

"This book demystifies and destigmatizes this still all too often misunderstood and underappreciated modality of healing, that promises to help so many who are trapped in anguish and suffering."

—DAVID BRONNER, Cosmic Engagement Officer, *Dr. Bronner's Magic Soaps*

TRIUMPH OVER TRAUMA

PSYCHEDELIC MEDICINES ARE HELPING PEOPLE
HEAL THEIR TRAUMA, CHANGE THEIR LIVES,
AND GROW THEIR SPIRITUALITY



TRANSFORMATIVE STORIES TO GUIDE YOU AS YOU
EMBARK ON YOUR OWN HEALING JOURNEY

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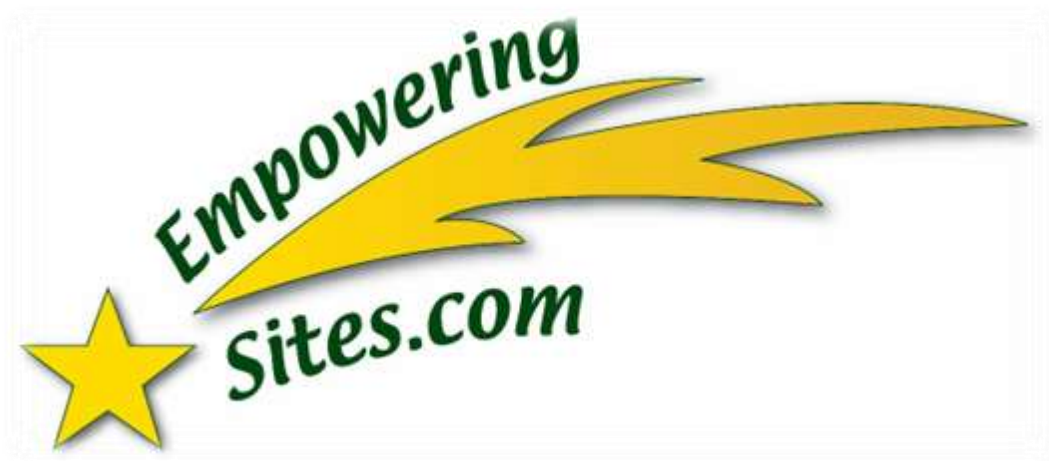
RANDALL S. HANSEN, PH.D.

Triumph Over Trauma

Psychedelic Medicines are Helping People Heal Their Trauma, Change Their Lives, and Grow Their Spirituality

Transformative Stories to Guide You as You Embark on your Own Healing Journey.

Dedication: This book is dedicated to all the people who have healed and been transformed through the use of psychedelic medicines – and all those who will receive the healing and help they need.



Disclaimer: *This book does not replace the advice of a medical professional. Consult your physician before deciding on whether psychedelic medicines can help you.*

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Appendix 1: Psychedelic Organizations and Web Resources

Some great organizations here – with all sorts of resources, from the latest scientific breakthroughs to finding clinical trials to tips on all aspects of the psychedelic medicine experience. Listed alphabetically.

Atlas of Psychedelic Research: a great tool for discovering research on psychedelics happening around the world. Jointly developed by Blossom, the University of Lisbon, and Synthesis Institute. URL: <https://atlasofpsychedelicresearch.com/>

Beckley Foundation: a nonprofit whose goal is to create a future in which the therapeutic potential of psychedelics is widely recognized, medically applied and harnessed as a tool to heal, increase well-being, and study consciousness. It has been at the forefront of global drug policy reform and scientific research into psychoactive substances, and actively collaborates with leading scientific and political institutions worldwide to design and develop ground-breaking research and global policy initiatives. URL: <https://www.beckleyfoundation.org/>

Blossom: is focused on making information about the potential of psychedelics available to all stakeholders to help speed up the psychedelic transition from trials to practice. Users can search for information on psychedelic papers, companies, key people, news, events, and more databases. URL: <https://blossomanalysis.com/>

Bonfire: Focused on integration and community, this group offers monthly online meetings to help guide and support people in the community. For people looking to do more serious work, it offers the “Campfire Crews,” which are facilitated groups with a guide or therapist to help support each member’s growth and healing. Meetings are a combination of structured discussions and activities. URL: <https://www.bonfire.earth/>

Center for Psychedelic & Consciousness Research: from researchers at Johns Hopkins University, one of the leading universities in the psychedelics space, where researchers focus on how psychedelics affect behavior, mood, cognition, brain function, and biological markers of health. URL: <https://hopkinspsychedelic.org/>

Chacruna Institute: a nonprofit that promotes reciprocity in the psychedelic community, and supports the protection of sacred plants and cultural traditions. “We advance psychedelic justice through curating critical conversations and uplifting the voices of women, queer people, Indigenous peoples, people of color, and the Global South in the field of psychedelic science.” URL: <https://chacruna.net/>

Cosmic Sister: “champions women’s frontline voices, emphasizing our responsibility – as Earth’s apex predator – to rapidly evolve from a cultural and behavioral perspective. We advocate for the right to journey with sacred psychedelic plants and fungi to jump-start rapid cultural evolution, starting with women’s healing, empowerment and self-liberation.” URL: <http://cosmicsister.com/>

Decriminalize Nature: a nonprofit that believes plants should not be illegal. Its mission: “improve human health and well-being by decriminalizing and expanding access to entheogenic plants and fungi through political and community organizing, education and advocacy. Its vision: “We envision happier, healthier individuals and communities reconnected to nature and entheogenic plant and fungi traditions and practices.” URL: <https://www.decriminalizenature.org/>

DoubleBlind Mag: a biannual print magazine and media company covering timely, untold stories about the expansion of psychedelics around the globe, stating: “Our stories strive to reach everyone touched by psychedelics, not just the loudest or most influential voices.” It also offers a variety of affordable online classes with some of the leading psychedelic experts. URL: <https://doubleblindmag.com/>

Drug Policy Alliance: a nonprofit with a mission to end the war on drugs – and especially drug users: “We believe that every person should be able to work, parent, be housed, have a community, experience joy, and live freely regardless of drug use.” It seeks to advance policies that “reduce the harms of both drug use and drug prohibition, and to promote the sovereignty of individuals over their minds and bodies.” URL: <https://drugpolicy.org/>

Empathic Health: its mission is to craft the best healing community in the world for its members, and to have fun doing it. It is a peer-supported psychedelic integration community that connects like-minded people to learn, share, and help others. URL: <https://www.empathic.health/>

Entheogenic Research Integration and Education (ERIE): a nonprofit organization dedicated to the sharing of entheogenic and transpersonal knowledge. It also hosts peer integration circles to facilitate meaning-making and community building, as well as monthly educational events – including symposiums, forums, and conferences on varied topics surrounding entheogenic research and activism. URL: <https://erievision.org/>

Erowid Foundation: a nonprofit educational and harm-reduction resource with an amazing library of resources – 60,000 pages of online information about psychoactive drugs, plants, chemicals, and technologies – including entheogens, psychedelics, new psychoactive substances, research chemicals, stimulants, and more. Its mission is to provide access to reliable, non-judgmental information about psychoactive plants, chemicals, and related issues. URL: <https://www.erowid.org/>

EntheoNation: a web show featuring visionaries pioneering the cutting-edge of awakening through psychedelic science, modern shamanism, and new paradigm lifestyles. Its mission: “to provide informative content about the therapeutic benefits of psychedelics & visionary plant medicines in a way that integrates science, culture, & spirituality. We love exploring non-ordinary states of consciousness for personal, spiritual, and social transformation.” URL: <https://entheonation.com/>

Fireside Project: a nonprofit that operates the Psychedelic Peer Support Line, providing free, confidential emotional support by phone, text message, and mobile app (firesideproject.org/app) to people who are having psychedelic experiences and people who are processing past psychedelic experiences. The support number is 62-FIRESIDE (623-743-7433), open every day from 11am to 11pm PT. *Everyone is welcome by the fireside.* URL: <https://firesideproject.org/>

Fungi Academy: a global community of mushroom cultivators, psychedelic explorers, permaculturists, and eco-changemakers – working together to empower individuals and cultivate deeper connections through revealing the magic of fungi. It works to make mushroom education accessible and easy by connecting a global community to empower the growing and sharing of fungal wisdom. URL: <https://fungiacademy.com/>

Graduate Student Association for Psychedelic Studies: focuses on supporting collaboration among graduate students, recent graduate students, and post-doctoral residents who are engaged in psychedelic research and clinical practice. URL: <https://gsaps.org/>

Heffter Research Institute: a nonprofit organization that promotes research of the highest scientific quality with classic hallucinogens and psychedelics (predominantly psilocybin) to contribute to a greater

understanding of the mind leading to the improvement of the human condition – and to alleviate suffering. URL: <https://www.heffter.org/>

Heroic Hearts Project (HHP): a nonprofit organization with a mission to build a healing community that helps veterans suffering from military trauma recover and thrive by providing them with safe, supervised access to psychedelic treatments, professional coaching, and ongoing peer support. It connects military veterans struggling with mental trauma to psychedelic therapy options including Ayahuasca, psilocybin, and ketamine. URL: <https://www.heroicheartsproject.org/>

