23. Interview with Participant 23

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**Length:** 2:35:22

**Spoken duration of interview:** Participant (72%), Interviewer (28%)

**Age (years):** Participant (25), Interviewer (30)

**Gender:** Participant (female), Interviewer (male)

**Residence at time of recording:** Participant (New Zealand), Interviewer (New Zealand)

**SUMMARY KEYWORDS**

psychedelics, ayahuasca, psychedelic experience, bit, acid, people, feel, experience, pretty, question, lsd, ceremonies, understand, life, important, ayahuasca ceremony, sense, big, relationships, trip

**Interviewer** 00:00

Right. So, one, actually kind of two final things before we jump in because we're going to be talking about psychedelics. One thing that's important to do is to define essentially what drugs we would like you to consider psychedelics for the purpose of this interview and what which drugs we would like you to exclude from your descriptions of your psychedelic experiences.

**Participant** 00:13

Sure.

**Q1. Interviewer** 00:13

So, for psychedelics, any classic psychedelic is okay, so, if you've used LSD, psilocybin, magic mushrooms if you've used dimethyltryptamine, or DMT, if you've used Ayahuasca, mescaline, or any of the sort of platforms like parody or San Pedro, or if as well, if you've used Iboga and if you've used any of the analogues of these, if you've used the 1p- LSD, for example, if you've used 5-MeO-DMT, or your 2C-B, it's a type of kind of mescaline, or if you've used any analogues of those, those are all what we would consider psychedelic or you know, the serotonin,5HT-2A activators. So, you can just include those in your psychedelic experiences. Basically, any other drug that aren't those, we'd like you to exclude but there's four drugs that I mention normally, just because they seem to potentially be the most likely ones that people might sort of include in their psychedelic experiences. So, one is cannabis, although seems quite unlikely that some people would, on high doses, some people say it's quite psychedelic like the other one is MDMA. So, if you've had any ecstasy experiences, we'd like you to sort of exclude those and also, ketamine and salvia. So, I, ketamine, typically designated as a dissociative and dissociation effects are fairly common in psychedelic experiences and so, they these, I've actually, I've even seen ketamine clinics being described as psychedelic clinics. So, some people are pushing that idea, but for the purposes of this one, we'd like you to exclude any ketamine experiences and I don't know how to classify salvia, but it's definitely mind altering. So, if you've had any experiences with those, please try and exclude them the best that you can from the questions related to psychedelics. Oh, and finally, the interview takes generally about two and a half to three hours. So, if you need to go use the bathroom, you want to have a drink, or stretch or take a break, more than welcome to, happy to do that throughout. So, you just let me know if you want to take a break at any point and that's, and we can go and do that. Cool. So, the first question is, why do you use psychedelics?

**Participant** 03:08

Broad question. Because it's Interesting. I suppose my most commonly used psychedelic is Ayahuasca and my reasons behind frequently engaging with Ayahuasca is because it gives me another perspective can see things in a different way. If I've got questions I can ask questions. That's my current use of psychedelics. The reason I keep using psychedelics I suppose, is because, not keep using like that makes it sound like no, it's not, hmm maybe the reason I integrate psychedelics in my life is because the effects are quite profound. What I've noticed that after my first few Ayahuasca experiences, relationships were stronger. Connections was stronger. Feel clear and grounded.

**Q2. Interviewer** 04:54

Have the reasons why you use psychedelics changed over time?

**Participant** 03:35

I suppose now that I'm at university and interested in integrating psychedelics into my university research then for sure, because now I'm looking at it in a different way. I'm, whereas in the past, it was more just about me and it was more just curious and even now, it's actually still just curious, but there might be certain things I look for now. I might be, might be looking for something else.

**Interviewer** 05:38

Can you, are you able to elaborate on what there's something else that you're looking for is?

**Participant** 05:45

Depends on what I'm interested in or what I want to look at that moment. So, for instance, in the past, as I mentioned it, it's just curious, and now it's like, oh okay, I want to see how psychedelics affect this little thing, or how they affect this thing within myself, of course, I might draw my attention towards that, or I might go in with the intention of like, hey, I'm curious on exploring this so, let's see what that's going to be. Where as in the past, it was just, there wasn't that I didn't go in with that sort of idea. If it's ok, actually, I might move upstairs to my bedroom. I think it might be a bit better up there is that okay?

**Interviewer** 06:26

Sure. Yeah.

**Participant** 06:28

I'll Just take my video off for a sec feel like see the whole.

**Interviewer** 06:31

No that's all right.

**Participant** 06:33

Cool. I'll be two minutes

**Participant** 11:00

Hey, sorry about that.

**Interviewer** 11:01

No worries.

**Participant** 11:05

Um, yeah, it's just it's just muscle memory like I'm moving. I shut my laptop.

**Interviewer** 11:11

Oh, did you do that \*mimes closing laptop\*?

**Participant** 10:13

Yeah, yeah, I shouldn't do that.

**Interviewer** 11:15

Yeah, I see people sometimes who walk around who just sort of hold the laptop with the thing open. I'm like, I would never do that, it feels uncomfortable you bang it into stuff.

**Participant** 11:23

I know, I was like, I'll break my laptop. Anyways, back to your question. Um, so, he asked me if my reasons for taking psychedelics has changed?

**Interviewer** 11:30

Yeah.

**Participant** 11:31

Yes, I was thinking about that a little bit more and I honestly don't know if they have, like, it feels like. It's a tricky question. I always, more often than not I go in with the intention of just to experience and see what that shows me and yeah, and even though it is more research related now, it's still it's still quite curious. Yeah, I don't know, that's a that's a tricky question to answer. I'm not, I can't really give you a very clear answer. If that's changed. It does feel like it has and in some ways, it just doesn't.

**Interviewer** 12:10

Mm hmm.

**Interviewer** 12:11

Yeah that's okay. If so, a lot of these questions. Some people have difficulty, because a lot of them are asking about change or effects, sort of Like, is there a difference between, you know, a pre post use, or if it's over a long period of time, like pre psychedelic use, or a big event and something and if you don't really feel that you have, you can say like, ahh yeah there's really something noticeable about it, it's okay. It's perfectly okay to be like actually, it seems, you know, maybe, but I can't really notice or speak to anything in particular and that's good as well, because it shows you the areas where it's like, okay, here's some where change has occurred and here's where it hasn't and that's actually important to be able to see those, you know, not everything has to have changed, necessarily.

**Participant** 12:11

Yeah.

**Participant** 13:04

Yeah.

**Q3. Interviewer** 13:09

So, how did you first start using psychedelics?

**Participant** 13:13

What do you mean?

**Interviewer** 13:16

In that case there, it’s like, how did you first get involved with them? What was the use like? Where? Who was it with? That sort of thing.

**Participant** 13:23

Amazon.

**Interviewer** 13:25

The Amazon?

**Participant** 13:26

Ritual, yeah, it was my first psychedelic experience was Ayahuasca and then since then, \*coughs\* excuse me, I've engaged in different forms of psychedelic use but yeah, I think having the ritualised use as a starting point really set, kind of set the stage for how future experiences would go because I was aware of their very full potentials.

**Interviewer** 14:05

Can you describe a little bit about that first use was it? How did you find out about psychedelics? What led you to go into the Amazon? Compared to say, just getting magic mushrooms or LSD from where you live?

**Participant** 14:22

So, yeah, I was second year university, I was working a lot. I'd saved up some money to go travelling. I've always wanted to go to South America. So, I booked a flight South America was just for a month over my break. I was researching South America, I've always wanted to go to the Amazon as well, If I'm going there I'll go to the Amazon. I was researching the Amazon and they came across Ayahuasca and I was like, oh, what's Ayahuasca? And I read like maybe one or two. No, just one little report on Ayahuasca. It was very intense. She was like, Whoa, I like died and then I confronted all these things that you know how it goes and then when I read that I was kind of I didn't want to read much only really two sentences cause it felt quite intense and but I knew I wanted to try. So, then I looked up retreat centres. So, my first experience was in a retreat centre and since then I haven't engaged with retreat centres. Yeah, cause it's interesting for first time, but yeah and that was pretty much it and then I found a retreat centre, and then I went over. It's very impulsive almost, but it kind of wasn't I just knew I wanted to try. I didn't want to know anything about it, though. So, I didn't read anything.

**Interviewer** 15:38

Okay.

**Participant** 15:39

And I actually didn't read anything about Ayahuasca for a long time after trying it. So, the readings only come maybe in like the last two, three years, whereas I tried Ayahuasca for first time about five, six years ago and yes, that's pretty interesting. I found because it was really important to me to just experience and not be influenced by anyone else's experiences and then when I felt like I was experienced enough, then I was like, okay, now it's okay to read about what other people see and that was really interesting, because then of course, you find similarities with what you've experienced what someone else is talking about but yeah, so, it's pretty important not to look at other people's experiences for a while. Yeah, so, that was my first experience. It was cool. I did a 10-day dieta. Four Ayahuasca ceremonies, I actually ended up staying there for an extra like five days or so. So, I did two other Ayahuasca ceremonies, I think one of them I just, oh, maybe I just did one Ayahuasca ceremony. I don't remember, anyways, one of them, I just sat in I didn't actually drink but I still felt, like it was really nice to be in that space and then I ended up meeting another healer and I had a ceremony with her as well and then that kind of spurred my interest. So, I went back home and then I realised I didn't want to be doing what I was doing. I saved up more money and went back. I went travelling and then eventually, I found my way back in South America and just spent my time travelling around and I'm learning about the different plants but mainly Ayahuasca, it's always been Ayahuasca for me, my main interest but it's also, not just Ayahuasca, it's the use, right. Like it's the jungle use and it's a way that people use it, and how that changes across different cultures that I'm really interested in and I find really important because it shows you different things. So, for instance, one culture will have the ritual one way and that might evoke certain things in your experience and other cultures might do it a different way. It's all healing in the end, it's just different. Well, I actually I don't know if I agree with it's all healing because there's some questionable practice out there but most of it is healing.

**Interviewer** 17:46

Oh, yeah, there's the dark side, let's say of their systems of use.

**Participant** 17:53

Totally, totally, totally.

**Interviewer** 17:57

So, did you explore Ayahuasca go across different tribes or cultures within South America?

**Participant** 18:06

Yeah.

**Interviewer** 18:06

Or do you mean that more broadly, like, sort of even continental, like differences between the West and South America.

**Participant** 18:13

Just in South America mainly I've drunk as well in New Zealand, with two people. It was interesting, but for me, it was more interesting, it was also, interesting, but I spent most of my time in South America exploring there. So, the New Zealand ones been pretty recent, actually but yeah, so, I, I probably drunk with about upwards of 12 different healers and traditions, a lot looking at different practices in that way. There are certain healers that I like to, um, there are certain healers that I don't know that I really get along with that I go visit again and there are some that are just in passing but often, when I'm invited to drink, I will take them up on the offer, unless they [I] get a really bad feeling, but that's not really happened. Yeah.

**Q4. Interviewer** 19:20

What aspects of psychedelics do you find most meaningful or valuable?

**Participant** 19:34

The perspectives, yeah, perspectives. I think it's my early experiences. It was really interesting to revisit trauma and visit from a different perspective. So, yeah, for instance, events that I thought still had a hold on me, I could suddenly view them from a different perspective and see that was actually okay, and that was quite interesting. Um, I think it teaches you how to be a good person. Least with Ayahuasca, I think that's pretty interesting. That's also, something I found, Ayahuasca being used for human development. Terms of mental health, I'm mentally okay, so, I can't really speak to that so, much but I'd say that, I'd say that it's kept me clear, kept me focussed. Yeah. It's difficult to put these experiences into words. Which I'm sure you understand. Yes.

**Interviewer** 20:50

Can you speak a little bit of what you mean by clear, what does that?

**Participant** 20:55

Focussed so, it feels like you've less, less noise. It's, um, I find this actually happens a lot with San Pedro. I feel like it, It's, it's really in the moment, you just do what you need to do in that moment and anything outside that moment doesn't matter. Not that it doesn't matter. It's just doesn't need to be in that moment. It's simple, it’s a it's, and I think that sort of thinking can keep you really focused and really clear. So, if you want to do something, there's less chatter, there's less noise and for me, as well, it's kept me really clear on what I want to do with my life. That's been really it's, yeah, yeah, so, that's pretty much it for me.

