

Ags United States History Workbook Printable PDF

Ags United States History Workbook

****Exploring the AGS United States History Workbook: A Valuable Resource for Learning****

ags united states history workbook stands out as an effective tool for students,

educators, and homeschooling parents who seek a structured yet engaging approach to

understanding American history. This workbook, part of the AGS Publishing series, is

designed to complement history curricula with clear explanations, thought-provoking

activities, and a comprehensive overview of the United States' past. In this article, we'll

dive deep into the features of the AGS United States History Workbook, explore how it

benefits learners, and discuss why it remains a popular choice in educational settings.

What Makes the AGS United States History Workbook Unique?

Unlike many textbooks that simply present information in dense paragraphs, the AGS

United States History Workbook offers an interactive and hands-on approach to learning.

It encourages active participation through exercises that reinforce critical thinking,

reading comprehension, and retention of historical facts. This workbook is well-suited for

middle and high school students who want to build a solid foundation in U.S. history.

Comprehensive Coverage of U.S. History

One of the standout features of the AGS United States History Workbook is its organized

timeline and coverage of major historical events. From the early Native American

civilizations to the colonial era, the Revolutionary War, the Civil War, industrialization, and modern times, this workbook touches on all significant periods in American history. This helps students not only learn dates and events but also understand the causes, effects, and significance behind them.

Engaging Activities and Skill Development

The workbook is packed with a variety of activities that go beyond simple memorization.

Students encounter:

****Multiple-choice questions**** that test comprehension

****Short answer and essay prompts**** to develop critical thinking and writing skills

****Map exercises**** that improve geographical literacy

****Timelines and charts**** to visualize historical sequences and relationships

These interactive elements ensure that learners are not passive recipients but are actively engaging with the material. This approach is particularly beneficial for homeschooling families and teachers looking to supplement their lessons with practical exercises.

How the AGS United States History Workbook Supports Different

Learning Styles

Every student learns differently, and the AGS United States History Workbook is designed with this diversity in mind. It blends textual information with visuals, activities, and review sections to cater to various learning preferences.

Visual Learners Benefit from Maps and Illustrations

The inclusion of maps, timelines, and illustrations helps visual learners grasp the geographical context of historical events. Understanding the location of battles, migration patterns, and territorial changes adds depth to textbook facts and enhances memory retention.

Reading and Writing Skills are Strengthened

For students who excel through reading and writing, the workbook's passages and essay prompts provide opportunities to improve literacy while learning history. This dual focus is crucial because history education often involves interpreting primary sources and forming coherent arguments.

Hands-On Learners Engage with Interactive Tasks

Activities such as matching exercises, fill-in-the-blank sections, and critical thinking questions appeal to kinesthetic learners who thrive on doing rather than just reading. These tasks make the learning process dynamic and enjoyable.

Why Educators and Parents Choose the AGS United States

History Workbook

The workbook's popularity among teachers and homeschooling parents stems from its ease of use, clear structure, and adaptability. It can serve as a standalone resource or a supplement to more comprehensive history textbooks.

Structured Yet Flexible Curriculum Support

The workbook is organized into chapters that follow a logical progression through American history. This structure helps educators plan lessons and ensures students build

knowledge incrementally. At the same time, the workbook allows flexibility, enabling parents and teachers to focus on specific time periods or themes according to their teaching goals.

Affordable and Accessible Resource

Compared to multi-volume textbooks or digital subscriptions, the AGS United States History Workbook offers an affordable option without sacrificing quality. Its physical format makes it accessible even in environments with limited technology access.

Promotes Independent Learning

For middle schoolers and high schoolers, the workbook encourages self-study and responsibility. Clear instructions and answer keys (often provided separately) allow students to check their own work and understand mistakes, fostering confidence and autonomy in learning.

Tips for Maximizing the Use of the AGS United States History Workbook

To get the most out of the AGS United States History Workbook, consider these strategies:

Combine with Other Resources: Use the workbook alongside documentaries,

1.
historical fiction, or primary source materials to provide a richer understanding.

Set a Regular Study Schedule: Consistency helps students retain information

2.

and develop a routine for history learning.

Encourage Discussion: Use workbook questions as prompts for family or class

3.

debates to deepen comprehension and critical thinking.

Utilize the Review Sections: Make sure to complete the summaries and review

4.

exercises at the end of each chapter to reinforce key concepts.

