|  |  |
| --- | --- |
| Cover Image | *How to Change Your Mind, What the New Science of Psychedelics Teaches Us About Consciousness, Dying, Addiction, Depression, and Transcendence* Michael Pollan  Penguin Publishing Group |

|  |
| --- |
| This document is overwritten when you make changes in Play Books.  You should make a copy of this document before you edit it. |

# *101 notes/highlights*

*Created by Damiel T.*  – Last synced June 1, 2020

## *PROLOGUE: A New Door*

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *sacrament*  April 20, 2020 | [11](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA11.w.0.0.0.4) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *hoary*  April 20, 2020 | [13](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA13.w.0.0.0.4) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *platitude*  April 20, 2020 | [13](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA13.w.0.0.0.4) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *preposterous*  April 20, 2020 | [13](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA13.w.0.0.0.4) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *unencumbered*  April 20, 2020 | [25](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA25) | |

## *CHAPTER ONE: A Renaissance*

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *superfluous*  April 21, 2020 | [33](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA33) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *incongruously*  April 21, 2020 | [33](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA33) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *exuberance*  April 21, 2020 | [33](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA33.w.0.0.0.2.0.1) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *WATERSHED*  April 21, 2020 | [33](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA33.w.0.0.0.3.0.1) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *serendipitous*  April 21, 2020 | [38](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA38.w.0.0.0.4) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *vacuous*  April 21, 2020 | [40](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA40) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *meticulous*  April 21, 2020 | [43](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA43.w.0.0.0.4) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *preternaturally*  April 22, 2020 | [59](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA59.w.0.0.0.0.1) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *And third, that consciousness is a property of the universe, not brains. On this question, he holds with Henri Bergson, the French philosopher, who conceived of the human mind as a kind of radio receiver, able to tune in to frequencies of energy and information that exist outside it. “If you wanted to find the blonde who delivered the news last night,” Richards offered by way of an analogy, “you wouldn’t look for her in the TV set.”*  April 22, 2020 | [62](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA62.w.0.0.0.0.1) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *Rather than shut down all research, as many in the psychedelic community believe happened, the government simply made it more difficult to get approvals, and funding gradually dried up. As time went on, researchers found that on top of all the bureaucratic and financial hurdles they also had to deal with “the snicker test”: How would your colleagues react when you told them you were running experiments with LSD? By the mid-1970s, psychedelics had become something of a scientific embarrassment—not because they were a failure, but because they had become identified with the counterculture and with disgraced scientists such as Timothy Leary.*  April 22, 2020 | [63](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA63.w.0.0.0.4) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *Stanislav Grof believes that psychedelics loosed “the Dionysian element” on 1960s America, posing a threat to the country’s puritan values that was bound to be repulsed. (He told me he also thinks the same thing could happen again.)*  April 22, 2020 | [64](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA64.w.0.0.0.4) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *“That says something important about how reluctant cultures are to expose themselves to the changes these kinds of compounds can occasion,”*  April 22, 2020 | [65](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA65.w.0.0.0.1) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *In 1975, the Rockefeller Commission investigating the CIA disclosed that the agency had also been running LSD experiments in Maryland, at Fort Detrick, as part of a mind-control project called MK-Ultra. ( An internal memo the commission released concisely set forth the agency’s objective: “Can we get control of an individual to the point where he will do our bidding against his will and even against fundamental laws of nature, such as self-preservation?”) It was revealed that the CIA was dosing both government employees and civilians without their knowledge; at least one person had died.*  April 22, 2020 | [65](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA65.w.0.0.0.2) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *the first wave of psychedelic research, promising as it was, would end for reasons having nothing to do with science.*  April 22, 2020 | [65](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA65.w.0.0.0.6) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *Can you think of another area of science thought to be so dangerous and taboo that all research gets shut down for decades? It’s unprecedented in modern science.*  April 22, 2020 | [66](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA66) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *“This guy is lying on the couch right there where you are, with tears streaming down his face, and I’m thinking, how absolutely beautiful and meaningful this experience is. How sacred. How can this ever have been illegal? It’s as if we made entering Gothic cathedrals illegal, or museums, or sunsets!*  April 22, 2020 | [67](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA67) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *University research with entheogens (roughly, God-evoking substances such as peyote and sacred mushrooms) has returned. The field of study includes pharmacology, psychology, creativity enhancement, and spirituality. To explore the possibility of participating in confidential entheogen research projects, call 1-888-585-8870, toll free. www.csp.org.*  April 22, 2020 | [67](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA67.w.0.0.0.2) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *I felt as if I had been repeatedly sucked into the asshole of God. Boothby had what sounds very much like a classic mystical experience, though he may be the first in the long line of Western mystics to enter the divine realm through that particular aperture.*  April 22, 2020 | [73](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA73.w.0.0.0.3.0.1) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *What was the philosophy professor’s compelling insight? “Love conquers all.” James touches on the banality of these mystical insights: “ that deepened sense of the significance of a maxim or formula which occasionally sweeps over one. ‘I’ve heard that said all my life,’ we exclaim, ‘but I never realized its full meaning until now.’” The mystical journey seems to offer a graduate education in the obvious. Yet people come out of the experience understanding these platitudes in a new way; what was merely known is now felt, takes on the authority of a deeply rooted conviction. And, more often than not, that conviction concerns the supreme importance of love.*  April 27, 2020 | [75](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA75.w.0.0.0.4) | |