H.O.P.E. Project: offers four-month programs that connect military spouses, female veterans, and Gold Star wives with counseling services, support and community – all around psychedelic healing journeys. URL: <https://thehope-project.org/>

Ligare: an open network of people who desire legal and safe access to psychedelics – who believe that Christianity and other existing religious traditions offer paths for preparing, experiencing, and integrating mystical experiences, including those served by sacred plants and compounds... to gain widespread acceptance of psychedelics as a tool for emotional, physical, and spiritual well-being. URL: <https://www.ligare.org/>

Lucid News: with a mission to provide informed, honest, and transparent journalism that covers the growing integration of psychedelics into society and their broad implications for human wellness. – offering news and opinion from a wide range of perspectives to help readers navigate this pivotal moment of innovation and transformation. URL: <https://www.lucid.news/>

Melanated Consciousness: a nonprofit organization that evolved from a passion to connect with like-minded Black and Brown people having psychedelic experiences. It was created to support women – who have made sacred medicines a part of their practice for healing and transformation. Also about connecting BIPOC individuals with BIPOC facilitators. URL: <https://www.melanatedconsciousness.org/>

Microdosing Collective: a nonprofit dedicated to leading the conversation about the necessity of legal, regulated, and safe access to microdosing, while educating on the benefits of legalizing microdosing psychedelics for optimal human wellness... research-backed, community-driven, and rooted in evidence-based outcomes. URL: <https://www.microdosingcollective.org/>

Microdosing for Healing: is a nationwide community of diverse individuals committed to the intentional practice of microdosing earth medicines. Ranging in age from 21 to 91, community members come to practice for physical healing, emotional balance, mental health, spiritual discovery and personal growth – learning cultivation skills, best practices, personal development and reverence for natural medicines within a warm, welcoming and supportive community. URL: <https://www.microdosingforhealing.com/>

Microdosing Institute: a global education, community, and research platform that builds vital connections in society and brings together ancestral wisdom with modern science to allow for safe, conscious, and effective microdosing with psychedelics. URL: <https://microdosinginstitute.com/>

Mindbloom: a for-profit mental health and well-being company on a mission to help people expand their human potential. Its goal is bringing clinicians, technologists, and researchers together to increase access to science-backed psychedelic medicine treatments, focused primarily on increasing access to effective science-backed treatments for anxiety and depression, starting with guided ketamine therapy. URL: <https://www.mindbloom.com/>

Multidisciplinary Association for Psychedelic Studies (MAPS): one of the best-known organizations leading the charge of psychedelics into therapeutic medicines. It is a nonprofit research and educational organization working to raise awareness and understanding of psychedelic substances. URL: <https://maps.org/>

National Psychedelics Association: a nonprofit creating products, services, and infrastructure essential to overcome challenges so that non-prescription psychedelic-assisted care can expand safely and consistently across the US. Has a mission of ensuring everyone in the U.S. can and will get the support they need accessing psychedelic-assisted therapy. URL: <https://www.yournpa.org/>

People of Color Psychedelic Collective: a nonprofit that supports healing and justice in communities of color through knowledge and expertise of psychedelics. The organization is committed to a psychedelic revolution that increases accessibility, as well as financial and technical infrastructure, to communities of color while reducing harm and dangers stemming from lack of diversity. URL: <https://www.pocpc.org/>

Plant Medicine Coalition: a nonprofit with a mission to create, protect, and promote safe, equitable access to natural and synthetic psychedelic plant medicines through local and national advocacy. URL: <https://www.plantmedicinefoundation.org/>

Plant Medicine Healing Alliance: A nonprofit with a mission to decriminalize fungi and plant medicines for home growing, group healing, and ceremonial and religious purposes... promoting sustainable sourcing and honoring, in mutual reciprocity of care, the human, plant, and animal ecologies where the medicines grow. URL: <https://plantmedicinehealing.org/>

Psychable: created to be a community, connecting people who are exploring the power of psychedelic-assisted therapy with practitioners who can support them. As the legal landscape continues to shift, it wants to simplify the process of finding experienced professionals offering legal healing modalities (i.e. ketamine-assisted therapy, somatic healing, and breathwork) along with those that can help patients with their pre- and post-psychedelic experiences. URL: <https://psychable.com/>

Psyche: a digital magazine from Aeon that illuminates the human condition through psychology, philosophy, and the arts, disseminating knowledge from a wide range of expert perspectives. Psychology and philosophy are key, but it also draws on history, anthropology, and other disciplines. URL: <https://psyche.co/>

The Psychedelic: is “a treasure box filled with powerful insights, deep research, and critical news all about the world of entheogens and psychedelics.” Includes detailed information on Ayahuasca, DMT, kratom, MDMA, mescaline, and psilocybin. URL: <https://thepsychedelic.com/>

Psychedelic Access Directory: a directory for the BIPOC community, where users can easily search its Queer or BIPOC Psychedelic Provider, finding a trusted network of top-rated psychotherapists, physicians, nurses, and community healers. URL: <http://www.psychedelicaccessdirectory.com/>

Psychedelic Experience: a comprehensive online resource for information surrounding psychedelic substances. Its mission is to support and facilitate global healing and personal growth through safe, responsible, and legal use of plant medicines and psychedelic-assisted treatments. URL: <https://www.psychedelicexperience.net/>

Psychedelic Frontier: dedicated to empowering individuals to make safe and intelligent decisions regarding their own consciousness, with information designed with the purpose of education and harm

reduction. It encourages the responsible exploration of non-ordinary mental states, including the use of psychedelics by qualified persons in safe and legal settings. URL: <http://psychedelicfrontier.com/>

Psychedelic Insights: A for-profit organization with a mission to help people enhance personal growth and development through a well-prepared safe set and setting for guided psychedelic experiences, focused on psilocybin truffles in the Netherlands. It focuses on innovating personal transformation to accelerate the tipping point of human consciousness. URL: <https://psychedelicinsights.com/>

Psychedelic Medicine Coalition: a women-led, nonprofit advocacy organization that believes natural psychedelic plant medicines and their synthetic relatives hold vast potential as tools for improving the health and wellness of individuals and their communities. URL: <https://psychedelicmedicinecoalition.org/>

Psychedelic News Wire (PNW): is a specialized content distribution company that (1) aggregates and distributes news and information on the latest developments in all aspects and advances of psychedelics and their use. PNW is committed to delivering improved visibility and brand recognition to companies operating in the emerging markets of psychedelics. URL: <https://www.psychedelicnewswire.com/>

Psychedelic Passage: is a for-profit organization comprising a network of U.S.-based psychedelic guides & tripsitters who facilitate in-person ceremonial psychedelic experiences with an emphasis on harm reduction. “We foster transformational journeys through the exploration of consciousness, which we believe to be a fundamental human right.” URL: <https://www.psychedelicpassage.com/>

Psychedelic Science Review: discusses scientific research and knowledge about psychedelics, from chemistry to psychology – where science writers break down complex topics, offering context and connecting important concepts in the literature to familiar examples. It also offers background information about psychedelic compounds, an ever-changing history of events surrounding psychedelics, and the organizations and people involved in progressing the field. URL: <https://psychedelicreview.com/>

Psychedelic Sisterhood: BIPOC-founded, womxn-led community dedicated to creating safe spaces for womxn and gender non-conforming persons to rediscover their relationship to the cosmos and the divine feminine through altered states. It encourages examining “alternative healing methods in melting away normative labels so that we can naturally traverse our true selves.” URL: <https://www.thepsychedelicsisterhood.com/>

Psychedelic Societies: catalogs the more than 100 psychedelic societies, meetups, and groups around the world for people seeking a local and reliable source of information about psychedelics; these groups sponsor book clubs, group discussions, documentary viewings, workshops, visiting speakers, and other events. From The Psychedelic. URL: <https://thepsychedelic.com/psychedelic-societies/>

Psychedelic Spotlight: its mission is to help people obtain a reliable source for the latest stories in the emerging psychedelics industry, covering breakthrough discoveries, investor news, and cultural reform. URL: <https://psychedelicspotlight.com/>

Psychedelic Support: designed as a platform to accelerate personal and global transformation by advancing responsible psychedelic-assisted therapy and is a leading education and therapeutic platform – advocating for mental health and well-being worldwide. URL: <https://psychedelic.support/>

Psychedelic Times: its mission is to share the latest news, research, and happenings around the study of psychedelics as tools of healing, recovery, and therapy. Focused on the incredible potential that

psychoactive substances such as cannabis, Ayahuasca, MDMA, LSD, iboga, psilocybin, and DMT present to humanity. URL: <https://psychedelictimes.com/>

Psychedelics Daily: has as its mission to be the voice for the psychedelic community, to present well-researched, high-quality material and advice on the responsible and effective use of psychedelics for living happier and healthier lives. Also, to influence public opinion sufficiently through education and raising awareness to legalize the responsible use of psychedelic drugs by adults. URL: <https://www.psychedelicsdaily.com/>

