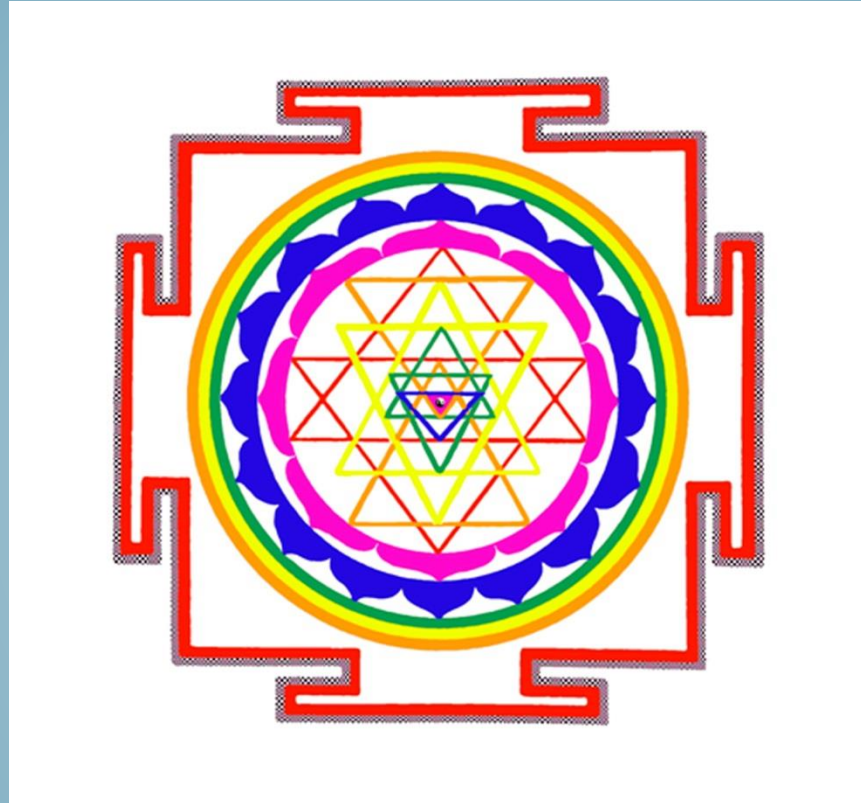


ENTHEOGENS



and Spiritual Practice

TempleOfAuthenticDivinity.com

USING ENTHEOGENS IN A SPIRITUAL PRACTICE

→ What is the Purpose of a Spiritual Practice?:

→ How Entheogens Can Assist:

→ What Is Required for a Productive Journey?

- Preparing (Long-Term to Short-Term)

→ Contra Indicators:

→ Integrating:

- Knowing Where Support Is and Is Not

- Dealing with Challenges

- Detachment

→ Questions & Comments

Caveat:

This discussion is intended for educational and philosophical purposes. It is not to encourage, endorse, or support any illegal or dangerous behavior. And, you have full responsibility for your choices and actions.

“We strongly urge that a continuing effort be made by those who care about freedom of inquiry and the search for knowledge, to **work toward changes in the present drug laws . . .** Open inquiry, and creative exploration of this important area of research, must be not only allowed but encouraged. It is essential that our present negative propaganda regarding psychedelic drugs be replaced with honesty and truthfulness about their effects, both good and bad.”

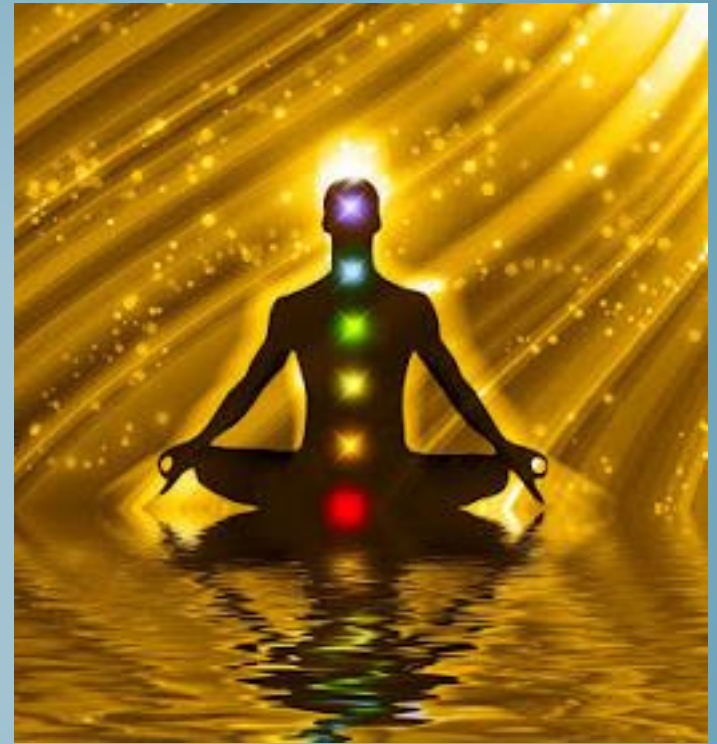
- Alexander Shulgin in *Pihkal*

ENTHEOGEN DEFINITIONS

An entheogen ("*generating the divine within*") is a chemical substance used in a religious, shamanic, or spiritual context.

Entheogens can *supplement* many diverse practices for transcendence, and revelation, including meditation, yoga, and prayer, . . . visionary art, chanting, and music . . .

Entheogens have been used in a ritualized context for thousands of years; their religious significance is well established in anthropological and modern evidences.



Religion vs. Spirituality



Spiritual vs. Shamanic

Indigenous cultures should NOT be regarded as role models.

They sometimes engage in practices considered unethical in our culture:

- incorporating use into human sacrifice rituals
- used to practice sacramental headhunting
- use by the shaman for malevolent intent (i.e. bewitching)

Some important themes have emerged in the use by indigenous cultures that may have bearing on the appropriate use. These common themes are:

- structured use (expressed as *ritual* in indigenous use),
- restrictions on use including the need for guidance and
- appreciation of the powerful effects (expressed as *reverence* in indigenous use).

- From John Hopkins University research paper



Yogic vs. Tantric

What is the purpose of a spiritual practice?