## *CHAPTER TWO: NATURAL HISTORY*

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *But the most prominent cover line was devoted to Wasson’s notorious article: “The Discovery of Mushrooms That Cause Strange Visions.”*  April 29, 2020 | [107](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA107.w.0.0.0.1.0.1) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *FROM THE VANTAGE OF TODAY, it is hard to believe that psilocybin was introduced to the West by a vice president of J. P. Morgan in the pages of a mass-circulation magazine owned by Henry Luce; two more establishment characters it would be difficult to dream up*  April 29, 2020 | [107](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA107.w.0.0.0.2) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *As it happened, the Time-Life founder and editor in chief, Henry Luce, along with his wife, Clare Boothe Luce, had personal knowledge of psychedelic drugs, and they shared the enthusiasm of the medical and cultural elites who had embraced them in the 1950s.*  April 29, 2020 | [107](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA107.w.0.0.0.3) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *Before 1965, when a moral panic erupted over LSD, Time-Life publications were enthusiastic boosters of psychedelics, and Luce took a personal interest in directing his magazine’s coverage of them.*  April 29, 2020 | [107](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA107.w.0.0.0.4.0.1) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *The headline is the first known reference to “magic mushrooms,” a phrase that, it turns out, was coined not by a stoned hippie but by a Time-Life headline writer.*  April 29, 2020 | [108](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA108.w.0.0.0.3) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *During an afternoon stroll in the autumn woods, his bride, a Russian physician named Valentina, spotted a patch of wild mushrooms, before which “she knelt in poses of adoration.” Wasson knew nothing of “those putrid, treacherous excrescences” and was alarmed when Valentina proposed to cook them for dinner. He refused to partake. “Not long married,” Wasson wrote, “I thought to wake up the next morning a widower.”*  April 29, 2020 | [109](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA109.w.0.0.0.1.0.1) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *The best account we have of the practice is that of the Spanish missionary priest Bernardino de Sahagún, who in the sixteenth century described the use of mushrooms in an Aztec religious observance: These they ate before dawn with honey, and they also drank cacao before dawn. The mushrooms they ate with honey when they began to get heated from them, they began to dance, and some sang, and some wept . . . Some cared not to sing, but would sit down in their rooms, and stayed there pensive-like. And some saw in a vision that they were dying, and they wept, and others saw in a vision that some wild beast was eating them, others saw in a vision that they were taking captives in war . . . others saw in a vision that they were to commit adultery and that their heads were to be bashed in therefor . . . Then when the drunkenness of the mushrooms had passed, they spoke one with another about the visions that they had seen.*  April 29, 2020 | [111](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA111.w.0.0.0.1) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *It’s not hard to see why the church would have reacted so violently to the sacramental use of mushrooms. The Nahuatl word for the mushrooms—flesh of the gods—must have sounded to Spanish ears like a direct challenge to the Christian Sacrament, which of course was also understood to be the flesh of the gods, or rather of the one God. Yet the mushroom sacrament enjoyed an undeniable advantage over the Christian version. It took an act of faith to believe that eating the bread and wine of the Eucharist gave the worshipper access to the divine, an access that had to be mediated by a priest and the church liturgy. Compare that with the Aztec sacrament, a psychoactive mushroom that granted anyone who ate it direct, unmediated access to the divine—to visions of another world, a realm of the gods. So who had the more powerful sacrament? As a Mazatec Indian told Wasson, the mushrooms “ carry you there where god is.”*  April 29, 2020 | [112](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA112.w.0.0.0.1.0.1) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *“ Before Wasson nobody took the mushrooms only to find God. They were always taken for the sick to get well.”*  April 29, 2020 | [115](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA115.w.0.0.0.2) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *In 1962, Hofmann joined Wasson on one of his return trips to Huautla, during which the chemist gave María Sabina psilocybin in pill form. She took two of the pills and declared they did indeed contain the spirit of the mushroom.*  April 29, 2020 | [116](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA116.w.0.0.0.0.3) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *This last hypothesis about the invention of language turns on the concept of synesthesia, the conflation of the senses that psychedelics are known to induce: under the influence of psilocybin, numbers can take on colors, colors attach to sounds, and so on. Language, he contends, represents a special case of synesthesia, in which otherwise meaningless sounds become linked to concepts.*  April 29, 2020 | [118](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA118) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *balmy*  April 30, 2020 | [120](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA120.w.0.0.0.1) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *Eaten in small doses, psychedelic mushrooms might well increase fitness in animals, by increasing sensory acuity and possibly focus as well. A 2015 review article in the Journal of Ethnopharmacology reported that several tribes around the world feed psychoactive plants to their dogs in order to improve their hunting ability.*  April 30, 2020 | [125](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA125) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *poignance*  April 30, 2020 | [132](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA132.w.0.0.0.3) | |

