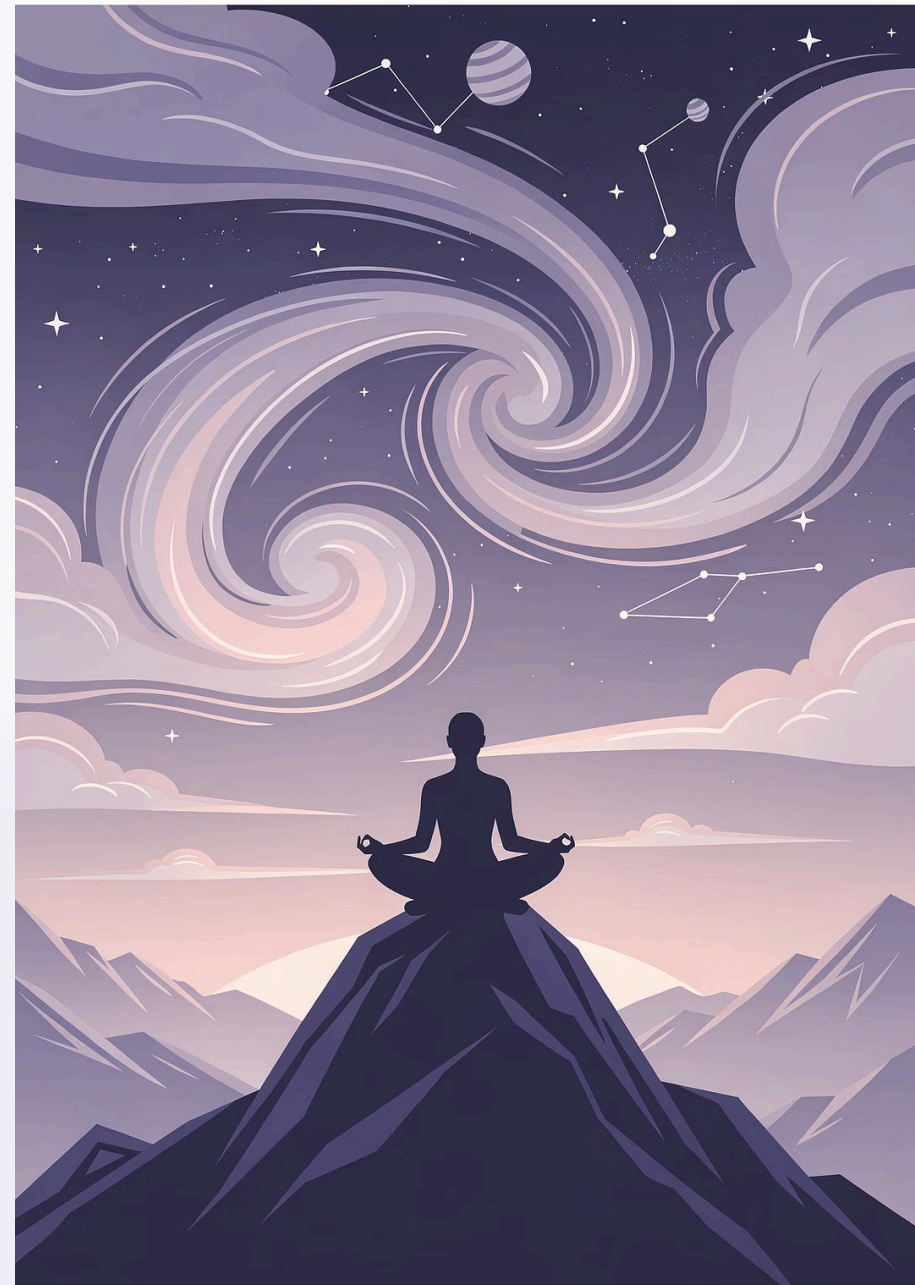


# 7th Sense, Week 11: Ascension, Psychedelics and Ethics

How intuition became mainstream, the ethics that guide spiritual practice, living cultural traditions, and the psychedelic renaissance reshaping consciousness research.



Section 1

# When Intuition Became "Hot" (and Why)

In times of upheaval, people stop outsourcing meaning — and start developing inner guidance.



## Wave 1 — Late 1960s–1970s: Human Potential + "Direct Experience"

1962

Esalen Institute is established, later widely described as an epicenter of the Human Potential Movement.

1

2

1978

Shakti Gawain publishes *Creative Visualization*, a mass-market bridge between psychology, spirituality, and "inner creation."



**What was happening culturally:** Anti-war movements, distrust of authority, civil rights shifts, feminism, experimentation with consciousness, and the rise of workshop culture — people wanted experience, not just doctrine. Esalen itself explicitly situates its emergence in that 1960s counterculture backdrop.

Wave 1 made intuition feel like a trainable human capacity rather than a rare supernatural talent.

## Wave 2 — 1980s: New Age Mainstream + Global "Energy" Events



1980

*The Aquarian Conspiracy* published — a signature 'consciousness + social transformation' text in popular New Age discourse.

1

2

Aug 16–17, 1987

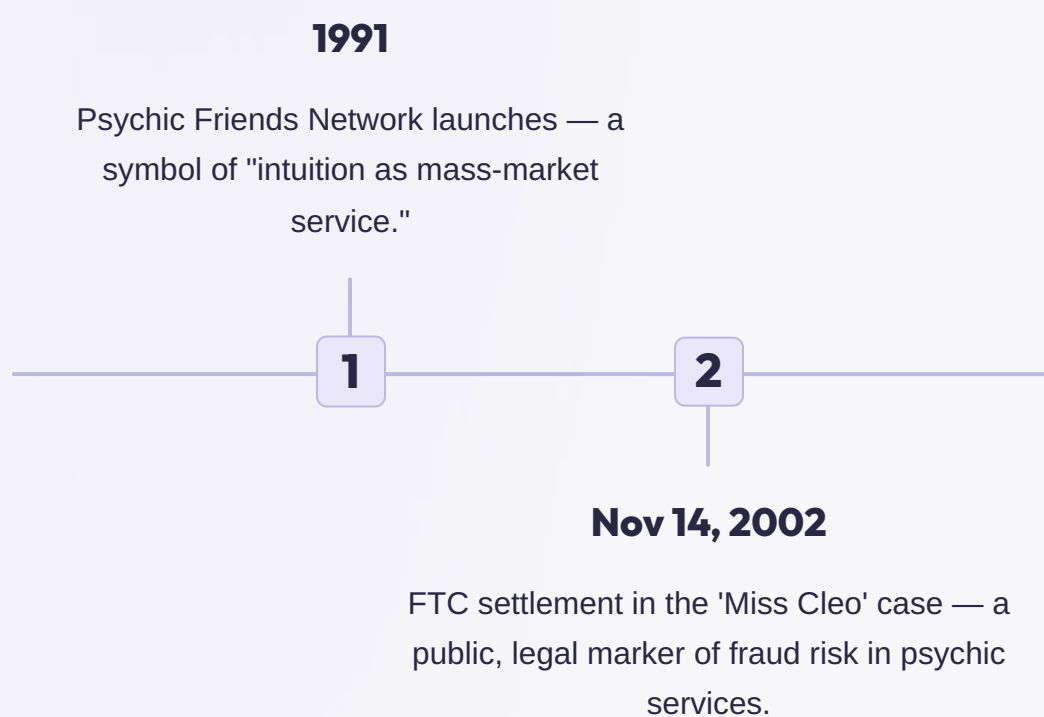
Harmonic Convergence, a synchronized global meditation event with astrological framing.