**Interviewer** 21:48

Okay. Can you, elaborate a little bit on this idea of the perspective change, is that, cause one part of it, you talked about sort of revisiting trauma and seeing it in a new way. What is it, what does that, what do you mean by seeing it in a new way?

**Participant** 22:23

So, in this particular experience that I'm referring to, it was one of my early ceremonies, maybe my second or third, where I saw events that had happened in my childhood, quite traumatic events and I had a bird's eye perspective of this and that was really interesting, because for me to have that bird's eye perspective was like, yeah, this thing happened and yeah, it was really intense. Um, but having that bird's eye perspective, kind of reminded me that this is where you're at now. Does that make sense? So, it's, you're outside of that you're acknowledging that happened, you see that but also, you're here now with the capabilities that you have as a fully grown adult, you have as a fully grown adult. So, that's what I kind of mean by perspective, in one sense, but in other senses I'll often go in and out, I might ask a question or two, depending on what's, what's going on in my life at that moment and so, that I'll just, I'll just hear response, like I or not necessarily hear, I'll see or feel a response. Like, I find that particularly interesting to evaluate relationships with. So, if I have a particular relationship that I want another insight into, this is just an experience, it can be for anything, but sorry, this is just an example. It can be for anything but say there's a particular relationship that I maybe want a little bit more insight into I can be like okay, so, this is what's happening and then Ayahuasca might show me their perspective, in a different way. From what I'm seeing, so, that's my kind of mean by perspective, does that make sense?

**Interviewer** 24:02

It does make sense. I think for like, how to say? A lot of talking to a lot of people and being involved with psychedelics for reasonably long enough time. I have an intuitive sense of what this means, you know, I have my own experiences to relate that to. So, more sometimes the questions, and not necessarily, because I don't understand but more that I'm thinking about, more words or an elaboration on that will be more clear for other people, so, that it's so, it's less about, say my personal interpretation and by getting a bit more of your words, it clarifies what you mean by particular thing and that way, when it comes down to talking about what you mean, there's less ambiguity of like misinterpreting or misrepresenting what you meant. So, yeah, just in that sense, in other cases, I probably don't understand what you're saying and getting clarification.

**Participant** 24:39

Yeah yeah.

**Participant** 25:02

All right, cool. Yeah. Yeah. Awesome. I was just checking if that was the clarity that you wanted to get through in words. Yeah. Yeah, cause it's like, it’s a little bit difficult to put these things into words, but.

**Interviewer** 25:15

for sure,

**Participant** 25:17

but it's also, a fun challenge.

**Interviewer** 25:19

Yeah. Well, that's, that's part of the I think the goal of a lot of psychedelic use conversation is to develop the way of communicating these ideas and experiences.

**Participant** 25:35

Exactly.

**Q5. Interviewer** 25:37

So, the next question is, what aspects of psychedelics do you find most challenging or difficult?

**Participant** 25:52

That implies that there is something that's inherently good and inherently bad but I think my learnings with psychedelics or at least in general, I think it's all okay. It's just a thing.

**Interviewer** 26:06

In the sense I did try to word it so, it wasn't like what do you find most negative? So, challenging or difficult is, is trying to get at this idea of what you've, yeah, well, I don't know can you break down difficult into anything smaller?

**Participant** 26:24

I don't, I don't think it's, it's, I think it's all just part of a process.

**Interviewer** 26:29

Okay.

**Participant** 26:30

So, I say anything particularly challenging, I mean, you have to do certain things. With Ayahuasca you have to diet. I don't find that particularly challenging. I find that important. I think it's for me, once again, that's just part of the process, right, like it doesn't really it's that whole journey to getting to that. It's that whole journey, including the ceremony and the after ceremony. That's the psychedelic process. At least for me for Ayahuasca.

**Interviewer** 27:01

What about during the experience. Are there any moments feelings, emotions, content, visual, auditory that comes up that you find is maybe another way of saying it takes a lot of effort to process that, it's not as easy as other aspects?

**Participant** 27:53

I've got this quite, so, with my first couple of ceremonies, my four or so, that I did. I remember, it was with I think the group of must have been 10 other people or so. I remember going into the first ceremony, like, wow, this is awesome and the second one, I was like, Whoa, this is so, really awesome and I remember waiting for when things would get difficult. Like, I was just waiting, I was like, I've heard like, from that little thing that I read from that person I was I heard it gets really dark and like other people were having pretty intense experiences as well. They were fine with it, but it was you know, it was different and, and then I was waiting, and then I was waiting, and then I kind of realised it wasn't coming and that was okay. So, that's how my relationships been with that. With if we're moving past Ayahuasca, though. Sorry, I got a bit focused on that because that when I think of psychedelics, I think Ayahuasca, talking about other psychedelics. For sure. Let's talk about acid can be difficult. Anxiety, I've experienced quite a bit of anxiety on acid. I've learned, I have my own protocol with taking acid now, which is with someone that I really trust or if not alone. Um, yeah. Can be really anxiety ridden. If it's with someone I don't know well as well that can be really confusing. Yeah, so, acid for sure. Yeah. Um, what are other psychedelics? Mushrooms are okay. Mushrooms as well, I'd almost say it's not even the psychedelic. It's the ritualised behaviour around it. So, Ayahuasca feels fine because there's a ritual, there's a structure. That's what I enjoy so, deeply about it. Acids fine when I give it a ritual and structure myself. So, when I do it by myself with my music with my eye mask, I know exactly what I'm doing. I know where I'm going and I know how to contain that myself. Whereas if I'm doing that all willy nilly excuse, I can't think of a different word. I'm sorry \*laughs\*.

**Interviewer** 29:55

Willy nilly covers it.

**Participant** 29:57

Yeah \*laughs\* Sorry. You can change that word if you want to. If I'm doing all willy nilly, I'm probably going to get a bit anxious, I'm probably going to find that a little bit difficult, I'm probably going to have thoughts in my head about what's going on. That's not actually true to start with and that can actually take away from how deep that trip could be. I'll be busy on like, oh my god, what does this person think of life, oh, my God, what do they mean? It just makes no, for me, it's not productive because I think psychedelics are cool, and they can show you lots of things and they can show you lots about consciousness and the essence of our being. If you do them correctly, or not correctly, if you do them in a ritualised way, it depends what you want from it, right. I think, yeah. Don't get me wrong. That's not every acid experience I've had with a group of people. I've had fun on acid with people like, but this is, but when I think of it, like difficult experiences, yeah. Acid, anxiety. Yeah, um, yeah, that's it. Sorry, I got a bit focused on Ayahuasca there. I was in my little jungle headset. Ayahuasca's great but wait, there's more.

**Interviewer** 31:05

Cool, well. So, you, it seems here, the main aspect is not particularly the psychedelic itself, but it's the ritual or the container that you set up going into these experiences, which is essentially the set and setting.

**Participant** 31:24

Totally, yeah, really SOOO important and that can and it's almost interesting, because I'm sure you know this, but it's if you want your experience to go a certain way, you can change your set and setting to encourage that to come up. So, yeah, for instance, if I really want to explore what the what the nature of our consciousness is, I might set my playlist to be something quite intense. So, it's actually going to break apart what I think my reality is so, I can go deeper into these experiences. Whereas if I want a really loving experience, I might pick different music, I might decide to feel different things. I might have different smells around me but yeah, I'm, I really think the rituals, the I think the ritual is really important, super important, set and setting, super important, if not the most important and the person holding the space, If it is someone else holding the space that's not you. Yeah and the yeah. yeah and also, integration is really important. I don't think there's enough talk about that.

**Interviewer** 32:30

We'll get into I've got a few questions a little bit later on integration.

**Participant** 32:33

I didn't mean you, just so, you know, just meant in general. Yeah. Sometimes miss that.

**Q6. Interviewer** 32:56

So, the next couple of questions are related to the ways in which psychedelics have affected your life. So, that's the first question that I will ask you, because starts nice and broad and you can sort of go into different aspects that come to mind sort of naturally and I have a couple of follow up questions that get into some specific areas of your life that you might not touch on, or you might not answer through your initial one. So, the question is, in what ways have psychedelics affected your life?

**Participant** 33:27

In what ways have psychedelics affected my life? Made my relationships stronger, for sure, that's one big thing I've noticed. Creativity, heightened creativity, not just in like the artistic sense, but in the cognitive flexibility. I really actually enjoy how Ayahuasca can shift the way I think. So, I'll start making connections that I hadn't made before. It feels like my mind expands. Um, what else? The relationships is the top one for me I'd say in that. Yeah. It's also, just really interesting.

**Interviewer** 34:23

Can you describe a little bit about what you mean by having stronger relationships? What do, maybe do you have any examples of where that's played itself out?

**Participant** 34:33

Totally. Yeah. So, once again, going back to the first couple of times I drank Ayahuasca, I came back to, I was living in Melbourne at the time, came back there, I noticed my relationships were so, much stronger, but without effort, like something it was like they were just easy. It was flowing. It was, um, I can't quite I cannot describe I can't put into words it felt stronger, felt deeper. Felt like the connections were deeper. These were with people that I've known for a long time, so, pre-existing relationships. Yeah, it was it was really, really cool and I think that was one of my bigger motivators actually to, to explore Ayahuasca more. I was like, this is interesting. How is it doing this? Curious. I don't know how I just kind of rode the wave of this is nice. Um, yeah and as in terms of other relationships like, hmm, so, my most recent Ayahuasca ceremony, a lot of things came up about my current partner, all wonderful things and I was really interesting, because I was, he kind of gave me a few little cool things to do in our relationship. So, have you tried this, like just this new things, too, new things to bring in like. Yeah. Which was really, really interesting. So, to me that kind of bought in an idea of like, hey, have you tried this, this could be a cool way to connect. Um, yeah, so, that was pretty cool. For me, umm still working through the list of stuff that I got, but it's pretty intense. Pretty cool. That's what I kind of mean and then I told my partner about that and they're like, it sounds awesome lets give that a shot. Yeah, so, that's pretty, that's like a really, ABC way of how Ayahuasca works.

**Interviewer** 36:27

Have you noticed. so, you from your perspective, relationships, feel or are deeper and they flow and they flow more easily. Have you received any feedback from your friends who you feel that your relationships deeper and flows more easily that they have noticed this change as well?

**Participant** 36:46

Oh, that's an interesting question. I don't know. I don't know. I haven't asked. Yeah. I haven't asked, I get general comments from like, we have a nice relationship. We're great friends and stuff like that but I haven't asked specifically about if it's related to that or not, I might in the future, because that could be interesting. That's a great question. Thank you. I'm going to take that away. Yeah \*giggles\*.

**Interviewer** 37:13

There you go.

**Participant** 37:14

Cool.

**Q6a. Interviewer** 37:19

So, follow up to this is, as your personality or identity being shaped by your psychedelic use?

**Participant** 37:29

I think that's really difficult to say, because I'm, my first Ayahuasca experience was when I was 20. I just turned 20. So, it's really difficult to say because I think your personality and identity still forming a lot at that age, and I think Ayahuasca played a big role in that identity formation, exactly how it would have been without Ayahuasca. I'm not entirely sure but I feel like, kind of, yeah, I don't know. I was a lot more rebellious, I'd say but I think that's also, just an age thing. So, I think, I think maybe might have a bit more like getting a clearer answer from someone who's had their personality developed a bit more and then could see that difference but yeah, for me, personally, I think that's, it's a bit hazy to, to make any claims about that.

**Interviewer** 38:19

Okay.

**Participant** 38:20

Yeah.

**Interviewer** 38:21

So, it's difficult to say, what, if any changes it has created, but you think it has played a big role in that?

**Participant** 38:30

I think it has for sure but I think it's a bit difficult given that period of development that I was in.

**Interviewer** 38:37

Yeah.

**Participant** 38:37

I think it's really difficult to say, yeah, like, I think you'd have more luck with like, someone who's maybe 40 to 50, where they're developing a little bit less quickly. Might see a little bit more change, or might be able to say, Oh, this was exactly Ayahuasca or like, this was exactly a psychedelic. Um, I would say it was almost like, it was almost like good parenting. It was like, just steering you towards a way that's better for you but.

**Interviewer** 39:06

The Ayahuasca use?

**Participant** 39:07

Yeah, I would say that but then once again, I'm just a bit cautious to say anything about that particular thing but yeah, very broadly. I can't say anything specific about that.

**Interviewer** 39:22

Well, this is definitely one of the difficulties of this research is establishing what the effects are and disentangling them from other, if you've done it over multiple years, was it also, just your experiences you had in those intervening years and how much they played into how you are as you are now. So, that's life really, I mean, you can’t get away from the fact that you don't have your own sort of control condition version of yourself to compare yourself against.

