

THE PSYCHEDELIC EXPLORER'S GUIDE
SAFE, THERAPEUTIC, AND SACRED JOURNEYS
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TABLE 8.1. BEHAVIOR CHANGE INTERVIEW

Category	75% + improved	60–75% improved	7–15% worse	Male/Female Difference
Dreams				
Eating habits and preferences			•	
Reading and listening habits	•			
Personal habits		•		
Material values	•			
Marriage (48 subjects)	•		•	
Emotional responsiveness	•			
Family relations	•			
Work	•			
Introspection	•			
Health		•	•	
Religious activities		•		
Interpersonal contacts	•			
Physical activities				•
Creative activities				•
Sexual pattern		•		•
Fears		•	•	

**TABLE 9.I. SOME REPORTED CHARACTERISTICS OF THE
PSYCHEDELIC EXPERIENCE**

Supporting Creativity	Hindering Creativity
Increased access to unconscious data	Diminished capacity for logical thought processes
More fluent free association; increased ability to play spontaneously with hypotheses, metaphors, paradoxes, transformations, relationships, for example	Reduced ability to consciously direct concentration
Heightened ability for visual imagery and fantasy	Inability to control imaginary and conceptual sequences
Relaxation and openness	Anxiety and agitation
Heightened sensory inputs	Constricted verbal and visual communication abilities
Heightened empathy with external processes, objects, and people	Tendency to focus on inner problems of a personal nature
Heightened aesthetic sensibility	Lessened ability to express aesthetic experiences
Enhanced “sense of truth”; ability to see through false solutions and phony data	Tendency to become absorbed in hallucinations and illusions
Lessened inhibition; reduced tendency to censor own ideas by premature negative judgment	Even the best solution dismissed as unimportant
Heightened motivation promoted by suggestion and the right set	Tendency to regard “this-worldly” tasks as trivial, and hence, little motivation

**TABLE 9.2. MEAN SUBJECTIVE RATINGS* OF FACTORS
RELATED TO ENHANCED FUNCTIONING**

Factors	Mean Score	Standard Deviation
1. Lowering of defenses, reduction of inhibitions and anxiety	+1.7	0.64
2. Ability to see the problem in the broadest terms	+1.4	0.58
3. Enhanced fluency of ideation	+1.6	0.69
4. Heightened capacity for visual imagery and fantasy	+1.0	0.72
5. Increased ability to concentrate	+1.2	1.03
6. Heightened empathy with external processes and objects	+0.8	0.97
7. Heightened empathy with other people	+1.4	0.81
8. Data from unconscious more accessible	+0.8	0.87
9. Enhanced sense of knowing when the right solution appears	+1.0	0.70
*All ratings refer to behavior during the session.		

**TABLE 9.3. APPLICATION OF SOLUTIONS
OBTAINED IN EXPERIMENTAL SESSIONS**

New avenues for investigation opened	20
Working model completed	2
Developmental model to test solution authorized	1
Solution accepted for construction or production	6
Partial solutions being developed further or being applied	10
No further activity since session	1
No solution obtained	4
Total problems attempted	44
(many subjects attempted more than one problem)	

TABLE 9.4. WORK PERFORMANCE SINCE SESSION

Key: -2 = marked impairment; -1 = significant impairment; 0 = no change;
+1 = significant enhancement; +2 = marked enhancement

	-2	-1	0	+1	+2
Ability to solve problems	0	0	8	8	0
Ability to relate effectively to others	0	0	8	5	3
Attitude toward job	0	0	7	8	1
Productivity	0	0	9	5	2
Ability to communicate	0	0	10	5	1
Response to pressure	0	0	7	8	1

