

Contents

Forewords by Rick Doblin and David Nutt xiii

Introduction	1
Apocalypse, Now and Then	1
What <i>Can</i> the Psychedelics Offer Us?.....	2
Defining Psychedelic Drugs.....	3
Brain Toxins.....	3
Sacramental Gifts.....	3
Alien Visitors	4
Dangerous Drugs of Abuse	4
Research and Clinical Tools.....	5
The Joy of Hippie Culture.....	6
Chapter 1: Personal Reflection	7
Just Missed the Sixties	7
From a Pair of Crutches to a Pair of Turntables.....	8
Mind Over Matter	8
Where Did All the Flowers Go?.....	9
Discovering the Lost History	11
Turn On, Tune In and Disseminate	11
Validation from Senior Figures.....	12
Closure of the Past and Foundation for the Future	13
Undreamt of Possibilities for Therapy	14
Chapter 2: The Experience and the Drugs	17
Why Do They Do It and What's It Like?	17
1. Physiological effects	18
2. Heightening or distortion of perceptions in all sensory modalities.....	18
3. Altered sense of space and time	18
4. 'Cinematographic' effects:	19
5. Regressive behaviour and an increased recall of childhood memories:	19
6. Increased sensitivity to the feelings of others	19
7. Religious or spiritual experience	20
8. Being at one with the universe.....	20
9. Psychotic/delirious changes	21

As a Neuroscientist, What Does All This Mean?.....	21
1. Unity	21
2. Objectivity and reality.....	22
3. Transcendence of space and time.....	22
4. Sense of sacredness.....	22
5. Deeply felt positive mood	22
6. Paradoxicality	22
7. Alleged ineffability.....	23
8. Transiency	23
9. Positive changes in attitude and/or behaviour.....	23
The Importance of Set and Setting.....	23
Careful Planning, Due Care and Attention	24
How to Take LSD Safely	24
Personal Opinion, Matter of Judgment and Disclaimer	25
Embracing the Challenge.....	25
The Drugs Themselves.....	26
Classifying the Psychedelic Drugs.....	26
The ‘Classical’ Psychedelics	27
The Entactogens or Empathogens.....	27
The NMDA-antagonist Dissociatives	27
The Kappa-Opioid Agonist Dissociatives	27
Tryptamines (or those psychedelic drugs closely related to it):.....	28
Phenethylamines	28
Some Common Psychedelic Substances in More Detail	29
1. LSD	29
2. Psilocybin.....	33
3. <i>N,N</i> -Dimethyltryptamine (DMT).....	36
4. Mescaline	38
5. 3,4-Methylenedioxymethamphetamine (MDMA).....	40
6. Ketamine	46
7. Some Other Phenethylamines	49
Chapter 3: Early Pioneers of the First and Second Psychedelic Eras	53
The First Psychedelic Era: 1880 to 1930	53
The Second Psychedelic Era: 1938 to 1976.....	54
Hofmann the Creative Explorer	55
LSD Comes to Blighty for the First Time.....	56
Just an Average Day at Work	57
Will LSD be the Next Big Thing in Psychiatry?.....	58
LSD as a Psychotomimetic	59
Enter Dr. Humphrey Osmond	59
Using LSD to Treat Alcohol Dependency	60
Enter Aldous Huxley	61
A Brief Mention of Al Hubbard.....	62
Huxley the Conservative	62
Stanislav Grof and the Perinatal Matrices.....	63

