3. Interview with Participant 3

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

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**Q1. Interviewer** 00:06

All right. So, right, I'll just start going through the questions and yeah, we'll see how it goes. The first question is, why do you use psychedelics?

**Participant** 00:27

Um, I mainly started using psychedelics just because I, I'm really into drugs and alcohol and stuff in general. I didn't have an approach for psychedelics, where it was like, I was looking to expand the mind or have these novel experiences or anything really, like I knew that was a part of it but I was more of the kind of person who's just into getting as messed up as I possibly could on whatever and over the years of I wound up taking quite a few different psychedelics at different times.

**Interviewer** 00:59

Is there anything you'd like to add to that?

**Participant** 01:04

Not particularly No. I think it kind of explains my, my pattern. I have never really been one like out seeking out like, the ceremony or the spirituality of it or anything really, although I found that before but it's, I was always out looking to get like looking for escape more than anything.

**Interviewer** 01:34

And just as a follow-up to that, did you find psychedelics were useful in that sense as an escape?

**Participant** 01:43

Yeah, sometimes, like, I found that it's about half and half for me, like sometimes I'll peak on the psychedelics like, I'll take some acid or shrooms or salvia or whichever it is and I'll just have a really good time for a while, but then the other half of the time I find I'm really just wind up in this dark place because it, is I just find like they light up your world right for better or for worse, whatever's going on. It's really, it just intensifies like every thought every situation and kind of twists it around in a way that it's, it can really kind of go any direction like the best high I've ever had my life was at an Alice in Chains concert on mushrooms and the worst was probably very recently, I took some LSD and I had a fantastic trip for about six or eight hours, but I wound up meeting with these people where um, just crystal meth addicts and I'm, you know, I'm an addict, and I was looking at that situation and I kind of like saw like this dark future or something, you know, I completely lost myself and just like felt like, felt like I was dead or something really, like a horrible place to be those last few hours.

**Q2. Interviewer** 03:12

Okay. Maybe we'll get into there's going to be a few questions a little bit later getting into the more detail about your most positive and potentially most negative psychedelic trips. So, you definitely have time to elaborate on those, but later. Yeah, I was thinking I might have a follow up question there, but it's not coming to mind. So, I'll just jump into the next one. Have the reasons why you use psychedelics changed over time? And if so, how have they changed.

**Participant** 03:52

I, the only way that they've changed is that I do like proceed with a little more caution now than I used to. I will I will hold on to a substance like acid for a while before I decide to actually take it because I know that if you're not in a good space for that or ready for whatever's coming it's, It's just there's no way out of it for a while and it's just completely sideswipes you into this spot that's just. So, last time I last time I had the acid I actually held on to it for about a month I think before I took it and that's about the only thing that's really changed with that like I'll still impulse use like things like with DXM or ketamine or I've used MDMA recently and sort of mushrooms like that's kind of a casual thing for me too, but heavy duty stuff like acid, or these things I'm not as experienced with I'll hold off for a little bit now because it's really, I do kind of tread with caution a bit more now with those kinds of things, especially because I'm usually like prior on a couple different things anyway and that affects it too. So, I've been a chronic addict for, especially this year with this whole year pretty much.

**Interviewer** 05:14

Well, one thing I forgot to mention is when I'm asking about psychedelics, if I like to keep the sort of the reference frame of what substances that I mean by psychedelics and a few that I mean, outside of it, which kind of some people cross the boundary kind, it's kind of hard to decide. So, and the terms where I ask anything about psychedelics, if you're able to limit it to substances like LSD, mushrooms, DMT and DMT, Ayahuasca included in that things like iboga and mescaline so like peyote or stuff like that.

**Participant** 05:58

Okay, so you don't include like MDMA or, or ketamine or anything else?

**Interviewer** 06:03

Yeah. So, those ones, I would, I think, certainly, I can see how they hop in and hop out of that category but for the purposes of this one, we're sort of going to exclude those and say, it's just they're sort of different category of drugs, even though I think their effects bleed into these they definitely have overlap. So, things like ketamine and salvia as well, I would try and exclude that even though as well, I think a lot of people think that's very psychedelic. So, it's kind of more on the classic psychedelics.

