

Shroom A Cultural History Of The Magic Mushroom Andy Letcher

Mushroom Wisdom explores the universal aspects of the psilocybin mushroom experience as it relates to spirituality. Author Martin Ball explains how mushroom use can lead the spiritual seeker to profound states of self-awareness and radical understanding of the nature of the self, reality, and the sacred. Topics include looking into the spiritual mirror to uncover an authentic sense of self, developing "witness" consciousness to overcome self-limiting concepts and judgments, and removing obstacles of ego and self-induced suffering to trigger the rich experience of "spirit flow." The book also addresses the creation and use of ritual, sacred objects, and the importance of sound and silence. Ball distinguishes between using mushrooms in spiritual work as opposed to simply having a pleasant psychedelic experience. Not a guide to how to have "fun" with psilocybin mushrooms, Mushroom Wisdom is a serious investigation into deep spiritual nature, drawing on both a wide array of scientific disciplines and ancient shamanic practices.

An illustrated foray into the hidden truth about the use of psychoactive mushrooms to connect with the divine. • Draws parallels between Vedic beliefs and Judeo-Christian sects, showing the existence of a mushroom cult that crossed cultural boundaries. • Contends that the famed philosophers' stone of the alchemist was a metaphor for the mushroom. • Confirms and extends Robert Gordon Wasson's hypothesis of the role of the fly agaric mushroom in generating religious visions. Rejecting arguments that the elusive philosophers' stone of alchemy and the Hindu elixir of life were mere legend, Clark Heinrich provides a strong case that Amanita muscaria, the fly agaric mushroom, played this role in world religious history. Working under the assumption that this "magic mushroom" was the mysterious food and drink of the gods, Heinrich traces its use in Vedic and Puranic religion, illustrating how ancient cultures used the powerful psychedelic in esoteric rituals meant to bring them into direct contact with the divine. He then shows how the same mushroom symbols found in Hindu scriptures correspond perfectly to the symbols of ancient Judaism, Christianity, the Grail myths, and alchemy, arguing that miraculous stories as disparate as the burning bush of Moses and the raising of Lazarus from the dead can be easily explained by the use of this strange and powerful mushroom. While acknowledging the speculative nature of his work, Heinrich concludes that in many religious cultures and traditions the fly agaric mushroom--and in some cases ergot or psilocybin mushrooms--had a fundamental influence in teaching humans about the nature of God. His insightful book truly brings new light to the religious history of humanity.

A detailed and comprehensive guide for growing and using gourmet and medicinal mushrooms commercially or at home. "Absolutely the best book in the world on how to grow diverse and delicious mushrooms."—David Arora, author of *Mushrooms Demystified* With precise growth parameters for thirty-one mushroom species, this bible of mushroom cultivation includes gardening tips, state-of-the-art production techniques, realistic advice for laboratory and growing room construction, tasty mushroom recipes, and an invaluable troubleshooting guide. More than 500 photographs, illustrations, and charts clearly identify each stage of cultivation, and a twenty-four-page color insert spotlights the intense beauty of various mushroom species. Whether you're an ecologist, a chef, a forager, a pharmacologist, a commercial grower, or a home gardener—this indispensable handbook will get you started, help your garden succeed, and make your mycological landscapes the envy of the neighborhood.

This cult classic of gonzo journalism is the best chronicle of drug-soaked, addle-brained, rollicking good times ever committed to the printed page. It is also the tale of a long weekend road trip that has gone down in the annals of American pop culture as one of the strangest journeys ever undertaken. Now a major motion picture from Universal, directed by Terry Gilliam and starring Johnny Depp and Benicio del Toro.

Illustrates more than 90 of the known hallucinogenic species from around the world, with an emphasis of the genus Psilocybe and includes information about their habitats, psychoactive powers and role in human cultures.

