and medical theory for the effectiveness of these substances • Addresses issues of clinical efficacy and safety as well as ethical considerations • Comprises the latest neuroscience research related to the effects of the psychedelic compounds • Provides timely information for clinicians, researchers, and advanced students of psychology, medicine, and public health, from leading clinicians, researchers, and administrators in the field

LSD, My Problem Child Reflections on Sacred Drugs, Mysticism, and Science Multidisciplinary Association for Psychedelic Studies

• 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.

"Given the limited effectiveness of conventional treatment options for many psychological disturbances, there is growing recognition of the need for innovation, and a willingness to examine even compounds once considered taboo, in the search for more efficacious treatments. With that in mind, our end goal with this volume is to create a comprehensive, trans-disciplinary guide that describes the current status of research. The book begins with a thorough discussion of the pharmacology of what are often called the "classic" or "serotonergic" hallucinogens, for which Nichols prefers the term "psychedelics." Following this are several chapters exploring the social, cultural, and political contexts in which the hallucinogens have been used over time. The book also provides an introduction to research conducted in the fields of anthropology and ethnobotany"--

Discusses the history, health effects, addiction, and legal status of the hallucinogenic drug LSD.

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.

Humans have always sought ecstatic experiences - moments where they go beyond their ordinary self and feel connected to something greater than them. Such moments are fundamental to human flourishing, but they can also be dangerous. Beginning around the Enlightenment, western intellectual culture has written off ecstasy as ignorance or delusion. But philosopher Jules Evans argues that this diminishes our reality and denies us the healing, connection and meaning that ecstasy can bring. He sets out to discover how people find ecstasy in a post-religious culture, how it can be good for us, and also harmful. Along the way, he explores the growing science of ecstasy, to help the reader - and himself - learn the art of losing control. Jules' exploration of ecstasy is an intellectual and emotional odyssey balancing personal experience, interviews and readings from ancient and modern philosophers that will change the way you think about how you feel. From Aristotle and Plato, via the Bishop of London and Sister Bliss, radical jihadis and Silicon Valley transhumanists, *The Art of Losing Control* is a funny and life-enhancing journey through under-explored terrain.

Aldous Huxley Annual is the official publication of the Aldous Huxley Society at the Center for Aldous Huxley Studies in Münster, Germany. The Society publishes essays on the life, times, and interests of Aldous Huxley and his circle. It aspires to be the sort of periodical that Huxley would have wanted to read and to which he might have contributed. *Aldous Huxley Annual* celebrates its 10th anniversary with a special double numbered issue. The chief contributor on this momentous occasion is Aldous Huxley himself. Volume 10/11 contains a treasure trove of new Huxley items - such as letters, poems, stories, talks, proposals, introductions, and playlets - all arranged in chronological order. The contributions date from 1916 and run through 1963, the year of Huxley's death. Moreover, for the first time, Huxley is presented as an accomplished painter - the book's editors are proud to have procured reproductions of five Huxley paintings owned by his grandchildren Teresa and Mark Trevenen Huxley. The concluding section of the book consists of several articles on particular aspects of Huxley's work. (Series: *Aldous Huxley Annual* - Vol. 10)

When a computer goes wrong, we are told to turn it off and on again. In *Am I Dreaming?*, science journalist James Kingsland reveals how the human brain is remarkably similar. By rebooting our hard-wired patterns of thinking - through so-called 'altered states of consciousness' - we can gain new perspectives into ourselves and the world around us. From shamans in Peru to tech workers in Silicon Valley, Kingsland provides a fascinating tour through lucid dreams, mindfulness, hypnotic trances, virtual reality and drug-induced hallucinations. An eye-opening insight into perception and consciousness, this is also a provocative argument for how altered states can significantly boost our mental health.

Edited by two preeminent scholars, this book provides coverage of the policy issues related to the increasingly diverse treatments, practices, and applications of psychedelics. Hallucinogenic substances like LSD, mescaline, peyote, MDMA, and ayahuasca have a reputation as harmful substances that are enjoyed only by recreational users committing criminal acts. But leading international researchers and scholars who contributed to this book hold that the use of psychedelic substances for health, religious, intellectual, and artistic purposes is a Constitutional right—and a human right. Based on that conclusion, these scholars focus on policy issues that regulate the use of psychedelic drugs in medicine, religion, personal life, and higher education, arguing that existing regulations should match current and anticipated future uses. This volume has two parts. The first surveys research on the use of psychedelic drugs in medicine, religion, and truth-seeking, following these topics through history and contemporary practice. The second section treats government policies that regulate the psychological, physiological, biochemical, and spiritual aspects of research and experience in these fields. *The Psychedelic Policy Quagmire: Health, Law, Freedom, and Society* challenges medical and legal policy experts, ethicists, scientists, and scholars with the question: How can we formulate policies that reduce the dangers of psychedelics' misuse and at the same time maximize the emerging diverse benefits? • Covers history, law, social use, intellectual and sacramental practice, and current medical research, bringing the debate about psychedelic drugs up to date for the 21st century • Summarizes evidence regarding the positive therapeutic effects of psychoactive drugs to show why regulations need to be changed • Encompasses the work of the leading international researchers in the field • Includes personal observations, vignettes, and narratives