**Participant** 06:36

Okay.

**Interviewer** 06:36

Yeah. Is that alright?

**Participant** 06:38

Yeah, that's fine.

**Interviewer** 06:40

and marijuana. Some people say at higher doses that they consider it psychedelic. Like I would put that outside.

**Participant** 06:48

It can be or it's not really like something that take to have a trip usually like not, not in the same sense as you would acid.

**Q3. Interviewer** 06:57

Cool. All right. So, the next question is, how did you first start using psychedelics?

**Participant** 07:07

The first time, I used psychedelic I think it was, I was 14 and I split a hit of acid with a friend of mine from grade nine, just after school sometime, we, we let the hit kick in, and then we just wandered around my town for a few hours.

**Interviewer** 07:25

And what was that experience like for you then?

**Participant** 07:30

I had a body I had like, my, my visuals were a little bit wavy, like nothing, nothing that wasn't already there, but It was just waiving around a bit. There is one point we were walking through this, we're walking down a trail, because I lived right beside a trail and I'm going down this trail, there's a section where there's like, a sewer, and it's all lit up and we both saw it completely black and white, which is really interesting but it wasn't anything too intense, the the most notable thing that happened that night to me was there is this other guy, and he was running around town, like out of his mind around my neighbourhood and he had his his hands behind his back, like, you know, like the Naruto run when he was running like that, as like.

**Interviewer** 08:22

What's the Naruto run?

**Participant** 08:24

You've ever seen that show, it's like It's like, some anime that used to be out, but they like they run with their their arms behind their backs like that.

**Interviewer** 08:33

like streamlined?

**Participant** 08:35

Yeah, and he was running around like that, and he's screaming and he he ran right up to us and he looked us both in the eyes and then he turned around and started running off again and like that was that was by far the most intense thing about that like it wasn't really how high we got or like this incredible experience but it's just walking around town and like this other guy he was like out of his mind on crack or meth or something like it's really bizarre to be out like just have those two things happening at the same time.

**Interviewer** 09:08

Definitely. Were you during that experience where you're on any other substance? Was it acid only?

**Participant** 09:22

I think it was acid only, if there was anything there might have been some pot, but I don't remember I don't think there was.

**Q4. Interviewer** 09:31

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

**Participant** 09:41

I, I just I like the way that they just they just light up the world they light everything up and it really can kind of get into my head and even the negative experiences man like it's really, It's really good. It's really good stuff to think on afterward for a while or while you're in it too, there can be a lot of introspect. I've had a lot of good time playing guitar and stuff on mushrooms I've, I've written on them and I just like, getting up and looking around and like, everything's just so bright and vivid and it's like, it's like the world but it's like, with an extra element to it, you know, it's really and it's, it's all there, It's just, I'm just perceiving things differently, because I'm in a different chemical frame of mind. It's really neat to see how different substances can like affect your insides and out.

**Interviewer** 10:49

Could you speak a little bit more to the idea of it lighting up the world? What do you mean by that?

**Participant** 10:57

Well, I'm going to make the comparison with dissociatives like the action of the drugs itself, It's, like something like on LSD, well, against a dissociative of like ketamine, it will, as far as I've read from like MRI scans and things like that, it will actually light up parts of the brain where a dissociative, will shut things down and that's what kind of why like being in a dissociative state, it's kind of like being in a dream, it's kind of like being asleep, like you kind of frame it that way but a psychedelic, it's like, it brings brings to light things that are they're already there, they're already possible, it's just, you're not normally in that frame of mind. It's, it's not normally such an intense, you just don't experience things with that level of intensity sober, as opposed to being on a psychedelic, it's really it's taken me and like, as far as I know, a lot of a lot of people into some really, like fantastic places or absolutely horrible places too and they never come out or they it's just it's really, if there's any drug that you can actually go and take and like, have a real experience that you can reflect on like it would be a psychedelic over an amphetamine or cocaine or alcohol or anything like that, by far.

**Interviewer** 12:26

In this idea of lighting up does, would you include that in sort of the visual experiences the world brighter? I think you see it more vivid, but I don't like I don't put words in your mouth.