Do you want to grow your own magic mushrooms at home? Have you experienced the magical trip of psilocybin mushrooms before? This is a comprehensive guide on the medical, chemical and healing properties of magic mushrooms and for anyone who wants to understand the basics of magic mushrooms, their safe use and ways to cultivate them quickly, safely, and effectively at home. This book also presents the complete cultural history of psilocybin mushrooms, from prehistory to modern times . The author will guide you through different methods of cultivating psilocybin mushrooms (from basic growing to more advanced techniques) and provide you with detailed step-by-step instructions on how to create your first flush at home. So if you want to know how to recognize magic mushrooms, grow them in your home, and use them to improve your health, this is the only book you'll need! Here's what else you'll learn: How our ancestors used these mushrooms to utilize their many psychedelic and healing properties Classification of magic mushrooms, their life cycle and how they reproduce The natural habitats of psilocybin mushrooms on every continent How to cultivate mushrooms at your home - methods, conditions, and strategies Different psilocybin mushroom cultivation methods A step by step guide on growing psilocybin mushrooms from your own home Instructions for identifying magic mushrooms and recognizing potentially dangerous ones Molecular and chemical structures of mushrooms with a description of their physical and mental effects The legal status of magic mushrooms in different parts of the world How to use a magic mushrooms spores How to properly use psilocybin mushrooms safely Precautions to take for those using psilocybin mushrooms How to micro-dose psilocybin mushrooms and what that actually entails Calculating proper dosage for micro-dosing A list of most common species of psilocybin mushrooms And much more! Using psilocybin mushrooms for health benefits is completely safe, and you won't be in any danger of overdosing. However, you will need to know exactly how much mushrooms to consume and which ones are safe. This book will make sure you avoid common mistakes and have a pleasant, safe and healthful experience. So Scroll up, click on "Buy Now with 1-Click", and Get Your Copy Now!

Alice in Wonderland (also known as Alice's Adventures in Wonderland), from 1865, is the peculiar and imaginative tale of a girl who falls down a rabbit-hole into a bizarre world of eccentric and unusual creatures. Lewis Carroll's prominent example of the genre of "literary nonsense" has endured in popularity with its clever way of playing with logic and a narrative structure that has influence generations of fiction writing.

A comprehensive look at the long tradition of psychedelic magic and religion in Western Civilization • Explores the use of psychedelics and entheogens from Neolithic times through Antiquity,

the Middle Ages, and the Renaissance to the Victorian era and beyond • Reveals how psychedelics were integrated into pagan and Christian magical practices and demonstrates how one might employ a psychedelic agent for divination, sex magic, alchemy, communication with gods, and more • Examines the role of entheogens in the Mysteries of Eleusis in Greece, the worship of Isis in Egypt, the Dionysian mysteries, and the magical practices of the Thessalian witches as well as Jewish, Roman, and Gnostic traditions Unbeknownst--or unacknowledged--by many, there is a long tradition of psychedelic magic and religion in Western civilization. As Thomas Hatsis reveals, the discovery of the power of psychedelics and entheogens can be traced to the very first prehistoric expressions of human creativity, with a continuing lineage of psychedelic mystery traditions from antiquity through the Renaissance to the Victorian era and beyond. Describing how, when, and why different peoples in the Western world utilized sacred psychedelic plants, Hatsis examines the full range of magical and spiritual practices that include the ingestion of substances to achieve altered states. He discusses how psychedelics facilitated divinatory dream states for our ancient Neolithic ancestors and helped them find shamanic portals to the spirit world. Exploring the mystery religions that adopted psychedelics into their occult rites, he examines the role of entheogens in the Mysteries of Eleusis in Greece, the worship of Isis in Egypt, and the psychedelic wines and spirits that accompanied the Dionysian mysteries. The author investigates the magical mystery traditions of the Thessalian witches as well as Jewish, Roman, and Gnostic traditions. He reveals how psychedelics were integrated into pagan and Christian magical practices and demonstrates how one might employ a psychedelic agent for divination, magic, alchemy, or god and goddess invocation. He explores the use of psychedelics by Middle Eastern and medieval magicians and looks at the magical use of cannabis and opium from the Crusaders to Aleister Crowley. From ancient priestesses and Christian gnostics, to alchemists, wise-women, and Victorian magicians, Hatsis shows how psychedelic practices have been an integral part of the human experience since Neolithic times.