Adapt to Student Interests: If a particular era or event sparks curiosity, spend

5.

extra time exploring that topic beyond the workbook's scope.

Integrating the AGS United States History Workbook into

Homeschooling

Homeschooling parents often seek curriculum materials that are clear, comprehensive, and easy to implement. The AGS United States History Workbook meets these criteria perfectly. Its self-contained lessons and engaging tasks allow parents to guide their children without needing extensive background in history themselves.

Tracking Progress and Mastery

Because the workbook includes a variety of exercises, parents can easily monitor their child's progress and identify areas needing review. This assessment helps tailor instruction and ensures a thorough grasp of historical concepts.

Encouraging a Love for History

By making history approachable and interactive, the AGS workbook can help cultivate a genuine interest in the subject. Historical stories come alive through activities, encouraging students to explore beyond the pages and connect with America's past.

Conclusion

The AGS United States History Workbook offers much more than just facts about the past—it provides a dynamic learning experience that builds understanding, critical thinking, and enthusiasm for history. Whether you're a teacher looking for a supplementary classroom resource or a parent seeking a dependable homeschooling tool, this workbook is designed to make the journey through U.S. history both educational and enjoyable. Its balanced approach, combining reading, writing, and interactive exercises, makes it a timeless choice for fostering historical knowledge in students of varying abilities and learning styles.

Question

Answer

What topics are covered in the
AGS United States History
Workbook?

The AGS United States History Workbook covers a wide range of topics including early American history, colonial times, the Revolutionary War, the

Constitution, Civil War, Reconstruction, and
significant events up to modern American history.

Is the AGS United States History
Workbook suitable for middle
school students?

Yes, the AGS United States History Workbook is
designed primarily for middle school students,
offering age-appropriate content and exercises to
help reinforce key historical concepts and events.

Does the AGS United States
History Workbook include
answer keys for self-
assessment?

Yes, the workbook typically includes answer keys that
allow students and educators to check answers and
assess understanding of the material covered in the
exercises.

How can the AGS United States
History Workbook be used
alongside other history
curricula?

The workbook can be used as a supplementary resource to reinforce lessons from a primary history textbook, providing additional practice, review questions, and activities that enhance students' comprehension and retention.

Where can I purchase the AGS

United States History

Workbook?

The AGS United States History Workbook can be purchased online through retailers such as Amazon, educational supply stores, or directly from the publisher's website.

****AGS United States History Workbook: A Comprehensive Evaluation****

ags united states history workbook serves as a foundational resource for educators

and students aiming to deepen their understanding of American history. As educational materials continue to evolve, this workbook has garnered attention for its structured approach to presenting historical content, fostering critical thinking, and reinforcing learning through interactive exercises. This article delves into the features, educational value, and overall effectiveness of the AGS United States History Workbook, providing a nuanced perspective for educators, homeschooling parents, and curriculum planners.

Understanding the AGS United States History Workbook

The AGS United States History Workbook is part of the broader AGS Publishing educational catalog, which emphasizes accessible and comprehensive learning tools. Designed primarily for middle and high school students, the workbook aligns with standard history curricula, covering significant events, eras, and figures in United States history. Its primary goal is to complement textbook materials by offering exercises that reinforce comprehension and analytical skills.

Content Structure and Coverage

One of the workbook's distinguishing characteristics is its methodical division of American history into manageable sections. These often include:

Colonial America and the Revolutionary War

1.

The Constitution and Early Republic

2.

Expansion and Conflict in the 19th Century

3.

The Civil War and Reconstruction

4.

20th Century Developments including World Wars, the Great Depression, and Civil

5.

Rights

Each chapter begins with a concise summary of key events and concepts, followed by a variety of exercises designed to assess retention and promote critical engagement. The workbook incorporates timelines, primary source excerpts, and map-based activities, which are valuable tools for visual and contextual learning.

Pedagogical Approach and Learning Outcomes

AGS Publishing has a reputation for crafting materials that balance factual knowledge with skills development. The United States History Workbook is no exception. Exercises range from multiple-choice and matching questions to short essays and document-based inquiries. This variety caters to different learning styles and encourages students to not only recall information but also analyze historical perspectives.

The workbook encourages students to:

Develop chronological understanding of key historical events

1.

