

GOD OR BABYLON

Sebastián Gaete

Copyright © 2022 by Sebastián Gaete

All rights reserved.

For Rachel

Table of Contents

Babylon and Renaissance.....	6
Integral Psychedelic Christianity.....	10
Stories	16
The Meaning of Football.....	19
24 Hour Party People.....	25
Possession vs Absorption.....	27
Becoming God.....	29
You Never Enjoy the World Aright	31
The Hierarchy of Heaven and Earth	35
Big Mystic, Small Shaman.....	39
Headlessness and Faith	41
The Trial.....	44
Drug Patience.....	48
Have you tried turning it off and on again?	51
The Immortality Key.....	54
Persephone, Apollo and Dionysus	57
The Seal of Apollo.....	60
The Fourth Religion	62
Gravity.....	67
Shamanism is Intense.....	72
The Unbearable Lightness of Being.....	74
Breakthrough.....	75
Interstellar Love	78
Patterns.....	86
Antifragility	88

Mental Slavery.....	90
In Defence of Muppets	91
Cynical Clowns and Fearful Bores	97
Narcissism.....	100
Steppenwolf Syndrome.....	105
The Way Out.....	108
Love in Babylon.....	111
The Interests of Babylon.....	113
Hollywood Love Confusion	114
Unconditional Love.....	118
Love and Will.....	120
Faith Healing.....	123
Who Wants to Be a Saint?.....	125
Intimacy	127
The Nature Connection.....	129
The World, the Earth and the Heavens	132
Religion and the Psychedelic Renaissance	137
The Word Made Flesh.....	141
The Psychedelic Christ.....	146
The DMT God and the Mushroom Christ	149
Apocalypse.....	151
Pray Without Ceasing.....	155
How to Approach the Unapproachable.....	158
The Armour and the Robes	161
Four Wise Monkeys	162
Why I Am No Longer Talking About Anything	164
Babylon Dropped!.....	167

Babylon and Renaissance

"The [Babylonian] exile began with the destruction of the city of Jerusalem and its Temple and the ending of the Davidic monarchy in 586 BC. Following a failed rebellion by the kingdom of Judah against the Babylonian Empire, Nebuchadnezzar besieged the city of Jerusalem, and deported most of its inhabitants over the period 597-581 to Babylon. [...] They would remain in exile until the fall of Babylon to Persian king Cyrus the Great in 539 BC."

(Alister McGrath, *The Great Mystery*)

In the Christian tradition, Babylon has come to symbolise exile in an alien land where we don't belong. We are "strangers in a strange land". It also carries the suggestion of a corrupt world, a socio-political system of oppression and injustice. This is a central concept for Rastafarianism, for example. Some Jamaican immigrants to Britain after the Second World War felt this sense of exile keenly, and developed a negative view of their host country, which they experienced as a demonic web of petty, complicated bureaucracy and arbitrary laws, a "Babylon system". This then became associated in the popular counter-cultural imagination with the capitalist system, represented primarily by the most powerful capitalist country in the world, the United States.

In the original meaning given it by Medieval Christians, however, Babylon represented exile from our true spiritual home. There was a sense that, even safe in their own country and in their own home, Christians don't really belong in this world. We are like pilgrims on Earth, temporary travellers en route to another, better world. This "other world" was variously called The New Jerusalem, The Promised Land, Zion, Paradise, Eden or The Kingdom of God. The longing for this true home, the deep spiritual home-sickness that it engendered was personal evidence that we really were in exile. As St Paul wrote, "here we have no lasting city, but we are looking for the city that is to come" (Hebrews 13:14) And as C.S. Lewis famously put it in Mere Christianity, "If I find in myself a desire which no experience in this world can satisfy, the most probable explanation is that I was made for another world".

In my thinking about our place in the world over the past few years, I have made extensive use of the Bhavachakra, the Tibetan Wheel of Life, which seems to me such a powerful depiction of the different ways in which we become spiritually lost. It consists of six realms, which can be understood as six different ego states: the Heavenly Realm (Devaloka), the Hell Realm (Narakaloka), and four other realms, the Human, Titan, Hungry Ghost and Animal Realms. We might say that during our brief sojourn on Earth, we find ourselves exiled in any one of these realms, populated respectively by Divas, Demons, Muggles, Muppets, Addicts and Victims. From this perspective, the Tibetan Wheel of Life can be understood as "The Wheel of Babylon".

Things can seem hopeless, even bleak, as we survey the world around us with a critical eye. Babylon is strong. Sometimes it feels so strong that there seems to be no way out, as if it were the very fabric of existence, the creation of a

malevolent demiurge perhaps, forming an underlying matrix from which it is impossible to escape. But as in the film *The Matrix*, could there be a red pill that can pull us out of the Wheel of Babylon?

When I think of mainstream Western culture and its formative ideas and influences, I cannot help agreeing with Iain McGilchrist's pessimistic diagnosis in *The Master and His Emissary: The Divided Brain and the Making of the Western World*. Everything seems to point to the increasing disenchantment, mechanisation and dehumanisation you would expect from chronic left hemisphere dominance. The totalitarianisms of the twentieth century, the wars and genocides, the shallow consumerism of late capitalism, the utopian myths of progress, the mass hypnosis of the media, the existential meaninglessness of materialism, all point to the tightening of the grip of Babylon on people's hearts and minds.

But there is cause for hope. Starting in the fourteenth century in Italy, the European Renaissance uncovered the treasures of antiquity, which had lain almost completely forgotten for centuries. The humanities were born, invigorating Western culture through a rich education in the arts, rhetoric and philosophy. Plato and Aristotle, Pindar, Homer, Cicero, and a whole pantheon of classical authors were studied and used as a springboard for new insights into life and the human condition. Pico della Mirandola, Erasmus, Marsilio Ficino and others spearheaded the great cultural and spiritual movement that came to be known as Renaissance Humanism. The word "humanism" is derived from the Latin phrase *studia humanitatis*, which basically means "humane studies" or "liberal arts". It actually had nothing to do with "secular humanism", an invention of the twentieth century, which

defines itself in opposition to religion. The original humanists had a much broader and more liberal view of humanity, including religion and spirituality as central components of the human experience. The Renaissance humanists were almost exclusively Christians.

There is a lot of talk and excitement recently about a *Psychedelic Renaissance*, a rediscovery of the beneficial therapeutic and transformative effects of these miraculous compounds, which for decades have been demonised and criminalised as part of a wider war on drugs. The original pioneers, Albert Hofmann, Alexander Shulgin, Aldous Huxley, were actually initiating the rediscovery of a much more ancient tradition of the spiritual use of psychedelics (or entheogens) in the West, reaching right back to the Eleusinian Mysteries and earlier, in Egypt for example, as well as the shamanic traditions of Africa and the Americas.

Since the end of the nineteenth century and picking up speed in the 1960's, there has also been an enormous rise in interest in Buddhism, Hinduism, Taoism and other Eastern religions in the West. This has fed into developments in Humanistic and Transpersonal Psychology, the Human Potential Movement and the New Age. Although under the surface of mainstream culture, and in some senses associated with the counter-culture, this blossoming of Eastern wisdom and practices such as meditation, yoga and martial arts, can itself be considered a significant renaissance of its own. We might call it the *Eastern Renaissance*.

Since the end of the eighteenth century and reaching its apotheosis in the middle of the nineteenth, there has also been another renaissance, associated with poetic sensibility and a deep human connection with the natural world, known

as *Romanticism*. An associated trend was a renewed appreciation of Medieval, chivalric culture, which represented for certain romantics a more authentic mode of being than the limited view of humanity peddled by the Enlightenment architects of the Age of Reason.

Babylon can appear all-powerful. It seems to almost completely control public discourse, and to strictly determine what we can and can't say, think and do. But beneath the implacable surface of the Babylon system, there is the vital, spiritual dynamite of a germinating Spiritual Renaissance, at the same time *Christian, Humanist, Romantic, Eastern* and *Psychedelic*, which holds out the promise that we may yet chant down Babylon and usher in the Kingdom of God.

Integral Psychedelic Christianity

Why Psychedelics?

If I had never taken psychedelics, going purely on the scientific research and reports of those who had, I would be inclined to think that they might actually be a good thing. Since I am interested in mental health and spirituality, I would at least feel obliged to take them seriously. But I have taken psychedelics. My first trip was on LSD at the tender age of sixteen, over thirty years ago.

My personal experience of psychedelics is that they elicit mystical experiences, stimulate somatic energies, enhance physical dexterity and movement, produce heightened emotion and catharsis, generate psychological and philosophical insight, and lead to Self-Realization. Which in my view are all good things.

There are down-sides, of course. Things can go very wrong and very dark. But the extraordinary benefits have persuaded me to repeatedly reaffirm my commitment to and respect for magic plant medicines.

One of the important lessons of psychedelics is the integral nature of genuine spirituality. If it is not to be unbalanced and partial, spirituality must be holistic, taking in the whole human being, mind, body and spirit. The Integral Yoga of Sri Aurobindo, the Fourth Way of Gurdjieff and the Integral Psychology of Ken Wilber all point to this important truth. In fact, the essence of the New Age is its holistic integralism, which is why psychedelics are naturally associated with the New Age.

Why Christianity?

Much of my life's psychedelic journeying has been undertaken in the context of the New Age, taking in the ideas and practices of Shamanism, Paganism and Gnosticism as well as those of the Eastern religions, Buddhism, Hinduism and Taoism. But at a certain point, I decided to become a Christian. Why?

Here are three reasons among many:

1. My ancestral heritage is Christian, all the way back through many family generations in Chile to the sixteenth century, and in Spain before that, to at least the sixth century. Although my parents turned their backs on their Catholic faith, in conformity with the anti-establishment mood of the nineteen sixties, in the long view of my family heritage, this was just a break in a single link of a very long chain. On several occasions, the plant medicines have shown me how my ancestors live in me and through me, and how their religion is an integral part of who I am, at a deep cellular level, so to speak. So although my parents refused to have me Christened, I was, in a mysterious, esoteric sense, born Christian.
2. Christianity has been in contact with the indigenous beliefs and practices of Latin America for centuries, both the native and imported traditions accommodating each other in different ways. There is thus already a long-standing relationship between psychedelics and Christianity in my own native Chile, as there is all over South America, from Peru to Ecuador and Brazil. These syncretic traditions are largely hidden and secret, as is often the case with psychedelic mysteries (the Greek Eleusinian Mysteries for example), but are now coming to light as a result of Western interest.
3. In my experience, Christianity is a better fit than other religions, such as Buddhism, when it comes to

psychedelics. I agree with Rick Strassman on this point: the personal, relational nature of encounters with the plant spirits is in tension with the often abstract, philosophical, nondual traditions of the East, but is perfectly suited to a Biblical way of thinking. Although Strassman argues for an Old Testament, Jewish framework, I believe that Christianity is even more closely aligned to the psychedelic landscape.

Why the Mantra?

My interest in psychedelics came out of an underlying dissatisfaction with the secular world I grew up in. It seemed to be missing something important. Where was the magic? Where was the spirit? Perhaps I read too many fantasy books as a child, and had unrealistic expectations of the world, but for whatever reason, I intuited the disenchantment of our secular, materialist world that was later confirmed for me in the writings of Max Weber and others.

Psychedelics seemed the perfect thing to rectify this problem. If everyone took a dose of orange sunshine, the world would erupt in a riot of colour, just like at the end of *The Yellow Submarine*, where the Fab Four defeat the Blue Meanies with *Love, Love, Love*. But then I discovered that psychedelics on their own were too chaotic and created problems of their own. The psychedelic revolution wasn't working.

Christianity seemed the perfect thing to rectify the problem: a moral and religious framework was exactly what the psychedelic doctor ordered. Instead of wondering, "was that trip really necessary?" after another confusing mess of spiritual hedonism, we could channel the psychedelic experience

constructively and meaningfully along well established lines of spiritual development, tried and tested over millennia.

However, traditional Christianity also seemed to be missing something. It wasn't holistic enough. So perhaps what we needed was a new kind of *Integral Christianity*, one that fully included body, heart, mind, soul and spirit in a healthy, balanced way. A Christianity that included psychedelics was a good start, but just as my personal consciousness couldn't help but expand under their influence, neither could Christianity itself.

I mentioned six things that I experience on psychedelics, which bear repeating: they elicit mystical experiences, stimulate somatic energies, enhance physical dexterity and movement, produce heightened emotion and catharsis, generate psychological and philosophical insight, and lead to Self-Realization. These six things correspond to six yogas in Hinduism: dhyana yoga, kundalini yoga, karma yoga, bhakti yoga, jnana yoga and raja yoga associated with spirit, energy, body, heart, mind and soul. They also correspond to six archetypes: mystic, shaman, warrior, monk, philosopher, king.

If we want to maintain a truly integral spirituality, we need to remember all six of these essential aspects of human spiritual flourishing, for if we forget or neglect any of them, our development will be unbalanced and wonky. So what's the best way to remember them? How about a mantra? Even better, how about a mantra rooted in specific energetic points in the body?

If you think about how Christians cross themselves (when they run onto a football pitch for example), from forehead to heart and shoulder to shoulder, you will see that this is in fact

a mantra rooted in the body: "In the name of the Father and of the Son and of the Holy Spirit". However, compared to the Indian chakra system, this body-mantra is clearly very top-heavy. What about the lower chakras?

In order to include the whole body, we can extend the cross downwards to create a double cross with two horizontals at the hips and the shoulders. This gives us six points, at the forehead, the hara (belly), left hip, right hip, left shoulder, right shoulder. Then we can add the mantra, mystic, shaman, warrior, monk, philosopher, king. Now, if we identify these six archetypes with one ideal "Uber-Archetype" personified in Christ, by bringing them (and their associated qualities, peace, love, goodness, beauty, truth, consciousness) to mind, we are in fact connecting with our spiritual essence in a way which is perfectly compatible with a broadly Christian outlook.

The mantra reminds us of these archetypes, but it also acts as a kind of talisman, a magic charm to protect us against any negative or demonic psycho-spiritual forces we may encounter on our psychedelic journeys. This is why I call it "the armour of Christ". Just like we made the sign of the cross with our fingers to ward off vampires as children, we can make this whole-body, holistic cross to ward off all malevolent spirits as (mostly) mature adults.

Psychedelics correct for the disenchanting world of secular Modernity. Christianity corrects for the chaotic anarchism of psychedelics. The mantra corrects for the unbalanced partiality of Christianity. What we end up with is a truly *Integral Psychedelic Christianity*. If this isn't the future of religion, I don't know what is.

Stories

There are Muggle stories and there are Muppet stories. Muggle stories are the ones we constantly tell ourselves about our lives. They tend to be rather mundane and parochial and although of great interest to us, are usually boring for other people, much like our dreams. These are the stories we pay psychotherapists to listen to and that our nearest and dearest have to constantly put up with. They are our personal soap operas.

Muppet stories go beyond our personal dramas in an attempt to make sense of the world. They are metanarratives which impose a single interpretive frame on the world, giving us a sense of reliable meaning and control. Ultimately, they are all examples of reductionism, reducing all complexity to one simple master narrative or theory of everything. They are totalising, veering towards totalitarian, dogmatic, ideological, fundamentalist often characterised by passionate zealotry and activism.

In the upper half of the Tibetan Wheel of Life, there are Muggles (the human realm), Muppets (the titan realm) and Divas (the deva realm). So what about the Divas? What about the stories of the gods? Well, the motto of the diva is; "neither a Muggle nor a Muppet be". They see the limitations of our little, personal stories and their reflections in popular culture. They see the limitations of our fundamentalist stories and the way they inevitable embroil us in culture wars. They understand that we are meaning-seeking animals and story-telling creatures and that the best way to approach our lives

and the world around us is through a rich tapestry of stories, not through the narrow lens of our own personal story (our "life script" as Eric Berne would say) or a single totalising grand narrative. Instead, they have multiple maps of meaning. They read old books, go to art galleries, theatres and concert halls, even occasionally to church. They are well educated, erudite, witty, sophisticated, cultured, refined. They resist simplistic and reductive visions of reality. They know how stories work. However, they cannot avoid being somewhat elitist and snobbish, always a sure sign of Divahood.

Matthew Arnold, C.S. Lewis, J.R.R. Tolkien, Owen Barfield, Dorothy L. Sayers, F.R. Leavis, Northrop Frye, Iris Murdoch, Rudolf Steiner, Carl Jung, Joseph Campbell, Jordan Peterson, Pinkola Estes, Alister McGrath, to name a few, are some of the more insightful and well-known advocates of the "storied life". They divide their time and effort between reaping the imaginative benefits of a deep and serious engagement with culture, with "the best that has been thought and said", and criticising the short-comings of Muggle and Muppet storytelling (which is when they get pulled into culture wars - remember that the titans and the gods on the Wheel of Life are perpetually at war).

Christianity is interesting in this regard, because it is such a central story, if not the central story, of Western culture and consciousness. Some of the writers I listed above, such as Tolkien, Dorothy L. Sayers and Northrop Frye, saw Christianity as a kind of meta-story or Ur-text, a great archetypal blueprint, "the greatest story ever told" to which all other stories must ultimately refer. Frye called it "the great code". Whether the story is literally true is beside the point. It appeals to the deep-seated mythos of human consciousness, which goes far deeper than logos. (Karen Armstrong makes this crucial

distinction between mythos and logos in her book, *The Case for God*). However, it is not really good enough to be a thorough-going mythicist when it comes to the Christian story, since the whole thing turns on the coincidence of myth and history, of archetype and person, of the ideal and the actual, the Word made flesh and God made man.

The deep appreciation of the nature of art, myth and story and of how they interpenetrate the real world is the essence of the deva realm. In the Christian context, this is best characterised as "Renaissance Humanism", "Christian Humanism" or in its more recent incarnation, "Romantic Christianity". Representatives of this imaginative religiosity are the English Romantics, Blake, Wordsworth, Coleridge and the German Romantics, Herder, Schiller, Goethe, Novalis, Wagner. This type of creative, mythical, poetic sensibility gave rise in the twentieth century to works of imaginative fantasy such as *The Lord of the Rings* and the *Narnia Chronicles*. The fact that they appeal to children is not accidental (think of Blake's *Songs of Innocence and Experience*), since children have not yet had their innate mythos beaten out of them by the James Mills and Mr Gradgrinds of rationalist modernity.

So there we have it: there are Muggle stories, Muppet stories and Diva stories. There is Muggle Christianity, Muppet Christianity and Diva Christianity. However, true spiritual freedom is to be found beyond the Wheel altogether, where all our stories are transcended in a cloud of forgetting and a cloud of unknowing.

The Meaning of Football

After watching the 2021 Euro Cup Final between England and Italy and witnessing the tragic penalty shootout in a pub garden in Islington, I went with a friend to get some provisions from the Turkish shop down the road. There were other football fans there somewhat aimlessly milling about and I overheard one young lad in an England shirt say, "I can't see the point of living any more".

I don't think he actually took his life that fateful night and I don't know if anyone else did. But it did get me thinking about the meaning of football. What's going on? Isn't it "just a game"? Obviously not!

I've been thinking a lot about what John Vervaeke calls "The Meaning Crisis". His claim is that people in modern Western societies have lost a sense of meaning in life, with a whole host of negative consequences and related crises, such as the mental health crisis, the opioid crisis, the obesity crisis and even the environmental crisis.

He makes a strong argument to the effect that meaning is closely associated with what he calls "Relevance Realization", which is the ability to identify relevant information in any given situation. This is also obviously connected to the ability to be a general problem solver (G.P.S.) and thus to general intelligence.

What's that got to do with football? Bear with me!

Optimal relevance realization is when your theoretical construct, insight or idea has strong convergence (many lines of supporting evidence or argumentation), making it trustworthy, while also having strong elegance (many lines of applicability and explanatory power, or "multi-aptness"), making it interesting.

What if your theory is high in convergence but low in elegance? Then it's true but trivial. It doesn't explain much beyond itself. What if your theory is low in convergence but high in elegance? Then it's far-fetched. The former set of theories and ideas are trivial and boring. The latter set are interesting but far-fetched - the stuff of conspiracy theories.

So what? What about the football? Hang on!

If we put triviality at one end of a relevance spectrum and far-fetchedness at the other end, with optimal relevance realization bang in the middle, like this:

TRIVIALITY -- RELEVANCE REALIZATION -- FAR-FETCHEDNESS

we can more easily see where we can and can't find existentially satisfying meaning.

On the triviality end, there is very low entropy - information is highly ordered - which means that there isn't much meaning. At the extreme, everything is meaningless, a state of mind experienced by people with severe clinical depression.

On the far-fetched end, there is high entropy - information is chaotic and things easily fly apart - which means that there is too *much* meaning. At the extreme, this results in psychotic

and paranoid delusional states of consciousness, where everything is pregnant with meaning and esoteric significance.

In the Wheel of Babylon model, these two ends of the relevance spectrum are represented by two archetypes, the Muggle and the Muppet:

MUGGLE ----- RELEVANCE REALIZATION ----- MUPPET

The Muggle archetype is associated with narrow-mindedness and triviality. The Muppet archetype is associated with careless thinking and far-fetchedness. Muggle culture tends towards the conservative and conformist, circling around well-worn patterns of thought and behaviour, whereas Muppet culture tends towards the revolutionary and counter-cultural, rejecting established modes of being in favour of wildly creative flights of fancy.

But as I pointed out, there is no satisfying intrinsic meaning at either pole. So where do Muggles and Muppets find meaning? In victory. They are both motivated by *philia nikea*, the love of victory. This is because when there is no intrinsic satisfying existential meaning (there is either too little or too much meaning-making), you end up with a meaning crisis, and the meaning associated with power, success and victory promises to plug the gap. The motivating factor in both cases, then, is the desire to be Top Dog.

The Top Dog is at the top of the Muggle or Muppet status hierarchy. In the Wheel of Babylon model, this is called the Diva. Part of the meaning of football, then, is "the love of victory". Just like in a war, we want our team or our country to come out victorious by defeating all opposition. The same logic obviously applies to other situations where there is a

competitive arena or competitive market. For example, doing well at school and achieving success in a career.

By winning a competition like the Euros, we obtain the emotional rewards of achieving Diva status. We are the champions. This provides us with a powerful sense of meaning in life. (Presumably Italians woke up this morning with a stronger sense of meaningfulness than English people). When we lose, especially when we have defeat snatched from the jaws of victory, it feels as if life has been drained of meaning. We feel depressed and "can't see the point of living any more".

If you base the meaning of your life on *philia nikea*, you will be continually haunted by the meaning crisis. You can't always win. You can't always be Top Dog. And even if you are one of the "lucky few" and manage to secure your position at the top of the heap, power, success, fame and fortune cannot deeply satisfy your need for existential meaning.

But football is not just about the winning. It's also about the taking part (to roll out the parental cliché). Football is "the beautiful game" and it is the appreciation of this beauty, of the skill, intelligence, athleticism and elegance of the players working together in harmony, that we can glimpse the deeper meaning of football. The Arsenal F.C. motto, *victoria concordia crescit*, or "victory through harmony", nicely brings both meanings together.

The "harmony" side of the equation is related to the idea of "flow". When you are in flow, or "in the zone", that's when you play beautiful football. And we can appreciate the graceful beauty of this state as spectators, both in the flow of individual players and in the collective flow of the team as a whole. When the players are in harmony with each other and within

themselves, they can enter the flow state, where real football magic becomes possible. Which also, as a side-effect, means that they have a greater chance of winning.

So as well as the love of victory, there is the love of flow. In Ancient Greek, this is *philia rheo*. (A rheophile is an organism that prefers to live in flowing water).

If we turn back to the work of John Vervaeke, we can see that a defining characteristic of the flow state is precisely relevance realization. This is experienced as an intuitive grasp of the right thing to do and the right way to do it, via a kind of body intelligence. Vervaeke also points out that flow states are experienced as profoundly meaningful. The more often and more deeply you can enter a flow state, the more you will experience your life as meaningful. And this is a more satisfying source of meaning than the meaning derived from *nikea*.

As well as the physical flow state achieved in competitive sports like football or tennis (Novak Djokovic won the Wimbledon men's final, notching up his twentieth Grand Slam and creating a triumvirate of joint record-holders with Nadal and Federer on the same day that Italy won the Euros), there is the mental flow state of "insight cascades". This is a state of deep understanding beyond mere logic, which is neither trivial nor far-fetched. It is the essence of relevance realization, of what we call "wisdom".

So as well as the love of victory, *philia nikea*, and the love of flow, *philia rheo*, there is the love of wisdom, *philia sophia*, from which we derive the word "philosophy".

The only kind of meaning available to Muggles and Muppets beyond the trivial and the far-fetched is the meaning that comes with the pursuit and achievement of victory, which is the drive to Divahood, or "the will to power", as Nietzsche called it. But as we begin to release ourselves from the hold of *philia nikea* and to pursue *philia rheo* and *philia sophia* instead, our lives become oriented along a different dimension of value, where flow and wisdom become more important and meaningful than victory.

