

LSD

ZEN

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The editor of *LSD Zen*, Phoenix Kaspian, is the public representative of the private group who contributed to this book. This book represents the work of the entire team at *The Castalia Foundation*. Out of respect for the privacy and safety of this group, the other authors have been granted anonymity.

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“LSD is a psychedelic drug which occasionally causes psychotic behavior in people who have *not* taken it.”

Dr Timothy Leary

Founder of *The Castalia Foundation*

“The efficacy and safety of psychedelic substances has been tested over centuries and even *millennia*. Cultures throughout human history have used them successfully in the context of shamanic practices, healing ceremonies, and religious rituals.”

Dr Stanislav Grof

Author of *LSD Psychotherapy*

“Taking LSD was a profound experience, one of the most important things in my life.”

Steve Jobs

Founder of *Apple Computers*

Foreword

The Castalia Foundation is a global center for research on consciousness expansion. We were established in the early 1960s by a gang of renegade visionaries including Timothy Leary, Rosemary Woodruff, Richard Alpert, Ralph Metzner, and Susan Metzner.

Throughout the early 1960s, *The Castalia Foundation* held events and produced transcendent media to expand human consciousness. Under duress, our research hub, Millbrook, NY, was abandoned in 1966 and *The Castalia Foundation* went underground while our founder, Timothy Leary, was pursued around the world by President Nixon's neurosis.

Today, *The Castalia Foundation* funds projects that uphold the values of the the group's original vision: To override social-conditioning and free humanity from the clutches of the hive mind.

Disclaimer

The Castalia Foundation wishes to emphasize the importance of thinking for yourself and questioning authority. The information in this guide does not constitute medical advice. If you are looking for medical advice, you should consult the priest class your society calls 'doctors'.

All decisions regarding the use of LSD, or any other medicine, to facilitate personal healing are taken at the individual's own risk. By reading this guide, you waive *The Castalia Foundation* of any liability. We're not precisely sure how you'd injure yourself, given the safety profile of LSD, but humans are endlessly inventive in this respect. Good luck and thank you for reading this disclaimer.

The Dangers of *not* taking LSD

Look around you on planet Earth. Do the people here seem, calm, balanced, aware and *kind*? Do people appear to be deeply *happy*? Or, are the people around you mad-hypochondriacs, staring *stupidly* into *smart* phones made by Chinese slave-children in a communist dictatorship?

Do the people around you seem *strong* and *independent*, quiet and self-reflective? Or are their bodies emblazoned with the logos of multinational clothing-companies, rainbows, and other badges that announce to the world the wearer's sense of self-identity? Does this self-identity appear to be oddly-aligned with whatever *Facebook* is currently telling them it is socially acceptable to be?

Do the people around you have a connection to nature; the land; farming and food-production? Or are they caffeine-addicts, sipping dead-eyed from plastic *Starbucks* cups; posting their makeup-plastered faces onto *Instagram* in the hope that the number of 'likes' they receive from complete

strangers will sufficiently stave off their depression for the next twenty minutes?

If you live in the average Western country, you will probably have noticed that most people around you are mind-controlled *zombies*. The zombies' lips are fastened tightly around the digital *teats* of their iPhones, which hypodermically inject 'news' into their listless minds.

The *smart*-phone is the zombie's surrogate-mother. It pours sugar-milk into the zombie's baby-mouth. The zombie stares into the screen of its Zuckerberg idiot-box and does whatever the screen tells the zombie to do.

Many of us live in a community of adult *infants* who cannot lift their eyes away from the poisoned 'breasts' of their demented 'caregivers'. Their caregivers are Silicon Valley tech-oligarchs who sell portable iPhone-crackhouses.

Take a look at the zombies; soak it all in. Now you can clearly see what happens to a global society when psychedelics are made illegal: That society turns to *shit*.

Throughout the last few decades, the power systems on planet Earth have sung a shrill chorus designed to strike a fear of psychedelics into you. Why have they done this?

Quite simply because a society that is denied access to self-exploration using safe psychedelic healing-tools, inevitably becomes very, very *ill*. The pharmaceutical, banking, and entertainment industries feed off this sickness like vampire-squids encircling a listing ship.

Idiots in the mass-media, and government (for they are essentially the same thing) constantly assail you with warnings about the dangers of *taking* psychedelics, while completely ignoring the dangers of *not* taking psychedelics.

Most readers will agree: We tried it their way, we tried a society *without* psychedelics. Far from engendering a utopia, instead we ended up in a world ruled over by elite pedophiles, like the CIA and the British Royal Family.

We ended up with entire generations of people staring, completely lost, plugged into the shit-funnels of Mark Zuckerberg's *Facebook* hellscape.

We ended up with an entire secret island run by Jeffrey Epstein where celebrities and politicians *fucked* our kids without reprisal. The solution? Govern me harder, the zombies cried. Govern me *harder* towards freedom.

We ended up with Bill Clinton raping children; Prince Andrew raping children; most of Hollywood doing the same; and endless, unwinnable wars on, first ‘drugs’, then ‘terror’ and then ‘viruses’. It is hard to deny that something must be done, and it must be done quickly and decisively.

Psychedelic prohibition was one of the most stupid decisions ever made by a society, and the results of this decision are writ large across our culture: We are, as a society, hopelessly wrecked against the rocks of stupidity.