Interpret primary and secondary sources critically

2.

Understand cause-and-effect relationships in historical contexts

3.

Build vocabulary pertinent to history and social studies

4.

Such outcomes align well with Common Core standards and other educational

benchmarks, making the workbook a reliable supplemental resource in formal education settings.

Comparative Analysis with Other History Workbooks

When placed alongside other popular United States history workbooks, the AGS offering reveals several strengths and some limitations. For instance, compared to workbooks from publishers like Carson-Dellosa or Evan-Moor, the AGS workbook tends to present more in-depth content, suitable for older students or those seeking a more rigorous study.

Strengths

Comprehensive Coverage: The workbook thoroughly addresses major periods in

- 1.
U.S. history, giving students a well-rounded perspective.

Skill Development Focus: Beyond rote memorization, it emphasizes critical

- 2.
thinking and analysis, which are essential for higher-level history studies.

Clear Organization: Logical chapter progression facilitates incremental learning

- 3.
and easy review.

Areas for Improvement

Visual Appeal: Some users have noted that the workbook’s design is relatively

- 1.

plain compared to more colorful or interactive alternatives, which might affect engagement for younger learners.

Digital Integration: In an increasingly digital educational environment, the

2.

workbook's limited online or interactive components may be a drawback for tech-savvy classrooms.

Target Audience and Educational Settings

The AGS United States History Workbook is versatile, suitable for a range of educational contexts. It is frequently employed in:

Traditional public and private schools as a supplemental resource

1.

Homeschool environments, where structured learning aids are essential

2.

After-school programs or tutoring sessions focusing on social studies

3.

Preparation for standardized tests that include U.S. history components

4.

Its straightforward layout and clear instructions make it accessible for self-study, which is an important consideration for independent learners or homeschooled students.

Additionally, educators appreciate the workbook's alignment with common curricular

standards, which helps streamline lesson planning.

Integration with Curriculum Standards

By aligning closely with state and national standards, the AGS United States History Workbook ensures that students gain knowledge relevant to their academic assessments. For example, its inclusion of document-based questions mirrors the format of Advanced Placement (AP) history exams and state-level social studies assessments. This alignment enhances its utility as a preparatory tool.

Pros and Cons of Using the AGS United States History Workbook

A balanced evaluation of the workbook reveals both advantages and challenges that potential users should consider.

Pros

Depth of Material: Provides comprehensive historical content that supports a

1.

deep understanding of U.S. history.

Skill Enrichment: Encourages development of analytical and interpretive skills

2.

through diverse question types.

Structured Learning: Organized layout facilitates gradual learning and review.

3.

Adaptability: Suitable for a variety of educational settings and adaptable for

4.

differentiated instruction.

Cons

Lack of Interactive Features: Limited digital resources or interactive components

1.

reduce engagement opportunities in modern classrooms.

Design Aesthetics: Minimalistic visual presentation may be less appealing to

2.

younger or visually oriented learners.

Supplemental Nature: While comprehensive, it is not a standalone textbook and

3.

requires pairing with more detailed instructional materials.

Conclusion: Positioning AGS United States History Workbook in the Educational Market

In an educational landscape crowded with history resources, the AGS United States History Workbook distinguishes itself through its thorough content and emphasis on critical thinking. It caters effectively to educators seeking a structured, reliable tool to support history instruction. While it may not offer the interactivity or visual engagement of some modern resources, its pedagogical strengths and alignment with academic standards make it a valuable addition to many educational programs.

For homeschooling parents and educators prioritizing depth and skill development, the

AGS workbook provides a well-organized, methodical approach to mastering American history. As digital learning continues to grow, future editions might benefit from integrating interactive elements to enhance student engagement further. Nonetheless, as it stands, the AGS United States History Workbook remains a respected and practical resource in the domain of social studies education.

AGS United States History, AGS history workbook, US history study guide, American history workbook, AGS educational materials, United States history exercises, AGS history practice book, American history lessons, US history activities, AGS history curriculum

Magical States Of Consciousness

Magical States Of Consciousness

Magical States of Consciousness: Exploring the Mystical Realms Within

magical states of consciousness are fascinating experiences that have intrigued

humanity for centuries. From ancient shamans to modern meditators, people have sought to access these altered states to gain insights, healing, and a deeper connection to the universe. But what exactly are these states, and how do they manifest in our minds? In this article, we'll journey through the mystical realms of magical states of consciousness, exploring their nature, how they can be induced, and what benefits they offer in our everyday lives.