By optimising our relevance realization, therefore, we create the possibility of connecting more deeply with the body through flow states and with the mind through insight states. These states are often experienced as *higher* states of consciousness, typically described in spiritual and mystical terms. Considering that they are closely related to radical self-transcendence, this should be unsurprising.

Psychedelics work by disrupting the habitual meaning-making machinery of the Muggle and Muppet systems and facilitating a state of flow and insight. This is not automatic, however. If the underlying motivation is still *philia nikea*, the movement towards flow and insight will be sabotaged by egocentric obsession with victory. This is why the spiritual-therapeutic use of psychedelics should be accompanied by the cultivation of *philea rheo* and *philia sophia*.

This insight provides us with a simple heuristic for assessing people's suitability for psychedelic work. If you don't care much for football (or for music or dance) and you don't know much about Socrates, Plato or Aristotle (or Buddhism), then you probably don't have much love of flow or love of wisdom and you will struggle to achieve the necessary relevance

realization needed to deepen your connection with life and meaning.

The sacred meaning of psychedelics is to be found in the interplay between altered states, flow states and insight states made possible through relevance realization. (These three states are represented in my model by the MYSTIC SHAMAN, WARRIOR MONK and PHILOSOPHER KING archetypes). The true meaning of football is similarly to be found in these states, and in the victory of *rheo-sophia* over *nikea*, not just "victory through harmony" but genuine "harmony over victory".

24 Hour Party People

Michael Winterbottom's 2002 film *24 Hour Party People* starring Steve Coogan as Tony Wilson is really a kind of parable about three personality types represented by three larger-than-life characters: Ian Curtis, Sean Ryder and Tony Wilson. If all this is before your time, you might not know who they are, but hopefully you will at least have heard of Joy Division and The Happy Mondays.

The Madchester rave scene centred around the Hacienda club was the epicentre of an Ecstasy-fuelled psychedelic revival hot on the heels of the Acid House revolution of the late Eighties. These were exciting and heady times, drawing comparisons in some quarters to the psychedelic efflorescence

of the Sixties. Sadly, however, the revolutionary promise of the second Summer of Love in 1988 dissolved as fast as the first one in 1967. Why?

24 Hour Party People gives a kind of symbolic answer in the three aforementioned figures Ian Curtis, Sean Ryder and Tony Wilson. Ian Curtis famously hanged himself at the tender age of 24; Sean Ryder famously became a crack addict; and Tony Wilson famously closed the Hacienda and disappeared from public view. Is this just an expression of The Wheel of Fortune, a concept brought up several times in the film, most memorably by a homeless beggar under a bridge quoting Boethius? Or are there forces other than luck, fate and fortune at play?

There were countless drugs casualties in the rave generation, just as there were in the hippy generation. Perhaps it was just the result of carelessness. Unlike the Sixties LSD guru Timothy Leary, Aldous Huxley was of the view that powerful psychedelic drugs shouldn't be bandied about willy-nilly but should be taken with due care and reverence if the great promise of spiritual transformation they afford wasn't to descend into mere hedonism.

Ian Curtis was a troubled, angry young man. He was basically a kind of indie-goth-mod-punk on speed. If we had to place him on *The Wheel of Babylon*, he would probably be a "muppet". Sean Ryder, on the other hand, childishness notwithstanding, is much more of a straight working class "muggle". And Tony Wilson, who in the film can't resist telling people he went to Cambridge and is periodically called a c**t by his proteges, was clearly a bit of a "diva".

Nobody knows what prompted Ian Curtis to commit suicide, but he clearly experienced some kind of descent via his inner victim to the hell of his inner demons. Sean Ryder, predictably enough, descended from muggle to addict via his inner diva fairly quickly. Tony Wilson, being a journalist, remained a diva pretty consistently throughout.

From *Love Will Tear Us Apart* to *Hallelujah*, the glimpses of supernal light from the musical psychedelic beyond failed to break any of them free. It's like the parable of the sower:

"Behold, a sower went forth to sow; And when he sowed, some seeds fell by the way side, and the fowls came and devoured them up: Some fell upon stony places, where they had not much earth: and forthwith they sprung up, because they had no deepness of earth: And when the sun was up, they were scorched; and because they had no root, they withered away. And some fell among thorns; and the thorns sprung up, and choked them."

(Matthew 13: 3-7)

Possession vs Absorption

I am the first to admit that my interest in ideological possession sometimes verges on the obsessive. I even occasionally feel like I am actually possessed by the idea of possession. This is certainly transparently the case for many

Youtubers who seem to have made it their life's mission to expose and debunk all the ideological muppets out there, from the Woke and the anti-Woke to the anti-theist and anti-anti-theist brigade.

The Wheel of Babylon is all about possession. If you're possessed by hate, rage, resentment, revenge fantasies, violent impulses or murderous intent, you are probably possessed by a "Demon". If you're possessed by fear, anxiety, worry, regret, despair, depression or severe self-criticism, you are probably possessed by a "Victim" archetype. If you're possessed by lust, desire, craving, greed, gluttony or the bottle, bong or needle, you are probably possessed by an "Addict" archetype.

That's how possession looks in the lower three realms of the Wheel. In the upper realms, you are ideologically possessed when the Muppet archetype takes over, culturally possessed when the Muggle archetype holds sway, and pleurably possessed when the Diva archetype is in charge.

The six opposite archetypes don't function possessively. They emerge through *samadhi*, or absorption. So that absorption in dhyana yoga manifests the Mystic archetype, absorption in kundalini yoga manifest the Shaman archetype, absorption in karma yoga manifests the Warrior archetype, absorption in bhakti yoga manifests the Monk/Nun archetype, absorption in jnana yoga manifests the Philosopher archetype and absorption in raja yoga manifests the King/Queen archetype. In fact the word "yoga" could itself be interpreted as meaning something like absorption.

Absorption is closely related to the experience of *flow*, which positive psychologists such as Mihaly Csikszentmihalyi identify with optimal human flourishing. When you are in flow,

or "in the zone", you are fully absorbed in what you are doing, whether that be a physical activity like dancing, fighting or playing sports, an emotional one like listening to music or a mental one like writing.

There is a large body of research that points to the same conclusions as common-sense: absorption makes us happy and possession makes us unhappy. If we want to make this fundamental insight the basis of a conscious practice of self-improvement, we could do worse than resist possession by our inner Demon, Victim, Addict, Muppet, Muggle and Diva and cultivate absorption in our inner Mystic, Shaman, Warrior, Monk/Nun, Philosopher, King/Queen.

Becoming God

Theosis, or deification, is the mysterious process whereby human beings become God, or at least participate as fully as is humanly possible in His divine nature. In the Christian tradition, this is made possible by the incarnation: "God became man that we might be gods".

So how do we become God? First, we must empty ourselves of our ego. This is called *kenosis*, or "self-emptying" in Christian mysticism. Easier said than done of course, but with practice it becomes second nature. You must abandon all memories, thoughts and feeling in a "cloud of forgetting" and

enter a "cloud of unknowing". A Zen Buddhist will know what I mean. It is a state of *mu-shin*, or no-mind.

This state is one of stillness and quiet. However, it is not a complete nothingness, since nature abhors a vacuum. Sooner or later, something will enter your field of awareness, whether that be a sensation, a thought or a feeling. The difference is that it will manifest itself with a certain pristine purity, with a mysterious force of truth and beauty, a revelation or epiphany out of the infinite blue. This is called *gnosis*, which is a direct apprehension of pure truth.

What do we do with this gift from beyond? Whether an intellectual insight or a physical rush of energy, where do we put it? We all receive these transcendental gifts all the time, though we rarely notice or value them enough to prevent them from evaporating as fast as they materialise. Easy come, easy go. However, in the attentive state of *kenosis* and *gnosis*, we can consciously absorb and integrate it so that it doesn't just disappear. We do this by adjusting our existing Umwelt, or worldview, to accommodate the new piece of information, either mentally or somatically. In other words we learn something.

This process of integration and synthesis is called *pistis*, usually translated as "faith". We don't perfectly model reality, but rather approximate it as far as possible by continuously refining our understanding. This proceeds along with a deepening faith that we are moving ever closer to the truth of Being itself. However, this is not a purely abstract or theoretical matter. It's not just a map of the territory. It involves countless cycles of *kenosis*, *gnosis* and *pistis*, of "purification", "perception" and "dalliance", and transforms us little by little and piece by piece, as though we were

alchemically changing the constitution of a lump of lead one atom at a time into gold.

Faith is the substance of what we are. It is the accumulated substance of our ultimate deification. When atheists ask for proof for the existence of God, what they don't understand is that faith is itself the proof. As we grow in faith to the point where *pistis*, *kenosis* and *gnosis* are one act of pure Being, Consciousness and Bliss, we find that we no longer need signs or wonders outside ourselves as evidence for God, because we ourselves are gods, or better said, children of God, partakers of the divine fullness of reality in all its wonder and glory.

You Never Enjoy the World Aright

In my book *The Confessions of a Psychedelic Christian* I describe the problem of treating spiritual enlightenment as an aberration, an anomaly, a curiosity, a beautiful dream, an altered state of consciousness. It is almost inevitable that consensus reality is given ontological precedence over any other deviations from it, no matter how compelling. The peer pressure is enormous. Even the day after my mystical *Satori* experience of absolute certainty and penetrating insight into the unified, nondual nature of reality, I had to consciously fight this tendency of the mind to betray itself in favour of the status quo. The more I remembered it as an extraordinary

experience, the easier it was for my mind to file it away under the "non-ordinary" category of experiences and simply revert back to the ordinary world, with the slightest sleight of hand eliding the "ordinary" with the "real" world.

But one of the most shocking and revolutionary aspects of my mystical experience was that it was more real than anything I had ever experienced in my life. It was definitely more real than the "ordinary world". I could say with absolute confidence, "though the rest of the world be on that side, on this side am I". Even if it was billions to one, I knew that I was right about the true nature of the world. *Tant pis* for the other billions.

Over the years and decades since that parting of the veil, it has been difficult to maintain the force of that original conviction, although I still know it to be true. I have had to seek corroboration in the writings of mystics throughout the ages, who have had similar experiences and shared the same conviction that the ordinary way we experience the world is not right. When it comes to nondual experiences, you can't beat the Mahayana Buddhists and Advaita Vedantists. But the writer who, to my mind, writes most eloquently about this is the seventeenth century Anglican poet and mystic Thomas Thraherne:

"You never enjoy the world aright, till the Sea itself floweth in your veins, till you are clothed with the heavens, and crowned with the stars: and perceive yourself to be the sole heir of the whole world, and more than so, because men are in it who are every one sole heirs as well as you. Till you can sing and rejoice and delight in God, as misers do in gold, and Kings in sceptres, you never enjoy the world."

Yesterday I re-read C.S. Lewis' preface to *The Hierarchy of Heaven and Earth* by Douglas Harding. He begins with these momentous words: "This book is, I believe, the first attempt to reverse a movement of thought which has been going on since the beginning of philosophy." The philosophy that Harding is attempting to reverse is basically the philosophy of scientific materialism, which ultimately ends up in a nihilistic view of the world, the end point of a "process that has led us from the living universe where man meets the gods to the final void where almost-nobody discovers his mistakes about almost-nothing".

Later that evening, I had a conversation with my cousin in which I attempted to describe how the direct experience of our immediate surroundings radically change when we look at them through the lens of Parashiva, Shiva, Shakti. It is a shift in awareness analogous to Harding's "headlessness", where you stop inferring a "meatball head" with its "peep holes" on your shoulders mediating the world and instead experience the world directly, as though the world *was* your head. It is a short-cut to a Berkeleian vision of phenomenological immaterialism. And it works. But it can easily be dismissed as little more than a fun thought experiment, as just another "altered state".

But Berkeley was serious. Harding was serious. And - goddammit! - *I'm* serious. My cousin looked at me as if he thought I might be mad. In any case, we were meant to be talking about the therapeutic potential of psychedelics, not weird mental tricks of perception. But I believe that precisely this, our most intimate, immediate and direct perception of reality, reveals the deep roots of the spiritual dis-ease and proliferating mental health crises of the modern world. Call it "the meaning crisis" or "the disenchantment of the world" or

"cosmic pessimism" or what you will: the scientific worldview we have inherited from the Enlightenment philosophers is making people unhappy and unfulfilled because it is stopping them from enjoying the world aright.

When I read and write about the interminable debates between atheists and theists, it sometimes seems as though it were ultimately a case of temperament or personal preference. I am often tempted to throw up my hands in despair and say, "whatever!" Does it really matter? Some people believe in God and some people don't. Get over it! But the issue goes far deeper than the abstract, theoretical argument you might find in a school debating club. It's about the kind of world we live in. Either it is a divine world full of magic, purpose and meaning, or it is "a tale told by an idiot, full of sound and fury, signifying nothing." I know it is the former, but it seems that our society is so punch drunk on the latter, that it's people like me that are considered the mad ones.

Ultimately, all the questions about materialism and spirituality boil down to one: is the world full of spirit, full of "the glory of God" or is it an intricate, interlocking system of mechanical forces devoid of anything beyond its own ceaseless and ultimately meaningless activity? Materialists will never tire of telling me that my spiritual visions and experiences of divine being, consciousness and bliss are illusions. They suppose that I may be suffering from some kind of poetic condition, but who's to say they aren't suffering from an un-poetic one? They think I am labouring under the illusion of a God-filled universe, but I think they are suffering from the illusion of a Godless one. Stalemate.

There is, in the final analysis, no way of adjudicating between our conflicting worldviews, which are, after all,

subjective. However, the sober materialist criticism of a religious person "filled with the holy spirit" on the grounds that they are clearly deluded seems to me as absurd as a miserable person pitying a cheerful person because their misery tells them that there is no such thing as happiness.

The Hierarchy of Heaven and Earth

The *Ray of Creation* presents us with a schematic picture of the hierarchy of Heaven and Earth. It has its origin in *Amun*, "the Hidden One", which is absolute vacancy, nothingness, nada. How something can come from nothing is an intractable mystery, which has taxed the greatest minds of every generation and has made the God hypothesis irresistible for almost everyone who thinks about it deeply enough.

The Ray of Creation is a map of the evolution of the universe from the seemingly inauspicious beginnings in *Amun* through the Big Bang, *Ra*, the formation of the atomic elements, *Atum*, the arrival of cellular life, *Ka*, the development of intelligent soul-life, *Ba*, and the emergence of planetary consciousness, *Gaia*, and universal consciousness, *Jah*.

This is the Ray of Creation: seven discrete yet interpenetrating levels spanning the entire hierarchy of existence from Absolutely Nothing to Ultimate Whole. Embedded within the human organism, they correspond to the ancient chakra system discovered by the Indian yogis:

Amun at the base, *Ra* at the sacral, *Atum* at the solar plexus, *Ka* at the heart, *Ba* at the throat, *Gaia* at the third eye and *Jah* at the crown. This correspondence powerfully illustrates the fact that the Ray literally passes through us, and that each one of us is a microcosm of the whole universe.

However elastic our consciousness, scaling the heights and plumbing the depths of the hierarchy, our natural resting place is the human soul, *Ba*. This is located at the throat chakra, about three-quarters of the way up the cosmic tree. We exist as individual souls, but also as parts of a collective entity, Humanity. One cannot exist without the other. *I* cannot exist without the *other*, in a hierarchical network of family, friends, colleagues, neighbours, compatriots, citizens of the world. This social network of communal soul-life can be pictured as a horizontal line, which, superimposed onto the Ray of Creation at *Ba* forms a traditional Christian cross.

Ba is the intersection point of the horizontal line of humanity that marks you out as an individual. Look down through the vertical hierarchy of existence and you will see *Ka* (your life-force) arising from the trillions of living cells of which you are composed, and then *Atum* (the All), comprising the atoms of which your living cells are composed, of which there are estimated to be around 100 trillion per cell.

Since *Amun-Ra* transcends the limits of the physical universe, let's put this Nothingness and Energy to one side for the moment. We now have *Atum-Ka-Ba-Gaia-Jah*. You will notice that there is symmetry between the levels above and below us. At the centre of the hierarchy is the soul, *Ba*. Immediately below and above this are *Ka* and *Gaia*, life-force and world-soul. This makes sense if we conceive of the integrated totality of the planet as depending on the synthesis

of its living, biological substrate, the biosphere. The larger whole that encompasses and embraces our little *Ba* is *Ka-Gaia*, stretching from organic cellular life below us all the way up to the Anima Mundi above.

One step lower and one step higher reveals a natural affinity between atomic matter, *Atum*, and the universe in its entirety, *Jah*. *Ka-Gaia* is only possible in the context of this larger reality, which spans the whole breadth of existence, from atoms and electrons to universal consciousness. But the enormity of *Atum-Jah* is itself necessarily contained within two further shells, *Ra* and *Amun*, Energy and Nothingness.

At the lower end of the hierarchy, *Ra* is simply the E in Einstein's $E=mc^2$. At the higher end, it is the pure uncreated energy of a Creator God. Let's call this pairing *Ra-Shiva*. Finally, we have the ultimate pairing of the inner, immanent emptiness at the centre of everything, *Amun*, and the outer, transcendent emptiness beyond everything, *Parashiva*. This is the coincidence of the Centre-Whole, *Amun-Parashiva*.

As well as expressing a linear hierarchy, the Ray of Creation also describes a series of nested pairings, *Amun-Parashiva*, *Ra-Shiva*, *Atum-Jah*, *Ka-Gaia*, at the centre of which lies the human soul, *Ba*. If you recall, *Ba* also exists on the horizontal dimension of collective humanity. Therefore, there is always the danger that we forget the vertical dimension altogether, forget the life-force that sustains us, our Mother Earth, *Pachamama*, that embraces us, and the deeper and higher layers beyond these, in which we live and move and have our being.

When I forget the vertical, I live as though the only thing of any significance were people and society, that is, the

horizontal. When this happens, society, divorced from the vertical dimension, becomes a kind of mental prison, a Matrix, a Babylon. *Ba-Babylon* is the pairing of lost human souls and the man-made world of culture cut off from nature and spirit. There is no longer a Cosmic Tree (or Cross) reaching from Earth to Heaven and back again, just a flat line, fittingly representing the flat-lining of spiritual death.

It is impossible to wake up from this slumber, to rise again from this grave, to heal this sickness unto death, without realizing and embodying our unique place at the juncture of Heaven and Earth:

"As man I bisect all the Pairs and their linking processes, for I include inferior members of every Pair, but am included in the superior member. I am at home in the upper half of the hierarchy because I am the lower half. To use more familiar language, man the microcosm reflects the macrocosm - a doctrine which, in its many forms, is as ancient as it is universal. And it is generally implied that man's business is to recognize and restore the links between what is above and what is below, between the universe without and the universe within. That is to say, while man is man because he cuts the hierarchy in half, his office is to heal that wound, to restore the unity of the Pairs, and so to realize himself as much more and much less than man. His task is to re-seat the suprahuman rider on the infrahuman horse, to join ruler and ruled, to realize the ancestral cave and the ancestral mountain imply each other, to link the nine circles of Hell with the nine circles of Heaven, to reunite the rising branches of the universe-tree with its deepening roots - and so to regain his own balance. The common-sensible part-man who is only human, and the scientific part-man who finds himself only in the bottom half of the hierarchy, and the religious part-man who finds himself

only in the top half - all three need to be conjoined in the symmetrical and vertical man who is whole because his universe is whole. Such, more or less, is the suggestion of a long esoteric tradition, of the experience of mystics and poets in every time and country, and of much psychological analysis."

(D.E. Harding)

Big Mystic, Small Shaman

"But it is my habit to find motion, and therefore depth, only in my middle regions. All other planes collapse. The near (like the fast-revolving flywheel) is still because it is too swift; the far, because it is too slow. And the real hierarchical universe, inexpressibly deep and mobile, is hidden from me by my own shallowness."

(D.E. Harding)

Time is the measure of all things: the orbit of an electron around its nucleus, a fleeting impression, a breath, a day, a year, a lifetime, an age, the life of a planet, a star, a galaxy, a universe. We only really experience those things whose time-frames play out in our middle regions, from seconds to years. But the time range of the universe extends so much further in both directions, towards the impossibly fast to the impossibly slow. The foreground of our lived world, our near regions, are

invisible to us because they are too small and too fast; the background, our far regions, are invisible because they are too large and too slow. Those things that are neither too fast nor too slow to actually perceive (but are still very fast or very slow) we experience as actual foreground and background, a tingling sensation in the chest, a setting sun.

Mystics experience a slower and larger dimension of the universe. To achieve this, they employ special slowing-down techniques, classed under the general headings of "meditation" and "prayer". The breath slows down and the mind slows down. One breath can last minutes rather than seconds, with the hiatus between breaths also lasting a minute or two. Thoughts slow down to such an extent that it seems as though the mind had stopped altogether. The very slow, the very far and the very large now come into range. Thus the mystic becomes "macro-cosmic".

There is also the converse process: the breath can speed up to hyper-ventilation levels, as Stanislav Grof discovered through his experiments with "holotropic breathwork", or as the pranayama yogis have known for millennia. The mind can also reach levels of activity that make the sharpest wit seem a positive sluggard. These are levels of superhuman "genius" cognition as described for example by Sylvia Nasar in *A Beautiful Mind*.

As well as impossibly fast, subtle and intricate mental activity, the inner workings of the body also become accessible to awareness when time speeds up. These are felt as vibrations, buzzings, tingles and surges of energy, unusual sensations, inner lights and colours experienced in specific regions of the body. Traditional shamans are adept at this inner somatic journeying, this "fantastic voyage", by which

they purportedly heal themselves. Thus the shaman becomes "micro-cosmic".

If you are familiar with the dramatic transformations of consciousness produced by psychoactive compounds such as DMT, LSD, mescaline, psilocybin etc. this should all sound familiar. Sometimes consciousness expands out far enough that you are able to listen in on grand cosmic symphonies, the music of the spheres; sometimes it reduces down far enough that you can eavesdrop on hyper-kinetic synaptic conversations. Sometimes it seems to shrink to the size of a cell or an atom; sometimes it grows to include a universe.

Psychedelics are useful tools for reflecting on our place in our middle regions of human relations and human society, that is, for illuminating the horizontal dimension of human existence. They can provide psychological insight and emotional healing. However, their greatest gift is their magical ability to open us up to the vertical dimensions of the very large above us (the macrocosm) and the very small below us (the microcosm), thus uniting the two poles of Heaven and Earth.

Headlessness and Faith

"Headlessness" is Douglas Harding's simple and straightforward way of describing our unmediated sensory experience of the world. It dissolves the boundary between

ourselves and the world, which is ultimately conceived or visualised as a "meatball head" with two peep-holes and other sensory organs. Headlessness is the already given state of affairs (we don't experience or see a head), which we overlay and obscure with inherited theories of perception, such as the theory that the world and the mind are two different "things" mediated by a brain inside a skull-box.

Once you see the world headlessly, you can't unsee it. Even if you revert back to your habitual way of seeing, you now possess a capacity for nondual vision which you can access at will. It is no different from the acquisition of any other skill, such as solving algebraic equations or riding a bike.

The always-already state of nondual awareness, however described or conceptualised, is available to everyone, but not everyone "gets it". It depends on a sudden illumination, an "aha!" moment, a penny-dropping, jaw-dropping, world-shattering moment. This is called "seeing into your Original Nature" or "seeing your Original Face" in Zen Buddhism. In the Hindu tradition, this is the direct path or "royal road" known as *Raja Yoga*. Nisargadatta Maharaj and Ramana Maharshi are probably the most famous exponents of this approach.

Everyone has a royal *Raja* birthright, but not everyone claims it. The same is true of *Bhakti Yoga*, the yoga of devotion. In the West, this is best understood as a capacity for "faith". Everyone is presumably capable of faith, but not everyone "gets it", just as everyone should in principle be able to ride a bike (in the absence of certain physical disabilities), but not everyone can.

Once you have tasted "One Taste", you can taste it again, just by remembering or un-forgetting (anamnesis). Once you

have tasted "belief in God" and "trust in God", you can also do it again, just by bringing Him to mind, for example simply by repeating the word "Lord" a few times. You can *believe* as an active verb, simply by remembering or un-forgetting God.

Headlessness and faith are both discrete, recognisable states of awareness. Once you have experienced them, it's easy to recognise them. And the more you experience them, the more recognisable they become and the more discrete they become. They are clearly distinguishable from the "ordinary" state of consciousness.