**What was happening culturally:** Wellness-as-identity becomes a consumer category; "mind-body-spirit" grows; spiritual bookstores explode; therapy culture rises; people want empowerment tools — visualization, intuition, channeling, meditation — packaged for everyday life.

Wave 2 made intuition feel like a lifestyle — and that's where commercialization begins.

# Waves 3, 4 & 5: Commercialization to Crisis!

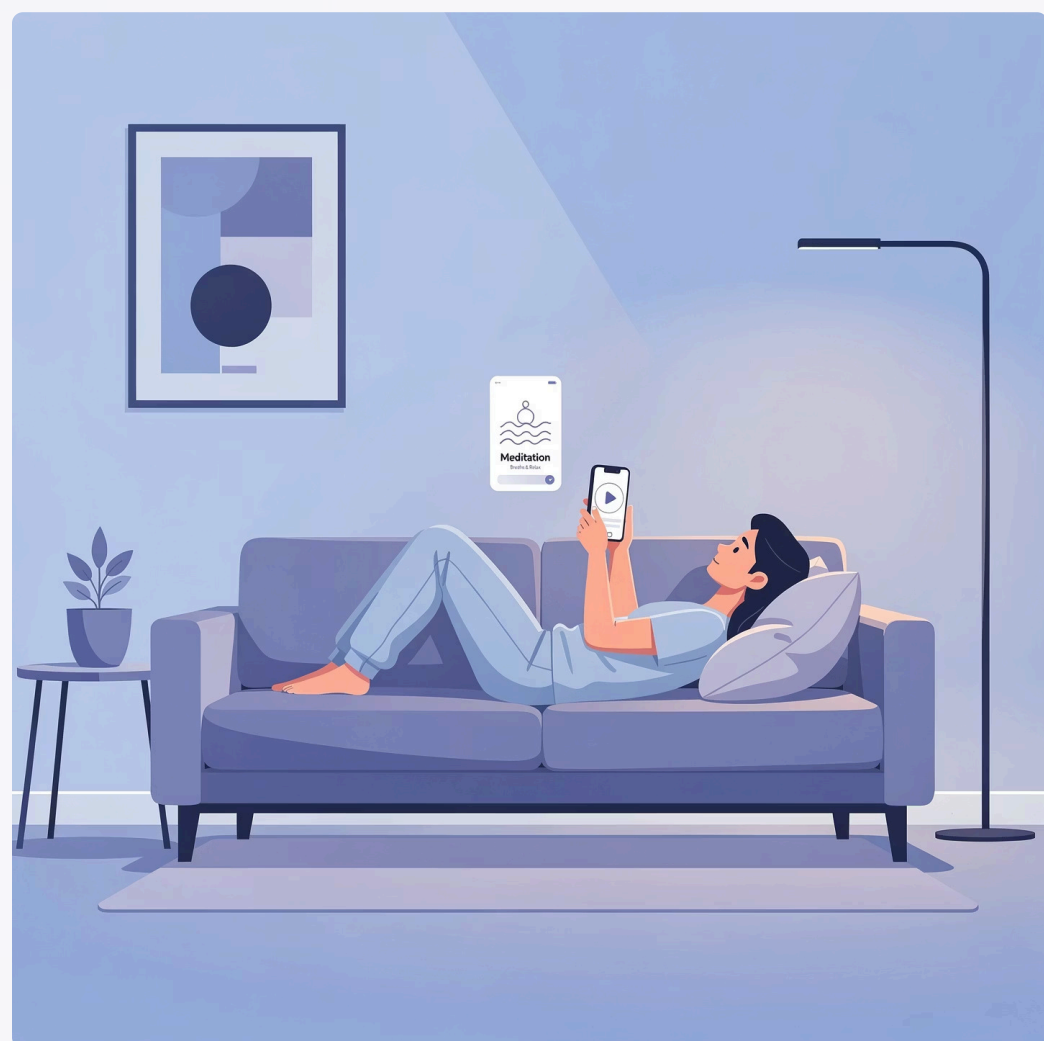
## Wave 3 — 1990s–early 2000s: Media Empires + Commercialization + Psychic Industry



**What was happening culturally:** Cable TV, infomercials, hotlines, celebrity self-help, and "spiritual entertainment." Also: public appetite for the paranormal grows (e.g., paranormal TV formats scaling in the late 80s/90s).

☐ When intuition becomes a product, ethics becomes a necessity — because money + vulnerability is a volatile mix!

## Wave 4 — 2010s: Mindfulness + Neuroscience Framing + Apps



### 2012 — Headspace launches

Scaling meditation into daily life via mobile app.

### 2012 — Calm launches

Another mass adoption marker for mindfulness technology.

**What was happening culturally:** Mental health language goes mainstream. Intuition gets reframed as: interoception, pattern recognition, nervous-system regulation — and becomes "safe to talk about" in professional settings.

## Wave 5 — 2020s: Uncertainty Era + Mental Health Surge + Psychedelic Renaissance



**April 2020**  
Meditation app downloads surge during the pandemic (Calm ~3.9M downloads in April; Headspace ~1.5M).

**Oct 10, 2023**  
FDA warns about risks of compounded ketamine amid rapid expansion of psychedelic-adjacent mental health markets.

**Feb 16, 2026**  
Imperial College announcement on DMT-assisted therapy findings, showing how fast this space is moving.

**What was happening culturally:** Global uncertainty, polarization, economic stress, AI acceleration, isolation hangover — people build inner navigation systems. But: the faster the market, the more we need boundaries.

