



# **Los diarios del ácido: La guía de un psiconauta sobre la historia y el uso del LSD**

*Christopher Gray*

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Una exploración sobre las verdades personales y espirituales reveladas mediante el LSD

- Indica que las visiones inducidas por el LSD tejen una trama continua de un viaje a otro
- Muestra que los viajes o trances psicodélicos pasan por tres etapas: los temas personales y la conciencia prenatal, la pérdida del ego y, por último, lo sagrado
- Explora el consumo de sustancias psicodélicas a lo largo de la historia, incluidas las alucinaciones masivas comunes en la Edad Media y los primeros usos terapéuticos del LSD

Antes de llegar a los sesenta años, Christopher Gray experimentó un viaje psicodélico con una dosis de LSD de 100 microgramos. Los efectos fueron tan extraordinarios y sorprendentemente agradables, que comenzó a tomar la misma dosis de la misma forma (en la intimidad y a solas) una vez cada dos o tres semanas durante tres años. En *Los diarios del ácido*, Gray relata su sorpresa al darse cuenta de que sus visiones tejían una trama continua de una experiencia psicodélica a otra, pasando por tres etapas: la primera, que trata sobre los temas personales y la conciencia prenatal; la segunda, sobre la pérdida del ego, a menudo con toques de lo sobrenatural; y la tercera, sobre aspectos sagrados y espirituales. *Los diarios del ácido* pone de relieve el potencial del LSD desde el punto de vista del crecimiento transpersonal y el desarrollo espiritual.

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### **Details**

Date : Published July 17th 2015 by Inner Traditions en Español (first published September 1st 2010)

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Author : Christopher Gray

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## **From Reader Review Los diarios del ácido: La guía de un psiconauta sobre la historia y el uso del LSD for online ebook**

### **Nick Mather says**

Gray states that his project here was inspired by Terrence McKenna's claim that before there can be a psychedelic philosophy, we need the accounts of psychonauts in order to successfully chart the terrain. Gray's diaries details his once monthly self-experimentation with LSD during his late fifties. He relies largely on the theories of Stan Groff, in particular the idea that LSD can help someone relive and work through the birth trauma. One can't help but wonder if Gray's experiences weren't overly influenced by his readings of Groff and whether his experiences would have been different if he had not relied on Groff so thoroughly. Gray also brings in some Gurdjieff, Jung, Huxley all accompanied by a soundtrack of classical music. There are other books about the history of LSD and psychedelics that are more thorough, though Gray's personal narrative is appreciated and a welcome addition to psychedelic literature.

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### **Jeff says**

1st Read: November 10, 2015 - November 19, 2015

Really interesting book. Enjoyed it immensely! Related a lot to his experiences and trips. I will read this one again. It's a keeper!

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### **Erica says**

This book really gives you something to think about....

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### **Ash says**

Very in-depth book, can't that I agree with all of the author's conclusions but as the book itself says "it's too early for a science, what we need now are the diaries of explorer's." This is one such diary and it's a fantastic treatment of the LSD experience, demystifying many myths as well as tying the drug into both the personal narrative of author, and the political narrative of the 60s counterculture until the present day.

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### **Stevie says**

The book took me a while to read... not because it was uninteresting but because it required so much thought to really understand what Gray was trying to say... and what he had to say was really eye-opening and even at times synchronized with my own undeveloped ideas. Everyone should read this, not just druggies or hippies... It's not even about the acid, but more the ideas behind it and the implications it might have on

society.

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### **Littlevision says**

It was pretty good until he started ranting about politics that had little to do with acid, and I found my eyes getting glazed over every time the word "government" popped up.

Christopher Gray went on 40+ LSD trips and documents his adventure in this book. I wish I could find more information about the author, but there is no biography in the book and little information online. From what I can discern, he died in 2009, the same year his book was published.

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