**Participant** 39:59

longitudinal study. would be cool, though.

**Interviewer** 40:01

Yeah, yes. Well, I'm sure they'll do it. I'm sure.

**Participant** 40:08

I'm sure they will too, we'll just have wait forty years for the results.

**Interviewer** 40:11

Yeah. Yay.

**Participant** 40:13

Na, it will be cool though.

**Q6b. Interviewer** 40:17

Has your psychedelic use affected any of your long-term goals or life purpose?

**Participant** 40:24

So, once again, I would be hesitant to comment on that, because of the age at which I started using psychedelics. So, I think that's a pretty formative time period anyways, where people are working that sort of stuff out. Yeah, so, I mean, I'm obviously super passionate about psychedelics but yeah, I think just because of that age, it's a little bit difficult to say. Yeah, whereas, yeah, once again, if I had a full-time job, and I'd taken psychedelics and decided to change my life path, and that's a little bit more clear cut. Yeah. Oh, actually, I can comment on one thing. Yeah, there we go. So, I was at university then right and I was studying arts and commerce. I was majoring in psychology and marketing and I came back after my first couple of Ayahuasca experiences, and I was like, this isn't for me, at least not right now. So, I took time off university, which actually ended up lasting a few years and the marketing side definitely wasn't for me and then eventually, I found my way back to university after I did work full time for a while as well and I found my way back to university and then I decided I wanted to research psychedelics. So, that was about, yeah, that was after about six months back at uni. I just had a feeling to go back. Eventually, I felt ready and then when I went back to university, I just majored in psychology and anthropology. So, a Bachelor of Science and yeah, so, actually, actually, that's one way it did, did do that. That's pretty clear.

**Interviewer** 42:13

Wouldn't be interested in studying psychedelics if you hadn't used them?

**Participant** 42:18

No. I think I'm an experienced person. I'm like, once I've experienced that, and then I'm like, Oh, that was cool. I don't think I don't think I would have I don't know, though. You can't say that ay?

**Interviewer** 42:31

Yeah.

**Participant** 42:32

A different me on another timeline? I don't know. I'm pretty when I experienced something and like, that was really cool. Yeah, I'll look into that a bit deeper. Yeah, that would be interesting. That would be interesting to study psychedelics, and never have experienced them yourself.

**Interviewer** 42:52

I find, I would find it very hard to, imagine a life path where a person who is studying them is only interested on more the pure theoretical level than the actual experiential.

**Participant** 43:14

I would be very interested in that and almost, to be honest, I actually kind of like that mindset just to try that on for a day or two and see, like, read all these reports and try and think about what people are saying here. They would sound wild if you've never tried psychedelics before. Yeah.

**Q6c. Interviewer** 43:34

Have psychedelics caused you to seriously question your own beliefs?

**Participant** 43:49

Hmm, yeah, yeah. I'm pretty non-religious. Quite strongly not religious, at least in my, at least a few years ago. My most recent trip to Peru I felt like I understood religion, could understand why it was being, aww not why it was being used, I think okay, starting again actually. So, I think I think I saw a lot of, I understood spirit I understood the supernatural a little bit more, in a way that I couldn't deny. So, it started with it, so, yeah, okay. So, it started with understanding the supernatural or the spiritual element or the spirit of such. Very, very cool, very real, could not deny it. Also, understanding energy, understanding how energy is in the body and how energy can be changed in the body. Particularly example that I'm thinking of with that is icaros so, how you can sing certain icaros to evoke certain things during the ceremony. I think that's that kind of blew me way. Actually, it’s my whole psychedelic experience is, it blew me away, time and time again. That's my model. Wow, that was, that blew me away again but yeah, so, it started with understanding the supernatural that was pretty easy to integrate. I was like okay, yeah, I understand that. Presented in front of me all good. I think my most recent trip to Peru was where I started to understand religion. So, I was drinking with this one Ayahuasquero near Pucallpa actually we're in Pucallpa and he had interesting ceremonies, they were like the Santo Daime ceremonies, at least how I imagine them and he would have these Christian ceremonies, where everyone would come to his house on a Friday and they'd sing these hymns. They'd all sing together and in the midst of the this he'd weave in icaros, and stuff like that. It was really beautiful and I remember I drank with him three times and then I remember understanding what, what, wasn't even understanding the religion itself. It was understanding like, okay, what does praise do? What does worship do? Like, how do you connect with this divine force? And understanding that, in its most pure form, that's what religion is about is, at least in my perspective, is to connect with this divine force that is beyond our everyday comprehension and it's interesting to use Ayahuasca as a vehicle to see that. Yeah, so, that's pretty much it, I think. Yeah. I think that's it. That was pretty interesting.

**Participant** 46:36

Has it changed any other major perspectives? I mean, it comes with the thing of suddenly plants are alive, right. Like, as well, I don't know. Like, you can’t really deny how important plants are and plants as teachers, a big takeaway actually. That also, happens with acid though, nature takes on a different meaning. Bit by bit, I'm quite interested in understanding our makeup, in terms of what our existence is, but I think bit by bit, psychedelics show me that, that's more difficult to put into words, because it's very abstract right now and I don't feel like I have a complete grasp over it because it's a very big question that I am asking but bit by bit, I feel like they show me that and I don't think I'm able to receive all the information they show either. It's interesting, that's acid and Ayahuasca, as well, and mushrooms to a certain degree, although I don't have that much experience with mushrooms. I'm curious, but I don't have that much experience. Um, yeah, so, that's, that's my things.

**Interviewer** 47:53

So, what, in terms of religions, now, you said before you, you were quite strongly non-religious. So, was that in a sort of like, an atheistic sense where you didn't, you saw them in a sort of negative light?

**Participant** 48:10

Yeah. Yeah.

**Interviewer** 48:11

And where are you kind of situated now with your feelings in relation to religion and spirituality?

**Participant** 48:18

Spirituality, all good. That was a pretty easy, that was fine. That didn't really, I think my main issues with religion in the past were just organised religion, the harms that organised religion can cause in terms of misogyny, homophobia, transphobia, etc. Those are my main issues and the morality behind it. I don't feel like there was much morality. I suppose now, from having that different perspective on religion, I can kind of understand it a bit better. I'm not saying that's how all religions practice, though, but I can understand the essence of it. I kind of understand why those people gathered in that house that Friday to sing those hymns and to connect with this force of the vine. I thought that was really beautiful actually. It doesn't necessarily change my mind so, much on organised religion, but it does bring it it's like a small adjustment. It's like, Okay, I understand this a little bit more. I still don't condone a lot of the actions that organised religion can do, but I understand it a little bit and it's pure form, keep referring to pure form because I think a lot of it's quite tainted, but in pure form I can get it. That's really cool. Like your practice, that's awesome. You know, so, that's, that's kind of how it's changed for me.

**Interviewer** 49:42

Have you had a sense or a connection with the divine source yourself through your psychedelic use?

**Participant** 50:10

Yes.

**Q6d. Interviewer** 50:14

Has your understanding of yourself, change due to your psychedelic experiences?

**Participant** 50:21

Yeah, it's richer, you understand yourself so, much deeper. It's the same thing with perspective, right? Like, instead of asking about a relationship, you can ask about yourself and get a different answer and see like, okay, how does that work? And how does that work? And how does that not work? So, you might understand or I might understand the reason behind why I do something, even though in this sober state, I might not understand it, but under a psychedelics I might be like, oh okay. Maybe why did that or that's maybe why you felt that way. Once again, a different perspective. Yeah, but totally, totally, totally, so, much richer and I think, yeah, you just, no, and also, I think it's really interesting with the psychedelic experience, by having these experiences, which so, intensely change your everyday perception, then you kind of get to know what your everyday perception is by removing it. So, for example, with a strong, Ayahuasca journey, or a strong acid trip, even my entire visual field might change, my hearing might change, my senses might change, I might feel completely different. So, I'm kind of removing what my everyday norm is and then when I return back to that state, kind of know what that everyday norm is and what that feels like to have it gone and then also, what element might be a sense of me, like, the me that's travelling, the me that stays constant in that experience. I think that's what psychedelics have shown me about myself is who are you.

**Interviewer** 52:08

Okay, so, if I just cannot necessarily summarise but reflect that back on you see, if I've understood it. The, you're part of the ability of to more deeply understand yourself, is that through the, lets say profound or significant change in your perceptual experiences so, the visions, the hearing, the physical sensations, and I guess, also, emotions, basically, the world around you, from it changing so, substantially from what it's like, normally, you're able to identify that thing, which stays consistent across these changes, and that you associate with You in sort of like deeper sense?

**Participant** 52:55

Yep or a deeper element of myself, that's a little bit, might require a little bit more work to change. I'm not entirely sure, but that, to me, it feels like myself, like it feels like myself is the constant there.

**Interviewer** 53:06

Okay.

**Participant** 53:07

Whereas if did not have that experience of changing my, my everyday reality so, intensely, then I might say that other things in my reality are me.

**Interviewer** 53:17

Yeah, I think that that's a really good description. I really like that one.

**Participant** 53:22

Cool.

**Interviewer** 53:23

It's very clear to me, like the, I mean, even sounds very logical, like, even though obviously psychedelics can be very illogical but that, that that sense in which like, the thing that stays consistent across these experiences is the thing that you are and through that alteration, things that you may have thought that you were that disappear, actually turned out not to be you not to be the more core you may be or the more the deeper, more long lasting, I don't know, like the true self, I think is what people often refer this to the authentic you or something along these lines.

**Participant** 54:07

Yeah, I like to think of it as alchemy.

**Interviewer** 54:10

Okay, in what sense?

**Participant** 54:13

In the way that you're separating things out to get to their purest form. That's what it kind of feels like, it feels like you're separating that out and you're like okay, that's, that might belong there but this belongs with me, like that's what stays from that and then if you try another a psychedelic or a different dose even different time then it's like, okay, that's another thing. That's not me, but this is still me. So, it's kind of feels like at least sometimes. Um one sec got to plug in battery, low battery sign popped up.

**Interviewer** 54:56

We need power!

**Participant** 54:59

We do need power, this is how laptops work. Okay.

**Interviewer** 55:04

They don't just run on magic we have electricity!

**Participant** 55:08

One day.

**Interviewer** 55:09

Yeah, one day.

**Participant** 55:10

Yeah, yeah one day.

**Interviewer** 55:16

So, would you agree with the idea that through psychedelics you're coming into contact or more awareness of your pure self?

**Participant** 55:28

Yeah. Yeah, totally.

**Q6e. Interviewer** 55:31

Cool. All right. Has your psychedelic use affected your use of other drugs?

**Participant** 56:20

Yeah. Once again, Ayahuasca, don't want to drink. I don't know if you consider alcoholic drug, I kind of consider it a drug.

**Interviewer** 56:29

Yes, yes, it is a drug.

**Participant** 56:33

Confirmed it is a drug. I don't want to drink. I don't want to drink. I really don't. Um, eventually, after a few months after drinking Ayahuasca, I'll have a drink and then I'll start drinking again but it just puts me off like I see I don't want that in my life. Not, not in [out] my life completely, but just not at that moment, really. Um, yeah, I don't want to smoke weed. I don't want to smoke weed. I don't like, but I've never really been that into weed. So, I don't think, I mean, I've gone through a phase where I'd smoke a fair bit here and there, but it really doesn't interest me much. When I, yeah, I used to smoke cigarettes. Yeah, that definitely stopped.

**Interviewer** 57:20

Was that in relation to your psychedelic use or did that happen?

**Participant** 57:25

Totally. Yeah, totally. Totally. It feels like it was a big, it was a big help in that was like a lot of strength to do it. I needed to follow through with it but it gave me the strength to do it in the first place, which maybe might have been a bit more difficult to me to get otherwise. With acid with acid I don't really feel like it does so, much in the way I mean acid and smoking like I smoked for a while so, acid, I'd have some acid trips where it's like oh you should probably should stop smoking now but it wasn't It didn't feel strong enough to really get me to stop smoking, oh yeah, I probably should and that's where that conversation stopped. Yeah, and weed and acid are they they're fine. I don't really, I don't really feel it's more Ayahuasca actually, and other drugs like, yeah, but after, after a while, I might be interested but right now I'm not really.

**Interviewer** 58:26

Have you recently had an Ayahuasca experience?