Some people "get" faith but don't "get" headlessness and vice versa. Most people don't "get" either. I suspect this is because in the modern West, we live and breathe in a left-brain hemisphere dominant society, where "knowledge about" trumps direct "knowledge of" (see Iain MacGilchrist's *The Master and His Emissary* thesis). I would argue that both headlessness and faith are right-brain hemisphere capacities and that Raja Yoga and Bhakti Yoga are right-hemisphere activities.

Faith is obviously undervalued and discouraged in secular, materialist culture. For the most part, nonduality and headlessness don't even register at all. The only pursuits recognised as worthwhile are action and knowledge, which, raised to their highest spiritual expressions, are represented in Hindu tradition by *Karma Yoga* and *Jnana Yoga* respectively.

Lama Yeshe said, "True religion should be the pursuit of self-realization, not an exercise in the accumulation of facts". And St Paul said, "A person is justified by faith apart from the works of the law". In other words, neither Jnana Yoga nor

Karma Yoga are enough. Neither have the whole picture. We also need self-realization (Raja Yoga) and faith (Bhakti Yoga).

Man cannot live by bread alone, and neither can he live by the left-brain hemisphere alone. For a mature, balanced and integrated spirituality, we need reason and good works but also headlessness and faith. And if you don't "get" either, it may just be because you've never really tried.

The Trial

In *The Trial of the Man who Said he was God*, the protagonist is charged under a new blasphemy law in the fictional near future. It is a brilliant conceit, providing an engaging and entertaining vehicle for a thorough exposition of Harding's own mystical philosophy. The structure, like the philosophy, is disarmingly simple, the prosecution marshalling all manner of arguments and objections via a series of witnesses, which are answered one by one by the accused.

The story (if you can call it that) is reminiscent of the trial of Socrates, who was also charged with blasphemy and corrupting the youth. Harding explicitly nods to Socrates towards the end of the book, as well as to that other famous blasphemy trial, the trial of Jesus.

Socrates and Jesus, probably the two most influential men in the history of Western civilization, were both put to death

for blasphemy and for disturbing the peace. They were too revolutionary, too threatening to the status quo. In Dostoevsky's story about The Grand Inquisitor, the second coming of Jesus ends exactly like the first, because although the Inquisitor recognizes who He is, he decides that maintaining social order is priority.

In a recent Meetup discussion about Psychedelics and Faith we talked about how psychedelic experiences undermine consensual reality and therefore naturally align them with the counter culture. As one participant put it, "in the Sixties, smoking a joint was a political act". We talked about how the politicization of psychedelics in the first psychedelic wave was arguably their downfall. They were put on trial by the Nixon administration in the US, found guilty and summarily criminalized. And the rest of the world followed suit.

Coincidentally, the sermon last Sunday was about how an essential part of being a Christian is the willingness to take on the inevitable yoke of persecution. Although atheists will cry "foul!" and point at all the horrible persecutions (such as the Spanish Inquisition) carried out by the Church over the centuries, it does feel as though at the tail end of the history of Christianity, as it was at the beginning, Christians are under attack, "more sinned against than sinning".

Many Christians have an aura of paranoia around them. Jews might quip that they are getting a taste of their own medicine and had better get used to it - Jews have been persecuted and neurotically paranoid for centuries. Paranoia also permeates the psychedelic community, for obvious reasons. No one wants to spend the next few years in jail.

Maybe we are all on trial, to one degree or another. In my book, *The Confessions of a Psychedelic Christian*, I describe a bad trip, a psychotic episode really, where I was propelled by an unwise cocktail of hashish, LSD and Ecstasy into a nightmarish version of Franz Kafka's exquisitely crafted paranoid fantasy, *The Trial*. I am lucky to have escaped alive (and relatively sane!)

I love the work of Douglas Harding. He is a brilliant thinker and a brilliant writer. In so many respects, his philosophy and approach coincide with my own, and I feel a deep affinity between us. And I am a devoted follower of his "Headless Way". But reflecting on the undercurrent of his admittedly masterful work, *The Trial of the Man who Said he was God*, I wonder how much he himself suffered from the paranoia that comes with "special revelation".

Harding was misunderstood and ignored for decades before he finally managed to share his "seeing", before anyone saw the way he saw. And he struggled with opposition and ridicule for the rest of his life. This goes with the territory, of course. It's much easier to slip into an established religion than strike out on your own. If you were ever to emerge from obscurity, you would be extremely naive not to expect to be heckled from all sides. (Note to self!)

I am constantly amazed that Douglas Harding is not more well-known than he is. Why is he not a household name? Why is Headlessness not common knowledge? This is an interesting puzzle. There are probably a raft of factors. Paranoia may be one of them. Another may be his over-emphasis on one experience and one way.

Harding's central question was, "Who am I?" and his answer was, quite conventionally really, "I AM". The Headless Way is really a version of the Royal Road, *Raja Yoga*. Ramana Maharshi is the archetypal Raja Yogi. Walt Whitman, especially in *Song of Myself*, was also an exemplary Raja Yogi.

Although he wrote profusely about all aspects of the spiritual life, it may be that his over-emphasis on Raja Yoga limited his general appeal. It may be that the Royal Road doesn't suit everyone. It lacks the devotional element of Bhakti Yoga and the active element of Karma Yoga, which are arguably more accessible and appealing to people with vague spiritual leanings and longings.

For all I know, I may be erring in the opposite direction, by attempting to be *too* integral. I include six yogas in my model. For most people, that's probably five too many. "Shamanic Christian Zen" is already a mouthful, but what I am really proposing is "Active Philosophical Headless Shamanic Christian Zen", which includes Karma Yoga, Jnana Yoga, Raja Yoga, Kundalini Yoga, Bhakti Yoga and Dhyana Yoga. Not exactly catchy!

Whatever I call it, I will be judged. There's no way round it. Hopefully I won't have to do time, or drink hemlock, or be crucified. And hopefully I won't become defensive, bitter or paranoid. But who knows whether my work will ultimately be ignored, excoriated or celebrated? I leave it in God's hands. Whatever the world may think, God is my Witness and God is my Judge. In the end, that is the only Trial that matters.

Drug Patience

When it comes to drugs, patience really is a virtue. If you ingest a high dose of magic (unless you have an anti-magic antidote - which you don't) you know that you are in it for the duration. And in the case of ayahuasca, the duration can be up to ten hours. Especially if things have taken a turn for the worse and the bad angels are dragging you through a bad trip backwards, you had better have a bit of patience.

The same is true of our inner drug cartels. When your partner says something that really winds you up, a certain cocktail of drugs is released from the various glandular distribution centres of your inner endocrine drug factory. If you're really pissed off, your whole system will be flooded with adrenalin. And if it starts to get particularly stressful, it will also be flooded with cortisol. This is probably not a good time to sit down and work it out between you - probably best to just smash a few plates and slam a few doors.

Alternatively, you can patiently wait for the drugs to wear off, which may take a while. No clicking your fingers or *expelliarmus* magic spells can relieve you of the hormones swilling about in your bloodstream. But if you are patient, take some time out and stop producing more fight or flight drugs by continuing the argument in your head, you will calm down and come down soon enough. Then we can talk.

Psychedelics famously (and infamously) produce altered states of consciousness. But so do all drugs, including coffee, Red Bull and prescription psychiatric drugs. And so do our

own inner pharmacies. Since time immemorial, human beings have experimented with altered states. They are kind of fun and kind of fascinating. They also seem to give us superpowers. For example, when I am perfectly level-headed, calm, relaxed, integrated and equipoised, I don't tend to write very much. When I am manic, and my creative juices are flowing, I can write reams of (to my mind) inspired prose.

This manic state is addictive. When I'm deep in an intense conversation, firing on all cylinders, I feel great - energized, excited, intellectually stimulated. Many celebrities have built huge followings from creatively harnessing their manic energy, Kanye West, Russel Brand, Jordan Peterson, Alex Jones and Madonna, for example. But more often than not, celebrities crash and burn, or rather, burn out and crash: the other pole of mania is depression and all five examples above are excellent examples of this.

If you are addicted to mania, you are an inner drug addict. If you can manage your habit and keep it within reasonable bounds, all well and good - you can use it to your advantage as a performance enhancing drug. If it goes too far, however, the magic turns sour and toxic and begins to poison you. In excess, all drugs are poisonous, which is to say, in excess, all altered states, and all emotional states, are poisonous.

Even love can be poisonous. If you fall head over heels in love, it's the most wonderful feeling in the world. You want to dance and sing in the rain. But if you overdo it, it becomes obsessive and weird. Introspection and psychological self-awareness are good, but in excess, they become narcissistic and weird. Generosity and selflessness are good, but in excess, they become martyrish and weird.

Then again, you should take everything in moderation, including moderation, because the converse error to that of "excess addiction" is "excess phobia". How many middle aged couples do you know that have settled into a placid truce of non-sympathetic-nervous-system-arousal? No raised voices, no crazy conversations, no crazy adventures. No alarms and no surprises. The discomfort of stress hormones persuades them that the benefits of arousal and excitement are just not worth the costs.

The extreme cases are those psychiatric patients who are so tortured by their emotional altered states that they would prefer the whole thing be shut down, whether through surgical or medicated lobotomy. They would rather be a member of the walking dead than of suffering humanity. In the absence of such radical interventions, however, there is always that commonest and most time-honoured form of shut-down, self-medication with alcohol.

The point is not to avoid altered states altogether. We don't want to be cold, rational, calculating Dr Spocks or unfeeling zombies. Neither is it to chemically excise them with some psychiatric brain suppressant. We don't want Brave New World style regulation, but neither should we slowly kill ourselves with booze and fags. The point is to ride the waves of alterity, but with skill and restraint, that is, to know how and when to pull back from the brink of toxic overdose, where life-giving drugs become death traps.

Drug addicts are not addicted to drugs in general. They are addicted to a specific drug. What's your poison? Heroin? Cocaine? Love? Mania? Anger? Stress? Depression? It can get very messy of course, especially when alcohol is in the mix, but generally speaking, addiction is usually associated with

specializing too much in one particular direction, with poisoning yourself with one particular poison.

A fulfilling life is one that is filled with a wide range of human experiences, which means a wide range of emotions and altered states of consciousness. If you are addicted to one or two to the exclusion of all others, you will narrow yourself down horribly, to the point where you may even appear sub-human to yourself and others. On the other hand, if you are phobic of all states other than your base-line "sober" state, you will soon become a cardboard caricature of a regular guy or gal, fine for a lifestyle magazine perhaps, but no good for real life lived deeply and fully. That's a painfully slow and boring death.

We need to be patient with ourselves and others. And we need to be patient with drugs. We can't live without them, but only when we learn to live with them, will we learn to truly live.

Have you tried turning it off and on again?

Die before ye die (Hadith attributed to Nabi)

If you die before you die, you won't die when you die
(Inscription over a door at St. Paul's monastery in Mount Athos)

The death and rebirth motif in religion is really the key and the sum total of spiritual experience, from pre-historic shamanism to modern-day NRGs (New Religious Groups). "Death" here clearly doesn't refer to physical death, and neither can it refer to loss of consciousness, since the process of death and rebirth is experienced by a conscious subject. If "feels" like a death, even though nobody can possibly know what death feels like, if anything. And it "feels" like a rebirth, even though no one can remember what their birth was like.

There is a mystery here, which is, appropriately enough, the mystery of the mystics. The anonymous fourteenth century author of *The Cloud of Unknowing* didn't speak in terms of death and rebirth, but in terms of forgetting and remembering. This is perhaps a more realistic, although less dramatic metaphor. By forgetting who you are in a "cloud of forgetting", you enter a "cloud of unknowing" between you and God, which is the only way to *gnosis*, the direct experiential knowing, the *anamnesis* or "unforgetting", of who you are and who God is, which is ultimately found to be the same thing. In other words, you forget your identity as a human being and remember your identity as God, or in the stronger language of death and rebirth, you die as a human being and are reborn as God.

Mysticism is dedicated to exploring this process of *theosis* or deification. For those who are open to such heights of spiritual ambition, it is presented as the pinnacle of human achievement, as the final goal of the spiritual quest. However, since you don't physically die, you inevitably come back down to Earth (what goes up must come down). You forget that you are God and remember that you are a human being.

But you are changed. You're not exactly the same human being as you were before your death and rebirth escapade. You feel refreshed, revived, rebooted. It's as if your operating system was running sluggishly and someone turned you off and on again. Perhaps part of your brain has been temporarily shut down, perhaps your left hemisphere or your default mode network. Who knows? The important thing is that you feel more alive than you did when you started.

The way up is not easy, but neither is the way down. Both need to be mastered if religion is to make any real difference in your life. The way up depends on the classical spiritual disciplines of meditation and prayer, in other words, mysticism, which could be summed up as "the way of self-forgetting". The way down is "the way of self-remembering" or "self-remembering". That is, the art of putting yourself back together again.

When you forget yourself, when you can say with Dogen Zenji, "bodymind dropped!", awareness is clear and pristine with no intermediary thoughts, feelings or sensations separating you from the world. But as body and mind return, they can either do so in a confused, chaotic rush, or in an orderly, controlled and disciplined unfolding.

The controlled return passes through five distinct stages: first to return is the inner experience of being alive, the inner somatic movements of energy and sensation; next the musculature of the body and the rediscovery of physical movement; then feelings and emotions; then thoughts; and finally a sense of self. These five stages correspond to the hierarchical organisation of the nervous system and brain, passing through the reptilian brain stem through the limbic system and the neo-cortex.

In other words, we re-member ourselves step-wise, in a bottom-up fashion. From absorption in the pure awareness of the mystic (dhyana yoga), we re-emerge from the cloud of unknowing, are reborn, as a shaman (through kundalini yoga), a warrior (karma yoga), a monk or nun (bhakti yoga), a philosopher (jnana yoga) and a king or queen (raja yoga). We rediscover our energetic Beingness, then our bodies, then our hearts, then our minds and finally our souls. Except that all of these aspects of who we are are made new, cleansed and purified of toxicity, of ego, of sin. We are reborn not of the flesh, but of the spirit.

So if you're feeling sluggish and cramped in your own skin, if you're feeling less than fully alive, as if you were carrying around the accumulated rubbish of the past, you know what to do.

The Immortality Key

Half way through Brian Muraresku's fascinating book, *The Immortality Key: The Secret History of the Religion with No Name*, a deep dive into the mounting evidence for an original psychedelic sacrament at the Eleusinian Mysteries and then later, via the pagan continuity hypothesis, in Christianity, I got to wondering about the essential differences between a

psychedelic Christianity and a non-psychedelic institutionalized Christianity.

Muraresku makes the point that mysticism has always had a difficult relationship with institutional religion, due to its essentially subversive nature. This is most starkly illustrated within the Buddhist tradition in the famous Zen koan, *If you meet the Buddha on the road, kill him!*

He writes, "In what he [Brother David Steindl-Rast] calls the centuries-long "tension between the mystical and the religious establishment," the technicians who yearn for real experience are always butting heads with the authorities who are trying to keep the house in working order." He also quotes Brother David (a Benedictine monk) as saying, "Every religion has its mystical core. The challenge is to find access to it and to live in its power."

Christianity is undoubtedly a profoundly mystical religion. However, it has in many cases become an empty shell of its former self, devoid of any trace of spiritual substance, such as in its modern post-Enlightenment rationalist, secularist, literalist versions, "so that "live doctrine fossilizes into dogmatism" and the ethics and morality that attempt to translate "mystical communion into practical living" are reduced to moralism."

This doesn't mean that Christianity devoid of its mystical core is completely useless, however. It has a strong ethic of selfless service and "good works", of what the Indian Vedic tradition calls *Karma Yoga*. It has a highly developed liturgical and devotional system, replete with some of the most sublime art and music ever produced, engagement with which in India is called *Bhakti Yoga*. It has a profound and sophisticated

theological tradition, with some extraordinary deep thinkers, all practitioners of *Jnana Yoga*. It has prayers and sacraments which connect believers to their spiritual essence or soul, akin to the Royal Road of *Raja Yoga* in the Indian tradition.

Regular, exoteric Christianity, the common-or-garden church-going variety actually ticks a lot of boxes: ethical, aesthetic, intellectual and spiritual. Just like any of the mature world religions, Christianity continues to attract followers because it does indeed address the four yogas, and it does it exceptionally well. Maybe too well.

Because without the mystical core, these practices degenerate into mere empty ritual. The *exoteric* needs to be undergirded, supported, infused, energized, illuminated, by the *esoteric*, the inner spiritual essence of its very *raison d'etre*. The exoteric can only survive on the fumes of the esoteric for so long before it collapses under the weight of its own fossilized structure.

Just as the secular humanist Enlightenment project is running on the fumes of the Judeo-Christian tradition it emerged from, the Judeo-Christian tradition itself is running on the fumes of direct, esoteric, mystical experience. And when the fumes run out, civilization itself will inevitably collapse in on itself, as old, decrepit civilizations tend to do.

There has understandably been a passionate call for a return of the mystical element within Christianity for a long time now. Many mystically-inclined Christians now meditate, for example. However, as Brian Muraresku's book persuasively and suggestively demonstrates, there is also the psychedelic element to consider. Christianity clearly has a mystical core, which is often lost sight of, but it also has a psychedelic core,

enshrined in the central mystery of the Eucharist. And real, hard evidence is mounting that this defining sacrament was originally a psychedelic spiked wine with the power to transport its partakers into spiritual communion with God.

If the exoteric side of religion can be represented by the four yogas and their corresponding archetypes, Warrior (karma yoga), Monk (bhakti yoga), Philosopher (jnana yoga), King (raja yoga), the esoteric side can be represented by two further yogas, *dhyana yoga* and *soma yoga*, meditation and psychedelics, Mysticism and Shamanism. Herein lies the real "immortality key".

It's time to put the marrow back into the old bones of tradition, and refill the empty tank of religion. It's time for a truly Integral Psychedelic Christianity.

Persephone, Apollo and Dionysus

The three great cults of the Greek Mysteries were the cults of Demeter and Persephone at Eleusis, Apollo at Delphi and Dionysus all over the countryside.

In the myth, Persephone is abducted by Hades while gathering flowers (she may have munched on a particularly psychoactive one) and becomes his queen in the underworld.

Her mother Demeter, distraught with grief, implores Zeus to get her back. Hades eventually relents, but not before tricking her into eating some pomegranate seeds, which magically compel her to return to him for six months of every year for all eternity.

Persephone is a vegetation goddess as well as the goddess of Spring and Nature. The story of her yearly return to the underworld is an agrarian myth about the crop cycle, which is a kind of yearly death and rebirth. The esoteric meaning is not about farming, however, but about spiritual regeneration, which is also clearly what John was getting at in his gospel:

"Verily, verily, I say unto you, Except a corn of wheat fall into the ground and die, it abideth alone: but if it die, it bringeth forth much fruit."

(John 12:22)

On an esoteric level, Persephone represents what the transpersonal Chilean psychologist Claudio Naranjo calls "formless meditation". This results in a kind of ego-death or ego-dissolution, where all habitual "default mode" objects of consciousness disappear. In the Buddhist traditions, this state is known as Samadhi.

The re-emergence from this state of quiescence and suspended animation is like a second birth into the phenomenal world of objects. These objects can take any form, but they can be arranged to include especially harmonious forms in a consciously designed "form meditation". The newborn consciousness is thus moulded into shape by another Greek god, the god of music, poetry and the

civilized arts, Apollo. In other words, you awaken from your death-trance in beauty, and your receptive soul is beautified.

The third type of meditation discussed by Naranjo is "expressive meditation". This is the kind of full-blooded, full-bodied meditation typical of shamanic rituals in indigenous cultures, typically with lots of drumming and dancing. In the ancient Greek and Roman worlds, this was known as a bacchanal, from Bacchus, the Latin name for the Greek god of (spiked) wine, theatre, madness and partying, Dionysus.

In *The Immortality Key: The Secret History of the Religion with No Name*, Brian Muraresku focuses on the pagan continuity hypothesis, with particular emphasis on the shift from Dionysus to Jesus. He claims that a psychedelically inspired "religion with no name" has accompanied humanity since the Stone Age in the form of psychedelic beer, later replaced by psychedelic wine, and that it was going strong immediately before, during and after the birth of Christianity in the first century AD.

It may have no official name, but there are in fact three names that usefully capture the nature of this secret religion: Persephone, Apollo and Dionysus. Together, they provide a powerful methodology for radical spiritual transformation via the threefold practice of formless, form and expressive psychedelic meditation.

The Seal of Apollo

"Set and Setting" has become something of a psychonautic cliché. It will never go out of fashion, however, because it so concisely and catchily expresses the essential conditions for a good trip. "Set" refers to mind-set. You should be in a relaxed and positive frame of mind, not racked with anxiety and worry. "Setting" refers to the place you take it in and the people you take it with. You should ideally take psychedelics in a safe and supportive environment.

People usually refer to set and setting in the negative or minimal sense. In other words, make sure you're not in a bad place mentally or physically, and you should avoid a bad trip. But if you take set and setting seriously, why not make a conscious effort to create as conducive an environment as you can? Why not ceremonially prepare yourself and the place you are in to receive your magical guest with the utmost care? At this point, psychedelic use becomes sacramental.

To take a sacrament, you need a sacred set and setting. In the Christian Mass, you only take communion after having participated in the service, which is a kind of spiritual preparation and purification. In some churches, especially in the Catholic tradition, you can only take communion once you have been to confession.

Similarly, in a psychedelic ceremony, there must be a preparatory element as well as a sacred ritual element. In addition, however, there should be a carefully designed post-communion element, which is of course the heart of the

matter. "Set" thus refers to the "pre-communion" preparation stage and "setting" to the "post-communion" tripping stage.

The essence of a good mind-set is meditation. This has a negative and a positive rationale. The negative is about avoidance of negative emotions and negative thoughts. The positive is about getting "in the zone", so that you are as receptive and open as possible and better able to "go with the flow".

An important aspect of this positive preparation is increased suggestibility. Research has shown that meditation and psychedelics both increase sensitivity and suggestibility, so that any ensuing positive feelings and insights have a stronger and more lasting effect. This can be intentionally used to our advantage: first "set yourself suggestible" by relaxing and inhibiting the default mode network, then offer yourself positive affirmations in the form of a "setting mantra".

When we come up on magic mushrooms, we find that our mind-set has shifted along with our altered state of consciousness. The important thing is to keep calm and carry on, to remain positive, relaxed and open. You can continue with the mantra in your elevated state of suggestibility, but you will also need some other sensory input, even if you are a very experienced meditator. Prolonged silence can be hard to bear on high doses. We need more "setting".

It's almost as though, on drinking the sacred drink, our souls become thirsty for spiritual drink. And because they are in such a suggestible state, the drink they are offered should be as healthy and wholesome and refreshing as possible. In other words, it should be *beautiful*. We bare our souls in the

radical openness of psychedelic suggestibility in order that they may be remade in the image of transcendental Beauty.

The "set" is peace and the "setting" is love. The "set" is openness and the "setting" is beauty. Beautiful music, through the skilful interweaving of melody, harmony, rhythm, dissonance and concord, tension and resolution, guides our fledgling souls towards the celestial realms of the Good, the True and the Beautiful, where they receive the stamp of the divine, like a seal on hot wax. This is what I mean by "the seal of Apollo".

The Fourth Religion

Among the many varieties of religious expression, there is Muppet Religion and there is Diva Religion. The former is usually at war with the latter, or at least at loggerheads. Muppet Religion is extremist, fundamentalist, radical, revolutionary. It includes Jihadi fighters, Puritan iconoclasts, even Jacobins and Bosheviks. In all cases, whether the religion is theistic or atheistic, the destruction of traditional religious buildings and artifacts and the execution of priests and other representatives of the religious establishment is encouraged.

Diva Religion is the establishment. It is a complex hierarchical structure of religious scholars and ecclesiastical authorities. The Vatican is the nerve-centre of the largest of these, manned by thousands of religious professionals

working around the clock to keep the show on the road. Sometimes this type of religion is separate from the State, sometimes it is intertwined, as was the Catholic Church in the Middle Ages, and as is the case in Iran and North Korea today. In the modern examples, what was once a revolutionary Muppet Religion has been institutionalized as a Diva Religion (although they are probably better characterized as hybrids).

In any case, what these two types of religion have in common is that they exist on "the Wheel of Babylon". There is a third type of religion, however, that exists beyond the Wheel. In all traditional depictions of the Bhavachakra or Tibetan Wheel of Life (on which the Wheel of Babylon is based) there is a solitary figure of a Buddha, usually standing on a cloud at the top right of the picture. This suggests that the Buddhist Way somehow transcends the world altogether.

This need not be an otherworldly, metaphysical claim, however. It can be understood on a straightforward psychological level. The six realms of the Wheel represent six distinct ego states. Throughout our lives, we transmigrate between them, once or twice or multiple times. Thus the Wheel of Life can be understood as a psychological typography of human identity. But who are you when you are not a Muggle, Muppet, Diva, Victim, Addict or Demon?