## *CHAPTER THREE: HISTORY*

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *“There had been forty thousand research participants and more than a thousand clinical papers! The American Psychiatric Association had whole meetings centered around LSD, this new wonder drug.” In fact, there were six international scientific meetings devoted to psychedelics between 1950 and 1965. “Some of the best minds in psychiatry had seriously studied these compounds in therapeutic models, with government funding.”*  May 2, 2020 | [142](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA142.w.0.0.0.1) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *Hoping someone somewhere would hit upon a commercial application for its spookily powerful new compound, Sandoz offered to supply, free of charge, however much LSD any researcher requested. The company defined the term “researcher” liberally enough to include any therapist who promised to write up his or her clinical observations. This policy remained more or less unchanged from 1949 to 1966 and was in large part responsible for setting off the first wave of psychedelic research—the one that crashed in 1966, when Sandoz, alarmed at the controversy that had erupted around its experimental drug, abruptly withdrew Delysid from circulation.*  May 2, 2020 | [143](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA143.w.0.0.0.1) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *As the literary theorists would say, the psychedelic experience is highly “constructed.” If you are told you will have a spiritual experience, chances are pretty good that you will, and, likewise, if you are told the drug may drive you temporarily insane, or acquaint you with the collective unconscious, or help you access “cosmic consciousness,” or revisit the trauma of your birth, you stand a good chance of having exactly that kind of experience.*  May 2, 2020 | [143](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA143.w.0.0.0.3) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *That of course meant taking the drug themselves, which seems odd, even scandalous, to us today. But in the years before 1962, when Congress passed a law giving the FDA authority to regulate new “investigational” drugs, this was in fact common practice. Indeed, it was considered the ethical thing to do, for to not take the drug yourself was tantamount to treating your patients as guinea pigs.*  May 2, 2020 | [146](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA146.w.0.0.0.1.0.1) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *The idea that an LSD experience could mimic the DTs “ seemed so bizarre that we laughed uproariously,” Hoffer recalled years later. “But when our laughter subsided, the question seemed less comical and we formed our hypothesis . . . : would a controlled LSD-produced delirium help alcoholics stay sober?”*  May 2, 2020 | [149](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA149.w.0.0.0.1) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *There was no point in trying to get inside the mind; it was, in B. F. Skinner’s famous phrase, “a black box.” Instead, you measured what you could measure, which was outward behavior. The work with psychedelics would eventually spark a revival of interest in the subjective dimensions of the mind—in consciousness. How ironic that it took, of all things, a chemical—LSD-25—to bring interiority back into psychology*  May 2, 2020 | [150](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA150) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *Hoping to isolate the effects of the drug from all other variables, clinicians administered LSD to alcoholics in neutral rooms and under instructions not to engage with them during their trips, except to administer an extensive questionnaire. The volunteers were then put in constraints or blindfolded, or both.*  May 2, 2020 | [151](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA151.w.0.0.0.4.0.1) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *Few members of AA realize that the whole idea of a spiritual awakening leading one to surrender to a “higher power”—a cornerstone of Alcoholics Anonymous—can be traced to a psychedelic drug trip.*  May 2, 2020 | [152](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA152.w.0.0.0.2.0.1) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *Cohen came to think of it instead as something he called “unsanity”: “a state beyond the control of the ego.”*  May 2, 2020 | [154](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA154.w.0.0.0.0.1) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *Anaïs Nin, Jack Nicholson, Stanley Kubrick, André Previn, James Coburn, and the beat comedian Lord Buckley all underwent LSD therapy, many of them on the couch of Oscar Janiger.*  May 2, 2020 | [156](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA156.w.0.0.0.4.0.1) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *“Psychiatrists called, complaining that their patients were now begging them for LSD.”