**Participant** 12:41

Yeah, visually brighter, and visually, kind of distorted. Like, depending how much you take, I guess like but the main point for me is really the mentalities the mental aspect of it because it's just, it's like, it's like being a different you are like experiencing yourself from a different point of view, you know, it's, that's a lot more, a lot cooler to me than having the leaves brighten up or the sky swirl around, or anything, it's the places it goes in my head.

**Q5. Interviewer** 13:25

And what aspects of psychedelics do you find the most challenging or difficult?

**Participant** 13:29

The most challenging ones, there's like two different trips I can think of that were. One was really, it was a social thing, I was at, I was at, I was at a concert at Molson Amphitheatre in Toronto, and it's a huge venue and I completely forgot, like, first two bands that came up before Alice in Chains, there's four and I showed up for the second band. The second, third band, I don't really remember because I was sitting out in the field and the world was just closing in on me and I was completely overwhelmed and like, there's no sense of time, or anything, like I was going through these time loops and just the world is closing in and it sucked and, but then, once I snapped out of that, and Alice in Chains came on, and I had a bit of alcohol in me by that point, too, because I was getting my dad to go to the beer stands and buy me drinks to calm down and it was like, that was the absolute best experience of my life and that was, It was like one of my favourite bands and they're playing all my favourite songs. It's a huge venue and it's like, all of a sudden, like, that place wasn't so huge and, like, closing in on me anymore, It was just like, I could just kind of see, everything's experience everything is just I just had a lot of fun, you know, and that was, that was the best. So, I had, I went from like completely inside myself to kind of like the world wasn't like it's like it, was in this encapsulation I guess where it was just like everything was just it was all there and it was awesome and I just felt free to, have a blast you know. Last time I had a difficult time was with the acid that was, six weeks or eight weeks ago now and I just wound up meeting a lot of people who were like, like other crystal meth addicts and I saw where they were in their lives and I saw where I was going and it's like looking into the future, and and I had a I had kind of a bad trip on, I know it's not classified as psychedelics but I had a similar thing on ketamine I think kind of led up to that mode of thought and it was just like, I just felt so down so, I actually have like a transcript of like a chat that I was having with somebody and like it was like I was experiencing like ego death like as of Reddit and like an Erowid report or something. You know, I was I was absolutely just gone, and I had no sense of self anymore I was just shattered for like hours and slowly came back together as I came down, but it was a really bad place to be.

**Interviewer** 16:33

Was your [dad], at the concert with your dad was he aware that you're on LSD or was shrooms?

**Participant** 16:43

Mushrooms and yeah, he was I told him the first thing when I met him there.

**Interviewer** 16:50

And what was sort of his reaction to that?

**Participant** 16:53

He's okay with that. Like he was okay with it that time. It's just mushrooms and stuff, like but my dad's not. My dad's pretty worried about me overall, if he doesn't like my drinking or my drug use or where it's taken me or, you know, he's worried I'm going to die he's worried I'm going to kill myself, he's worried I'm going to, something's going to happen to me, you know, but that time we were at a concert and that's more or less like, kind of a pace that he'd been down himself, like, he used to use a lot of psychedelics when he was younger, and just going to a concert on mushrooms that was he had no issue with that he just made sure that I was okay while I was having the the rougher part of it in the beginning. Bought me a beer here and there to calm down and then we had an awesome time watching Alice in Chains.

**Interviewer** 17:44

Do you when you're having a difficult or challenging or a bad trip, is it common for you to use some sort of other drug like alcohol or maybe a depressant to reduce it?

**Participant** 17:59

Almost always yeah. I'm usually, most of my mushroom trips, I was definitely into some alcohol and some cocaine last couple years. Or even more than that, usually especially alcohol like it's. I'm always, I mix and match a lot like that, I don't have a whole lot of just straight like pure mushrooms or pure acid or anything.

**Interviewer** 18:32

What does the alcohol, in terms of why you use it, what's its purpose when combined with shrooms or LSD?