Psychedelics Today: is dedicated to exploring and discussing the important academic/scientific and other research in the field of psychedelics, with a particular interest in how psychedelics and other non-ordinary states of consciousness relate to the human potential, as well as the healing potential that they can foster. URL: <https://psychedelictoday.com/>

Reality Sandwich: is a free public education platform with more than 5,000 pieces of content, serving up a full spread of psychedelic information, including a plethora of research, news, and culture to enhance your knowledge of psychedelics, as well as user guides and interviews with experts in the field of psychedelic research. URL: <https://realitiesandwich.com/>

RollSafe.org: an educational website about MDMA, with numerous articles and useful information on safe practices with MDMA. URL: <https://rollsafe.org/>

Sabe Journeys: a Public Benefit Corporation and veteran-owned business, helping to expand veteran access to psychedelic healing through focused retreats and the nonprofit organizations Heroic Hearts Project and the H.O.P.E Project. These cooperative missions provide hope and healing from PTSD, TBI, trauma, depression, and more, to our nation's veterans and military families. URL: <https://sabejourneys.org/>

Sisters in Psychedelics: with a mission to create a community and a platform that empowers people to elevate the divine feminine and other underrepresented voices in the evolution of the psychedelic ecosystem... offering engagement, inspiration, acceptance, and healing – to all. URL: <https://sistersinpsychedelics.org/>

Sociedelic: is a nonprofit community dedicated to promoting knowledge and responsible use of psychedelic compounds and provides journalism on natural therapies and medicines to enhance the mind, body, and spirit. It shares the latest news, research, and happenings around the study of psychedelics as tools of healing, recovery, and therapy. URL: <https://www.sociedelic.com/>

SPORE (Society for Psychedelic Outreach, Reform, Education): is a nonprofit with a mission as a community organizing and educational media platform – promoting community health and wealth, equity and justice, and responsible stewardship with psychedelics. URL: <https://www.thespore.org/>

The Third Wave: has as a mission to share trusted, research-based content that helps people feel safe, supported, and empowered as they follow their path toward personal transformation. Its vision is to help co-create a global movement that embraces psychedelic use to heal ourselves and our world, offering a cohesive platform that meets individual needs, offers guided support, enables integrated experiences, and fosters meaningful connections across our global ecosystem. URL: <https://thethirdwave.co/>

TrippyWiki: has as a mission to help people find the right psychedelics and use them safely and effectively, helping society integrate psychedelics. Offers guides on many psychedelic medicines, including LSD, DMT,

ketamine, peyote, Ibogaine, MDMA, psilocybin, 5-MeO DMT, Ayahuasca, cannabis, and many more. URL: <https://trippywiki.com/>

TripSafe.org: an educational website about psychedelics, with a main focus on LSD and Psilocybin/Magic Mushrooms, as well as others. URL: <https://tripsafe.org/>

TripSitter: an educational resource exploring the safe and responsible use of psychedelics, serving as a guide and offering support in preparation for a psychedelic journey. Includes well-researched content to help people understand how psychedelics work and how to use them safely for the purpose of personal growth and development. URL: <https://tripsitter.com/>

Tripsitters: has as its mission to manage a loving, supportive community of psychonauts and facilitators. Providing resources, education, and guidance for every step of the healing journey. Its vision is a healthy and happy world where everyone has safe access to psychedelic medicines. URL: <https://www.tripsitters.org/>

Truffle Report: is dedicated to bringing readers the best of the burgeoning psychedelic space through high-quality content and original storytelling... with a goal of driving the mainstreaming of psychedelics across legal, business, cultural, and medical and scientific channels. URL: <https://truffle.report/>

Veterans of War: nonprofit that connects teams of veterans to psychedelic-assisted guided group therapy designed to heal the scars of war in community. URL: <https://www.veteransofwar.org/>

VETS (Veterans Exploring Treatment Solutions): a nonprofit with a mission to end the veteran suicide epidemic by providing resources, research, and advocacy for U.S. military veterans seeking psychedelic-assisted therapies for traumatic brain injury (TBI), post-traumatic stress disorder (PTSD), addiction, and other health conditions. URL: <https://vetsolutions.org/>

Women on Psychedelics (WOOP): is an educational platform and a global community of female psychedelic enthusiasts and professionals who believe in the transformative potential of psychedelics... and to the end of the stigmatization around women's mental health and women's drug use. URL: <https://www.womenonpsychedelics.org/>

Zendo Project: a nonprofit organization committed to peer support services, providing professional comprehensive harm reduction education and support for communities to help inform and transform difficult (bad, challenging) psychedelic experiences into opportunities for learning and growth. URL: <https://zendoproject.org/>

Psychedelic Podcasts

Adventures Through the Mind: Hosted by James. W. Jesso, this podcast covers numerous topics – all grounded in psychedelics and the mind. Topics range from spirituality, mental health, and emotional maturity; to love, relationships and sexuality; to history, philosophy, and neuroscience. URL: <https://www.jameswjesso.com/podcast/>

Ayahuasca Talks: Hosted by Rebecca Hayden, an Ayahuasca integration coach and mental health advocate, focuses on Ayahuasca integration, with discussion about how the medicine changes our minds, hearts, lives – and the world around us. URL: <https://rebeccahayden.com/Ayahuasca-talks-podcast/>

Celebrating Women in Psychedelics: Hosted by Sonia Stringer, a passionate advocate for psychedelic-assisted therapy who has devoted her entire career to studying traditional and innovative approaches to psychology and personal transformation. Learn how women are shaping the emerging psychedelic landscape – and connect with women involved in psychedelics around the world. URL: <https://www.celebrating-women-in-psychedelics.com/>

Entheogen: Hosted by the trio of Joe, Brad, and Kevin, this podcast covers psychedelics and related tools used in therapeutic, medicinal, sacramental, and recreational contexts. URL: <https://entheogenshow.com/>

The Entheogenic Evolution: Hosted by Martin W. Ball, features visionaries pioneering the cutting-edge of awakening in psychedelic science, modern shamanism, and visionary culture, with discussions of the nondual and unitary nature of being as revealed by conscious entheogenic energetic awakening as well as broad topics in psychedelics, therapy, philosophy, science, and culture. URL: <https://www.podomatic.com/podcasts/entheogenic/>

Hamilton Morris Podcast: Hosted by none other than Hamilton Morris, the host of the wonderful Vice show, *Hamilton's Pharmacopeia*, and featuring topics on all areas of psychedelics – including talks with legends in the field, self-experiments with little-known psychedelics, more. URL: <https://hamiltonmorris.buzzsprout.com/>

Let's Talk Plant Medicine: Hosted by Dr. Lara Ohonba, a clinical pharmacist certified in medical cannabis, this podcast covers alternative ways to improve your health and well-being – using the healing power of medicinal herbs such as cannabinoids, psychedelics, and conventional therapy. URL: <https://wci-health.com/podcast/>

MAPS Podcast: Hosted by Zach Leary, this production from the Multidisciplinary Association for Psychedelic Studies is designed to inspire and ignite your imagination into the world of psychedelic research and culture. Includes unique information sourced from talks, presentations, and panels that have taken place at past *Psychedelic Science* conferences and other unique events. URL: <https://maps.org/news/maps-podcast/>

Microdosing the Podcast: Dedicated to Your Health and Wellness Journey: Hosted by Functional Health and Wellness Coach D. Michael Brooks candidly discusses his extensive use of microdosing psychedelic medicine to break his sugar addiction, advance his weight loss journey, and drastically improve his mood and mindfulness. His overall goal is to provide education and offer insights that may be valuable as you decide on an alternative to traditional Western medicine. URL: <https://microdosingthepodcast.com/>

Mikeadelic: Hosted by Mike Brancatelli, this podcast explores big ideas through a psychedelic point of view with a focus on cognitive liberty. Mike's mission is to create a space for inspiring and unconventional conversations that provoke interesting and unique explorations of deep thoughts and ideas. URL: <https://mikedelic.libsyn.com/>

Minority Trip Report: a podcast for under-represented views and life journeys with mental health, psychedelics, and consciousness. Hosted by Raad, a Bangladeshi-Canadian entrepreneur at the trifecta of consciousness, culture, and capital. URL: <https://www.minoritytrip.com/>

Plus Three: this podcast takes a deep dive into the world of drugs, from local decriminalization and emerging psychedelic corporations to leftist politics and mass incarceration. Each week the team and guests attempt to make sense of the complex connections between drugs, science, capitalism, policy, and culture. <https://www.psymposia.com/podcasts/plusthree/>

The Psychedelic Christian Podcast: Hosted by Clint Kyles, this podcast provides a platform for Christians to share their thoughts and experiences concerning psychedelics with the broader Christian community. The podcast is a space for Christians to learn more about this topic, by witnessing the thoughts, opinions, and experiences of their peers – to supplement the faith community with enough sound information to make practical judgments on this phenomenon. URL: <http://thepsychedelicchristianpodcast.com/>