These are rocks which we willfully sailed into, confident that we could ignore centuries of ‘cartography’ dispensed to us during careful, respectful use of psychedelic sacraments. We crashed, and the zombies grew in number.

The argument that psychedelic use should be controlled by the ‘priest’ caste of our society (‘politicians’) has been utterly dismantled by the reality that these politicians are *raping* our children.

It is as if we were all enrolled in a big high-school, and told that psychedelics would ruin our education. Only later we discovered that all the teachers were raping the children, and societal psychedelic use would have prevented it.

In short: A society that has abandoned psychedelics has abandoned all *sense* and *reason*. Anyone, at this point, who feels the 'government' has any authority in determining how humanity explores its own nervous system, is deeply misled. You only have to take a short walk down a street in any major city to see the *ugliness* and *ignorance* that runs riot in the absence of psychedelics.

The only way back to ourselves, and our connection with the planet, is to pick up the psychedelic telephone and make the call that many of us have been dreading. LSD is called 'acid' for a reason: It will quickly and effectively strip away the *pretensions* and *falsity* of any depraved, lost culture.

This will be a difficult reckoning for humanity. To anyone who says taking psychedelics is dangerous, we offer this reply: Not as dangerous as *not* taking them.

Who is *LSD Zen* for?

LSD is the world's most discrete and powerful tool for self-exploration. This concise guide represents an attempt to transmit to you an accurate and stunning impression of the capabilities of this remarkable medicine to transform *yourself* and your *community*.

LSD Zen is the missing manual for LSD. Although other wonderful books, like Stanislav Grof's *LSD Psychotherapy*, contain a wealth of information and clinical studies on the effects and uses of LSD, much of his information was gathered with the objective of healing trauma.

Although we cover this topic in *LSD Zen*, trauma-healing is not the main objective of our book. The objective of this book is to give you, the student of *LSD Zen*, just enough information to start freeing yourself. We do not want to give you so much information that you mistake *The Castalia Foundation* for an 'authority'. *You* are your own authority.

Your early LSD sessions will likely involve the processing of trauma. However, once this layer of experience is healed, you will find yourself able to experience LSD as a

remarkable creative tool. It is a tool that unlocks the hidden potentials inside every human, given enough time.

The reader with no prior experience of LSD may, at this point, suspect we are referring to a performance-enhancing 'drug'. With LSD, this is not the case. LSD is not an *additive* drug, like an amphetamine. Instead, it is a very powerful *subtractive* medicine.

What do we mean by *subtractive*? Simply, we mean that LSD *removes* or *subtracts* troublesome obstacles in your subconscious that were induced through trauma or other associative-conditioning, most often during the earliest years of your childhood.

LSD is therefore a re-connective tool. Although the end result of working with LSD is often an improvement in human 'performance' during certain complex 'tasks', this improvement is the consequence of the organism operating in a mentally *clear* and neurologically *pristine* fashion.

In other words: all the clumsy trappings of the person's 'cult'ure and expectations that orbit their persona (both personal and societal) are evaporated under the effects of a properly planned and high-dosed LSD session.

Essentially, LSD is a de-patterning agent. LSD can be used to enter a meta-programming state. By *meta-programming* state, we mean a state that is ‘above’ or ‘transcendent’ of programming.

By *programming* we mean everything you have been subjected to over your lifetime which has concretized into a set of (semi-conscious) ‘beliefs’, ‘ideologies’, ‘perspectives’, ‘fears’ and ‘functional adaptations’. Collectively, these ‘programmed’ behaviors appear to comprise who you *are*.

Certainly, this *programming* is likely to govern your behavior much more strongly than your *intuition* or *conscious* intentions. This is because habitual behavior is often punitively, societally-regulated rather than personally determined. By this, we mean that a lot of what you *say*, *do*, and *think* is a result of being ‘taught’ to act in this way, even if you consciously deny it.

Often, it is sad to say, we are programmed under considerable duress as children. Such is the trauma of this programming that we ‘forget’ it. Indeed, much of it is designed this way: To be so brutal as to induce amnesia. Such programming experiences are the hardest to access and meta-program.

Many of us are, although we may struggle to acknowledge it, simply *not ourselves*. This is because many people have a sense of *self* which was systematically crushed by cultural programming.

You may very well say, “But, I feel very much myself!” But this is the inevitable position of most people: *Denial*. Of course, you may be the exception. Let’s find out.

As you work with the *LSD Zen* method, you will likely discover that LSD can quickly, and sometimes very intensely, reveal to you that you were in a state of self-delusion, despite your initial protestations. This is nothing to fear; it is the way free.

The magic of LSD is that it is a mirror to the soul. Don’t worry if you don’t believe in souls. It’s not a prerequisite to believe in the human soul to master *LSD Zen*.

Your first LSD journeys will likely involve many encounters with a false-self, and your gentle resurrection of the child within. Once this process is in flow, and you have reconnected significantly with yourself, you will be in a position to use the other features of LSD, namely: The medicine’s ability to restore your *intelligence*, *intuition*, and *artistic nature* to their original capacity. These gradual

changes in your ability to live and act in peaceful vibration with yourself are, thankfully, *permanent*.

With sufficient, careful use of high-dose LSD you will be upgrading your body and mind to a point where, even when you are not using LSD, you will retain your new-found skills, focus, and direction.