Terry Atkinson's study presents a fresh and startling theory about the true origin of one of our most enduring legends - the quest for the Holy Grail. Many authorities agree that the core theme of this seductive story, through all its metaphoric mutations over the centuries, is humanity's unrelenting desire for spiritual transcendence - for a state of heightened consciousness. Our modern concept of the Grail dates from the 15th Century story of the chalice from Christ's Last Supper, brought to the British Isles and then buried or somehow lost, and the subsequent holy mission of King Arthur's knights to retrieve the icon. But in traditional cultures of past millennia, where the legend originates, the goal of this sacred quest was a religious encounter of a different order. Our ancestors sought to reveal the presence of the divine being within through a mind-expanding experience rooted in nature. Every version of the Grail legend features near-impenetrable coded references to its entheogenic origins - the ritual use of naturally occurring psychedelics to reach transcendence. Approaching the subject like a detective solving an ancient mystery, the author employs textual forensics to explain for the first time the meaning behind several aspects of the story that have puzzled scholars for centuries. Unlike such works as "Holy Blood, Holy Grail" (whose theory was used as the basis of "The Da Vinci Code"), Atkinson's book delves deeply into Grail literature from the 12th Century, particularly the very earliest written work, Chretien de Troyes' "Parsifal." Launching a detailed investigation of the legend's intriguing fish symbolism and examining the key role of shamanism in Celtic and other ancient cultures, the author also uses clues drawn from Grail scholar Jessie Weston's "From Ritual to Romance," the classic study that inspired T. S. Eliot's "The Waste Land." The Grail is more real than most recent explicators and fabricators imagine, but in a very different way from that assumed by the old-school searchers. The author's astonishing conclusion is that the hallucinogenic mushroom "Amanita muscaria" is the long-lost secret origin of the legend. "

... The best source of information on growing mushrooms at home (back cover.).

Decomposing The Shadow presents a psychological model for the experience of the magic psilocybin mushroom. It explores what the experience of this psychedelic medicine exposes to us about the nature of mind, emotion, society, psychospiritual maturity, and reality itself. This book is about facing the darkness within each of us, developing the courage of emotional honesty, and investigating how the unacknowledged aspects of self, the shadow, can make the grounds of personal growth fertile again. The psilocybin mushroom offers us the opportunity to experience life from a point of amplified emotional, psychological, and spiritual significance. It unlocks a perspective of self and other that is naturally occurring within us, but culturally suppressed to the point of nearly complete omission. When we begin to navigate the vastly novel experiences this substance can provide us, we further enable its potential for not only exposing, but healing the unconscious narratives that hold us back from being our fullest, most courageous, most honest self.

ShroomA Cultural History of the Magic MushroomHarper Collins

"María Sabina's Selected Works introduces and enhances the understanding of one of the world's most remarkable poets. Mr. Rothenberg frames her work within the larger context of 'ethnopoetics' with no academic reductionism whatsoever, a rare and indispensable service to a 'world poet' such as Maria Sabina. The translation of Maria Sabina, her 'autobiography' and her oral poetry, is exquisite, powerful, rendered with linguistic dignity."—Howard Norman "This book transmits not only a full and rich experience with one of the most extraordinary personalities and poetic voices of our time, but also a great lesson in our understanding of the relations between religious inspiration and its artistic expression. It enriches our perceptions of the nature and possibilities of oral composition, complementing what we already know of it from the study of the Homeric and other poems in its great tradition."—George Economou "María Sabina is one of the great figures of American shamanism. Her Chants is a masterpiece of indigenous visionary poetry. Her Life is the account of a woman who transcended her own culture and its material poverty to become one of the great women of the twentieth century. The veneration of her work continues beyond her death. To read her is to embark on a journey to the world of the extrasensorial."—Homero Aridjis "In the chants of María Sabina, we can appreciate the interplay of individual invention and traditional liturgy within the oral creativity of a non-literate society. The recordings of her words that have saved them from oblivion give us the opportunity to glimpse the emergence of a genius from the soil of the communal, religious folk poetry of a native Mexican campesino people."—Henry Munn