People can have many different goals in a spiritual practice:

- **Being more calm & centered**
- **Lowering stress & improving their health**
- **Calling in a beloved partner**
- **Manifesting a fulfilling career**
- **Becoming more loving & compassionate**
- **Accessing an inner knowing of how to be and interact with the world**
- **Experiencing one's true essence (SELF REALIZATION)**
- **Experiencing the essence of God (GOD REALIZATION)**



Do You Identify with the
Body
(the Vehicle)

or

the ***Light?***

There Are Many Varieties Of Spiritual / Awakening Practices



Chanting

Meditation / Mindfulness

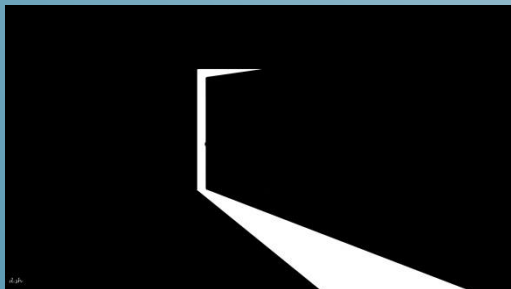
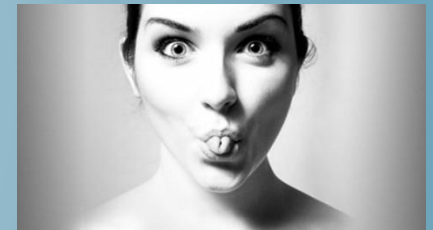
Prayer

Breathing Practices / Pranayama

Tantra

Austerity Practices:

- Sensory Deprivation
- Sensory Overload



There are a great variety of different spiritual practices, each with a slightly different goal.

Be sure the spiritual practices you are working with are in alignment with your purpose.

Kashmiri Shivism



no need to wait, awake right now in this moment to your inner Divinity

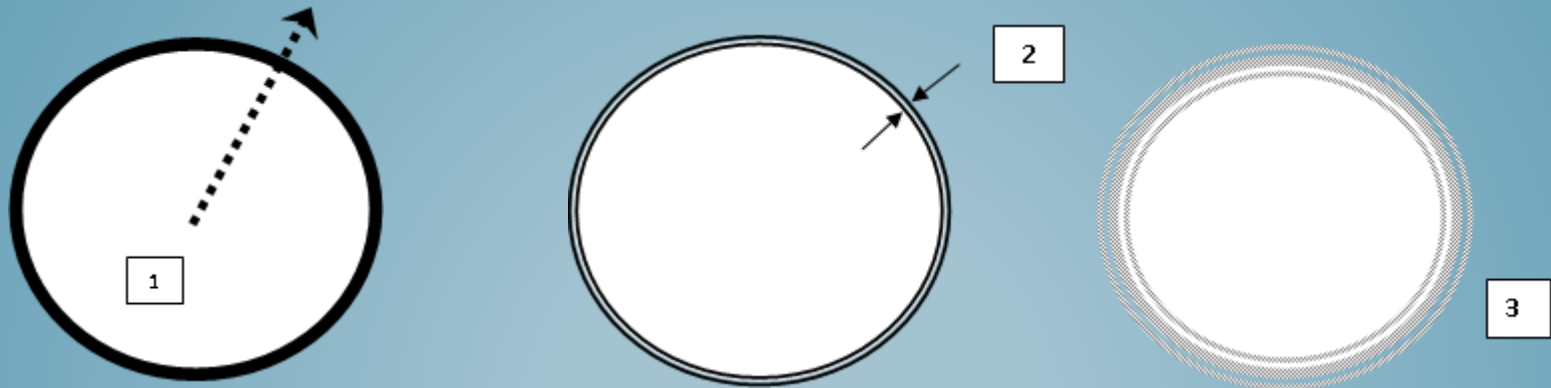
Spiritual Cross Training:

The idea that the combined effectiveness of different practices will ease the opening to experiencing the ultimate state of Oneness, samadhi, ego-death, God, etc.

A Model of Awakening:

3 factors involved in getting release from the ego.

A Model for Awakening



Factors:

1. The force or vector generated by the practice.
2. The thickness of the barrier.
3. The permeability of the barrier.

Explanation:

1. The totality of the focus of awareness.
2. Our ability to surrender our identity.
3. Our ability to rest in Stillness and be neutral towards whatever arises.

A Model for Awakening

1: *(focused awareness)*

Focused Styles of
Meditation

(mantra, zen)

2: *(egoic thickness)*

Self Inquiry Styles of
Meditation

3: *(permeability/neutrality)*

Bhakti Meditation Practices
Loving Compassion Practices
Heart Opening Practices

Tantric Awakening Work

(erotic meditation)

Darkness Retreat

Tantric Healing Work

Psychotherapy

Self Improvement Work

Shadow Work

Tantric Ecstatic Work

(m.o.r.e. sessions)

