

D. Chopra - To call him the Einstein of consciousness would be an understatement
XV Rick - Humanity is in a race between catastrophe and consciousness (evolution) ECME

6 AL Hubbard - Johnny Appleseed of LSD.

13 People who trip together develop strong bond.

16 The Self healing intelligence of the Psyche directs consciousness to the most imp. unconscious memories which underlie symptoms.

- Decided high dose was best, using eye shades, music on headphones

19 - Test your reaction privately, before doing it socially.

Most productive sessions are those internalized

18 - Microdosing LSD is 10 to 20? micrograms. 20 is felt

19 - High dose sessions are best internalized / minimal contact other than music.

20 No Psychedelics - for people with cardiovascular issues

high dose

Don't Do People w. Brain Tumors or Pregnant Women

21 Ideally what a sitter should know - re subject

For Therapy - Keep Focused on Internalized Introspection - eye shades - minimal

Music can help stay in the experience - progress - elicit emotion

24 - After 5 hours - Get a report and move outside

25 invite family or friends to last hours of trip.

25 - Psychedelics, Unique, unparalleled therapeutic agents.

75 Jung Added "Collective Unconscious" to model of psyche - Both Historical & mythological domains.

80 Serious Bad Trip - Infection / Chased by crabs

108 Many Geniuses got inspiration in a "holotropic state of consciousness"

116 Descartes, 1619, René - cornerstone of rationalism - was inspired by 3 dreams.

118 Our Thinking goes on largely unconsciously and without symbols. - Einstein had intuitions - Mathematicians translated them.

138 Crick had LSD Vision of double helix DNA shape

140 Computers, Internet, Virtual Reality - were acid heads
Psychedelics (on scans) open up and increase communication between parts of the brain so that

- higher creative - New ability to resolve emotional and conceptual blockages, unexpected new ideas/connections.
- in some ways like the infant brain. freshness, newness, curiosity.

143 Archetypes are cosmic primordial patterns and governing principles, universals, templates for the particulars in the material world.

146 - Platonic "forms" had independent existence - beyond heaven

★ in Jung's "collective unconscious" I guess.

159 Once a religion is organized it often loses connection with its spiritual source & becomes a secular institution which exploits human spiritual needs without satisfying them.

161 We need new deep spiritual understanding - FROM

1) psychospiritual rebirth and 2) Return of the Feminine

163 The lack of significant Rites of passage contributes to many modern youth problems.

174 VAST The Way of the Psychonaut

CRISIS that we Encyclopedia for Inner Journeys

are facing reflects our (low) level of consciousness evolution
Resolution of crisis - must include a "radical inner trans-
formation of humanity on a large scale. ★ ECME ★

175 Animals don't have the "malignant aggression kind of violence that humans do."

176 Great Human Violence - There are Postnatal Reasons - but also deeper perinatal roots of great violence. Threat breeds Aggression.

200 With War or Revolution - destructive perinatal urges Acted out

202 No Interventions Volume Two

could create a better world unless they are associated with a profound transformation of human beings

209 - The deepest motivating force of the psyche is to return to the experience of our divinity.

211 emotional problems - are passed from generation to generation like a curse.

It can be more than healing - may be deep psychol
 spiritual transformation and changes in the hierarchy of values.

212 Psychonaut has enhanced enjoyment.

212 ECME - identification with the whole web of existence, leads to eco-awareness

213 Psychonautics - can awaken experiential spirituality
 undermine both atheist and fundamentalist

213 Our Species can undergo a profound spiritual transformation - or go extinct.

213 - Race Against time for mass consciousness change
★ Top paragraph (end) ECME.

221 Mental Health Professionals - generally pay no attention to dying.

219 - Spiritual experiences - have been pathologized.

220 { No Proof consciousness is produced by the brain.

222 Let's have experiential training for dying.

Psycho/spiritual death and ~~rebirth~~ Rebirth can remove fear of death. Practice - Encounter w/ Death does not come as a complete surprise.

26 - Our Fear of Death Exactly reflects our fear of holotropic states.

Ancient & other cultures prioritize and learn from - communicate - in these states we pathologize them.

228 It would be the transpersonal part of personality that would be most likely to survive after death.

229 - Transpersonal experience - Transcends space, time, linear causality... and so does "holotropic"

232 Death - There are documented Out of Body Experiences - So why not the same possibility after death.

238-241 - The Reality of Reincarnation.

250 "Dying before dying" - coming to terms w/ death - yields positive personality transformation - increase spirituality

251 - "We should seriously consider any avenue that offers some hope."

★ A radical inner transformation and rise to a new level of consciousness might be the only real hope in ~~the~~

257 ECME Experience the immanent divine and the ensouled universe

Underlying the world of separation is an undivided unified field of cosmic creative energy.

258 World view expands - after seeing the immanent divine.

Then The Transcendent divine - Archetypal Realm

261 - Distinguish between Religion - and the universal Non Theological Spirituality which spontaneously emerges

261 Spirituality is a private affair - it is the relationship between you and the cosmos.

262-63 - In 2 ways you can experience the supreme cosmic principle (The force/god) - 1. Merge with 2) Observe ^{The Mysteries}

264 - Benefits 1) Positive changes in personality structure 2) ecstatic feelings of peace/security 3) access to higher meaning.

265 - The "Cosmic Abyss" may work too. Full understanding of extraordinary states requires direct personal experience.

Deep self exploration - expand to reach identification with the Stanislov Grof, M.D., Ph.D. absolute.

266 our true nature is, with the entire field of cosmic creative energy identity - Atman/Brahman

The Supreme Cosmic principle may be experienced but is ineffable - cannot be adequately defined or explained.
"The Tao that can be told of is not the eternal tao"

Even when words are found they can only be understood by one who has had the experience.

273 - Unitive The Way of the Psychonaut

Experiences - Make it possible for individual monads of to overcome alienation and free themselves from the delusion of their separateness. - cosmic dance
Encyclopedia for Inner Journeys
Volume Two

277 Wow Ecme - Rel. dogmas obscure the fact that the only place where true spirituality can be found is inside the psyche ... Rel. can be an impediment to serious spiritual search.

280 Deep Transcendental Insight - results in ethical implications for our behavior. less aggression, more tolerance, wider view. Lessens proclivity to bad behavior ^{immoral}.
Teaches Love/compassion. Can create new system of values.

284 Individual units of consciousness experience painful alienation - have need to return to, reunite w/ the source.

285 When we have trials and woe (which is inevitable if your view is purely materialistic) - we have personal insignificance, impermanence death we can call on the  broader cosmic perspective that we have discovered through our inner quest.

★ 287 - The return of a spirituality MAPS - based on deep personal experience the return of meaning in life, fast, on a large scale, could improve our chances of surviving our current life threatening global crisis.
Multidisciplinary Association for Psychedelic Studies (MAPS)

318 TARNAS - Be open to the possibility of a cosmic intelligence ... coherent responsive