This is another reason why LSD is not comparable to a crude performance-enhancing ‘drug’. LSD is more like a *teacher* medicine. The lessons it teaches are typically long-lasting and extremely compelling.

LSD is uniquely set apart from most other ‘drugs’ because, at functional doses, LSD has almost no *physiological* effect and is extremely well-tolerated by the human body. It is a *gentle* and *powerful* medicine.

We wish to emphasize the extraordinary *safety* and *effectiveness* of LSD as a medicine. The universe could hardly have designed a more graceful tool for self-exploration.

LSD is an odd animal in the pharmacological jungle: It is both fiercely powerful from a *psychological* perspective, while being incredibly gentle from a *physiological* perspective. This is a spectacular combination.

LSD is the perfect cure for what ails our society. It brutally cuts through the bullshit of your socially-imposed false-self, yet it can be used often, and at high-doses.

The only limitation is that, with daily-use, your body will begin to acquire a tolerance for LSD. This can be counteracted by increasing dose, but generally, it is better to simply take breaks between sessions.

Typically, a 48 hour break from exploring with LSD will return the traveler to a baseline at which another dose of LSD will have approximately the same effect as it would on anyone. In other words: Tolerance with LSD dissipates very quickly. It is short-lived.

LSD has been hideously misunderstood and vilified. Much of this misunderstanding was intentional propaganda designed by the CIA, and other pedophile-rings, to create a sense of fear and confusion in the general population.

After reading the previous paragraph, you may have felt a series of *programmed* responses kick-in. These programmed responses are largely subconscious and were likely to be the reactions that have been *programmed* into you by propaganda.

“Aren’t the CIA protecting us?” your mind will cry. “Isn’t LSD dangerous?” your mind may protest. “What about all those reports of accidents?” your mind may plead. “The newspaper never lies!”

Try writing your beliefs about LSD down on a piece of paper. Where did these beliefs come from? Might those in *power* have had a motive for installing these beliefs in you?

Why would the media and government scare you about LSD when they happily sell you alcohol and cigarettes? Alcohol and cigarettes are, after all, the two most dangerous drugs known to humanity. Shouldn’t we be more adverse to them? Shouldn’t we be *protected* from them?

The purpose of all the propaganda you have been exposed to has been to maintain government control over your *thoughts* and *motivations*.

In short: Citizens who are awake and aware, and operating in sympathetic harmony with their nervous-systems are very hard to *control* and *manipulate*. As a citizen, you are supposed to remain *asleep*. This is achieved by flooding you with lies about medicines that wake you up.

Keeping people *stupid* is a multi-billion dollar industry. Imagine if most people woke up tomorrow and realized that their television set was a subliminal-programming device designed almost exclusively to *sedate* and *scare* them. What would the economic consequences be, to the USA alone, if citizens threw away their televisions?

Then, what of the food chain? McDonalds would be forced to shut down, as citizens turned, in horror, back to homestead-farming.

Most of the politicians in Washington DC would be led away in handcuffs, as citizens demanded *The Constitution* was reinstated. Most members of the European Royal Families would be dethroned for child rape.

You see then, the immense danger that LSD poses: The *danger* LSD poses to those in *power*: The danger is that, if a great number of people began working with LSD, we would overthrow the criminals in power telling us LSD is *dangerous*. They are desperate to scare us away from anything that might free us.

For this reason, *LSD Zen* is a guide for anyone who is tired of living on a planet of fraud and deceit. It is a book for rebels, renegades and dreamers who hope for the

liberation of humanity. It is a book for *LSD Zen* students who are brave enough to take an axe to their chains.

LSD Zen hopes to be your calm, helpful guide in the spaces between your sessions. This book hopes to be your metaphorical Gandalf; A wise, experienced friend to walk with you as you escape the foreboding Mount Doom of J.R.R. Tolkien's legends.

LSD Zen has been written by the entire team here at *The Castalia Foundation* in Florida, USA. Some members of our research group have taken LSD over eight-hundred times each, and often in doses exceeding 2,000ug. In other words: many of us have regularly used doses that exceed more than ten (standard) LSD tabs of 200ug.

Some researchers in our group have also experimented extensively with 'Big Wave Riding' with LSD. This is where a dose of 5,000ug or more is taken in a single session.

We mention this not to impress you with our ability to navigate the territory of LSD, but instead to convey a sense of the depth of collective-experience that our authors share in relation to LSD.

We also wish to give the reader the awareness that, although they should begin with very small doses of LSD, the objective is to run *higher-dose* sessions. This can only be done once the *LSD Zen* student is experienced at navigating lower doses.

As you may have already guessed, there is a collective agreement in our team at *The Castalia Foundation* that the typical doses used by LSD-self-experimenters these days are hopelessly low. They ensure that nothing much happens, while giving a person the illusion that they ‘understand’ psychedelics and have ‘experienced’ LSD.

You will notice our society is polluted by day-tripper psychonauts. These vampires invite you to their ‘cool’ startup incubator, while staring in into their Zuckerberg-idiot-box and mumbling about microdosing.

Although there is perhaps some occasional utility to the fad of micro-dosing, there is a problem with the LSD scene as it exists in 2022: Specifically, a lot of magazines and books have promoted micro-dosing as a solution to the psychological problems of our age. Mostly this has been an intentional *misdirection* campaign.