**Participant** 18:42

It makes me, alcohol makes me a lot looser, I guess as a person like and that can go a few different ways like that could be really depressing or that could be really fun or that could be like an like that could be an anxiety or it could be an anger or whatever, but it just really loosens me up and it takes the edge off of things like, like I guess I worry about anxiety with things like acid or, or the stimulants that I take or anything like that so I'm often mixing alcohol so it would to take the edge off but what the alcohol actually does to me, I think it actually makes those things worse in the end, because it just, it just intensifies everything.

**Interviewer** 19:30

So, when you combine say psychedelics with alcohol, is that you're saying it sort of takes the edge off. Do you do that in the moments where you feel like oh the the trips getting too intense or too much in a direction I don't like or is it just more something else like automatic like you just you just combine this straight away?

**Participant** 19:52

It's just kind of automatic like I'll usually be drinking before, I'll like most of the times, I think I've done psychedelics last two years actually, I was like I did some pre-drinking before I did them last time I did the acid that was, I did hold on to that for a while, but that was like an impulse thing while I was drinking heavily, to take that acid, so I might not have done it otherwise and I drank all throughout that trip and right into the end of it like it was, I think I cleared 18 drinks or something that night along alongside like a strong hit of LSD.

**Interviewer** 20:35

These beers or something stronger?

**Participant** 20:38

Beers usually I'm a beer drinker or a drink something called twisted tea, which is like, it's like a cooler, but it's a tea.

**Interviewer** 20:45

Okay. Actually, in terms of cooler, I don't really know what that is that similar sort of alcohol content to a beer or stronger?

**Participant** 20:56

Similar, maybe just a little bit stronger. Like they might be like 7% or something, but these twisted teas are only five and beer's five.

**Q6. Interviewer** 21:04

Okay. In what ways have psychedelics affected your life?

**Participant** 21:29

They've, I have, I have some really strong memories associated with them, like most of them are kind of neither good nor bad, but some of them are really intense. It's a lot of, been through a lot of like, kind of deep thought or like scary places or introspection on them and I've had a lot like a lot of fun doing them too, just as a party, like a kind of a party drug and it's, it's definitely they have spelled some of the, like, out of my whole drug using career, like, the most intense experiences that I've had is when I'm using psychedelics, or I'm, or I'm mixing them with whatever else I'm doing, like a lot of fun. I can I can, I can recall, like almost every experience that I've had with them where something like coke or meth or something like that, that's just so regular, it's like this doesn't even really, sometimes those things barely even put a dent into my day in a way but psychedelics always do.

**Interviewer** 22:44

And maybe just to sort of open up that question, is it do you think they've affected your life in any noticeable ways? Apart from sort of remembering the experiences.

**Participant** 23:05

The last acid trip that I had definitely was a catalyst in me for eventually getting off of meth a few weeks ago again and it definitely, it was it was it was a reckless like kind of bad experience in the end and it was it was a part of my downfall recently, where I have to get off these these drugs and the alcohol again or else, like it's it's kind of the writing's on the wall like I'm going to have a terrible life or I'm going to die or something you know. That last acid trip really kind of helped hammer that home.

**Interviewer** 23:48

Does that, what about sort of your past acid trips, is there anything, I don't know, took away from those experiences? Or is it mainly only the most recent one?

**Participant** 24:02

Only the most recent one because that's that's that's the second time I've done acid. The first time was that time I was 14 and I took a hit with my buddy in high school. I've only used acid twice in my life. Got more experience with mushrooms.

**Interviewer** 24:21

How many times would you say you've used mushrooms?

**Participant** 24:24

A couple dozen probably.

**Interviewer** 24:30

And have you used any other psychedelic substances?

**Participant** 24:37

Well, you ruled out a dissociatives and you ruled out salvia, so and MDMA and things like that so I'm going to say like within your category, that's pretty much it, the mushrooms and the acid.

**Q10. Interviewer** 25:02

Sort of building on that other question, and it's one of the pre-set questions I've already kind of made is have psychedelics provided insights into how to live life well?

**Participant** 25:18

Yeah because psychedelics has shown me how exactly things are going wrong and it really seems easier to see that contrast when you can kind of see just how screwed up or how bad something actually is and see, like clear as day. It's easier to turn your thoughts the other way. Or at least recognised that right, like something like a chronic addictions issue it kind of, sometimes it doesn't really matter what, how much you know, or how much you do, but it's, they've definitely given me some insight, like I've seen myself and like these near future like, absolutely, like perilous places like, absolutely horrible, through them. Yeah.