Understanding Magical States of Consciousness

When we talk about magical states of consciousness, we refer to altered states of awareness that transcend ordinary waking life. These states often bring about profound shifts in perception, emotion, and cognition, leading to experiences that feel otherworldly or transcendent. They are not simply daydreams or moments of distraction; rather, they are deep, immersive experiences that can transform one's understanding of reality.

What Makes a State of Consciousness ?Magical??

The word "magical" in this context doesn't imply literal magic spells or supernatural powers, but rather the quality of the experience—rich with awe, mystery, and a sense of connection to something greater. Magical states often involve:

Heightened sensory perception or synesthesia

Feelings of unity with the environment or cosmos

Time distortion or timelessness

Deep emotional release or euphoria

Access to intuitive knowledge or creative inspiration

These characteristics set magical states apart from everyday awareness and are often described in spiritual, mystical, or psychedelic traditions.

Types of Magical States of Consciousness

Magical states can occur spontaneously or be intentionally cultivated through various practices. Here are some common types that people experience:

Mystical and Spiritual Experiences

Many religious and spiritual traditions describe moments of divine union or enlightenment where the individual self seems to dissolve into a greater whole. These moments are often accompanied by feelings of peace, love, and transcendence. Meditation, prayer, chanting, and rituals are common gateways to these states.

Flow State: The Magic of Total Absorption

The flow state, popularized by psychologist Mihaly Csikszentmihalyi, is a magical state of consciousness where one becomes fully immersed in an activity. Time appears to slow down, self-consciousness fades, and performance peaks. Artists, athletes, and writers often describe flow as a kind of magic that unlocks their highest potential.

Psychedelic and Visionary States

Certain substances, such as psilocybin mushrooms, LSD, or ayahuasca, can induce powerful altered states that are often described as magical or mystical. These experiences can include vivid visions, profound insights, and a sense of cosmic interconnectedness. While these states can be transformative, they require careful guidance and respect due to their intensity.

How to Access Magical States of Consciousness

If you're curious about exploring these states yourself, there are several natural and safe methods to try. Each person's experience is unique, but here are some tried-and-true approaches:

Meditation and Mindfulness Practices

Regular meditation helps quiet the busy mind and can gradually open the door to deeper states of awareness. Techniques such as transcendental meditation, mantra repetition, or guided visualization can cultivate feelings of bliss and expanded consciousness.

Breathwork and Rhythmic Practices

Breathing techniques like holotropic breathwork or pranayama use controlled breathing patterns to alter brain chemistry and promote magical states. Similarly, rhythmic drumming or dancing can induce trance-like states that connect participants to primal energy.

Nature Immersion and Sensory Deprivation

Spending time in nature, especially in serene environments, can naturally shift one's consciousness. Alternatively, sensory deprivation tanks reduce external stimuli to help the mind enter deeply relaxed and altered states?often reported as magical or otherworldly.

Creative Expression

Engaging in creative activities such as painting, music, or writing can trigger ?ow states and unlock intuitive insights. The act of creating allows the conscious and unconscious mind to merge, often resulting in moments of magic and inspiration.

The Science Behind Magical States of Consciousness

Modern neuroscience has begun to unravel what happens in the brain during these extraordinary experiences. Studies using brain imaging reveal that magical states often involve decreased activity in the default mode network (DMN), a brain region linked to self-referential thinking and ego. When the DMN quiets down, people report a loss of self-

boundaries and greater feelings of unity.

Other research points to changes in neurotransmitter levels?such as serotonin, dopamine, and endorphins?that contribute to heightened perception, emotional release, and euphoria. Understanding these mechanisms does not diminish the magic; rather, it highlights the incredible complexity and adaptability of human consciousness.

Bene?ts of Experiencing Magical States of Consciousness

People who regularly access magical states report a range of positive outcomes that enhance mental, emotional, and spiritual well-being:

Stress Reduction: Deep relaxation and altered awareness help calm the nervous

1.

system.

Increased Creativity: Breaking free from habitual thought patterns fosters

2.

innovation and artistic expression.

Emotional Healing: Accessing hidden feelings in these states can lead to catharsis

3.

and personal growth.