Journey Work

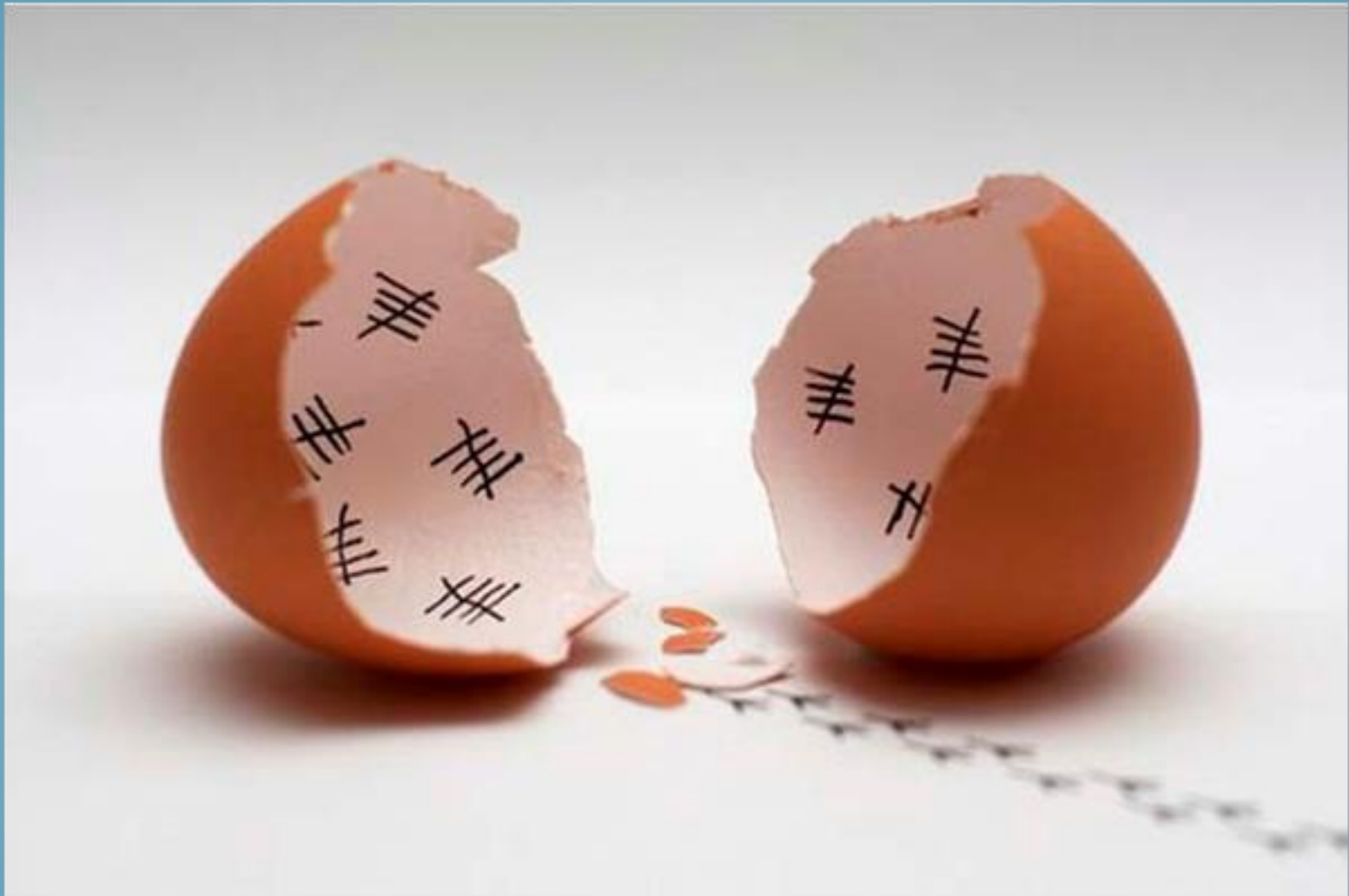
*(focus on breaking through
duality, TOAD)*

Journey Work

*(focus on healing, iboga,
MDMA for PTSD)*

Journey Work

*(focus on growth & discovery,
many plant substances)*



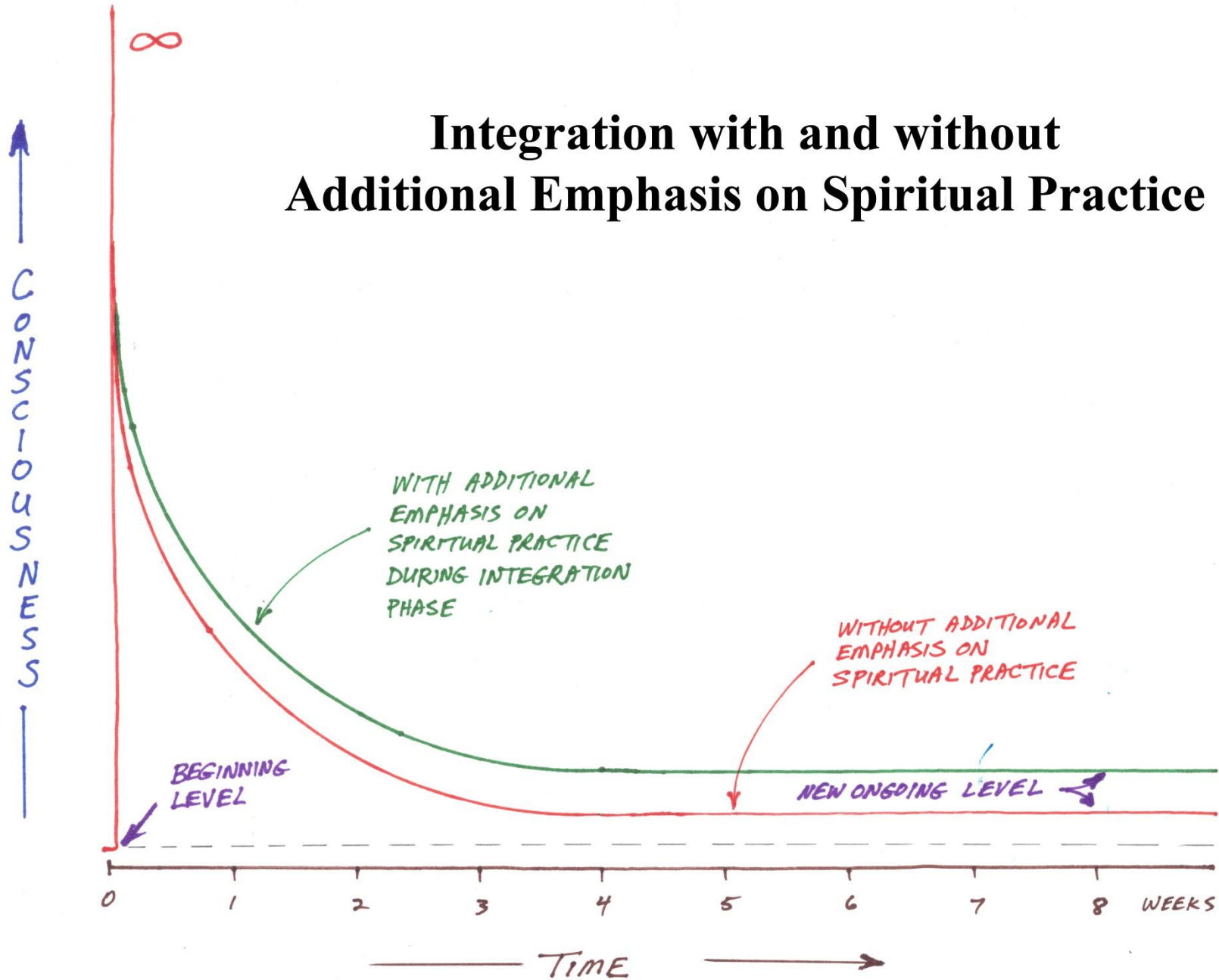
When the moment cracks open, ecstasy leaps out and devours space.