A visionary guide to safely using psilocybin mushrooms to tap in to the wisdom of Nature and reconnect humanity to the biosphere • Explores the ecopsychological effects of wild psychedelic mushrooms, including enhanced biophilia, expanded awareness, eco-shamanic encounters, and access to the ancient wisdom that binds all life on Earth • Examines the most recent scientific studies on psilocybin in the U.S. and U.K. • Details the author's work to keep the use of psilocybin mushrooms legal in the U.K. and shows that an irrational rejection of scientific evidence

underlies the harsh war against psychedelic states of consciousness Psilocybin, the active ingredient found in psychedelic mushrooms, is an invaluable natural resource for spiritually revivifying the human psyche and reconnecting us to the biosphere and the vast intelligence of Nature. Interweaving the most recent scientific studies in the United States and Britain, more than 25 years of sacred mushroom exploration, and behind-the-scenes details on the political wars against psychedelics, Simon G. Powell offers a guide to safely navigating and maximizing the healing and spiritual potential of psilocybin. Powell explores the ecopsychological effects of wild psychedelic mushrooms, including enhanced biophilia, expanded awareness, mystical visions, and eco-shamanic encounters. He reveals how the beings and otherworldly teachers common in psilocybin experiences are actually emissaries from our higher consciousness that emerge when the floodgates of perception have been opened. He shares vivid descriptions from many of his own psilocybin journeys and shows how the mushroom offers a path of return to the ancient wisdom binding all life on Earth, a wisdom conveyed through tutorial visions and higher modes of perception. Illustrating psilocybin's healthful properties, now acknowledged by mainstream science, Powell describes his activism in the fight to keep psilocybin mushroom use legal in the U.K. and shows that an irrational rejection of scientific evidence underlies the harsh war against psychedelic states of consciousness. Laying the groundwork for a new relationship with our biosphere, Powell shows how the Earth's psychedelic medicines can reconnect us to the spirituality and wisdom of Nature and bring the human race back from the brink of ecological and existential disaster.

Is Santa Claus really a magic mushroom in disguise? Was Alice's Adventures in Wonderland a thinly veiled psychedelic mushroom odyssey? Did mushroom tea kick-start ancient Greek philosophy? Much stranger than the fictions it has inspired, the world of the magic mushroom is a place where shamans and hippies rub shoulders with psychiatrists, poets and international bankers. The magic mushroom was rediscovered only fifty years ago but has accumulated all sorts of folktales and urban legends along the way. In this timely and definitive study, Andy Letcher strips away the myths to get at the true story of how hallucinogenic mushrooms, once shunned in the West as the most pernicious of poisons, came to be the illicit drug of choice. Chronicling the history of the magic mushroom, from its use by the Aztecs of Central America and the tribes of Siberia through to the present day, Letcher takes a critical and humorous look at the drug's more recent manifestations. Since the 1970s scientists and others in major Western nations, the United States and the United Kingdom in particular, have identified hundreds of hallucinogenic species, isolated their active ingredients, learned how to cultivate them on an industrial scale, and spread them around the world. More than any other civilization that has come before us, and despite all the myths we have built, we, by all rights, are the true magic mushroom enthusiasts. Informative, lively and impeccably researched, Shroom presents a unique and engaging study of this most extraordinary of psychedelic drugs.

Did mushroom tea kick-start ancient Greek philosophy? Was Alice's Adventures in Wonderland a thinly veiled psychedelic mushroom odyssey? Is Santa Claus really a magic mushroom in disguise? The world of the magic mushroom is a place where shamans and hippies rub shoulders with psychiatrists, poets, and international bankers. Since its rediscovery only fifty years ago, this hallucinogenic fungus, once shunned in the West as the most pernicious of poisons, has inspired a plethora of folktales and urban legends. In this timely and definitive study, Andy Letcher chronicles the history of the magic mushroom—from its use by the Aztecs of Central America and the tribes of Siberia through to the present day—stripping away the myths and taking a critical and humorous look at the drug's more recent manifestations. Informative, lively, and impeccably researched, Shroom is a unique and engaging exploration of this most extraordinary of psychedelics.

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.

A definitive history of mescaline that explores its mind-altering effects across cultures, from ancient America to Western modernity Mescaline became a popular sensation in the mid-twentieth century through Aldous Huxley's *The Doors of Perception*, after which the word "psychedelic" was coined to describe it. Its story, however, extends deep into prehistory: the earliest Andean cultures depicted mescaline-containing cacti in their temples. Mescaline was isolated in 1897 from the peyote cactus, first encountered by Europeans during the Spanish conquest of Mexico. During the twentieth century it was used by psychologists investigating the secrets of consciousness, spiritual seekers from Aleister Crowley to the president of the Church of Jesus Christ of Latter-day Saints, artists exploring the creative process, and psychiatrists looking to cure schizophrenia. Meanwhile peyote played a vital role in preserving and shaping Native American identity. Drawing on botany, pharmacology, ethnography, and the mind sciences and examining the mescaline experiences of figures from William James to Walter Benjamin to Hunter S. Thompson, this is an enthralling narrative of mescaline's many lives.