*  May 2, 2020 | [157](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA157.w.0.0.0.2.0.1) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *“ any explanation of the patient’s problems, if firmly believed by both the therapist and the patient, constitutes insight or is useful as insight.” Yet he qualified this perspective by acknowledging it was “nihilistic,” which, scientifically speaking, it surely was.*  May 2, 2020 | [158](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA158.w.0.0.0.4.0.1) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *There, he called it “ therapy by self-transcendence,” suggesting he saw a role in Western medicine for what would come to be called applied mysticism.*  May 2, 2020 | [159](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA159.w.0.0.0.2) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *Perennial*  May 2, 2020 | [162](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA162.w.0.0.0.0.1) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *elusive*  May 6, 2020 | [163](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA163.w.0.0.0.4) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *He believed in working from the top down and disdained other psychedelic evangelists, like Timothy Leary, who took a more democratic approach. Members of Parliament, officials of the Roman Catholic Church,\* Hollywood actors, government officials, prominent writers and philosophers, university officials, computer engineers, and prominent businessmen were all introduced to LSD as part of Hubbard’s mission to shift the course of history from above.*  May 6, 2020 | [167](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA167.w.0.0.0.2) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *indelible*  May 6, 2020 | [169](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA169.w.0.0.0.3) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *foundered*  May 6, 2020 | [175](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA175.w.0.0.0.6) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *The engineers were getting religion. (And have it still: I know of one Bay Area tech company today that uses psychedelics in its management training. A handful of others have instituted “microdosing Fridays.”)*  May 6, 2020 | [176](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA176) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *But it wasn’t all sweetness and light: several clients abruptly broke off marriages after their sessions, now believing they were mismatched or trapped in destructive patterns of behavior.*  May 6, 2020 | [177](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA177.w.0.0.0.2) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *Schwartz said that several of the early computer engineers relied on LSD in designing circuit chips, especially in the years before they could be designed on computers. “You had to be able to visualize a staggering complexity in three dimensions, hold it all in your head. They found that LSD could help.”*  May 6, 2020 | [180](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA180.w.0.0.0.2) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *“I have no doubt that all that Hubbard LSD all of us had taken had a big effect on the birth of Silicon Valley.”*  May 6, 2020 | [181](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA181.w.0.0.0.0.1) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *Brand thinks LSD’s value to his community was as an instigator of creativity, one that first helped bring the power of networked computers to people (via SRI computer visionaries such as Doug Engelbart and the early hacker community), but then was superseded by the computers themselves. (“At a certain point, the drugs weren’t getting any better,” Brand said, “but the computers were.”)*  May 6, 2020 | [181](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA181.w.0.0.0.3.0.1) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *On occasion, the LSD produced genuine insight, as it did for Brand himself one chilly afternoon in the spring of 1966. Bored, he went up onto the roof of his building in North Beach and took a hundred micrograms of acid—Fadiman’s creativity dose. As he looked toward downtown while wrapped in a blanket, it appeared that the streets lined with buildings were not quite parallel. This must be due to the curvature of Earth, Brand decided. It occurred to him that when we think of Earth as flat, as we usually do, we assume it is infinite, and we treat its resources that way. “The relationship to infinity is to use it up,” he thought, “but a round earth was a finite spaceship you had to manage carefully.” At least that’s how it appeared to him that afternoon, “from three stories and one hundred mikes up.” It would change everything if he could convey this to people! But how? He flashed on the space program and wondered, “Why haven’t we seen a picture of the earth from space? I become fixed on this, on how to get this photo that would revolutionize our understanding of our place in the universe. I know, I’ll make a button! But what should it say? ‘Let’s have a photo of the earth from space.’ No, it needs to be a question, and maybe a little paranoid—draw on that American resource. ‘Why haven’t we seen a photograph of the whole earth yet?’” Brand came down from his roof and launched a campaign that eventually reached the halls of Congress and NASA. Who knows if it was the direct result of Brand’s campaign, but two years later, in 1968, the Apollo astronauts turned their cameras around and gave us the first photograph of Earth from the moon, and Stewart Brand gave us the first edition of the Whole Earth Catalog. Did everything change? The case could be made that it had.*  May 6, 2020 | [182](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA182.w.0.0.0.1) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *(It is one of the many paradoxes of psychedelics that these drugs can sponsor an ego-dissolving experience that in some people quickly leads to massive ego inflation. Having been let in on a great secret of the universe, the recipient of this knowledge is bound to feel special, chosen for great things.)*  May 6, 2020 | [190](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA190.w.0.0.0.4) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *“ Psychedelic drugs opened to mass tourism mental territories previously explored only by small parties of particularly intrepid adventurers, mainly religious mystics.”*  May 6, 2020 | [191](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA191.w.0.0.0.2) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *“ He blew in with that uniform,” Leary recalled, “laying down the most incredible atmosphere of mystery and flamboyance, and really impressive bullshit!”—a subject on which Leary was certainly qualified to judge. Hubbard “started name-dropping like you wouldn’t believe . . . claimed he was friends with the Pope.*  May 6, 2020 | [196](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA196.w.0.0.0.3.0.1) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *So young Ronnie went to the dean and, when asked if he had taken drugs from Dr. Alpert, confessed, adding an unexpected fillip: “ Yes, sir, I did. And it was the most educational experience I’ve had at Harvard.”*  May 6, 2020 | [198](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA198.w.0.0.0.4) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *“I would examine the patient, determine it was a panic reaction, and then tell him or her, ‘Will you excuse me for a moment? There’s someone in the next room who has a serious problem.’ They would immediately begin to feel much better.”*  May 6, 2020 | [206](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA206) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *So perhaps Leary’s real sin was to have the courage of his convictions—his and everyone else’s in the psychedelic research community. It’s often said that a political scandal is what happens when someone in power inadvertently speaks the truth. Leary was all too often willing to say out loud to anyone in earshot what everyone else believed but knew better than to speak or write about candidly. It was one thing to use these drugs to treat the ill and maladjusted—society will indulge any effort to help the wayward individual conform to its norms—but it is quite another to use them to treat society itself as if it were sick and to turn the ostensibly healthy into wayward individuals.*  May 8, 2020 | [209](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA209.w.0.0.0.1.0.1) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *inadvertently*  May 8, 2020 | [209](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA209.w.0.0.0.1.0.1) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *LSD truly was an acid, dissolving almost everything with which it came into contact, beginning with the hierarchies of the mind (the superego, ego, and unconscious) and going on from there to society’s various structures of authority and then to lines of every imaginable kind: between patient and therapist, research and recreation, sickness and health, self and other, subject and object, the spiritual and the material.*  May 8, 2020 | [209](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA209.w.0.0.0.3) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *Normally, rites of passage help knit societies together as the young cross over hurdles and through gates erected and maintained by their elders, coming out on the other side to take their place in the community of adults. Not so with the psychedelic journey in the 1960s, which at its conclusion dropped its young travelers onto a psychic landscape unrecognizable to their parents. That this won’t ever happen again is reason to hope that the next chapter in psychedelic history won’t be quite so divisive.*  May 8, 2020 | [211](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA211.w.0.0.0.6) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *looking distinctly uncomfortable, Captain Al Hubbard. He’s seventy-seven (or eight), and he’s traveled from Casa Grande, Arizona, where he lives in a trailer park.*  May 8, 2020 | [214](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA214.w.0.0.0.1.0.2) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *Englishman, his teeth now in full revolt*  May 8, 2020 | [214](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA214.w.0.0.0.4) | |