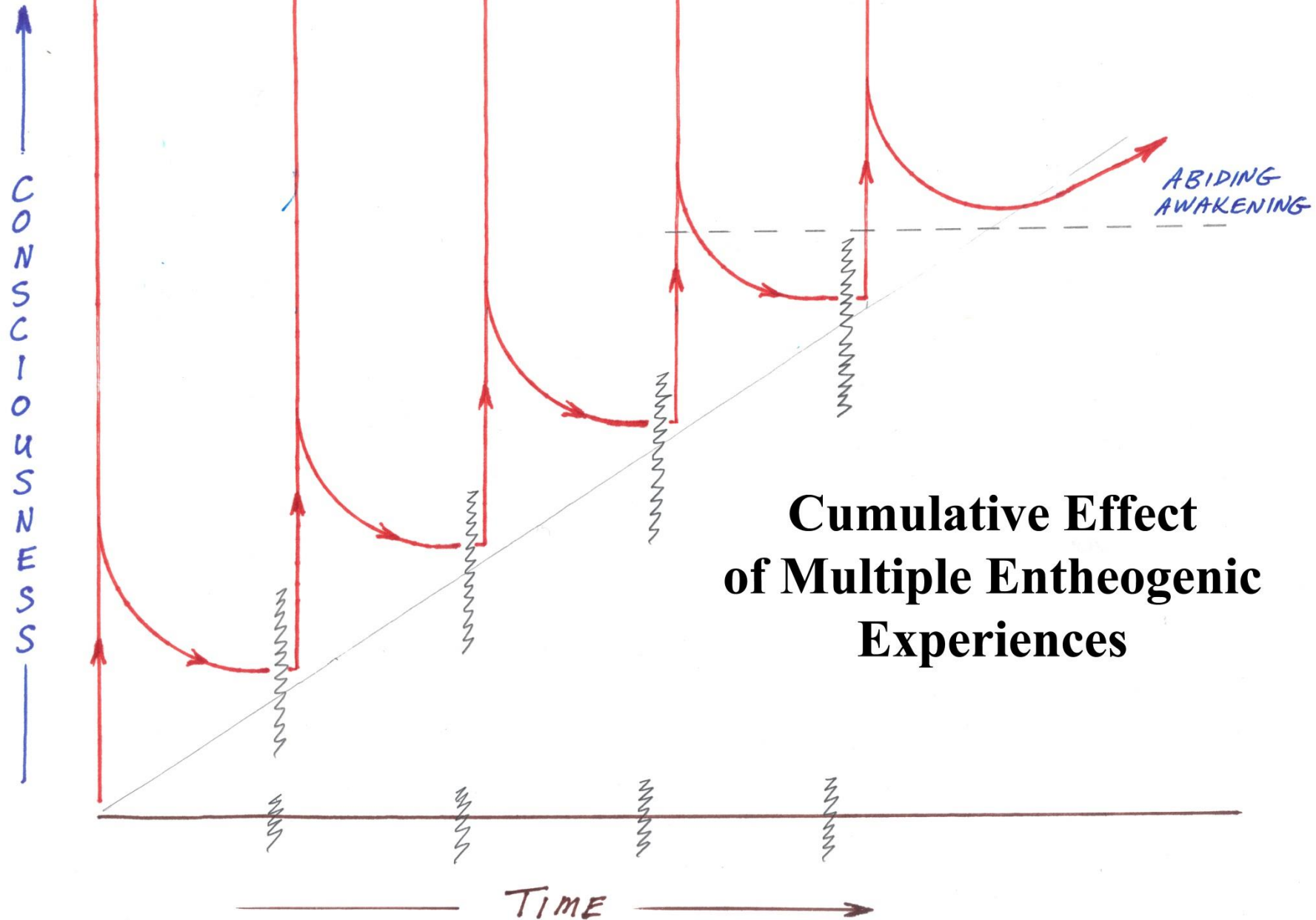
- Rumi



THE ROLE OF PEAK EXPERIENCES

Integration with and without Additional Emphasis on Spiritual Practice







Types Of Experiences: TRANSCENDENTAL



Jack Kornfield

Spirit Molecule = n-n-DMT

God Molecule = 5-MeO-DMT

5-MeO-DMT:

has the narrowest activation of brain receptor sites

n-n-DMT:

has the broadest activation of receptor sites; therefore ego loss is unlikely. Accessing non-duality is unlikely

From: “Future Minds, Mental Organs and Ways of Knowing” by Thomas S. Ray, Professor of Biology at Oklahoma University.

Based on research from the federal psychoactive drug screen program that allows university professors to use lab grown brain cells and specific substances to find out what receptors in the brain are activated.

LEVELS OF CONSCIOUSNESS

Physical Universe

- Psychic Energies, Elemental Spirits (close to the Physical)
- Entities, Deities