**Participant** 58:29

Yeah, a month ago.

**Interviewer** 58:30

And can you, can you speak a little to the smoking? So, was it, how long had you been a smoker? For example, would you consider would you have considered yourself, do you consider yourself back then, were you addicted to smoking?

**Participant** 58:46

Yeah, big time. Totally. Totally and it wasn't just one Ayahuasca ceremony either. So, I had all these Ayahuasca ceremonies they were great and then I might get a big message not to smoke and I might not smoke for like a few days and then I might go back to it and then it comes back but then sometimes it would just hit home and I was just like na that's it. I remember one very distinct ceremony where I purged. I remember vomiting and it felt like ash and that was pretty clear cut for me. I was like, aww okay, that's it. Yeah but how long, maybe it's awhile, since I was about 14, but um, yeah, I think. That was a complicated one, though. Like, it wasn't clear at all gave me a lot of strength but I think the addiction was so, deep that it needed a lot of work. Obviously feels great but still need the work.

**Interviewer** 59:52

Sorry, did you So, did you say do you started smoking at 14?

**Participant** 59:56

Yeah.

**Interviewer** 59:57

And when did you quit smoking.

**Participant** 1:00:01

Hmm, maybe like year and a half ago?

**Interviewer** 1:00:08

How Sorry? How, how long would that have been?

**Participant** 1:00:11

So, that would have been 10 years?

**Interviewer** 1:00:24

And what, in terms of the intensity of smoking, was it a, you know, a pack a day was it, roll your own?

**Participant** 1:00:32

It was waves like sometimes I'd have five or six cigarettes a day, others times one, but it was constant. The reason that I would say it was an addiction was because I couldn't go a day without it.

**Interviewer** 1:00:45

Okay.

**Participant** 1:00:46

Yeah. So, regardless of how small like I would try to cut down, I just have one, but I still needed that one. I was not able to go without that one.

**Interviewer** 1:01:07

It's quite early to start smoking.

**Participant** 1:01:09

Yeah.

**Q6e. Interviewer** 1:01:12

They got you good. So, you've definitely spoken to this one. So, I don't know if it's even worth asking. I'll touch on it. If you think there's anything to add to it, we can but otherwise, we can just skip past it. So, the question is, have your psychedelic experiences affected your relationship with significant others?

**Participant** 1:01:41

Oh, yeah. In the best ways. Yeah. That's all I need to say about that I think, just in the best ways.

**Q8. Interviewer** 1:01:55

Have psychedelics changed how you think and feel about yourself?

**Participant** 1:02:10

Hmm how I think and feel about myself. That's once again, a difficult question. That's tied in with the developmental process. Yeah.

**Q10. Interviewer** 1:02:43

Have psychedelics provided insight into how to live life well?

**Participant** 1:02:48

Totally. Yeah. It is one of my big takeaways. So, how to be a good person how to, what's important in life, so, relationships, the work you do, how you look after yourself, and how you look after your environment. Yeah.

**Interviewer** 1:03:17

Maybe if I delve in a little bit, in the sense of how to be a good person, do you have any particular things that came up or that you could articulate? So, like general rules of thumb, maybe in terms of like, what, how to be a good person that you learned through your experiences or is it more subtle than that?

**Participant** 1:03:38

It's a bit more subtle, but I can try. I think what it taught me is, it's really important what you put out into the world. So, like, um, like, a big thing that's actually popped up as well as work ethic for me. Also, being in the jungle, I feel like they have a very strong work ethic there. So, really, I don't know, integrity in what you do, respect in what you do, treating other people with respect, treating yourself with respect, treating your environment with respect and by respect, I mean, like, how you would care for it, how you'd look after it, how you nurture it. This feeling of working towards a common good or common goal or a common development. That's generally goodness. Honesty is really important. Once again, integrity is really important. Yeah, those are the sorts of things. Yeah, I think that's probably. Yeah, it's been really and it's also, quite interesting, because I feel like psychedelics have kind of encouraged me to reflect on the deeper reasons behind why I do things so, it's like, well, actually, what do you what do you want to get out of this or what do you think you want to get out of this? So, that's pretty interesting with that insight, you can then evaluate if that's actually something that you want to embody in your life or not. Doesn't feel like the psychedelic tells me that necessarily, if I want to embody it or not, that feels like my choice, but it gives that insight into that. Okay, we thought about why you're doing that or do you, have you thought about where that might be coming from?

**Interviewer** 1:06:12

So, in sort of just the last bit in nutshell, it promotes a lot of self-reflection?

**Participant** 1:06:21

Yeah, definitely. Yeah.

**Interviewer** 1:06:24

And is that something that outside of psychedelic use, you wouldn't engage in? Is it something just more emphasised? Or is it or is it potentially something about the quality the way in which you go about the introspection, the self-reflection or introspection that's different?

**Participant** 1:06:48

So, I would always reserve my introspection or that level of introspection to psychedelic experiences, because I feel like they're good tools for that because by myself sure. I, I might but if it's if it's a big thing, I might wait, and see, what I could do with the assistance of psychedelics.

**Interviewer** 1:07:13

And what do you do, So, this is not meant to be any form of sort of like an antagonistic question but a lot of the content in psychedelic experiences can be quite difficult for some people to actually make sense of. So, how do you, when you're when you're going through your psychedelic experiences, and you're being presented, or you're experiencing many different perspectives on say something but you're you went in with the intention of considering. Is there any sense in which you disregard certain experiences that you had on a psychedelic, which were essentially you could say, like, were errors in some sense, they were. There was a number of interpretations or perspectives that came up and some of them were more right than others in terms of, or you'll you will listen to them more, they'll will have more emphasis or more importance in your consideration of that thing?

**Participant** 1:08:21

Yeah, that's really interesting question. Um, I think, um, I think I've definitely had some weird experiences, for sure. Okay, that happened. That was interesting. Um, and then I've probably disregarded them. I kind of sit with how it feels with me, though but that the weird experiences were more acid related. Like, that was a bit weird. Sometimes things pop up, and you don't really know what that is. Yeah, so, in that sense, if something if something strange pops off, I can't quite understand it. I'll probably, I won't forget about it but I'll put it in the, that was a bit that was a bit weird and I've done that in the past. With Ayahuasca, I don't. I probably have had some weird experiences or not that I know if I've, if I have the luxury. I'll ask again, if I'm not clear. So, I'll wait until the next experience and ask again to see what that perspective might be. If it's the same thing that I know something's there. If it's something different than I'm like aww ok, little bit more complicated or something like that. I usually sit with what sits with me though, like, what feels but it's usually pretty clear with Ayahuasca, I can feel it pretty like Oh, that makes sense. Acid I can sometimes just get a bit confused If I'm being honest. I feel

**Interviewer** 1:09:57

So, would you, would you say then that part, just listening to what you're saying.

**Participant** 1:10:05

Yeah.

**Interviewer** 1:10:06

It's a feeling that you, when you know something kind of sits right or is sort of true to you, that you have. There's a sort of feeling signature that you like is that's, you know.

**Participant** 1:10:22

Yeah and it's also, if I have a question and I'm asking the question, it depends how strong the stimulus is back to me.

**Interviewer** 1:10:30

Okay.

**Participant** 1:10:31

Whatever the psychedelics show me if it's quite strong, then I'm like, Okay, cool but if it's a little bit hazy, then I'm like, Oh, that feels a bit confusing to me. Usually, if it's strong enough, I'll take it pretty well. If it's a bit hazy, I might not.

**Q11. Interviewer** 1:11:34

All right, thank you. Have psychedelics shaped your worldview?

**Participant** 1:11:46

Yeah, that speaks to the interconnectedness of things.

**Interviewer** 1:12:04

Can you elaborate on what you mean by that, and potentially how that connects the connection or interconnectedness of things is different to what then before your use, if that's something you can speak to?

**Participant** 1:12:24

I think for me, that interconnectedness of things is realising you're within a system. So, each part of the system plays a role, whatever, however big or small, that role might be, but you can't really avoid being part of that system. That's also, great to be part of that system, because you're held by that system as well. So, with that comes responsibility, but also, trust and relaxation. You have to play a role, but you also, also, fine. Um, what was it like before psychedelics?

**Participant** 1:13:01

Umm, hmm. Probably hadn't thought about that stuff that deeply. Yeah, so, it's a bit difficult to speak to in that sense. Yeah.

**Interviewer** 1:13:39

In terms of the system, are you speaking mostly here in a sort of materialistic sense of like, you live in a society and you interact with people and your actions have, you know, you consume things and they have by products and stuff that has to get, you know, dealt with, as one example? Or does this extend this extend into sort of spiritual frameworks as well?

**Participant** 1:14:04

Spiritual frameworks, for sure. So, it's like, of course, it includes the materialistic thing, but it's not just that. So, it's like, the interconnectedness of say, nature, and animals and humans and spiritual elements as well as spirit and how that all plays a role and each one of those kingdoms has its own role to play and how they will help each other. To this this feeling of harmony, I'd say.

**Interviewer** 1:14:57

I know this is going to be a difficult question, but I just for the fun of it, are you able to sort of give a description or potentially sort of a definition of what you mean by spirit?

**Participant** 1:15:08

Spirit, what you can't see, something that's bigger than, I would even say yes, I mean that's, it has everything in it, but you can't see it, but you can feel it and it's intelligent. It's like much more intelligent than what I can currently comprehend in my mind right now or am capable of comprehending in this brain of mine. Um, it's big but then everything also, has a spirit within it as well. So, I'm talking about like, the omnipresence and then everything else, as well with the net, which was kind of like it's he'll always say it's fragments of the bigger thing. That's one perception but yeah, that's one way of thinking about it fragments but it's kind of like a personality almost, but a little bit deeper than a personality. If you're thinking about the different spirits that everything has, kind of like a personality but a little bit deeper. It's like the essence. It's like, coming back to what we were talking about earlier with the psychedelic experience in changing your everyday reality. It's like what stays when everything else goes but yeah, I think talking about the big spirit the omni spirit. That one's just pretty, pretty big but it's also, in everything.

**Interviewer** 1:16:55

Is the is this spirit or Omni spirit, conscious?

**Participant** 1:17:02

Yeah, super conscious.

**Interviewer** 1:17:05

Okay. Fair enough. Yeah, actually makes sense to me as well but got ask.

**Participant** 1:17:11

Yeah, no, no and superconscious isn't like no pun intended.

**Interviewer** 1:17:19

And so, in this, in this sense of spirit here is this, because you spoke a little bit back earlier about, when I was asking sort of on your spiritual and religious beliefs and had it changed them and you said, you had basically an experience that you just immediate, or maybe not immediately, but you understood what spiritual spirits and supernatural aspects were you just sort of understood at that point. Is this description of spirit? What is one aspect of what you learned or was there something you had previous to that?

**Participant** 1:17:54

No, it's pretty much what I've learned. Yeah. Yeah and I think it's also, important to note that with the understanding of spirit can be an understanding of energy. So, it came with the understanding of what we cannot see, essentially, I don't know if spirit and energy are the same thing. I think that spirits made up of energy is different entities around and what I mean by energy is what I referred to earlier by the icaros. So, when you can chant certain things, and the energy in the room will shift by the words that they're saying, or how they're doing that. I thought that was fascinating. Yeah.

**Interviewer** 1:18:39

So, from the, within an energy description, this, this could fall under a sort of materialistic framework where Icaros, for example, as a vibration of air molecules, which someone hears and causes a change in their physical chemistry, they're brain chemistry, which leads to a change in their state of mind, for example.

**Participant** 1:19:05

Yep.

**Interviewer** 1:19:06

Okay and, and so, your, your, I guess that speaks back to what you talked about, about what you put out into the world essentially. So, things you do and the things that you say, are forms of energy that you transmit, and that they can have effects on other people and you tend to recognise that more, or appreciate like, what was what did you learn about that, that was important?

**Participant** 1:19:33

It was responsibility and power. So, what the weight of your energy and what that holds, but with the weight of the energy, how much responsibility you have with that? Yeah, so, that's kind of, mainly responsibility but yeah, to understand responsibility you have to understand power. Yeah and also, like, not just responsibility to like yourself or other humans but to of planet, right, like, and what are your intentions behind doing things, kind of like critical self-evaluation ay, you're like, okay, is that really a good intentions? Do I really want that or could I change that for something else? That's how it felt.

**Q12. Interviewer** 1:20:33

You've definitely also, spoken to this one. Sorry. Just someone calling. So, you've spoken to this one, have psychedelics changed your relationship with nature?

