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# Ayahuasca Visions

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**CARDENAS CLARA**

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Plant Teachers OUP  
Oxford

Used for thousands of years by indigenous tribes of the Amazon rain forest, the mystical brew ayahuasca is now becoming increasingly popular in the West.

Psychologist Rachel Harris here shares her own healing experiences and draws on her original research (the largest study of ayahuasca use in North America) into the

powerful medicine's effects on depression, addiction, PTSD, and anxiety. In this wide-ranging and personal exploration, Harris details ayahuasca's risks and benefits, helping readers clarify their intentions and giving psychotherapists a template for transformative care and healing.

[Ayahuasca: Rituals, Potions and Visionary Art from the Amazon](#) Springer Nature

An exploration of the chemical, biological, psychological, and

experiential dimensions of ayahuasca • Details the scientific discovery of ayahuasca's sophisticated psychoactive delivery system in the brain and body and its potential applications in medicine and psychology • Includes contributions from Dennis J. McKenna, Ph.D., J. C. Callaway, Ph.D., and Charles S. Grob, M.D., on the ethnopharmacology, psychology, phytochemistry, and neuropharmacology of ayahuasca • Provides 24 firsthand accounts of ayahuasca experiences

and resulting life changes Widely recognized by anthropologists as the most powerful and widespread shamanic hallucinogen, ayahuasca has been used by native Indian and mestizo shamans in Peru, Colombia, and Ecuador for healing and divination for thousands of years. Made from the Amazonian vine *Banisteriopsis caapi* and the DMT-laden leaf of *Psychotria viridis*, ayahuasca is regarded as the embodiment of intelligent plant beings who can offer spiritual

teachings and healing knowledge to those who respectfully engage with them. Many Western-trained physicians and psychologists now acknowledge that ayahuasca allows access to spiritual dimensions of consciousness, otherworldly realms and beings, and visionary experiences indistinguishable from classic religious mysticism. With contributions from leading psychoactive scholars Dennis J. McKenna, Ph.D., Charles S. Grob, M.D., and

J. C. Calloway, Ph.D., on the ethnopharmacology, psychology, phytochemistry, and neuropharmacology of ayahuasca, Ralph Metzner provides a comprehensive exploration of the chemical, biological, psychological, and experiential dimensions of this Amazonian hallucinogen. He includes more than 20 firsthand accounts from people who have participated in ayahuasca rituals and experienced major life changes as a result. He details the scientific

discovery of ayahuasca's sophisticated psychoactive delivery system in the brain and body as well as the deep psychological impact of this potent entheogen. He concludes with his own findings on ayahuasca, including its applications in medicine and psychology, and compares the worldview revealed by ayahuasca visions to that of modern cultures.

*Grandmother Ayahuasca*  
Simon and Schuster  
Color your way to understanding the

interconnectedness of all life

The Cosmic Serpent

American Roots

Ayahuasca Visions

*Ayahuasca* Running

PressBook Pub

An investigation into experiences of other realms of existence and contact with otherworldly beings • Examines how contact with alien life-forms can be obtained through the “inner space” dimensions of our minds • Presents evidence that other worlds experienced through consciousness-altering technologies are

often as real as those perceived with our five senses • Correlates science fiction’s imaginal realms with psychedelic research For thousands of years, voyagers of inner space--spiritual seekers, shamans, and psychoactive drug users--have returned from their inner imaginal travels reporting encounters with alien intelligences. Inner Paths to Outer Space presents an innovative examination of how we can reach these other dimensions of existence and contact otherworldly

beings. Based on their more than 60 combined years of research into the function of the brain, the authors reveal how psychoactive substances such as DMT allow the brain to bypass our five basic senses to unlock a multidimensional realm of existence where otherworldly communication occurs. They contend that our centuries-old search for alien life-forms has been misdirected and that the alien worlds reflected in visionary science fiction actually mirror the inner

space world of our minds. The authors show that these “alien” worlds encountered through altered states of human awareness, either through the use of psychedelics or other methods, possess a sense of reality as great as, or greater than, those of the ordinary awareness perceived by our five senses.