In a sense, you are "nothing" or "nobody". In another sense, you are expressing your essential human identity beyond all ego states and ego games. You are expressing your Buddha Nature. The Buddhist claim is that we discover, or uncover, our original enlightened consciousness not by doing anything in particular, but by *undoing everything*.

In other words, when you step off the Wheel, you are automatically a Buddha. Or in the Christian tradition, you "put on Christ": you have the mind of Christ or Christ Consciousness: you can say (with St. Paul) "Now not I, but Christ lives in me". Further, you have "the body of Christ", which is the resurrected body. The Christian death and resurrection motif is just a vivid way of expressing the ego dissolution of the whole bodymind, expressed in the Buddhist tradition by symbolically stepping off the Wheel of Samsara into the freedom of Nirvana.

Which is not to say that Buddhism cannot itself be a Diva Religion, or even sometimes a Muppet Religion. Diva Religions work by creating a persuasive simulacrum or copy of authentic mystical religion, what I am calling *The Third Religion*. As with all worldly religions, you can work your way up the Buddhist hierarchy through "good works", by honest (or dishonest) hard graft, by passing exams and currying favour with those in power. This kind of religion is really all about paying homage to Buddha, or worshipping Buddha, and maintaining the requisite infrastructure and paraphernalia. It is rarely (except occasionally and accidentally) about *being* Buddha.

Zen is the direct challenge to this institutionalized fake religion of false prophets. According to Zen, until you step off the Wheel, you're just playacting. The "Treasury of the True Dharma Eye" cannot be found in the Vatican vaults or even in Eihei-ji. It can only be found in the spiritual awakening of ego death, by stepping off the Wheel of Life, by dying in the flesh and being reborn in the spirit.

You can point to Zen, just as you can point to the moon. But if you want an actual trip to the moon, there comes a time when you need to stop pointing, stop "prattling about God"

and get on with it. The monk said, "Atop the hundred foot pole, how can you step forward?" Ye of little faith! Just do it.

Easier said than done, of course. The apophatic, mystical path (often called the Negative Way) is a steep one. But there is a gentler ascent, using traditional Diva Religion as a vehicle. In Eastern high antiquity, the ride is represented by an ox. In the West, it's represented by a donkey. Both are beasts of burden, but both are slow and plodding and a bit stupid.

Why did Jesus enter Jerusalem on a donkey? The conventional answer is found in Matthew's gospel:

All this was done, that it might be fulfilled which was spoken by the prophet, saying,

"Tell ye the daughter of Sion, Behold, thy King cometh unto thee, meek, and sitting upon an ass, and a colt the foal of an ass."

(Matthew 21: 4-5)

Jesus didn't enter the Royal City on foot, symbolizing his own perfect self-reliance. He entered in a way that would conform to the religious tradition he belonged to, fulfilling scripture, but at the same time allowing himself to be carried by a symbolic "vehicle". This vehicle can be understood as religion as such.

But isn't "religion as such" a fake religion full of false prophets? Isn't it Diva Religion? Yes and no. It is Janus-faced, one side facing the mundane world of getting and spending, social advancement, power and status, or "spiritual

materialism", the other side facing a spiritual world that transcends all that.

The meekness of Jesus suggests that, although he is a king, he is a spiritual king, not a temporal one. He is facing the Kingdom of Heaven, not the Kingdom of Muppet Politics (represented by the Zealots) or the Kingdom of Diva Religion (represented by the Pharisees).

If the Third Religion is the apophatic, "Negative Way", the Fourth Religion is the cataphatic, "Positive Way". In the former, all the attributes of God are denied in a thoroughgoing negation (*neti, neti*: "not this, not this") since anything we say is insufficient to capture the ineffable transcendence of the divine. In the latter, God is imaginatively conjured up through a suggestive, impressionistic superfluity of positive attributes.

Where the Third Religion is explicitly mystical, the Fourth Religion is implicitly magical. The various expressions of religion, which ultimately traces its genesis back to the authentic spiritual expressions of its founders, are pointers that can magically transport us back to the Source. However, the Fourth Religion must include the Third Religion if it is to maintain its connection and allegiance to the transcendent Source, which is the immaculate eternal present, Here and Now.

Religion is like a donkey we can learn to ride. And the only way to ride it is through *faith*, which means that you genuinely believe that it can and will take you beyond the material world. Without true faith, religion quickly degenerates into Diva Religion, which pretends to spiritual authority for the sake of worldly gain. With faith, however, the donkey becomes a magical beast.

Religion has come a long way since the time of Jesus, not least in the extraordinary development of its sublime expression in music and art. This imaginative flowering of religious sensibility, coupled with the power of magic plants, which are available to ordinary people on a scale never seen before in human history, means that we no longer need to plod up the mountain on a donkey. We can fly up on a unicorn.

Gravity

You can't go home if you don't leave home. Odysseus, the Prodigal Son and Frodo are just three examples of wayfaring heroes whose homecoming is the real pivot of the story. Just as there is something magical about venturing out into unknown territory, so is there magic in coming home.

"Coming home" is a common refrain among communities and cultures who have experienced the dislocation and trauma of exile and emigration. I am a Chilean exile, and the songs of my homeland, especially the songs of return, such as *Vuelvo* by Inti Illimani and *Vuelvo Para Vivir* by Illapu, never fail to tug at my heart-strings. Irish music is also replete with this kind of patriotic nostalgia because of their own long history of mass emigration, something that Enya has extensively exploited in her music.

In her beautiful song *Pilgrim*, Enya sings about this condition of being a wanderer on the Earth, but in a spiritual rather than geographical sense. "Home" is not Ireland, or some other homeland, but "you":

Each heart is a pilgrim
Each one wants to know
The reason why the winds die
And where the stories go
Pilgrim, in your journey
You may travel far
For pilgrim it's a long way
To find out who you are...

Enya's music has sometimes been called "New Age", which she rightly objects to, but this idea of finding out your True Self is central to New Age thinking. Whether expressed in a spiritual or psychological idiom, this is a Religion of the Self, or Soul Mysticism, which many people see as an alternative to the traditional religious focus on an external God. This inward turn chimes with such mystical proclamations as "the Kingdom of God is within you" in Luke's gospel and the bald Advaita Vedanta assertion that "the Self is Brahman" (Brihadaranyaka Upanishad).

A corollary of this inner divinity is the sense that the natural world is itself infused with divinity, that is, pantheism (God is everywhere). This is clearly expressed in Thomas' gospel: "the Kingdom of the Father is spread out upon the earth, and men do not see it." In his *Centuries of Meditations*, Thomas Traherne (1636-1674) writes:

The world is a mirror of infinite beauty,
yet no one sees it.
It is a Temple of majesty,
yet no one regards it.
It is a region of Light and Peace,
did not humans disquiet it.
It is the Paradise of God,
the place of Angels,
and the Gate of Heaven.

"Coming home" can refer to a physical return to your homeland after years of absence, as in the Homeric epic *The Odyssey*, or to self discovery, as in the Disney film *The Lion King*. But it can also refer to a return to Earth itself, as in Alfonso Cuarón's 2013 film *Gravity*.

When I first saw the film, on a British Airways flight to Chile to see my dying father, little clues, such as the Russian ikon in the Soyuz and the Chinese buddha in the Shenzhou capsule, were not lost on me. Stranded in space, the sole survivor of a satellite debris storm, these two "rides" with their mystical symbols, were the vehicles that allowed her to get back down to Earth.

Most adventure stories, such as J.R.R. Tolkien's *The Lord of the Rings*, focus primarily on the outgoing arm of the narrative arc. The return is almost a coda. Even in science fiction films such as *Star Wars* or *Star Trek*, the story usually starts with a call to leave home and go off on an adventure, only to return back home at the end, even if "home" is an itinerant Starship Enterprise. *Gravity* begins with the hero floating out in space. There's no take off or journey out, there is only the desperate struggle to get back, the return arm of the traditional arc.

Gravity is a Disaster Movie, in the venerable tradition of the 1974 classic *The Towering Inferno*. It is about the indomitable human will to survive, about courage and perseverance against the odds, inspiring us to keep calm and carry on, even in the jaws of death. But it also has another, subtler, subtext.

The final scene (spoiler alert!) where the hero Ryan Stone drags herself onto the sandy shore and joyfully scoops up a handful of wet sand, is the final revelatory moment of the film, which explains the film's title, gravity not just in the literal sense, but in the metaphorical sense, "spiritually" coming back down to Earth after being lost in "psychological" space. Until that moment, partly because of grief over her dead child, Stone hadn't fully embraced life. Her soul hadn't fully incarnated. It takes a near death experience (NDE) for her to wake up to the miracle of life, with Friedrich Nietzsche "saying yes to life, even in its strangest and hardest problems." (Ecce Homo) It is an initiation, a baptism, a resurrection.

Like a stone, Dr Stone is as susceptible to gravity as everything else, even the temple in Jerusalem:

"As for these things which ye behold, the days will come, in the which there shall not be left one stone upon another, that shall not be thrown down."

(Luke 21:6)

"Jesus answered and said unto them, Destroy this temple, and in three days I will raise it up. Then said the Jews, Forty and six years was this temple in building, and wilt thou rear it up in three days? But he spake of the temple of his body."

(John 2: 19-21)

As with all adventure stories, spiritual adventures commonly focus on the outgoing journey, as in John Bunyan's *Pilgrim's Progress* or Thomas Malory's knights of the Round Table and their quest for the Holy Grail. After all, swash-buckling adventures in exotic locations are more fun. This is why in psychedelic circles there is so much emphasis on the exotic psychedelia and colourful trip reports, the weird places and even weirder entities. The return journey is glossed over as uninteresting, a mere "come down", accompanied by the inevitable anxiety that maybe this time you won't come back in one piece.

"Grounding" is usually understood as the process of integrating psychological material arising from a psychedelic experience. Important as this is, there is a more fundamental grounding. There is nothing quite like the relief of coming back down to earth, to sky and trees and water after an exhausting night travelling through other dimensions on ayahuasca. How wondrous is the warmth of the sun on your face. How delicious the taste of pineapple! What a miracle is every blade of grass!

Hakuin Ekaku (1685-1768) famously wrote, "This very land is the Pure Land. This very body is the body of Buddha". Ultimately, the point of working with plant medicine is not to "get high" or even to "get healed" or "get wise", but to find out who you really are and where you truly belong, not out there on the perimeter of psychic space, but here on this beautiful planet, feeling the cool earth under your bare feet and the wind on your bare legs, like Dr Ryan Stone in *Gravity*.

Shamanism is Intense

The difference between the recreational and ceremonial use of psychedelics is not just about set and setting. It's primarily about intensity. If you take magic mushrooms and go for a walk with friends, you will probably have quite a magical time. There will be wonder, surprise, surreal encounters, expansive feelings, profound conversations, fun and giggles.

These are valuable experiences in their own right, creative, exploratory and bonding, shared psychedelic adventures that make for good memories and great stories. They can go horribly wrong of course. Too high a dosage and not enough attention to set and setting can turn a multi-coloured dreamscape into a multi-coloured nightmare. Bad trips can sometimes spin out into full-blown psychosis and people can find themselves in dangerous and even life-threatening situations.

The clinical setting is much safer, though not as fun. Fun is not the point, of course, except indirectly. The point is treatment for conditions such as depression or anxiety which take the fun out of life. The therapeutic psychedelic journey is taken solo with minimal guidance and support from a psychiatrist or trained sitter. There may be some interaction, but the talking is mainly done afterwards. Depending on several factors, primarily the dosage, a clinical psychedelic experience will vary in intensity, although, in the interests of safety, this will be kept within certain bounds.

The clinical setting has obvious parallels with the ceremonial setting, but there are also striking differences, the most basic being the level of intensity. Where the clinician is careful not to let the experience get too intense and keeps things relatively cool, the shaman turns up the heat. Where the clinician is worried that you may get too high, the shaman is worried that you may not get high enough.

Ceremonies are meant to be intense. A *sesshin* is intense. A sweat lodge is intense. Even a regular church service should be intense. Otherwise it's just empty ritual or social convention. When it comes to psychedelics, this distinction is intuitively obvious. If a psychedelic ceremony isn't intense, it should really be classed as recreational rather than ceremonial. The same applies to more conventional religious ceremonies like baptisms, weddings and funerals. They can also feel merely "recreational".

It's all about the experience. Intuitively, we know that there is something valuable about intense experiences. And it's not just about the thrill factor, which might explain the allure of sky-diving and other extreme sports. So what is it? Specifically, what's the spiritual value of intense experiences?

If you think about it, experience is always relational. Whether you are talking to someone or hugging someone, or talking to a tree or hugging a tree (even talking to yourself or hugging yourself) you are in a dynamic, dialogical relationship with someone or something else (even if that something else is a part of you). The more intense the relation, the closer and more entangled you become. Think of an intense conversation, for example. If you're on the same wavelength, if you're "vibing", there comes a point where the boundary

between you begins to dissolve, just as with intense dancing or intense love-making.

Relational intensity is therefore associated with intimacy. And intimacy, in its most intense manifestations, resolves itself into unity (or "nonduality") where self and other, inside and outside, experiencer and experienced become one (or "not-two"). This is the essence of spiritual breakthrough: the leap from duality to nonduality. It requires a leap of faith, but it also requires a certain amount of intensity.

Shamanism is intense because shamanism is about spiritual breakthrough. It's not a walk in the park.

The Unbearable Lightness of Being

The "Meaning Crisis" in contemporary Western culture is not an intellectual but an existential crisis. It is a felt-sense of underlying meaninglessness, a peculiar lack of ontological, rather than epistemological, solidity. Milan Kundera expressed this modern malady beautifully in the title of his cult classic 1984 novel, *The Unbearable Lightness of Being*.

What is called for, what is calling, is *gravity*. Gravity calls for groundedness and gravitas. It calls for fully-embodied, full-blooded life. It calls for existential seriousness and responsibility (which explains the enormous appeal of Jordan Peterson). Ultimately, it is the call of Zen.

Modernity has advanced to a point of technological prowess such that it seems eminently reasonable to sidestep the unpleasant and inconvenient existential realities of physical and mental suffering. The techno-utopians promise us a frictionless future where all our electronic devices are seamlessly woven into a protective comfort blanket that will defend us against the "slings and arrows of outrageous fortune".

For every frailty and shortcoming of human nature, there will be an app or a pill. The experts have it in hand. In this Brave New World, there is no need for personal responsibility or personal growth. There is no need to voluntarily confront suffering, no need to take up your cross. The appliance of science will sort you out in a jiffy.

This utopia, like all utopias, is unbearable. As Jesus so presciently put it, "What doth it profit a man, to gain the whole world, and lose his own soul?"

(Mark 8:36)

Breakthrough

Kensho is the Japanese term for a spiritual breakthrough, a temporary, fleeting taste of enlightenment. On medium to high doses of DMT and other potent psychedelics such as LSD, mescaline or psilocybin, you can also experience

breakthroughs to a radically altered state of consciousness, something that Jim Morrison and The Doors were famously keen to do (if you're too young to get that reference, never mind).

Breakthrough is never guaranteed. But it can be facilitated by creating the right conditions. And there are different kinds of breakthrough. The Zen breakthrough to non-dual consciousness is not the same thing as a breakthrough to resolving psychological trauma, for example.

Zazen (sitting meditation) in a Buddhist monastery is geared towards spiritual breakthrough (*Kensho*) and spiritual enlightenment (*Satori*). But what about psychedelic trips? What are they geared towards?

It is common to set an intention before embarking on a psychedelic journey. This helps orient you towards a conscious goal, usually in the form of a request (*Santo daimé!*) for guidance or healing. But breakthroughs are not always about solutions to personal problems. They can take other forms too.

The integrative psychedelic model I employ proceeds through seven discrete stages, with the potential for a completely different kind of breakthrough at each stage. These are as follows:

1. MYSTICAL BREAKTHROUGH: Through absorption in meditation, you enter a timeless and spaceless dimension of radical Emptiness or *Vacuum-Plenum*.
2. SHAMANIC BREAKTHROUGH: Through further absorption, you "enter the dragon" of your "energy body". You may also experience radical changes in your breathing, "ocean

breath", "bamboo breath", "bated breath", "dancing breath" and may vocalise the breath, intoning, babbling, chanting or singing.

3. WARRIOR BREAKTHROUGH: Standing and stretching and adopting strong physical postures, your body flows into powerful sequences of learned and spontaneous warrior-like moves.

4. EMOTIONAL BREAKTHROUGH: Listening to beautiful music, you experience intensely cathartic heart-breaking and heart-melting emotions, usually accompanied by abundant tears.

5. PHILOSOPHICAL BREAKTHROUGH: Reflecting on personal and cosmic questions in a contemplative mood, you experience cascades of inspired insight, wisdom and understanding.

6. SOUL BREAKTHROUGH: Dancing to deep, conscious music (e.g. dub), you embody a state of poised integrity, nobility and inner stature, as if in the presence of "the King of Kings, the Lord of Lords, the conquering lion of Judah".

7. FRIENDSHIP BREAKTHROUGH: Sharing and socialising with others, you discover a profound sense of connection, communion, solidarity and friendship.

In any one trip, it is unlikely that you will experience a breakthrough at all seven stages of the journey. One is enough. And there is no reason to be disheartened if no breakthrough is forthcoming. It will come with practice, and whether or not you manage to "break on through to the other

side" this time, there is always something of value to take away from the experience, and there is always next time.

Interstellar Love

In the 2014 film *Interstellar*, the bond of love between a father and daughter separated in space and time is powerful enough to bring them back together and in doing so, to save the world. The only thing that can traverse interstellar space and connect the fallen, dying Earth and the new life-sustaining planet discovered in a galaxy far, far away, is love.

With hindsight, it almost seems as though the aged Professor John Brand (Michael Cain) chose the hero Joseph Cooper (Matthew McConaughey) for the mission not because of his piloting skills but because his love for his daughter Murphy (Mackenzie Foy and Ellen Burstyn as the young and older "Murph") provided the personal motivation to succeed. But beyond this, there is a more esoteric idea about the special line of communication between two people who are intimately connected through love.

This special connection is borne out by telephone telepathy. How is it that so many people report knowing who is on the other end of the line when the phone rings, or even thinking about the person calling just before it rings? Rupert Sheldrake has carried out carefully designed experiments to test this strange phenomenon scientifically. One important finding is

that the incidence of so-called telephone telepathy is far higher between people who are intimately connected, that is, between romantic partners and family members.

Is *Interstellar* a Christian allegory? There are certainly some interesting parallels, especially the central theme of a special unbroken bond and line of communication between a parent and child across a cosmic chasm connecting two different realms. In the film, this situation was caused by an environmental crisis. In the Bible, it was prompted by a spiritual crisis.

The last books of the Jewish Bible, the books of the prophets, are an extended lamentation at the inability of the Jewish people to remain faithful to the covenant established between them and their God JHWH. Why were they so faithless, lukewarm, rebellious and sinful? Why did they keep falling away from their calling to be the people of God? The despairing frustration of the prophets comes through loud and clear.

How does the New Testament attempt to solve the problem of this apparent disconnect between God and His people? By creating a bond of familial love. Jesus refers to God as his father and to himself as the son. Just as in *Interstellar*, parent and child are separated across an impossibly large physical and metaphysical gulf. In both stories, the separation is not a total break, however. It is something like quantum entanglement, where two particles remain connected even when they end up at opposite ends of the universe.

In Christianity, the Father and the Son are connected by a bond of love (in Trinitarian terms, this love is the Holy Spirit). When the Son returns to the Father after his death and

resurrection, this is spatially imagined as a return to heaven, the spiritual abode of God. Son and Father are reunited, not unlike the return of the Prodigal Son in Jesus' parable (Luke 15: 11-31), and the Son takes his seat at the right hand of the Father.

The followers of Jesus had developed a bond of love with him on earth. He was their spiritual master, but also a brother and a friend. Love was the condition of discipleship: "You cannot be my disciple, unless you love me more than you love your father and mother, your wife and children, and your brothers and sisters. You cannot come with me unless you love me more than you love your own life". (Luke 14:26 CEV)

Saint Paul is emphatic about this unbreakable bond of love:

"For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord."

(Romans 8: 38-39)

Now that Christ was ascended to heaven, the original bond of love between God and the world through the Son remained intact, except that now it was established between Christ and his followers across the chasm of heaven and earth, through this more intimately personal and deeply human relationship with him.

The Christian solution to the problem of human indifference to the non-human (albeit anthropomorphised) transcendent God of Abraham, Isaac and Jacob was to humanise and

personalise the connection through a bond of familial love in two directions: first the bond between Father and Son, then the bond between the Son and his followers and disciples, which are in a sense his spiritual children, adopted as the children of God. The key to this arrangement is the dual nature of Jesus as both fully divine and fully human. Only thus can he act as a bridge between heaven and earth.

The Christian solution is love. When the lawyer asked Jesus what was the greatest commandment in the law, he replied:

"Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbour as thyself. On these two commandments hang all the law and the prophets."

(Matthew 22: 36-40)

This is not an original saying. Jesus was quoting scripture. The Christian innovation, however, is in the mediation of Christ himself, which makes it psychologically easier to love God by drawing on a personal, intimate, human love. It is after all easier to love a person than an abstraction.

As the anonymous author of *The Cloud of Unknowing* put it, "He may well be loved, but not thought. By love may He be gotten and holden; but by thought never."

But isn't this all a bit human-all-too-human? Don't you lose the pristine idea of an invisible, transcendent God? Aren't you in danger of falling into a kind of idolatry? And what about the non-human world of Nature? All this love talk is all very well, but doesn't exclusive focus on the human-divine love of the

Son of God in heaven mean that we neglect our love of the natural world here on earth, perhaps even creating the environmental crisis we're now facing as a consequence?

Christianity is a Love Religion but it's not a Nature Religion. Compared to the traditional indigenous shamanic religions of the world, it seems suspiciously detached from the natural world, even condescending and dismissive. Genesis 1:26 is often cited by environmentalists who blame the mass extinction of species and careless destruction of their natural habitats on Christianity, since God seemingly gives us free licence to do whatever we want with all life on Earth:

"And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth."

This is debatable and continues to be debated, but there is clearly some truth to it. Over the centuries, we have developed an attitude of power and dominion over Nature, which has had some disastrous consequences, especially since the advent and rapid development of science and technology and their aggressive application in the service of purely human interests since the seventeenth century. All this was at least in part facilitated by this passage in Genesis and the attitude of superiority over Nature it engendered.

Is there a way of reading the Christian story in a more environmentally friendly way? Is there a way of including the non-human natural world in our circle of care and love? Not just as an afterthought but as an integral part of our religious commitment?

One way to do this is to notice a seemingly universal religious impulse that Christianity shares with its own religious parents, Judaism and Greek Paganism, as well as with all traditional indigenous religions, ancestor worship. In the Bible, this is most clearly seen in the genealogy passages, the "begats". What has this got to do with environmentalism? Bear with me!

The New Testament begins with "The book of the generation of Jesus Christ, the son of David, the son of Abraham." (Matthew 1:1) beginning with Abraham. In the gospel according to Luke (Luke 3: 23-28), the genealogy is recounted in the opposite direction, starting with Jesus and working backwards: "Jesus, when he began his ministry, was about thirty years of age, being the son (as was supposed) of Joseph, the son of Heli, the son of Matthat, the son of Levi, the son of Melchi, the son of Jannai, the son of Joseph," etc. etc. until we arrive at "the son of Enos, the son of Seth, the son of Adam, the son of God."

Jesus' father was Joseph. Joseph's father was Heli. His ancestors stretch back all the way to "the first parents", Adam and Eve, and through them back to their father, God. The same is obviously true of all of us. If we trace our evolutionary lineage back, we are all descended from the same common ancestor we share with the chimps. If we keep going back, we eventually arrive back at the ultimate first cause where the backwards regress stops and on which the whole sequence rests, in other words, God.

When Jesus says that he is the Son of God, he is skipping all the generations of his ancestors back to the first father of this patriarchal lineage. He is ultimately "the son of Adam, the son of God."

This is where we hit the root of the problem in the family tree (pun intended). In the Judeo-Christian genealogy, we are descended from Adam and Eve, who were created by God along with the rest of the natural world. He created the plants and trees on the third day, the animals on the fifth day, and mankind on the sixth day. Our ancestors stretch back to Adam, who was directly created by God in parallel to all other life on Earth. So the animals and plants are not really ancestors.

For the indigenous tribes of the Amazon basin, as well as for almost all First Peoples, ancestors also include animals and even plants. Our modern understanding of evolution confirms that this is literally true. Whether or not we accept a Creator at the beginning of the whole series, with the origin of life on Earth, or at least at the Big Bang, we now know that our ancestral lineage stretches far back beyond the human.