**Participant** 1:20:50

Yeah, I definitely answered that one.

**Interviewer** 1:21:00

If you could just provide a brief summary of what you what sort of changes what relate how your relationship has changed with nature.

**Participant** 1:21:07

I think I started viewing my relationship to nature me is more for custodian of nature. There's this element of protection and honouring of nature. Yeah, when you see something, is living and breathing, it's very difficult to hurt it.

**Interviewer** 1:21:49

So, we're changing the direction, or the focus of the questions for the next couple of questions.

**Participant** 1:21:56

Sure.

**Q13. Interviewer** 1:21:57

And they're going to be asking about your how you use psychedelics. So, what are the any particular preparations you make. The places and spaces where you do them. The people you do them with? Just sort of the nuts and bolts of the how-to psychedelic sort of aspect. So, the first question is, how do you prepare yourself for a psychedelic trip?

**Participant** 1:22:23

Depends what the psychedelics is.

**Interviewer** 1:22:25

Okay. Do you want to break it down from a for with each psychedelic?

**Participant** 1:22:30

LSD, not much I'm careful about what I put into my body in terms of food and in terms of media input, because I found that LSD can sometimes mirror what you've put like what you've recently received. So, I'll be careful about what I watch not so, much what I listen to, more what I watch because I might see imagery like that in my trip, which I don't necessarily want. Um, what else? That's probably about it for LSD not much preparation, to be honest. I won't drink. I don't drink during trips.

**Interviewer** 1:23:00

Water?

**Participant** 1:23:01

No, no, no alcohol. Sorry. Yeah, alcohol. I won't drink. San Pedro. I'd usually fast and then I'd drink in the morning and I would I'd say maybe a few hours later if I felt like I needed it. I'd have some fruit. Nothing heavy though and lots of water. Lots and lots and lots of water San Pedro and acid as well. Actually, lots of water. That's during the trip though and San Pedro actually a little bit of fruit in the mornings. Okay, but just wait a few hours before you drink your San Pedro. So, maybe two or three hours before you drink? Just want it digested, sometimes make your tummy feel a bit funny.

**Interviewer** 1:23:43

Oh, yeah.

**Participant** 1:23:46

Yeah.

**Interviewer** 1:23:46

Especially if you're getting the stuff with more of the less of the mesculine and more of the skin.

**Participant** 1:23:53

Yeah, you got to be careful with that or how you cook it. Yeah. Yeah, I can make your tummy funny. So, um, but um, yeah, I'm pretty strict on that little San Pedro diet but that's, that's not I don't think they're particularly important to experience that much apart from the fact that you might have a sore tummy and that might take your awareness away from what you could be experiencing. Ayahuasca I follow the diet. I I'm not so, strict, it depends, though. It depends, like, really depends. If I'm doing multiple ceremonies consistently, then I'll be much stricter, whereas if I'm just doing a ceremony here and there, I won't be as strict so, when I say much stricter, it means that I have a little bit of salt. I won't do like the no fat, no sugar, no salt, but a little bit of salt. No sex, no spices. Like really bland, not really bland, like just rice and beans pretty much and like. Yeah, but that's if I'm doing it consistently over a longer period. So, say if that was like three plus ceremonies, maybe in a week or something like that, or Yeah.

**Interviewer** 1:25:01

As the prep just during the week of the ceremonies, or is this also, a number of days or weeks leading in?

**Participant** 1:25:09

Yeah, no. So, this is probably before as well. So, I do a few days before I'm not, it depends on where it is like alcohol cut out a good two weeks before, weed I definitely won't smoke two weeks before any sort of like prescription drugs I don't take them anyways but if I was taking, I wouldn't do that. Any other sorts of drugs two weeks, things like in Dairy or maybe like five days before, I'd start cutting out things like bread, probably around that period, too but I'm a little bit more lax with that sort of stuff. It's just the major and like fermented foods not good. So, I cut that one out pretty early as well but like, little things here, and there, like a little bit extra spice and stuff, I don't really, I don't really stick to that strictly. Before Ayahuasca, it's more during that little period that I'm drinking consistently that I'll stick to it, and also, afterwards, stick to the diet for a little bit afterwards as well. So, depending on who the practitioner is, and depending on how long I've been in that dieta, will depend on how long I'll stick to diet. So, if it's been like, a very long period, like few weeks, then I would stick for it for maybe a week and a half after. If it's just been like a one-off ceremony, I’d stick to it for like a day after. If it's a one-off ceremony as well, I'd probably do the same with the red wine and like the alcohol and all that and yeah, but I wouldn't be as strict necessarily and I probably start dieting quite like strictly like a day before like even two days before. I will stick with the no sex though, no sex a day before at least and then maybe a day after I’d stick to the diet but yeah, I still wouldn't drink alcohol for like a week or two after but I don't want to drink alcohol. So, I just don't think about that but yeah, I just don't have a desire to. That's pretty much how I prepare for before and after and with acid I don't have to do anything after it's not that I don't informed to do but I don't I probably be very gentle with myself and give myself like healthy food. Maybe some grounding stuff, potatoes. For me. Yeah. I wouldn't go eat a burger after. Yeah.

**Interviewer** 1:27:34

And then in terms of the any other preparations that you make, so, there's the dieta or is there anything you're doing in terms of your mindset leading in?

**Participant** 1:27:45

Not necessarily, no. Not necessarily, unless I've got a question but even if I've got a question, I'll just think about it and then or think about it right before the ceremony, but na not necessarily. Try not to get too stressed but even if that happens, that's kind of inevitable, and I feel like it goes away anyways. Um, yeah, like I said, I'll be careful about what I consume see media wise. So, yeah, I've just, if I'm going to watch something, watch something really chill. No horror. No, like, I don't want to bring that in. I don't need to.

**Interviewer** 1:28:24

Yeah.

**Participant** 1:28:24

Yeah. That's about it, though. Like, I'm pretty chill going in. My intention usually is just to experience so, I think if he had a, if you had something you're working on time and time again, that might be different, but my intention is usually just to experience.

**Interviewer** 1:28:40

And what about after the psychedelic trip, are you, do you, take the. Well let me just double check I'm not going into questions here. Yeah, with. If you're doing a one off, for example, is the whole day dedicated to the experience and are you leaving time afterwards, like the day after, or just later in the day?

**Participant** 1:29:05

Totally, at least at the very, very least later in the day and I'll be careful about who I hang out with afterwards, because you really feel other people a lot. If I don't 100% know what I'm getting myself into I wont, because I'm very sensitive, I've learned that I've actually learned that by doing that and it's not nice. I don't want to do that. Like, it can just be like.

**Interviewer** 1:29:30

Can you describe that, what happened there?

**Participant** 1:29:33

Yeah, so, it's kind of um, I can um it. In some past perhaps acid experiences. I've been like, Oh, yeah, it's fine. I'll just continue with my daily life and I've interacted with people that I might not know that well. For instance, I might not know what they're bringing to the table. They might be lovely people that doesn't matter though, but it's just the uncertainty and that to me, it doesn't feel nice in my system. It feels a little bit disjointed to them already a bit out of it. So, I'm like, Oh, actually I don't, I don't want, so, that's why I find it better to be alone or with people I know really well. That to me is really important afterwards with Ayahuasca, as well and with acid, I'm quite screen sensitive, so, I won't be around electronics, for a while. So, not like a while, while like, at least for the same day. For instance, with an Ayahuasca ceremony, I won't finish the ceremony and then like go check my phone that can wait till the morning, I'll check it in the morning. Spend a minute on it, but I'll try and stay away from it that day, the following day. After that, that's all good. It just feels too intense for me. It's a lot of information to be receiving, pretty sensitive, I'll have a bath and stuff like that, you know, just do something really nice for myself. Yeah, try and keep the input at a very minimal and also, yeah, I'd try and schedule it. So, I don't have to do anything as well. Yeah, ideally.

**Q14. Interviewer** 1:31:07

Where do you normally take psychedelics and why do you take them there?

**Participant** 1:31:16

With acid more recently, not that it's been very recent this is like a year ago I'm taking it alone, comfort of my own room.

**Interviewer** 1:31:26

This room?

**Participant** 1:31:28

Yeah. If you look at there, you'll see my mushroom poster.

**Interviewer** 1:31:32

Yeah, I noticed. I'm pretty sure I've seen that somewhere. I think. Yeah, the poster. I thought the artwork seems familiar, but maybe because I think I saw it on like the psychedelics New Zealand Facebook page post. Yeah, that's what it reminded me of.

**Participant** 1:31:53

I love his posters. I want to get one. He has such beautiful artwork. Yeah, usually in the comfort of my own space. Ayahuasca I've done it in the jungle mainly but now I maybe I wouldn't want to include the stuff about Ayahuasca in New Zealand in the interview though. I think that might be treacherous territory, if that's okay with you just.

**Interviewer** 1:32:21

Sure. Do you mean, because get people in trouble sort of thing?

**Participant** 1:32:26

Yeah, kind of, or I'm just a bit. I yeah. Yeah. I wouldn't want it to be. I don't I don't think I want that information published.

**Interviewer** 1:32:38

Okay.

**Participant** 1:32:39

Yeah.

**Interviewer** 1:32:39

You only share what you're comfortable sharing.

**Participant** 1:32:41

Cool. Thanks, Andrew. Yeah, so, jungle that was really important to me was to be where it is and yeah, learn from the traditions and the people there and they know so, much and also, it's interesting, because each tradition so, different. So, that's, yeah.

**Interviewer** 1:33:01

Did you learn to speak Spanish to be able to interact?

**Participant** 1:33:06

Yeah.

**Interviewer** 1:33:07

That cools, nice.

**Participant** 1:33:08

Do you speak Spanish?

**Interviewer** 1:33:11

Un poco. You know, it's been a while. I was definitely getting I was getting there when I when I travelled through but I was only there for a few months. So, it's been like five years since I've been back. So, it's quite, you slowly drop it off but I think that was one of the languages that I picked up the easiest because of the full kind of immersion of it. I definitely need some more time. I've tried to learn German, but that just the brains like \*makes crunching gear sounds\*, doesn't want to do it. So, maybe hopefully, I do plan to go back at some point.

**Participant** 1:33:50

Some point.

**Interviewer** 1:33:51

Yeah.

**Participant** 1:33:52

Yeah.

**Interviewer** 1:33:52

Yeah. Well, you need just takes a lot of dedication.

**Participant** 1:33:55

It does.

**Interviewer** 1:34:00

So, in terms of like, where you take the psychedelics, the majority so, you've done it in the Amazon or with other shamans? Can you just Is there a sort of common set up in terms of like the places that you're doing it like what do they look like where are you? What's the setup a little bit?

**Participant** 1:34:21

Very local. So, not really retreat centres or anything like that but really this local healer probably the house probably their land very informal in that sense because I find well it is formal its formal in its own way but it's informal compared to a retreat centre where they'll have everything pretty clearly defined and be a little bit fancy and stuff like that. It's pretty much just people's houses. Yeah. Yeah, very, very, very simple. Yeah. Pretty much or on a bit of land as well, that's also, been a common thing. So, often people will have their, their farmland that's about half an hour walk from the house or half an hour by boat. That's a bit that usually prefer to have the ceremony. So, it's quieter out there. That's just in a little hut or something. Just something really simple. Nothing fancy. Yeah.

**Interviewer** 1:35:25

I imagined in that case, you have mosquito nets.

**Participant** 1:35:28

So, many mosquito nets.

**Interviewer** 1:35:31

Ah, yeah.

**Participant** 1:35:34

But that's nice. It's nice to be I prefer that I prefer being away from everything. You can't hear anything. That's just, and I get why they want to do ceremonies out because it's nice.

**Interviewer** 1:35:45

Oh, you can hear the jungle. If you're close enough.

**Participant** 1:35:47

Yes, you're right. Good catch there.

**Interviewer** 1:35:53

And what in terms of the setup in the in this space that you're in? Is it? What does that look like? So, you're in a hut, maybe you're inside of your a bit outside? But is there any objects or things or because it's because I mean, I have a good some understanding of like what that looks like but I'd like for you to describe kind of what you've experienced.

**Participant** 1:36:15

I'd say that the commonalities across them so, pretty much is sitting usually sitting upright. Hut will be very basic. There'll be the healer dressed in their robes, that's always been pretty constant. They'll have them Mapacho or tobacco pipe or both of the Ayahuasca in a bottle like plastic bottle. My favourite pictures from Peru. I took this picture where we're making Ayahuasca and we had finished writing it. We put it in an Inka Cola bottle. That to me was just Peru in a nut shell.