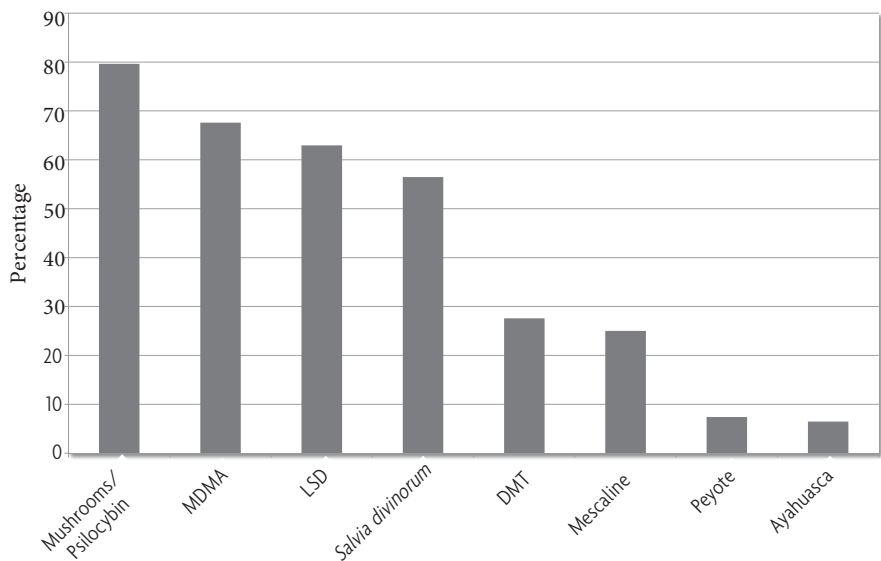


Fig. 16.1. University Students' Self-Reported Substance Use

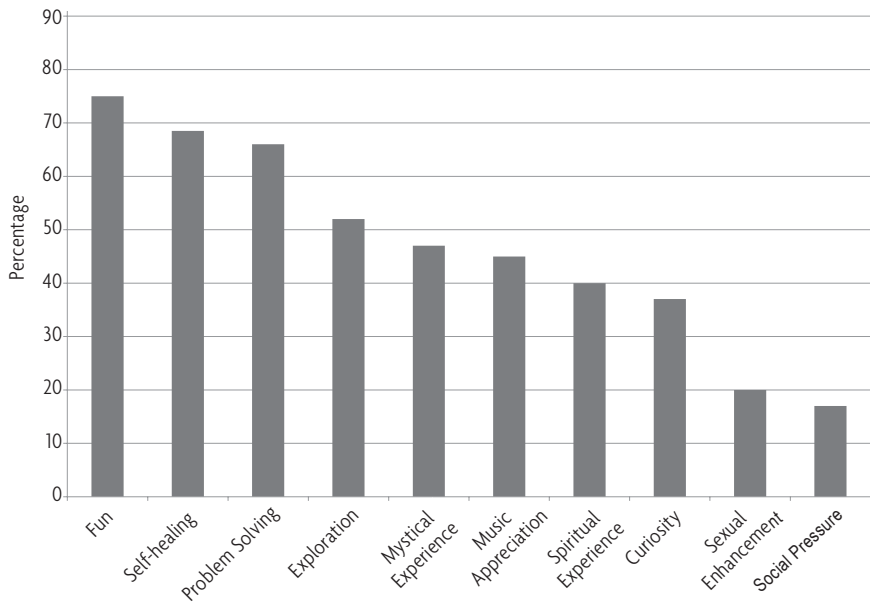


Fig. 16.2. Reasons Given for Student Substance Use

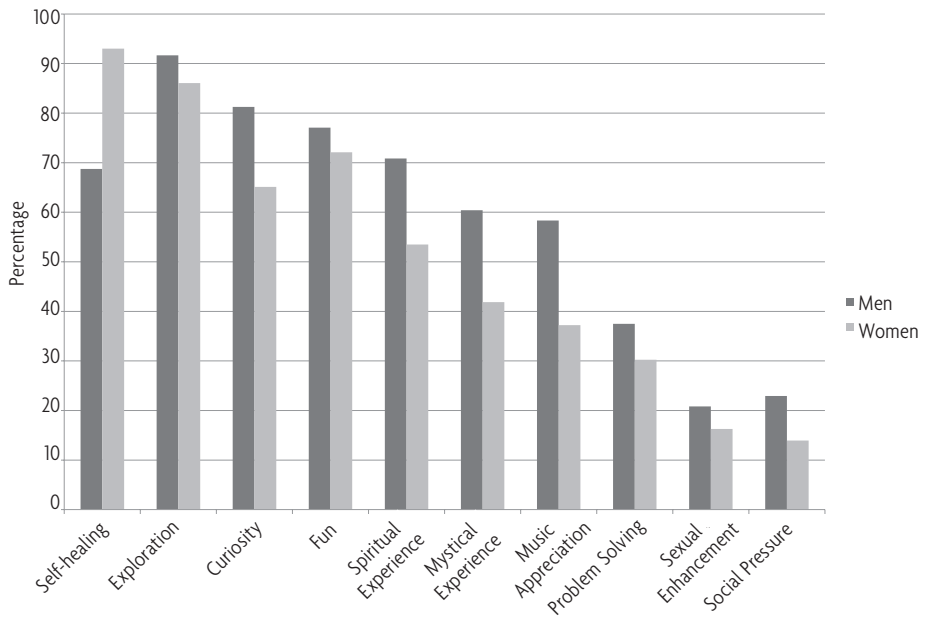


Fig. 16.3. Reasons Given for Drug Use

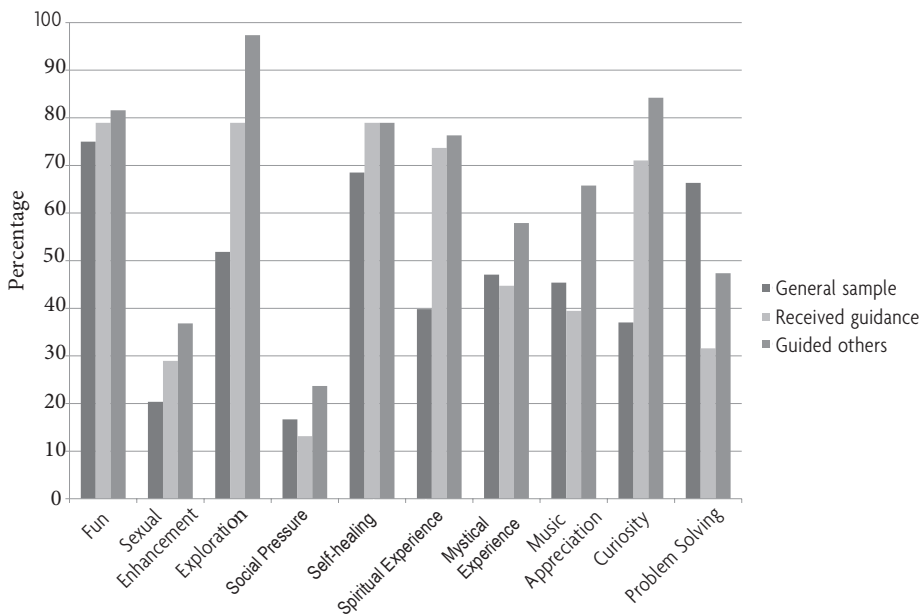


Fig. 16.4. Reasons by Those Who Had Guidance or Guided Others

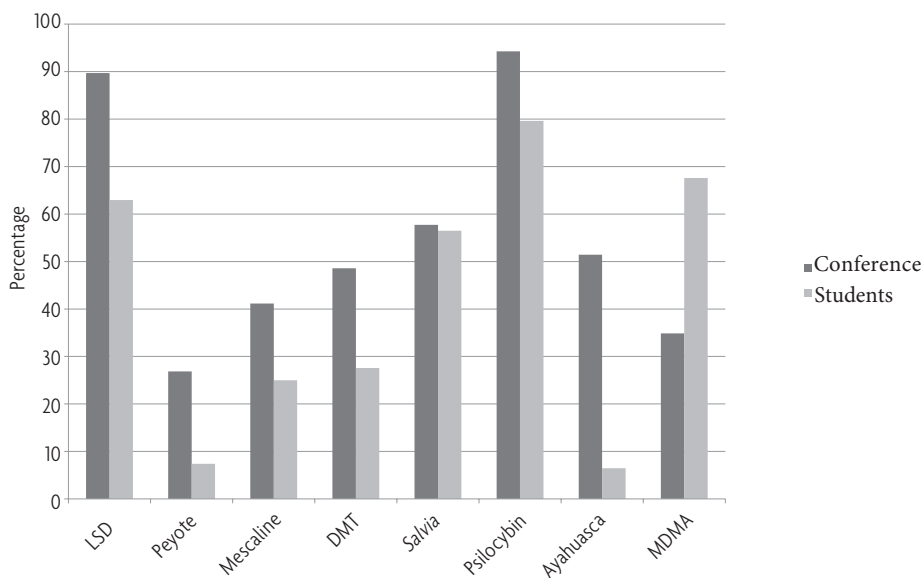


Fig. 16.5. Substances Used by Students and by Conference Attendees

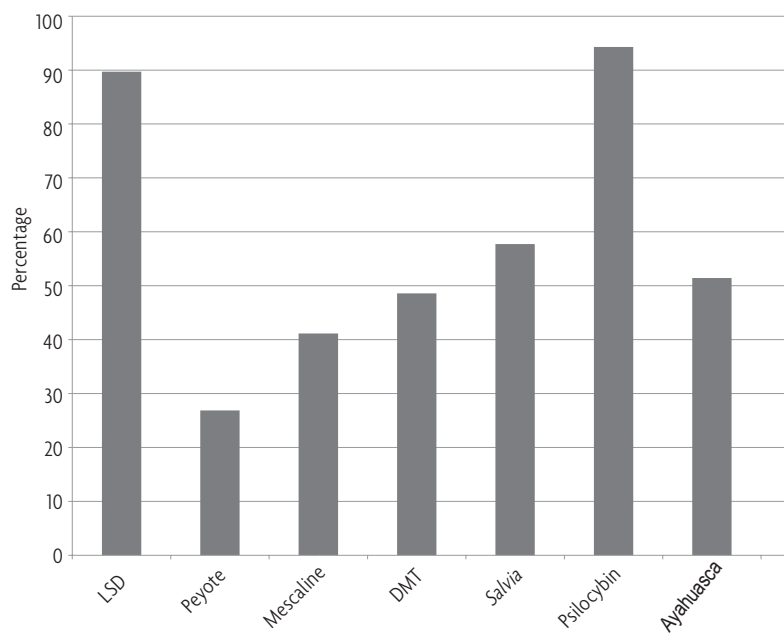


Fig. 16.6. Psychedelics Chosen for Exploration and Spiritual/Mystical Experience

**TABLE 21.1. PERCENTAGE, SIGNIFICANCE LEVEL, AND
DIRECTION OF CHANGES IN EMOTIONAL RESPONSES—
BEHAVIORAL CHANGE INTERVIEWS**

(Total = 67: 44 men, 23 women)