If the six days of Creation described so beautifully in Genesis are read as a sequential "book of the generation of Creation" in the manner of the genealogical "begats" of the Old and New Testaments, then we can also consider the animals and plants as our ancestors, as well as the herb, the vine, the cactus and the mushroom. As Paul Stamets says, human beings are essentially fungal in their basic cellular composition.

The interstellar bond of love connecting God and mankind includes all of space and time, passing from us via our ancestors from father to father back through our own species, genus, family, order, class, phylum and kingdom all the way to "Our Father in heaven". Love is the way, the truth and the life, connecting us all and engendering an attitude of care and reverence for all things. If we truly understand and embody this, maybe we won't end up in the desperate environmental

straits that the people of the near future in the film *Interstellar* find themselves in.

On the other hand, our connection to the transcendent ground of Being is here and now. When Jesus says "before Abraham was, I am" (John 8:58) he is pointing to this identity beyond time and space. The great I AM is the name that God gives himself in Exodus: "And God said unto Moses, I AM THAT I AM: and he said, Thus shalt thou say unto the children of Israel, I AM hath sent me unto you." (Exodus 3:14).

Therefore Jesus is the Son of God not through ancestry in linear time on the horizontal plane of existence, but vertically, through the generative womb of the eternal present. This is what it means to be born of the spirit and not of the flesh. With this direct connection, which folds time and space together like a wormhole, the human and the divine are one. But this unity also includes the whole of Creation:

"As earth is my witness. Seeing this morning star, all things and I awaken together."

(Gautama Buddha)

Patterns

We all know about our own negative patterns, our bad habits, our reactivity, our negative emotions and anxious negative thoughts (the "ants" crawling around inside our skulls). And we all know something about the patterns of our nearest and dearest. Everybody has bad patterns.

"Bad behaviour" refers to negative or dysfunctional behavioural patterns. When we talk about physical actions, we tend to use the morally loaded words "good" and "bad", although these also carry a merely qualitative meaning ("bad posture" and "bad dancer" are obviously not moral judgments). At the aesthetic level, we talk instead of patterns that are "beautiful" or "ugly". A pattern on a rug or on a dress, for example. Or the pattern of notes in a melody. When we talk about patterns of meaning, on the other hand, we talk about "true" and "false", applied to lines of logical reasoning, theories and stories.

The Good, the True and the Beautiful are, of course, interrelated, although they are naturally associated with the optimal, "right", patterns of body, mind and feelings respectively. We talk about "good moves", "good balance" and "good posture"; "beautiful art", "beautiful words" and "beautiful music"; "true accounts", "true stories" and "true understanding".

Mysticism famously dissolves all patterns. This is represented, for example, by the central "purification" channel (the *shushumna*) in Buddhist Tantra. On achieving satori

(spiritual enlightenment) Zen Master Dogen said, "bodymind dropped". This can be understood as referring to the mental and physical patterns of confusion, anxiety and tension. In that moment, he was free of his patterns. His freedom of mind made him a Mystic and his freedom of body made him a Shaman.

The Mystic and Shaman archetypes therefore point to the dissolution of all mental and physical patterns, the patterns of synaptic grooves in the brain and muscular and nervous tension in the body. This is "bodymind dropped", or even more dramatically, "the Great Death". The death-rebirth motif is ubiquitous in all spiritual and religious traditions, because new patterns cannot be established until the old ones are dissolved.

The Warrior, Monk/Nun and Philosopher archetypes refer to the practice and mastery of *Karma Yoga*, *Bhakti Yoga* and *Jnana Yoga*, the yogas of action, devotion and knowledge. They are about establishing good, beautiful and true patterns of body, feelings and mind. This is the rebirth, the reconstruction, the reprogramming of the "new man" (or "new woman") from the ashes of the old. (The King/Queen archetype refers to *Raja Yoga*, the royal road of the soul, the cosmic pattern of the individual's relation to the whole, *Atman* to *Paramatman*).

With or without the aid of psychedelics, this is what the spiritual journey and the spiritual life is all about: giving up our habitual, negative patterns of movement, emotion and thought and training ourselves in new, better, truer and more beautiful patterns of body, mind and feeling. In Shamanic Christian Zen, we do this primarily through dance and martial arts (body), music and art (feelings) and study and discussion

(mind). True therapy, true medicine, is not merely psychological, or merely spiritual, but holistic and integral. Patterns exist in all dimensions simultaneously.

Antifragility

Nassim Nicholas Taleb opens his acclaimed book *Antifragile: Things That Gain From Disorder* with the following:

"Some things benefit from shocks; they thrive and grow when exposed to volatility, randomness, disorder, and stressors and love adventure, risk, and uncertainty. Yet, in spite of the ubiquity of the phenomenon, there is no word for the exact opposite of fragile. Let us call it antifragile. Antifragility is beyond resilience or robustness. The resilient resists shocks and stays the same; the antifragile gets better."

Certain stressors make a system stronger rather than weaker. If your bones and muscles aren't put under a certain amount of stress, for example, they will grow brittle and waste away. The same appears to be true of the mind. *The Coddling of the American Mind: How Good Intentions and Bad Ideas Are Setting Up a Generation for Failure* by Greg Lukianoff and Jonathan Haidt explores how the fashion for "safe spaces" and "trigger warnings" in liberal American culture is having a detrimental effect on people's mental health, particularly among young people, making them more rather than less psychologically fragile.

What's the best treatment for somebody suffering from chronic depression or anxiety? Should we try to remove all potential shocks to the system and cover them in metaphorical cotton wool? Or should we help them to gradually face increasingly challenging situations, as we commonly do in Exposure Therapy for the treatment of phobias? King Sudhdhodhana and Queen Maha Maya attempted to protect their son Gautama Buddha from the harsh realities of the world by making sure he never left the precincts of the royal palace. It was only when he stole out of the palace in the dead of night and saw the reality of old age, sickness and death with his own eyes that he could begin his journey to spiritual enlightenment.

Psychedelic therapy is no walk in the park, royal or otherwise. Far from being an escapist flight from the dark existential reality of life, it puts you in profound relation with it. There are periods of enjoyment, bliss and fun, but there are also extremely difficult and painful periods of chaos and turbulence, grief and horror. To indulge in a couple of well-worn cliches, when it comes to plant medicines, "the only way out is through" and "what doesn't kill you makes you stronger".

The almost unbearable intensity of psychedelic therapy makes it a true hero's journey that calls forth the best we have. You could say it is profoundly "character building". However, it works best when two key elements are in place: a deep sense of wonder and a deep trust in our innate antifragility.

Mental Slavery

In his essay 'Self-Reliance' Emerson wrote, "Whoso would be a man must be a nonconformist." The Apostle Paul reminds us that whoso would be a Christian must also be a nonconformist. Any Christian who blindly accepts the opinions of the majority and in fear and timidity follows a path of expediency and social approval is a mental and spiritual slave.

Martin Luther King, Jr.

A conformist conforms to Babylon. He is a muggle slave, a muppet slave, an addict slave, a victim slave, sometimes a diva slave and a demon slave. Muggle slaves are the most recognisably conformist. They are slaves to things like social media, soap operas, gossip, football, pop music and popular culture, and the strict demands of family and friends. Any deviation from the norm is curtailed through ridicule and peer pressure.

Muppet slaves are also conformists, while often deluding themselves that they are nonconformists. They are slaves to ideologies, often of a counter-cultural hue, whether political, philosophical, artistic, psychological, theosophical or religious. Many modern Westerners are slaves to a materialist worldview, which prevents them from straying beyond the narrow mental space delimited by the natural sciences. Others are slaves to the latest trends in the culture war. The defining features of muppet slaves are dogmatic fundamentalism and cultishness; they are easily identified by their fighting talk and tone of strident self-righteousness.

Addict slaves are slaves to the passions, both substance and behavioural addicts, slaves to alcohol, weed, sugar, nicotine, smart phones, box sets, shopping, gambling, sex. Victim slaves are constantly haunted by a victim mentality, and labour under persecution complexes and conspiracy theories. Certain minority ethnic groups, such as African Americans and secular Jews, are particularly prone to this form of mental slavery. It is also ubiquitous among radical feminists and those who fly the LGBTQ+ flag.

Fear God and you will fear no man. The fear of God is both the beginning of wisdom and the beginning of freedom, freedom from mental and spiritual slavery to man-made idols. Bob Marley sang, "Emancipate yourselves from mental slavery, only ourselves can free our minds." But the enslaved mind cannot free itself. Only God can do that.

"For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, "Abba! Father!"

(Romans 8:15)

In Defence of Muppets

Although most of the feedback I've received about my work is positive, there seems to be something of a sticking point when it comes to "Muppets". Several people have advised me to use a less insulting word. Apparently it comes across as

judgmental and dismissive. By anyone's standards, it's not exactly sensitive, let alone "politically correct".

I've considered scrapping the Muppet label and replacing it with something less contentious and provocative. But nothing else quite seems to fit the bill. So here I would like to briefly explain and defend my use of the M-word.

Firstly, it alliterates nicely with "Muggles". Secondly, it is closely related to puppets. This is a key feature of what I am trying to express with the term, namely, the tendency to parrot the tenets of a collective ideology. The ideology itself is the "Titan" or "Giant" and the individuals are the "Fighting Spirits" of the Giant (see the *Bhavachakra* or Tibetan Wheel of Life for the origin of these terms). I think John Gray is getting at something similar in his book *The Soul of the Marionette*.

Thirdly, I like its humorous, deflationary feel. A defining characteristic of the Muppet stance is that it takes itself so seriously. The pricking of this po-faced self-righteousness is both salutary and funny. Fourthly, it winds people up, which is itself a good test of Muppetry. The more enraged someone is at the word, the more of a Muppet they probably are. From the psychological point of view, this is useful information, both for me and (hopefully) for the person concerned.

In case you have no idea what I'm talking about, let's see if I can explain what I mean by "Muppet" in a bit more detail. Muppets often think of themselves as intellectuals, by which they mean that they are cleverer than Muggles. In fact, much of their identity is predicated on their superiority to Muggles, who are considered gullible, ignorant, brainwashed, unenlightened and prey to "false consciousness". Muppets, on the other hand, have inside information into the reality of

things. They are, to coin another contentious term, "Woke". This can take several different forms, of which I distinguish five (technically the "Woke" label only applies to Type 3 Muppets).

1. Nerd Muppets. These are usually involved in either computing or science. They hold to one or other version of naive scientism, the belief that science can account for all of reality. Whether reductionists, emergentists or eliminativists, they all agree on the basic axiomatic premise that only matter exists and that everything else is an illusion. The brain is a computer and human beings (and other organisms) are soft machines. Muggles are regarded as too stupid and scientifically illiterate to appreciate the brute facts that consciousness is just an illusion and that there is no meaning to life or existence.

2. Hippy Muppets. These are usually involved in alternative therapies, alternative spiritualities and alternative philosophies, and often also mind-altering drugs. They have all sorts of bizarre beliefs, the more exotic the better. They look down on Muggles, who are too narrow-minded and superficial to understand the mysteries to which they are privy, and they have a hate-hate relationship with Nerd Muppets.

3. Woke Muppets. Even more touchy than the "New Age Stoner" type of Hippy Muppet are the more politicised "Progressive Liberationist" or "Critical Social Justice" Muppets (this is where I get into most trouble). I am not against progress or social justice per se, but there is a specific stream of Postmodern thought which has produced a veritable cottage industry of philosophical confusion and social distress. I could say more but I'll leave it at that.

4. Radical Muppets. These are the old-school political revolutionaries and activists. Whether on the Far Left or the Far Right, they are political extremists, swinging between anarchy and totalitarianism. They are anti-establishment, anti-bourgeois, anti-capitalist, anti-liberal, anti-conservative. They are starry-eyed Utopians who believe that only by overthrowing the current, irreparably corrupt socio-political system can we usher in the hoped for Utopia, overlooking the inconvenient fact that one person's Utopia is another's Dystopia. They have nothing but disdain for Muggles, those unwitting, witless slaves of the system, and nothing but pure hatred for Divas, those power-hungry oppressors.

5. Fundamentalist Muppets. These are religious fanatics, of whatever stripe or affiliation. They are implacably dogmatic and hold to an extremely narrow, literalist interpretation of their sacred scriptures. Their most extreme proponents take to violent acts of terrorism and martyrdom in the name of their divine calling to set the world right and glorify their god. They hate all Muggles and Divas, but most fervently hate all Muppets (apart from those in their sect, that is).

This is a very broad categorisation. I've tried to be as straightforwardly descriptive as possible and I don't think I'm being unfair. To sum up, with this treatment of the derogatory term "Muppet", I am being explicitly critical of 1. Naive Scientism 2. New Age Nonsense 3. Reified Postmodernism 4. Political Extremism 5. Religious Fanaticism. The details can be debated as to what and who actually belongs in each of these categories, but I make no apologies for the categories themselves.

I do have a word to say in defence of Muppets, however. They offer a powerful critique of the dozy complacency of

ordinary Muggles, who are too wrapped up in the obvious, the superficial and the mundane. Muggles are too materialistic and unreflective, it's true, which is why they miss out on so much of the magic of reality, and Muppets are right to shake them up now and then.

The Muppet attack on the Divas (the eternal war between the Asuras and the Devas in Buddhist mythology) is also necessary in order to keep the powers that be in check and to keep those in authority on their toes. It is essential for any functioning, healthy society that people are able to "speak truth to power". Does this mean that anyone critical of the status quo, the political elite, the ruling class or the government is therefore a Muppet? God forbid! But Muppets are particularly vocal in this capacity.

The underlying claim is that the rigid certainty and inflexible dogmatism of Muppetry is the result of excessive left brain hemisphere dominance. I won't go into this now, merely point you in the direction of Iain McGilchrist. (One striking result of this left hemisphere dominance is the Dunning-Kruger effect, which explains the old adage that "a little knowledge is a dangerous thing").

What I am not advocating for, of course, is the weaponising of the term "Muppet" as a term of abuse against those who hold different opinions to you. It should not be used as a moniker or casual insult against people you disagree with otherwise (as I hope is obvious) you will yourself be acting like a Muppet. The so-called Culture Wars are bad enough without them descending into Muppet Wars.

We are living through a time of great tension, polarisation, distrust, enmity and intolerance. People with differing views

and opinions resort all too readily to censorship, ridicule or "hate speech". Many people, myself included, worry that this dangerous breakdown in civil discourse and freedom of expression threatens the very foundations of Western democracy. We might all do well to rein in our inner Muppets right now.

However, a true Christian must avoid these five modern heresies like the plague. True religiosity and holiness is as much about what you don't do as what you do, about what you don't believe as what you do believe. Orthodoxy is, as G.K. Chesterton beautifully described it, a wild adventure:

"This is the thrilling romance of Orthodoxy. People have fallen into a foolish habit of speaking of orthodoxy as something heavy, humdrum, and safe. There never was anything so perilous or so exciting as orthodoxy. It was sanity: and to be sane is more dramatic than to be mad. It was the equilibrium of a man behind madly rushing horses, seeming to stoop this way and to sway that, yet in every attitude having the grace of statuary and the accuracy of arithmetic. The Church in its early days went fierce and fast with any warhorse; yet it is utterly unhistoric to say that she merely went mad along one idea, like a vulgar fanaticism. She swerved to left and right, so exactly as to avoid enormous obstacles. She left on one hand the huge bulk of Arianism, buttressed by all the worldly powers to make Christianity too worldly. The next instant she was swerving to avoid an orientalism, which would have made it too unworldly. The orthodox Church never took the tame course or accepted the conventions; the orthodox Church was never respectable. It would have been easier to have accepted the earthly power of the Arians. It would have been easy, in the Calvinistic seventeenth century, to fall into the bottomless pit of predestination. It is easy to be a

madman: it is easy to be a heretic. It is always easy to let the age have its head; the difficult thing is to keep one's own. It is always easy to be a modernist; as it is easy to be a snob. To have fallen into any of those open traps of error and exaggeration which fashion after fashion and sect after sect set along the historic path of Christendom--that would indeed have been simple. It is always simple to fall; there are an infinity of angles at which one falls, only one at which one stands. To have fallen into any one of the fads from Gnosticism to Christian Science would indeed have been obvious and tame. But to have avoided them all has been one whirling adventure; and in my vision the heavenly chariot flies thundering through the ages, the dull heresies sprawling and prostrate, the wild truth reeling but erect."

Cynical Clowns and Fearful Bores

Two classic subpersonalities that sabotage or attempt to sabotage spiritual progress in spiritual communities are associated with the Addict and Victim archetypes on The Wheel of Babylon. The first, usually manifesting in an addictive personality, is the *Cynical Clown*, who uses humour to undercut and undermine. This is the joker in the pack, the court jester, whose purported aim is to puncture any signs of puffed-up ego or inflated narcissism.

William Shakespeare makes great use of this archetype, from Feste the fool in *Twelfth Night* to Falstaff in *Henry IV*. It seems that he was particularly sensitive to arrogance and

hypocrisy and delighted in using his comic characters to pull pretentious Divas from their self-made pedestals. Which is a fine and wondrous thing. The world will always be in need of good satire.

However, although everyone should have a fool to keep their Diva ego in check (as did the medieval kings of England) he should, like Feste, be "wise enough to play the fool". He should know when to jest, and when to keep silent; and he should be able to tell the difference between a Sir Andrew Aguecheek and a Count Orsino.

Spiritual circles are rife with more or less thinly disguised spiritual narcissists in serious need of a Cynical Clown to bring them down a peg or two. However, the cynicism can get out of hand, finding more and more targets, eventually undermining the whole enterprise. Sometimes, in the case of true cynics, this is the conscious or unconscious intention from the start, but more often than not it is a gradual development, a kind of *deformación profesional*. Truly bitter, resentful cynics, like envious Iago and inexplicable Judas (Satan entered into him), are not just naughty Addicts, but treacherous Demons.

Why the Cynical Clown should be associated with the Addict is an interesting question. It probably has something to do with the displacement and projection of hedonic motivations (usually some variation of sex, drugs and rock and roll) onto others as a defense mechanism. "Ah yes, I see what you're up to! (nudge nudge, wink wink)". It simultaneously acts in two directions: exposing the hypocrisy of the holier than thou in order to prevent hidden bad behaviour, but also encouraging open bad behaviour (such as lewdness and drunkenness). Sir Toby Belch is a good example.

Another, more common, frequenter of spiritual circles are the *Fearful Bores*. They also have a destabilising effect, but in a diametrically opposed way - instead of witty, cutting jokes, they engage in rambling, confessional anecdotes. Instead of encouraging everyone to be silly, they encourage everyone to be serious, seizing any opportunity to turn a social situation into an earnest group therapy session.

It's not hard to see how this subpersonality is associated with the Victim. There is, of course, the comfort of receiving understanding and sympathy, and there is also the added comfort of giving it, once you've succeeded in drawing out somebody else's confession of victimhood. There is a peculiar bonding that takes place, particularly among women (in my experience - sorry!) over shared trouble, misfortune and mistreatment, a kind of solidarity of the oppressed.

Men do it too of course. But they tend to intellectualise more, spinning out their misery in seemingly endless trains of thought and levels of analysis. Of course it is vitally important that people feel able to talk openly and freely and feel comfortable enough to share their emotional and psychological difficulties and insights in a safe and welcoming environment. However, as with the Cynical Clown, it can get out of hand and end up derailing the spiritual progress of the community as a whole.

Why are silent retreats so powerful? Because they forcibly put a muzzle on the Divas, Demons, Victims, Addicts, Muppets and Muggles. And they muzzle the Cynical Clowns and Fearful Bores. Thus they clear a space for something else to emerge, something mysterious, something miraculous.

There will always be Victims and Addicts in spiritual circles. It's what drives them to seek help. There will always be Divas, especially among the spiritual leaders. There will occasionally be a Demon or two. And there will always be Muggles and Muppets. What ultimately causes the Cynical Clown and Fearful Bore subpersonalities to raise their heads, however, is the underlying nihilistic belief that this is all there is, that we are inescapably stuck on The Wheel of Babylon, and that to pretend otherwise is a lie. Ye of little faith!

Sometimes we need to have a laugh and take the piss. Sometimes we need to unburden ourselves in a heart to heart. But if a spiritual community is to thrive, we need, as much as humanly possible, to keep our *Cynical Clowns* and *Fearful Bores* in check and keep the faith.

Narcissism

Narcissism is basically excessive self-love. It manifests itself in abusive and fawning, selfish and manipulative, behaviours. Narcissists are secretly or openly vain and greedy, conceited and self-obsessed. They seek status and adoration, even special status and special adoration. A narcissist believes that he is a Very Important Person and wants to be recognised as such, by his partner, friends and family, and by the world at large.

Everybody is a bit of a narcissist, a bit of a Diva. And everyone is also a bit of a Muggle, Muppet, Victim, Addict and Demon. It's only when one of these fine fellows blows up out of all proportion that we recognise it as a "problem". Then we can use our DSM to diagnose the appropriate personality disorder: narcissistic (Divas); borderline (Muppets); obsessive-compulsive (Muggles and Addicts); dependent (Victims) and sadistic (Demons). See *Personality Disorders* (chapter 8 of part 2 of my book, *The Confessions of a Psychedelic Christian*).

Post-Freudian received wisdom has it that the basic problem at the root of all our mental dis-ease is "repression". Freud gives a cultural-historical account of this problem in his bestseller *Civilization and Its Discontents*, whose title speaks for itself (basically we are unhappy because in order to be civilized we have had to repress our natural narcissistic impulses to get along).

The solution and cure, as it has been taken up in popular culture and popular consciousness is simple: "express yourself!" Watch pretty much any pop music video and you will see this message coming through loud and clear, often accompanied by an impressive amount of posing and prancing about. Now, with the advent of social media, not just pop stars, but anyone and everyone can pose and prance to their heart's content.

The Mary Whitehouses of this world look on in horror. "Repress yourself!" they scream. And so it goes. Muggles think Divas are terrible show-offs and Divas think Muggles are terrible bores. The real difference is that Divas are open narcissists busily expressing themselves, whereas Muggles are secret narcissists busily repressing themselves.

Freud was famously critical of religion, which he sneeringly dismisses as a superstitious relic of pre-scientific ignorance in his other massive bestseller, *The Future of an Illusion*. For him, as for Nietzsche, religion amounts to little more than the worship of repression. It is fundamentally anti-life, anti-freedom, anti-sex, anti-self-expression, anti-will-to-power. Religious people are basically pale, emaciated, pathetic killjoys.

Modern people, liberated from the shackles of religion, are free to be themselves and to express themselves however they like. They can wear whatever clothes they like, listen to whatever music they like, have sex with whomever they like, snort whatever they like. As long as they don't break the law (or get caught) nobody can tell them what to do. Not even their mum. Why? Because there is no God, so no one has authority to judge them in his name. Whoever judges them does it from their own subjective, relative, repressed and unenlightened point of view.

As long as God is seen as a tyrannical, repressive father, as William Blake's *Nobodaddy*, I feel completely justified in rebelling against him. Like Lucifer, I want my own light to shine. I want to shine like the stars. I want to break free. God knows, I want to break free.

The choice is clear: express yourself or repress yourself. Be someone or be a nobody. Being a nobody obviously sucks and religion is obviously all about being humble and being a nobody, so away with religion! If you think I'm joking, just look at what it says in the Bible. You can't get clearer than this, for example:

"Then said Jesus unto his disciples, If any man will come after me, let him deny himself, and take up his cross, and follow me."

(Matthew 16:24)

But then again, what if there is a third possibility? What if "deny thyself" does not just mean "repress thyself"? Jesus is certainly a model of self-denial. He certainly took up his cross. But what does that even mean? What does the crucifix mean? That bizarre and uncomfortable image of a dying man hanging on a cross? How is that something to emulate? How can we follow that? Is it really just the sick worship of an anti-life masochistic death instinct?

The secret meaning of the crucifix struck me like a ray of sudden sunlight while sitting quietly in a side chapel of the Basilica of Santa Maria Novella in Florence. In fact the sun did suddenly strike the crucifix on the altar, lighting up the rays of the halo behind Christ's head. His head was bowed, almost as if he were moving it out of the way of the resplendent golden halo behind it, which, catching the light of the sun through the window, itself shone like the sun.

Because he emptied himself of self (*kenosis*) Jesus made room for something else. Something else shone through him. Call it the Holy Spirit or God or the Son of God, he got out of the way. He got his head out of the way and he got his ego out of the way. And he shone with the universal light of the sun beyond the light of any individual candle.

Saint Paul also saw the light, "the true light, which lighteth every man that cometh into the world" (John 1:9) and

understood that he was not that light, and that the more he denied himself, the more it shone through him:

"I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me."