**Q13. Interviewer** 26:30

Okay, we're sort of going to change a little bit of the direction of the questions now. So, the first, not necessarily first question, but how do you prepare for a psychedelic trip? If you do.

**Participant** 26:46

if I do, the only real preparation that I do have is like, I'll either um, I will kind of, I'll sit on it for a bit. Like whatever my dose is, I will sit on it for a couple days or a couple weeks or whatever. If I'm just trying like, just like, by like, by the waist kind of thing. I will at least have that time while, they take about an hour or so to kick in and I usually will start at like, I don't, I don't take the whole dose at once either usually like the last acid trip I took a half a hit and then I took a half later. I've done that with mushrooms most of the times too where I'll all you like a couple grams and then I'll eat a couple more later if I feel I need more.

**Interviewer** 27:38

How long, how much of or how often in terms of the times that you have used psychedelics would you say you've actually made preparations?

**Participant** 27:54

Very few of the most preparation I can recall is like making mushroom tea. Yeah, and just kind of going through that process and just having I was always with a particular person when I was, I was using mushrooms fairly heavily between 2018-2019 and there's always it's usually with the same person I was using the mushrooms with and the most preparation we ever really did was mushroom tea a couple times but yeah, that was just that was they were just kind of coming to our mix like, fairly regularly. We were, we'd usually hang out and we drink and smoke crack but that he had mushrooms fairly often too, so when they were around we'd eat them. That was, that was like a sexual like hook-up that we had going on too it's just like this party thing where we're just mixing a bunch of stuff and drinking and wind up doing mushrooms too and usually the two of us or maybe one or two other people around as well.

**Q14. Interviewer** 29:11

And where do you normally take psychedelics and why do you take them there?

**Participant** 29:18

I normally take them inside somewhere. Most of the time have taken psychedelics I've been at home or in a house. Sometimes when I was in high school, I'd eat mushrooms on the bus back home then it would hit me when I got home and I just tripped by myself. There was a couple times I've done them more out in public to like at that concert or I did them while I was at high school once years ago or I went on this whole road trip with this last acid trip too like seeing these different people and that that was pretty public thing but mostly I'm inside, I think, I remember once I went for I was tripping inside by myself about five years ago and I decided to go for a walk but usually usually I'm by myself and usually I'm inside.

**Q15, Q16. Interviewer** 30:15

Okay, can you describe any special arrangements you make in the places where you take psychedelics?

**Participant** 30:29

No.

**Q18. Interviewer** 30:31

No? Okay. What do you normally do during a psychedelic trip?

**Participant** 30:46

I, I'm kind of split on that one man because it's like I've, I've used psychedelics and like sexual hook-ups. I've used them by myself or I'm just in my head or in playing guitar, I'm writing I've been to concerts. I've been out seeing people I've been out on this walk once. I've been, I've been I used to party with some co-workers at one point I did mushrooms once or twice with them. It's kind of split but like my, I guess my ideal is just like, more often, most often out of any of those scenarios, it's just I'm at home and I'm just kind of sitting there and I'm not necessarily doing anything, I might I might not even have like music on or anything like that I just sit there and I trip and I just kind of whatever happens happens.

**Interviewer** 31:47

Are you doing this when you're at home for example, with lights on, light off, laying down, sitting up, moving around, is it kind of quite variable or do you have a preference?

**Participant** 32:05

I like the windows drawn and I like my lights to be on but not super bright. Sometimes I'll just kind of be like in the dark. That's that's more just kind of my character in general as I, I'm a little bit more of an isolate or something that way.

**Q19. Interviewer** 32:43

Is there anything you avoid doing during a psychedelic trip?

**Participant** 32:50

Not really. I mean, I guess like, oh my god, I went shopping at Walmart last time, that was. No that was, not really like, I'm just by myself though nobody else is around, like I, I will engage with the world or people or whatever if I have to, but like I kind of I do just kind of shut myself out for those times. Then there's other times I've just been like, absolutely out there too. So, I, I don't really know, man, but I'm leaning towards like, I just kind of prefer to be on my own and I just rather kind of keep all those things that are going on to myself for the time being while I'm going through that.