# Ethics & Boundaries

Ethics in intuition is about power. Not 'power over' — but power dynamics. People come to astrologers, tarot readers, psychics, etc, for guidance, connection and advice. Our job is to keep the work empowering.

Professional anchor: the NCGR Code of Ethics explicitly includes confidentiality and permission before using client info.



## Risk Zone A — Fear-based Manipulation + Financial Exploitation

What it looks like: "You're cursed," "Your aura is attacked," "Pay me to remove it," "Only I can fix it."

Real references:

- DOJ case: "family curse" fortune telling fraud swindled a victim out of more than \$3 million.
- Miss Cleo / Psychic Readers Network FTC settlement (2002) is a classic marker of deceptive billing in psychic services.

*Any practice that requires fear to keep the client paying is not spiritual work... it's a scam!*



## Risk Zone B — Scope Creep into Medical/Mental Health

What it looks like: "I can cure you" and then giving medical direction. Or diagnosing illness through "energy," or predicting illness in a way that spikes panic.

Real reference: Iowa AG settlement: a self-proclaimed psychic agreed to stop advertising that her services could "heal/cure/treat" health problems after allegations she told a client he would get cancer.

*Practices should offer meaning and reflection — not diagnosis, treatment, or certainty.*



## Risk Zone C — Coercive Control Disguised as Spiritual Truth

What it looks like: A teacher positions themselves as absolute authority; members are pressured to obey "divine guidance"; autonomy erodes.

Real reference: Michigan AG announced an investigation into Twin Flames Universe (July 1, 2025), following allegations of coercive control.

*Spirituality that requires surrendering your agency is not awakening.*



## Risk Zone D — Spiritual "Influencers"

What it looks like: A psychic on Instagram gives stark warnings (but has no 'receipts' meaning she steals predictions). An astrologer on TikTok has a large following but is later called out by the real astrologer she's taking the script from. Tarot readers who pull cards off screen. Earthquake expert on X says HUGE earthquake is coming in Oregon and to prepare... similar post every month if you scroll their feed (scam profile).

Real reference: Me!

*Spirituality that requires surrendering your agency is not awakening.*

## Section 3

# Living Cultures + Why People Do These Practices

Origins, why people seek these practices, and what respectful engagement looks like — which often means learning from authorized teachers, being invited, or choosing a parallel practice.



### Culture 1: Lakota Inipi (Sweat Lodge Purification)

**Origin:** Pre-contact ceremonial tradition; still living practice. Lakota sources describe Inipi as purification and preparation for major undertakings.

**Why people do it:**

1. **Purification + humility:** it's a reset ritual — less ego, more sincerity.
2. **Community healing + prayer container:** the "medicine" is the relational field — shared intention.

**Respect rule:** This is not a spa or "extreme sauna." Participation should be by invitation and led by trained, authorized leaders.



### Culture 2: Yoruba Ifá Divination (Nigeria + Diaspora)

**Origin:** Long-standing Yoruba sacred knowledge system; recognized by UNESCO as Intangible Cultural Heritage (inscribed 2008).

**Why people do it:**

1. **Guidance inside an ethical cosmology:** Ifá is not just prediction — it's counsel and moral intelligence.
2. **Continuity + identity:** it connects community, ancestry, and meaning across generations and diaspora.

**Respect rule:** Don't cosplay lineage. If you learn, learn from legitimate practitioners and acknowledge the tradition.



### Culture 3: Indian Jyotish (Vedic Astrology)

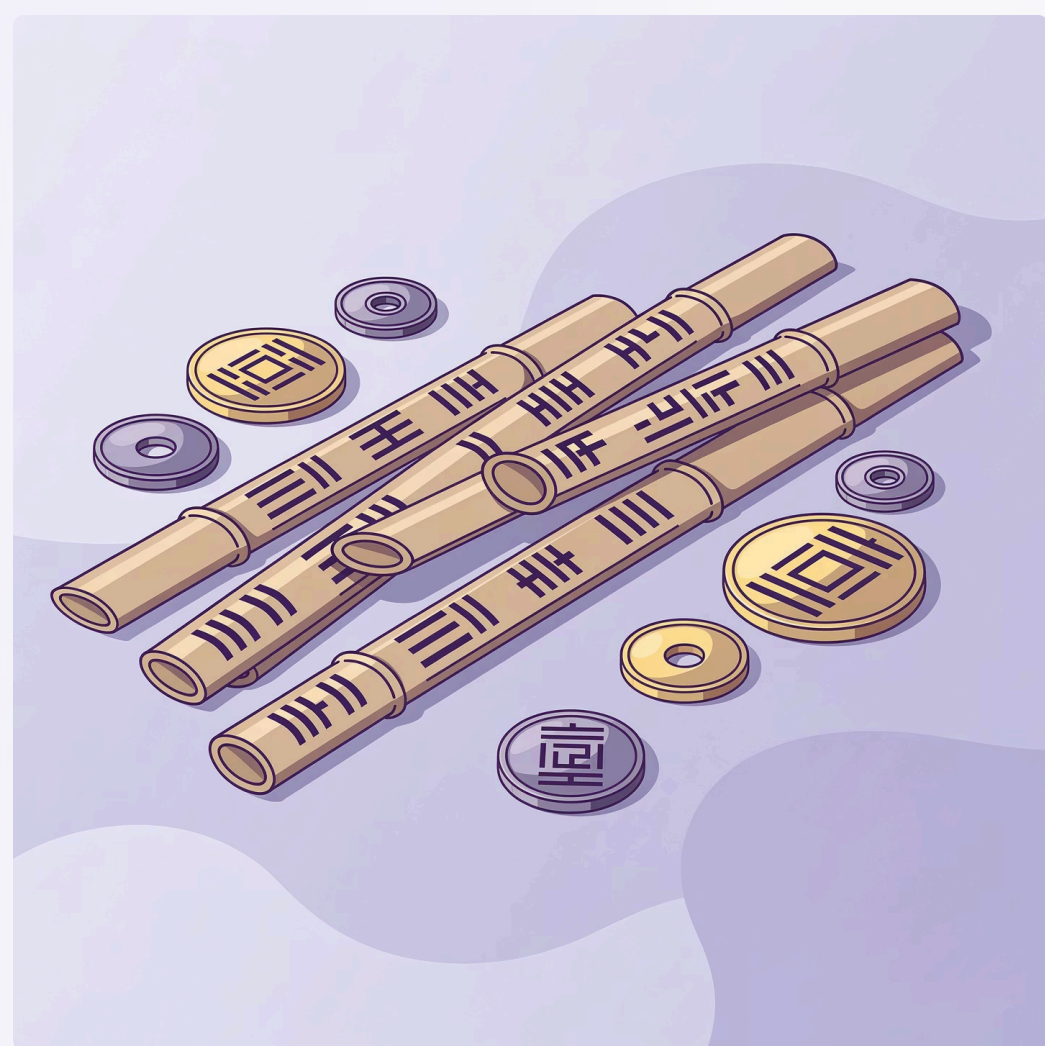
**Origin:** Rooted in early Jyotisha tradition; texts like Vedāṅga Jyotiṣa are among the earliest known Indian astrology materials (dating debated; tradition reaching back roughly 700–600 BCE).

