

CONTENTS

Foreword	Why This Book Matters	xiii
	by John H. Halpern, M.D., Harvard Medical School	
	Acknowledgments	xvii
	Preface	xix
Introduction	The Questions That Led to This Book	1
1	Set and Setting	7
	The Mother of All Trips	7
	Who I Am	12
	How I Became Interested in Consciousness and Psychedelic Therapy	14
	How I Got to Be Who I Am Now	23
	A True Intellectual-Religious Revelation	52
2	Is Fundamental Personality Change Possible?	56
	The Concept of Change and Its Action	56
	The Developmental Psychology of Spiritual Emergence	59
	Personality Development as Immature Strategy	62
	Psyche: The Core Concept	77
	Psycheology: The Study of the Soul	79
	The Psycheology Approach to Psychotherapy	81

3	The History of Psychedelic Research	87
	The Major Psychedelics	94
	The First Research on the Clinical Applications of Psychedelics	102
	Psychedelic Research in Countries beyond the U.S.	104
	Psychedelic Research Finally Resumes	104
	The Use of Psychedelics with the Dying	105
	The Safety and Efficacy of Psychedelics	106
4	The Ten Lessons of Psychedelic Therapy, Rediscovered	108
	<u>Lesson 1.</u> Each Drug Has a Specific Effect	109
	<u>Lesson 2.</u> Setting Can Strongly Influence State of Mind and Thus Outcome	111
	<u>Lesson 3.</u> Mind-set Can Scuttle a Beautiful Context or Transcend a Hellish One	113
	<u>Lesson 4.</u> In General, Dose Determines a Mild or Extreme Experience, Although It Can Be Less Important Than Set and Setting	114
	<u>Lesson 5.</u> Preparation and Knowledge Can Enable Lasting Value	115
	<u>Lesson 6.</u> Ritual Can Transmit Prior Wisdom and Guide Successful Practice	116
	<u>Lesson 7.</u> Support from Experienced Guides Reduces Fear and Increases Benefit	118
	<u>Lesson 8.</u> Reentry in to a Supportive Community Context Aids Retention	119
	<u>Lesson 9.</u> Accompanying Depth Psychotherapy (If Needed) and Ongoing Spiritual Practice Offer the Main Opportunity for Lasting Growth	120
	<u>Lesson 10.</u> A Revised Worldview Is Both a Requirement for and a Result of Integrated Psychedelic Practice	121

5	Many Thorny Theoretical and Methodological Questions Remain	123
	Why Does Psychedelic Research Require Self-Experimentation?	123
	How Will We Train a New Generation of Psychedelic Researchers and Therapists?	125
	Why Redo Psychedelic Research Already Conducted in the '50s and '60s?	129
	How Should Psychedelics Be Rescheduled?	131
	Why Do Psychedelics Provide Pain Relief for the Dying?	138
	Can Psychedelics Provide Lasting Change?	140
	Can Psychedelics Induce Real Spirituality?	142
6	The Development of an Integral Clinical Approach	150
	Transcendence Vs. the Frontal Assault	150
	Catharsis, or How I Completed My Childhood at Burning Man	152
	A Revised View	160
	Conclusions: What Have We Learned?	163
7	Implications for the Future	170
	The Catalytic Role of Psychedelics in the Emergence of an Integral Society	172
	Unity "Versus" the Frontal Lobes	175
	An Integral Approach to Reality	177
	Epilogue	181
~		
Appendix I	How to Put Science into Action to Change the World	185
	Work to Change the Drug Laws	185
	Changing Psychedelic Policies and Bureaucracies	186

	Practice "Right Action": Buddhism and Psychedelics Policy	192
Appendix 2	Standards for Safe and Effective Psychedelic Journeys and Procedures for Handling Psychedelic Emergencies	194
	Preparation: Creating a Safe Space for Psychedelic Journeys	194
	The Session: Guidelines for Safe and Effective Psychedelic Journeys	196
	Dealing with Psychedelic Emergencies (or Spiritual Emergence)	202
		
	Recommended Reading	207
	Notes	212
	Bibliography	219
	Index	230