**Interviewer** 1:36:55

Yeah, yeah.

**Participant** 1:36:56

You'd have your Ayahuasca in an Inka Cola bottle.

**Participant** 1:36:59

You have your Agua De Florida, you have your other perfume smells next to you. For me, I would have a blanket with me to cover myself usually so, nice and warm and I feel like it's not even about the temperature. It's about feeling enclosed for me. I have that um usually we'll kind of somewhat face each other and yeah, the lighter there and when I drank at the retreat centre was a lot more formal there. They had a proper [???] like you know, all these things. They also, had the Leaves the shaky leaf thing but yeah, it's pretty that's pretty much it. It's pretty, pretty stock standard. They might have a hat. Not a hat, but you know.

**Interviewer** 1:36:59

Yeah.

**Interviewer** 1:37:49

Oh, the band thing.

**Participant** 1:37:50

Yeah and beads on them. I found that to be common.

**Interviewer** 1:37:54

Yeah.

**Participant** 1:37:55

Yeah.

**Interviewer** 1:37:56

And would you be dressed up special for that or just the normal clothes?

**Participant** 1:38:01

Oh, I'll wear something nice, like, nice ish but as nice as he could get, pretty scruffy when I'm there, so. Yeah, as I could get, yea no, I'd be in something comfortable though. Comforts more important than that, for me. Not black. Black doesn't seem to be good. I just kind of follow that. I just like ok, you said, it's not that good I'll just follow it, trust that you know a bit there but if blacks like the pair of pants that I have, that's not a big deal as well. That's just where it's at.

**Interviewer** 1:38:43

Better to have pants then no pants.

**Participant** 1:38:45

Exactly. At the end of the day, there are mosquitoes and we've just got to make some compromises and what else? I think that's about it. It's pretty simple, yeah.

**Q15. Interviewer** 1:38:59

Are there any items that are important to have with you when tripping?

**Participant** 1:39:05

items?

**Interviewer** 1:39:06

Yeah, or objects, things that, you know, are maybe significant in different ways for you.

**Participant** 1:39:13

With acid I used to have this crystal, I actually found it during an acid trip and it was a beautiful crystal and then I kind of kept it with me and then I bring it other acid trips with me and it as soon as I looked at it, it would kind of expand I feel really grounded in that moment, or it would kind of it was almost like it was like a time clock. I can't quite explain it. Like, I'd have this trip and then I look at my crystal again. I'd look at it really intensely and then it felt like chapter two of the trip would open when I stopped looking at it and then I'd often experience the next part of that trip and then come back to the crystal and then that's kind of how it worked. I misplaced the crystal at some point. That was a bit sad, but that's okay. I hope someone else found that. Um, that was pretty nice. Um, other things with acid not really. Not really. I na not right now at least I have had things in the past like little talismans I might take with me just little special objects that same effect, but I'd look at them and they'd be quite grounding or they'd be quite a recent in a sense. With Ayahuasca I take my tobacco pipe in, I have a tobacco pipe. I don't smoke it though. Just take it home with me. I used to smoke it. When I was in Peru more recently but recently it's a bit strong for me but I kind of like having it there because the woods really nice. I feel the wood, feels nice. Feels nice to be around and I take my Florida water in with me as well just have that next to me. It's very important. So, I could go on without that. I could go on without that. I'd probably keep my tobacco pipe though cause that's quite, the wood's really nice to be around.

**Q16. Interviewer** 1:40:59

Okay. Yeah, well, you've touched on this, I guess because a lot of people who I asked with this question, you're not doing it in a ritual setting. So, it's definitely answered a lot to this already but the question is, how do you prepare the space where you take psychedelics?

**Participant** 1:41:26

If it's an at home LSD session, I would cleanse my room with Palo Santo.

**Interviewer** 1:41:32

Sorry, what was that?

**Participant** 1:41:34

Palo Santo, it's a wood, it's a burning wood.

**Interviewer** 1:41:37

Okay, so, you cleanse it, so, like burn it?

**Participant** 1:41:40

It's a smudge, I'd smudge it. Yeah. Smudge it. I'd make sure it was warm, I'm quite temperature sensitive. So, I get cold really easily and I make sure it's warm. I make sure everything's really clean. So, I would have vacuumed. I would have, you know, clean sheets everything. I would have checked light. How the lights affecting me if I want it to be less if I want it to be more. That's about it. Yeah, pretty much pretty chill. Just clean really. I need to go the bathroom would be okay if we took a two-minute break.

**Interviewer** 1:42:19

Sure, of course.

**Participant** 1:44:40

Hello.

**Interviewer** 1:44:41

Welcome back.

**Participant** 1:44:43

Thanks.

**Interviewer** 1:44:45

Where are we?

**Participant** 1:44:47

Ritual that I prepare the space.

**Interviewer** 1:44:49

Yeah. I think you just finished answering that one.

**Participant** 1:44:52

Yeah.

**Q17. Interviewer** 1:45:02

Are there any other preparations you make prior to taking a psychedelic that you might not have mentioned so, far?

**Participant** 1:45:25

No.

**Q18. Interviewer** 1:45:31

What are you normally doing physically during a psychedelic trip?

**Participant** 1:45:38

Depends on the psychedelic, LSD usually depends on how I'm taking it if it's by myself then in my room that I'm laying down, I might sit up at some points. If it's out and about then I suppose I'm out and about San Pedro, usually something during like San Pedro is usually in nature. It's really chill by river, in a hammock, might do some painting as well. I quite like painting on acid. That's pretty fun. Um, yes, I'm creative. It also, acid I love going for walks. It's one of my favourite things or riding a bike, I quite like the whole bicycle, It's quite fun. Yeah. I have done psychedelics in float tanks quite a few times. I don't know if you want to include that in the.

**Interviewer** 1:46:27

Yeah, sure. You want to tell me about that?

**Participant** 1:46:29

Pretty cool. acid and yeah, that's pretty cool. That's once again, the same thing. You kind of kind of remove external stimuli. So, you understand a little bit more, but not just about myself, like about the psychedelics, as well. So, I'm like, what's acid really showing me. So, that was pretty cool. I like that if I had a float tank in my house, I'd probably take acid in my house more often.

**Interviewer** 1:46:57

Well, yes. What, did you do, did you find or do you think that the float tanks enhance the experience?

**Participant** 1:47:06

Yeah, big time. It makes you hypersensitive. Like it already makes you hypersensitive. Combine that with a psychedelic, and then yeah, that's really, it's really interesting. Like, I find float tanks and psychedelics like to be a really good mixture, actually but they're really strong. So, with float tanks, you need a lot more integration time than if I was just going to take acid and like, hang out in nature. Hypersensitive, like super, super sensitive and it's almost like, I'm not super cautious about what I'm doing afterwards. It can be actually, it can hurt almost like it feels like it hurts because stimuli can be so, intense and by hurt, I mean, like, it feels like my nervous system hurts. I'm like, ow, that was a lot to take in but that doesn't feel very safe to me but if you could control how you exit that and if you can control that a bit better. That would it's a really great experience, but you just got to have maybe timing and everything. You know, just yeah. Ideally, you just have a float tank at home and then you just chill you house. That's how I would do psychedelics.

**Interviewer** 1:48:19

It would be pretty cool. I yeah, I've got a dream of that myself.

**Participant** 1:48:24

Do it.

**Interviewer** 1:48:25

Yeah, they're expensive.

**Participant** 1:48:28

Yeah, second hand though.

**Interviewer** 1:48:32

I need a house first \*laughs\*. Which is also, expensive.

**Participant** 1:48:37

It is also, expensive.

**Interviewer** 1:48:43

And so, what about so, that was, with LSD said you like going on walks but if you're doing it by yourself in your room, you're mostly lying down but you've also, done them in float tanks and San Pedro is in nature and sometimes you're doing painting and stuff like this on both I think LSD, San Pedro and what about Ayahuasca, what's going on, what are you doing there?

**Participant** 1:49:05

Sitting, just sitting, upright. That's it. Depends though. Once again, it depends. It depends on the person. So, most of the times people I have been worth they're sitting people you just sit. Occasionally you can lay down at points, but more or less, you're encouraged to sit but then there's that one guy who did the Christian ceremonies where they're all doing hymns and everything and everyone’s up dancing, and you're singing and that was wild, and it was so, much fun, and I loved it. So, it was a completely different experience. I have also, been in other ceremonies where you might like, you might move around a bit more you might get up because the healers want to do things on you. So, you might get up in the middle or they might do things on you. Little bit more movement in that way but in general, you just kind of stay sitting unless you need to go to the bathroom. That's about it. You probably wouldn't move around. You probably wouldn't really interact with other people unless you were chatting during, they often have little breaks in between we're you might just have conversations with people.

**Interviewer** 1:50:08

During the Ayahuasca ceremony?

**Participant** 1:50:12

Yeah. So, like, yeah, just like, quite frequent the breaks, see, they might just stop and you might just talk and then after a while the icaros start again and you're like oh ok, going back into it. That's quite interesting but apart from that, and I usually don't interact with people that much unless I hear something I'm like, I really want to contribute to that conversation. I'd usually just sit and that's quite nice just to sit but that's about it. Just sitting really, I quite like the upright keeps you focussed. Singing and dancing kind of fun as well. Yeah.

**Q19. Interviewer** 1:50:57

Is there anything you avoid doing or interacting with during a psychedelic trip?

**Participant** 1:51:05

During the psychedelic trip, my phone. Won't do that. Definitely not my phone. Alcohol. Yeah, definitely not. Weed is a bit more hazy, because I think acid and weed can sometimes work nicely together.

**Interviewer** 1:51:28

Have you tried that?

**Participant** 1:51:30

Yeah, quite a few times. I've tried weed and San Pedro as well. That can also, work nicely. Towards the end of the trip I find this quite nice but avoiding more stressful situations and keep it really chill, cars. driving them don't drive them but also, like, don't be around them. I think for me, they're too noisy. Smoke smells awful, it feels uhhh. So, just somewhere quiet in nature's always better or just somewhere quiet doesn't even have to be in nature, quiet in a float tank.

**Interviewer** 1:52:12

And just with the phone is that specifically the phone or electronics in general?

**Participant** 1:52:21

Electronics in general. Oh, but na See, that's because when I do ask by myself, then I'd have my headphones then. So, I'd have that playlist already predetermined and click play. So, that's kind of an electronic in that sense, I guess.

**Interviewer** 1:52:36

Okay.

**Participant** 1:52:38

So, music’s, okay but it's more just like seeing screens. So, with that, I wouldn't want to go on my phone and then change the track or anything, like okay. Don't look at that anymore. It just feels like too much information.

**Interviewer** 1:52:52

Okay, so, screens is one.

**Participant** 1:52:55

Screens, yep. No screens.

**Q20. Interviewer** 1:53:02

Is there anything special you do after a psychedelic trip?

**Participant** 1:53:09

I usually like to do a mind map of like what I've learned. If, for instance, with my recent Ayahuasca ceremony really cool things with my partner so, hung out with them. Like, oh, this directly impacted like this was directly involving you. So, this is what happened. So, I kind of shared it and it was cool. Yeah, do I maybe I'm being nice to myself, a bath, baths are nice. Just really, really gentle. I kind of and I'd give myself that day or whatever to just be like, Oh, yeah, this is what, this is what you feel like so, just do that because the psychedelic experience is very intense, as I'm sure you know. So, it's like got to look after your body afterwards because kind of catapult yourself into this other place where you kind of, when you're coming back you need to be like what do you need.

**Interviewer** 1:54:08

Have you done psychedelics with your partner?

**Participant** 1:54:11

Current partner no, past partners yes. Oh, current partner yes, acid actually, that was quite interesting, quite nice. Done acid two or three times together it's quite nice. Ideally, Ayahuasca though I think that's more my jam. Past partners I've done Ayahuasca with one past partner which was interesting. It was very deep experience for them. We weren't, we didn't stay together very long though, so, it wasn't a very long-term relationship. I think it'd be different if it was a long-term relationship, but it's still a very deep connection we have. Nice, yeah.

**Q21. Interviewer** 1:54:54

Are there any helpful techniques you use to navigate difficult or challenging moments during a psychedelic trip?

**Participant** 1:55:03

Think breathing.

**Interviewer** 1:55:06

Sorry, breathing?