While we agree that a lower-dose of LSD (200ug or less) can be useful as a tool to improve focus, skill, and (partly) self-awareness, there is also an enduring problem with these lower-doses: Unfortunately, the human-being has a very strong capacity for self-delusion and compartmentalization.

As a result, micro-doses of LSD (meaning anything under 200ug) can allow a person to continue to 'malfunction' within an established tributary of habitual behavior patterning, without ever confronting this pattern.

Anything below 200ug is a 'sleepwalker' dose. You can impress your *Twitter* followers with it, but since you still have a *Twitter* account, clearly the dose was inadequate.

This may be a complex idea for those who are not yet familiar with psychedelics to understand, but suffice to say that LSD permits a person to exit the 'fish bowl' of conventional, programmed-imprinted thought, and to look back into the fish-bowl they have 'escaped'.

The difficulty here is that, without personal experience of psychedelics, the concept we present here can only be grasped at furtively. There is, sadly, no way to convey the beauty, complexity, and magic of a properly-planned

psychedelic experience to someone who has never taken a psychedelic. But we will try.

You are likely to have had the experience of traveling far away from home. While far away, you may have discovered a new perspective on your life, job, and friendships. This fresh perspective only emerged now that you are 'outside' your typical environment.

Imagine the intensity of this experience multiplied thousands of times; and imagine that you are traveling not merely to another location on Planet Earth, but to a location entirely outside conventional thought, space, and time. This is a poetic flavor of the LSD experience.

To return to the problem of the popularity of 'micro-dosing', in which a pathetically small dose of LSD (or another psychedelic) is taken: The issue arises that the person experiencing lower-dose LSD will believe themselves to have 'exited' conventional 'imprinted' thought, and established behavior patterns. However, more often they are merely in a slightly higher-strata of their internal system.

To use an analogy: The microdoser thinks they have escaped the 'prison cell' of 'cult'ural-programming, but the

microdoser is deluded. He is now roaming around the larger 'prison complex', thinking himself to be free.

Although the prison complex is, naturally, far preferable to being stuck in 'cell' (it is one layer further up the hierarchy) what the microdoser really sought was an exit from the prison complex; a total jail-break. For this to occur, *The Castalia Foundation* has discovered that practitioners of *LSD Zen* must use standard doses of at least 800ug.

This is the absolute minimum dose that will ensure that you are not operating in some lower-level of awareness, while under the illusion that you have transcended the sub-levels of your bio-computer.

This may come a surprise to other researchers: We have, as a scientific community, been erroneously dabbling in *absurdly* low doses of psychedelics, while congratulating each other on our bravery in the realms of 200ug and less.

The Castalia Foundation has consistently found that at least 800ug is required to get anywhere near the prison walls of a strongly-imprinted psyche.

As a rough barometer, let us consider the mind of the average 30-year-old. This is someone who has been

brainwashed by ‘child-rearing’, ‘school’ and probably ‘university’. Undoing this level of malevolent programming and extricating the average citizen from this mess requires heavy ‘weaponry’. Micro-dosing is not going to do it. *Ever*.

The reader may balk at dose ranges in excess of 800ug, but we offer a soothing balm: This dose only *sounds* high because your culture has not only demonized LSD in the mainstream culture but, cleverly, it has also constructed, in part, a controlled ‘counter-culture’ scene over which it also has considerable influence.

The magazines, websites and ‘psychedelic research groups’ of this *controlled*-opposition give the impression that they are eager to help you in your psychedelic journeys. The sad reality is that many of these ‘research groups’ are primarily interested in extracting ‘donations’ and payment for ‘therapy’ from you. They have lied about LSD dosing,

Most ‘psychedelic research’ groups are covertly funded by government agencies who do not want you to reach a state of higher-intelligence.

If you were to become increasingly intelligent, you would no longer tolerate The State’s power systems; their economic deceptions; or their threats, and violence.

For this reason, many psychedelic periodicals, and university research groups, are (consciously or not) designed to meet the objectives of the existing power systems on Planet Earth.

Specifically: If a citizen breaks through The State's first line of defense (crude propaganda) prohibiting LSD use, then the citizen will find themselves in a 'counter culture' scene that they will assume is the 'real' psychedelic scene.

Much of this scene (especially the best-funded parts of it) are another trap. Several major 'psychedelic research' groups; authors; and 'speakers', exist primarily to dispense a secondary-line of defense. These groups and individuals simply emit a more-advanced form of *propaganda*.

These propaganda groups promote the fad of micro-dosing (LSD doses of less than 200ug). This serves the purposes of The State by placing a limit on the amount of LSD a citizen is likely to use, even if the citizen does succeed in undoing the first layer of brainwashing.

The book you hold in your hands, *LSD Zen*, is an antidote to your cultural conditioning. It is also an antidote to the State propaganda that bombards us every day.

Freedom from Therapy

If you've read The *Castalia Foundation's* other major books, *MDMA Solo* or *Anti Ultra*, then you'll know how we feel about therapists. With some remarkable exceptions, the role of 'therapist' is taken up in our society by those people who are the *least* credible healers. The position of most 'therapists' is that, given enough of your money, they can treat your psychological complaints.