**Why people do it:**

1. **Timing + dharma framing:** it helps people choose skillful timing and align with responsibilities.
2. **Archetypal self-knowledge:** patterns, cycles, strengths, shadow — a symbolic language for growth.

**Respect rule:** Don't flatten it into "sun sign content." Jyotish is a full sacred science inside a cultural-philosophical system.

# Living Cultures + Ancient Civilizations



## Culture 4: Chinese Yijing / I Ching

**Origin:** Western Zhou divination roots; compilation/formation across centuries; described as an ancient text tied to Zhou divinatory systems.

**Why people do it:**

1. **Decision clarity without force:** it doesn't "order" you — it mirrors dynamics and invites wise response.
2. **Pattern literacy:** teaches change, polarity, timing — the psychology of transitions.

**Respect rule:** Use it as reflection, not fatalism.



## Culture 5: Korean Shamanism (Mudang / Musok)

**Origin:** Described as practiced from prehistoric times through modern eras; practices are understood as ancient and orally transmitted.

**Why people do it:**

1. **Ritualized emotional processing:** grief, fear, family patterns — given form, voice, and release.
2. **Relational repair:** ancestors, community harmony, meaning-making around suffering.

**Respect rule:** Don't reduce it to "exotic trance." It's a cultural healing ecology.



## Culture 6: Tibetan State Oracle Tradition (Nechung)

**Origin:** Tied to Tibetan Buddhist history and ritual development; key elements placed in the 8th century Buddhist establishment context and later state-oracle roles.

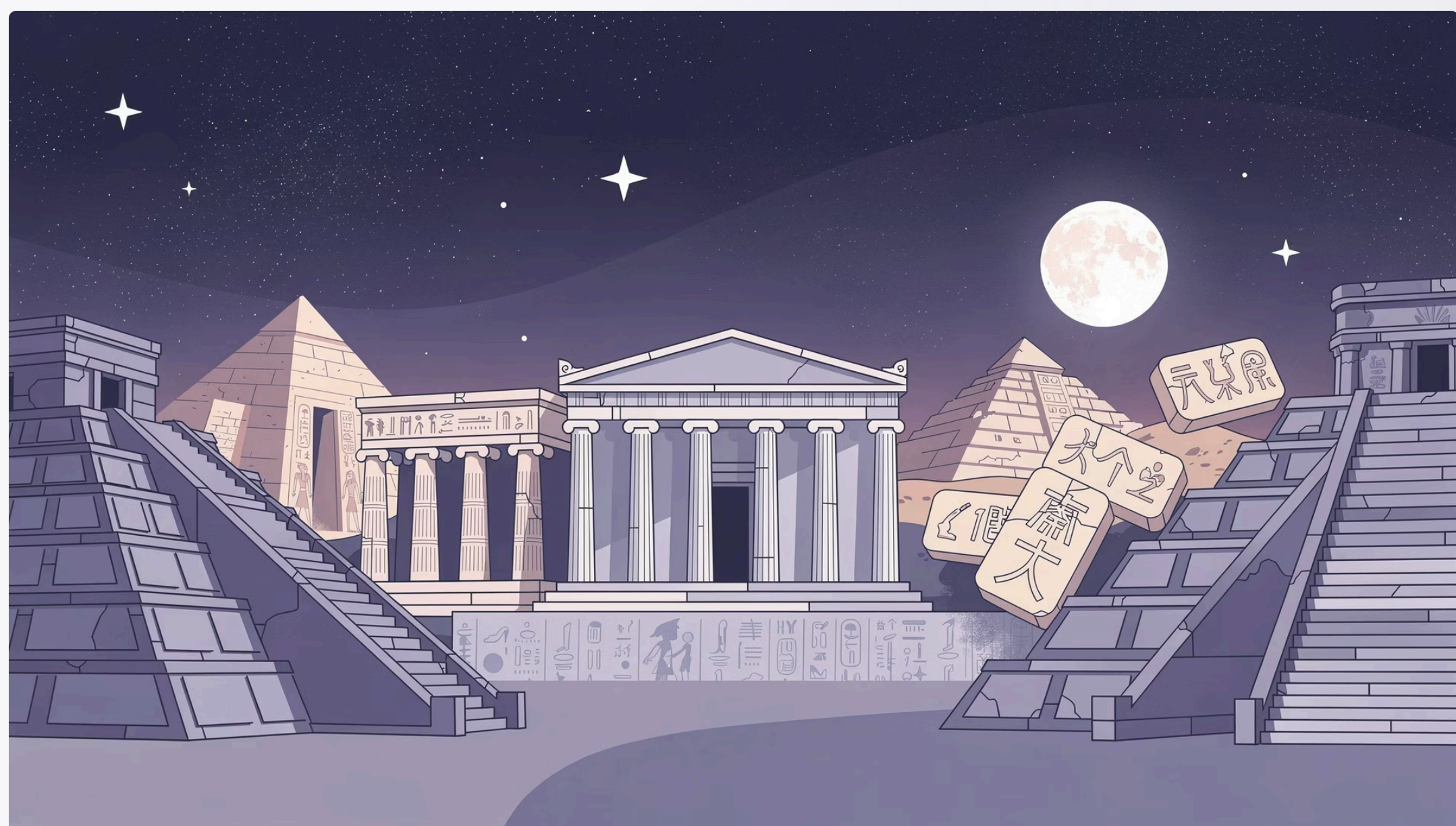
**Why people do it:**

1. **Collective guidance:** not just personal advice — it's historically linked to community and leadership counsel.
2. **Ritual containment:** altered-state guidance is held inside strict protocol, not casual performance.

**Respect rule:** It's not "psychic entertainment." It's disciplined, lineage-governed religious practice.

## 5 Ancient Civilizations + Methods to Heighten Intuition/Divination

"Ancient people didn't separate psychology, spirituality, and survival. Divination was often a decision tool."



