



Session One: The Actualization of Self-Actualization

1. Introduction to Session One
2. The modern story of spirituality and peak performance
3. Extraordinary growth in ultimate human potential
4. An optimal state of consciousness
5. Where I'm coming from
6. We ourselves are a kind of chaos
7. Nietzsche's project
8. History takes a turn for the weird
9. William James and the invention of psychology
10. The unconscious, habit, and attention
11. Freud and the 100-year detour

Session Two: Where Spirituality and High Performance Split

12. Introduction to Session Two
13. Maslow and peak experiences
14. Csikszentmihalyi, godfather of flow
15. Nothing's too gnarly
16. The neurobiology of flow
17. What was mysticism becomes biology
18. Neurochemistry and cognitive performance

Session Three: Mysticism Decoded

19. Introduction to Session Three
20. Dreams, memories, hallucinations, and epileptics
21. The God gene
22. Cosmic consciousness
23. Surfing to oneness
24. Out-of-body experiences
25. Sleep and near-death experiences

Session Four: The Psychedelic Detour

26. Introduction to Session Four
27. Animals, psychedelics, and intuitive leaps
28. Nitrous oxide, LSD, and early experimentation
29. From MK Ultra to psychedelic therapy
30. Psychedelic states for creativity and mystical experience
31. DMT and psilocybin
32. Disintegrating the default mode network
33. Phenomenology of the ecstatic
34. That old selfless timeless effortless richness

Session Five: Hacking the Ecstatic

35. Introduction to Session Five
36. Altered states, altered traits
37. A manifesto for positive psychology
38. Baseline positive psychology
39. The variety of flow states
40. Triggers for flow states
41. The challenge/skills balance
42. Flow is easy
43. Back to the beginning

Session Six: Open Loops and Misunderstandings

44. Introduction to Session Six
45. Where does the information come from?
46. Open questions and spirituality
47. Four triggers for ecstasis