Astral Level

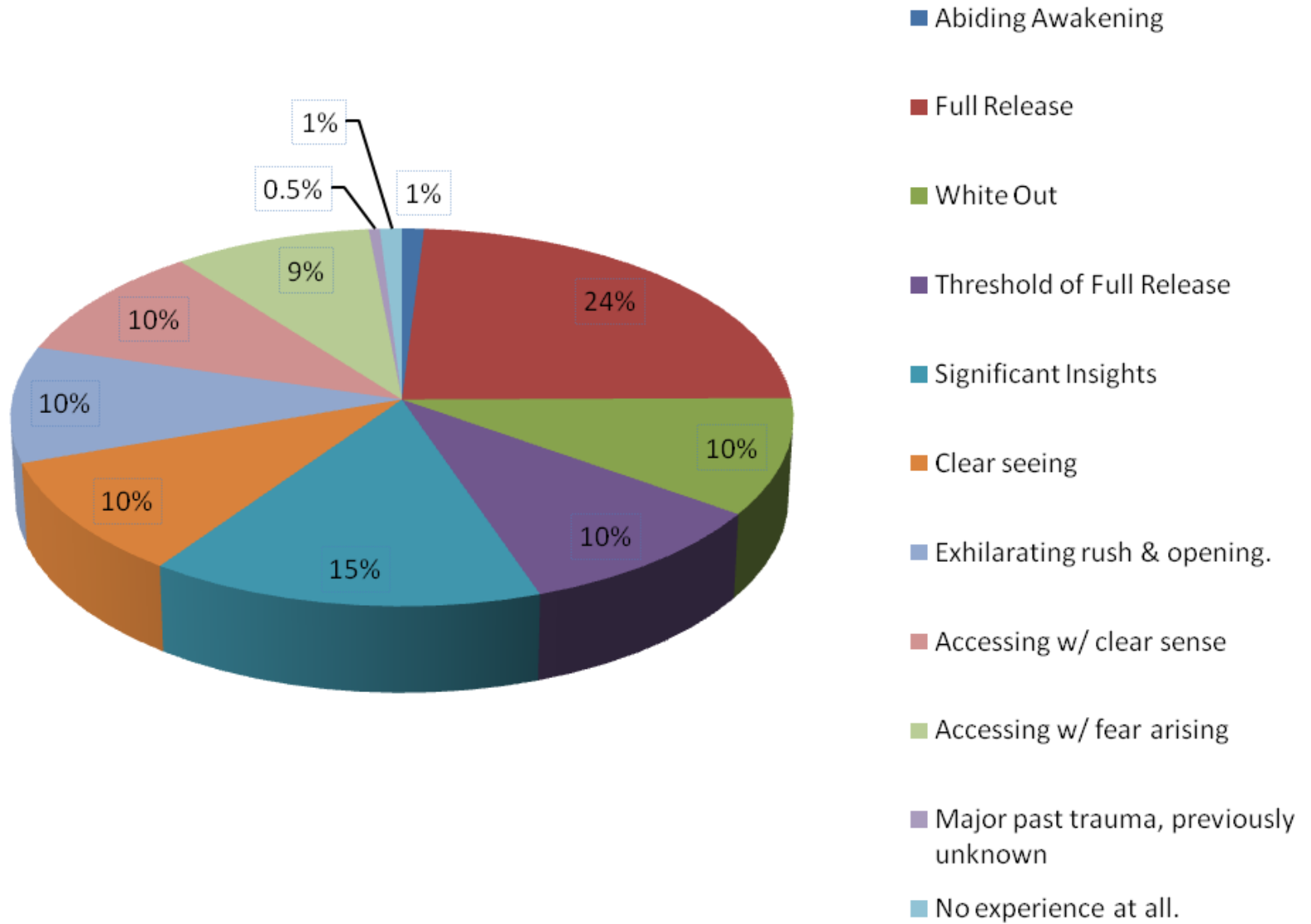
Causal Level

Pure Spirit / God

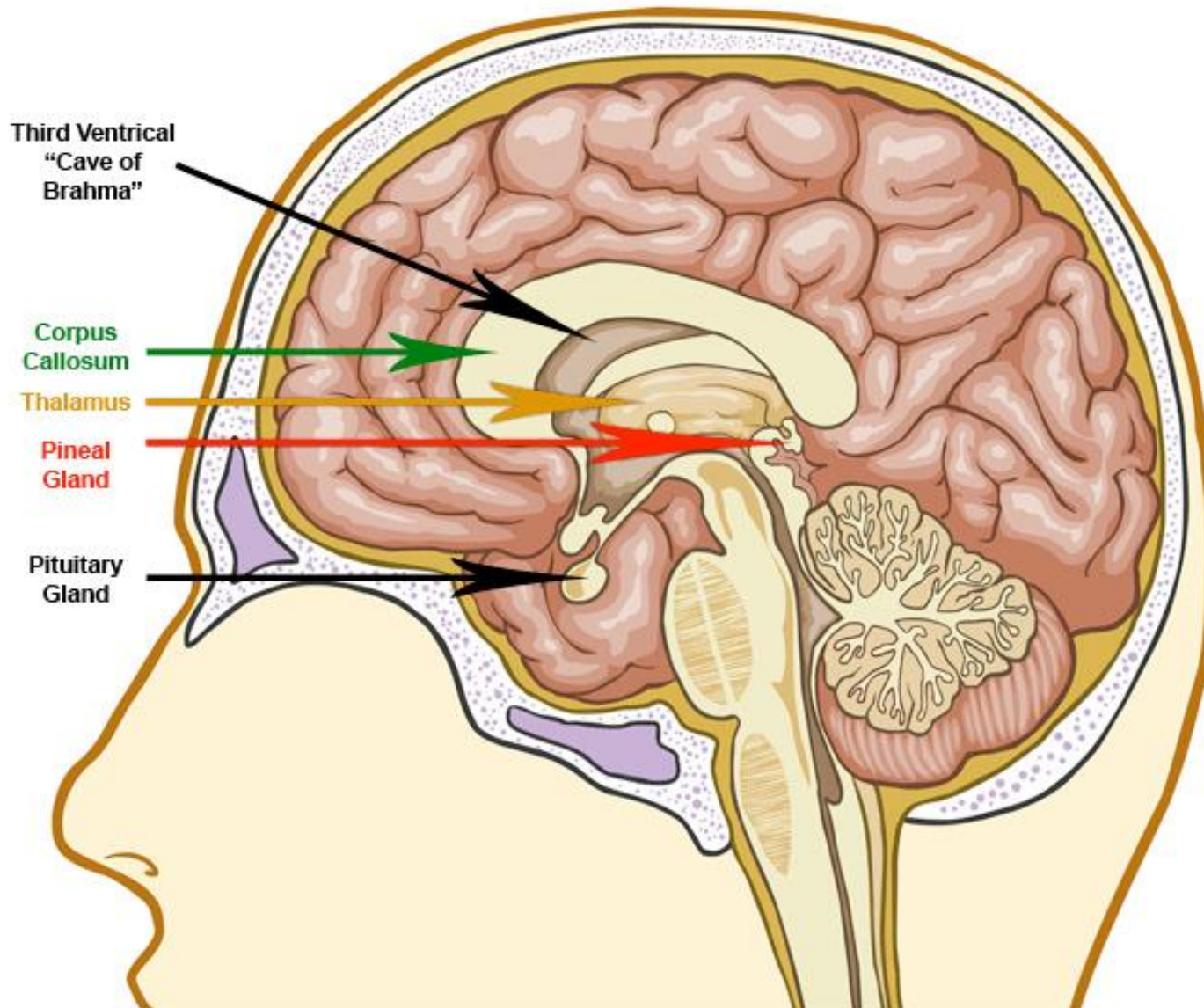
The Range of Experiences

Description of Experience	Estimated Incidence
Abiding or Ongoing Awakening	1%
Full Release: no sense of "I", time or space	24%
White Out (often a Full Release experience but the memory of it is blocked)	10%
Threshold of Full Release	10%
Significant Insights into oneself, one's relationships and the world. Possible the most significant experience of this lifetime.	15%
Clear seeing of or a resolution of a big current issue.	10%
Exhilarating rush and opening.	10%
Accessing and connecting with issues or trauma not previously aware of and a clear sense of how to work with these issues.	10%