**Interviewer** 33:43

Okay, So

**Participant** 33:45

It's not necessarily a good or bad thing. It's just, I, I spend a lot of time alone.

**Interviewer** 33:53

So, would you in terms of what you're doing when you're on psychedelics or using them Is it much different to what you're normally doing?

**Participant** 34:05

Yeah. Last time, it definitely was, I wound up, I wound up hanging out with some people and getting into some, like scenarios that I absolutely would not have put myself in otherwise. I, I'm sorry. Can you repeat that question again?

**Interviewer** 34:33

So, the question was, you were describing that you kind of avoid people, but you also sometimes will go out and talk to them. So, I wondered if the way in which you use psychedelics actually kind of is different from how you just are normally and the things that you normally do.

**Participant** 34:54

Yeah, it's I'm usually I don't know, I really don't know because like that that whole ballgame has changed for me so much this year because I've been, I've become so involved with, you know, blue light and getting myself out in the world stuff and talking to people about like anything and everything and like this last year is like really changed like how I deal with people what, like I say and how much I divulge and how much I talk with people about whatever you know where before I was very much more closed off and that wound up getting me really kind of a dangerous situation last time but yeah, like my overall experience like 28 years prior it's like I've been very, I've I've avoid that as much as I can like, especially if I'm like intensely into some drug it's like I I've had more trips alone than I have otherwise like not said a word to anybody about anything, like not even online. Well, nowadays I'm so, I've pretty much put myself out there to the point that I'm a moderator on blue light now and I got my whole life and like my pictures and everything on that, and I taught and has got friends all over the world and participating and things like this and I've opened up with people and my family and my friendships and things like that and it's like I've kind of, I'm going through like some kind of change right now but it's overall I'm still more alone. Yeah, like I I still don't have people over all the time or anything, most of my social interactions over the phone or online or yeah, I'm very kind of keeping to myself for the most part. Just physically, anyway.

**Interviewer** 37:09

And if I may ask, what sort of motivated this change or this sort of opening up?

**Participant** 37:22

It started with a suicide attempt in March. I guess I got really, I got really badly in the crystal meth this year and it's not the first time I've had a crystal meth addiction. I had one a few years ago and I struggled with it on and off and was always kind of doing this or that until this year again in January, I got really heavy into meth, like every day and I by March, I had wrecked my job, I broke up with my boyfriend, my life was wreck, I prostituted myself, I was just I was just crashing at this friend’s house and in a nearby city like and off trying to dry out, and I couldn't do that I'd starting drinking one day I I had him take me out to, it was like an addictions like a rapid access addictions clinic, we have these Ontario where you can just show up and they'll treat you on the spot and rather than go into the clinic, I just spotted the first fentanyl dealer and it took me like two minutes to do I bought fentanyl. I purposely overdosed on as much fentanyl as I could get into myself and a couple points, and like it was, I woke up in the hospital, and I guess the person that I was with, like, I didn't know where to go, so he told me like, he'll show me the place as long as I cut him in and some of the dope whatever, like, I'm just going to do all and go anyway, I don't care what he does but, you know, he, he took my phone, he took my wallet, somebody else found me like a snowbank. He must have dumped me or something and I woke up in the hospital and I was really sick in the hospital for a couple days and then psychiatric would not take me because, oh you're on drugs and you have to go to detox. So, they sent me off to like, way, far city, London, Ontario, to a detox and I don't have clothes I don't have a phone, I don't have a wallet, I don't have money, I have absolutely no resources, nobody. Nothing and I wound up staying there four or five days. I came back home and I relapsed immediately and I was still living with my ex-boyfriend at the time and once he had found that out, it was time for me to go so I no longer had a home either. So, I was homeless and on Hamilton for about a month, few weeks or a month and I wound up in a detox out, by where I am now and that's right when COVID-19 hit and so there was absolutely, I was ready to go to a rehab or get like any kind of help like anything at that point, but there was nothing available because COVID had shut down like shut the whole fucking world down and so I was in isolation, this detox for a couple weeks until a local YMCA housing found me a room to rent in a small town next where I am now, I go rent that room, I was drinking by the first or second night, the coke dealer showed up, I got crystal I'm like, but at the same time, I met this guy that I'm living with now and he, he just kind of took me in and and throughout that time since I've been here, since you know, my friend here is taking me in to his home. I've opened up with people and I started talking about it a lot more I've started getting into subjects of harm reduction, I got involved with blue light I, I've got involved with different types of counselling services that are in my area and I've I've been really really up and down with the drugs and the alcohol but I'm headed in a direction that seems like I might have a shot again and me opening my mouth and like actually talking about it and like really getting my shit out there was a big part of that because like I have a lot of contacts and friends and experiences like I would not give up now because I It basically just started with me being taken in here by like, just out of the blue, like pure dumb luck and Bluelight man and just finding different things from there.