01

### Mesopotamia (3rd millennium BCE onward)

Celestial omens → foundations of astrology; statecraft + agriculture timing.

02

### Ancient Egypt (2nd–1st millennium BCE)

Dream incubation in temple contexts; symbolic systems; star lore (decans) feeding later astrology streams. *(Historical lane: Egypt's symbolic systems are real; "tarot came from Egypt" is later occult myth, not historical fact.)*

03

### Ancient Greece (1st millennium BCE)

Delphi oracle; incubation healing at Asclepieia; philosophy as consciousness training.

04

### Ancient China (Shang–Zhou onward)

Oracle bones → later Yijing; divination + cosmology as governance tool.

05

### Mesoamerica (Maya and related cultures)

Calendrical divination + astronomy as sacred timing and social order.

☞ Notice the through-line: divination was usually tied to ethics, community, and responsibility.

# Brief History of Key Modalities



## Astrology

**Origins:** Mesopotamia (c. 3rd millennium BCE) → spreads and later develops Western horoscopic form in Hellenistic context.

**Core function historically:** timing, omens, state decisions, then personal natal charts.

## Tarot

**Fact lane:** invented as a card game in Italy in the 1430s; later adapted to divination centuries afterward.

**Modern anchor:** Rider–Waite–Smith first published 1909 (iconic modern imagery).



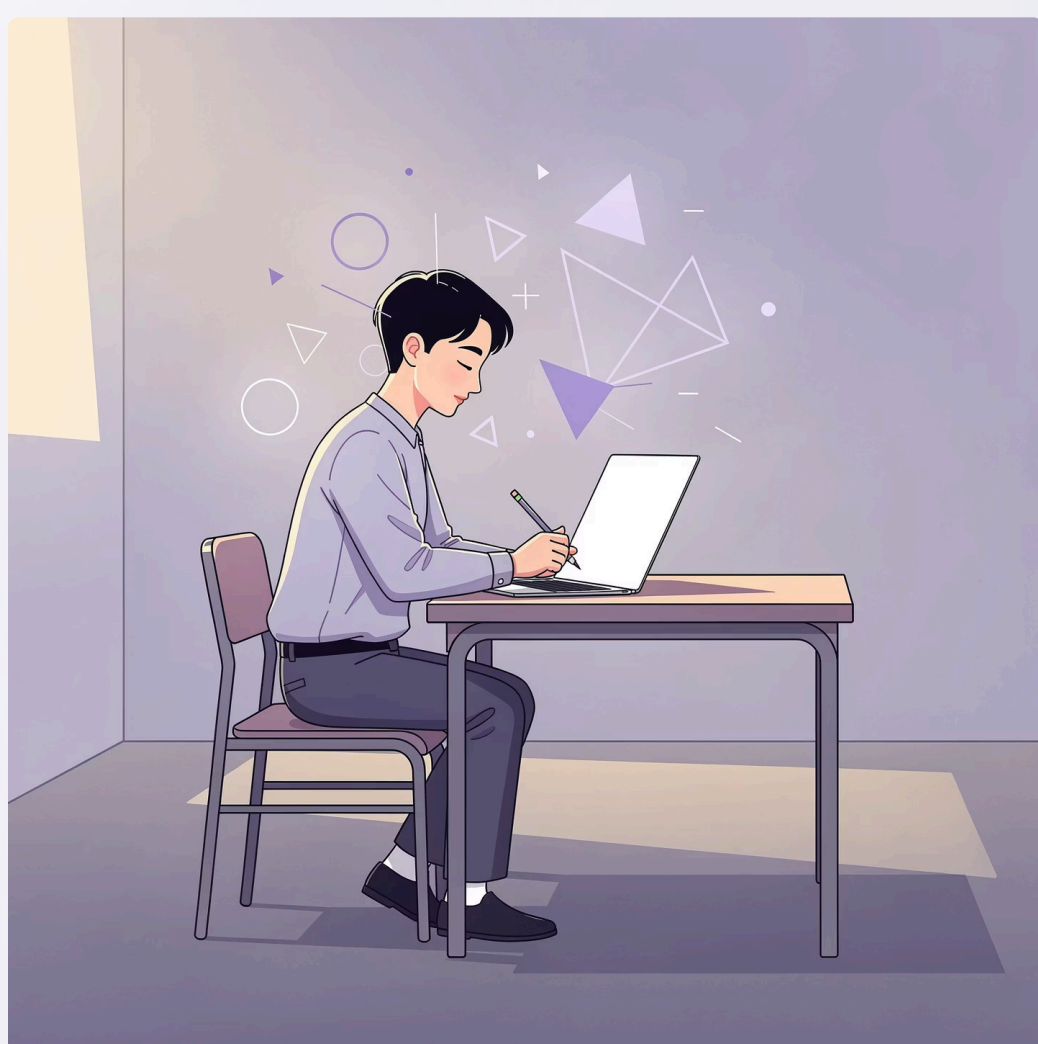
## Oracle Cards (distinct from Tarot)

Oracle decks are a broad category (no fixed structure). A concrete historical thread: Lenormand-style fortune telling cards are modeled on *Das Spiel der Hoffnung* (c. 1799) — documented in museum collection notes. Modern oracle deck boom: strongly associated with the late 20th-century New Age publishing ecosystem (1970s onward).

## Remote Viewing (Modern)

**Documented lane:** CIA reading room contains material on the Star Gate program and related research; the program was evaluated and ended in 1995.

Teach it as: "structured imagination + protocol + feedback," while staying honest about contested claims.



## Psychic Readings (Modern Spiritualism Boom)

**Modern movement marker:** the Fox Sisters' 1848 events become a famous spark for modern Spiritualism.

Earlier parallels exist (oracles, mediums), but "Spiritualism as a movement" has that 19th-century takeoff.

# Natural Psychedelics + "Other Realm" States Used By Ancients

**Disclaimer:** This is an education slide on history, medical research, and safety boundaries. Legality varies. Medical risk screening matters. And spiritual authority doesn't replace medical oversight.



## 1. Ayahuasca (Amazonian brew: vine + DMT-containing leaves)

**Original cultural contexts:** Multiple Amazonian lineages; "ritual technology" for healing, guidance, community, or more contemporary: the purge.

**Medical research:** Systematic reviews note growing study interest for depression/anxiety and other outcomes, with clear safety/interaction considerations (MAOI component).

**Notable names:** William S. Burroughs/Allen Ginsberg wrote *The Yage Letters* (1963), documenting yagé/ayahuasca pursuit and cultural encounter.