Spiritual Insight: Many report gaining a sense of purpose, interconnectedness,

4.

and meaning.

Enhanced Focus and Productivity: Flow states improve concentration and

5.

efficiency in tasks.

Integrating Magical States Into Daily Life

While these states may seem elusive or reserved for special circumstances, it's possible

to weave moments of magic into everyday routines:

Start Small and Stay Consistent

Even a few minutes of mindful breathing or meditation daily can gradually deepen your

awareness and open pathways to magical experiences.

Use Rituals to Mark Transitions

Simple rituals like lighting a candle, journaling, or setting an intention can help signal your

mind to shift into a different mode of consciousness.

Stay Open and Curious

Approach these states without rigid expectations. Sometimes magic happens

spontaneously when you least expect it.

Balance Exploration with Grounding

After intense experiences, take time to ground yourself by connecting with nature, loved

ones, or routine activities.

Final Thoughts on the Journey Within

Exploring magical states of consciousness is like stepping into a vast, uncharted territory

within your own mind. Each journey offers unique insights, challenges, and moments of wonder. Whether through meditation, creative flow, or other methods, these states invite us to expand our understanding of reality and ourselves. As you navigate this inner landscape, remember that the magic lies not just in the experience itself but in the way it enriches your life and deepens your connection to the world around you.

Question

Answer

What are magical states of consciousness?

Magical states of consciousness refer to altered mental states characterized by heightened perception, mystical experiences, or a sense of unity with the universe, often associated with practices like meditation, trance, or psychedelic use.

How can one induce magical states of consciousness?

Magical states of consciousness can be induced through various methods including meditation, deep breathing, sensory deprivation, rhythmic music or drumming,

chanting, hypnosis, and the use of certain psychoactive substances.

What role do magical states of consciousness play in spirituality?

In spirituality, magical states of consciousness are often viewed as gateways to deeper understanding, enlightenment, or connection with divine forces, facilitating experiences beyond ordinary reality.

Are magical states of consciousness scientifically recognized?

While the subjective experiences of magical states are well-documented, scientific recognition focuses on altered states of consciousness more broadly, studying their neural and psychological correlates rather than labeling them 'magical'.

Can magical states of consciousness enhance creativity?

Yes, many individuals report that magical states of

consciousness can enhance creativity by allowing access to novel ideas, heightened intuition, and a break from conventional thought patterns.

What are common signs or symptoms of entering a magical state of consciousness?

Common signs include feelings of timelessness, intense focus, vivid imagery, emotional euphoria, a sense of oneness, and altered perception of reality.

Is it safe to explore magical states of consciousness?

Exploring magical states of consciousness is generally safe when done through practices like meditation or breathing exercises; however, caution is advised with psychoactive substances or intense practices, and guidance from experienced practitioners is recommended.

How do magical states of consciousness differ from

dreams?

Magical states of consciousness occur during wakefulness

and involve heightened awareness or altered perception,

whereas dreams occur during sleep and are typically

subconscious experiences without conscious control.

Magical States of Consciousness: Exploring the Enigmatic Dimensions of the Mind

magical states of consciousness represent a fascinating and often elusive

phenomenon within the study of human cognition and spirituality. These states,

characterized by profound alterations in perception, emotion, and awareness, have

intrigued psychologists, neuroscientists, philosophers, and spiritual practitioners alike. The

concept transcends cultural and disciplinary boundaries, encompassing mystical

experiences, trance states, and moments of heightened insight that challenge

conventional understandings of reality and selfhood.

Understanding Magical States of Consciousness

At its core, magical states of consciousness refer to altered mental conditions wherein

individuals report experiences that defy ordinary logic or physical laws. These experiences

may include vivid visions, a sense of unity with the universe, time distortion, or

encounters with archetypal imagery. Unlike everyday consciousness, these states often

evoke a deep sense of meaning or transformation.

From a scientific perspective, these states are typically investigated through the lens of

altered states of consciousness (ASCs), a broader category that includes hypnosis,

meditation, psychedelic experiences, and near-death phenomena. Researchers employ neuroimaging and psychometric tools to identify the neural correlates of these states, linking them to changes in brain wave activity, neurotransmitter dynamics, and connectivity between brain regions such as the prefrontal cortex and the limbic system.