**Interviewer** 41:44

Good for you. Sounds like that's a very heavy story and how are you feeling now?

**Participant** 41:55

I, I'm not sure. Like it's it's always kind of the precarious situation because, you know, as well intentioned, or as much as I may want to just drop it all and just, you know, be responsible, have a life quit using so many damn drugs all the time, just do better than that. It's like I still struggle, you know, and statistically, I'm probably going to struggle for the rest of my life, particularly with meth and things like that, like the recovery rates just are not that good but unless, I don't mean to say that as an excuse, it's just, I know what I'm up against. I know what I'm doing. I know that some of it is working but it's always going to be a struggle too like I've I recently blew the job that would have made my career because I was so busy detoxing or being in one situation or another and that know about all of it now but they just won't take me on anymore. Now I have another opportunity coming up and with this youth employment agency, they're going to, they're going to be 60 hours over zoom with me. Through like a pre-employment training thing like this, the things I already know how to do like interview and Résumé and things like that, but from there, they're going to put me through an apprenticeship for a millwright.

**Interviewer** 43:18

A what sorry?

**Participant** 43:19

They're putting me through an apprenticeship from this, this employment, youth employment programme that's running here in Ontario.

**Interviewer** 43:26

You said like a millwright?

**Participant** 43:29

A millwright, it's like a machinist.

**Interviewer** 43:31

Okay.

**Participant** 43:33

Yeah, I'm on I'm a CNC machine op by trade I got I got a college certificate and some years experience in machining with precision machining and I'm enrolled in University now for computer science as well and I start in January. So, I'm at a point now where I've just recently quit meth, I've quit alcohol again and I'm taking Antabuse, so I can't drink. I'm not using any other drugs that are hardcore, like I smoke a bit of pot, not very much and I'm looking forward to this youth employment programme that'll be like, that'll be 60 hours over zoom, paid minimum wage going into an apprenticeship and my computer science degree is starting the end of January and if I can hold these things together, like that could be me turning 30 and having a great life and you know, fuck the rest of it but I don't really know what going to happen because so far, like realistically, 100% of the time, no matter how well intentioned, I've been, I have failed. So, it's, I don't know.

**Interviewer** 44:45

Well, you still here. So, I would think that's success.

**Participant** 44:52

Yeah. It's, what would the term be, I'm optimistic but I'm a little bit, there's as saying for this, but I'm, oh guardedly optimistic. Yeah, that's where I'm at.

**Interviewer** 45:30

Well coming back to sort of the the questions about psychedelics, and just before that, thanks for sharing that was, like, cool, man, I'm glad to hear you doing, you you're heading somewhere positive.

**Participant** 45:46

Yeah, that's, that's why I'm here, these days man is to kind of share these things with people like I'm glad to be part of a study like this. So, I'll talk about just about anything that comes to mind that helps you out.

**Interviewer** 45:59

Yeah. Well, these are the, this is the thing. These are the sorts of experiences of people who use psychedelics, it's not all spiritual. It's not all, you know, therapy, some people use it in very different contexts, and is important to represent the kind of the spectrum of use and especially I think, because in the different situations, it might show how psychedelics, even in situations where they're not used in a way that other people think is the way you should use them, they could still be beneficial, or they could actually be harmful. So, it's worth to know these things.