The Psychedelic Leadership Podcast: Hosted by Laura Dawn, and with a focus on conversations about how we can learn to embody heart-centered leadership so we can influence real change and create a more beautiful world – exploring the intersection between psychedelics and sacred plant medicines, neuroscience and consciousness, creativity and resilience, business and entrepreneurship, meaning and purpose. URL: <https://lauradawn.co/psychedelic-leadership-podcast/>

Psychedelic Medicine Podcast: Hosted by Dr. Lynn Marie Morski, this podcast focuses on demystifying and destigmatizing plant medicines through education – of both the medical establishment and others who could potentially benefit from these medicines. URL: <https://www.plantmedicine.org/podcast/>

Psychedelic Passage Podcast: Hosted by professional psychedelic guides and facilitators Nicholas Levich and Jimmy Nguyen, the focus of this podcast is providing tips and best practices, as well as answering common questions about safely using psychedelics for meaningful change. URL: <https://www.psychedelicpassage.com/podcasts/>

The Psychedelic Psychologist: Hosted by integration expert Dr. Ryan Westrum, this conversational-style podcast includes clients and other guests who use talk therapy to integrate psychedelic experiences for healing and personal transformation. URL: <https://podbay.fm/p/the-psychedelic-psychologist/>

Psychedelic Radio: this podcast aims to illuminate and destigmatize the use of psychedelic medicines and provide real insight into the paradigm shift that is forming around how mental health is treated. Charles Patti and Christina Thomas discuss how psychedelic medicine is being used to treat a myriad of mental health issues. URL: <https://cannabisradio.com/audio/8003/>

Psychedelic Salon: Hosted by Lorenzo Hagerty, with a focus on the use and benefits of psychoactive plants and chemicals, both in their natural settings and in medical research. More than 650+ episodes. URL: <https://psychedelicsalon.com/podcasts/>

Psychedelic Spotlight Podcast: covers the latest stories in the emerging psychedelics industry, including breakthrough discoveries, investor news, and cultural reform, to develop a powerful and intuitive network for collaboration with industry leaders, researchers, and investors who are transcending the way the world regards what is possible in mental health, the mind and human consciousness. URL: <https://psychedelicspotlight.com/psychedelic-community/podcast/>

Psychedelic Therapy Frontiers: Hosted by Dr. Steve Thayer and Dr. Reid Robison, this podcast explores the frontiers of psychedelic medicine and what it takes to cultivate a healthy mind, body, and spirit, as well as discussing the science, practice, and art of psychedelic healing. URL: <https://www.psychedelictherapyfrontiers.com/>

The Psychedelic Therapy Podcast: Hosted by Eamon Armstrong, this podcast focuses on conversations with leaders in the psychedelic community – and is specifically designed for therapists, healers, retreat leaders, and passionate enthusiasts. URL: <https://www.mayahealth.com/podcast/>

Psychedelic Times Podcast: Hosted by Wesley Thoricatha, the focus is on sharing the latest news, research, and happenings around the study of psychedelics as tools of healing, recovery, and therapy. URL: <https://psychedelictimes.com/category/podcasts/>

Psychedelics Today: Hosted by Joe Moore and Kyle Buller, this podcast focuses on important academic and other research in the field of psychedelics. It discusses how psychedelics relate to human potential and healing. URL: <https://psychedelictoday.com/podcast/>

The Third Wave: Hosted by Paul Austin, this podcast explores the many minds of the emerging psychedelic renaissance. Through conversations with thought leaders across various disciplines, it explores how psychedelics, when used with intention and responsibility, catalyze transformation on both an individual and collective level. URL: <https://thethirdwave.co/podcast/>

TrueLife: Hosted by the affable George Monty, this podcast takes a deep dive into the depths of the unconscious mind. Psychology, philosophy, psychedelic research and social engineering are but a few of the topics investigated. Tactical empathy, purple dawn theory, beautiful beaches, and book reviews. URL: <https://podcasts.google.com/search/TrueLife/>

The Vine: An insightful look into the world of plant medicine. Exploring the changing landscape around cannabis and psychedelics, and ending the stigma through educational discussions. From the Plant Media Project and hosted by the co-founders Gina Vensel and Elizabeth Sheldon. URL: <https://www.plantmediaproject.com/blog/>

Worth the Fight Podcast: If you're curious about psychedelic medicines, flow states, and how our deepest traumas just might be our greatest hidden strengths, then check out this podcast hosted by Matt Simpson. Find guests who, through their journey and transformation, tell their stories of hope, healing, and expansion. "With each episode, we activate hearts and minds, reminding ourselves we are all worth the fight." URL: <https://wtfpodcast.org/>

Psychedelic YouTube Channels

Beyond the Medicine – Holo Therapeutics: where you can find video content on psychedelics, plant medicines, and entheogens produced by Holo Therapeutics (<https://hololife.health/>). Find video interviews and stories of healing with people and professionals in the psychedelic community, and professionals who have used psychedelics to expand their worlds. Discover the power of psychedelics to help create real-life changes. URL: <https://www.youtube.com/channel/UCd31EgDc0XuCl1chfxFVjRA/>

High Priestess Healing: a video channel from healer Jessica Posillico, Reiki Master and certified life coach. Several videos on her channel focus on Ayahuasca – prep, journey, and integration. (Review her story in Chapter 10.) URL: <https://www.youtube.com/channel/UCSIEHs4A1Xe19uN80ankzKA/>

Appendix 2: Psychedelic Books and Documentary Movies & Series

This appendix is divided into print and streaming. The first section will cover books and the second section documentaries streaming on various platforms. All of these resources are some of the best for continuing your education into psychedelic medicine and healing through psychedelics.

Books About Psychedelics

If you are looking to take a deep dive into psychedelics and psychedelic plant medicines, then this list of 30+ books should keep you busy for some time! Any and all of these books make an excellent addition to your psychedelic library and to your greater understanding of this interesting field.

I have tried to include a broad selection of books, from some basic books on using psychedelics to books that have a specific focus on one or more of these psychedelic medicines.

Psychedelic Wisdom: The Astonishing Rewards of Mind-Altering Substances, by Richard Louis Miller, Ph.D. (with chapter contributions from many other experts). 1644115433. A discussion of how scientists, doctors, therapists, and teachers have applied their entheogenic experiences in their professions, leading to therapeutic advancements, scientific discoveries, and healing for thousands.

The Psychedelic Explorer's Guide: Safe, Therapeutic, and Sacred Journeys, by James Fadiman, Ph.D. 1594774021. Reviews the value of psychedelics for healing and self-discovery as well as how LSD has facilitated scientific and technical problem-solving.

How to Change Your Mind: What the New Science of Psychedelics Teaches Us About Consciousness, Dying, Addiction, Depression, and Transcendence, by Michael Pollan. 1594204225. Presents a remarkable history of psychedelics and a compelling portrait of the new generation of scientists fascinated by the implications of these drugs.

Psychedelics For Everyone: A Beginners Guide to these Powerful Medicines for Anxiety, Depression, Addiction, PTSD, and Expanding Consciousness, by Matt Zemon. 979-8986267432. Provides readers with an inspiring foundation for understanding the profound transformational power of psychedelics, including medically reviewed information from experts in the clinical use of psychedelics.

Psychedelic Integration: Psychotherapy for Non-Ordinary States of Consciousness, by Marc Aixelà. 0907791395. traces the evolution of psychedelic-assisted therapy and integration research from the 1960s to the present moment, explains therapeutic techniques, and outlines a clinician's real-world observations on the deep work of healing. The book offers 11 metaphors for understanding integration and concisely explains the seven dimensions of integration, which the author sees as inextricably linked to preparation and the psychedelic session experience.

The Promise of Psychedelics; Science-Based Hope for Better Mental Health, by Dr. Peter Silverstone. 979-8845820686. Introduces scientific advances in our understanding of psychedelics: how they work, what the risks are, and which ones will transform mental health treatment for millions of patients.

The Psilocybin Connection: Psychedelics, the Transformation of Consciousness, and Evolution on the Planet – An Integral Approach, by Jahan Khamseh-zadeh, Ph.D. 1623176549. Explores our historical and ancestral relationship to psychedelics, presents new and exciting research, and explores what psilocybin can mean for us today.

Queering Psychedelics: From Oppression to Liberation in Psychedelic Medicine, edited by Alex Belser, Ph.D., Clancy Cavnar, Psy.D., and Beatriz Caiuby Labate, Ph.D. 1957869038. By addressing and dismantling sexist, heteronormative, transphobic, and homophobic forms of oppression in the psychedelic community, this collection features a broad range of perspectives from queer academic researchers, LGBTQIA+ clinicians, and Indigenous and transgender advocates.

Food of the Gods: The Search for the Original Tree of Knowledge: A Radical History of Plants, Drugs, and Human Evolution, by Terrence McKenna. 0553371304. Showcases research on our ancient relationship with chemicals, opens a doorway to the Divine, and perhaps a solution for saving our troubled world. Includes a revisionist look at the historical role of drugs in the East and the West.