Obviously, this position is logically untenable: What, for example, if the patient's psychological complaint is that nobody listened to them during their childhood unless they 'paid' to be listened to? What if the child only had the attention of an adult during sexual-abuse, violence, or other psychospiritual trauma? In other words, what if being listened-to always incurred a *debt* for the child?

The 'therapist' is now in an impossible mess: The 'therapist' is simply reconstructing the emotional dynamics of childhood for the 'patient'. These are circumstances under which one person plays the role of the exploitative adult (the 'therapist') and the other person plays the role of

the exploited child (the ‘patient’). No amount of superficial wrestling with day-to-day dilemmas in the office of a ‘therapist’ will ever transcend the insolvable knot of this mutual predicament.

The ‘patient’ is essentially back in the family home, held hostage to the promise of a parent (doctor) who has no ability to actually help, other to keep the ‘patient’ in an endless holding-pattern, during which massive fees are accumulated; both financial and emotional.

There will, no doubt, be significant protests in the psychological community at this revelation. No professional enjoys learning that their job is fundamentally misguided and *exploitative*.

We no longer attach leeches to people’s skin to cure them of disease, as we did in distant centuries. Experience has now taught us we should no longer sit people in ‘therapist’ offices, knowing the whole escapade doomed to failure. Nobody who has taken a detailed look at precisely what is going on with the therapist-patient paradigm would engage in ‘therapy’. The practice is *sick*.

We cover this topic in much more detail in our other books, and we are confident that most readers have either

read these books, or have the lucidity to recognize that modern ‘therapy’ has been a near-total failure.

This is, presumably one of the reasons that you are reading *LSD Zen*. It is extremely likely that you have already witnessed at least one major failure in the ‘traditional’ realm of ‘therapy’. Most travelers do not come to *LSD Zen* before the more obvious, and socially-endorsed, routes to freedom and self-actualization have failed them, typically in the most grim and vivid ways.

We will, therefore, leave this topic, trusting that nobody who intends to read this book any further is still stuck in the prehistoric quagmire of legacy-psychology.

In *LSD Zen* we are focused on the psychology of the *future*, not on primitive medicine like ‘therapy’.

We recommend that you avoid anyone who calls themselves a ‘therapist’ or ‘doctor’. If you must have a trip-sitter (a trusted person to oversee your LSD session) it is preferable to ask a friend who is a car mechanic or artist etc.

The worst idea is to ask someone who thinks they have any professional training to ‘help’ you. Such ‘helpful’ people are (with rare exceptions) using their ‘caretaker’ role as a

way of avoiding their own deeply complex traumatic wounds. What better way to avoid your own sickness than to role-play ‘doctor’. There is no better disguise for the *devil* than that he dress as an *angel*, even if he is blind to his ruse.

Watch out for gurus; shamen and ‘medical professionals’ on your *LSD Zen* adventures. Many of them have been expensively trained, for years, at some of the world’s top universities, to be complete idiots in almost every respect.

This is not a cheap gibe at the ‘professionally’ accredited. Most ‘doctors’ agree that the pharmaceutical industry, for which they are glorified salesmen, has zero interest in society being *healthy*. This is not in dispute.

A healthy society would destroy pharmaceutical profits. For this reason, most trained medical personnel are—whether consciously or not, and many are *not*—harbingers of disease and death. Most doctors *cause* disease.

The leading cause of death in our civilizations over the last thousand years has been government. This is closely followed by medicine, and indeed the two partially overlap.

Let us not forget that the Holocaust began with the shrill, nonsensical cry of ‘pandemic’ and the government’s

insistence that the Jews were ‘rats’ who were ‘spreading disease’ and must be *quarantined* by ‘doctors’.

Although your society has programmed you with a perverse reverence for the *death-bringers* who wander the halls of hospital buildings in their priestly white robes, the *LSD Zen* master has no time for such delusions. Instead, she sees demons as *demons*, no matter what the feudal lords tell her. She forms her own opinions.

The skill of the *LSD Zen* master—the group into which this book initiates you—is in seeing things *as they really are* and not as you would *like* them to be.

As Jung (one of the rare gems in the primordial soup of medical practitioners) reminds us, “Enlightenment consists not merely in the seeing of luminous shapes and visions, but in making the darkness visible. The latter procedure is more difficult and, therefore, unpopular.”

As a *LSD Zen* master, you will learn how to make the darkness visible, both within yourself, and in the wider world. Though you may begin this journey with some trepidation—perhaps part of you prefers the blissful ignorance of the sleepwalking masses—you will find that

there is much magic and joy in taking the first steps over the Rubicon into the light.

As you transition, with the help of LSD, from mundane-compliance to self-determination, you will break the chains that men and women have carried invisibly around their necks for centuries on Planet Earth.

Welcome to *LSD Zen* school. We hope that you are able to take this journey in a spirit of adventure and courage. Be cautious not to magnetically drift towards your society's gatekeeper-priests to be re-indoctrinated with the lies and deceptions of your age.

There is no role for a 'doctor' or 'therapist' in the life of a student of *LSD Zen*. With the exception of seeking repairs for bodily mechanical failure (like breaking a leg) stay away from the *death-bringers*. Only in the realm of broken bones do Earth's primitive systems of 'medicine' show some level of understanding and restraint.

