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

By James Fadiman



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

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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

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 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.

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Editorial Review

Review

“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*)

From the Back Cover

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.”

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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.

About the Author

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Users Review

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Jessica Lantigua:

The feeling that you get from The Psychedelic Explorer's Guide: Safe, Therapeutic, and Sacred Journeys will be the more deep you looking the information that hide into the words the more you get serious about reading it. It doesn't mean that this book is hard to be aware of but The Psychedelic Explorer's Guide: Safe, Therapeutic, and Sacred Journeys giving you thrill feeling of reading. The article writer conveys their point in particular way that can be understood by means of anyone who read that because the author of this e-book is well-known enough. This book also makes your vocabulary increase well. Making it easy to understand then can go along with you, both in printed or e-book style are available. We advise you for having this specific The Psychedelic Explorer's Guide: Safe, Therapeutic, and Sacred Journeys instantly.

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Hey guys, do you desires to finds a new book to study? May be the book with the name The Psychedelic Explorer's Guide: Safe, Therapeutic, and Sacred Journeys suitable to you? The actual book was written by famous writer in this era. The book untitled The Psychedelic Explorer's Guide: Safe, Therapeutic, and Sacred Journeys is the main one of several books this everyone read now. This book was inspired a lot of people in the world. When you read this publication you will enter the new age that you ever know previous to. The author explained their concept in the simple way, so all of people can easily to know the core of this reserve. This book will give you a great deal of information about this world now. To help you to see the represented of the world in this particular book.

Mike Huey:

Reading can called mind hangout, why? Because while you are reading a book particularly book entitled The Psychedelic Explorer's Guide: Safe, Therapeutic, and Sacred Journeys your mind will drift away trough every dimension, wandering in most aspect that maybe unidentified for but surely will end up your mind friends. Imaging each and every word written in a reserve then become one web form conclusion and explanation which maybe you never get prior to. The The Psychedelic Explorer's Guide: Safe, Therapeutic, and Sacred Journeys giving you a different experience more than blown away your brain but also giving you useful information for your better life within this era. So now let us teach you the relaxing pattern at this point is your body and mind will probably be pleased when you are finished studying it, like winning an activity. Do you want to try this extraordinary shelling out spare time activity?

Philip Edwards:

As a student exactly feel bored to be able to reading. If their teacher asked them to go to the library or to make summary for some book, they are complained. Just minor students that has reading's heart and soul or real their pastime. They just do what the trainer want, like asked to the library. They go to there but nothing

reading significantly. Any students feel that reading through is not important, boring and also can't see colorful pictures on there. Yeah, it is being complicated. Book is very important to suit your needs. As we know that on this time, many ways to get whatever we wish. Likewise word says, ways to reach Chinese's country. Therefore this The Psychedelic Explorer's Guide: Safe, Therapeutic, and Sacred Journeys can make you truly feel more interested to read.

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