(Galatians 2:20)

There are other religions apart from Christianity, of course. There are the three main Abrahamic religions (Judaism, Christianity, Islam) and the three main Eastern religions (Hinduism, Buddhism, Sikhism). But they *all* teach self-denial and self-transcendence. The promise is that there is a way beyond both expression and repression where life flows through us, without any narcissistic attempt to claim it or hold onto it for ourselves. The same is true for the psychedelic experience. You must get out of the way and "make room for the mushrooms".

This is the true religious instinct. Instead of being full of ourselves, we become a channel or instrument of peace, beyond the stress and strain of narcissistic self-concern, as Saint Francis of Assisi beautifully expresses it in his famous prayer:

"Lord, make me an instrument of your peace.
Where there is hatred, let me bring love.
Where there is offence, let me bring pardon.
Where there is discord, let me bring union.
Where there is error, let me bring truth.
Where there is doubt, let me bring faith.
Where there is despair, let me bring hope.
Where there is darkness, let me bring your light.
Where there is sadness, let me bring joy.

O Master, let me not seek as much
to be consoled as to console,
to be understood as to understand,
to be loved as to love,
for it is in giving that one receives,
it is in self-forgetting that one finds,
it is in pardoning that one is pardoned,
it is in dying that one is raised to eternal life."

Steppenwolf Syndrome

When you've had enough of Babylon, and you're heartily sick of all the Muggles, Muppets and Divas clamoring for your attention, it's easy to get despondent, cynical and downright grumpy. Suddenly you're not interested in all the news and gossip, the debates and controversies, the posturing and the posing. You feel like a dead tree, like burnt ashes. You feel dead to the world.

I call this "Steppenwolf Syndrome". If you've read Hermann Hesse's semi-autobiographical novel, you'll know what I mean. Steppenwolf is a loner in the romantic Nietzschean tradition. He sees through the artificiality, inauthenticity and pettiness of bourgeois culture and retreats into himself, living the life of a lone "wolf of the steppes" whilst walking the streets of Basel.

Steppenwolf rejects the modes of being characteristic of the Wheel of Babylon, but has not yet found a stable alternative.

The painful result is isolation, loneliness, resentment and depression. His bitterness at the superficiality and insanity of modern culture turns on him until he himself starts displaying Muppet-like characteristics, whilst believing himself to be free of them.

The underlying conundrum at the heart of Steppenwolf's predicament is how to be "in the world but not of the world". The allure of the hermit's cell or the monastic cloister draws its psychological power from a Steppenwolf's deep repugnance at the human ego in all its manifestations (Diva, Muggle, Muppet, Addict, Victim, Demon). He would rather escape to the forests and mountains like Henry Thoreau.

Bobby Dupea, the protagonist of the 1970 film *Five Easy Pieces* (played by Jack Nicholson) is another striking example of a spiritually restless character suffering from Steppenwolf Syndrome, who ends up hitching a ride on a truck bound for Alaska to get away from it all (sorry about the spoiler!).

How can spiritually inclined people be in the world but not of the world? What mode of being is resilient enough to not succumb to corruption by the Babylon matrix on the one hand or to Steppenwolfian sulkiness on the other? It's no good joining in the fray and allowing yourself a little temporary Muggleness, Muppetry or Divahood. It will only make you feel worse afterwards. And it's no good going to all the parties just to find fault and hate every minute of it.

One solution is to shift the focus towards the cultivation of a positive ego, instead of obsessively bemoaning all the irritating forms of the negative. By flipping the six negative ego states of the "Wheel of Babylon" (based on the six realms of the Tibetan Wheel of Life) into their positive counterparts,

you can focus on strengthening and fortifying yourself against the slings and arrows of outrageous egotism instead of just moaning about them.

The six negative ego states are Diva, Demon, Victim, Addict, Muppet, Muggle. Their six counterparts are Mystic, Shaman, Warrior, Monk, Philosopher, King. However, this is quite a juggling act. It's a lot to deal with. Where to start?

Well, we can helpfully simplify this six-fold model by simply noticing that the three archetypes at the top of the second diagram (what I call the "Armour of Christ") represent the mind and the three archetypes at the bottom of the diagram represent the body.

Mental life and social life is really all about talking. This is where the three mental egos, Diva, Muppet and Muggle, come out to play. How they talk and what they talk about is circumscribed by their respective outlooks on the world, focused as they are on asserting their superiority, challenging authority or achieving social acceptance. Their opposites are the Mystic, the Philosopher and the King, who are not subject to these primal drives. These three archetypes can be integrated into one, that of the "Mystical Philosopher King".

To be in the human world of social interaction, but not of the human world of social interaction, it is far better to be a Mystical Philosopher King or a Mystical Philosopher Queen than it is to be a Steppenwolf. Likewise, to be in the physical world of the human body, it is far better to be a Shamanic Warrior Monk or a Shamanic Warrior Nun.

This is a tangible and noble aim. Rather than drifting through life like a reed in a stream, you can dedicate yourself

to being and becoming the best you can be, both in mind and body, a Mystical Philosopher King or Queen in mind and a Shamanic Warrior Monk or Nun in body. That way you will be able to brush off the Babylonian onslaughts of vanity, ignorance, delusion, craving, resentment and hatred, while at the same time resisting the "spiritual" temptation of wallowing in Steppenwolfian negativity and self-pity. That way you will be able to be in the world but not of the world.

The Way Out

The French existentialist philosopher Jean-Paul Sartre wrote a play called *Huis Clos*, No Exit, about three characters trapped in a room for all eternity. The most famous line from the play is "l'enfer, c'est les autres" or "hell is other people".

Not everyone shares Sartre's apparently misanthropic sense of the hellishness of society. He was clearly something of an intellectual snob for a start: "I found the human heart empty and insipid everywhere except in books". But many people are uneasy to varying degrees, which is why the perennial problem of the right relationship between the individual and society never goes away.

Sartre was obsessed with the idea of *authenticity*, a preoccupation shared both by the psychoanalysts and cultural Marxists of the time. Erich Fromm is the figure who best exemplifies both these approaches, most famously in his book

The Fear of Freedom, originally published in 1941, just three years before Sartre's play was first performed.

Sigmund Freud believed that civilization depended on the ability of individuals to conform, but that this was achieved at the cost of neurosis: "when an instinctual trend undergoes repression, its libidinal elements are turned into symptoms, and its aggressive components into a sense of guilt." (*Civilization and Its Discontents*). Freud's thesis is very much in line with Jean-Jaques Rousseau's famous dictum that "Man is born free and everywhere is in chains", except that for Freud the chains are internalised, more akin perhaps to Blake's "mind-forg'd manacles".

The Muggle answer to the problem of Sartrean social discontent is to try your best to fit in. But that solution has already been ruled out by the existential demand for autonomy, freedom and authenticity. Also, conformity may have some merit in a sane society, but what if the society itself is unhinged? As Jiddu Krishnamurti put it, "it is no measure of health to be well adjusted to a profoundly sick society".

Even in a relatively sane and healthy society, the Muggle Way is a satisfactory way out of Sartre's existential discontent only for those who don't feel particularly trapped in the first place. For those who feel it keenly, the Muppet Way seems more promising. If we really are in a profoundly sick society, then isn't the correct response to either pursue socio-political reform, or else overthrow the whole rotten edifice and start again? The revolution versus reform debate simmers away continuously in the minds and hearts of political dissidents and discontents, but the Muppet Way is the way of permanent revolution.

Unfortunately, as the numerous revolutions of the twentieth century volubly attest, this usually simply fulfils the old adage, "out of the frying pan and into the fire". It seems that the Utopian visions of revolutionary radicals don't actually pave a way out hell but rather plunge us into a deeper one.

So what about the Diva Way? What about worldly success, fame and fortune? Can enjoying the best society has to offer reduce and even erase our discontent? Will a night at the opera with champagne and caviar do the trick? Apparently not. At least not according to a recent article in the Wall Street Journal entitled *Don't Envy the Super-Rich, They Are Miserable*.

The Victim Way obviously won't get you out of your existential discontent either. Impotently bemoaning your lot and blaming every man and his dog for it, although providing some psychological relief in the short term, inevitably ends up compounding your discontent. The only real practical utility is to provide more fuel for the Muppet Way.

The Addict Way similarly offers immediate relief with long-term negative consequences. In moments of weakness it may seem that the way out is at the bottom of a bottle, but it never is. And the Demon Way, the way of violence, murder and suicide, is best left well alone, for obvious reasons.

There is no way out of this closed room. There are no doors. Huis Clos.

Except upwards. For this is a room without a roof (Pharrell Williams) and the only way is up (Yazz).

Love in Babylon

In his 1960 book *The Four Loves*, C.S. Lewis explores the different manifestations of four distinct forms of love: *storge* (affection), *philia* (friendship), *eros* (sexual/romantic love) and *agape* (charity). He makes the point that any one of the first three forms of love become corrupted and distorted if divorced from the fourth form, *agape*, which he calls "the love of God". It seems that without this mysterious love of God, we can't help making idols of one or several of the other loves, and that never ends well:

"The claim to divinity which our loves so easily make can be refuted [...] The loves prove that they are unworthy to take the place of God by the fact that they cannot even remain themselves and do what they promise to do without God's help."

This is readily seen if we relate the first three loves to the different worlds of the Wheel of Babylon. *Storge* is associated with Muggle World, being the love of comfort and domesticity, family and familiarity. *Filia* is associated with Muppet World, in the sense that it creates a separate clique or elitist bubble which can foster collective delusions in relation to the rest of society. *Eros* is associated with Diva World, in the way in which it builds exquisite pleasure palaces for its blessed lovers.

To reiterate, C.S. Lewis is not saying that there is anything inherently wrong with *storge*, *philia* or *eros*. In fact, human beings cannot live happy and fulfilled lives without them. His

point is, rather, that they can become distorted and inflated to the exclusion of the transcendent Source of Love and of each other. As soon as they "take the place of God", they begin to sour and go bad.

When *storge* goes bad, the cosy, comfortable and familiar Muggle World degenerates to the point where it becomes indistinguishable from Addict World. Those loved things that habitually bring comfort, whether substances like coffee or alcohol, behaviours like shopping, socialising or watching television, change from Muggle needs to Addict needs. We find ourselves caught in an ever-tightening spiral of urgency and desperation.

When *philia* sours, the special bonds of friendship, camaraderie and solidarity turn into bonds of slavery, enmity and paranoia. Muppets in arms become Victims both of the (real or perceived) persecution of outsiders, and of each other. A cult mentality develops, where all sorts of abuses can flourish in an atmosphere of mistrust and suspicion. Think of Stalin's inner circle, or Osho's.

Finally, when *eros* goes rotten, the delirious passions of sexual and romantic feelings quickly flip over into intense rage, jealousy and hatred. Divas in their Diva Heaven become Demons in Hell, ever discovering new and ingenious ways to torture each other.

Without *agape*, that endlessly self-giving fount of charity and eternal source of Light and Love, *storge*, *philia* and *eros* inevitably flounder on the rocks of selfishness and narcissism, making Addicts out of Muggles, Victims out of Muppets and Demons out of Divas, endlessly turning the Wheel of Babylon,

until we finally find the courage to step off into the infinite ocean that is the love of God.

The Interests of Babylon

It is in the interests of Babylon to produce messed up people because they are easier to manipulate and because they make voracious consumers.

The most efficient way to produce messed up people is to undermine the family unit, which is most efficiently done by undermining the authority of the parents, which is most efficiently done by undermining trust and respect.

The children will develop a host of mental health problems, which the parents will struggle to cope with, and which a variety of professional state-sanctioned educational, therapeutic and psychiatric bodies will be called upon to help with, in order to save them from themselves.

As they grow up, they will become increasingly aligned with and emotionally dependent on the state, in the guise of a rolling platoon of professional parental figures. They will also depend on the state to protect them against the hostility of people who don't accept their neurodiverse state-sanctioned condition.

When they have children of their own, they will be even more likely to cede parental control to the wise and professional state-sanctioned educational, therapeutic and psychiatric bodies than their parents were.

Eventually, after several generations, once the loss of authority of parents is complete, children will be given directly into the professional care of the state, much as they are in Aldous Huxley's *Brave New World*.

All their emotional and psychological needs will be met through consumption of goods and services, in other words, shopping, entertainment, dating agencies, social media, medication and therapy. However, their needs will never be fully met, because this endless consumerism is a poor substitute for genuine human love.

And so it goes...

Hollywood Love Confusion

A young man at the last Psychedelics and Faith Discussion Group recommended the film *Everything Everywhere All At Once*, citing it as a psychedelic masterpiece, so I duly took my partner and one of my children to the local cinema to watch it. It was very entertaining and I thoroughly enjoyed it. However, it stands as another cinematic monument to Hollywood Love Confusion.

The basic story arc is classic Hollywood: an exciting but confusing struggle against a misguided nihilistic teenage villain, including a healthy dose of hot pursuit and cool fighting. In the end, however, the only way to defeat the villain is not by fighting, but by loving. Love, somewhat predictably, wins the day.

The love that defeats cynicism is the protagonist's rediscovered love for her daughter (the nihilist) and her husband, and compassion for everyone else. In terms of *The Four Loves* (C.S. Lewis), this is basically the loves *storge*, *filia* and *agape*.

Filia mean friendship. Storge is usually translated as affection - the "pipe and slippers" type of familial love, domestic, homely, comforting. Toward the end of the film, the husband produces a kind of paean to storge, presenting his kindness and apparent weakness as a kind of strength, his way of "fighting" the dark forces of nihilism.

Agape can be translated as unconditional love or compassion, but as C.S. Lewis makes clear in his book, this is not a human love, but the love that flows down from God, the unconditional divine love that rains on the just and the unjust. In his words, it is "the love of God".

However, for a secular people, there is no such thing as God. Ergo, there is no such thing as the love of God. In a godless multiverse where "nothing matters" because "everything is possible", the only way of not falling into the black hole of cynicism and despair (a black bagel in this case) is human love - the kindness-affection of storge and a kind of human version of agape.

This is where the Hollywood Love Confusion kicks in. The Hollywood version of agape is a kind of unconditional love, yes, but one understood on a human level as licentiousness. In other words, everyone should be given licence to satisfy their desires and do what they want. This inevitably ends up being all about the third of the four loves, namely, *eros*, or sexual love. And it inevitably ends up being about letting everyone satisfy their erotic drives however they like.

Hence the BDSM (bondage and discipline, dominance and submission, sadism and masochism) and the LGBTQ+ (lesbian, bisexual, gay, transsexual, queer, etc.). Unconditional love ends up meaning little more than "let the kids have their fun". Through the secular prism, agape becomes something like hyper liberalism - summed up as "anything goes" - which is the optimistic complement of the pessimistic secular belief that "nothing matters".

At the end of the film, the previously hostile and violent characters hell-bent on destroying the protagonist are, through the magical fulfillment of their personal, idiosyncratic erotic proclivities, as she showers them with her new-found agape, completely neutralized as they lie around sucking, licking and being spanked, each in his, her or their own private reverie.

Is this what Saint Augustine meant when he said "love and do what you will"? Was he a hyper liberal? Obviously not. The key difference is this: Augustine is talking about spiritual agape, the love of God, not the human idea of it. The human idea is purely logical - unconditional love should logically imply total permissive acceptance - "anything goes". However, spiritual agape is a living force, energy, power, not just a mental idea or attitude.

If you are filled with love of God, you are filled with the Holy Spirit, which is to say, you are filled with holy love-energy. What Augustine is saying is that if you are filled with holy love-energy, whatever you do will be good, so there's no need to worry about working out what you should or shouldn't do or why you should or shouldn't do it. Agape, the love of God, will flow through you so that you do the right thing.

Which doesn't mean that you will do anything or that anything goes. You will do those things which the holy love-energy moves you to do. In other words, the "do what you will" part doesn't mean "do what you want", it means "act freely in accordance with the dictates of your will when your will is perfectly aligned with the will of God in the fullness of His love".

The redeeming love that the film (and secular humanism) offers to the problem of teenage nihilism is the unconditional love of a mother for her daughter. However, the natural love of a parent for a child (storge) is not really unconditional unless it is underwritten by the supernatural love of God (agape). There are always strings attached.

Equally, the rational answer that the film (and secular humanism) gives to the problem of teenage nihilism, "we must cherish those rare moments that actually make sense", just like the humanist sop, "you must make your own meaning", has no foundation without the possibility of non-contingent truth. Accidental sense in a nonsensical multiverse and arbitrary meaning in a meaningless one is too close to nihilism to stop at least half the teenage Joys from diving straight into the black bagel.

Either you believe in love or you believe in evolutionary adaptations, the survival advantages of which are to nurture helpless infants (*storge*), to bond in tribal groups in order to gain a competitive edge over other groups (*philia*) and to reproduce (*eros*). Either you believe in "natural" love or you believe in "supernatural" love (*agape*). If you believe in the latter, not only do you have a romantic sensibility, you also have a religious one.

Belief in love is the gateway drug to belief in truth, belief in goodness, belief in beauty and ultimately belief in God. God is love. This is what will set you free, not the half-arsed stoicism and sentimentalism of secular humanism or the confused love of Hollywood.

Unconditional Love

The thing which make people shed tears in therapy or on psychedelics is the realization that they weren't loved or that they didn't love enough. The unloved child neglected by messed up parents is flooded by waves of self-compassion. The unloved parent neglected by a messed up child is sent waves of love, grief and sorrow. "I love you, I'm sorry, Please forgive me, Thank you."

It may be a present or past romantic partner, an ex or a spouse, or a friend, or an enemy. "I love you, I'm sorry, Please forgive me, Thank you."

The only love that truly heals the human heart is the love that forgives, that is, unconditional love. Parental love is unconditional. It is more than *storge*, affection, *philia*, friendship, or *eros*, erotic love. It is *agape*, unconditional love, love that rains on the just and the unjust. It is an expression of the universal love that binds the universe, in religious language, the love of God.

An earthly father should channel the unconditional love of our heavenly Father. As should an earthly mother of course. (Please don't get hung up on gender issues - I won't go into that here). But the love of a good father (and mother) is paradoxically both conditional and unconditional. Otherwise there would be no guidance and no correction. Sometimes tough love is what is called for.

In any case, when our connection to the source of all love, conditional and unconditional, at the apex of the soul, where the human meets the divine, is broken, things fall apart. This is the Fall, when we are banished from the Garden of Delight, when Babylon system rushes in to enlist the lost, loveless souls into its army of producers and consumers of sugar water.

Babylon system is and always has been run and maintained by an army of addicts, hungry ghosts who can never satisfy their craving for love, because they are looking in all the wrong places.

But a broken and contrite heart God will not despise. That's how the light gets in.

Love and Will

A loving person will participate in and enjoy, give and receive, love in the form of *storge*, *philia* and *eros*, that is, affection, friendship and romantic love.

A moral person will act according to the moral demands of *care vs harm*, *fairness vs cheating*, *authority vs subversion*, *loyalty vs betrayal*, *sanctity vs desecration* and *liberty vs oppression*.

A moral, loving person, particularly one sensitive to the vital energy and force of love and will, would be perfectly justified in considering themselves "spiritual" as a token of their moral and loving nature. In a census, if they happen not to have any determinate religious faith, they would probably tick the box marked SBNR, that is, spiritual but not religious.

But what is "religious" exactly? According to non-religious people, a religious person is someone who assents to and abides by the particular set of predetermined rules and propositions established by some or other organised religion, who joins in their rituals and festivals and who perhaps engages in some of the recommended spiritual practices.

This is how it looks from the outside. For some people, how it looks is basically how it is.

However, a genuinely religious person, one with a living faith, which is to say, one who lives, moves, and has their being

in the presence of the numinous and the holy, is something else besides.

A spiritual but not religious person, whatever their purported spiritual beliefs, will value human love and will (including love and will directed towards the non-human). The love of plants and animals, and of nature in general, is not just a casual aside, of course. It is precisely this love and sense of moral obligation which prompts SBNRs to consider themselves "spiritual" in the first place, since it transcends the merely human. Love of the natural world distinguishes them from the "un-spiritual" masses, who only seem to care for themselves and other humans like them.

Consequently, the implicit spirituality of SBNRs will in most cases find its explicit expression in some form of nature religion, whether neo-pagan, animistic, pan-indigenous, or New Age.

This is not something that can or should be sneered at or taken lightly. It provides a genuine spiritual core of meaning, purpose, kindness, love, compassion and good will towards all sentient beings, itself clearly a powerful force for good in the world.

But it is not religious. A religious person is oriented not towards human love and will, but towards divine love and will, love of God and obedience to God.

As C.S. Lewis argued, and as I have argued elsewhere (eg. In "Hollywood Love Confusion"), there is a love above and beyond *storge*, *philia* and *eros*. This is the love of God, *agape*. Similarly, there is a moral foundation above and beyond the

six described by Jonathan Haidt (in *The Righteous Mind*). This is *obedience vs rebellion*.

The Bible, for example, can be read as one long, sustained meditation, over many centuries, on the activity of the love of God on a portion of humanity and of that portion of humanity's obedience vs rebellion against it. The alignment of human love and will to the divine love and will are the sole or primary focus of the religious, who therefore says, with the Shema Yisrael, "love the Lord your God with all your heart, all your being, and all your might", and with the Pater Noster, "Thy will be done".

The three human loves and the six moral foundations listed above are, for the religious, contained within the one transcendent rule of the love of God and obedience to God. Human love and will are not ignored or discarded, but taken up in a holy embrace.

Moral, loving people, spiritual, sensitive, intelligent, educated though they may be, cannot understand this. It takes faith. And it seems that people either have it or they don't.

Which is why it is much easier to answer negatively to the question, "are you religious?" than to the question, "are you spiritual?" Ideological reasons aside (apart from militant atheists and scientific materialists basically) everyone likes to think of themselves as spiritual to some degree. Everyone feels the pull of love and good will. But everyone also knows, deep down, that the mysterious category of *the holy* is the exclusive preserve of *religious* experience. The love of God and the will of God are alien concepts to the non-religious, even distasteful ones. So it's easy to say "no".

The leap of faith is a leap too far for most people, especially for modern, post-Enlightenment, post-Christian people, even if they do encounter the numinous, in powerful psychedelic experiences for example. But it has ever been thus:

"And when they agreed not among themselves, they departed, after that Paul had spoken one word, Well spake the Holy Ghost by Esaias the prophet unto our fathers,

Saying, Go unto this people, and say, Hearing ye shall hear, and shall not understand; and seeing ye shall see, and not perceive:

For the heart of this people is waxed gross, and their ears are dull of hearing, and their eyes have they closed; lest they should see with their eyes, and hear with their ears, and understand with their heart, and should be converted, and I should heal them."

(Acts 28: 25-27)

Faith Healing

According to Paul Tillich, faith is not just the antidote to doubt and meaninglessness, but to the existential anxiety produced by doubt and meaninglessness. He also argues that other sources of existential anxiety, such as guilt and

condemnation, and fate and death, can only be overcome through faith.

Tillich makes a distinction between ordinary anxiety, "pathological anxiety", and existential anxiety. Existential anxiety is ultimately at the root of all particular, neurotic, pathological anxieties, and whereas a certain amount of faith can assuage these, we need "absolute faith" to deal with the deeper, underlying anxiety.

Chronic anxiety is well understood to produce both mental and physical problems, through stress hormones such as cortisol, for example. And existential anxiety is by its very nature chronic. It is an underlying dis-ease, something akin, perhaps, to the suffering that the Buddha spoke about, *dukkha*.

This chronic, existential anxiety and suffering is usually pushed into the unconscious, below the level of awareness. It manifests itself in fits and starts through anxious thoughts and feelings, but also somatically, primarily through muscular tension. The physical discomfort can become quite unbearable and debilitating, experienced in its acute phases as a "pain body" (Eckhart Tolle).

Tolle makes the point that the central Christian image of a suffering man on a cross resonates with many people because it so powerfully represents the existential condition of the pain body. The Christian belief that Christ can take away the pain, that he has magical healing power to take away "the sins of the world" as well as the pain that goes with it, obviously requires a leap of faith.

But if absolute faith is the antidote to existential anxiety, which is the underlying cause of the pain body, then faith heals. And absolute faith in the saving grace of Christ heals.

"For she said within herself, If I may but touch his garment, I shall be whole. But Jesus turned him about, and when he saw her, he said, Daughter, be of good comfort; thy faith hath made thee whole. And the woman was made whole from that hour."

(Matthew 9: 21-22)

Who Wants to Be a Saint?

The lynchpin of the human ego system is the Diva, a sense of specialness, even superiority, over everyone who isn't me. If not the master of the universe, I am at least the centre. Narcissism, whether overt or covert, is inevitably baked into the fabric of the human ego.

Babylon is what you get when you have a family, tribe, village, city, nation, world of egos living together. To accommodate each other, and co-exist with some degree of stability, however, people must take different roles. Obviously, not everyone can be a Diva all the time. The cat fights would be spectacular.

