



Mushroom Wisdom: How Shamans Cultivate Spiritual Consciousness

Martin W. Ball

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Mushroom Wisdom explores the universal aspects of the psilocybin mushroom experience as it relates to spirituality. Author Martin Ball explains how mushroom use can lead the spiritual seeker to profound states of self-awareness and radical understanding of the nature of the self, reality, and the sacred. Topics include looking into the spiritual mirror to uncover an authentic sense of self, developing “witness” consciousness to overcome self-limiting concepts and judgments, and removing obstacles of ego and self-induced suffering to trigger the rich experience of “spirit flow.” The book also addresses the creation and use of ritual, sacred objects, and the importance of sound and silence. Ball distinguishes between using mushrooms in spiritual work as opposed to simply having a pleasant psychedelic experience. Not a guide to how to have “fun” with psilocybin mushrooms, *Mushroom Wisdom* is a serious investigation into deep spiritual nature, drawing on both a wide array of scientific disciplines and ancient shamanic practices.

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