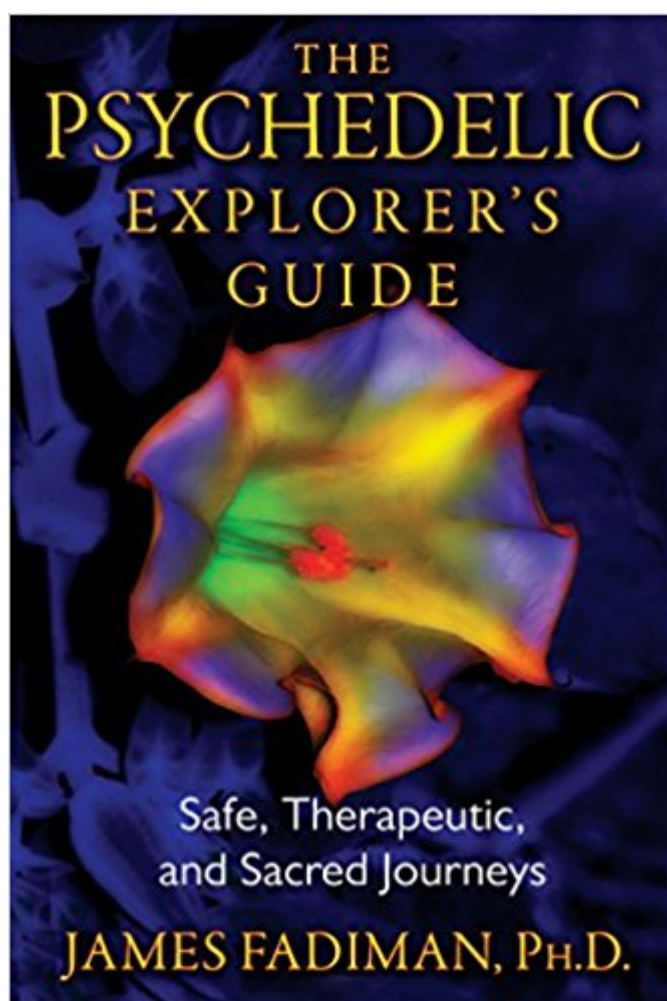


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# The Psychedelic Explorer's Guide: Safe, Therapeutic, And Sacred Journeys



## 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 microdosing (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 – “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 and microdose) 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 microdosing, 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.

## Book Information

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## Customer Reviews

“Truly destined to be a classic. Don't leave everyday reality without it.” (Erowid, October 2011) . . . The Psychedelic Explorer's Guide: Safe, Therapeutic, and Sacred Journeys, in which he [James Fadiman] clears up current myths and misperceptions about psychedelics, and presents findings from both long-neglected and recent clinical studies, research experiments, and surveys showing a surprising range of benefits from safe, supervised psychedelic use. (Blogcritics.org, October 2011) “This comprehensive resource offers a wealth of practical information for therapists and health-care professionals, researchers and scientists, psychedelic voyagers and their guides, and even policy makers.” (Gail Bradney, Carolyn Howard Johnson's New Book Review, November 2011) “I highly recommend that everyone read this book so they can hold informed opinions about this very strange and much maligned substance.” (Linda McDonell, November 2011) “Psychedelic practice...might have the ability to transform the very mechanisms of control and give birth to a society where the lessons of a transpersonal experience are known without the therapeutic aid of psychedelics. With any luck, time will tell and this book is certainly a step in the right direction.” (Psychedelic Press, December 2011) “This is some of the most thoughtful, wise, heartfelt, and essential instruction for the use of sacred medicine.” (Jack Kornfield, author of A Path with Heart) “Fadiman knows what he is talking about. This is the book we have needed.” (Huston Smith, author of The World's Religion) “Finally! A comprehensive guide not only to psychedelic use in a therapeutic setting but also, even more bravely, to psychospiritual exploration and cognitive enhancement. We are fortunate to reap the benefits of Professor Fadiman's years of cumulative knowledge and experience as well as to hear from a cadre of who's who in the psychedelic cognoscenti.” (Julie Holland, M.D., editor of The Pot Book and Ecstasy) “James Fadiman, one of the foremost pioneers of scientific research of the potential of psychedelic substances for therapy, self-discovery, spiritual quests, and creative problem-solving, has written an invaluable guide for safe and productive sessions. Based on more than forty years of the author's experience in the field and presented in a clear, easily understandable style, this