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.

A journey to some of the Earth's most endangered people in the remote Upper Amazon. . . . a look at the rituals of the Bwiti cults of Gabon and Zaire. . . . a field watch on the eating habits of 'stoned' apes and chimpanzees - these adventures are all a part of ethnobotanist Terence McKenna's extraordinary quest to discover the fruit of the Tree of Knowledge. He wonders why, as a species, we are so fascinated by altered states of consciousness. Can they reveal something about our origins as human beings and our place in nature? As an odyssey of mind, body and spirit, *Food of the Gods* is one of the most fascinating and surprising histories of consciousness ever written. And as a daring work of scholarship and exploration, it offers an inspiring vision for individual fulfilment and a humane basis for our interaction with each other and with the natural world. 'Brilliant, provocative, opinionated, poetic and inspiring. . . . Essential reading for anyone who ever wondered why people take drugs.' Rupert Sheldrake

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.

"This little book is big fun."—Michael Pollan An illustrated mini-encyclopedia of fungal lore, from John Cage and Terrence McKenna to mushroom sex and fairy rings *Fungipedia* presents a delightful A–Z treasury of mushroom lore. With more than 180 entries—on topics as varied as Alice in Wonderland, chestnut blight, medicinal mushrooms, poisonings, Santa Claus, and waxy caps—this collection will transport both general readers and specialists into the remarkable universe of fungi. Combining ecological, ethnographic, historical, and contemporary knowledge, author and mycologist Lawrence Millman discusses how mushrooms are much more closely related to humans than to plants, how they engage in sex, how insects farm them, and how certain species happily dine on leftover radiation, cockroach antennae, and dung. He explores the lives of individuals like African American scientist George Washington Carver, who specialized in crop diseases caused by fungi; Beatrix Potter, creator of Peter Rabbit, who was prevented from becoming a professional mycologist because she was a woman; and Gordon Wasson, a J. P. Morgan vice-president who almost single-handedly introduced the world to magic mushrooms. Millman considers why fungi are among the most significant organisms on our planet and how they are currently being affected by destructive human behavior, including climate change. With charming drawings by artist and illustrator Amy Jean Porter, *Fungipedia* offers a treasure trove of scientific and cultural information. The world of mushrooms lies right at your door—be amazed!

One of the key enigmas of cultural history has been the identity of a sacred plant called Soma in the ancient Rig Veda of India. Mr. Wasson has aroused considerable attention in learned circles and beyond by advancing and documenting the thesis that Soma was a hallucinogenic mushroom - none other than the *Amanita muscaria*, the fly-agaric that until recent times was the centre of shamanic rites among the Siberian and Uralic tribesmen. In his presentation he throws fascinating light on the role of mushrooms in religious ritual. A section on the post-Vedic history of Soma is contributed by the Sanskrit scholar Wendy Doniger O'Flaherty. Brian C. Muraresku in his best selling book, *The Immortality Key: The Secret History Of The Religion With No Name*, used Robert Gordon Wasson's work: *Soma The Divine Mushroom Of Immortality* as one of his research tools. Brian C. Muraresku's book features a brilliant Foreword by Graham Hancock, the New York Times bestselling author of *America Before: The Key to Earth's Lost Civilization*. *Amanita muscaria* or the Fly Agaric is not a well-known mushroom based on its scientific name or common name. Yet, the picture on the left, of this mushroom, will probably be familiar to the reader. In recent time, it is the mushroom that has been adopted as the "prototype" mushroom in western cultures. Its image can be seen in Christmas and greeting cards, children's stories, science fiction and fantasy illustrations, and in mushroom models. There has even been a great deal made of its connections with Christmas, but probably too much has been made of this connection and different interpretations of this theory is available. However, it is more than just a "pretty mushroom". It is a species that is thought to have had tremendous impact on some of today's cultures for at least four thousand years and has been thought by some to be at the root of the origin of some of today's religions. In 1968, Gordon Wasson put forth the concept that this mushroom was the "plant" that was referred to as Soma, in his now much cited "*Soma, Divine Mushroom of Immortality*". Wasson believed Soma was the mushroom that was utilized in religious ceremonies, over 4000 years ago, before the beginning of our Christian era, by the people who called themselves "Aryans". Wasson also believed the hallucinogenic properties of the *A. muscaria* to be the cause of the "ecstasy" described in the Rig Veda, the holy book of the Hindu.