**Participant** 1:55:07

Breathing. Yeah, like coming back to your breath, taking a really big inhale, really big exhale and taking that as many times as you need and also, to remember that you can take from this experience what you, only what you feel applies to you. So, if you see something that's confronting, or if you see something doesn't sit right, just take what you feel is right, you know, like, it's not, it's not a golden thing that you're being shown. You don't have to believe everything that you're seeing and if you don't want to see that right now, you're not ready to see that that's okay, too. Yeah, I don't know but also, like, if you are being shown something and it does actually spark something in you then maybe take a bit of time also, to investigate what that is. So, it's like two sides that if you feel like you do have the capability to, I would actually really encourage people to, you know, see what's there. Maybe talk to a friend about it afterwards, or something, or talk to someone you can trust about it but that's also, why we need to normalise psychedelics, so, people have people to talk to. Yeah and people with experience who know what kind of knows what goes on in that space but yeah. I think breathing is just the most simple thing. Yeah, and remember that. Yeah, just keep breathing, breathing, stay focused.

**Interviewer** 1:56:34

Is there any other techniques?

**Participant** 1:56:37

Stay upright, keep your posture really nice. Like you're meditating and just observe. I think that's it, that's all I'd say.

**Q22. Interviewer** 1:57:00

Could you describe any type of integration or self-reflective practices that you engage in to make sense of your psychedelic experiences?

**Participant** 1:57:09

Kind of touched on this earlier with mind maps. So, I want to visually see what I've experienced. I want to connect some dots, I might do that. Integrative experiences, I feel like that kind of happens naturally. You just keeping it in the back of your mind, you're like, this might happen because of that. Yeah, I think the integration kind of happens naturally, you just kind of have to let yourself ride the wave in a sense. Like it might not go the way you want it to go but just trust that it's okay. It's pretty broad but yeah with integration, if I have something I really want to talk to, I talk to a friend about, it sometimes, can be quite useful to clear the air, within myself that is, like if something interesting or confronting or unexpected almost is probably my best choice of words there, something unexpected came up, and I'm feeling a bit confused about it, I'll try to talk to someone about it. If that feels right, otherwise, I'd just mind map it. Or otherwise, I'd actually just put it on the back burner for now and come back to it when I can understand it a bit more but I think it's really important not to get caught up in these sort of loops about things. You can only understand so, much right now. It's okay, if you don't get it all.

**Interviewer** 1:58:38

I think there was you mentioned just a little bit ago, the that idea of I guess one aspect is like content that comes up that you're not maybe quite ready to deal with but also, some were, it might not. It might not be that you're not willing to deal with it but you might just not think it's kind of it's just strange or odd or random rather than being something of particular importance and I was just thinking that was that sort of relates back to that question. I asked you a while back about like, how do you differentiate between content that is worth investigating and accepting and other stuff that's just like, well, that's just kind of noise lets say.

**Participant** 1:59:21

Yeah. I think that's also, like coming back again, that kind of ties in with, for me being really careful about what I'm putting into my body as well like in terms of external stimuli. So, media and stuff like that because that to me can add to the noise. A little bit yeah and then that I might get something that's really weird and I'm like, well that's weird and actually, it might be related to something I've just put in my body as well. Like my senses. Yeah, but yeah, interesting. Coming full circle.

**Interviewer** 1:59:56

Whoo.

**Participant** 1:59:57

Yay.

**Interviewer** 1:59:57

I find I do. Find Interestingly, like, these conversations do often, sort of like, the stuff at the beginning starts looping back into each other a bit, which is, I think, a good thing because it shows how connected these things, these aspects are.

**Participant** 2:00:13

Totally.

**Q23. Interviewer** 2:00:16

Are there any noticeable changes in how you think or feel in the days or weeks following psychedelic use?

**Participant** 2:00:23

Yeah, my mind's making much more connections that it wouldn't make in the past. So, really quick connections. It's really cool. It's really, really cool. You know how I'm feeling sensitive, I get really sensitive, so, I'll spend more time alone or with people that I really know, well, at home, if I can, so, work from home, if possible, you know, like, it's not that I can't do anything, it's more that it's actually just a preference and actually, kind of, I feel like that experience still stays with me for quite a while after. So, I'm like, actually I kind of want to get the most out of this experience. I'm going to just hold on to that a little bit longer and see what else is there? Um, yeah, that's probably it. Yeah.

**Interviewer** 2:01:12

But by more sensitive, if I can ask there is that in both sort of directions, like, emotion, like, are you more you saying you're more sensitive to the environment and the stimuli coming in? Like when, for example, you're when you're in a dark room and go into a light room, your eyes like uhhh?

**Participant** 2:01:29

That's exactly that.

**Interviewer** 2:01:31

Okay.

**Participant** 2:01:31

That summarised it perfectly. Yeah, that's exactly what it is. So, it's like a small, slow reintegration. So, it's like, and it's also, for me, it's to do with familiarity. So, it's stuff that I don't know that well, I'm like, I don't know what to expect there but stuff that I do know really well, like, my home environment, I'm like, okay, that feels like going into a mildly lit room that I can see and then I can be comfortable in.

**Interviewer** 2:01:56

Okay.

**Participant** 2:01:57

Whereas like, say, going to university in the middle of O'week after a psychedelic experience the night before or an Ayahuasca, acid would be fine. Ayahuasca experience the night before, I'd probably be like, Whoa, no, that's like going into fluorescent lights. Yeah. Whereas my home, I'm just like, Oh, yeah, that's nice. That's fine.

**Interviewer** 2:02:21

And in terms of the duration, that this sort of sensitivity, or in the other case, the increase speed or number of connections that you make, how long after an Ayahuasca trip or an or an LSD experience does this last for?

**Participant** 2:02:40

Connections will last for a few weeks, almost, if not longer. Sensitivity just a few days. So, maybe two to three days. Not much longer than that.

**Q24. Interviewer** 2:03:08

Has how you use psychedelics changed over time?

**Participant** 2:03:15

Not really, it's been pretty constant.

**Interviewer** 2:03:26

So, those are all the how to questions. So, the next couple of questions are getting get into specific psychedelic experiences. I'm going to be asking you two questions. So, the first one is going to be if you can describe your most challenging or negative psychedelic experience. So, I don't, you've previously said you sort of don't really conceptualise you going through some of the experiences.

**Participant** 2:03:49

Yeah.

**Interviewer** 2:03:50

At least Ayahuasca related through that lens. So, that probably would be more related to your LSD experiences and then the other one is, can you describe your most memorable or life changing psychedelic experience?

**Participant** 2:04:03

Okay.

**Q25. Interviewer** 2:04:03

So, for some people, these are the same, it’s like hey my most challenging and difficult was also, my most life changing and memorable. So, if you would like if, if they are the same it's okay to just speak to one specific experience if you've got two different ones, or even if you've got a few that you kind of feel like, fit that category, you're more than welcome to talk about those. So, it's just trying to get at the questions you're trying to get at sort of important trips that you've had that sort of fall within one being kind of challenging or difficult, the other being potentially, like life changing and they're not always the same thing. So, that's why I've had the two sort of separate questions. Before we jump into that, one question that I want to ask is, what do you think, for you personally, what do you think is the core psychedelic experience?

**Participant** 2:05:11

I'd say unity with the divine.

**Interviewer** 2:05:15

Sorry, again,

**Participant** 2:05:17

Oh yeah, unity with the divine.

**Interviewer** 2:05:18

Unity with the divine. Can you speak a little to what you mean by that?

**Participant** 2:05:31

Yeah, so, it's kind of what I talked about earlier with this sort of idea of spirit being above everything, in everything, amongst everything. So, it's kind of that connection on all of those levels. So, you're integrated with everything around you, everything and you're also, experiencing everything above you, every single thing and that perspective that comes from being above or outside, I should say, cause It's just outside of what this reality is and then it's also, the unity part is like having that with you, though. So, that's not something that really leaves ay, like it's just, for me, it's been pretty constant, like it happened. That was really cool. That never really left. Yeah. So, it's not just in that experience, and it feels like it merges with you. Or it's like that unity is like realising that's in you and that's always been in you and that's not going anywhere, at least not anytime soon.

**Interviewer** 2:06:48

And I wonder if I can just sort of follow that up a little bit. In this idea of unity of the Divine. Not necessarily what does that mean to you, but what has the impact of having that experience had on you.

**Participant** 2:07:06

So, that ties back with the strength of relationships, comes back to like your own life purpose. It comes back to all of it really, because I think it's such a profound thing to realise or have integrated into your life that yeah, it kind of makes everything feel sacred, or makes everything feel connected. Makes everything special, even though it might just be an ordinary thing because everything has a place in this web, so. Yeah.

**Q26. Interviewer** 2:07:53

So, can you describe your most challenging or negative psychedelic experience?

**Participant** 2:07:59

The most challenging it was yeah it was. I'm just going to speak to this one because it came to mind first of all. I did think of another one and now it's left my mind. So, I'm going to talk to this one. It was the first time I did a high dose of acid. So, it was two tabs about 300 micrograms. 300 to 400 micrograms. Really clean acid really beautiful. It was the first one I did alone in my room and I had the most beautiful time I'd set up my space really nicely. Everything was really perfect and I took my two tabs of acid by myself, my playlist all good to go hit play and just as I'm peaking in my experience, and my flatmate comes home, and they bring with them about 20 people and they start having a massive party upstairs and as soon as they entered, my senses was so, sensitive, and I could smell heaps of alcohol, I could smell the cologne, it was awful. I hadn't told my flatmate that I was tripping because I expected her to be away and this was really last minute and actually, I've moved out from that place since then, because of last minute parties but yeah, it was pretty, it was pretty intense and I tried to explain to my flatmate, but she just was not doing anything about it and that was really, really challenging and the experience itself, the two tabs by itself was so, beautiful and then to have it like jolted with these people coming in and being so, loud and just like, no matter what I did, I could not block it out. That was really, really awful. So, I kind of just, I just kind of like, you really should have told me about this and you really, and that's also, I had to look at screens. It was like messaging her because I didn't want to go upstairs, talk to all the people. It was just so, much to take in and then eventually I was kind of like oh, I was like, I thought you're leaving or something and eventually she was like, I'm only here for a bit, we're going to go somewhere else but then that took ages, so, they were just getting really drunk, and they ended up leaving and when they left, it felt so, good. It felt like, felt like the air was really hot while they were there and then when they left it got cold and that was that was horrible. So, always check. I don't know. Now, I would never do that unless I know that everything's going to be a certain way. That was really bad. Yeah, that's probably my, I can't think of the other experience that I was going to say maybe will come later. Acid experience it was acid? I don't know, maybe but it's also, like, in terms of like, the actual trips themselves. I don't. That's the whole thing about like the idea of a bad trip, right. Like, sometimes they're just challenging trips and that's okay because that's really bad. It's just like, it's not all happy all the time but that's not bad, necessarily. It's just different.

**Interviewer** 2:09:29

So, can you go to the that trip there you just was talking about. Can you tell, me so, you had some your flatmate brought a bunch of people home, they started having a party.

**Participant** 2:11:17

Yeah.

**Interviewer** 2:11:18

What was it simply that they were very noisy and made a lot of sound, that was, and you were quite sensitive to that? So, it was sort of like as a sensory overload, or was there other emotional things going on there, that were causing, difficult to manage?

**Participant** 2:11:38

Yep. So, it was the noise, for sure but it was also, like, because I was in such a heightened state as well. I felt like I could smell things like my senses were so, I don't know if you've experienced this with acid, but your eyes can sometimes get so, focussed and you'd like suddenly see things in such detail that you haven't seen before. It was like that with my smell and as soon as they walked in, I could smell it and it smelt horrible. Like it smelled so, bad, and as I mentioned, with hot and cold, like, I could feel it on my skin as well. It was really weird. Like, it wasn't a particularly big house either, which I also, think and also, I the bedrooms on the bottom floor. So, whatever noise people made upstairs was extra loud and they had a massive bass system going it was just like, yeah, it was really umm fucking annoying.

**Interviewer** 2:12:28

Fair enough, that'd be annoying, even if you weren't tripping.

**Participant** 2:12:31

Yeah, that's why I moved out but yeah, um, so, it was kind of like that. It was kind of like that. Yeah and it, I felt I could just feel them and as soon as they walked out the door, I just felt so, much better and the rest of the trip was fine. It was but it was obviously very influenced by what happened and I yeah, it was just, yeah, that was that was it. Yeah.