book is a breath of fresh air, dispelling the mis-information that has been disseminated over many decades by sensation-hunting journalists and fear-based antidrug propaganda. The publication of *The Psychedelic Explorer's Guide* could not be more timely; it coincides with a major renaissance of interest in psychedelic research worldwide. The information that it provides will thus be useful not only for the hundreds of thousands of people involved in self-experimentation but also for the new generation of psychedelic researchers.

• (Stanislav Grof, M.D., author of *LSD: Doorway to the Numinous*)

“James Fadiman was the Forrest Gump of the psychedelic sixties. He witnessed the first flowerings of that amazing era of mindexpansion, then kept popping up for cameo appearances whenever the action got particularly interesting and enlightening. Now, riding a new wave of scientific research into the beneficial use of these misunderstood substances, Fadiman is back with a practical and at the same time inspiring guidebook for the next generation of entheogenic explorers.

• (Don Lattin, author of the bestselling *The Harvard Psychedelic Club*)

“Approaching his subject from intimately historical, psychological-cultural, and accessibly authoritative perspectives, Fadiman’s psychedelic magnum opus establishes the benchmark reference for anyone interested in understanding, experiencing, or supervising the effects of this unique family of psychoactive substances.

• (Rick Strassman, M.D., author of *DMT: The Spirit Molecule*)

“At last, there’s a practical, commonsense manual for mindful therapeutic sessions using psychedelics, one that’s informed by the latest science and unfettered by arcane platitudes. It will be a boon to personal transformation and a road map for avoiding trouble along the way for all who use it. Bon voyage!

• (Charles Hayes, author of *Tripping: An Anthology of True-Life Psychedelic Adventures*)

“Psychedelics have been part of native cultures for centuries and remain so in many areas of the world. Properly used, they offer a one-step guide to enlightenment and connection with intuition as well as the soul and the Divine. Dr. Fadiman’s book offers the best information and guidance available today. Everyone interested in exploring the world of inner consciousness will find this work indispensable.

• (Norm Shealy, M.D., Ph.D., founder of the American Holistic Health Association)

“The prohibition of psychedelic drugs in the twentieth century unfortunately restricted a most promising and profound inquiry into the religious mysteries of consciousness. This brave and encouraging book goes a long way toward restoring our constitutional right to explore these mysteries. By encouraging individual responsibility and intelligence in this era of purported health care reform, James Fadiman takes a bold and refreshing step toward reclaiming our freedom of religion, which is the very essence of democracy and the American dream.

• (Robert Forte, editor of *Entheogens and the Future of Religion*)