Accessing and connecting with issues or trauma not previously aware of and a sense of fear arises (or a desire to repress the previously unconscious material). Possible 2 to 4 nights of "Night School".	9%
Major past trauma, previously unknown or not embraced is accessed. Possibly re-activation of physical symptoms linked to the past trauma.	< 1%
No experience at all.	1%

The Range of Experiences



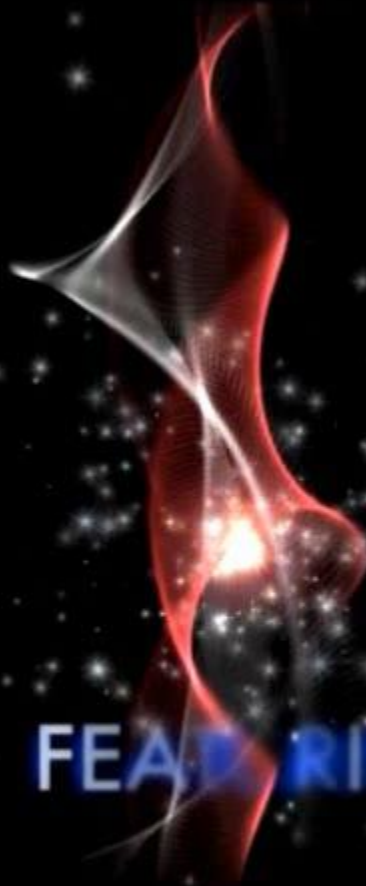
The Pineal Gland



DAVID WILCOCK:
on the PINEAL GLAND and DMT

From a workshop video on his recent book:

The Source Field Investigations: The Hidden Science and Lost Civilizations Behind the 2012 Prophecies .