## *CHAPTER FOUR: TRAVELOGUE*

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *“Guidelines for Voyagers and Guides.”*  May 9, 2020 | [225](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA225.w.0.0.0.2.0.1) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *incessantly*  May 9, 2020 | [231](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA231.w.0.0.0.0.1) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *auspicious*  May 9, 2020 | [232](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA232.w.0.0.0.1.0.1) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *surfeit*  May 9, 2020 | [245](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA245.w.0.0.0.1) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *abeyance*  May 9, 2020 | [248](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA248.w.0.0.0.4) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *Before my journeys, words and phrases such as these left me cold; they seemed utterly opaque, so much quasi-religious mumbo jumbo. Now they paint a recognizable reality. Likewise, certain mystical passages from literature that once seemed so overstated and abstract that I read them indulgently (if at all), now I can read as a subspecies of journalism.*  May 10, 2020 | [279](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA279.w.0.0.0.0.1) | |

## *CHAPTER FIVE: THE NEUROSCIENCE*

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *Normal waking consciousness feels perfectly transparent, and yet it is less a window on reality than the product of our imaginations—a kind of controlled hallucination.*  May 13, 2020 | [298](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA298.w.0.0.0.3) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *verisimilitude*  May 13, 2020 | [299](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA299.w.0.0.0.2) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *As a psychonaut acquaintance put it to me, “If it were possible to temporarily experience another person’s mental state, my guess is that it would feel more like a psychedelic state than a ‘normal’ state, because of its massive disparity with whatever mental state is habitual with you.”*  May 13, 2020 | [299](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA299.w.0.0.0.2) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *impetuousness*  May 13, 2020 | [300](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA300.w.0.0.0.2) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *overzealousness*  May 13, 2020 | [300](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA300.w.0.0.0.2) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *“That’s the brain doing what the brain does”—that is, working to reduce uncertainty by, in effect, telling itself stories.*  May 13, 2020 | [301](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA301.w.0.0.0.1.0.1) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *For Carhart-Harris, the pinnacle of human development is the achievement of this differentiated self, or ego, and its imposition of order on the anarchy of a primitive mind buffeted by fears and wishes and given to various forms of magical thinking. While he holds with Aldous Huxley that psychedelics throw open the doors of perception, he does not agree that everything that comes through that opening—including the “Mind at Large” that Huxley glimpsed—is necessarily real. “The psychedelic experience can yield a lot of fool’s gold,” he told me.*  May 13, 2020 | [304](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA304.w.0.0.0.4) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *In The Philosophical Baby, Gopnik draws a useful distinction between the “spotlight consciousness” of adults and the “lantern consciousness” of young children. The first mode gives adults the ability to narrowly focus attention on a goal. (In his own remarks, Carhart-Harris called this “ego consciousness” or “consciousness with a point.”) In the second mode—lantern consciousness—attention is more widely diffused, allowing the child to take in information from virtually anywhere in her field of awareness, which is quite wide, wider than that of most adults. (By this measure, children are more conscious than adults, rather than less.)*  May 28, 2020 | [314](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA314) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *It also has a great many more neural connections than the adult brain. (During the panel, Carhart-Harris showed his map of the mind on psilocybin, with its dense forest of lines connecting every region to every other.) But as we reach adolescence, most of those connections get pruned, so that the “human brain becomes a lean, mean acting machine.” A key element of that developmental process is the suppression of entropy, with all of its implications, both good and bad. The system cools, and hot searches become the exception rather than the rule. The default mode network comes online.*  May 28, 2020 | [316](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA316.w.0.0.0.3) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *“The short summary is, babies and children are basically tripping all the time.”*  May 28, 2020 | [317](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA317.w.0.0.0.1) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *For the well, psychedelics, by introducing more noise or entropy into the brain, might shake people out of their usual patterns of thought—“lubricate cognition,” in Carhart-Harris’s words—in ways that might enhance well-being, make us more open and boost creativity.*  May 28, 2020 | [317](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA317.w.0.0.0.2) | |