So we end up with all sorts of ego contortionists rubbing up against each other. Somehow, the wheel keeps on turning. It's not ideal of course. People suffer from all sorts of physical, mental and emotional abuse and neglect, from other egos as well as their own. We put a brave face on it all, but are dimly aware that our self-centredness poisons everything, including our so-called happiness.

Is it possible to start again and establish society on a different basis, as the Israelites tried to do when they fled from Egypt and followed Moses into the wilderness in search of the Promised Land? As Buddha's followers tried to do when they fled Samsara in search of Nirvana and the Pure Land? As Christ's followers tried to do in search of the Kingdom of God? Is it possible to base your life, not on ego, but on *no-ego*?

Just as the Diva archetype is the lynchpin of the human ego, so is the Mystic archetype the lynchpin of the human no-ego. The very definition of a mystic is someone who has transcended their ego. Nobody has a monopoly on egolessness, and nobody has a monopoly on mysticism. As soon as you claim it as "yours", the ego has slipped back in and you've lost it.

The egoless state can be expressed in different ways, whether theistically or non-theistically. The God Idea is very useful, but not essential. You can say "let go and let God" but you can equally say "let go and let Be". If you insist on one or the other, you've lost it. Egolessness transcends all ideas and concepts.

To be a mystic, the important thing is not what you say, or even what you do, but what you are, which is nothing. To "be nothing" is to be a soul rather than an ego. The Soul Idea is

very useful, but again, not essential. Buddhists prefer to stick with the idea of no-ego, *anatta*.

All the qualities and archetypes of the human soul system flow from this mystical state of no-ego. If they are well developed enough to outweigh their ego counterparts, so that the Mystic is stronger than the Diva, the Shaman stronger than the Demon, the Warrior stronger than the Victim, the Monk/Nun stronger than the Addict, the Philosopher stronger than the Muppet and the King/Queen stronger than the Muggle, you are technically a saint.

Sanctity must start with ego-dissolution. Some achieve this through prayer and meditation, spiritual practices and religious faith. Others need a little help from our mushroom friends. Either way, it's not easy. You have to want it, for a start. But in peak Babylon, who wants to be a saint?

Intimacy

The teenage years are when we typically develop a taste for intimacy. This can take many forms. The most obvious is the burning desire to get laid, a common thread running through popular American teen movies, from John Hughes classics like *Weird Science* to *American Pie*.

Teens crave physical and sexual intimacy, but they also crave emotional and psychological intimacy. As a teenager, I wanted to get laid, and be intimate with a girl's body, but I

also wanted to be intimate with her heart and her mind. A girlfriend wasn't just a "fuck buddy" but someone I could potentially get to know more deeply than anyone else, even deeper perhaps than social convention allowed for.

I was a hopeless romantic as a teenager. I read lots of poetry and novels. I wrote love letters. I listened to Billie Holiday. I felt that ordinary life was hollow and superficial and wanted to find something deeper and more meaningful. I was lonely. I craved intimacy. I felt special, set apart from the crowd, but really I was just a typical teenager.

Although I wasn't explicitly aware of it at the time, most of my emotional and intellectual energy revolved around the idea of intimacy. My best friend and my girlfriend were my male and female "intimacy buddies". We could explore deep feelings and ideas together. Marijuana was another "intimacy buddy". It allowed me to be intimate with myself, with my senses and the inner workings of my mind.

Reading great writers and listening to great music afforded me a special intimacy with the great minds and souls of the past. Clubbing and raving on Ecstasy and LSD afforded me intimacy with strangers and a collective "hive mind". Meditation retreats and long country walks deepened my intimacy with nature and silence.

Very soon it became clear to me that the world is divided between those who are open to intimacy and those who are closed. One of the questions that has haunted me throughout my psychotherapy career is *why*? Some people suffer because they cannot satisfy their buried desire for intimacy, but others seem to get along just fine without it. Why? There is no simple answer. Perhaps we are just born that way.

People clearly vary when it comes to the degree of emotional and psychological intimacy they can bear, but they also vary when it comes to spiritual intimacy. Some people heed the Delphic inscription *Know Thyself* and make it their life's goal and mission. Some people burn with a holy desire to *Know God* and to be as intimate with Him who is "closer than your jugular vein" as Brother Lawrence and Thomas Traherne were. Some even smoke weed or drink ayahuasca to help them. Most people, however, are either indifferent or disapproving of this quixotic behaviour.

Socrates famously said, "the unexamined life is not worth living". He was talking about an intellectual intimacy with life, which he, as a member of the class of teens and adults who are open to intimacy, could not imagine a meaningful life without. For those of us who value intimacy on all levels, and not just on the intellectual, philosophical level, I say rather, "the distant life is not worth living".

The Nature Connection

There are three approaches to dealing with climate change and other environmental problems: technological, political and spiritual. Bjorn Lomborg and Bill Gates in their different ways promote the first approach. They advocate for increased investment in innovation and research as the best hope of finding real solutions to these real and pressing problems. George Monbiot and Greta Thunberg promote the second approach. They want a carbon tax, more regulation and more

binding international treaties to legally force governments, corporations and the oil industry to change their ways.

Skeptics of the first approach call it "techno-utopianism" and "the myth of progress". Skeptics of the second approach call it "eco-fascism" and "a communist plot". As you can see, the fault line is political. It's right wing bottom-up "big market" solutions vs left wing top-down "big government" solutions. The former are optimistic Pollyannas and the latter are pessimistic Eeyores. The former tend to think that everything will sort itself out eventually through the appliance of science and human ingenuity and the latter think we're doomed unless we take extreme emergency measures right now.

The third approach is spiritual. It sees our ecological crisis as a symptom of a wider spiritual crisis. In this view, something has gone wrong with our relationship to the natural world which needs to be put right. If we continue to treat Nature as a resource, only there to satisfy our own greed and insatiable appetites, so what if we have unlimited clean energy or martial law? Won't we eventually destroy ourselves and the planet anyway?

This approach is clearly more philosophical. It asks questions about intrinsic value and human nature. If we could manufacture a futuristic world of high-tech artificial intelligence running on an inexhaustible source of clean energy (some kind of nuclear fusion perhaps), so that we could live a life of limitless consumption and entertainment with no environmental costs, would we want it? Is this transhumanist vision recognisably human? Surely it would end up as some version of Aldous Huxley's *Brave New World*.

Alternatively, if we could establish a totalitarian surveillance state that uses artificial intelligence to impose strict limits on everyone's consumption in order to reliably safeguard and protect the natural world, would we want that? Wouldn't that be just another version of George Orwell's *1984*?

Advocates of the third approach, such as Paul Kingsnorth, are skeptical about the first two approaches. Perhaps there are partial political and technological solutions in the short term, but in the long term, we need to radically re-consider our modernist assumptions about our place in the world. We need to ask ourselves if we are acting like spoilt gods, as Yuval Noah Harari argues in *Homo Deus*, or if we are dangerously left-hemisphere dominant, as Iain McGilchrist argues in *The Master and His Emissary*. Can a culture with no place for the sacred survive? However politically powerful or technologically advanced? As W.B. Yeats put it, "things fall apart; the centre cannot hold".

The spiritual approach is about inner change rather than outer change. It's about a change in outlook and values, a revolution in consciousness. How is this possible? It is difficult to imagine how this might happen without a conversion experience. You can't just reason yourself there. Climate data and environmental propaganda are not enough. The change must be emotional and psychological as well as rational. And it must be deep.

Sam Gandy, a researcher at Imperial College London, has been looking into the relationship between psychedelics and biophilia, the love of nature. It seems that psychoactive plants and fungi such as ayahuasca and psilocybe cubensis do indeed provoke a profound reorientation in our attitude to the natural world, which is often experienced as a kind of spiritual

awakening. Could this be Nature's way of bringing us back into alignment? Is it a coincidence that psychedelics have become so prevalent now, just at this crisis point in our collective cultural evolution?

It is our disconnection from any sense of the sacredness of Nature that has brought us to this pass. We have sacrificed Her on the altar of economic growth and progress, sold on an anthropocentric fantasy of technological mastery and independence. So, whilst continuing to pursue the first two strategies in our battle against environmental catastrophe, we mustn't lose sight of the third.

The World, the Earth and the Heavens

The socio-cultural world of human intercourse, the world of getting and spending, is too much with us. Or rather, we are too much with it. Why? Because it's the only world we know. Or rather, it's the only world we know intimately.

Some people are drawn to the peace of the woods and the mountains. They love to ramble alone, feel the cool air on the face, watch the clouds scud across the sky, the dappled light dance through the leaves. William Wordsworth dedicated his life to expressing the wonder felt by the Soul in Nature. The world of the Lakeland poets was not "the world", but Nature, "the earth":

The world is too much with us; late and soon,
Getting and spending, we lay waste our powers;—
Little we see in Nature that is ours;
We have given our hearts away, a sordid boon!
This Sea that bares her bosom to the moon;
The winds that will be howling at all hours,
And are up-gathered now like sleeping flowers;
For this, for everything, we are out of tune;
It moves us not. Great God! I'd rather be
A Pagan suckled in a creed outworn;
So might I, standing on this pleasant lea,
Have glimpses that would make me less forlorn;
Have sight of Proteus rising from the sea;
Or hear old Triton blow his wreathèd horn.

Nature lovers have one foot in the human world and one foot in the natural world. Sitting by a stream, following the eddies of water, they may completely forget their worldly cares and worries and enter a state of quiet contemplation and communion with Nature. Some might make a conscious attempt to still the mind and relax. They might call what they are doing "meditation" or "mindfulness". What they are really doing is retreating from "the world" and stepping onto "the earth".

There is a tug-of-war in the human heart between "the world" and "the earth". For most people, "the earth" is just a holiday from "the world", a temporary respite from the responsibilities and pressures of work and family life. Mostly they are in the world, but just occasionally, in the woods, by the sea or up a mountain, they find themselves on the earth.

People who feel a strong nostalgia for the earth feel homesick and sad in the world and long to reverse the

dominance hierarchy so that the world is on the earth instead of the earth being in the world. Most are also fervent environmentalists, lamenting the destruction of the natural earth by the human world. Some even consider their love of the earth as a religion, as in the Water Protector slogan, *The Earth is My Church, Nature is My Religion*.

There is "earth religion" and there is "world religion". We generally think of earth religion as some kind of indigenous shamanism or paganism, "a Pagan suckled in a creed outworn", but it is also at the heart of Taoism and Zen Buddhism. Through mindfulness and immersion in Nature, the followers of earth religions free themselves from the "mind-forg'd manacles" of the social world and enter a place of original natural innocence and vitality.

"World religion" is secular humanism. The focus is primarily on the world of human culture and the improvement of society. It generally manifests itself in the guise of politics, whether through an incremental, progressive creed or a utopian, revolutionary one. Environmentalism may play a subsidiary role in the overarching political agenda, but only because "the earth" is seen as an important aspect of "the world", just one item among the many clambering for "social justice".

In the psycho-spiritual battle between "the world" and "the earth", the world generally wins, and the earth devotees end up resentful and depressed. Worldly duties and responsibilities, as well as the incessant psychic attacks from the entertainment media, the news media and social media, make it exceptionally difficult to stay grounded on the earth, as the Huni Kuin tribe from the Brazilian Amazon realised:

"In 2000, Ninawa Pai Da Mata decided to move his village deeper into the jungle, in Acre state, in an attempt to protect and revive traditional life. 'We had to move to escape many things the westerners brought - alcohol, foreign music - and to embrace our own culture and spirituality again, to listen to the wisdom of nature,' he says." Jane Dunford

Not everyone can move deeper into the jungle though. Or move to the Lake District. And the pull of the city and the internet is strong. Modern trains and broadband are fast. And the pull of work, family and friends is generally stronger than the pull of the trees and rivers. Life is expensive and demanding.

The history of Western Imperialism (as well as Eastern Imperialism) testifies to the victory of "world religion" over "earth religion", of science and technology over nature and spirituality. But it's not just indigenous earth religions that have suffered from the spectacular success and dominance of the secular world religions. The "heaven religions" have also suffered.

Modern secular people think that they live in the world, and that part of the world involves going for walks in Nature. There is nothing else. Heaven and hell are just fictions or psychological projections, the figments of a delusional medieval religious imagination. Modern secular people who hanker after a "creed outworn", neo-shamanism, neo-paganism, neo-"earth religion", believe in living as close to Nature as possible, with as little Culture as possible, but they don't usually believe in heaven or hell either. And they certainly don't like the idea of "our Father, who art in heaven".

Genuine shamans not only believe in heaven, but they go there all the time, through vision quests and soul flights. Their magical brews take them beyond the world and beyond the earth to another, transcendent reality, sometimes blissful and full of awe, sometimes painful and full of horror. Sometimes "heaven" but sometimes more like "hell".

Every time I take a strong dose of a psychedelic in a ritual setting, whether ayahuasca, DMT, psilocybin or LSD, I end up in a strange but familiar place I can only describe as heaven. It can get a bit rocky and turbulent at times. Occasionally it can feel as if I am on one of the lower rungs of hell or being dragged backwards through an infinite hedge of purgatorial fire. But it is recognisably a kingdom of heaven.

When I come back down to earth, I invariably find myself *on earth* and not in *the world*. I feel compelled to go for a walk in the countryside or in a park. I feel connected to the trees and the water, the earth and the sky. Suddenly, the world is no longer too much with me. It has shrunk in size from that of a giant Empire State Building devouring octopus to that of a tiny gad fly.

Heaven and earth are more than a match for the world. But earth without heaven always seems to lose. Hence the need for something like *Shamanic Christian Zen*, which puts the world in its place, on the earth and under heaven. The world is too much with us because we have forgotten about the earth and heaven. We have turned from the true Trinitarian God of earth, world and heaven and worshipped a false mono-god, followed false mono-prophets and sold our souls to a false mono-religion: "the world".

If you treat "the earth" and "heaven" as escapist holidays from "the real world", you are at heart a devotee of the world, a secular humanist, even if you profess otherwise. You may cultivate mindfulness, go wild swimming or forest bathing for improved physical, mental and spiritual health; you may even take psychedelics or enjoy religious services (or both at the same time). But, as Thomas Traherne put it centuries ago, "till the Sea itself floweth in your veins, till you are clothed with the heavens, and crowned with the stars" and "till you are as familiar with the ways of God in all Ages as with your walk and table", in other words, until heaven and earth are more powerful and real, more salient and meaningful, more close and intimate than the human world of getting and spending, "you never enjoy the world aright".

Or put it this way: unless you spend time alone before God on earth and in heaven, your worldly religion is none of His, whatever you may profess.

Religion and the Psychedelic Renaissance

The main focus of the so-called Psychedelic Renaissance is on the therapeutic benefits of classic psychedelics such as psilocybin and empathogens such as MDMA. Research funding depends on clearly defined objectives and positive outcomes and mental health is an area where there is clearly great need and also great promise.

Everyone is writing about the mental health benefits of psychedelics, how they can help with depression, anxiety, addiction, PTSD, fear of death, etc. This is a very exciting development which offers hope to millions of suffering people.

But should the use of psychedelics be limited to people suffering from mental health problems? What about healthy people? Can they benefit? If so, in what way?

Outside the therapeutic context, there is recreational use, exploratory use and ceremonial use. Recreational use is really just about having fun. This is not necessarily as trivial as it sounds. Having fun with friends on psychedelics is a very intimate and bonding experience which strengthens and deepens relationships. A society of people who have fun together with this level of intimate intensity is a healthier and happier society than a society of atomised individuals.

Exploratory use is about solving problems. The pioneers of the internet famously took LSD to help them solve intractable technical and conceptual problems. Many psychologists and philosophers also take psychedelics in order to give them insights into their respective fields. William James is a famous example. According to Stanislav Grof, researching consciousness without using psychedelics is akin to exploring the cosmos without a telescope. Peter Sjostedt-Hughes, the panpsychist philosopher of mind and author of *Noumenautics*, would concur.

Ceremonial use is about spirituality. Since psychedelic sacraments are primarily used in the Americas (ayahuasca in the Amazon basin, peyote and magic mushrooms in Central and North America), ceremonial use is strongly associated with these indigenous traditions. But alternative ceremonial

contexts are emerging all over the world as psychedelics spread through the population.

Mostly, in the West, these take the form of syncretic New Age groups, combining elements of traditional shamanism and contemporary transpersonal psychology and philosophy. There are also attempts to introduce (or re-introduce) the use of psychedelics into established world religions such as Christianity and Judaism.

I am interested in the therapeutic use, the recreational use and the exploratory use of psychedelics, but my main focus is on the ceremonial use. This is where I think that psychedelics can do the most good. In my view, Western civilisation is going through a spiritual crisis, and the mental health crisis is a symptom of this deeper crisis. Beyond "treatment" in a medical context, I believe we need "practice" in a spiritual context.

Psychedelics can help us reconnect with religion directly. Our culture has become so intellectualised, that people think that they are doing religion when they read books and listen to lectures and sermons and talk incessantly about religious ideas. There is value in this approach, of course. But it's not really religion. It's philosophy. It's *Jnana Yoga*, the yoga of knowledge.

Religion is *Bhakti Yoga*, the yoga of devotion. Faith, hope and love (St. Paul's famous trinity in his first letter to the Corinthians) are things to be directly experienced and embodied, not just ideas for analytical debate. You don't need to think about religion very much. You just need to experience it and follow it in simplicity and faith. Faith is key. And because psychedelics are such powerful experiential tools, they can shake us out of our habitual analytical, left hemisphere

dominant, mode of being and hit us directly with religious feelings and concepts such as faith, hope and love, which cannot be reasoned out, but must be directly intuited.

I subscribe to an integral spirituality, which includes multiple modes of experience, perception and understanding. I have identified six modes, represented by six archetypes and six yogas:

The Mystic (*Dhyana Yoga*, the way of meditation)

The Shaman (*Kundalini Yoga*, the way of energy)

The Warrior (*Karma Yoga*, the way of action)

The Monk/Nun (*Bhakti Yoga*, the way of devotion)

The Philosopher (*Jnana Yoga*, the way of knowledge)

The King/Queen (*Raja Yoga*, the way of Self-Realisation)

It is important that none of these disciplines colonize the others. Each has its own autonomous field of activity, although they are all interconnected. For the Mystic, there should be nothing but meditation; for the Shaman, nothing but energy; for the Warrior, nothing but movement; for the Monk/Nun, nothing but religiosity; for the Philosopher, nothing but contemplation; for the King/Queen, nothing but presence.

In post-Christian Western culture, there is a hunger for genuine spirituality. However, among atheists and agnostics, even anatheists, religion is still problematic. There is huge resistance to the idea of devotion. There is no trust and no faith. Therefore, Bhakti Yoga is easily overlooked, neglected

and ignored in favour of other practices. Typically, Jnana Yoga (philosophy) and Raja Yoga (psychology) step in as surrogate religions. However, a "Religion of the Mind" and a "Religion of the Self" can easily degenerate into intellectualism and solipsism.

Religion shouldn't colonize everything else. But neither should anything else colonize religion. Without faith, hope and love, the result is even worse than a clanging cymbal.

The Word Made Flesh

"And the Word was made flesh, and dwelt among us, (and we beheld his glory, the glory as of the only begotten of the Father,) full of grace and truth."

(John 1:14)

The Word ("el Verbo Divino" in Spanish) is a fairly clumsy translation of the original Greek word, *Logos*. For the Stoics the Logos was the principle of divine reason and creative order pervading and animating the universe. It was the kind of "logic" (from logos) that held everything together.

If we think of the Logos as a kind of spirit, then John's statement that the Word was made flesh means that this spirit became fully embodied, fully incarnated ("carne" means flesh). It is a statement of radical nonduality: spirit and flesh are one.

How this happened is a mystery, but the Christian faith rests on the belief that somehow Jesus was this nondual spirit-body or God-man, full of grace and truth.

Now "grace" and "truth" are clearly two aspects of the broader concept of the Logos. But they are also words. You could say that the words themselves, like everything else in the universe, are animated by the Logos. There is a kind of spiritual power in these two words. If you meditate on the word "grace", for example, repeating it quietly to yourself over and over, you will eventually feel this power, which is not just a form of energy, but is pregnant with meaning.

Perhaps there is value in translating Logos as Word after all. If you meditate on the word "grace" for an extended period of time every day, it will become your mantra. At a certain point, you will have internalised it to such an extent that it will make perfect sense to say that this word has been made flesh. It is now a part of your very being.

You are what you eat. The food you put in your mouth is digested and metabolised and transformed into energy. The same is true of the words you put in your heart. However, we are not normally aware of this fact, since we usually read and hear all sorts of words in a fairly random, chaotic way, so that each individual word barely registers.

For a word to be "made flesh", it has to be treated with special reverence and given special attention. It has to be a mantra. Liturgical prayers are mantras. They are repeated over and over again until they sink deep into the subconscious, deep into the body. Sacred scriptures are potentially mantras. Read in the right spirit of reverence and attention, they

permeate your very flesh. It turns out that the flesh is in fact, in some mysterious panpsychist way, conscious.

The word is made flesh because mind and body are not-two. Therefore we become what we think and say, hear and read. If you truly believe in the Incarnation, you will become the Incarnation. The Word will become your flesh too. But it requires conscious intention, active attention, lively faith and dedicated practice. As Zen Master Dogen was fond of saying, "practice and enlightenment are one and the same".

Psychedelic Baptism and Psychedelic Communion

Baptism is an initiation rite that uses water as the elemental symbol of spiritual purification.

The idea is that through baptism you are cleansed of your sins so that you can embark on a new spiritual life with a clean slate and a clear conscience. You are "born again" into a completely different mode of being. Symbolically at least, you are free of your besetting sins, whatever they may be.

You could say that the clinical use of psychedelics for the treatment of conditions such as anxiety, depression or addiction is a kind of baptism by fire. It is an intense form of therapy whose effectiveness depends on the direct confrontation of the sufferer with his or her deepest

psychological issues. Sometimes, it seems that water just isn't enough, as John the Baptist indicated in his famous prophecy:

"I indeed baptize you with water unto repentance: but he that cometh after me is mightier than I, whose shoes I am not worthy to bear: he shall baptize you with the Holy Ghost, and with fire."

(Matthew 3:11)

In the clinical context, it is primarily those issues around greed (addictions), fear and anxiety (a victim mentality) and depression and despair (inner demons) that the psychedelic therapists focus on. These are represented in the Tibetan Wheel of Life by the lower three realms, the hungry ghost or "addict" realm, the animal or "victim" realm and the hell or "demon" realm. The hope is that intense psychedelic therapy can go some way towards curing these seemingly intractable conditions.

In a spiritual context, there are also the higher three realms to take into account, namely the human "muggle" realm, the fighting spirit "muppet" realm and the heavenly "diva" realm. These must also be cleansed and purified before the neophyte can enter the Holy of Holies.

Conceited divas are not fit for the spiritual life:

"It is easier for a camel to go through the eye of a needle, than for a rich man to enter into the kingdom of God."

(Mark 10:25)

Revolutionary muppets are not fit for the spiritual life:

"Beware of false prophets, which come to you in sheep's clothing, but inwardly they are ravening wolves."

(Matthew 7:15)

Reluctant muggles are not fit for the spiritual life:

"And he said unto another, Follow me. But he said, Lord, suffer me first to go and bury my father. Jesus said unto him, Let the dead bury their dead: but go thou and preach the kingdom of God. And another also said, Lord, I will follow thee; but let me first go bid them farewell, which are at home at my house. And Jesus said unto him, No man, having put his hand to the plough, and looking back, is fit for the kingdom of God."

(Luke 9: 59-62)

Neither Muggle, Muppet or Diva, nor Addict, Victim or Demon is fit for the spiritual life. However, these ego structures are burnt up by the miraculous effect of the Holy Spirit in a psychedelic baptism of fire. Then, and only then, is communion of the soul with God in the psychedelic kingdom possible.

There are therefore two stages in Shamanic Christian Zen training: Psychedelic Baptism and Psychedelic Communion. And you can only partake of the second once you have undergone the first. As Thomas à Kempis, always succinct and to the point, said, "the reason why so few receive inward light and freedom is because they cannot wholly renounce self."

The Psychedelic Christ

"I am that bread of life."

(John 6:48)

There is a hidden mystery within Christianity which is slowly coming out of the shadows in our time. This is the secret of the Psychedelic Christ. It has recently been explored in Brian Muraresku's 2020 book *The Immortality Key: The Secret History of the Religion with No Name*, but first entered public consciousness fifty years ago in John Allegro's 1970 book *The Sacred Mushroom and the Cross: A Study of the Nature and Origins of Christianity Within the Fertility Cults of the Ancient Near East*.