FEAR RING

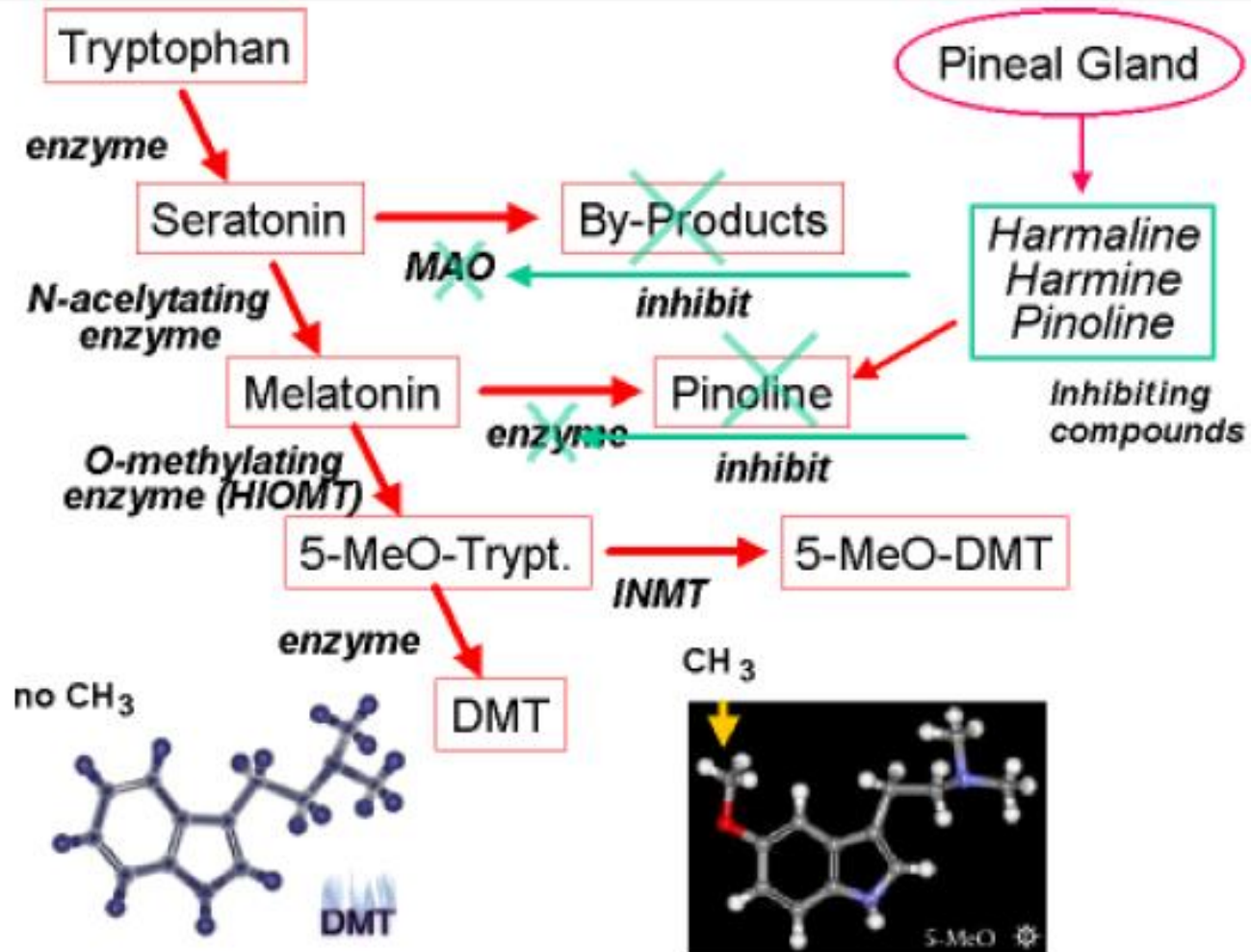


Fig. 25. 5-MeO-DMT Synthesis²¹

→ HOW ENTHEOGENS CAN ASSIST:
Patanjali In The Yoga Sutras

“These spiritual attainments may be congenital in some, or they may be gained by the use of certain medicinal plants, by incantations, by fervor, or by meditation.”

- Patanjali (4:1)



GENERAL PREPARATION:
Cultivate a receptive and surrendered mind and heart



GENERAL PREPARATION:
have chosen form of the Divine to worship



LONG-TERM PREPARATION: *psychotherapy*



LONG-TERM PREPARATION: *meditation*



INTERMEDIATE PREPARATION:
Reading the available literature



INTERMEDIATE PREPARATION:

Talking with people we trust who have had more experiences



SHORT-TERM PREPARATION:
positive state of mind



SHORT-TERM PREPARATION:
social and spiritual support identified



CONTRA INDICATORS: **Very unstable personality**



CONTRA INDICATORS: **Poor health (It can be stressful!)**



CONTRA INDICATORS: **Not enough time**

→ OTHER ISSUES:

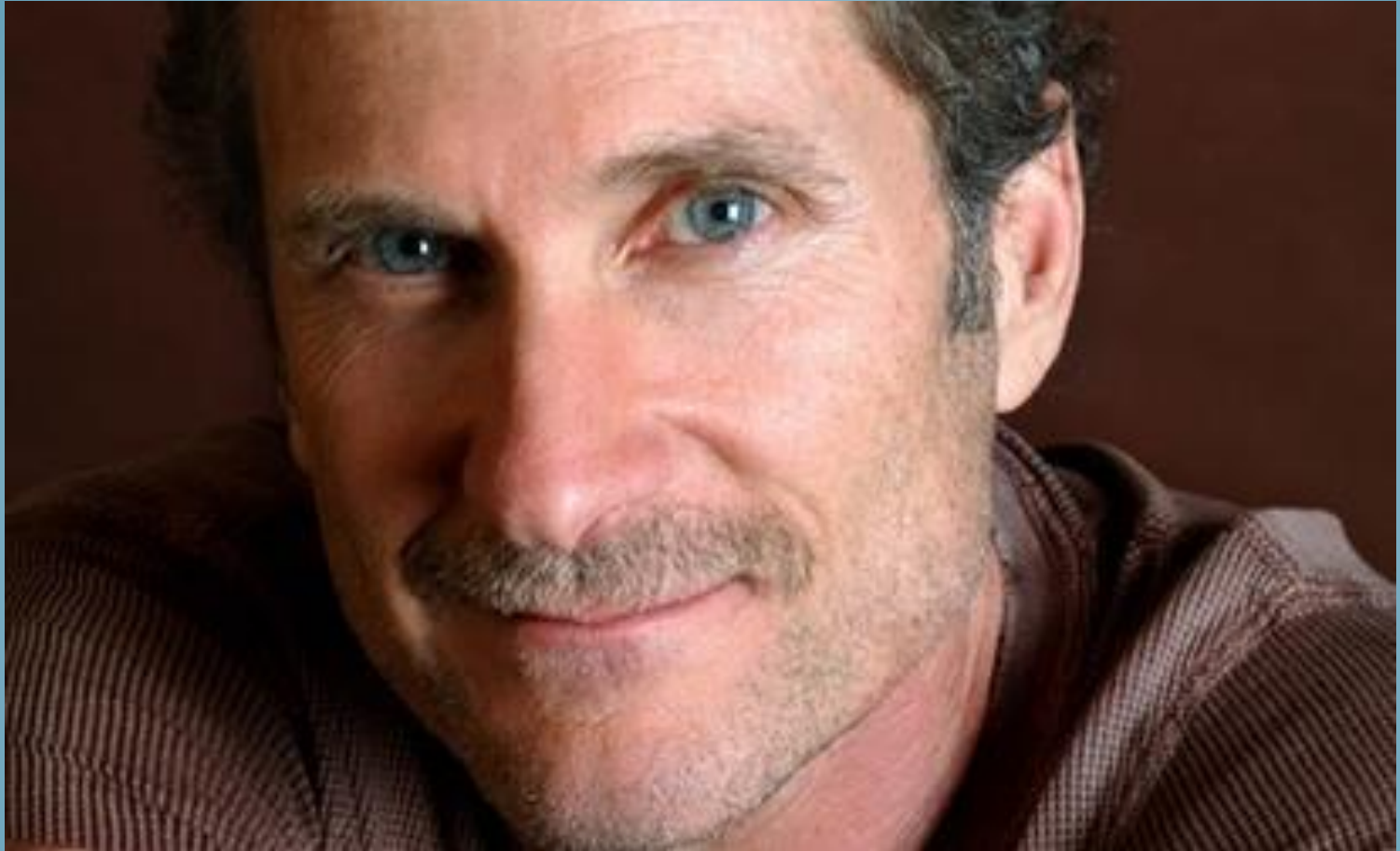
- *KNOWING WHERE SUPPORT IS AND IS NOT*

- **The *stigma attached to drug use* may limit a therapist or spiritual teacher usefulness.**

- **Transcendent spiritual experience → *subversion of the dominant Western worldview.***

- **Transcending our self-identity is the *opposite* of our materialistic, individualistic, and fear-based relationship to existence. It also runs contrary to a solely clergy-mediated relationship to the divine.**

- **Mainstream culture, using the tools of ridicule and psychopathologizing, and others, will oppose our discussing and valuing it.**