Sacred Medicine: A Doctor's Quest to Unravel the Mysteries of Healing, by Lissa Rankin, MD. 1683647424. Follow Dr. Rankin around the world to meet healers gifted and flawed, go on pilgrimage to sacred sites, investigate the science of healing, and learn how to stay safe when seeking a healer.

Sacred Knowledge: Psychedelics and Religious Experiences, by Dr. William A. Richards. 0231174063. A sophisticated account of the effect of psychedelics on biological processes, human consciousness, and revelatory religious experiences. Follows the belief that, if used responsibly and legally, psychedelics have the potential to assuage suffering and constructively affect the quality of human life.

The God Molecule: 5-MeO-DMT and the Spiritual Path to the Divine Light, by Gerardo Ruben Sandoval, MD. 1611250498. A story of the author's attempt to discover/find the most powerful source of healing energy in the natural world, which he finds in the secretions of the Sonoran Desert toad — the most profound healer of all: 5-MeO-DMT, the God molecule.

DMT: The Spirit Molecule: A Doctor's Revolutionary Research into the Biology of Near-Death and Mystical Experiences, by Rick Strassman, MD. 9780892819270. Read the detailed account of Dr. Rick Strassman, who conducted US DEA-approved clinical research from 1990 to 1995 at the University of New Mexico in which he injected 60 volunteers with DMT, one of the most powerful psychedelics known.

Psychedelic Medicine: The Healing Powers of LSD, MDMA, Psilocybin, and Ayahuasca, by Richard Louis Miller, Ph.D. (with chapter contributions from many other experts). 1620556979. Explores the potential of psychedelics as medicine and the intersections of politics, science, and psychedelics.

The Psychedelic Handbook: A Practical Guide to Psilocybin, LSD, Ketamine, MDMA, and Ayahuasca, by Rick Strassman, MD. 1646043812. Learn everything you need to know about psychedelics with this ultimate guide packed with information on popular psychedelic drugs like psilocybin, ketamine, MDMA, DMT, and LSD... plus practical tips for microdosing and how to safely "trip."

Integration Workbook: Planting Seeds for Growth and Change, by Kyle Buller and Joe Moore. 1986544613. Psychedelic experiences can be difficult, confusing, blissful, and life-changing, but knowing what to do next can be overwhelming. This psychedelic integration workbook is designed to help you through your process. This workbook consists of different activities such as meditation prompts, journaling exercises, and goal planning.

Psychedelics and Spirituality: The Sacred Use of LSD, Psilocybin, and MDMA for Human Transformation, edited by Thomas B. Roberts, Ph.D. 1644110229. Reveals how psychedelics can facilitate spiritual development and direct encounters with the sacred. With contributions by Albert Hofmann, Huston Smith, Stanislav Grof, Charles Tart, Alexander "Sasha" Shulgin, Brother David Steindl-Rast, and many others.

Grandmother Ayahuasca: Plant Medicine and the Psychedelic Brain, by Christian Funder. 1644112353. An exploration of the history, shamanic use, psychoactive effects, current scientific studies, and therapeutic potential of Ayahuasca.

The Entheological Paradigm: Essays on the DMT and 5-MeO-DMT Experience and the Meaning of it All, by Martin W. Ball, Ph.D. 979-8592426919. Leading entheogenic advocate presents a naturalistic, rational, and objective view on the nature of reality as seen through the lenses of DMT and 5-MeO-DMT when appreciated from a radical nondual perspective.

Tripping: An Anthology of True-Life Psychedelic Adventures, edited by Charles Hayes. 0140195742. Includes 50 stories about unforgettable psychedelic experiences from an international array of subjects representing all walks of life, as well as supplemental essays about psychedelics.

The Doors of Perception and Heaven and Hell, by Aldous Huxley. 0061729078. Two of the most profound essays are included in this one volume... exploring the mind's remote frontiers and the unmapped areas of human consciousness.

The Joyous Cosmology: Adventures in the Chemistry of Consciousness, by Alan W. Watts. 9781608682041. Examines how the consciousness-changing drugs LSD, mescaline, and psilocybin can facilitate for people who are looking for understanding and reflection.

Breaking Open the Head: A Psychedelic Journey into the Heart of Contemporary Shamanism, by Daniel Pinchbeck. 0767907434. Explores the author's personal journeys and experiences with various plant substances such as iboga and Ayahuasca, along with his quest for knowledge about shamanism.

Worth The Fight: Acting for a Better World, A Guide to Spirituality, Psychedelic Medicines and Overcoming Trauma, by Matthew Simpson. 1796938327. A book that provides a hopeful look at how psychedelics, meditation, and flow might impact a world starved of love. The book calls for a love revolution that is fueled by forgiveness, compassion, kindness and selfless service to others.

Plants of the Gods: Their Sacred, Healing, and Hallucinogenic Powers, by Richard Evans Schultes, Albert Hofmann, and Christian Ratsch. 0892819790. Three titans of the field provide insights and depths in this revised version. Explores the uses of hallucinogenic plants in shamanic rituals throughout the world.

LSD: Doorway to the Numinous: The Groundbreaking Psychedelic Research into Realms of the Human Unconscious, by Stanislav Grof, MD. 1594772827. From one of the leading LSD researchers in the world, this book describes the pharmacology of the LSD reaction and goes deeply into reporting and categorizing the multi-level and transpersonal aspects of it.

Listening to Ayahuasca: New Hope for Depression, Addiction, PTSD, and Anxiety, by Rachel Harris, Ph.D. 1608684024. The author shares her original research (the largest study of Ayahuasca use in North America) into its effects on depression, anxiety, and PTSD, along with her own personal experiences.

Iboga The Root of All Healing, by Daniel Brett. 1838446214. For those addicted to harmful substances, iboga, and its alkaloid – Ibogaine, represents a potent means of interrupting addictions, particularly to opioid-based compounds. However, like iboga itself, this book is not solely for the benefit of addicts, but for people seeking healing and transformation.

A Dose of Hope: A Story of MDMA-Assisted Psychotherapy, by Dan Engle, MD, and Alex Young. 1544521022. A groundbreaking, informative, and easy-to-read book that discusses MDMA treatment through the eyes of

a fictional patient so you can see how it works without ever setting foot in a doctor's office. Follow in-depth conversations between doctor and patient, learn about the history of MDMA-assisted therapy, and understand how and why it helps.

Magic Mushroom Explorer: Psilocybin and the Awakening Earth, by Simon G. Powell. 162055366X. A visionary guide to safely using psilocybin mushrooms to tap into the wisdom of nature and reconnect humanity to the biosphere. It explores the ecopsychological effects of wild psychedelic mushrooms, including enhanced biophilia, expanded awareness, eco-shamanic encounters, and access to the ancient wisdom that binds all life on Earth.

Your Brain on Psychedelics: How do Psychedelics Work? Pharmacology and Neuroscience of Psilocybin, DMT, LSD, MDMA, Mescaline, by Genis Ona. 8418943343. With this guide you will learn the keys to the effects of psychedelics, which are capable of producing significant changes in the processes of perception, thought and consciousness.

The Beginners Introductory Guide to DMT - Psychedelics and The Dimethyltryptamine Molecule, by Alex Gibbons. 1095584812. Full of fascinating stories. Explore the effects of DMT including the risks and benefits of taking it in the modern world. Educate yourself and learn the history of this psychedelic compound before you decide to go further.

The Psychedelics Integration Handbook, by Ryan Westrum, Ph.D., and Jay Dufrechou, Ph.D. 173387660X. Designed to bring psychedelic experiences into the flow of your life and maximize their potential for helping you create the life you want to live. This is not a book with black and white answers but an offering to individual people who want to explore all the possibilities for being alive and seeking wholeness.

And for those considering microdosing rather than macrodosing, check out...

Microdosing Psychedelics: A Practical Guide to Upgrade Your Life, by Paul Austin. 1980670919. A comprehensive guide to all the necessary information on the practice of microdosing – including protocols, benefits, drawbacks, and sourcing. Oriented toward anyone interested in microdosing to improve their general well-being.

The Microdosing Guidebook: A Step-by-Step Manual to Improve Your Physical and Mental Health through Psychedelic Medicine, by C. J. Spotswood, PMHNP. 1646043103. Learn about the history, research, and helpful effects of microdosing psychedelic medicines like psilocybin, LSD, ecstasy, and more with this combination manual and workbook.

Integrate: 3 Month Microdosing Guide, by Kristin Taylor. 1387719580. This guide/journal allows an intuitive way to process the learning, lessons and creativity that comes along with the microdosing journey. The medicine is the doorway, integration is the path.

The Science of Microdosing Psychedelics, by Torsten Passie, MD. 099280888X. A carefully researched and scientifically presented book that provides an objective and clear perspective on microdosing LSD and other psychedelics, covering key areas such as history, tolerance, toxicity, and placebo.

The Complete Guide to Microdosing Psilocybin Mushrooms | Guidebook & Journal: An All-Inclusive Beginners Guide to Microdosing Psilocybin Mushrooms & a Microdosing Journal, by Alan Alpert. 979-8845820686. An all-inclusive beginners guide to microdosing psilocybin mushrooms – along with a detailed microdosing journal for integration.

