

Psychedelics

Info guide

Videos

- Ted Talk from MAPS director Rick Doblin. Good stuff [LINK](#)
- Ted talk from Roland Griffiths from John Hopkins. Great intro: [LINK](#)
- The Psychedelics episodes the Netflix series The mind explained. Really well done a short documentary
- Fantastic Fungi. An amazing movie about Fungi. Showing potential not only on psychedelics but for the environment: [LINK](#)
- Great panel discussion with experts from neurology, psychology, and anthropology. : [LINK](#)
- Podcast of Tim Ferriss and Michael Pollan: [LINK](#)

Books

- **How to Change Your Mind** by Michael Pollan. This is the gateway to psychedelics. A great and fun book exploring the past, the current state and personal experiences. This book had a profound impact on having the general public interested
- **The Psychedelic Explorer's Guide: Safe, Therapeutic, and Sacred Journeys** Book by James Fadiman. The bible for psychedelic exploration. Fadiman was active in the sixties when it was legal and never stopped. Great book
- **The Psychedelic Experience: A Manual Based on the Tibetan Book of the Dead** Book by Ralph Metzner and Timothy Leary. Most likely the most impactful book from the sixties
- **The Evolving Self: A Psychology for the Third Millennium** by Mihaly Csikszentmihalyi. Not about psychedelics but a jewel of philosophy and positive psychology.
- Stanislov Grof is a psychedelic rockstar with over 20 books. Here is the list:
[LINK](#)
- **The Harvard Psychedelic Club: How Timothy Leary, Ram Dass, Huston Smith, and Andrew Weil Killed the Fifties and Ushered in a New Age for America** Book by Don Lattin. Great book on the story of psychedelics in the west.
- **Consciousness Medicine: Indigenous Wisdom, Entheogens, and Expanded States of Consciousness for Healing and Growth** Book by Kristina Hunter. Great book on holistic work. More for holistic workers but beneficial for everyone
- **From Chocolate to Morphine**: Book by Andrew Weil. An impartial view of all drugs from a medical perspective. You will realize how illogical the current system is.

Associations

- [Multidisciplinary Association for Psychedelic Studies - MAPS](#)
- [OPEN](#)
- [MIND European Foundation for Psychedelic Science](#)
- [Johns Hopkins Psychedelic Research Center](#)
- [Psychedelic Insights](#)

Reach out

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