GANGA WHITE

→ OTHER ISSUES:

- *DEALING WITH CHALLENGES*



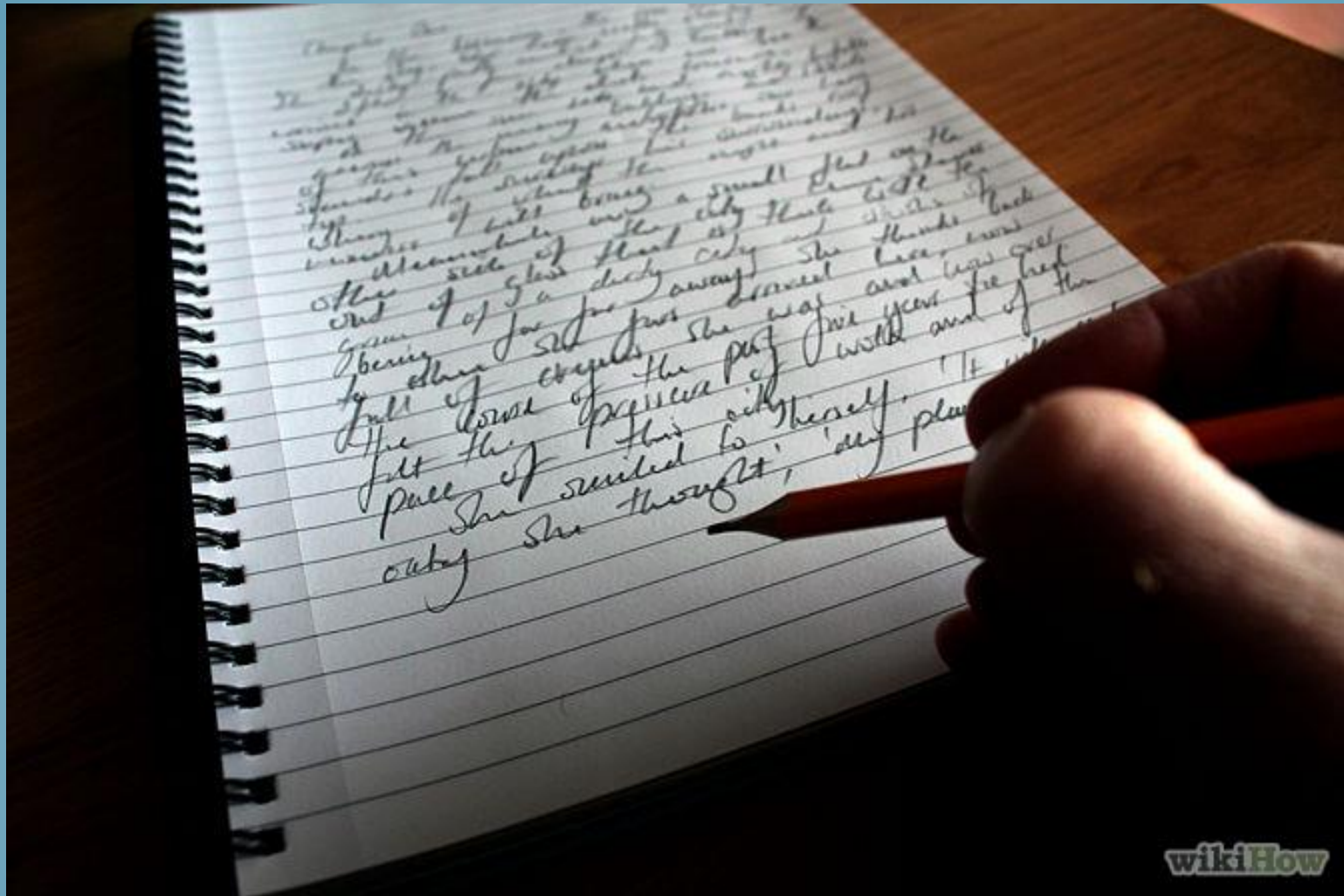
- *Don't panic* if frightening visions or hallucinations occur.
- withdraw your attention from the experience,
- then to *place your undivided attention on your consciousness which is experiencing whatever is happening to you.*
- The strong light released by *consciousness observing itself*, helps to quickly dissolve and dissipate destructive thought forms.



INTEGRATING: What the experience *teaching* us?



INTEGRATING: Are we being asked to make some change in our lives ?



INTEGRATING: Journaling or making a record of your experience

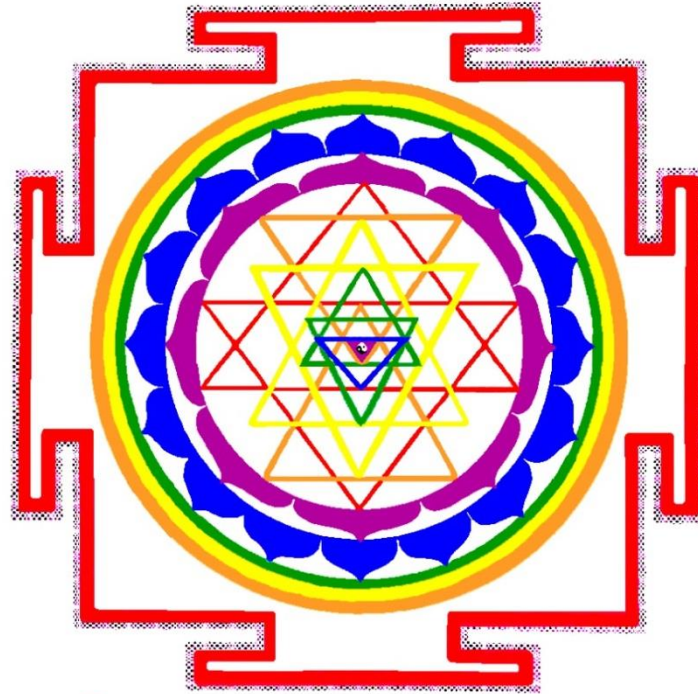


→ INTEGRATING: - *DETACHMENT*



→ INTEGRATING: View them like the *vistas that unfold* when we are climbing a beautiful mountain

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→ QUESTIONS & COMMENTS