*The Antipodes of the Mind*

PUBLICACIONES

UNIVERSITAT ROVIRA I

VIRGILI

- Examines how ayahuasca affects the brain from a

neuroscientific perspective and how its effects on consciousness relate to ancient esoteric texts • Shares interviews with people who have experienced ayahuasca’s powerful “spirit doctor” effects and the author’s own ayahuasca journey from suicidal depression to a soul at peace • Investigates how ayahuasca is interwoven with the ancient practices of Amazonian shamanism Brewed from a combination of two plants--the leaves of *Psychotria viridis* and the

vine stalks of *Banisteriopsis caapi*-- ayahuasca has been used for millennia by indigenous tribes throughout the Upper Amazon for healing and spiritual exploration. The shamans of the Peruvian Amazon call the plant spirit within the vine Abuela Ayahuasca, Grandmother Ayahuasca. Exploring the history, lore, traditional use, psychoactive effects, and current scientific studies, Christian Funder reveals how Grandmother Ayahuasca is a profound

healer, wise teacher, and life-changing guide. Examining ayahuasca from a neuroscientific perspective, the author looks at recent research on the effects of DMT--one of the psychoactive compounds in ayahuasca--as well as fMRI studies of brain activity during altered states. He explores these findings as they relate to the teachings on unified states of consciousness in ancient esoteric texts and to Aldous Huxley's theory of psychedelics inhibiting the "reducing valve"

mechanism of the brain. Sharing interviews with people who have experienced ayahuasca's powerful "spirit doctor" effects, Funder also details his own revolutionary ayahuasca healing journey from suicidal depression to a soul at peace. He explores ayahuasca's relationship to indigenous Amazonian shamanism, including an inside look at the Shipibo tribe and the healing songs known as icaros. Offering a holistic picture of ayahuasca--from science to spirit--the

author shows that this venerated hallucinogenic tea has immense therapeutic potential and just might be the long-lost shamanic connection to the sacred Gaian mind. *Ayahuasca Jungle Visions* Red Wheel/Weiser  
In the Upper Amazon, mestizos are the Spanish-speaking descendants of Hispanic colonizers and the indigenous peoples of the jungle. Some mestizos have migrated to Amazon towns and cities, such as Iquitos and Pucallpa; most remain in small villages. They have retained

features of a folk Catholicism and traditional Hispanic medicine, and have incorporated much of the religious tradition of the Amazon, especially its healing, sorcery, shamanism, and the use of potent plant hallucinogens, including ayahuasca. The result is a uniquely eclectic shamanist culture that continues to fascinate outsiders with its brilliant visionary art. Ayahuasca shamanism is now part of global culture. Once the terrain of anthropologists,

it is now the subject of novels and spiritual memoirs, while ayahuasca shamans perform their healing rituals in Ontario and Wisconsin. Singing to the Plants sets forth just what this shamanism is about--what happens at an ayahuasca healing ceremony, how the apprentice shaman forms a spiritual relationship with the healing plant spirits, how sorcerers inflict the harm that the shaman heals, and the ways that plants are used in healing, love magic, and sorcery.

*Inner Paths to Outer Space* Simon and Schuster  
Mother Aya talks, you listen, then write. Journal for writing deep insights before, during and after a Ayahuasca Ceremony. Perfectly sized 6x9 inches 100 pages Soft matte cover

**My Ayahuasca Experience Journal**

Simon and Schuster  
This is a pioneering cognitive psychological study of Ayahuasca, a plant-based Amazonian psychotropic brew. Benny Shanon presents a

comprehensive charting of the various facets of the special state of mind induced by Ayahuasca, and analyzes them from a cognitive psychological perspective. He also presents some philosophical reflections. Empirically, the research presented in this book is based on the systematic recording of the author's extensive experiences with the brew and on the interviewing of a large number of informants: indigenous people, shamans, members of different religious sects

using Ayahuasca, and travellers. In addition to its being the most thorough study of the Ayahuasca experience to date, the book lays the theoretical foundations for the psychological study of non-ordinary states of consciousness in general. Visions in the Jungle  
Createspace Independent Publishing Platform  
An authoritative treatise on the use, history, culture, and art of the sacred plant medicine Ayahuasca. Ayahuasca is the strongest shamanic plant medicine. Brewed

from the combination of the Amazonian vine, Banisteriopsis caapi, and leaves from the plant, Psychotria viridis, Ayahuasca creates sweeping visual and mentally startling effects. For many of the indigenous cultures of the Amazonian basin, Ayahuasca is central to their culture, revealing to mankind its role in the universe and the true nature of reality. Used properly, Ayahuasca provides healing and integration with nature and community and



stimulates the creative process. The authors are recognized experts in the field of ethnology, anthropology and pharmacology and demonstrate the use of Ayahuasca in shamanic rituals. They dive deep into shamanic visionary worlds, explore the plants and their souls, and share their authentic encounters with Amazonian cultures and their artistic works.

