

Jacket - How, in a world of suffering and joy, how do you become fully present and find meaning.

6 - Low Dose Shrooms "wonderfully italicized version of the familiar. Not ego dissolving"

7 - "I'd give a lot to have a jar of magic mushrooms" - may be wasted on the young.

Jung - in middle age you should experience the numinous.

8 - several lost the fear of death completely

9 Childlike sense of immediacy - like seeing things for the first time.

11 - The dissolution of ego - Not specific drug induced effect physiologically - may be KEY to "changing one's mind" - depression, anxiety, OCD

11 An alternative reality, a "beyond" cosmic/divinity

12 - Was it possible? to change one's mind in enduring ways?

13 All cultures on Earth - use plants to alter mind (why?)

18 MDMA operates differently

19 - Psychedelic - linguistically good "mind manifesting"

24 April 19 - is bicycle day - Dr Hoffman

~~Hofmann~~ Hofmann saw why youth culture adopted LSD - Reaction to materialist spiritually impoverished society - Lost Connection to Nature

26 Hofmann Founded New Religion?

Wow - No Need for "Faith" Extraordinary promise of Church of Psychedelics - Anyone/Anytime → primary Rel. experience

27 - wow - Supreme Court - Based on 1993 Religious freedom restoration

Act - extended peyote rights to a small ayahuasca church
Must be - compelling state interest - To stop Rel. plant use

And Scientific Paper "Psilocybin" can produce mystical experience

29 - The Activists said - We can not only heal individuals, but humankind.

36 Dobbin wants to/beyond science/integrate psychedelics into culture

41 - The Quality of Awareness experienced - is real more real

43 - Bob Jesse - Council on spiritual Practices.

44 Shulgin Re-created MDMA - patented 1912

1000+ Scientific Papers on Psychedelic Therapy

AND - Jesse - "The betterment of well people"

Houston Smith - Until the Good Friday Experiment I had had no direct personal encounter with god.

"You go far enough out you will bump into the sacred"
Consciousness - is a property of the universe - Not Brains

- 55 - it is the primal basis of religion
- 59 So much authority comes out of the primary mystical experience
- 63 - "sitters say" surrender to the experience
- Death / Transcendence of Ego - Trust surrender yourself.
- 61 - Johns Hopkins psychedelic work - going on 15 years
- 65 - Sitter - You are the astronaut - We are ground control, got you covered - Whenever you encounter anything scary (psychologically) go toward it, interrogate it... it can dissolve
- 66 - Name, and admit a feeling, & confess it to someone?
- 68 - Overwhelming sense of infinity / multiplied by another infinity
- 70 - Death - get a distinct sense that death is illusory
- Psychedelic insights - poised between profundity & banality
- 71 "Great Insight" - often the supreme importance of LOVE
- 73 - it tells you there is a world beyond this one
- 72 The Sitters Book "Bill Richards Flight Instructions" before Trip
- 74 - Hopkins study - Lasting personality change in adults.
- 79 - Fear of Death - majority of volunteers / gone or much diminished
- 81 Huston Smith - it offers spiritual revival - "resacralization of the natural and social world." SALLY
- 84 - Mushrooms produced meaning in human minds. Psilocybin
- 85 Perhaps "spirit" is immanent in nature - Nature is not mute
- 93 Mushrooms 7000 years or so of sacramental use
- 97 Get Photo's - Albert Hofmann, Maria Sabina
- 97 "Stoned Ape Theory" Psilocybin ingestion caused rapid development of hominid brain for analytical thinking and societal bonding (language encouragement) - 23 primates eat mushrooms
- 100 Incredible story - Paul Stamets - mushroom eat schrooms
- Wow - Studied at Evergreen with Jonathan Ott.
- 103 - Ott - entheogens, Pharmacological Inquisition, now entheogenic reformation.
- 105 - "Magic Mushrooms" term coined by Time-Life writer
- 106 Wasson - First Religion was from mushroom visions
- 108 Mushrooms WERE a mortal threat to Church Authority
- 109 - Indian - "Mushrooms carry you there where god is"
- 112 - Sabina - Before Wasson it was healing - not god
- 124 Psy = a source of variation. WHY have we been sent these molecules NOW - Because we have crisis, that calls for mental and behavioral de-patterning.
- 125 Plants / Mushrooms have intelligence. They want us to protect the environment - So - communicate with us. Need. B.D. Now Since in times of ecological Crisis we can't afford to wait for evolution. Stimulate it right.