**Interviewer** 2:12:58

And how long did it last for

**Participant** 2:13:00

the trip?

**Interviewer** 2:13:02

The, while the people were, like, the challenging aspect? How long were they there before they sort of left?

**Participant** 2:13:07

Like three hours.

**Q27. Interviewer** 2:13:08

Okay. Can you describe your most memorable or life changing psychedelic experience?

**Participant** 2:13:35

Most memorable, life changing. It's difficult to pick one in particular but yeah, it's really difficult to just say, Oh, that was it. All merged together, probably. I think obviously, obviously. First acid experience was actually really, really cool. It was in India and it was a group of like, 12 of us, it was on Diwali. People were like, do you want to try some acid? I was like sure, lets try some acid. It was in a holy city. Really beautiful place. I took acid and it was really cool because I felt like I could connect with people in such a different level. I felt like I could hear people when they weren't even speaking. I could see people spirits literally jump out of their bodies and talk to each other. It was wild, I could see energy in front of me and that trip, like the effects of that trip didn't wear off for like two days after but it was really profound. It was really cool. That was really nice and I think my first Ayahuasca experience was really nice but that was my first psychedelic experience in general, which I think is also, going to be pretty powerful. Anyways,

**Interviewer** 2:15:09

Was the, the Ayahuasca, the first or the LSD?

**Participant** 2:15:14

Ayahuasca was the first and then LSD came later. Ayahuasca, yeah, I remember my first Ayahuasca experience I was lying on the bed because in that when you could lay down, I was at a retreat centre and then I was lying down and I remember thinking to myself, like, what have you done here in the middle of the jungle drinking this psychedelic substance, you know it wasn't even the middle of the jungle was like the middle of the middle of the jungle. Like I really went far in, no idea what was going on but that was awesome and I just, I remember seeing things in such a different way. Feeling so, much love is really cool and then once again, that feeling of connecting with the divine as well, that was pretty cool. Yeah, that was really cool and then like as I mentioned earlier, the trauma stuff like that stuff kind of, I don't remember was that first ceremony was within those first three ceremonies, at least. Just seeing all these events that I felt like had such a hold over me and being able to see them from a different perspective and realising yeah, no, actually, not anymore. That was really, really powerful and I remember I had this one experience, where I felt like my body was being pushed into the earth and I felt like I could feel my physical body was leaving, in a sense and that was really cool because then I experienced what my spirit feels like. That's really powerful, that never left. So, yeah, that I think the common theme with both of them as like that experience with something that's more than just what I see every day. That's what made it really powerful. Ayahuasca it was the trauma associated with it in that perspective, but with acid, it was just really, really interesting. Like being able to hear other people's thoughts or what I thought were other people's thoughts. That was really interesting and the fact that that didn't wear off for a long time. Not a long time, like a few days.

**Interviewer** 2:17:18

Were you tripping for that whole time?

**Participant** 2:17:21

I was tripping, but I was definitely feeling the effects for a while after.

**Interviewer** 2:17:25

Okay, so, long term afterglow?

**Participant** 2:17:27

Long term after yeah. The afterglow didn't go for ages.

**Interviewer** 2:17:34

And just coming back to the one you're talking about the trauma, was that something before the Ayahuasca did that actually had a hold over you during your life before that period?

**Participant** 2:17:48

A hold over me is a difficult, I'd say it impacted me for sure. I didn't know how exactly, but I think when Ayahuasca came along then that kind of whatever that was kind of went away a bit.

**Interviewer** 2:18:03

Okay.

**Participant** 2:18:04

Yeah, it was. Yeah, it was pretty. It was also, just empowering to see it and look at it. That's, I can see you and that's not something that has to be with me.

**Q28. Interviewer** 2:18:35

If you have ever experienced ego death, could you describe what it is like?

**Participant** 2:18:57

I'd say it feels like kind of just become one with your environment. There's no difference between you and I. All encompassing.

**Interviewer** 2:19:26

Was this, is this feeling of becoming one with the environment? Is that the same as a little bit back you describing connecting with the divine source?

**Participant** 2:19:41

Yeah, definitely. That also, feels more like I feel like I'm still me though. Like, that's the thing. It's like I'm very much me and you're very much you but we are one in the same in that way. I don't know. Like ego dissolution, not so, much just like ego, awareness, almost like awareness that there is no difference really, like we are one but the same. Like, you're, you're obviously different but at its very core we're not really. Just like, I'm not that different from that tree over there. It's very cool. We both have this essence that we carry in us but yeah.

**Interviewer** 2:20:24

So, during the moments where you had an experience of kind of being one with the environment connecting of the divine source was is still a sense that you, [name] with your life experiences and your particular history and your connections, like your essentially the story of your life was that still associated, did you still remember that? Was that still part of what was going on or had that dropped away?

**Participant** 2:20:59

In more recent experiences when I do go to these faraway places, yeah, that's there and previous experiences, it's a bit difficult to remember like that. So, yeah, it's a bit difficult to remember that far back. Yeah, that's my only thing. It feels like now it feels like I'm very much me and yeah, with all the experiences, but that also, just fits in. Does that make sense?

**Interviewer** 2:21:28

Yeah. Well, because you spoke earlier about this idea of the changing of your perception, so, substantially from the normal reality. You, you sort of go through that alchemical process, where you purify yourself and find the sort of the essence of you and I, I guess that can still exist. I mean, there's no reason I guess, logic doesn't need to apply here but that still exists. It makes sense that still exists when you're connected with everything around you but I, I wondered, I would wonder if that whether or not that experience would include the, your historical kind of narrative of who you are, that's what I sort of wonder.

**Participant** 2:22:20

It's feels very grounded in the present, if that's kind of what you're asking. Like, it feels like I'm very aware of who I am but it's just me in that very millisecond of a moment.

**Interviewer** 2:22:31

Okay.

**Participant** 2:22:32

Yeah. So, it's not like [nick name] with her history and her past and all of that. It's like, Hi, I'm right here, just as I am and that's probably. Yeah, it doesn't seem to go. It doesn't seem to have time in that way.

**Interviewer** 2:22:59

And what about having a sense of a physical body?

**Participant** 2:23:04

That goes, Yeah, that goes.

**Interviewer** 2:23:17

So, in if I was to conceptualise this, you tell me sort of what you think of this. A state of ego, death, ego dissolution or sort of the you had a description of like ego realisation I think or something. I don't think you said in the exact words but were you like recognise you're still me. I'm still me as well, but we're connected underneath. Anyway, would the would a conceptualization of that experience be that the physical body experience of having a physical body, you don't feel that at that particular moment and at the same time, you are grounded in the present moment. So, there's not necessarily a future or past there's just the what's happening right here right now.

**Participant** 2:24:11

Yep.

**Q30. Interviewer** 2:24:12

Okay. Cool. All right. So, definitely touched that one. So, we're just don't need to do that. Have psychedelics changed how you think about death or the process of dying?

**Participant** 2:24:34

Yeah. Yeah, I mean, it seems more like life is on a continuum, rather than there is an end or beginning. Maybe more curious about death to see what would happen there.

**Interviewer** 2:25:18

Can you elaborate a little bit on what you mean by life as a continuum?

**Participant** 2:25:26

Kind of, it erases the fear of death. Feels like, not sure like, perhaps Hmm It's really tricky question to answer. Life is a continuum, life goes on I almost want to say like, death is normal

**Interviewer** 2:26:32

Do you mean life goes on in the sense that the person who dies carries on in some sense? Or the world around that person keeps going?

**Participant** 2:26:43

The world keeps going, perhaps that person keeps going as well. I personally think that person might keep going and just change form I think that's been my experiences of psychedelics as well. It's kind of yeah, speaking to both actually. So, yeah, person could keep going and just change form but also, like life goes on in the sense like it just keeps going like it's no big deal it's normalised. It's a cycle. The cycle, cycles really important actually. It's important learning from there.

**Q31. Interviewer** 2:27:34

Have psychedelics changed any fundamental beliefs about the nature of reality?

**Participant** 2:27:56

Yeah kind of what we've spoken about I guess already, how it's got a more of a divine essence to it. Energies important. Yep.

**Q32. Interviewer** 2:28:16

Have psychedelics changed your outlook on life.

**Participant** 2:28:21

Yup, the Interconnectedness, again interconnectedness, importance of relationships, importance of maintaining good relationships, kind of coming back to the human development thing and then also, touching on death as well I suppose. [???] and made my outlook on life generally more positive, for sure. Don't know how, it just did.

**Q33. Interviewer** 2:29:02

If psychedelics have a role or roles to play in society, what do you think they are or it is?

**Participant** 2:29:10

Human development, addictions, treatment of mental illness, creativity, PTSD is a big one that I know that they're doing a lot of research on is really important but generally like treatment off addiction, treatment of trauma to teach us how to live in harmony with the natural world for sure. Yeah, just important resources ay. They're a cool resource that we can use if they're used correctly.

**Q34. Interviewer** 2:30:10

Have psychedelics shaped your view of humanity's future?

**Participant** 2:30:19

Not necessarily. Not necessarily, I think that it's important to integrate psychedelics towards a future but I don't know if it's shaped how I view the future. No.

**Interviewer** 2:30:47

No? Alright, and just as a quick aside, are you able to sort of describe what is your view of humanity's future, do you have a sense about that?

**Participant** 2:30:58

humanity's future? I think we'll be fine. I mean, we're in the midst of this climate crisis, and everything's pretty dark right now but I think we'll be fine. I think psychedelics will have a role to play in that. I think it will be fine. I think it's fine. Yeah. I'm I also, think that the experience that we're living in right now is just one. I think it's the only experience that could possibly happen. So, if we're thinking about multi versus, or parallel timelines, stuff like that. Yeah, I don't necessarily think this is the only one but I think what's really important for our experience right now is just to learn and experience as much as we can and there's so, much to learn because you learn a lot in chaos, which is exactly what the world is right now. So, yeah, that's future humanity I think we're going to be fine. It's just like we're going through quite a painful growth spurt.

**Interviewer** 2:32:09

Just thinking that.

**Participant** 2:32:10

Yeah, yeah. Funny hey, it is it's awkward. It's puberty, but like, of an entire species, and we're taking it out on our environment. It's kind of it's not that great to be honest.

**Interviewer** 2:32:23

Yeah. The rebellious teenager years.

**Participant** 2:32:27

Rebellious and doesn't want to listen to anyone

**Interviewer** 2:32:33

It knows everything.

**Participant** 2:32:34

It does, apparently.

**Q35. Interviewer** 2:32:44

What advice would you give to people who are interested in using psychedelics?

**Participant** 2:32:50

Find a practitioner that works with you. Find, I recommend Ayahuasca personally, I think it's good medicine, I think it's strong gets the point. Find a good practitioner, feel like you're held. Also, check yourself, see if you're ready for it. I don't know, I am talking more, I suppose that's not really it. There should be some sort of screening, though, I don't know how this works depends on how experienced the practitioner is but for severe mental disorders, I sometimes worry about that because I know that psychedelics can actually trigger some things, or they can make it worse. So, if you are feeling concerned, maybe get, maybe just talk to some people about it, talk to a specialist about it and see, just get yourself screened and if, if it's maybe not appropriate for you right now, maybe don't push it, is what I would just recommend, I'd hate to see, they're really great tools but maybe if it's not the right time for you, I'd hate to see it get worse, and by the right time, I think that there are most of the time is pretty good, actually but I'm talking more right time in terms of your mental, mental wellness, rather than mental state. So, like, how mentally Okay, are you? Do you have a severe mental disorder? If so, maybe get screened. definitely get screened before. And then have that sort of conversation. What else? Yeah, Ayahuasca's great. I think that's it. I think in my experience with psychedelics, that's the one I’d. It depends what you're looking for though but I think that kind of touches all boxes, I think it's good for yeah. I yeah, I think that's about it.

**Q36. Interviewer** 2:34:37

And so, the final question is, are there any final thoughts or comments you would like to mention before we conclude the interview?

**Participant** 2:34:45

They're great, psychedelics are cool. That's my final statement. I think they're great and they're really powerful. It'd be interesting to see how they get integrated more in the West. That's just my what right now. Yeah.

**Interviewer** 2:35:10

Also, yeah, I agree.

**Participant** 2:35:12

Yeah, I'm curious ay. It's already started in the States, but um, I wonder how that's going to go here.

**Interviewer** 2:35:19

Let me just pop this off.