Symbols: + = more or more frequently; – = less or less frequently;
* = statistically inappropriate to assess; ns = not significant

Title of Item	Percent Changed	Percent Level of Significance			Direction of Change
		Total	Men	Women	
General level of responsiveness	88	< .01	< .01	< .01	+
Aggressive responses:					
Verbal	84	ns	ns	ns	*
Sarcasm	67	< .01	< .01	< .01	–
Physical	31	ns	ns	ns	*
By letter	19	ns	ns	ns	*
Loving behavior:					
Verbal	88	< .01	< .01	< .01	+
Physical	78	< .01	< .01	< .01	+
By letter	31	.01	ns	.10	+
Friendly behavior:					
Verbal	84	< .01	< .01	< .01	+
Physical	69	< .01	< .01	< .01	+
By letter	30	< .01	.05	.10	+
Friendships:					
Renewed	37	< .01	< .01	ns	+
Let lapse	36	.10	ns	ns	+
New	57	< .01	< .01	< .01	+
Letter writing	34	ns	ns	ns	*
Takes orders (submissive)	69	.10	.05	ns	+

Title of Item	Percent Changed	Percent Level of Significance			Direction of Change
		Total	Men	Women	
Leads or controls (dominant):					
At work	57	.05	.10	ns	+
At home	54	.10	ns	.10	+
In social groups	49	ns	ns	.10	+
Self-confidence:					
In beliefs	87	< .01	< .01	< .01	+
In decisions	85	< .01	< .01	< .01	+
In actions	87	< .01	< .01	< .01	+
React differently when in error					
Yes or no	61	.10	ns	ns	+ (Yes)
Advice:					
Give it	58	ns	ns	ns	*
Seek it	54	ns	ns	ns	*
Accept it	49	< .01	.01	ns	+
In argument:					
Dogmatic	66	< .01	< .01	.10	—
Excitable	70	< .01	< .01	ns	—
Flexible	76	< .01	< .01	< .01	+
Stubborn	57	< .01	< .01	.10	—
Other behavior					
Singing	36	< .01	< .01	.01	+
Whistling	25	< .01	< .01	.05	+

Table 22.I. Looking back on your LSD experience,
how does it look to you now?

