



Programming the Human Biocomputer

John C. Lilly

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Drawing from his extensive knowledge of and experimentation with brain biochemistry, the inventor of the sensory isolation tank outlines the parallels between computers and the human brain and offers methods for stepping out of the mind-body, leading readers on a profound journey of self-discovery. Lilly's work was adapted into two feature films, *The Day of the Dolphin* and *Altered States*.

Programming the Human Biocomputer Details

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Sean says

Lilly was a pretty controversial scientist in his time - check out the experiment where a human female shared living quarters with a dolphin for a month or two.

Still, the dude did some radical experiments with sensory deprivation and psychedelic drugs (which he refers to as 'entheogens'). He also did research into dolphin language and intelligence.

This book is a manual on how to re-program your brain through various methods, including entheogens. It's quite fascinating, though Lilly's writing in this book is almost of a technical or scientific paper nature and can be very dry. Maybe one for the Lilly completist only - or if you're attempting to read RAW's "Brain Books" list.

Patsy says

wha . . . what did I read? This work dances across the boarder between fascinating and ludicrous rather flippantly. I can't tell if I've been enlightened or my fragile mental state has been horrendously corrupted with trivial delusions. Worth a read, especially if you are opposed to subjecting yourself to drug-induced altered states, let this author do it for you! Definitely a weird one, though.

Markus says

It is a very interesting book that tells you that you can change your outlook on life and change how you were conditioned to live your life by simply reprogramming your brain.

The book has a lot of complex terminology that is sometime hard to keep up with. Although the author use mind altering drugs (which I don't agree with) to aid him in this work some of the concepts I did find sound. I agree that it is possible to change your perspective on how you think and how you live your life by reprogramming your mind.

It was an OK read but took me longer than usual do to the complex terminology used through out the book.

Allan Cronin says

I read this book many years ago. It is one of a handful of summations of research efforts which were squelched when governments globally outlawed most psychedelics.

Lilly is a fascinating but complex and frequently quirky character. And you have to be able to read past the idiosyncrasies which permeate this book. If you can do that you will find that Lilly and company were doing some truly interesting work.

I have read that this book was written in an intentionally obtuse manner to limit access to these ideas to only the most intelligent and persistent readers. But the book actually developed quite a cult following. And

anyone interested in the slowly reviving research in the field of psychedelics and the mind should be aware of Lilly's work.

The other big summation of research was done by Masters and Houston in their, "Varieties of Psychedelic Experience". But that is a subject for another review.