This Provider's Guide introduces a comprehensive and developmentally appropriate treatment program, Pathways for Self-Discovery and Change (PSDC), which provides the specific tools necessary for improving evaluation and treatment of at-risk youth, a particularly vulnerable patient population in the justice system. Using an adolescent-focused format, this protocol identifies psychological, biological, and social factors that contribute to the onset of adolescent deviance, and establishes guidelines for delivery of a 32-session treatment curriculum designed to rehabilitate both male and female adolescents with co-occurring substance abuse and criminal conduct. Now in its Second Edition, this guide provides treatment practitioners, program evaluators, and youth services administrators with the most up to date, comprehensive, and accessible information for the treatment and rehabilitation of juvenile justice clients. It is built on theoretical and research advances in the treatment and rehabilitation of juvenile justice clients, as well as feedback over the past seven years from PSDC counselees, treatment providers, and program administrators.

The inside story of how Allen Ginsberg and Timothy Leary launched the psychedelic revolution together.

The story of Albert Hofmann's life and the parallel story of LSD highlighting his academic journey, his research at Sandoz and his open minded, thoughtful philosophies about his discovery. "This new book is by two knowledgeable and expert popularizers of chemistry and deals exclusively with molecules and compounds rather than with the simpler atoms and elements. It is based on the very successful 'Molecule of the Month' website that was begun by Paul May fifteen years ago and to which his co-author Simon Cotton has been a frequent contributor. ... The

authors ... strike an excellent balance between introducing the novice to the world of molecules while also keeping the expert chemist interested. ... I highly recommend this book to all readers. It will vastly expand your knowledge and horizons of chemistry and the human ingenuity that surrounds it." —From the Foreword by Dr. Eric Scerri, UCLA, Los Angeles, website: www.ericscerri.com, Author of 'The Periodic Table, Its Story and Its Significance' and several other books on the elements and the periodic table. The world is composed of molecules. Some are synthetic while many others are products of nature. *Molecules That Amaze Us* presents the stories behind many of the most famous and infamous molecules that make up our modern world. Examples include the molecule responsible for the spicy heat in chilies (capsaicin), the world's first synthetic painkiller (aspirin), the pigment responsible for the color of autumn leaves (carotene), the explosive in dynamite (nitroglycerine), the antimalarial drug (quinine), the drug known as "speed" (methamphetamine), and many others. Other molecules discussed include caffeine, adrenaline, cholesterol, cocaine, digitalis, dopamine, glucose, insulin, methane, nicotine, oxytocin, penicillin, carbon dioxide, limonene, and testosterone. In all, the book includes 67 sections, each describing a different molecule, what it does, how it is made, and why it is so interesting. Written by experts in the field, the book is accessible and easy to read. It includes amusing anecdotes, historical curiosities, and entertaining facts about each molecule, thereby balancing educational content with entertainment. The book is heavily illustrated with relevant photographs, images, and cartoons—the aim being both to educate and entertain.

This comprehensive and highly readable book outlines the main psychological therapies used in contemporary clinical practice. It clearly describes the underlying theoretical principles and techniques and with vivid case examples, demonstrates the central role of these treatments in mental health care. The contribution of psychological and psychodynamic ideas to different psychiatric presentations is outlined, including mood disorders, psychosis, self harm and suicide. Other chapters specifically address recent developments, including neuropsychanalysis, psychedelic-assisted psychotherapy and Open Dialogue. As the chapters unfold this book illustrates how a psychologically informed approach to mental disorder can enrich psychiatric practice by providing a holistic and meaningful understanding of the symptoms of psychological distress. Bringing together ideas from psychiatry and psychotherapy, this is the go-to text for trainees, experienced psychiatrists, and other mental health professionals interested in the psychological and psychodynamic aspects of psychiatry. An essential resource for preparation for the MRCPsych examinations.

