

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" means "mind manifesting"

24 April 19 - is bicycle day - Dr Hoffman  
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 psycde rights to a small ayahuasca church  
Must be - Compelling state interest - To stop Rel. plant use

And Scientific Paper "Psilocybin" can produce mystical experiences  
see 29

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

36 Doblin wants to/beyond science/integrate psychedelics

41 - The Quality of Awareness experienced - into culture

43 - Bob Jesse - Council on spiritual Practices - is real more real

44 Stulgin Re-created MDMA - patented 1912

1000+ Scientific papers on Psychedelic Therapy

AND - Jesse - "The betterment of well people"

Hoaston 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

60 That it can be threatening to existing hierarchical structures

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

70 - Death - get a distinct sense that death is illusory. infinity

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. Psylogibin

85 Perhaps "spirit" is immanent in nature - Nature is not mute

93 Mushrooms 7000 years or so of sacramental use

97 Get Photos - 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 wow - Studied at Evergreen with Jonathan Ott.

103 - Ott - entheogens, Pharmaciatric 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

to other dimensions.

- 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 measly 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 "Stoloroff"
- 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 get 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."
- 283 - Cancer Patient, Atheist, "bathed in God's grace"
- 287 - Great - Tennyson - 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  
 + 0 be a quieting of the Default mode Network

315 - Political Effect? - Overturns Hierarchies in the mind, → 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 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 (of time) for experiment.

322 - DFN goes ↓ entropy ↑ 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 eye shades & headphones.  
Love, sheer joy "Never had an orgasm of the soul before"

345 - Why did the atheist 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.

Papers 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  
358 This BOOK - Lets the cat out of the bag Not going back in

Not so secret

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 WOW Rats in Drug experiments wont 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. therapeutic feel more spiritual.

390 - Shrinking the self would make anyone more spiritual. When self interest goes down - open heartedness & altruism goes up

many say - P may not give you what you want, but they will give you what you need.

Oh 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 - & 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 MMMA & 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 dose

401 Wow! Psychedelic Hospice for family also

402 Guide helps integrate powerful experience to help you understand and transform your life - HSmith 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, <sup>Cooked</sup> more generous lens...  
<sup>Food Rules</sup>

414 Quantum Physics is pretty psychedelic  
<sup>In Defense of Food</sup>

Mysteries Abide. but this I can  
<sup>The Omnivore's Dilemma</sup>

say with <sup>The Botany of Desire</sup>  
certainty; the <sup>A Place of My Own</sup>  
mind is vaster <sup>Second Nature</sup>  
and the world ever so much more alive,  
than I knew when I began.

414 mysteries Abide Q note for DNA2