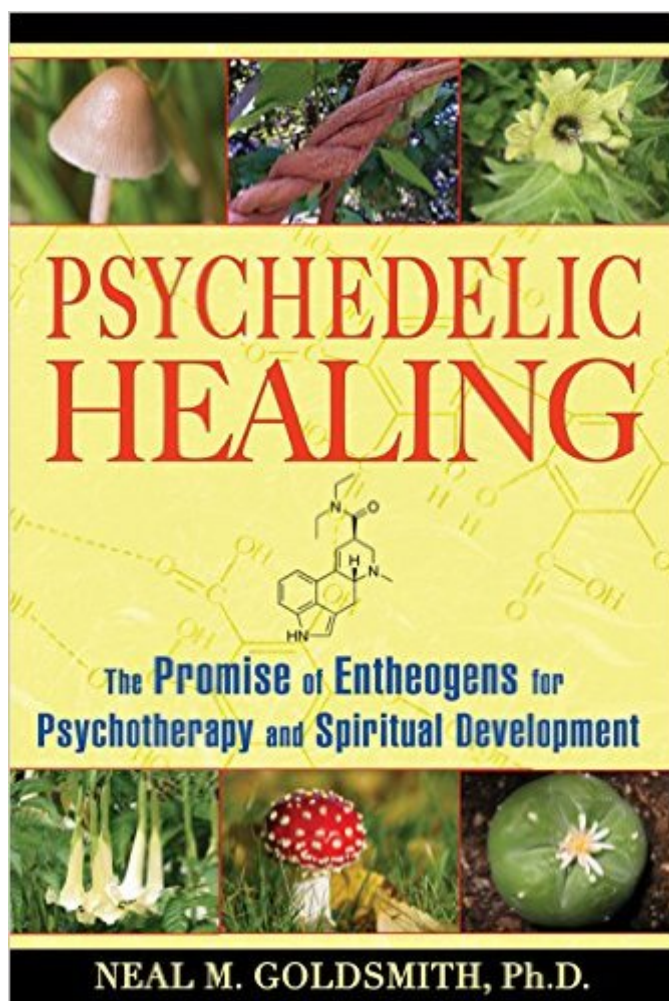


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# Psychedelic Healing: The Promise Of Entheogens For Psychotherapy And Spiritual Development



## Synopsis

Psychedelics as therapeutic catalysts for emotional and spiritual transformation • Explores the latest medical research on the healing powers of entheogens • Reveals the crucial role of tribal and shamanic wisdom in psychedelic medicine • Provides guidelines for working with psychedelics, including the author's personal healing and recommendations for creating change on the spiritual and societal levels Banned after promising research in the 1940s, '50s, and '60s, the use of psychedelics as therapeutic catalysts is now being rediscovered at prestigious medical schools, such as Harvard, Johns Hopkins, NYU, and UCLA. Through clinical trials to assess their use, entheogens have been found to ease anxiety in the dying, interrupt the hold of addictive drugs, cure post-traumatic stress disorder, and treat other deep-seated emotional disturbances. To date, results have been positive, and the idea of psychedelics as powerful psychiatric--and spiritual--medicines is now beginning to be accepted by the medical community. Exploring the latest cutting-edge research on psychedelics, along with their use in indigenous cultures throughout history for rites of passage and shamanic rituals, Neal Goldsmith reveals that the curative effect of entheogens comes not from a chemical effect on the body but rather by triggering a peak or spiritual experience. He provides guidelines for working with entheogens, groundbreaking analyses of the concept--and the process--of change in psychotherapy, and, ultimately, his own story of psychedelic healing. Examining the tribal roots of this knowledge, Goldsmith shows that by combining ancient wisdom and modern research, we can unlock the emotional, mental, and spiritual healing powers of these unique and powerful tools, providing an integral medicine for postmodern society.