Documentaries About Psychedelics

If you are looking to explore and enhance your knowledge of plant medicines and psychedelics (including tetrahydrocannabinol-THC from cannabis, psilocybin, Ayahuasca, mescaline, Ibogaine, bufotenine, MDMA, LSD, ketamine, and others), then this list of documentary films and series is for you.

While you will find many of the same experts and researchers discussing psychedelics in these documentaries, the perspective is often different... and some focus on just one psychedelic medicine, while others cover even some very obscure psychedelics.

Most of these documentaries look at the progress in the research (now finally being renewed after almost five decades of being banned) of psychedelics for dealing with such a wide variety of mental and health issues, including addiction, depression, anxiety, OCD, post-traumatic stress, Alzheimer's disease, and more.

Most of these documentaries are streaming on the major platforms (Netflix, Hulu, Amazon, YouTube) ... and more are coming!

Movies

Ayahuasca: Vine of the Soul (2010). A documentary set in the heart of the Amazon, a naturopathic doctor and an accountant experience life-altering epiphanies when they drink the psychoactive brew Ayahuasca, the 'Vine of the Soul.'

AYA: Awakenings (2013). This documentary is adapted from a book by Taz Razam titled *Aya: A Shamanic Odyssey*. It explores the modern business of Westerners traveling to the Amazon and Ayahuasca shamanism as it relates to "spiritual tourism" and how this industry clashes with the traditional view of shamanism.

Dirty Pictures (2010). Examines the amazing work and life of Dr. Alexander "Sasha" Shulgin and takes viewers inside his Northern California home where he lived with his wife of 40 years. (He and his wife are now both dead.) The movie also covers some of the spiritual aspects of psychedelics as well as the psychotherapy aspects of MDMA and current ongoing research in the medical field.

Dosed (2019). directed by Tyler Chandler, centers around the filmmaker's friend, who is a drug addict seeking recovery by using psychedelics – starting with a low dose of psilocybin before moving to a therapeutic dose for relief. Eventually, the narrator turns to a retreat where she tries iboga. The filmmakers have recently filmed a follow up: *Dosed2*.

DMT: The Spirit Module (2010). Based on the book by Dr. Rick Strassman (the first doctor to undertake human research with psychedelic, hallucinogenic, or entheogenic substances), with Joe Rogan as narrator, this documentary investigates the mystery of dimethyltryptamine (DMT), a molecule found in nearly every living organism – and considered the most potent psychedelic on Earth.

Fantastic Fungi (2019). A consciousness-shifting documentary about the mycelium network that takes us on an immersive journey through time and scale into the magical earth beneath our feet, an underground network that can heal and save our planet.

From Shock to Awe (2018). An intimate and raw look at the transformational journey of two combat veterans suffering from severe trauma as they abandon pharmaceuticals to seek relief through the mind-expanding world of psychedelics.

Inside LSD (2009). From National Geographic, this film explores how renewed research in psychedelics is changing lives for patients in clinical trials, as well as researchers; includes interviews with several

professionals in the Multidisciplinary Association for Psychedelic Studies (MAPS) as well as a subject in one of the studies.

The Medicine (2020). A documentary that reveals the hidden mysteries of one of nature's most powerful and controversial healing remedies, Ayahuasca. The film explores the science as well as the lore behind the plant and why it is used to heal.

The Nature of Ayahuasca (2019). Exploring the use of Ayahuasca as a holistic medicine, challenging stigmas around its use, and helping people become more conscious and ethical consumers of the plant.

Neurons to Nirvana (2013). Through interviews with the world's foremost researchers, writers, and psychologists, the film explores the history of five powerful psychedelic substances and their previously established medicinal potential. From Canadian filmmaker Oliver Hockenhull.

Psyched Out: Documentary on Psychedelics, Ayahuasca and Plant Medicine (2018). A documentary exploring ancient plant medicines and psychedelics that have been used for thousands of years for healing and spiritual connection – with an attempt to show a different perspective.

Psychedelia: The History and Science of Mystical Experience (2021). A short film that examines the history of psychedelic medicines and their ability to produce mystical experiences – including a look back to the 1960s when psychedelics were considered one of the most promising discoveries in psychology.

Revealing the Mind: The Promise of Psychedelics (2019). A documentary that includes interviews with scientists and psychonauts who are now picking up where research left off 50 years ago when President Nixon made all psychedelics a Schedule 1 Drug, killing all the research being done on healing. Topics include LSD, psilocybin, DMT and other psychedelics to heal—and reveal—the mind.

Series

Hamilton's Pharmacopeia (2016-2019). From Hamilton Morris, the son of Errol Morris and a true science-geek, a multi-season docuseries that follows Hamilton's travels around the globe exploring the history, science, and social impact of psychoactive substances. Definitely must-see.

Healing Powers of Weed, Psychedelics, & Other Mindful Practices (2018). From documentarian Mareesa Stertz, a series of bite-sized episodes on the healing powers of various substances. Wish there were lots more episodes.

How to Change Your Mind (2022). This series, based on the book by Michael Pollan by the same name, explores the history and use of psychedelics, including LSD, psilocybin, MDMA, and mescaline.

Psychedelica (2018-2019). A two-season docuseries that explores the history and use of psychedelic plants as a gateway to expanded consciousness and plant medicine's continued influence on humanity. Lots of great topics covered.

Psychedelic Glossary

This glossary is not meant to be exhaustive, but to cover all the topics raised in the book – key topics that perhaps need more illumination here.

5-MeO-DMT: a psychedelic medicine of the tryptamine class so powerful that it was named “the God Molecule.” It is four to six times more powerful than DMT (the medicine found in Ayahuasca). Naturally, it can be found in a wide variety of trees and shrubs, often alongside DMT and bufotenine (5-HO-DMT), as well as one species of toad. The medicine has also been synthetically produced.

Addiction: a chronic dysfunction of the brain system involving a person craving a substance that helps the user escape discomfort and reality (typically from past trauma). The addiction can get even strong with a lack of concern over consequences. Addiction may involve the use of substances such as alcohol, inhalants, opioids, cocaine, and nicotine, or compulsive behaviors such as gambling, sex/cheating, shopping, eating.

Antidepressants: prescription drugs marketed as relieving the symptoms of depression; designed for short-term use, but many take for decades. Antidepressants are classified into different types depending on their structure and the way that they work, including: monoamine oxidase inhibitors (MAOIs), selective serotonin reuptake inhibitors (SSRIs), serotonin antagonist and reuptake inhibitors (SARIs), serotonin and norepinephrine reuptake inhibitors (SNRIs), and norepinephrine and dopamine reuptake inhibitors (NDRIs)

Anxiety: while a normal and necessary emotion, it is the most common mental illness diagnosed in the U.S., with approximately 1-in-8 Americans affected by some degree of excessive levels of nervousness, fear, apprehension, and worry – generalized anxiety disorder (GAD). Mild anxiety can be vague and unsettling while severe anxiety can have major impacts on daily living. Anxiolytics are used to treat symptoms of anxiety disorders.

Anxiolytics: prescription drugs used to treat various anxiety disorders and more commonly known as anti-anxiety medications or minor tranquilizers; they are thought to work on key chemical messengers in the brain, helping to decrease abnormal excitability. Some of the more frequently prescribed anxiolytics are benzodiazepines, including: alprazolam (Xanax), chlordiazepoxide (Librium), clonazepam (Klonopin), diazepam (Valium), and lorazepam (Ativan). Note: these drugs are habit-forming and can lead to dependency.

Ayahuasca: a psychedelic medicine that is known as the “vine of the soul.” It is prepared from the combination of the Ayahuasca vine and the leaves of the Chacruna shrub – both of which grow naturally in the Amazon in South America. Also called caapi, yaje, or yage, this DMT-infused tea has been used for healing and community for thousands of years, though traditionally, only the shaman (or healers) drank the tea. Drinking the tea causes altered states of consciousness, including visual hallucinations and altered perceptions of reality.

Bad Trip: No such thing. See: *challenging trip*.

Cannabis: a master plant that is worthy of study and medicinal use – one that can even have some psychoactive properties – though most experts do not consider cannabis to be a psychedelic. That said, research is discovering amazing benefits from cannabis, especially in relation to post-traumatic stress, inflammation, anxiety, pain, and sleep. (Other names associated with cannabis include hemp, CBD, marijuana, THC.)

Challenging Trip: many psychedelic journeys, especially at higher doses, are going to present some intense and challenging memories and images. We used to call these “bad trips” because recreational users (as well as anti-psychedelics propaganda) portrayed these experiences as fearful and dangerous – when in reality, we need to face these images for healing to occur. The more trauma you have experienced, the higher the likelihood of a challenging (but not bad) trip. It’s because some journeys can be challenging that many recommend people have support – of a clinician, facilitator, guide, tripsitter, or sober friend.