ENTHEOGENS, MYTH AND HUMAN CONSCIOUSNESS is a much needed accessible exploration into the role of psychoactive sacraments - entheogens - in religion, mythology, and history, and also includes most treatments of the subject focus on modern scientific research, psychotherapy, are auto-bibliographic accounts, or are agenda-driven or otherwise naive and myopic. A great mystery of altered states of consciousness and species development is expanding with new archeological and anthropological discoveries. Religious story telling (myth) is a timeless journey. Surprisingly it's not about truth. It's about finding one's self in the midst of the discovery of the "Other." It is the story of what is separate and unknown that creates self-consciousness. Our entire life consists ultimately in the discovery of the "Other," which gives meaning to the discovery of the self. The arts and language are the fossil remnants scattered on our path. ENTHEOGENS, MYTH AND HUMAN CONSCIOUSNESS discusses the influence of psychoactive substances on consciousness, human evolution and mystical experiences. It explores how religion, mythology, art and culture stem from entheogenic consciousness and why it's important to us today. "Entheogens, or psychoactive sacraments, have a long, storied history that has played an essential role in the evolution of consciousness, mythology, culture, religion, art - and even history and politics. ENTHEOGENS, MYTH AND HUMAN CONSCIOUSNESS outlines this suppressed - yet seminal - undercurrent of history, giving examples of the role of entheogens from the primal shamanic religions through, the historical religions, esoteric mystical traditions including the Mystery Religions, alchemy and Freemasonry, and into contemporary expressions. Authors Ruck and Hoffman draw upon decades of research and personal experience in discussing the best documented examples of historically important entheogenic evidences, various ongoing threads of research and speculation to muse upon the 'meaning' of it all..." Our hominid ancestors experienced a spiritual awakening at the very dawn of consciousness that set them apart from the other creatures of our planet. It was a journey to another realm induced by a special food that belonged to the gods. This was a plant that was animate with the spirit of deity. It was an entheogen. It was the visionary vehicle for the trip of the first shaman. The story was told over and over again until it achieved the perfect form of a myth. The realm was imagined as a topographical place, the outer limit of the cosmos, the fiery empyrean, or its geocentric opposite, our own planet Gaia. Myths multiplied over time, but they always preserved this primordial truth. These myths provide a road map, a scenario, if you can read them, for whoever today wants to follow. However, it is not an easy journey, and it is also fraught with many dangers, of getting lost, of finding no return. Access to the entheogens is now largely prohibited or strictly licensed. The restrictions constitute an infringement of cognitive freedom, limiting the further evolution of human potential into productive creative imagination and experiences that lie beyond the normal, the traditional province of shamans, who can understand the speech of plants and animals, change shape at will, and journey, both physically and in the spirit, to distant exotic realms. In addition, religions have staked out territorial claims to this realm of spiritual consciousness. They have colonized it, identified it with their god, often reserving the access for their own elite. Similarly, trade in drugs, both medicinal and illegal, has colonized the entheogens, making them only chemicals, rationally depriving them of their spirit. ENTHEOGENS, MYTH AND HUMAN CONSCIOUSNESS is a guide for the curious that provides a historical overview of the role that entheogens have played in the development of our unique supremacy as a species and offers also pathways and advice for reconnecting with the primordial sources of nature's power. ENTHEOGENS, MYTH AND HUMAN CONSCIOUSNESS investigates the role entheogens have played in the evolution of humankind's attempt to define reality in a context of metaphysical or theological dimensions. Although other botanical intoxicants will be considered (cannabis, daphne, opium, Syrian rue, datura, mandrake), none, with the possible exception of mandrake, seem to have lent themselves so readily to metaphoric personifications, which make this the subject for a course on mythology. The source of humankind's fascination and repulsion for fungi, indeed, leads to a fundamental consideration of the psychological nature of mankind's fascination or awareness of what in the categorization of religions is termed animism and rituals of ecstatic shamanism. In addition, the linking of bread and wine as sacramental foods is due to parallel concepts of controlled fungal growth as a simulacrum of the cosmos itself. The goal is not so much to acquire factual knowledge of this vast subject, but to open up pathways for reflection upon the basic nature of human existence and consciousness. The narrative is the awesome history of discovery and the findings of ancient rituals that meld into twentieth-century controversy and criticism of psychedelics. The future of humanity and the direction of twenty-first century brain science is challenged

as well as our sense of social convention. Entheogens have been deemed be prohibited controlled substances and as such is an infringement of cognitive freedom. Whatever the danger of potential abuse, the substance is not the fault, but the user. The hammer is not guilty, but the carpenter who misuses it because of deficient training. In order to exonerate the executioner in Classical antiquity, the axe was brought to trial and found guilty. The prohibition has drastically retarded the investigation into the therapeutic potential of proscribed drugs, including their efficacy in curing addiction. Some of these substances also offer the potential for accessing levels of cognition and consciousness beyond the ordinary, the traditional provenance of mystics and shamans, like bilocation, clairvoyance, and zoomorphism.