- 144 Did Huxley "invent" the modern psychedelic experience?
- 149 - Osmond - in Canada 700 alcoholics over a decade - 1/2
- 153 Bill W. (AA) said LSD could give - reliably - the spiritual experience necessary to recover.
- 157 - Cary Grant - 60 sessions, "Born Again", **MORALITY**
"Now I cannot behave untruthfully toward anyone."
Huxley - it gave us access to mystical realms - spiritual ineffable beauty. Unmediated access - everyday consciousness is filtered - by the "reducing valve" ^{a meaty trickle}
- 169 - AL Hubbard - Johnny Appleseed of LSD.
Dosed 6000 of the rich & famous
Huxley/Hubbard "developed a desire to treat the whole of society" as is so common among devotees
- 173 Huxley - on LSD - "Love - The primary and fundamental Cosmic fact" ... does that "seem like t waddle".
- 176 - This is the greatest discovery man has ever made "Stolorov x"
- 178 - Great results with love, self esteem, higher power
- 184 - Real Role in Generation of Silicon Valley
- 207 CIA helped cause the "60s" - gave Ken Kesey LSD
- 214 Quite another thing to treat society as sick
Was deeply subversive - Dissolving what it contacted
- 222 Total Atheists had mystical experiences.
- 229 - 30 Guidelines for spiritual guides.
- 232 - realized - We live a very limited version of what life is
- 244 - He got into Holotropic Breathwork.
- 246 - move toward a monster or threat - demand to know
Why are you here. What do you have to teach me?
- 251 - Love is everything - it is not a platitude
- 264 Does cosmic/universal consciousness exist outside our brain?
- 265 - Ego dissolved "we can let go of the desires, fears, & defenses of a lifetime."
- 285 - Cancer Patient, Atheist, "bathed in God's grace"
- 287 - Great - Tennyson - ^{Lord} Clear boundless being. True life.
- 288 The fact that the tool is from nature makes it more, not less, meaningful.
- Is ego loss a prerequisite for spiritual progress?
- 289 After schrooms, he could feel the spirit in garden plants
- 290 If the ego sleeps the mind plays, new ideas.
- 297 - Quote Groff "Psychedelics are for psychology
what the telescope was for astronomy."
- 305 Loss of Ego Experience - Shows - on MRI
to be a quieting of the Default Mode Network

315 - Political Effect? - Overturns Hierarchies in the mind, $\rightarrow$ unconventional thinking, Potential to reshape users attitudes toward authority - of all kinds
315 Nature - shifts peoples attitude toward Nature

Psychedelics - Brain becomes more able to communicate internally, interconnected, flexible

317 Links parts of the brain that normally don't $\textcircled{A}$
Communicate.

318/319 ASTOUNDING Brain Scan Diagrams - Psilocybin
HOW TO CHANGE YOUR MIND

open up interconnected/communication within the brain!

321 By middle age habitual thinking is nearly absolute.

He wanted to "give his own snow globe a vigorous shaking
AGE may make the world more predictable BUT lessens responsibilities to create new space (time) for experiment.

322 - DFN goes $\downarrow$ entropy $\uparrow$ in the brain - so the "consciousness expansion" metaphor was good.

326 - Children do have different type of consciousness

There are problems a 4 year old will do better than adult

336 Few Tools in Psychiatry to address existential distress
This can recalibrate how we die.

338 - Look it straight in the eyes - Never try to flee - say "Why are you in my mind, what do you have to teach me?"