Overcoming Fear

Most of the major fears faced by students of *LSD Zen* have their origins in early-childhood conditioning. Unless you were very lucky, almost as soon as you arrived here, you were subjected to a host of odd cult rituals and mind-control rituals that have turned you into a compliant and docile ‘member of society’.

If you are male, you are likely to have been genitally mutilated when the local ‘priests’ cut into your child-penis (the major cults call this ‘circumcision’.) This is just one example of the kind of brutal madness which took place on Planet Earth during this time in her growth. We cover all methods of trauma conditioning in our book, *Anti Ultra*.

In this book, however, we will breeze over the brutality of everything that is done to the average child and simply acknowledge that, by the point you have picked up a copy of *LSD Zen* and started reading it, you have been jostled about in the concrete-mixer of ‘civilization’ to the point where it’s a surprise all your limbs are still attached.

Most students of *LSD Zen* arrive at this practice as a result of many wrong-turns and painful experiences elsewhere. It is fair to acknowledge that LSD has been so vilified in your societies that it is only those who are deeply, and utterly, fed up with 'society' who will venture into the 'forbidden' territory of psychedelics.

It has probably already become apparent to you that those power systems that oppress the citizens of Planet Earth are the same ones who keep telling you that LSD is some kind of monstrous-poison that will drive you crazy. Even the casual reader will notice that this is mere *projection*.

The monstrous, *poisonous* political-systems that brought you millions of dead people in the War in Iraq; Jeffrey Epstein's celebrity child-rape island; and numerous other horrors are desperate to ensure that you don't notice that *they* are insane power-hungry maniacs who had the world gripped in a state of terror and stupidity.

One method that these power-systems used to convince you that they are *not* monsters, is to constantly point *elsewhere* and to claim that *this* or *that* is the monster. They particularly like to claim that precisely those things that

would release you from their imprisonment are the most terrible and dangerous—things like LSD.

Conversely, these apex-predators tell you that things which keep you docile and servile are just fine for you: Television; *experimental* ‘vaccines’; alcohol and cigarettes (from which they derive funds via tax and investments).

Your understanding of what LSD is has been shaped throughout your life by the effort of those in power. These forlorn idiots control most of the news media, and the film and television industry. Each of us is likely to have our own unique misunderstanding of LSD, but it is almost certainly a *misunderstanding*. This is because we were lied to.

Let’s take the most basic popular ideas about what LSD is and explore whether these ideas are based in reality, or in fear and propaganda.

For starters, let’s consider the idea that LSD will produce hallucinations. Such hallucinations are, after all, the source of claims that LSD will drive you insane, or cause you to jump out of a window.

LSD's alleged hallucinogenic quality is also the quality which is depicted in most television shows and movies which deal with the topic.

It may surprise you to learn that hallucinations on LSD are not particularly common. Although here we meet a tricky spot.

If you have been conditioned by your culture to *expect* hallucinations during LSD, especially ones that may be *dangerous*, then you are considerably more likely to experience hallucinations. This is the challenge with LSD: It will often meet our *unconscious* expectations.

Seven years of research by *The Castalia Foundation* suggests that hallucinations with LSD are not only relatively uncommon in the experienced traveler, but they are also the least interesting, or significant, aspect of the medicine.

Experienced *LSD Zen* masters rarely, if ever, experience hallucinations during an LSD session. There is certainly a heightening of sensory-information, and more detail and nuance can be perceived, but the emergence of cognitive material, superimposed onto the visual field, is often completely absent in the sessions of *LSD Zen* masters.

The critic may suggest that tolerance to the medicine is the cause, but even after substantial breaks, the non-hallucinatory nature of LSD persists in the experienced traveler. Why would this be?

It appears to be the case that hallucinations are most common in the inexperienced-traveler (someone who has taken LSD less than one-hundred or so times). During this initial phase of training as an *LSD Zen* master, the student is likely to find that subconscious-material forces itself into the visual field.

In other words, ideas, concepts, and memories which are rising up for processing, deliver their payload into the visual realm of the brain's systems.

This probably occurs because these thought-states are being strongly resisted on a *cognitive* level. In other words, material bursts through the veil between thought and sight, because it *must* escape around the *cognitive* guardians.

Although such visions can be beautiful, they are also often oppressive to some degree. Here, we encounter another paradox with LSD: Emerging subconscious material that appears in the visual-field will often be

amplified if the student actively fears the material which is emerging. In other words: Fear *amplifies* the thing feared.

Here we touch on the main fear the *LSD Zen* student is likely to voice before their early encounters with LSD. This fear is based in some truth: It is the fear that subconscious material which is encountered will completely overwhelm the student's ability to understand, contain, and process it. *The Castalia Foundation* takes this fear seriously, but it is easily calmed and disarmed.

We have found that *LSD Zen* students can largely avoid problems by learning to *accept* and *meditate* into fear during lower-dose sessions. This ability to counter fear with calm and understanding becomes more useful with higher dose LSD sessions, especially those undertaken in the 'wild'.

At higher-doses, the *LSD Zen* student can rely on her past-training to ride the more 'treacherous' waves of unexpected LSD affects-storms.

After a sufficient number of sessions, the student will typically find that her ability to self-soothe during LSD sessions has become a reflex-action of sorts. In other words: like a professional sportsperson, the *LSD Zen* master learns to *act* and *react* to challenges in the psychedelic mind-space.