Controlled Substances Act (CSA): established a federal policy to regulate the manufacturing, distributing, importing/exporting, and use of regulated substances. The CSA was enacted by Congress and signed by President Richard Nixon into law in 1970. The law places all substances that are in some manner regulated under existing federal law into one of five schedules – based upon the substance’s supposed medical use, potential for abuse, and safety or dependence liability. All psychedelics (many of which had proven medical benefits before the law went into effect) are currently illegal under the CSA, though new clinical trials may finally result in reclassification of several psychedelic medicines.

Default Mode Network (DMN): is a system of connected brain areas that show increased activity when a person is not focused on what is happening around them. When the brain is directed toward a task or goal, the default network deactivates. “Default mode” was first used by Dr. Marcus Raichle in 2001 to describe resting brain function. It’s been shown that psychedelics such as LSD, psilocybin, Ayahuasca, and others operate to significantly reduce activity in the brain’s default mode network (DMN). This reduction in DMN activity functions as a kind of *rebooting* of the brain, and is thought to be linked to one of the most enduring therapeutic effects of psychedelic substances.

Depression: also called major depressive disorder or clinical depression, it is a mood disorder that causes a persistent feeling of sadness and loss of interest – affecting how people feel, think, and behave – and which can lead to a variety of emotional and physical problems. New research is now questioning several of the major assumptions made about depression and the brain. Depression has traditionally been treated with prescription medications (antidepressants), talk-therapy (psychotherapy), or a combination of the two. Psychedelic medicines (particularly psilocybin and MDMA) are being studied for possible FDA approval for treating depression and so-called treatment-resistant depression.

DMT: N,N-Dimethyltryptamine is a psychedelic chemical that occurs naturally in many plants and animals, including human beings, and which is both a derivative and a structural analog of tryptamine. As DMT, this medicine is ingested in crystal form, smoked in a pipe or bong, as well as vaporized – producing a powerful, but short-lasting hallucinogenic state, considered to be one of the most intense psychedelic experiences in existence. DMT is also the active hallucinogenic compound in Ayahuasca.

Ego Death/Dissolution: is a “complete loss of subjective self-identity” that occurs during higher-dosed psychedelic medicine journeys; it is the temporary loss of one’s sense of self. The feeling is usually captured by statements like “I felt at one with the universe” or “I lost all sense of myself.” Ego dissolution can help people incorporate less ego and more soul into their daily lives – providing better introspection and disrupting negative patterns of behavior. However, in some cases, instead of the ego shrinking (in relation to the immensity of the universe), the ego expands (feeding the shadow self).

Entheogen: a psychoactive, hallucinogenic substance or preparation (such as psilocybin, Ibogaine, or Ayahuasca) that results in transcendental experiences – especially when derived from plants or fungi and used in religious, spiritual, or ritualistic contexts. There now exist many synthetic drugs with similar psychoactive properties, many of which are derived from these plants. Chemist and botanical researcher Jonathan Ott is credited with coining the term, which literally means “God within us,” in 1979. Often used interchangeably with hallucinogens, psychedelics, psychotomimetics.

Facilitator/Guide: is a professional with specific training and experience to help guide a psychedelic journey. A facilitator/guide helps provide direction, safety (harm reduction), and security when working with psychedelic or altered states of consciousness. They provide a safe and secure “container” for the psychedelic experience – the structure and support to help focus on your journey – equipped and prepared to help unlock more powerful experiences or deeper truths, ensuring a safe and powerful experience.

Four Pillars of Safe Psychedelic Use: many experts recommend, especially for those first experiencing psychedelic medicines outside of clinical settings, these four elements be in place before starting any psychedelic journey. These pillars include: set (mindset), setting (location), sitter, and substance. One must have the proper intentions/mindset, in a comfortable and safe environment, being watched over by a sitter (or guide or facilitator), with knowledge of the purity and dose of the medicine to be consumed.

Hallucinogens: a diverse group of drugs that alter a person’s awareness of their surroundings as well as their own thoughts and feelings. They are commonly split into two categories: classic hallucinogens (such as LSD) and dissociative drugs (such as ketamine). Hallucinogens can be naturally extracted from plants or fungi (such as with Ayahuasca) or can be purely synthetic, produced chemically. Hallucinogens work at least partially by temporarily disrupting communication between chemical systems throughout the brain and spinal cord.

Heroic Dose: first coined by guru Terence McKenna (an American ethnobotanist and mystic) in reference to consuming 5 grams of dry psilocybin mushrooms in a specific, isolated setting. However, as psychedelic medicines have become more popular, the term references a large dose across all the medicines – a dose large enough to result in a powerful and life-changing experience, including ego dissolution. It’s best to work with a clinician, coach, guide to get the best dosing for your situation.

Ibogaine: a naturally occurring psychoactive substance used for medicinal and ritual purposes in African spiritual traditions of the Bwiti religion in Gabon. It was first promoted as having anti-addictive properties in 1962 by Howard Lotsof, who was a heroin addict himself. In France, it was marketed as Lambarene and used as a stimulant. The U.S. Central Intelligence Agency (CIA) also studied the effects of Ibogaine in the 1950s. It’s the most gnarly psychedelic and is primarily used in treating addiction to opiates and other highly-addictive drugs, though it is also becoming more common as a tool for personal transformation and spiritual development.

Icaros: Icaro means "song," or more specifically, a sacred medicine song – typically used in traditional Ayahuasca ceremonies. Icaros are specific to certain regions and teachers/healers, and are sung in different languages. Icaros are seen as powerful tools that help with healing, calling on the healing properties of the plants.

Integration: tools used to help figure out how to incorporate the lessons learned from a psychedelic journey into your life... figure out how to heal from any previously unknown traumas, figure out what all the images you saw mean, what the whole experience means. People can do most of the integrating by themselves, contemplating all that they discovered in their journey; or, people can integrate with others – including hiring an integration coach. Integration is an ongoing process – and some would say a lifelong process. Learn more in Chapter 3.

Intention: a clear statement of your goals or motivations for your psychedelic journey. Intentions help keep us focused on that goal, even if/when a journey gets challenging. Intentions can be fairly open and general, such as “show me what part of me needs healing.” But intentions can also be very specific, such as “help me heal from my childhood sexual abuse” or “Help me break my addiction to alcohol.” Why bother with an

intention, especially if the medicine will show you what it wants to show you? When you are intentional about something, you're more focused, thoughtful, and in the here-and-now.

Journey: consuming a psychedelic medicine produces a temporary change in our mental and physical states, releasing us from old and limiting patterns of self-identification, and propelling us onward into odd and mystical experiences – what's called a journey (and in hippie lingo, a trip). Each medicine has different aspects to a journey, including intensity and duration length, so conduct your research and know exactly what to expect on your journey – given the medicine and the dosage you plan to consume.

Ketamine: is a NMDA-based dissociative (which works by blocking NMDA receptors), and dates back to 1962 when it was first synthesized by American scientist Calvin Stevens at the Parke Davis Laboratories; it's a medication primarily used for induction and maintenance of anesthesia. It induces dissociative anesthesia, a trance-like state providing pain relief, sedation, and amnesia – and is considered a hallucinogen – but not a classic psychedelic (such as LSD, psilocybin, mescaline, DMT).

Lemon Tek Tea: a method of consuming magic mushrooms that can shorten the duration of a journey and decrease nausea, but can also make the whole experience more intense. It involves steeping dried mushrooms in lemon or lime juice before consumption – essentially cooking them as the citric acid breaks down the mushroom material. Find a detailed guide here: <https://doubleblindmag.com/mushrooms/how-to-take-shrooms/lemon-tek/>

LSD: Lysergic acid diethylamide (LSD) is a classical hallucinogen that was first produced in 1938 from a chemical (lysergic acid) derived from ergot, a fungus that infects grain, by Swiss chemist Albert Hoffman. It is one of the most well-known psychedelic substances, used extensively in therapy in the 1960s – as well as by the hippie counter-culture. It is considered one of the “least harmful drugs” – second only to psilocybin. The active component of LSD interacts with serotonin receptors in the brain, just like psilocybin and DMT (the active component in Ayahuasca).

Macro dosing: Consuming a large enough dose of a psychedelic medicine to have a hallucinogenic experience – the typically profound, classic psychedelic journey. A macrodose tends to result in drastic perceptual, cognitive, and emotional changes. A macrodose could be anywhere between a threshold dose – the dose at which perceptual changes just become noticeable – and a heroic dose, where one often has deep and intense effects – such as ego death/dissolution.

Magic Mushrooms: See *Psilocybin*.

MAPS: Founded in 1986, the Multidisciplinary Association for Psychedelic Studies (MAPS) is a nonprofit research and educational organization that develops medical, legal, and cultural contexts for people to benefit from the careful uses of psychedelics and cannabis. Founded by Rick Doblin, MAPS has raised more than \$130 million for psychedelic research and education over the course of the past 35 years, leading the way in MDMA-assisted therapy research.