“The *Psychedelic Explorer’s Guide* is a

brave and uniquely valuable book. Written by one of the most highly respected and innovative researchers from the 1960s, this extraordinary book covers topics not found in any other book on the subject. Fadiman offers us a beautifully written, insightful summation of important early research on creativity, problem solving, and psychospiritual development, tragically cut off by government edict, as well as new research on the use of sub-threshold doses of LSD to enhance normal functioning, in the process creating a road map for the future of psychedelic research. The *Psychedelic Explorer's Guide* wisely focuses not on pathology but on human potential for health and, as such, shows us how these transformative substances can improve the future of psychology--and the future of society. Throughout this radical yet evidence-based volume, Fadiman uses a combination of the research and his own broad personal experiences working with Leary, Alpert (Ram Dass), Kesey, and other seminal figures in psychedelic research and practice to make the convincing case that psychedelics offer the power to transform society and reintegrate unitary spirituality into Western civilization. The *Psychedelic Explorer's Guide* is written with a wry humor that brings Fadiman's sincere, soulful intentionality immediately to the reader, integrating and transforming from the moment one opens this important, mature, and absolutely essential book. If you are interested in the safe, effective, and transformative use of psychedelics to improve our lives and our society, you will devour this book. Fadiman's *The Psychedelic Explorer's Guide* is the finest book ever written on the topic--a must read. (Neal Goldsmith, Ph.D., author of *Psychedelic Healing*) " . . . this book is a breath of fresh air, dispelling the mis-information that has been disseminated over many decades by sensation-hunting journalists and fear-based antidrug propaganda. (GaiaMedia.org, May 2011)" "James Fadiman's manual offers helpful and well-informed guidance for those who seek the divine within through sacred plants and psychedelic substances. (Daniel Pinchbeck, author of *2012: The Return of Quetzalcoatl*) "Any interested in using psychedelics receives cautionary exploration of pros, cons, and discussions of myths and realities about them. (Midwest Book Review, August 2011)" "A checklist for voyagers and their guides as well as an extensive resource section make this a truly invaluable and definitive guide for everyone interested in psychedelics and their potential to make us wiser, smarter, healthier, and more compassionate. (Seattle Post Intelligencer, September 2011)

**SPIRITUALITY / ENTHEOGENS** "The publication of *The Psychedelic Explorer's Guide* could not be more timely; it coincides with a major renaissance of interest in psychedelic research worldwide. The information that it provides will thus be useful not only for the hundreds of

thousands of people involved in self-experimentation but also for the new generation of psychedelic researchers. --Stanislav Grof, M.D., author of LSD: Doorway to the Numinous

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.

**JAMES FADIMAN, Ph.D.**, did his undergraduate work at Harvard and his graduate work at Stanford, doing research with the Harvard Group, the West Coast Research Group in Menlo Park, and Ken Kesey. A former president of the Institute of Noetic Sciences and a professor of psychology, he teaches at the Institute of Transpersonal Psychology, which he helped found in 1975. An international conference presenter, workshop leader, management consultant, and author of several books and textbooks, he lives in Menlo Park, California, with his filmmaker wife, Dorothy.

in a way it's a shame this book didn't exist back in the sixties, when much of the experimentation was free-wheeled without any context other than the hippie culture. dr. fadiman makes it clear that real research was taking place on the benefits of psychedelics as applied to mental health and self-development. this guide provides proper context for the usage of these sacred medicines as well as instructions for proper set & setting. following dr. fadiman's recommendations will greatly increase your chances of a profoundly life changing event. he also discusses micro-dosing, which is becoming quite popular. don't leave 'home' without this guide.

Well written and informative overview of the subject matter, presented with as much factually based data as one might hope to discover.

Great read for those who wish to be enlightened

Very fun read with lots of good information. Make sure to educate yourself properly before you become a psychonaut for maximum benefits :)

What a great read this book was. Exhaustive resource on the subject of psychedelics. Highly recommend as a scholarly reference.

Information is concise, easy to read, includes accounts that are unique and the author is a master of the subject, almost no one in the world has his depth of understanding as James Fadiman - highly recommended for those with any interest what so ever in Psychedelic substance use.

This book contains lots of common sense stuff, but has much interesting material. I'm new to the Psychedelic world, so it's nice to have a guide. If you would like to make the most out of your psychedelic, check this book out. And remember, when concerning psychedelics It is better to be over informed ( if possible ) than under informed. Be wise; stay safe.

Incredibly useful resource for individuals looking to do their own explorations or people looking to sit for others. It helped me a lot to supervise sessions with some friends who had very different reactions than myself which posed challenges in the experience which I had never faced.

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