"Body, Mind & Spirit - Entheogens & Visionary Substances; Body, Mind & Spirit - Shamanism; Social Science - Popular Culture"--

This well-illustrated book allows anyone with common sense, a clean kitchen, and a closet shelf to grow bumper crops of mushrooms. Besides step-by-step guides to cultivating four species of psilocybin-containing mushrooms, the book offers a wealth of additional information, including an introduction to mushroom biology, a resource guide for supplies, advice on discreetly integrating psychedelic mushrooms into outdoor gardens, and insights into the traditional use of psilocybins in sacred medicine. Also included are appendices with a summary of all included recipes.

Mushrooms hold a peculiar place in our culture: we love them and despise them, fear them and misunderstand them. They can be downright delicious or deadly poisonous, cute as buttons or utterly grotesque. These strange organisms hold great symbolism in our myths and legends. In this book, Nicholas P. Money tells the utterly fascinating story of mushrooms and the ways we have interacted with these fungi throughout history. Whether they have populated the landscapes of fairytales, lent splendid umami to our dishes, or steered us into deep hallucinations, mushrooms have affected humanity from the earliest beginnings of our species. As Money explains, mushrooms are not self-contained organisms like animals and plants. Rather, they are the fruiting bodies of large—sometimes extremely large—colonies of mycelial threads that spread underground and permeate rotting vegetation. Because these colonies decompose organic matter, they are of extraordinary ecological value and have a huge effect on the health of the environment. From sustaining plant growth and spinning the carbon cycle to causing hay fever and affecting the weather, mushrooms affect just about everything we do. Money tells the stories of the eccentric pioneers of mycology, delights in culinary powerhouses like porcini and morels, and considers the value of medicinal mushrooms. This book takes us on a tour of the cultural and scientific importance of mushrooms, from the enchanted forests of folklore to the role of these fungi in sustaining life on earth.

From the author of *GROWING GOURMET AND MEDICINAL MUSHROOMS* comes the only identification guide exclusively devoted to the world's psilocybin-containing mushrooms. Detailed descriptions and color photographs for over 100 species are provided, as well as an exploration of their long-standing (and often religious) use by ancient peoples and their continued significance to modern-day culture. Some of the species included have just been discovered in the past year or two, and still others have never before been photographed in their natural habitats.

Companion to the film *Fantastic Fungi*. Contributions from Michael Pollan, Andrew Weil, Eugenia Bone, and many more experts make *Fantastic Fungi* an awe-inspiring visual journey through the exotic, little-known realm of fungi and its amazing potential to positively influence our lives. An all-star team of professional and amateur mycologists, artists, foodies, ecologists, doctors, and explorers joined forces with

time-lapse master Louie Schwartzberg to create *Fantastic Fungi*, the life-affirming, mind-bending film about mushrooms and their mysterious interwoven rootlike filaments called mycelium. What this team reveals will blow your mind and possibly save the planet. This visually compelling companion book of the same name, edited by preeminent mycologist Paul Stamets, will expand upon the film in every way through extended transcripts, new essays and interviews, and additional facts about the fantastic realm of fungi. *Fantastic Fungi* is at the forefront of a mycological revolution that is quickly going mainstream. In this book, learn about the incredible communication network of mycelium under our feet, which has the proven ability to restore the planet's ecosystems, repair our health, and resurrect our symbiotic relationship with nature. *Fantastic Fungi* aspires to educate and inspire the reader in three critical areas: First, the text showcases research that reveals mushrooms as a viable alternative to Western pharmacology. Second, it explores studies pointing to mycelium as a solution to our gravest environmental challenges. And, finally, it details fungi's marvelous proven ability to shift consciousness. Motivating both the visually stunning film and this follow-up book is an urgent mission to change human consciousness and restore our planet.

This book is the first published statement of the fruits of some years' work of a largely philological nature. It presents a new appreciation of the relationship of the languages of the ancient world and the implication of this advance for our understanding of the Bible and of the origins of Christianity.

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.