MAOI: Monoamine oxidase inhibitors (MAOIs) are an older type of antidepressant and anxiolytic medications (such as Marplan, Nardil, and Parnate) that have largely been phased out by newer drugs with fewer side effects, such as selective serotonin reuptake inhibitors (SSRIs). In nature, MAOIs are known to “activate” the DMT in Ayahuasca. Plants to avoid, unless you want a much more intense and longer journey, include Syrian rue; yohimbe (also known as quebrachine); and passionflower. MAOIs interact with numerous other prescription and over-the-counter drugs, including certain anesthetics, painkillers, migraine medications, sedatives, antihistamines, antidepressants, sleeping pills, and allergy meds.

MDMA: First synthesized by Merck in 1912 – from an oily liquid extracted from the sassafras tree’s bark or fruit – producing 3,4-methylenedioxy-N-methylamphetamine. It produces a heart-opening, euphoric feeling (because it is an entactogen) that begins about 45 minutes after ingestion, and lasts 3-6 hours (unless you also consume a booster). Other benefits include increased energy levels, improved mood, sharper mental clarity, and reduced anxiety. Note: MDMA is not the same as the street drugs Ecstasy or Molly, both of which contain MDMA as the active agent but may also contain unknown – and sometimes dangerous – cutting agents or adulterants.

Meditation: A mind-body practice used by many people, often as part of integration practices with psychedelic medicine experiences. Meditation, which has been used for thousands of years, focuses on developing an intentional focus of thought – while blocking out the noise and random thoughts that often enter our minds – keeping focus on breathing. It can help us lower stress and blood pressure levels, help us be more connected to a higher power, and improve our abilities to focus.

Mescaline: a naturally occurring, gentle, and heart-opening psychedelic protoalkaloid found in certain cacti (best known are the peyote and San Pedro/Huachuma), and known for its hallucinogenic effects, which are comparable to those of LSD and psilocybin. Mescaline became a “thing” when Aldous Huxley took the medicine for the first time in the 1950s and wrote a series of essays that was then published in book form with the title *The Doors of Perception*.

Microdosing: consuming a tiny fraction (5-10 percent) of a full dose of a psychedelic medicine, allowing many of the benefits of the medicine to be utilized without the hallucinogenic (psychedelic) experience. While research has been mostly anecdotal, we are seeing studies that suggests that microdosing can bring about some of the benefits observed with full-dose treatment without causing the intense and sometimes negative hallucinatory experiences. For others, microdosing is also used as a tool for gently “getting to know” a psychedelic medicine before deciding to complete a macrodose journey.

Neuroplasticity: is the ability of neural networks in your brain to change through growth and reorganization – in response to life experiences – creating new neurons and building new networks. Old thinking had the brain cease growing/learning at the end of childhood. Emerging research suggests that there’s a clear link between psychedelics and neuroplasticity, and that using psychedelics may help you make long-term, positive changes to your brain. Your brain actually has increased neural plasticity when consuming psychedelics, providing an opportunity to make significant changes to your life that may last a long time.

Post-Traumatic Stress: a disorder that develops in some people who have experienced a serious, deadly, shocking, scary, or dangerous event in which people’s fight or flight response is extremely exaggerated, resulting in being triggered into extreme action from sometimes innocuous situations. PTS, or PTSD as it is often referred to, can happen to anyone in almost any situation. We mostly attribute PTSD to veterans and first responders, but anyone facing a traumatic situation can experience PTSD. Psychedelics seem to be a breakthrough protocol for reducing, eliminating PTS.

Psilocybin: a naturally occurring psychedelic produced by more than 200 species of fungi, and which have been used for as many as 10,000 years – maybe even longer. Hallucinogenic mushrooms – so-called Magic Mushrooms – include species that contain psychedelic substances, including psilocybin; these mushrooms can be found across the globe: 53 are found in Mexico, 22 in the United States and Canada, 19 in Australia and the surrounding islands, 16 in Europe, 15 in Asia, and 4 in Africa... though new species are still being discovered.

Psychedelic: a mental state induced by certain compounds, and characterized by a profound sense of intensified sensory perception, sometimes accompanied by severe perceptual distortion and hallucinations and by extreme feelings of either euphoria... or despair. These medicines work by stimulating, suppressing, or modulating the activity of various neurotransmitters in the brain, which causes a temporary chemical imbalance in the brain, leading to hallucinations and other effects. The term psychedelic, first coined by British psychiatrist Humphrey Osmond, is composed of the Greek term *psyche* (*soul, spirit, mind*) and *dēlos* (*to manifest, to reveal*) ... thus it translates into “soul manifesting” or “spirit revealing.”

Psychonaut: a label used to describe people who regularly seek out and take psychedelic journeys deep into their consciousness – usually at higher-than-average doses. Like the term psychedelic, the roots of psychonaut come from the Greek – with the prefix *psyche* meaning spirit, soul, or mind, while the suffix *naut* pertains to sailing; therefore, a common definition of a psychonaut is a “sailor of the soul.” Less about healing and more about exploring and understanding, these people deliberately enter altered states of consciousness to explore the hidden depths of the human psyche.

Purging: a term used in psychedelics that refers to the release of bad energy, bad memories, bad thoughts. It is the process of eliminating energy, emotions, and trauma from the body – whether via traditional bodily experiences (vomiting and defecation, especially with Ayahuasca) or other purging, such as laughing, yawning, chanting, crying, shaking, sweating, and hacking. Not all people purge – and most certainly people purge in different ways – and even in different ways depending on the medicine.

Rapé (Snuff): also known as shamanic snuff, it is a specific type of tobacco used in some sacred ceremonies, and that is distinct from the type of tobacco that is found in cigarettes. And unlike cigarettes, this type of tobacco is not typically smoked. Instead, most people snuff the compound into their noses.

Set & Setting: a phrase used to emphasize one of the key tenants related to the consumption of psychedelic medicine – and made famous in the early 1960s by Dr. Timothy Leary, a psychologist who spent his career advocating for the benefits of psychedelic drugs. Set describes the mental preparation one needs to do for a psychedelic experience; it deals with getting your mind in the right space – the right mindset for a healing journey. Setting deals with having a safe and comfortable place to experience a psychedelic journey. The more time you spend with getting set and setting correct, the less likely you will experience a challenging (“bad”) trip.

Shadow Self: a term made popular by Swiss Psychoanalyst Carl Jung, in which he theorized that personality can be separated into ‘that which we are conscious of – the ego – and elements ‘that which we are unconscious of – the shadow self. Have you ever felt you have worn a mask or been like a chameleon to fit into certain situations? That’s your shadow – and Jung believed that to have a more fulfilling life, the shadow must be integrated with the conscious... brought into the light. Psychedelic medicines have a way of stripping through all the layers and dark shadows and allowing us to see and address and heal our shadows. In most cases, that results in a reduction of ego, but in some cases, the ego can actually be greatly enhanced.

SSRI: a class of prescription drugs that are meant to work on making more serotonin available, but new research is questioning what actually causes depression – and that SSRIs are not the solution. Selective serotonin reuptake inhibitors (SSRIs) are typically used as antidepressants in the treatment of major depressive disorder, anxiety disorders, and other psychological conditions. SSRIs are one type of antidepressant; other types include tricyclic antidepressants (TCAs), serotonin and norepinephrine reuptake inhibitors (SNRIs), norepinephrine and dopamine reuptake inhibitors (NDRIs), monoamine oxidase inhibitors (MAOIs) – all designed to relieve the symptoms of depression.

Tripsitter: sometimes known as a sober sitter, it is a term used in psychedelics to describe a person who remains sober to ensure the safety of the person taking a psychedelic journey – someone who sits with the person while they are under the influence the medicine. A tripsitter is with you both for harm reduction (to protect you), as well as for helping handle anything that might disrupt the setting (such as keeping the music going, getting drinks or snacks, answering the door/phone). *Compare to guide/facilitator.*

Trauma: a disturbing or hurtful event or experience that often results in pain, shame, guilt, fear, anger – especially if the trauma is not addressed. Trauma can come in many forms, from major traumas (such as physical and psychological abuses) to minor traumas (such as the withholding of love or safety). It's clear, even from the early research, that psychedelics can be an invaluable tool for healing all types of trauma, but especially deep psychological emotional traumas that have been suppressed for years. Recommended reading: Dr. Gabor Mate's *The Myth of Normal* and Dr. Paul Conti's *Trauma: The Invisible Epidemic*.

Treatment-Resistant Depression: a term used in clinical psychiatry to describe a condition where standard depression treatments are not enough; it refers to people with major depressive disorder who do not respond positively to a course of appropriate antidepressant medication and talk-therapy within a certain time. Symptoms can range from mild to severe and may require trying a number of approaches to identify what helps – including psychedelic medicines.

Tryptamines: are a naturally occurring neurotransmitter in the brain that is derived from tryptophan and can be converted into other neurotransmitters, such as serotonin and melatonin. Tryptamine psychedelics – including LSD, psilocybin, and DMT – are also labeled as psychotomimetic, hallucinogenic, psychedelic, or entheogenic; they result in shifts in perception, ego-death, and introspection.