**Key safety boundaries:** Strong screening for meds and mental health.

## 2. San Pedro / Huachuma (mescaline cactus; Andes)

**Origin timeframe + cultures:** Andean ceremonial medicine; used for healing/divination for millennia; sources commonly cite long use in Andes (often "3,000+ years" in summaries).

**Medical research:** Mescaline research is resurging; observational work associates mescaline use with self-reported mental health changes (not the same as definitive clinical proof).

**Notable names:** Mescaline is famously associated with Aldous Huxley's experience and *The Doors of Perception* (1954).

**Safety boundaries:** Cardiovascular caution and psychological screening; harm reduction orgs explicitly warn against mixing with stimulants and advise caution for cardiac conditions.



## 3. Peyote (mescaline cactus; Native American Church sacrament)

**Origin timeframe + cultures:** Peyote is sacred in Indigenous ceremonial contexts; NAC formation historically around late 19th century with formal incorporation in 1918; modern legal protections are specific and culturally tied.

**Medical/therapeutic lens:** Indigenous communities describe it as spiritual medicine; Western medical research is limited and must be discussed with extra cultural care.

**Notable names:** Historical figures like Quanah Parker are associated with peyote's spread within NAC history.

**Cultural respect safety boundary:** Conservation and appropriation are urgent — overharvesting and non-Native demand are repeatedly cited as threats.



## 4. Psilocybin Mushrooms

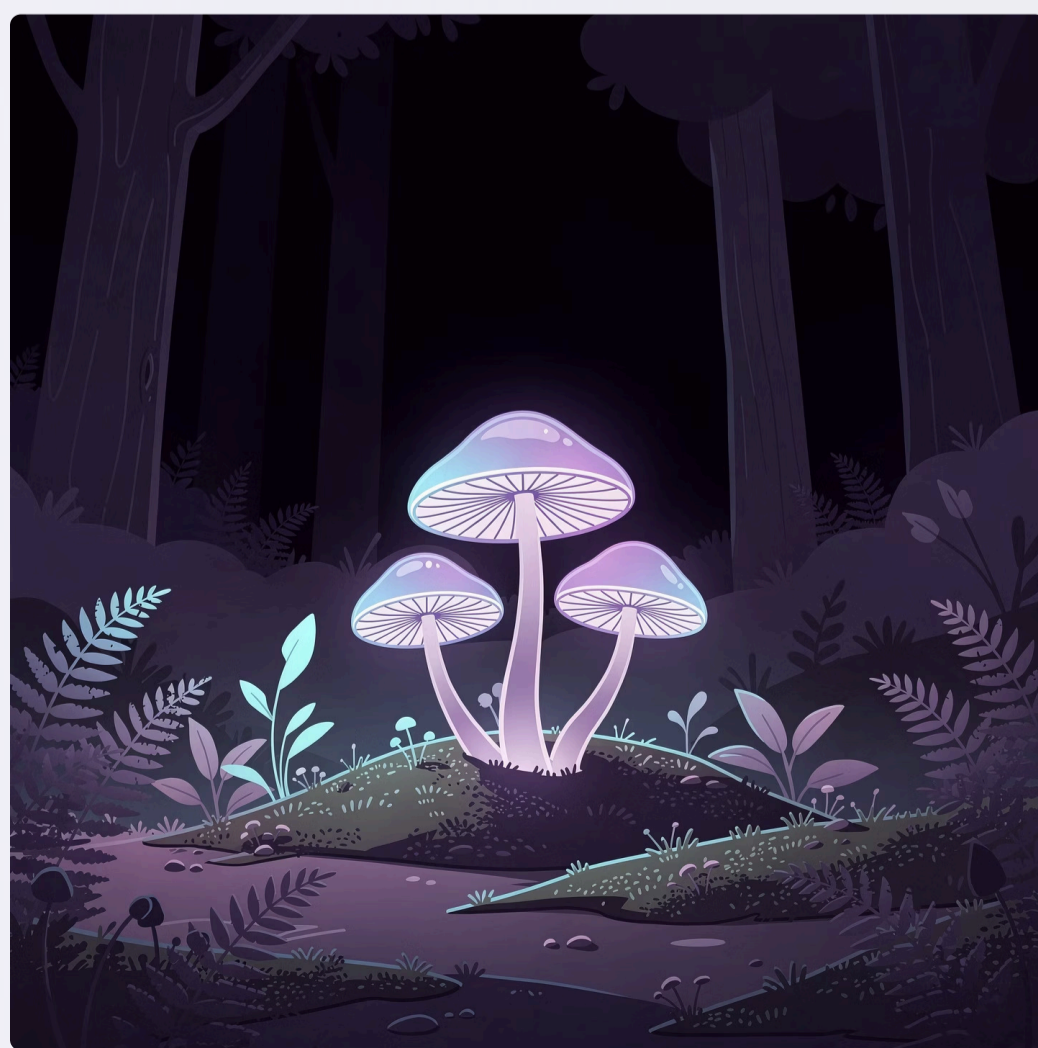
**Traditional contexts:** Mazatec velada-style ceremonial use becomes widely discussed in the West after mid-20th-century reporting.