How do we live well? The first sentence of *Grace and Gravity* raises the fundamental question that constantly occupies our minds--and of all those who lived before us. Paradoxically, the impossibility of answering this question opens up the very room needed to find ways of living well. It is the gap where all disciplines fall short, where architecture does not fit its inhabitants, where economy is not based on shortage, where religion cannot be explained by its followers, and where technology works far beyond its own principles. According to Lars Spuybroek, the prize-winning former architect, this marks the point where the "paradoxical machine" of grace reveals its powers, a point where we "cannot say if we are moving or being moved". Following the trail of grace leads him to a new form of analysis that transcends the age-old opposition between appearances and technology. Linking up a dazzling and often delightful variety of sources--monkeys, paintings, lamp posts, octopuses, tattoos, bleeding fingers, rose windows, robots, smart phones, spirits, saints, and fossils--with profound meditations on living, death, consciousness, and existence, *Grace and Gravity* offers an eye-opening provocation to a wide range of art historians, architects, theologians, anthropologists, artists, media theorists and philosophers. An examination of the use of psychedelics for understanding ourselves, connecting with the world around us, and enacting outer change through inner transformation • Explores sacred tools and technologies to help us reestablish a lost ideology of unity, with a specific focus on natural plant/fungi psychedelics • Looks at the history of psychedelics and their role in facilitating natural intelligence's ability to increase itself through ongoing analysis of its own experience • Provides guidelines for safely using natural plant/fungi psychedelics and integrating them into society to access unified consciousness and restore balance to our world Our ecological, social, and political issues all stem from the ideologies that drive our collective actions. In contrast to our innate humanity, which is rooted in unity, these ideologies have led us to believe that we are separate from each other, separate from nature, and separate from the results of our actions. Such a worldview encourages individuals to maximize self-interest, which then causes fragmentation, conflict, pollution, and the depletion of natural resources. Offering practical steps that we can take to heal ourselves and our fragmented world, author Daniel Grauer explores the use of sacred tools and technologies, such as natural psychedelics, meditation, and yoga, in order to reestablish an ideology of unity, work in symbiotic harmony with the Earth, and restore our world as a sustainable and prosperous whole. Grauer explains how individuals--and by extension societies--benefit from safely accessing transcendent states of consciousness, such as those provided by psychedelics. He explores how psychoactive substances have been used throughout history all over the world for healing, personal growth, spiritual development, and revealing hidden truths, such as in the Eleusinian Mysteries, Soma practices in Vedic India, and rituals in several South American indigenous cultures. Drawing on the plant intelligence work of Paul Stamets and Stephen Buhner, Grauer shows that the growth of individual and collective intelligence is hindered by the prohibition of psychedelics, which naturally foster humanity's capacity for analysis, innovation, and cooperation. In addition to creating a sense of unity with all things, psychedelics offer the mind a new perspective from which to analyze its experience and heighten its awareness. Drawing on his own experience and research, Grauer provides guidelines for how to safely use natural plant/fungi psychedelics in order to access the unified consciousness of our ancestors and induce the states of awareness we need to restore natural harmony to our world.

An illustrated, deep dive into Albert Hofmann's infamous "Bicycle Day" from Brian Blomerth.

This work is not only a general inquiry into ecstatic states of consciousness and an historical outline of the ecstatic poetic tradition but also an intensive study of five representative poets—Rumi, Wordsworth, Whitman, Dickinson, and Tagore. In a refreshingly original, wide-ranging engagement with concepts in psychology, religion, philosophy, aesthetics, sociology and history, this book demonstrates that the poetics and aesthetics of ecstasy represent an ancient, ubiquitous theory of poetry that continues to influence writers in the current century. 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.