## *CHAPTER SIX: THE TRIP TREATMENT*

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *As one lifetime smoker put it to me in terms so simple I found it hard to believe, “Smoking became irrelevant, so I stopped.”*  May 29, 2020 | [346](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA346.w.0.0.0.1.0.1) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *In taking people safely through the liminal state psychedelics occasion, with its radical suggestibility, Johnson acknowledges that the doctors and researchers “play the same role as shamans or elders. “Whatever we’re delving into here, it’s in the same realm as the placebo. But a placebo on rocket boosters.”*  May 29, 2020 | [354](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA354.w.0.0.0.0.1) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *phase 2 trial, involving 180 volunteers, which Bogenschutz is now conducting at NYU in collaboration with Stephen Ross and Jeffrey Guss.*  May 29, 2020 | [355](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA355.w.0.0.0.2) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *“ The sheen and shine that life and existence had regained immediately after the trial and for several weeks after gradually faded,” he wrote one year later. “The insights I gained during the trial have never left and will never leave me. But they now feel more like ideas,” he says. He says he’s doing better than before and has been able to hold down a job, but his depression has returned. He told me he wishes he could have another psilocybin session at Imperial. Because that’s currently not an option, he’ll sometimes meditate and listen to the playlist from his session.*  May 29, 2020 | [365](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA365.w.0.0.0.3) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *“ Depression is a response to past loss, and anxiety is a response to future loss.” Both reflect a mind mired in rumination, one dwelling on the past, the other worrying about the future. What mainly distinguishes the two disorders is their tense.*  June 1, 2020 | [368](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA368.w.0.0.0.1) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *rumination*  June 1, 2020 | [368](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA368.w.0.0.0.1.0.1) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *“Think of the brain as a hill covered in snow, and thoughts as sleds gliding down that hill. As one sled after another goes down the hill, a small number of main trails will appear in the snow. And every time a new sled goes down, it will be drawn into the preexisting trails, almost like a magnet.”*  June 1, 2020 | [369](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA369.w.0.0.0.2) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *“In time, it becomes more and more difficult to glide down the hill on any other path or in a different direction. “Think of psychedelics as temporarily flattening the snow. The deeply worn trails disappear, and suddenly the sled can go in other directions, exploring new landscapes and, literally, creating new pathways.”*  June 1, 2020 | [369](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA369.w.0.0.0.4) | |

## *About the Author*

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *On another return trip, Wasson was joined by James Moore, who had introduced himself as a chemist for a pharmaceutical company. But Moore was really a CIA agent eager to obtain psilocybin for the agency’s own psychedelic research program, MK-Ultra.*  April 29, 2020 | [471](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA471.w.0.0.0.0.1) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *Wasson was halfhearted in his desire to protect María Sabina’s identity. The same week that the Life article appeared, he self-published a book, Mushrooms, Russia, and History*  April 29, 2020 | [472](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA472.w.0.0.0.0.1) | |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | *“When my husband and I want to take a trip together,” says the psychedelic mother of four, “I just put a little acid in the kids’ orange juice in the morning and let them spend the day freaking out in the woods.”*  May 6, 2020 | [489](http://play.google.com/books/reader?printsec=frontcover&output=reader&id=XXKfIgAAAEAJ&source=books-notes-export&pg=GBS.PA489.w.0.0.0.0.1) | |