### May 13, 1957

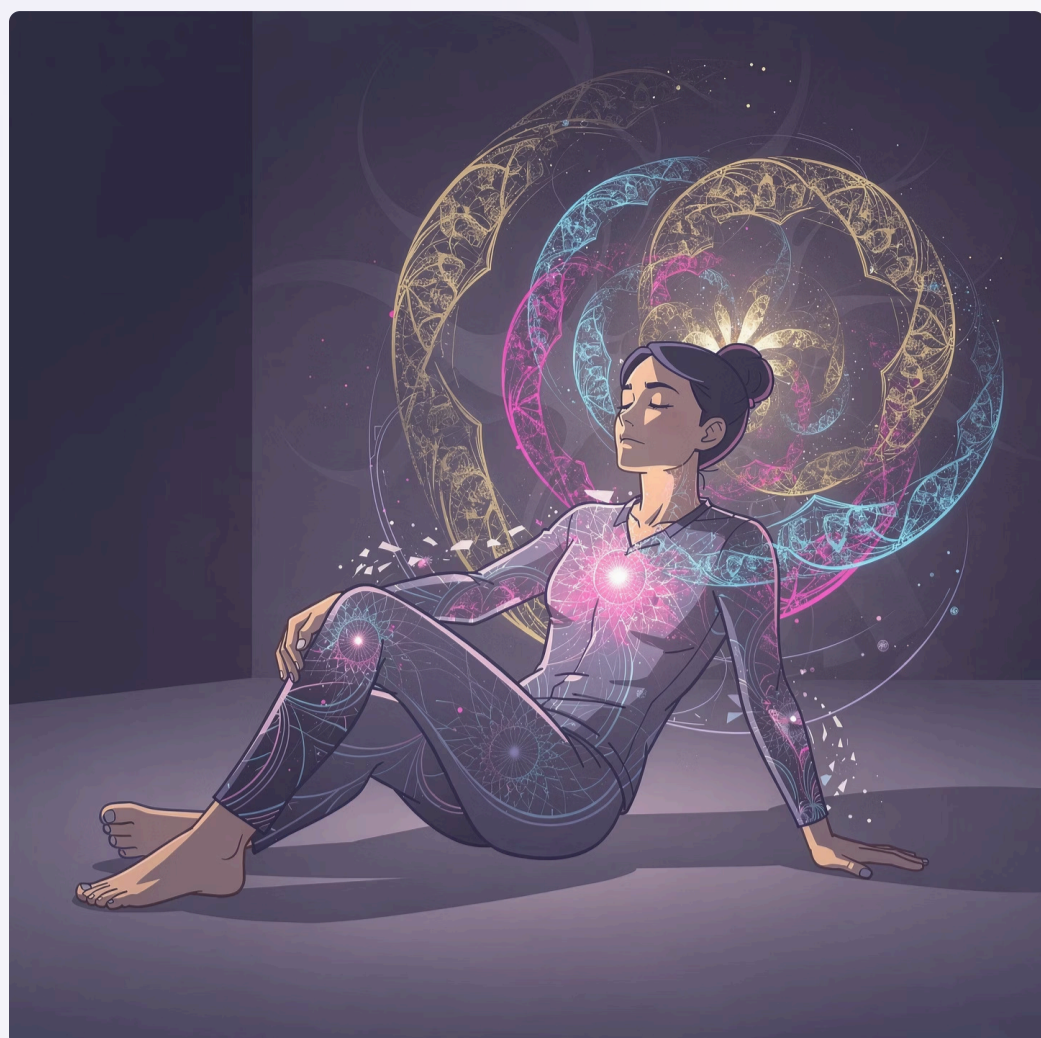
LIFE publishes "Seeking the Magic Mushroom" by R. Gordon Wasson, bringing psilocybin into Western mass awareness.

### Modern Research

Strong contemporary clinical literature for depression, including a major NEJM trial (2022) showing significant symptom reduction in treatment-resistant depression under controlled conditions.



## DMT, Ketamine, Ibogaine + Terence McKenna



### 5. DMT (the molecule; also present in ayahuasca)

**Traditional contexts:** Appears in multiple indigenous plant preparations (varies by region and method; we won't oversimplify).

**Medical research (very current):** Imperial College London reported DMT-assisted therapy effects on depression (Feb 16, 2026), and peer-reviewed discussion is emerging rapidly.

**Notable names:** Rick Strassman is a key modern researcher/author associated with DMT study discourse.

**Safety boundary:** Because it's intense and brief, people underestimate preparation/integration — but those remain essential.

### 6. Ketamine / Esketamine (dissociative; clinical "other realm" states)

**Original use:** Anesthetic medicine; "other realm" experiences often occur via dissociation.

**Medical use:** Spravato (esketamine) approved for treatment-resistant depression in 2019 under strict supervision (REMS-style controlled administration); gaining popularity with chronic pain.

**Cautions:** FDA warns about risks of compounded ketamine marketed for psychiatric use; lack of oversight increases risk.

**Notable names:** John C. Lilly is a famous consciousness researcher who wrote extensively about altered states (including ketamine-era "psychonaut" culture); his 1978 autobiography is a well-known artifact in that scene.



### 7. Iboga / Ibogaine (West/Central Africa; addiction-recovery interest)

**Traditional cultural context:** Bwiti traditions in Gabon region (sacred initiatory medicine in some communities).

**Medical research:** Observational and clinical literature discusses anti-addiction potential and serious cardiac safety issues; a *Frontiers* paper reports reductions in withdrawal symptoms/craving in treatment contexts (not a universal guarantee).

**Notable names:** In modern narratives, veterans' advocacy and high-profile testimonials have increased awareness (documented in mainstream features).

**Safety boundary:** This is among the highest medical-risk substances in this list — requires rigorous medical screening and should never be framed casually.

## Terence McKenna — Brief Bio



**Born Nov 16, 1946**

**Died Apr 3, 2000**

Ethnobotanist, lecturer, and a major advocate for the responsible use of naturally occurring psychedelics, especially psilocybin and DMT, as consciousness tools.

He popularized ideas like the 'stoned ape' hypothesis (highly debated), "archaic revival," and a distinctly poetic style that merged anthropology, philosophy, and cultural critique.

**Why he's an icon:** he made the psychedelic experience intelligible and mythic for modern audiences — not as escapism, but as a challenge to cultural numbness.