	M	W	T
A very pleasant experience	75	85	82
A very unpleasant experience	38	29	34
A very confusing experience	27	41	34
Something I want to try again	82	94	88
An experience of physical discomfort and illness	9	24	15
An experience of great beauty	82	79	81
Greater awareness of reality	88	94	91
Feel it was of lasting benefit to me	85	85	85
Gave me great understanding of myself and others	82	88	85
Greatest thing that ever happened to me	82	74	78
A transcendental experience, beyond my usual comprehension	85	82	84
A religious experience	82	88	85
A pleasant memory, but nothing more	0	0	0
An experience of insanity	24	20	22
Did me harm mentally	3	0	1
A very disappointing experience	3	0	1

**Table 22.2. How were you, or what were you left with,
after the LSD experience?**

	M	W	T
A new way of looking at the world	88	82	85
A sense of futility and emptiness	11	7	9
A greater understanding of the importance and meaning of human relationships	85	85	85
A new understanding of beauty and art	59	68	63
A new understanding of music	68	71	69
A greater awareness of God, or a Higher Power, or an Ultimate Reality	91	91	91
A sense of greater regard for the welfare and comfort of others	77	79	78
A frightening feeling that I might go crazy or lose control at any time	9	9	9
A feeling that I "missed the boat" or somehow failed to get out of the experience what was potentially there	35	29	32
Beneficial changes noticed by the person closest to me	62	68	65
Improved ability to communicate with others	71	71	71
Greater tolerance of others whose opinions, preferences, habits, and attitudes differ from mine	71	77	74
Deeper understanding of others	77	85	81
More sensitivity to the feelings of others, even when not expressed	68	71	69
Increased reliance on my own values and judgment, less dependence on others' opinions	65	88	77
Increased interest in universal concepts (e.g., the meaning of life, my place in relation to the rest of life)	85	91	88
More tendency to view such matters as telepathy, reincarnation, spiritualism, foreseeing the future (clairvoyantly or in dreams), as possibilities warranting investigation	74	83	78
Introduced some problems in relationships that were not present before	26	38	32
*Improved relationship with wife or husband	66	70	67
*Problems within the marriage relationship that were not present before	21	18	20

**Table 22.3. How were you, or what were you left with,
after the LSD experience?**

	A	B	C	D
A new way of looking at the world	75	88	72	92
A greater understanding of the importance and meaning of human relationships	80	81	78	88
A greater awareness of God, or a Higher Power, or an Ultimate Reality	60	92	89	92
More tendency toward feelings of depression	5	8	17	12
More intense swings in feelings from "high" to "low"	20	23	50	29
More frequent and persistent feelings of happiness	55	81	72	83
More ability to handle hostility creatively and get over it	55	73	72	75
More ability to love in general	75	81	83	75
Generally decreased anxiety	55	65	72	71
More ability to relax and be myself	60	77	67	75
Increased self-esteem, higher evaluation of myself	60	69	78	79
Frequent or persistent feelings that might be described as wonderment at the miracle of Being	55	65	72	83

Table 22.4. What changes in attitudes and behavior do you feel have occurred directly as a result of your LSD experience?

	A	B	C	D
*Generally improved relations with persons I work and live with	74	73	95	63
*Improved relations with superiors at work	20	64	67	53
*Improved relations with subordinates at work	40	50	73	47
Seem to have more energy	40	38	61	54
Find decision-making easier	50	62	72	71
Find I do more daydreaming and introspection, which interferes with getting things done	20	15	17	4
*Increased effectiveness in my work	35	48	50	64
*More dissatisfaction with my present work	15	21	24	23
*Feel I am of more value to my employer	37	62	58	71
New freedom from old habit patterns	40	58	50	58

Table 22.5. Outstanding Events or Insights

Answers	Number of Respondents
Experiencing an underlying reality, a sense of oneness with all of life, of unity and purpose, of love, of the presence of a Higher Power	53
Discovering that I have the necessary resources to solve my problems, that answers can come from within; coming to a deeper understanding of my own personal dynamics	20
Coming to understand the meaning of forgiveness and acceptance	9
Insight into my relationships with other people	7
Seeing the essential simplicity of life, the miracle of just Being, that there is nothing to fear	6
Realization of how much my own outlook has been restricted	2
Experiencing music in a new way	2
Realization of the vastness of inner space, that there is much yet to explore	5
Miscellaneous	5
No particular insight	10