Visionary Ayahuasca

Simon and Schuster  
A trailblazing anthropologist and an indigenous Amazonian

healer explore the convergence of science and shamanism “The dose makes the poison,” says an old adage, reminding us that substances have the potential to heal or to harm, depending on their use. Although Western medicine treats tobacco as a harmful addictive drug, it is considered medicinal by indigenous people of the Amazon rainforest. In its unadulterated form, it holds a central place in their repertoire of traditional medicines. Along with ayahuasca,

tobacco forms a part of treatments designed to heal the body, stimulate the mind, and inspire the soul with visions. In *Plant Teachers*, anthropologist Jeremy Narby and traditional healer Rafael Chanchari Pizuri hold a cross-cultural dialogue that explores the similarities between ayahuasca and tobacco, the role of these plants in indigenous cultures, and the hidden truths they reveal about nature. Juxtaposing and synthesizing two worldviews, *Plant*

Teachers invites readers on a wide-ranging journey through anthropology, botany, and biochemistry, while raising tantalizing questions about the relationship between science and other ways of knowing.

*The Accidental Shaman*  
Park Street Press

*Ayahuasca Visions* North  
Atlantic Books

*Listening to Ayahuasca*  
Simon and Schuster

The mythologies and cosmology of Amazonian shamanism materialize in fantastic color and style in this unique, large-format

volume, representing the fruit of several years of collaboration between a Peruvian folk artist/shaman and a Colombian anthropologist/filmmaker.

*Singing to the Plants*  
Simon and Schuster

This is a pioneering cognitive psychological study of Ayahuasca, a plant-based Amazonian psychotropic brew. Benny Shanon presents a comprehensive charting of the various facets of the special state of mind induced by Ayahuasca, and analyzes them from a

cognitive psychological perspective. He also presents some philosophical reflections. Empirically, the research presented in this book is based on the systematic recording of the author's extensive experiences with the brew and on the interviewing of a large number of informants: indigenous people, shamans, members of different religious sects using Ayahuasca, and travellers. In addition to its being the most thorough study of the Ayahuasca experience to

date, the book lays the theoretical foundations for the psychological study of non-ordinary states of consciousness in general.

**Sacred Vine of Spirits:**

**Ayahuasca** Oxford

University Press

Publisher's Note: A new, expanded edition has replaced this book under the new title Visionary: The Mysterious Origins of Human Consciousness, ISBN 9781637480069 This definitive edition includes a new Introduction by Graham Hancock as well as restored chapters that were omitted from the

original paperback release. Less than fifty thousand years ago mankind had no art, no religion, no sophisticated symbolism, no innovative thinking. Then, in a dramatic and electrifying change, described by scientists as "the greatest riddle in human history," all the skills and qualities that we value most highly in ourselves appeared already fully formed, as though bestowed on us by hidden powers. In Supernatural Graham Hancock sets out to investigate this

mysterious "beforeandafter moment" and to discover the truth about the influences that gave birth to the modern human mind. His quest takes him on a detective journey from the stunningly beautiful painted caves of prehistoric France, Spain, and Italy to rock shelters in the mountains of South Africa, where he finds extraordinary Stone Age art. He uncovers clues that lead him to the depths of the Amazon rainforest to drink the powerful hallucinogen