## Book Information

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## Customer Reviews

Neal Goldsmith is one of the world's leading experts on psychedelic plants and chemicals, and their effect on the Psyche. In this fascinating book, Goldsmith takes us on a personal journey of discovery. Along the way he discusses the use of psychedelics for spiritual, psychological and medical purposes. From their original use by ancient indigenous cultures to the most recent scientific research, Goldsmith reviews the possible medical and spiritual potential of these Entheogens. He profiles the key figures in the history of psychedelics, including cultural icon Timothy Leary and the relatively unknown botanical researchers, Alexander T and Ann Shulgin. Some of his most important conclusions are covered in a chapter titled Implications For The Future. If Goldsmith is correct in his analysis, then the study and understanding of psychedelics, and their effect on consciousness, will be an ever expanding and important field of research and discovery in the future of psychiatry. Goldsmith's comprehensive guide includes extensive footnotes, a highly informative Appendix, and a thought provoking list of Recommended Reading.

this is an excellent book for anyone interested in the field of psychology, psychedelic plants, shamanism, relationships or self-evolution. it is essential on my bookshelf where it is often referenced and sits alongside works by pinchbeck, leary, metzner, mckenna and ram dass.

Psychedelic Healing is a wonderful summary of what we've learned from psychedelic psychotherapy research, and where the explosive renaissance with all these fascinating new studies is headed. The medical potential of politically-controversial, pharmacological agents like LSD, psilocybin, MDMA, and DMT appears enormous, and they are currently being integrated into mainstream Western culture. This is truly a cause for celebration, and Neal Goldsmith does a marvelous job explaining this important research and tying it all together. But, perhaps even more valuable and interesting, is Goldsmith's personal story and insights, which make up a significant portion of this hard-to-put-down volume. Goldsmith's alchemical blend of research summary, practical information, biographical profiles, and personal experience is delightful to read, and the book is simply bursting at the seams with psychological and spiritual insights. I highly recommend Psychedelic Healing to anyone interested in the exciting new psychedelic research and the frontiers of human psychology. I treasure and absolutely cherish this valuable addition to my library.

In this fine book, Dr. Goldsmith shares his personal and professional odyssey through innerspace with the assistance of psychedelics -- also known as entheogens -- which have been maligned too long and, consequently, lumped in, by various reactionary laws and unenlightened views, with a motley crew of other psycho-active substances, such as cocaine, heroin, and methamphetamine, which are pharmacologically different from psychedelics. Dr. Goldsmith's timely book helps to expose the vicious slanders and libels hurled at psychedelics by various political, medical, and legal "experts" who were -- and possibly may remain -- apparently ignorant of the beneficial use of psychedelics in a variety of contexts throughout humanity's development and history. By proposing a pragmatic analytical framework to help dig deep into the individual psyche, Dr. Goldsmith persuasively argues that psychedelics, when used properly with respect and reverence in an appropriate setting, may facilitate spiritual and psychological healing of individuals and, eventually, whole societies. The founder of Taoism, Lao Tzu, is credited with saying: "Those who know, don't speak; those who speak, don't know." This wisdom is often applied to the field of psychedelics, but Dr. Goldsmith's engaging book proves that experience coupled with extraordinary professional expertise and compassion can be shared with a general audience through an entertaining, jargon-free format, thereby furthering society's movement towards the light.

Psychedelic Healing:  
The Promise of Entheogens for Psychotherapy and Spiritual Development

Although the scope of this book is sympathetic: to change the cultural bias against psychedelic substances, it seems to me to be a rather lame effort. I was immediately taken aback when I realized he hardly mentioned Grof's groundbreaking research at all, how can you completely ignore the most profound authority on the subject? Why he did it became abundantly clear when he presented his own - rather simplistic - theories entitled 'psycheology'. Theories that lean heavily on the dubious theories of Jean Piaget. Grof has the courage and vision to see the human life in a transpersonal perspective, accepting karmic and archetypal influences and determinants and of the birth trauma for which he's famous. Whereas for Goldsmith the development of the human psyche is exclusively determined by what happens in the earliest childhood (which sounds very familiar and Freudian, although Goldsmith doesn't accept the sexual component). It is always good when an author lays bare his personal story, but in this case we get a very long CV. And a story about how he - finally - was able to forgive his mother for not loving him as much as she did her brother (as if Love is some quantifiable entity), but only after she had apologized to him. Which of course shows he doesn't know what Forgiveness is. And here it could have been very interesting to look deeper into

the perinatal and karmic roots of their relation. Add to this that the book is somewhat muddled both in writing and lay out. It might entail some useful information for people interested in the scientific and legal aspects of psychedelic research. For anyone with an interest in the spiritual and experimental dimensions of entheogenes there's very little of value.

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