The claim is that Christ is a magic mushroom. Barely stated like this, it sounds utterly preposterous. You can just see the village parson spluttering over his tea or the Vatican Curia over their cappuccinos. Let's temper and refine the claim a little to save their stoles. Firstly, Christ is not just a mushroom, but a cactus, a vine, and indeed any psychoactive substance with entheogenic properties (*entheogen* means "God manifesting"). Secondly, Christ is not exclusively understood as an entheogen: this is just the *Psychedelic Christ*. The traditional God-man of the gospels remains intact.

Allow me to quote further from chapter 6 of the gospel according to John:

"Whoso eateth my flesh, and drinketh my blood, hath eternal life; and I will raise him up at the last day. For my flesh is meat indeed, and my blood is drink indeed. He that eateth my flesh, and drinketh my blood, dwelleth in me, and I in him. As the living Father hath sent me, and I live by the Father: so he that eateth me, even he shall live by me. This is that bread which came down from heaven: not as your fathers did eat manna, and are dead: he that eateth of this bread shall live for ever."

(John 6: 54-58)

When it come to the claims of eternal life, and living for ever, I have personally experienced this under high doses of ayahuasca and pure DMT. These "immortality keys" unlock the innermost secrets of existence and life and death. However, the understanding they reveal doesn't translate well into ordinary human words, and I won't attempt it here.

Just yesterday I tripped out on some Aztec Gold mushrooms, which got me "thinking". I became acutely aware of the relationship between us: I was the "host" and the mushroom was my "guest". In a sense I had offered myself as a channel for the mushroom "intelligence" to live through me. (For an interesting exploration of the parasitical nature of magic mushrooms, see Merlin Sheldrake's illuminating *Entangled Life: How Fungi Make Our Worlds, Change our Minds and Shape our Futures*).

At the peak of this strange symbiotic communion between the human and fungal, I experienced a certain level of ego dissolution, so you could say that I sacrificed myself for the sake of the "self" of the mushroom. But the mushroom, in

being consumed by me, could also be said to have sacrificed itself.

As I reflected on the idea of the Psychedelic Christ, it was unclear who was the Christ in this situation. If I considered the mushroom itself as God, then I was somehow, as the "product" of its working through me, the Son of God. However, it wasn't really "me", rather the elevated consciousness inhering in me, the "Christ Consciousness", so that it felt more appropriate to say with Saint Paul, "yet not I, but Christ lives in me." (Galatians 2:20)

Yet I was a man and the mushroom was a mushroom, so I certainly seemed the more Christ-like. I felt a lot of discomfort in my body, which I associated with the suffering on the cross; I felt myself undergo a process of death and rebirth; I felt myself to be a holy sacrifice; I felt human and fallible yet divine and perfect. With hindsight it seemed the height of presumption and spiritual arrogance to call *myself* the Psychedelic Christ, even though I kind of was. The boundaries between God the Father, God the Son, God the Holy Spirit, me and the mushroom were blurred and confused and we all seemed to blend into each other.

In the cold light of (sober) logic: If "that bread which came down from heaven" refers to psychedelic food and drink ("flesh and blood") and is therefore "sent by God", and if Christ is directly associated with it ("I am that bread of life"), then clearly it is the mushroom that is the Son of God and the partaker of the psychedelic sacrament (the "Christian") merely participates in the life of the Son and through the Son with the Father that sent him.

"If ye had known me, ye should have known my Father also: and from henceforth ye know him, and have seen him." (John 14:7)

"At that day ye shall know that I am in my Father, and ye in me and I in you." (John 14:20)

So that the mushroom, the "bread of life", is the *Psychedelic Christ* and the mushroom-eater, the "communicant", is the *Psychedelic Christian*.

All the Christian themes of communion, sacrifice, regeneration, death and rebirth, immortality, etc., plus the themes of Jesus's ministry, teaching, healing, forgiveness of sins and performing of miracles, plus the twin spiritual processes of sanctification and deification, are contained in the mystery of the Sacred Mushroom, the Psychedelic Christ.

The DMT God and the Mushroom Christ

What's the difference between the DMT peak experience and the psilocybin peak experience? On DMT (or ayahuasca) you forget yourself and become God. You are the One Consciousness sustaining the entire universe. On magic mushrooms (psilocybin) you don't forget yourself but ascend to heaven and get as close to God as you can bear. God is experienced as an almost unbearable, alternately blissful and painful, source of infinite light and love.

On DMT you are God; on magic mushrooms you are the Son of God. DMT is Hinduism; psilocybin is Christianity. But if Bernardo Kastrup is right about the dissociative Cosmic Mind (our individual consciousness is just a dissociated aspect of universal consciousness) then which is closer to reality? DMT or mushrooms? If in reality all of reality is One Mind, then Hindu DMT is more real. But this unitive consciousness seems to be dissociated the other way: we remember the One but we forget the Many. If we grant ontological status to phenomena and the world of multiplicity, then Christian psilocybin is more real. As dissociated sparks of the One Mind, we can reconnect to the Source while maintaining our separate identities, like a child being reunited with a long-lost parent.

The relationship that is established on a breakthrough heroic dose of magic mushrooms is that between the Son of God and God the Father (to use the patriarchal Christian terms). This relationship affords the Son great power but also great pain and suffering, since he (or she) is simultaneously identical to and different from God. The unbroken thread between the world of the Many and the One is experienced as one of enormous energy and enormous tension, like a high voltage wire. On the one hand, the Son is God ("I and the Father are one" John 10:30) but on the other, the Father is infinitely greater than the Son ("the Father is greater than I" John 14:28).

This is why there is so much emphasis on suffering in Christianity and so little in Hinduism. When you are dissociated, you don't feel pain (which is why we do it!) If you have completely transcended the world of multiplicity in perfect *moksha*, where is the pain? There is only One without a Second. Therefore there is no friction and no pain. Alternatively, if you have completely dissociated from God the

other way, so that you are just a creature among creatures, your pain and suffering is limited to your relations with others, which is trivial compared to that arising from the friction between you and the immortal Source of all existence.

Buddhism is famously about the cessation of suffering; Christianity is about the harnessing of suffering. Self-realised yogis and enlightened Buddhists don't suffer very much (and neither do materialist atheists). Christians do (especially psychedelic Christians). This is the price you pay if you follow the Way, the Truth and the Life of the Son of God.

"But Jesus answered and said, Ye know not what ye ask. Are ye able to drink of the cup that I shall drink of, and to be baptized with the baptism that I am baptized with? They say unto him, We are able."

(Matthew 20:22)

Apocalypse

The Greek word *apokálypsis* doesn't mean "the end of the world"; it means "the unveiling". The Latin translation is *revelatio*, where *velum* means "veil": to re-veal something is to un-veil it. The last book of the Bible, the Book of Revelation, is an unveiling, an apocalypse.

The psychedelic apocalypse is the unveiling of heaven and earth. This is the meaning of Noah's nakedness:

"And he drank of the wine, and was drunken; and he was uncovered within his tent."

(Genesis 9:21)

But his sons Shem and Japheth covered him up again. Why? Not out of prudishness, but because, as T.S. Eliot put it, "humankind cannot bear very much reality". Humankind cannot live unveiled, apocalyptically. We need the veil. We need the blue pill.

But which veil? Do we need to cover our heads at all times? Do we need to grow beards? Do we need to follow a complex velum (from Proto-Indo-European *weg*, "to weave a web") and clothe ourselves from head to foot with laws and customs? Laws and customs enshrined in our holy Torah for example? Do we need "Tradition"? But which tradition?

What is the best kind of veil? A black, completely opaque veil shows nothing at all of that which it covers. A completely transparent one shows everything, and is no veil at all. The best veil is semi-transparent; it both hides and reveals:

"For now we see through a glass, darkly; but then face to face: now I know in part but then shall I know even as I am known."

(1 Corinthians 13:12)

To see "face to face" is to see the apocalyptic vision, as was revealed to Arjuna by Krishna:

"In your own body, Lord, I see the gods
And hosts of creatures, every kind of thing:
The Lord Brahma upon his lotus seat,
The seers of old and serpents of the skies.
I see you, Lord, so infinite in form;
On every side I see your myriad arms,
Your bellies, mouths and eyes; there is no end,
No place where you begin, nor one between.
O Lord of every form, O Lord Supreme,
Adorned with crowns, with club and discus armed,
A radiant mass of universal light,
Of blazing fire and bright effulgent Suns,
My eyes can barely see your boundless might.
O Lord Supreme, O Lord, immutable,
You who alone are worthy to be known,
Safe refuge of the world, and guardian Prince
Of that eternal Law that governs all,
You are, I deem, the ancient Soul of Man.
As I behold you, infinite in power,
Alpha and Omega of all that is,
With Sun and Moon for eyes and mighty arms
Commanding every side, I see your face
Blazing with purest fire, warming the world
With your benevolence. From heaven to earth
You fill each mote of air and part of space."

(Bhagavad Gita, chapter 11)

In the psychedelic apocalypse, the Vision of the Universal Form is un-veiled and then re-veiled. Sometimes you can almost physically see the veil descending once again as the vision fades. But the thickness of the veil determines the thickness of the cloud of forgetting. A tissue-thin veil can easily be pulled aside, prompting another remembering and

another apocalypse. A heavy dark cloth can cover the blinding effulgence and unbearable beams of love for countless aeons.

What is your veil? What is your religion? When was your last apocalypse? When will your next be?

*Veiling and Unveiling, Remembering and Forgetting;
Breath of God, Spirit of Life.*

The revelation of Jesus Christ was an apocalypse. What then is the post-apocalyptic veil that covers up this unveiling? Not the thick veil of the law, but the thin veil of faith:

"For I through the law am dead to the law, that I might live unto God. I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God"

(Galatians 2: 19-20)

"But before faith came, we were kept under the law, shut up unto the faith which should afterwards be revealed. Wherefore the law was our schoolmaster to bring us unto Christ, that we might be justified by faith. But after that faith is come, we are no longer under a schoolmaster. For ye are all the children of God by faith in Christ Jesus."

(Galatians 3: 23-26)

The veil that Christianity proposes is the minimal veil possible for humankind: the veil of faith.

Pray Without Ceasing

How it works is a mystery, but what is beyond dispute is that there is both upward causation and downward causation. Alter the structure of your brain by ingesting a psychoactive compound such as psilocybin and your consciousness changes. Alter the state of your consciousness by thinking certain thoughts and the structure of your brain changes.

The brain is like an instrument and the mind is like music. The kind of music you can play is constrained by the physical limitations of the instrument. However, unlike a physical instrument made of wood or brass, the brain is malleable and plastic. It is constantly morphing into different neural configurations. This means that the "music" you play on it actually changes the "instrument" it is played on. This is downward causation, or "mind over matter".

The most direct and powerful types of upward causation (excepting brain disease and injury) are effected by psychedelics. The most powerful types of downward causation are produced by meditation and prayer. Put a Tibetan monk in a brain scanner and you will see extraordinary changes in the activity and structure of his brain as he enters into higher stages of meditation.

Psychedelics cause temporary changes in human brain structure and consciousness, ranging from a few minutes to twelve hours or more. A magic mushroom trip (psilocybin) lasts around six hours, but peaks at around two hours. Meditation and prayer also cause temporary changes in

human consciousness and brain structure. With continued and repeated practice, however, these temporary states can become established in mind and brain as permanent traits.

This is why St. Paul exhorts his followers to "pray without ceasing" (1 Thessalonians 5:16). But what is prayer exactly? The simplest and most straightforward definition of prayer is the turning of the mind towards God, captured in the Greek word *metanoia*, which is often translated as "repentance", but which literally means something like "a turning about in the seat of consciousness". A nice image to illustrate this turning about is the sunflower's heliotropic movement to face the sun.

How can we do this? Most simply and straightforwardly, by *remembering God*. But what or who is God? Maybe we don't believe in God. Either way, do we really know what it is we do or don't believe in? Does it even matter? At the minimum, the word "God" refers to some kind of unity. Neo-Platonists would point to "the One". SBNR (spiritual but not religious) people usually plump for something like "Nature" or "the Universe". The Jewish Shema Prayer has set down for all time the fundamental declaration of the radical unity at the heart of monotheism: "Hear, O Israel: the LORD is our God, the LORD is one" (Deuteronomy 6:4).

To remember God is to bring this "One" to mind. We can do this by simply repeating the word "God" or "Lord" or even "the One" as a mantra. If we are drawn to the Indian tradition, we can repeat the word "Aum" or "Ram". By this simple movement of the mind away from the multiplicity of world and ego and towards the unity of God, we find stillness and a kind of unified consciousness of the mind.

This *metanoia* or turning to God in all simplicity is beautifully illustrated in "the practice of the presence of God" of the lay Carmelite monk Brother Lawrence. It is such an easy practice, it is easily overlooked by our proud egos, which prefer something clever and difficult to do. Brother Lawrence was uneducated and illiterate and worked in the kitchen. But he had deep understanding and he had deep faith. It is precisely because this practice of the presence of God is so easy, that it is so hard. It requires too much faith for people of little faith like us.

We can make the unity of God more intellectually satisfying, and perhaps easier for our clever egos to swallow, by noticing that there are actually three principles involved. The apparent unity is actually a trinity. This is expressed in the Christian tradition as *Father, Son* and *Holy Spirit*, but it also appears in other traditions as *Sat, Chit, Ananda* or *Parashiva, Shiva, Shakti*. This "Three-in-One" allows for a dynamic interaction between the transcendent, immanent and incarnate principles of reality, connecting Being and Becoming, the One and the Many, Heaven and Earth.

We can break this down further into seven principles, *Amun, Ra, Atum, Ka, Ba, Gaia, Jah*, which I won't go into here (chapter fourteen of my book *The Confessions of a Psychedelic Christian*, "The Presence of God", explains how the Seven are contained in the Three and the Three in the One). This may sound terribly esoteric but it is actually quite straightforward. The basic point I am trying to put across here is that by recourse to the One, the Three and the Seven, it is in fact possible to pray without ceasing, and in so doing, to conform ourselves to the body and mind of Christ.

Lord

Parashiva-Shiva-Shakti

Amun-Ra-Atum-Ka-Ba-Gaia-Jah

How to Approach the Unapproachable

Imagine that you are on your deathbed and the moment has come where there is nothing for it but to die. You give up the ghost. You let go. You surrender. You let yourself be taken.

Do this on "magic mushrooms" (I prefer "*holy* mushrooms") now, while you are still very much alive, and you will be transported to Heaven. What happens next will depend on the state of your soul. If it's not in good order, you will suffer. If you're in a particularly bad way, you will feel as though you've been plunged into the depths of Hell.

Hell is actually in Heaven. It is really just an intense form of Purgatory. Suffer it patiently if you don't want to make things worse for yourself. Learn the lessons you are given and accept the healing, however painful. Eventually, with repeated practice, and through many trials and tribulations, you will find that you have purified your sight sufficiently to see the Holy of

Holies, the Eternal Light. But you will also find that you still cannot be admitted into the presence of God.

Only the Son of God is admitted. If you want to come before God the Father therefore, you must "put on Christ". You must train yourself to be Christ-like on earth, through the imitation of Christ, and to be Christ-like in heaven, through mystical communion. "Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me." (John 14:6)

Like Jacob tricking his blind father Isaac by dressing up in the animal skins of Esau, you must trick God the Father by dressing up in the mind, body and spirit of Christ. Then He will give you your blessing.

Rudolf Otto describes precisely this need for clothing, veiling, covering or shielding oneself in order to approach God (the "numen") in his masterpiece *The Idea of the Holy: An Inquiry into the non-rational factor in the idea of the divine and its relation to the rational* :

"We meet the 'moment' of 'covering' in specially clear form in the religion of Yahweh, in its rites and the emotion they excite; but it is contained also, though more obscurely, in many other religions. It comprises, first, a manifestation of the numinous awe, viz. the feeling that the 'profane' creature cannot forthwith approach the numen, but has need of a covering or shield against the *óργή* [wrath] of the numen. Such a 'covering' is then a 'consecration', i.e. a procedure that renders the approacher himself 'numinous', frees him from his 'profane' being, and fits him for intercourse with the numen. The means of 'consecration', however - 'means of grace' in the proper sense - are derived from, or conferred and appointed

by, the numen itself, which bestows something of its own quality to make man capable of communion with it."

As the Gospel of Philip has it, "No one may visit the King without robes of light."

You could say that Christianity provides us with the kind of "cheat" familiar to gamers. Even though you are 'not worthy', even though you are 'profane', even though you are a 'sinner', you can still have an audience with God. How? Through the 'saving grace' of Christ, by imaginatively identifying with him and borrowing his numinosity. This is why he is said to "take away the sins of the world".

In reality, however, he only 'covers' our sin, in order that we may approach the Infinite Source of Life, and in so doing be cleansed, purified, healed, redeemed, remade and born again in the image of God, and made a child of God, and be given the keys to immortality.

So what does this communion with the numen yield? What is the blessing conferred by the Eternal Light, the enigmatic and unapproachable Ein Sof Aur? Seemingly, this mysterious thing called "eternal life":

"That which was from the beginning, which we have heard, which we have seen with our eyes, which we have looked upon, and our hands have handled, of the Word of life; (For the life was manifested, and we have seen it, and bear witness, and shew unto you that eternal life, which was with the Father, and was manifested unto us;) That which we have seen and heard declare we unto you, that ye also may have fellowship with us: and truly our fellowship is with the Father, and with his Son Jesus Christ. And these things write we unto you, that your

joy may be full. This then is the message which we have heard of him, and declare unto you, that God is light, and in him is no darkness at all."

(1 John 1: 1-5)

The Armour and the Robes

Put on the Armour of Light to protect yourself against the psychological attacks of the world (Babylon). Use the Holy Cross Mantra, the seven archetypes, the seven virtues and the seven transcendentals.

Put on the Robes of Light to protect yourself against the overwhelming power of the numen in the spiritual pleroma (Heaven). For, "no one may visit the King without robes of light."

The Robes of Light are co-extensive with the Armour of Light, but must approach verisimilitude with Christ himself. For, "no one comes to the Father except through me". (John 14:6)

Four Wise Monkeys

The three wise monkeys are a visual depiction of the proverb "hear no evil, see no evil, speak no evil".

The *four* wise monkeys include a fourth maxim, which cannot easily be represented pictorially: "think no evil".

What if we were also to increase not just the number of monkeys but the scope of the concept of evil? What if we were to include the whole of the Babylon System?

We'd get the following: "hear no Babylon, see no Babylon, speak no Babylon, think no Babylon".

The Wheel of Babylon (essentially the *Bhavachakra*, the Tibetan Wheel of Life) depicts six realms: Diva World, Muggle Land, Muppet Land above and the Victim, Addict and Demon Realms below.

All of these realms are available to us, through the miracle of modern technology, at the touch of a button. A *TV Times* that included everything on the television and radio, and satellite, cable, Netflix, Amazon, etc., everything on the Internet, YouTube, Podcasts, Wikipedia, Spotify, Porn Hub, etc., all social media platforms, Twitter, Facebook, Instagram, Tik Tok etc., everything on your games consoles, Playstation, Xbox, etc., in your local cinema, theatre, bookshop and newsagents, not to mention everything on your bookshelves and in your film and record collections, would be a fairly exhaustive guide to the cultural delights of Babylon.

Now, if you watch and listen to Divas, Muggles and Muppets, either in the flesh or on screen, or talk to or about them, you will inevitably also spend a lot of time and energy thinking about them. They will leave traces in your psyche that may linger for minutes, hours or days. The same goes for Victims, Addicts and Demons.

The key point to understand is that even just *thinking* about Tom, Dick and Harry, or Donald Trump and Aunt Sally, means that you are automatically and instantaneously in Muggle Land, Muppet Land or Diva World. And even just fantasising about Scarlett Johansson or Ryan Reynolds and you are instantly in the Addict Realm.

"Ye have heard that it was said by them of old time, Thou shalt not commit adultery: But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart."

(Matthew 5: 27-28)

You are never truly alone, because you carry a host of characters around with you wherever you go, even to the proverbial mountain cave. Even without your phone.

So remember the four wise monkeys. Stay away from Babylon, forget Babylon, stop thinking, even just for a few seconds, and you will enjoy the peace which passeth all understanding, and experience the freedom of the flight of the alone to the Alone. You will momentarily escape Samsara and enter Nirvana, and in that timeless moment, will enjoy your original Buddha Nature that you have since before your parents were born.

Why I Am No Longer Talking About Anything

In psychedelic shamanic ceremonies it is customary to keep noble silence. In a Zen retreat or sesshin you are expected not to talk. Trappist monks keep their traps shut.

Ours is a very talkative culture. For many, retreats are a welcome break from all the *blah blah blah*. Places for the ten day vipassana silent meditation retreats notoriously sell out like hot cakes. You can find retreats of all kinds all over the country and they are increasingly popular.

But in the hurly burly of modern hyper-connected urban life, it is difficult to resist the draw of the jaw. "Not here, not here the darkness, in this twittering world".

The Four Quartets is a love poem to Christian mysticism. T.S. Eliot was one of those sensitive poet who appeared to have been continually pained by the incessant vulgarity of the chattering classes. He could see that English culture was progressively losing its connection to its spiritual roots, which is what gives his poem its elegiac quality.

Mysticism is at root concerned with silence. Etymologically, it derives from the Greek verb *muo*, "to shut", as in "to shut your mouth". Historians have speculated whether this has something to do with the secrecy surrounding the Ancient Greek mystery cults. What happens in Eleusis stays in Eleusis.

Intense meditation retreats are designed to quiet the mind, especially the overactive verbal part, mainly associated with

the left brain hemisphere. They are a training in mystical consciousness, releasing dormant powers of perception and insight normally covered over by layers of verbiage.

As I explain in my book, mysticism is a portal to deeper and wider realities. I quote Chuang Tzu, the Chinese sage from the 4th century BC, who said that "the portal of God is non-existence". This is why the system I have developed begins with mysticism.

The system proceeds sequentially through a series of archetypes, representing specific faculties and capacities. First the Mystic, then the Shaman, then the Monk (or Nun), then the Philosopher and then the King (or Queen).

These archetypes are associated with different *yogas*: dhyana yoga for the Mystic, kundalini yoga for the Shaman, karma yoga for the Warrior, bhakti yoga for the Monk/Nun, jnana yoga for the Philosopher and raja yoga for the King/Queen. Dhyana yoga is about meditation; kundalini yoga is about energy; karma yoga is about action; bhakti yoga is about devotion; jnana yoga is about knowledge and raja yoga is about Self-realisation.

The idea is that we should move through all of these during the course of a psychedelic journey. First, we enter a state of mental quiet through meditation. Then we awaken our inner somatic energies as we "come up" on the psychedelic to energising shamanic music. Then we stretch and exercise the body in a flowing sequence of martial art movements. Then we adopt a devotional attitude by listening to sacred music. Then we work through and process our experiences in dialogue with others. And finally, we meditate on the essence of who we are.

Talking should be kept to a minimum until the jnana yoga stage, the "Philosopher" stage, which is the fifth stage. Crucially, you don't talk until you have worshipped. Jnana follows bhakti. Otherwise the intellect suppresses the emotions and/or intellectualises them. Until you have acquired the grace of devotion, meaningful talk about serious questions inevitably rings hollow.

As I said, we live in a very talkative culture. Our inner muggles like to natter, our inner divas like to pontificate, our inner muppets like to argue and our inner victims like to moan. Whether we are being sociable, wise, intellectual or just need to get something off our chest, we love to talk. And talk is cheap.

But it really is mostly a lot of hot air, unless we first pass through the Mystic, Shaman, Warrior and Monk/Nun stages. That is, unless we first practice dhyana yoga, kundalini yoga, karma yoga and bhakti yoga. Then you can talk. Then your words will carry weight. Then they won't just be swept up in the general maelstrom of the collective unconscious meaning-generating-machine known colloquially as "the Matrix", the Ba-Babylon System.

Babylon Dropped!

When Dogen Zenji was enlightened, he exclaimed, "bodymind dropped!"

Zen aims at this "bodymind dropped!", called *satori* in Japanese.

Zen is "direct pointing to reality outside the scriptures".

Satori is "direct seeing of reality outside the delusional bodymind".

William Blake said, "If the doors of perception were cleansed, Everything would appear to man as it is, infinite."

This is satori. This is enlightenment.

Dogen Zenji also said, "training and enlightenment are one".

There is no end to spiritual awakening.

Which comes first, enlightenment or training?

Which comes first, chicken or egg?

It is an endless cycle.

In Christian terms, *gnosis* is spiritual vision (kensho);
Pistis is faithful spiritual practice (buddhadharma);
Kenosis is spiritual dying to self (satori).

Gnosis is "I am enlightened together with the universe";
Pistis is "training and enlightenment are one";
Kenosis is "bodymind dropped!"

"Bodymind dropped!" is "Babylon dropped!"

And Babylon dropped is boundless freedom.