Just as an adept surfer will sense the swell of the ocean and the likelihood of catching a wave, so too does the *LSD Zen* master naturally react to swift changes in the ocean of their own subconscious, and the collective subconscious.

With time, practice—and wisdom in choosing not to dose LSD beyond your current skill-level—all of the ‘fearful’ aspects of LSD can be completely avoided.

There were, unfortunately, a few tragedies in the 1960s connected with LSD, and although these were insubstantial compared to the injuries regularly sustained by cigarette smokers, or alcohol-drinkers, *The Castalia Foundation* does not want the *LSD Zen* student to underestimate the extraordinary capacity of LSD to ‘drown’ the incautious ‘surfer’ in a tidal wave of astonishing ferocity.

Conversely, we also wish to provide, in this book, an antidote to the mindless fear-mongering of the abusive power-systems who have outlawed this incredible medicine.

Just as we hope you would not ride the treacherous Hawaii Pipeline on your first surfing lesson, we expect you to apply the same caution with LSD: Start with *very* small, cautious doses of LSD (20ug or so), then respectfully increase the dose with each passing session.

You may find a dose that is useful for you for a long time, without feeling the need to escalate it. This is a fair approach. However, try to avoid plateauing below 200ug for an extended time. By your 50th session, you should have advanced well into territory above 200ug. But take it slow.

In this way, you can ensure that you remain safe, and that much of the fear that can be unleashed during LSD sessions is reduced to a level that is commensurate with your ability and experience.

The safest way to learn with LSD is to increase the dose slowly, over many sessions, with care, caution, and respect. Treat LSD the same way you would a wild ocean, and you on a lone surf board.

Listen to the ocean; let her guide you; do not casually underestimate her power to tear you apart, but do not fear her either. Keep *balance*, and breathe.

The Mind Microscope

Timothy Leary described LSD as a microscope for the mind and the metaphor has endured. Like every medicine in the psychedelic class of compounds, LSD is, among other things, a *non-specific amplifier*. What do we mean by this? LSD has the capacity to take your existing state of mind and to increase the intensity of your current thoughts and feelings. In this way, it functions much like a microscope.

Where a biologist might use a microscope to peer into the previously invisible complexity of a human cellular structure, the student of *LSD Zen* can use a psychedelic to peer into the previously invisible structures of thoughts; ideas; concepts and ideologies.

Although the action of the Mind Microscope is difficult to describe to those who have little or no experience with LSD, we can use metaphors to give a loose impression of what LSD is capable of in the arena of self-investigation.

A conventional biologist can use a traditional microscope to examine disease patterns and the trajectory of various pathogens within cells under the lens of the microscope.

The biologist is also able to view sub-structures that compose the body of an organism. For example, she might observe that the cells on the surface of a plant demonstrate that the plant is made up of component parts that were invisible to her naked eye.

The student biologist might naturally assume that a plant has petals, a stem, and roots. This appears to be *everything*. However, under the microscope, the student can observe numerous hidden structures and behaviors that were essentially invisible until the microscope was used.

To return to the action of psychedelics, the student of *LSD Zen* is also able to use LSD as a microscope.

Prior to embarking on an LSD session, the *LSD Zen* student may be wrestling with certain idea, concepts, or ideologies which appear to simply be the 'thing' which is being wrestled with.

In other words, the student, unaided by LSD, will naturally believe the nature of her struggle to be a struggle with those things which she can *perceive*.

More often, the truth is that human struggles exist precisely because their structure and origin lie *outside* our regular perceptions and perspectives.

To give a concrete example, a student of *LSD Zen* may be struggling with her job. She may feel that her boss is controlling, and borderline aggressive. She may enter into an LSD session with the hope that she can discover a new way to relate to her boss.

In other words: When this student does not have access to the Mind Microscope, she perceives (to use Freud's terms of dream analysis) only the *manifest* signs and symbols that make up her dilemma. She does not perceive the *latent* meanings; the hidden, symbolic content of the problem.

In other words, the *LSD Zen* student cannot see the problem clearly because the problem is precisely *caused* by her inability to accurately perceive it. Our perceptions are more important than reality because, as far as we are aware, reality is as we perceive it.

Generally, our struggles are caused by perceptual errors, and these perceptual errors are caused, most often, by programmed societal-taboos, early trauma, or inexperience.

Upon taking LSD, with the intention of solving this problem with her boss, the student of *LSD Zen* is (provided she is given a safe, calm environment in which to work with LSD) likely to discover something.

She may discover, assisted by the LSD, that there is no satisfactory way to continue working alongside her boss. She has unconsciously chosen a manipulative and controlling boss specifically because this boss is reminiscent of how her father acted in the family home.

The student's ideological position: Namely, that she can *change* her boss into a caring, thoughtful person, is doomed to failure, and was merely an unconscious reconstruction of her family home. The problem she seeks to resolve has only one solution: To *leave* the problem entirely.

We offer this example here not as a de-facto discovery for every person struggling with a similar predicament, but instead merely as an example of the *type* of realization that is possible to arrive at using the Mind Microscope.

A person with the same problem as our hypothetical *LSD Zen* student (a controlling boss) may reach a completely different, but equally useful, set of realizations.