Harvard University and Timothy Leary	64
Leary Discovers the Divine Mushroom	64
Leary Graduates to LSD	65
God in a Bottle	66
God in Bottle? Not Everyone's Cup of Tea	67
Things Start to Change and Doctors Get Nervous	68
A Good Thing Turned Sour, But Outcomes Remain Good	69
Did Psychedelic Therapy Actually <i>Work</i> in the 1960s?	70
The Anti-Psychiatry Psychiatrist with a Passion for LSD	71
Prohibition and Ecstasy	72
Chapter 4: The Prehistory and Ancient History of Hallucinogens.....	75
Contemplation of Navels	75
Sitting Around and Coming Up with God	76
Portal For the Immortal	77
Back to the Cave People	77
Mushrooms Gave Us Thought and Thinking Gave Us Language	78
The Mushroom Cycle	79
The Birth of Religion	81
Shamanism	82
Many Religions Can Trace Their Roots to Psychedelic Drugs	83
<i>Soma</i>	83
Eleusinian Rites	84
Psychedelic Drugs at the Heart of Christianity	85
Modern Spirituality in Europe: The Middle Ages and Witches	87
Psychoactive Plants Available to Europeans in the Middle Ages	87
Witches, Witchcraft, Ergotism and Witch-hunts	88
Stigmatisation of Mental Illness	89
Hunting Down and Persecuting Psychedelic Users Has Not Gone Away	89
Spaghetti Monsters and Pot Head Pixies	90
The Varieties of Religious and Psychedelic Experiences	91
Wrestling Bliss Off the Church	91
Conclusion and Confusion about Collusion with the Delusion	92
Chapter 5: Hippie Heydays, Ravers and the Birth of Ecstasy	93
Meet the Hippies	93
Who's Going to Take All the Credit — or the Blame?	94
The Beat Generation	94
One Flew East, One Flew West and One Took LSD and Bought a School Bus	95
The Californian Proto-Hippies Get a Place of Their Own	96
Literally, Psychedelically Mind-expanding Words	97
Did JFK Drop LSD?	97
Leary Leaves Harvard and the Fun Really Begins	98
Suddenly LSD is Everywhere	99
The Psychedelic Music Scene	99
Read All About It	100

It's All Too Much	101
Lose Your Mind — But be Sure You're Home for Tea	102
Wales, London, Goat-breeding and a WPC Called Julie	103
Haight, Collapse and Blame: It's All LSD's Fault.....	105
But It's Not All Doom and Gloom.....	106
LSD, Computer Geeks and Green Activists: A New Age of Social Enlightenment.....	106
It's Not All Over Yet.....	107
Ecstasy is Upon Us	108
The Grandfather of MDMA Meets His Grandson for the First Time.....	109
MDMA Becomes Too Popular, Gets Banned and MAPS is Born.....	109
Banning MDMA Gives Birth to Ecstasy and Rave.....	110
Modern Raving, Festivals and Shamanism: Come Together	111
Kids on E.....	112
Demonization of Ecstasy	112
MDMA Research On the Ropes and Labels On the Wrong Bottles.....	113
Doblin Meets Mithoefer at a Conference for the Spiritual Vine.....	115
Things Start Looking Up for MDMA Research	115
Chapter 6: Psychedelic Creativity	117
Measuring the Influence of Psychedelics on Creativity.....	117
Creativity, Psychedelics and the Human Brain.....	117
Art, Music and Psychedelic Creativity	119
Studying How Psychedelics Influence Creativity	120
A Really Nice Study by James Fadiman and Colleagues	121
Commercial and Design Applications for Psychedelic Creativity: LSD Architecture	122
From Double-helix DNA to San Franciscan Hippies and Geeks with Mice	122
Clinical Applications for Psychedelic Creativity: Autism	123
The Future Looks Creative for Psychedelic Research	123
Chapter 7: Modern Uses of Natural Plant and Fungi Psychedelics	125
Wasson All the Fuss About?.....	125
Mazatec Magic Mushroom Morning Mayhem	126
He Sees When You are Sleeping. He Knows When You're Awake	127
Objections to the Mushroom Cult.....	128
The Long-standing Use of Peyote Cacti	129
Ibogaine: Natures Anti-addiction Plant.....	130
The Eerie Effects of the Diviner's Sage: <i>Salvia Divinorum</i>	131
The Sacred Vine: Ayahuasca	132
But What is It All About?.....	132
The Ceremony	133
Ayahuasca Through the Ages.....	133
Ayahuasca in Modern Times	134
The Weed: The Risks, Benefits, Chemistry and Culture of Cannabis.....	135

