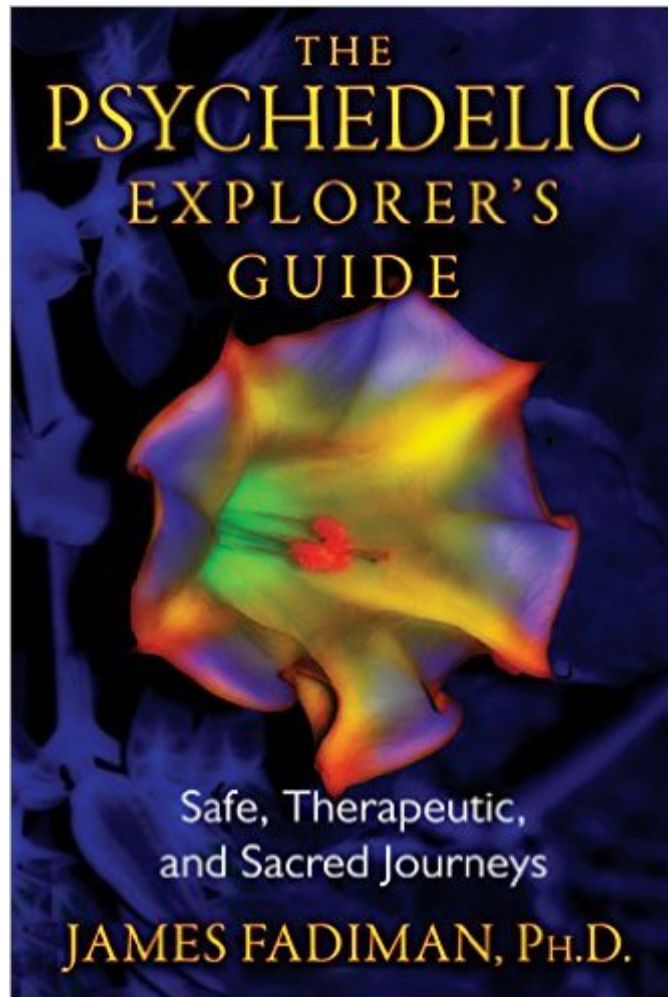


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The Psychedelic Explorer's Guide: Safe, Therapeutic, And Sacred Journeys



Synopsis

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 ultra-low doses improve cognitive functioning, emotional balance, and physical stamina • This year 600,000 people in the U.S. alone will try LSD for the first time, joining the 23 million who have already experimented with this substance • Called "America's wisest and most respected authority on psychedelics and their use," James Fadiman has been involved with psychedelic research since the 1960s. In this guide to the immediate and long-term effects of psychedelic use for spiritual (high dose), therapeutic (moderate dose), and problem-solving (low dose) 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 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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Customer Reviews

With the publication of *The Psychedelic Explorer's Guide*, James Fadiman has inaugurated a new era of spiritual and practical exploration of inner space. Mind you, he didn't invent or even rediscover the spiritual use of entheogens, nor the psychotherapeutic exploration of psychoactive plants and chemicals, but this guidebook represents a bold re-emergence of an ancient healing practice. Fadiman, a co-founder of the Institute of Transpersonal Psychology and author most recently of an undergraduate psychology textbook and *The Other Side of Haight: A Novel*, is a champion of psychedelic guiding. He's been around since the giddy big bang of psychedelic culture, and now, gladly, and with hope, turns the keys to guided journeys over to the grandchildren of that distant revolution. There's plenty by and about him on the web, if you're curious. Fadiman gets right to the guided session instruction without disclaimers and apologies--a courteous gesture considering we've waited for more than a generation already. The guidebook is replete with suggestions for both guide and voyager regarding everything from music, food and lighting to finer aesthetic points. The six aspects of the well-conceived voyage are set and setting (which you knew), but also: substance, sitter, session, and situation. The six stages of a voyaging session are all simple and easily spelled out, as well, but this is rather like saying most of the paintings in the Louvre are made with canvas, brushes and paint: within Fadiman's simple protocol exists a universe of possibilities.

A brilliant and thoughtful book by one of the leading proponents of safe and responsible use of psychedelics, primarily LSD. Although he acknowledges the spiritual power of entheogenic substances the main focus of the book is how to use these substances to enhance creativity. Based on his own research - together with Willis Harman - in the 60s. As well as eye witness accounts from recent times. Also touching on the (controversial) subject of regular use of low dose LSD in every day (work) life. The book has many scopes. accounts of the mind and career changing events for the early pioneers like Albert Hofmann, Aldous Huxley, Timothy Leary, Huston Smith and Stan Grof. Interviews with James Fadiman himself taken from *Higher Wisdom: Eminent Elders Explore the Continuing Impact of Psychedelics* (Suny Series in Transpersonal and Humanistic Psychology.) and *Time It Was: American Stories from the Sixties*. Although Fadiman clearly defines

himself as a law abiding citizen this book DO contain some well thought out and reasonable criteria for a succesful session. Especially focusing on the need of an experienced guide (who does NOT-unlike in the Leary experiments - take the substance her self). Personally I think there can be arguments for self experimentation with out outside helpers - as described in

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