Historical and Cultural Context

Magical states of consciousness have been documented throughout history and across cultures in various forms. Indigenous shamans, for example, enter trance states to access spiritual realms for healing and guidance. Similarly, medieval mystics described ecstasies marked by visions and profound unity with the divine. The language used to describe these states—be it "magical," "mystical," or "transcendent"—reflects the cultural context but often points to a shared human capacity for extraordinary mental experiences.

This cross-cultural ubiquity suggests that magical states of consciousness are deeply embedded in human nature. Anthropologists argue that these experiences often serve social and psychological functions, such as reinforcing group cohesion or facilitating coping mechanisms during crises.

Neuroscientific Perspectives on Magical States

Modern neuroscience has advanced our understanding of the biological underpinnings of magical states of consciousness. Functional magnetic resonance imaging (fMRI) and electroencephalography (EEG) studies reveal that these states often involve decreased activity in the default mode network (DMN), a brain network associated with self-

referential thought and the sense of ego. The reduction in DMN activity correlates with feelings of ego dissolution, a hallmark of many mystical and magical experiences. Additionally, neurotransmitters such as serotonin, dopamine, and endorphins play significant roles. For instance, the administration of psychedelic substances like psilocybin or LSD induces magical states by modulating serotonin receptors, leading to altered sensory perception and emotional processing. These substances have garnered attention for their therapeutic potential in treating depression, anxiety, and PTSD by facilitating profound shifts in consciousness.

Features and Characteristics

Magical states of consciousness exhibit several distinct features:

Altered perception: Sensory inputs may be intensified, distorted, or replaced by

1.
visionary imagery.

Emotional intensity: Experiences are often accompanied by overwhelming

2.
feelings of awe, bliss, or terror.

Time distortion: Individuals may perceive time slowing down, speeding up, or

3.
becoming non-linear.

Sense of unity: A common report includes feeling connected to a greater whole or

4.

the universe.

Insight and revelation: These states frequently yield profound personal or

5.

spiritual insights.

While these characteristics are widely reported, the subjective nature of magical states complicates their objective study.

Applications and Implications

The exploration of magical states of consciousness has practical implications across various domains. In psychotherapy, guided induction of altered states through meditation, breathwork, or psychedelics is increasingly recognized as a valuable tool for mental health treatment. Such interventions can break rigid thought patterns and facilitate emotional healing.

In the realm of creativity, artists and innovators have long sought to harness these states to access novel ideas and perspectives. Historical accounts of visionaries often describe moments of inspiration linked to altered consciousness, underscoring the role of magical states in human creativity.

Moreover, these states hold significance in spiritual and religious practices. They often serve as gateways to transcendent experiences that reinforce faith, ethical values, and a sense of purpose.

Challenges and Controversies

Despite growing interest, magical states of consciousness remain controversial and poorly understood in some scientific circles. Skeptics argue that these experiences are purely neurobiological artifacts without intrinsic meaning, while proponents emphasize their transformative potential.

Ethical concerns also arise regarding the use of substances to induce magical states, especially in unregulated or unsupervised contexts. The risk of psychological distress or abuse underscores the need for cautious and informed approaches.

Furthermore, the subjective variability of these states poses challenges for standardization and measurement. What one individual perceives as a magical revelation, another may experience as disorienting or frightening, making it difficult to generalize findings.

Emerging Research and Future Directions

Current research trends focus on integrating interdisciplinary methods to better understand magical states of consciousness. Advances in neurotechnology, such as real-time brain monitoring and neural feedback, offer new avenues for studying and potentially guiding these states with greater precision.

Clinical trials exploring psychedelic-assisted therapy have reported promising results, reigniting interest in the therapeutic applications of magical states. Additionally, virtual reality (VR) technologies are being used experimentally to simulate and study altered states in controlled environments.

The convergence of ancient wisdom and modern science is fostering a more nuanced appreciation of magical states, recognizing them as complex phenomena with biological, psychological, and cultural dimensions.

As research progresses, the potential to harness magical states of consciousness responsibly?to enhance well-being, creativity, and spiritual growth?becomes an increasingly tangible prospect, inviting continued inquiry and open-minded investigation. altered states, mystical experiences, trance, meditation, spiritual awakening, psychedelic states, transcendence, lucid dreaming, shamanic journeying, expanded awareness

Read the full article online: [MAGICAL STATES OF CONSCIOUSNESS](#)