New York Times Book Review 10 Best Books of 2018 A New York Times Notable Book The #1 New York Times bestseller. 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.

A funny, lyrically brilliant memoir of learning to grow psychedelic mushrooms and discovering the vast power of mycelium wisdom and medicine.

A culinary and natural history of mushroom foraging subculture juxtaposes the experiences of savvy mushroom-hunting iconoclasts and loners against the high-priced capitalism of four-star kitchens.

For thousands of years on our planet, humanity has been involved in a symbiotic relationship with plants. Not only have plants supplied mankind with a never-ending food source, the necessary nourishment for our bodies, and life itself, but they have also served us in another way: an extremely important and intricate one, yet an often overlooked one. This book uncovers the natural link between man, consciousness, and God.

Is Santa Claus really a magic mushroom in disguise? Was Alice in Wonderland a thinly veiled psychedelic mushroom odyssey? Did mushroom tea kick-start ancient Greek philosophy? The 'magic mushroom' was only rediscovered fifty years ago, but has accumulated all sorts of folktales and urban legends along the way. In this timely and definitive study, Andy Letcher strips away the myths to get at the true story of how hallucinogenic mushrooms, once shunned in the West as the most pernicious of poisons, came to be the illicit drug of choice.

What is a truffle? Is it the über-shroom, the highest order of fungal foods? Does it arrive, as some cultures feel, in the moment of a thunderclap? One thing is for sure: despite its unappetizing appearance, the truffle is without a doubt one of the most prized ingredients in the world's pantry. In this book, Zachary Nowak digs deep into the history and fame of this unlikeliest of luxury items, exploring the truffle's intoxicating hold on our senses how its distinctive flavor has become an instant indication of haute cuisine. Nowak traces the truffle's journey from the kitchens of East Asia to those of Europe and the Americas. Balancing cultural, historical, and scientific perspectives, he offers a thorough and complete portrait of this many-sided mushroom. By comparing the truffle's history in the Old World with its growing prominence in the New World, he tells a larger story of the growth and dynamism of modern Western cuisine and food cultures. Featuring many instructive and surprising illustrations, and numerous recipes both historical and contemporary, this unique and fascinating book is a must-read for chefs, food historians, and anyone ever drawn by the truffle's mysterious, rich, and savory allure.

Black & White edition, second printing. Christianity and the Piltdown Hoax (one of the largest academic scandals in history) share many similarities: In both stories the information was constructed and then salted into the information stream, and, through the word of noted scholars, presented as fact, the truth. Scholars have egos and once committed to their ideas through scholarly publications, faculty meetings, and conferences, have difficulty seeing, hearing, or even appreciating an adverse view. To waver from a strongly held opinion could spell academic ruin and withdrawal of acclaim. This leads to lively debate, counter stories, and even character assassination if one side or the other is being out trumped in the symbolic m \acute{e} l \acute{e} e. Jan Irvin (*The Holy Mushroom*) has captured what we might call an "anthropology of clarification" regarding whether or not mushrooms, and mind-altering substances in general, played any role in the development of not only Judaism and Christianity but the total culture in play at that time. It is now recognized in many academic communities (anthropologists, sociologists, psychiatrists, psychologists) that sufficient evidence exists of the importance of these substances, both textual and visual, to say "yes" in very large letters. It is no longer theory. The questions Irvin asks are these: "If mind-altering substances did play this major role, then how would this affect our interpretations of the Bible and the Qur'an? Would this shed light on the origins of mystical experiences and the stories, for example Abraham hearing voices and Ezekiel's convenient visions? What would this suggest about the shamanic behavior of Jesus? What impact would this have on organized religion?" These are bold questions. This is a very useful volume for those interested in the Holy Mushroom and the politics of truth. Detailed and wonderfully illustrated; great bibliography. Professor John A. Rush, Sierra College

In *Mushroom Medicine: The Healing Power of Psilocybin & Sacred Entheogen History*, author Brian Jackson describes his personal experiences with psilocybin mushrooms, both recreationally, and as a medicine. The book also discusses the latest research being done on psilocybin at many top universities, which have shown promising results in the treatment of OCD, depression, & anxiety. These studies

have also shown a correlation between taking psilocybin and having mystical experiences. Due to these findings, the book also explores how psychedelic plants were used throughout history by numerous religious groups.

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