Ayahuasca with shamans, whose paintings contain images of "supernatural beings" identical to the animalhuman hybrids depicted in prehistoric caves. Hallucinogens such as mescaline also produce visionary encounters with exactly the same beings. Scientists at the cutting edge of consciousness research have begun to consider the possibility that such hallucinations may be real perceptions of other "dimensions." Could the "supernaturals" first depicted in the painted caves be the

ancient teachers of mankind? Could it be that human evolution is not just the "meaningless" process that Darwin identified, but something more purposive and intelligent that we have barely begun to understand?  
*The Religion of Ayahuasca*  
 New World Library  
 A "what to expect" guide for first-time ayahuasca users paired with accounts from the author's extensive shamanic experiences in the Amazon • Describes how to prepare for the

first ceremony, what to do in the days afterward, and how to maintain a shamanic healing diet • Details some of the author's own ayahuasca experiences, including an intensive trip in 2009 when he underwent 17 ceremonies • Explores the many other plants that are part of the ayahuasca healer's medicine cabinet as well as the icaros, healing songs, of the ayahuasca shaman Since 1999 Jan Kounen has regularly traveled to the Peruvian Amazon to participate in ayahuasca

ceremonies. At first only a curious filmmaker, over multiple trips he transformed from explorer to apprentice to ayahuasquero and often found himself surrounded by other foreigners coming to the jungle for their first taste of ayahuasca medicine. Knowing how little guidance is available on how to prepare or what to expect, he naturally offered them advice. Part visionary ayahuasca memoir and part practical guide, this book contains the same step-by-step

advice that Kounen provides first-time ayahuasca users in the jungle. He describes how to prepare for the first ceremony and what to do in the days afterward. He explores how to deal with the nausea and details the special preparatory diets an ayahuasca shaman will put you on, often lasting for months but necessary for life-transforming results and teachings from the plant spirits. He also explains how it is far easier to maintain these restrictions in the jungle

than in the city. Detailing his own ayahuasca experiences over hundreds of sessions, including a trip in 2009 when he underwent 17 ceremonies in 25 days, Kounen describes how ayahuasca transformed him. He tells of his meetings with Shipibo healers, including Kestenbetsa, who opened the doors of this world for him, and Panshin Beka, the shaman to whom Kounen became an apprentice. He details the many other plants and foods that are part of the

ayahuasca healer's medicine cabinet, such as toé and tobacco, as well as their icaros, or healing songs. A veritable "what to expect" guide, this book should be your first step prior to committing to ayahuasca.

*Seven Nights with Ayahuasca* North Atlantic Books

This short work is part of Applewood's "American Roots" series, tactile mementos of American passions by some of America's most famous writers.

Plant Spirit Shamanism

New World Library  
This book summarizes Ismael Apud's ethnographic research in the field of ayahuasca, conducted in Latin America and Catalonia over a period of 10 years. To analyze the variety of ayahuasca spiritual practices and beliefs, the author combines different approaches, including medical anthropology, cognitive science of religion, history of science, and religious studies. Ismael Apud is a psychologist and anthropologist from

Uruguay, with a PhD in Anthropology at Universitat Rovira i Virgili.

**Gnostic Visions** Red Wheel Weiser

The Shamanic Plant Medicine series acts as an introduction to specific teacher plants used by shamans in a variety of cultures to facilitate spirit communion, healing, divination and personal discovery, and which are increasingly known, used and respected in Western society by modern shamans as a means of connecting to spirit. Ayahuasca is the

shamanic medicine of the Amazonian rainforest and has been used by shamans for millennia to induce visionary states wherein they astrally travel to other locations, see the future or carry out healings for others. It is increasingly used in the West and is perhaps the best known of shamanic plant teachers.

**Jung's Red Book for**

**Our Time** Simon and Schuster

When National

Geographic Adventure

published an article in

2006 about the powerful

antidepressant effects of ayahuasca, the piece received a phenomenal reader response. That article struck a chord with psychotherapist Rachel Harris, who had encountered many clients unresponsive to traditional therapy and antidepressant protocols. Used for more than 8,000 years in the Amazon rainforest, ayahuasca is a powerful, and illegal, psychedelic that has distressing gastrointestinal side effects. Yet Harris found

many willing to try it, so deep was their suffering. Harris here shares her original research (the largest study of ayahuasca use in North America) into its effects on depression, anxiety, and PTSD, along with her own personal experiences. By detailing ayahuasca's risks and benefits, she aims to help those driven to investigate ayahuasca to do so safely and to give their psychological caregivers a template for transformative caring and healing.