Indian Cannabis	136
East African and Jamaican Rastafarianism and Cannabis	137
The Killer Weed is Here to Stay	137
This is What I tell My Teenage Patients About Cannabis.....	138
Being a ‘Psychedelic Consultant’ for Music Television	138
If in South Africa, One Must Try the Plant <i>Sceletium</i>	139
When in Australia You May Wish to Consider Cane Toad Licking?.....	140
If You Get to Tonga, You May Want to Check Out the Kava.....	140
Next Stop India, for Indian Snakeroot	141
Calamus! Calamus! Will You Do the Fandango?.....	141
If You Stop in South East Asia, Be Sure to Ask for Kratom.....	141
Nonda Mushrooms.....	141
The ‘Rubbish’ Pitohui Bird.....	142
The Fierce Agara Leaves of Papua New Guinea.....	142
The Visionary Plants of Africa.....	142
The Zulu’s Strawflower Smoke.....	143
Jenkem	143
Pandanus Nuts.....	143
What Happened to the Dirty Sanchez Boys?.....	144
Chapter 8: The Psychedelic Renaissance Part One: Movers and Shakers.....	145
A Coming Together of Disparate Tribes	145
Some Important Contemporary Psychedelic Organisations	146
1. The Multidisciplinary Association for Psychedelic Studies (MAPS)	146
2. The Heffter Research Institute	146
3. The Beckley Foundation	147
4. Council of Spiritual Practice.....	147
5. The Gaia Media Foundation	147
6. Horizons: Perspectives on Psychedelics	147
7. Breaking Convention	147
8. The Open Foundation.....	148
9. Erowid	148
10. Bluelight	148
11. Shroom with a View	149
12. Neurosoup	149
13. Reality Sandwich	149
14. Regeneration	149
15. Psychedelic Spirituality Forum.....	149
16. Students for Sensible Drug Policy	150
Some Important Contemporary Psychedelic Researchers	150
Chapter 9: The Psychedelic Renaissance Part Two: Contemporary Studies	159
When Did the Psychedelic Renaissance Begin?	159
How to Get a Drug to Market	160

How This Research Method Relates to Psychedelic Drugs.....	161
Looking at the Contemporary Research for the Drugs	161
1. MDMA	161
2. LSD	169
3. Psilocybin.....	171
4. Dimethyltryptamine (DMT)	175
5. Ayahuasca.....	176
6. Ketamine	176
7. Ibogaine	178
Conclusion	179
Chapter 10: Psychedelics Caught in the Crossfire of the War on Drugs	181
Crime Pays. War is a Money-spinner. But for Whom?.....	181
Evidence-based Decriminalisation and Temple Balls.....	183
MDMA: Are We Throwing the Baby Out with the Bathwater?.....	183
Those Evil Blacks and Mexican Drug Users	184
Just How Dangerous is MDMA?	185
How Frequently are Clinical Syndromes Attributed to Ecstasy Use?	185
Unscientific Attitudes Affecting Medical Research.....	186
The Socio-political Agenda on Drugs has a Deleterious Effect on Medical Research.....	186
Medical Research with Psychedelics Requires Courage	187
The Concept of Harm Minimisation	188
Demonization of Prohibition.....	189
Why Does This Issue Matter?.....	190
Recreational Drug Use for Psycho-spiritual Growth	190
In Conclusion	192
Conclusion	193
Back to the Future	193
Psychiatry Needs Psychedelics, and Psychedelics	
Need Psychiatry	193
Prehistoric and Recent Psychotherapy with Psychedelics	194
The Problem with Psychiatry	194
Why Psychedelic Medicine Works	195
The Problem with the Recreational Use of Psychedelics	196
The Problem with the Medical Use of Psychedelics	198
Resolution of These Problems	200
Summary of this Book and Orientation for Future Direction	201
<i>Acknowledgments.....</i>	203
<i>Notes</i>	205
<i>Bibliography and Further Reading.....</i>	225