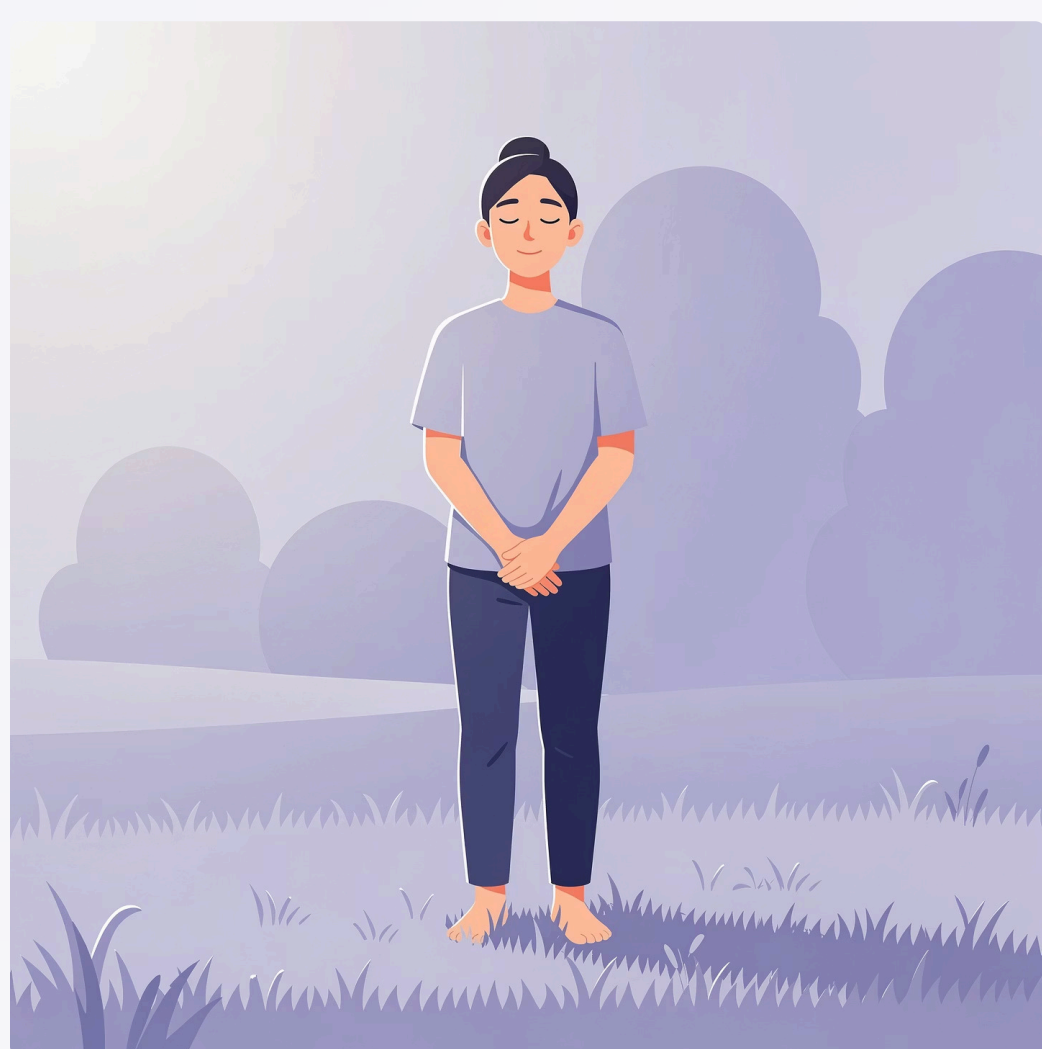
"...if we don't wrench the direction of human society into an entirely new way of doing things, the clock is ticking."

# Nature Intuition Protocol

"This week, we train intuition the clean way: attention + embodiment + pattern literacy."



## The Sit-Spot + Signal Journal (10 minutes/day for 7 days)



### Pick one spot in nature

Park, waterfront, tree line — same spot daily.



### Minute 1: Breathe low and slow

Feel feet; relax jaw and hands.

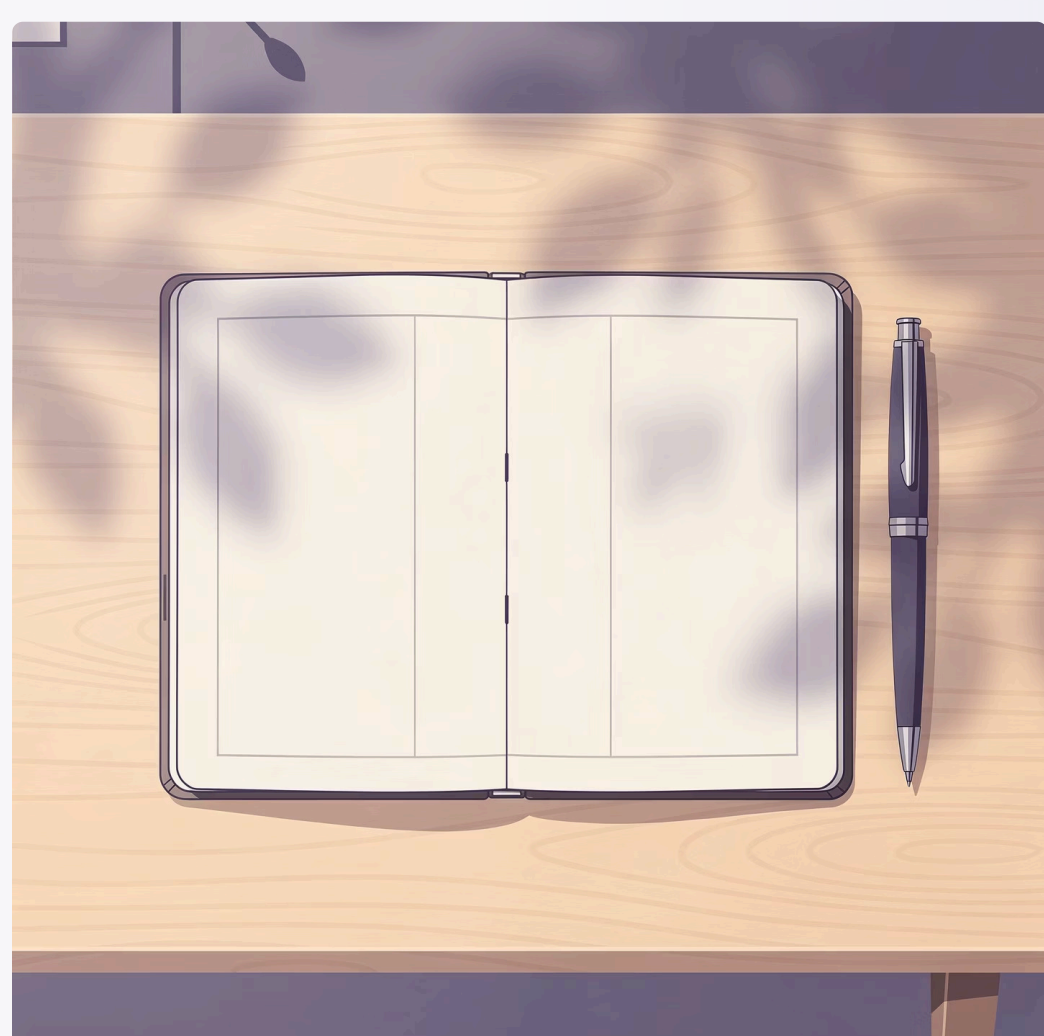


### Minutes 2–6: Open the senses systematically

- 60 seconds sound
- 60 seconds sight
- 60 seconds touch/temperature
- 60 seconds smell

### Minutes 7–9: Ask one question silently

"What am I not seeing about my life right now?" Then don't force an answer. Notice what the environment "offers": a repeated sound, movement, animal behavior, wind shift, a phrase in your mind.



### Minute 10: Write three columns in a notebook

- **Observation (fact)** — "birdcalls increased," "wind changed," "tightness in chest softened"
- **Association (meaning)** — "feels like urgency calming"
- **Action (choice)** — "I will have the conversation / I will wait 24 hours / I will ask for clarity"