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Safe, Therapeutic, And Sacred Journeys  
written with a wry humor that brings Fadiman's sincere, soulful intentionality immediately to the reader, integrating and transforming from the moment one opens this important, mature, and absolutely essential book. If you are interested in the safe, effective, and transformative use of psychedelics to improve our lives and our society, you will devour this book.

## **The Psychedelic Explorer's Guide: Safe, Therapeutic, and ...**

The Psychedelic Explorer's Guide: Safe, Therapeutic, and Sacred Journeys, in which he [James Fadiman] clears up current myths and misperceptions about psychedelics, and presents findings from both long-neglected and recent clinical studies, research experiments, and surveys showing a surprising range of benefits from safe, supervised psychedelic use.

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## **The Psychedelic Explorer's Guide: Safe, Therapeutic, and ...**

Psychedelics for spiritual, therapeutic, and problem-solving use - Presents practices for safe and successful psychedelic voyages, including the benefits of having a guide and how to be a guide - Reviews the value of psychedelics for healing and self-discovery as well as how LSD has facilitated scientific and technical problem-solving - Reveals how ul

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### **The Psychedelic Explorer's Guide : Safe, Therapeutic, and ...**

The Psychedelic Explorer's Guide is very heavily tied into a set of online resources - networks, articles, and blogs - provided by Fadiman and others. This is a really useful feature, because it allows the reader of the book (now four years old) to immediately access research that has been updated since its publication, and immerse ...

### **The psychedelic explorer's guide: safe, therapeutic, and ...**

In this guide to the immediate and long-term effects of psychedelic use for

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spiritual (high dose), therapeutic (moderate dose), and problem-solving (low dose and microdose) purposes, Fadiman outlines best practices for safe, sacred entheogenic voyages learned through his more than 40 years of experience--from the benefits of having a sensitive guide during a session (and how to be one) to the importance of the setting and pre-session intention.

## **[PDF] The Psychedelic Explorers Guide Safe Therapeutic And ...**

Psychedelics for spiritual, therapeutic, and problem-solving use • Presents practices for safe and successful psychedelic voyages, including the benefits of having a guide and how to be a guide • Reviews the value of psychedelics for healing and self-discovery as well as how LSD has facilitated scientific and technical problem-solving • Reveals how microdosing (ultra-low doses) improve cognitive functioning, emotional balance, and physical stamina • This

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## **The Psychedelic Explorer's Guide (Audiobook) by James ...**

While the modern history of psychedelics reaches back to the 1950s, interest in microdosing saw a major revitalization with the publishing of Dr. James Fadiman's The Psychedelic Explorer's Guide: Safe, Therapeutic, and Sacred Journeys in 2011. Dr. Fadiman's



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book explores microdosing as a  
subculture of psychedelic use.

**Ultimate Guide to Microdosing  
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Access Google Sites with a free Google account (for personal use) or G Suite account (for business use).

**Google Sites: Sign-in**

Psilocybin has a long track record of safe use. Combine that small dose amounts, and microdosing appears to be safe. As you can see in the graph below, psilocybin is one of the safest substances you can find, both biochemically and socially. It's even safer than alcohol.

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