340 - Death - Becomes move to Another Type of Existence
Continuity of consciousness beyond death becomes much more plausible.

342 - They always do this with eyes shaded & headphones.
Love, sheer joy "Never had an orgasm of the soul before"

345 - Why did the atheists speak of "god's love" - "What other way is there to say it."

346 "Now I am aware that there is a whole other reality"

349 - 80% of cancer patients had less depression/anxiety.
350 - Patients with best outcomes were those who had the most complete mystical experience.

Papens offered little theory to explain the effects.

353 Death & Rebirth - feels threatening, face it, turns good.
Loss of "self" leads to gain in meaning?

354 Some of the new connections may be manifesting themselves as the new meaning or perspective.

355 A powerful antidote to existential terror. Not going

358 This BOOK - Lets the cat out of the bag back in

- 355 Bertrand Russell on death - Fast River out to ocean
- 363 The Great Insights - So Powerful - Seem Banal
- 366 Strong experience - "Reboots system - can" dope slap people out of their story.
- 367 - Wow Einstein - get free from the "prison" of self by "widening our circle of compassion to embrace all creatures / Nature"
- 369 - Big Study - It works for alcoholism
- 372 WDW Rats in Drug experiments won't become addicts if given a "rat park" with friends, toys, nature.
- 373 - Is it the experience of awe that is psychological key to "alter deeply rooted patterns of behavior"? Needs: Addiction is ... a radical form of selfishness. AWE
- 377 Psilocybin really works for depression! To broaden perspective
- 378-379 - "A veil dropped from my eyes" Before I enjoyed nature NOW I feel part of it.
- 381 - This could revolutionize mental health care.
- 379 - Especially good for childhood trauma.
- 384 - "What you feed" takes over "Every time we respond we get" trapped in loops - break loose
- Depression, Anxiety, Obsession, Addiction - These are problems with rigidity - too deep of patterning
- 385 Temporarily elevate entropy - break from default setting
- 386 Creates a "window of maximum plasticity"
- 388 - The mind is an excellent servant but a terrible master
- 389 - This dissolution of ego is MOST imp. to Therapeutic feel more spiritual
- 390 - Shrinking the self would make anyone more spiritual
- When self interest goes down - open heartedness to altruism goes up
- many say - P may not give you what you want, but they will give you what you need.
- On scan brain of meditator similar to one on psilocybin
- 395 - What is left without our ego? More than enough. You can let it float away - then really enjoy.
- Wow - visualized psychedelic time - to scan went way under baseline.
- We are on the edge of a frontier - trying to understand.
- 398 Everyone was at the MAPS conference. May well get Approval as psych drugs mmap & Psilo
- But DONT say medicalization is the one true path
- 400 Why would Big Pharma invest in a pill that could end a chronic problem - maybe in 1 dose

401 Wow! Psychedelic Hospice for family also

402 Guide helps integrate powerful experience to help you
understand and transform your life - H Smith quote

403 - True legacy of Timothy Leary - The people now
in charge know these molecules.

404 - Psychedelics could change the experience of dying.
We could fail - institutions want to control everything.

407 - Our Account of reality is incomplete at best
Wm. James "filmiest of screens"

It's Valuable to know this - these other dimensions!
ALSO BY Michael Pollan

413 Psychedelic Consciousness can reanimate the world
Shows us spirit in everything & the connection

Amazing Page

"It grants us a wider, ^{Cooked} more generous lens..."
^{Food Rules}

414 Quantum Physics is pretty psychedelic
^{In Defense of Food}

Mysteries Abide - but this I can
^{The Omnivore's Dilemma}

say with ^{The Botany of Desire}

Certainty; the ^{A Place of My Own}

mind is vaster ^{Second Nature}

and the world ever so much more alive,

than I knew when I began.