In his seminal socio history of Punk, "England's Dreaming", Jon Savage makes the bald assertion that "Charles Radcliffe laid the foundation for the next twenty years of sub-cultural theory", referring in particular to his 1966 piece "the Seeds of Social Destruction" that appeared in the first of two issues of Radcliffe's co authored, insurrectionary street-zine, 'Heatwave'. Teddy Boys, Ton Up Kids, Mods and Rockers, Beats, Ban the Bombers, The Ravers (jazz heads): Radcliffe argued that the bank holiday bust ups, the demos, the riots, the sex drugs n rock n' roll, these were all part of a "youth revolt... (that) has left a permanent mark on this society, has challenged assumptions and status, and been prepared to vomit its' disgust in the streets. The youth revolt has not always been comfortable, valid, to the point or helpful. It has however made its first stumbling political gestures with an immediacy that revolutionaries should not deny, but envy." Radcliffe joined the International Situationists within the year, alongside (English founder) Chris Gray, but by the time 1968 had ended, and youthful revolt had fed into wide pockets of political turmoil globally, Radcliffe had started to drift towards other poles of late 60s's counterculture. He ended the 60's in long hair and loon pants, banged up in a Belgian prison on hash smuggling charges. This epic (900+ pages) book follows Radcliffe's trials and tribulations from public school beginnings, into the 60's underground and the Mr Nice style large scale hash smuggling years (his friend, Howard Marks, pops up throughout), on to prison, divorce, remarriage and beyond. It offers up important first hand perspectives on 60's / 70's counterculture, and an intimate portrait of a man who seemed to face the slings and arrows that fortune threw at him with a never ending supply of equanimity. And high grade hash.

Miller takes readers on an eye-opening tour of psychotropic drugs, describing the various kinds, how they were discovered and developed, and how they have played multiple roles in virtually every culture.

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

Facsimile of 2004 Edition. This Book is dedicated to the memory of Leo Zeff, with the fervent hope that the revelation of his work will help bring understanding and sanity to a confused world. The Secret Chief Revealed reveals for the first time the identity of pioneering psychedelic therapist Leo Zeff, which was kept secret in the original The Secret Chief. The book contains the same text as the original with 32 pages of added material including epilogues written by Leo's children and patients, and a new introduction by Myron Stolaroff. It comprises Conversations with Zeff, pioneer in the underground psychedelic therapy movement. Reviews: "Though my father enjoyed the occasional recognition that came his way in later years, no accolade or honor ever meant as much to him as a single human being telling him how much his knowledge, wisdom, and willingness to do this work has changed his or her life. He surely left the world - and me - richer for having known him." -- Sarah Zeff "In the illegality of his time it was unthinkable to publish the excellent results of his therapy. It is therefore praiseworthy that today, years after his death, a friend has undertaken the task of publishing the details of the therapeutic methodology of this intrepid Ph.D. psychologist." -- Albert Hofmann, Ph.D., inventor of LSD "Jacob (Leo) painfully weighed the pros and cons and made the decision to challenge the law, continue his work with psychedelics, and assume personal responsibility for his activity. He has already passed the judgment of his "family," the friends and clients whose lives he has profoundly changed. They remember him with great love and gratitude. It remains to be seen how he will be judged by history..." -- Stanislav Grof, M.D., author of LSD Psychotherapy.

Get excited for the 2021 Denis Villeneuve Dune film release, starring Timothée Chalamet, with The Science of Dune! Since its original publication in 1965, the Dune series has entranced generations of readers with its complex plotting, fascinating characters, grand scope, and incredible scientific predictions. This guide offers fascinating scientific speculation on topics including quantum physics, biochemistry, ecology, evolution, psychology, technology, and genetics. It scrutinizes Frank Herbert's science fiction world by asking questions such as: • Is the ecology of Dune realistic? • Is it theoretically possible to get information from the future? • Could humans really evolve as Herbert suggests? • Which of Herbert's inventions have already come to life? This companion is a must-have for any fan who wants to revisit the world of Dune and explore it even further.

How historical, social, and cultural forces shaped the psychedelic experience in midcentury America, from CIA experiments with LSD to Timothy Leary's Harvard Psilocybin Project. Are psychedelics invaluable therapeutic medicines, or dangerously unpredictable drugs that precipitate psychosis? Tools for spiritual communion or cognitive enhancers that spark innovation? Activators for one's private muse or part of a political movement? In the 1950s and 1960s, researchers studied psychedelics in all these incarnations, often arriving at contradictory results. In American Trip, Ido Hartogsohn examines how the psychedelic experience in midcentury America was shaped by historical, social, and cultural forces--by set (the mindset of the user) and setting (the environments in which the experience takes place). 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.

"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.

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.

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