



Zig Zag Zen: Buddhism and Psychedelics (New Edition)

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Buddhism and psychedelic exploration share a common concern: the liberation of the mind. This new edition of *Zig Zag Zen: Buddhism and Psychedelics* has substantially evolved from the landmark anthology that launched the first serious inquiry into the moral, ethical, doctrinal, and transcendental considerations of the intersection of Buddhism and psychedelics. A provocative and thoughtful exploration of inner states and personal transformation, *Zig Zag Zen* now includes an expanded display of stunning artwork from Android Jones, Sukhi Barber, Randal Roberts, Luke Brown and Ang Tsherin Sherpa, and more work by the pioneering visionary artist Alex Grey. Complementing these new images are original essays by such luminaries as Ralph Metzner and Brad Warner; exciting interviews with James Fadiman, Kokyo Henkel, and Rick Doblin; and a discussion of ayahuasca's unique influence on Zen Buddhism by David Coyote (six new text contributions in total); all of which have been carefully curated to extend the original inquiry of authors Joan Halifax Roshi, Peter Matthiesen, Jack Kornfield, Terence McKenna, Rick Fields and many others. Contemporary seekers of spiritual truth know that both Buddhism and psychedelics are inevitably subjects encountered along the journey. By examining them together, the reader can discover truth about the essence of each.

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Editorial Review

Amazon.com Review

The use of psychedelic drugs is that dark little secret behind the popular origins of Eastern spirituality in America, but if they really open the mind in the same ways meditative experiences do, why shouldn't they be legitimated and brought out into the open? In Allan Hunt Badiner and Alex Grey's *Zig Zag Zen* authors, artists, priests, and scientists are brought together to discuss this question. Opinions fall on all sides. Ram Dass, for instance, discusses the benefits as well as the limitations. Rick Strassman outlines his work in the first federally funded psychedelic study in two-and-a-half decades. Rick Fields sets the historical scene. China Galland offers a wrenching personal experience. Robert Jesse introduces the varieties of entheogens, drugs that engender mystical states. Lama Surya Das tells of his early drug years. And a roundtable discussion with Ram Dass, Robert Aitken, Richard Baker, and Joan Halifax caps it all.

Interspersed throughout are stunning full-page, full-color images of spiritual art by the likes of Robert Beer, Bernard Maisner, and, of course, Alex Gray. A fascinating look at a complex topic, *Zig Zag Zen* is worth appreciating and pondering. --*Brian Bruya*

Review

Zig Zag Zen is a treasure trove--inspiring, frightening, powerful, funny, eye-opening, and a source of great wisdom on a subject that our society finds endlessly confusing.

--Mark Epstein, M.D., author of *Thoughts Without a Thinker*, *Going to Pieces without Falling Apart*, and *Going on Being*

Zig Zag Zen shines by its fairness: its authors squarely face the Zig as well as the Zag. That's Zen at its best. --David Steindl-Rast, OSB, author of *Gratefulness: The Heart of Prayer*

Zig Zag Zen is a must read for anyone who is concerned about the future of Buddhist practice. --Tenzin Bob Thurman, chair of Indo-Tibetan studies at Columbia University

About the Author

Allan Badiner served as the editor of *Zig Zag Zen: Buddhism and Psychedelics* (Chronicle Books, 2002), as well as two other books of collected essays, *Dharma Gaia: A Harvest in Buddhism and Ecology* (Parallax Press, 1990) and *Mindfulness in the Marketplace: Compassionate Responses to Consumerism* (Parallax, 2002). Allan is a contributing editor of *Tricycle Magazine*, and serves on the board of directors of Rainforest Action Network, Threshold Foundation and Project CBD. He has been a student of Zen Master Thich Nhat Hanh for more than 25 years.

Alex Grey is a renowned American artist specializing in spiritual and psychedelic (visionary) art. His work spans a variety of forms including performance art, sculpture and painting. He is a member of the Integral Institute, on the board of advisors for the Center of Cognitive Liberty and Ethics and is Chair of Wisdom University's Sacred Art Department. He and his wife Allyson Grey are co-founders of the Chapel of Sacred Mirrors, CoSM, a non-profit church supporting Visionary Culture in Wappinger, New York.

Users Review

From reader reviews:

Willie Davis:

Have you spare time for the day? What do you do when you have much more or little spare time? Yes, you can choose the suitable activity to get spend your time. Any person spent all their spare time to take a go walking, shopping, or went to the particular Mall. How about open as well as read a book entitled Zig Zag Zen: Buddhism and Psychedelics (New Edition)? Maybe it is being best activity for you. You understand beside you can spend your time together with your favorite's book, you can smarter than before. Do you agree with its opinion or you have other opinion?

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