A biologist cannot say precisely what another person will discover if they look at a newly discovered plant under a microscope. In the same way, we cannot predict exactly what a student of *LSD Zen* will see under the ‘microscope’ of LSD when they scrutinize their own behaviors using the atomic-magnification of an LSD session.

We can only know that the student will see *something*, and that it will likely be an intensification of existing feelings, followed by some kind of breakthrough, after which a new understanding is accepted and embraced.

In our example, the solution to the student’s problem is to completely leave her job, and to seek employment with someone who does not resemble her father.

Of course, we have the psychodynamic issue that the *LSD Zen* student must also release all the emotions that have unconsciously driven her to find a job with a person who is like her father. If not, she will simply recreate the problem.

Understanding her motives is one thing, but actually emptying the psychoemotional fuel-tank that has powered her drive to recreate childhood circumstances is another aspect of the work she must do, in collaboration with LSD.

For now, let us return to the concept of the Mind Microscope and how it is useful to view LSD using this metaphor of a non-specific amplifier.

Because LSD functions as a psychoemotional magnifier, you can make choices before a session about precisely what it is that you will *point* the microscope at.

An *LSD Zen* master has an intuition about the direction in which she will point the Mind Microscope. She may even, quite successfully, enter into an LSD session without a specific conscious-plan for the outcome of the experience. However, for a student of *LSD Zen*, such an approach is often chaotic and can, at higher doses, even be dangerous.

The risk with LSD is that—if we do not know where we intend to point the Mind Microscope—we may find the microscope latches onto some random detail in the space around us and sends us into a broad and unpredictable series of associations. This is rather like a biologist wandering around with their eye fixed to a microscope.

It is hard for a biologist, using this haphazard approach, to know what it is they were *initially* looking at, and therefore hard to find meaning in what it is they are *now*

magnifying. In other words, our *macroscopic* view is an important precursor to our *microscopic* view.

This is the reason why a student of *LSD Zen* will find more initial success in carefully-planning psychedelic sessions in advance. With forethought, there are all kinds of interesting circumstances which can be arranged in advance of a session to provide insight into problems; stimulate artistic ideas; and lots more.

Another risk with an unplanned session—especially one that takes place in the wild—is that someone else may direct the *LSD Zen* student into a dead-end ‘reality tunnel’ or purposely distract, or confuse, the session.

An *LSD Zen* Master is able to quickly identify those nearby entities who are dragging the master into problematic reality tunnels; holding pointless, meandering, or manipulative conversations, or engaging in low-consciousness game-playing. The student is extremely likely to find themselves *hopelessly* drawn into these scenarios.

This is because the LSD state is one of extreme openness in which *imprinting* is possible, and in which the human mind returns to a fairly neuroplastic state.

We are, under the effect of LSD, like children: Open; caring; highly-absorbent of concepts; and hungry for input. Sadly, Planet Earth is full of many wounded people who discard their emotional baggage onto sensitive people. These wounded people will often manipulate caring, open people to gain a sense of power and control.

The student of *LSD Zen* is therefore, through their continued and thoughtful use of LSD, learning new ways of relating to others and the environment. The student is learning to use the Mind Microscope while also learning advanced psychic self-defense.

The dexterous position of the *LSD Zen* Master is one of an intriguing balancing act: She is able, under the effect of LSD, to magnify experiences, and people.

She is able to *examine* them, while remaining open to huge-volumes of input from the environment, while also staying calm and lucid; while also looking out for external attacks and fending them off.

This may all sound somewhat extreme and intense, but do not worry. It is not until you are at least two-hundred LSD sessions into your training that you will begin to use

LSD in the wild, outside the safety of a prepared meditation space. You have lots of time to train for LSD street-combat.

During the beginning of your training, all your sessions should take place within safe, pre-arranged settings which are private and well-supported.

We only mention the use of LSD in street-combat because this is the highest level of training that a *LSD Zen* master attains. It places the most demand on her skills.

It is not until you are able to go about your daily life, in a major city, on eight-hundred micrograms or so of LSD, while perceiving all the beautiful, horrifying, awful aspects of what has become of our species, that you will have reached the objective of this training: To see things as they *actually* are, and to remain grounded and calm in a world that, for the moment, is substantially insane.

To train as an *LSD Zen* Master is a paradoxical endeavour. Essentially, you have chosen to become *sane* in an *insane* world. This is a brave path to follow. There are few things more terrifying than being one of the first to wake up in a world of sleepwalking fools. But, there are others around you who have taken this journey, and millions, perhaps billions will take it after you.

Just as when the first primordial goo-creature sprouted legs and told its friends it was going to try walking on the land, you will also be met by the suspicious glances of others, and perhaps outright hostility, as you sprout legs and swim towards the shore.

The student of *LSD Zen* is embarking on the most demanding and magical journey a human being can make: The journey out of *enslavement* onto the shore of *liberty*.

If you need any further guidance, it will be given to you by the LSD itself. This may sound frustrating. Perhaps you hoped for more guidance from this book. This is always the hope of the inexperienced *LSD Zen* student: That someone else will teach her. No, you will teach yourself, young Jedi.

From this point on, you are your own guide, as you always should have been. Good luck, and we leave you with this reminder about how to approach LSD:

Go Slow. Start Low. *Solo*.

LSD ZEN

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