**Participant** 46:47

Yeah.

**Q20. Interviewer** 46:50

So, is there anything special you do after a psychedelic trip?

**Participant** 47:00

No, not really, kind of burnout and I either have my day or I go to sleep. It's nothing really special, although thought.

**Q22. Interviewer** 47:14

Do you practice any type of integration or self-reflection to make sense of your psychedelic experiences? And if so, what does that look like?

**Participant** 47:25

I write all the time I write a lot of journals.

**Interviewer** 47:32

And are you doing that during the trip, or only after it or both?

**Participant** 47:39

For during and after I write pretty much every day no matter what I'm doing.

**Interviewer** 47:43

Okay and would you do that, do you write in your journal, regardless of if you're tripping or not? This is just

**Participant** 47:52

Oh yeah.

**Interviewer** 47:52

Yeah? Okay and do you read, do you go back and read through them?

**Participant** 48:03

Sometimes yeah. I just did that recently, it was actually a pretty tough read.

**Interviewer** 48:14

Was that about your psychedelic trip or some other things?

**Participant** 48:20

It was a little bit about that, but it was mostly about everything else was reading some journals from a years ago, too and I was I was able to see the difference in like, my clarity of thought and like how I wrote when I was 26, compared to when I'm 29 it's like, I used to be a better writer than I am now. It's like, I think I've lost my edge a little bit that way or maybe it's just I was just in a different headspace or I don't know but like it was really I a few things crossed my mind when I was reading all these journals like some from years ago and some from this year and all the stuff from this year I was just it was like watching myself go through it all over again and all the stuff from before it was like almost like reading a different person, but the same.

**Interviewer** 49:10

Would you be able to elaborate on that a bit more what you mean by like, reading a different person but also the same?

**Participant** 49:19

Like it's it's me, but it's just me when I'm younger, but it's just like the way I wrote back then was much more, a lot more. Classic, kind of the classic story like you know, ABC and it's like this long out thought of thing and like, you know, it all ties together in the end like a story. Where now when I write it's more or less just kind of like this catharsis and it's scribbling all over it and some of its written fine like it's there's nothing wrong with how I write but it's, I'm not, I'm just not seeing that clarity of thought like, that I used to have when I used to write consistently well all the time and now I just write whatever, sometimes nothing.

**Q23. Interviewer** 50:15

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

**Participant** 50:27

I think they're kind of draining. Like being like, kind of burnout feeling on a psychedelic on the mind is really, it's just feels kind of empty for a little bit after. It's not It's not like other drugs where it can be, like, just really messed up or really, like physically bad or really different, but it's like, it's just, I just feel empty after doing them sometimes and it's like, it's kind of like, it's kind of like a relief.

**Interviewer** 51:07

In, why do you say that?

**Participant** 51:12

Because I've always got so much on my mind and so much shit going on and so have like, kind of empty space for a little bit is just, it's nice for a while, especially after something like my last acid trip, which was really like, that was just an adventured it showed me like, the darkest places I'm going to go if I keep doing what I do and it's, I don't know, but I don't think I gave myself too much time last time either to feel that way, because I'm pretty sure I just started drinking again, like right away, like I gave myself like afternoon just kind of zone out and be drained and then I went and bought alcohol like later that afternoon, I was on this whole other run all over again, like instantly, So it's Yeah, I definitely have not given myself like the full benefit of like a true like psychedelic experience, like sit down like go to one of these I Ayahuasca ceremonies and sit down with a shaman and like, do it for two days and reflect and I've always been more a little more impulsive than that and don't give myself a whole lot of R&E afterward, often.

**Interviewer** 52:31

Is that something you have been thinking about that you might get into, or is that just something you notice that you don't do but are not?

**Participant** 52:40

I would get into if I, I'm not, I don't have the aim of being like, completely sober from all substances in my life like, that's just not a realistic thing for me anymore. So, I do give myself some leeway to like, I would absolutely go on a proper psychedelic trip, like I have a friend who has been to a couple of these Ayahuasca ceremonies and Iboga and things and they've helped him quite a bit and, it's just been a matter of putting together the time and the money to actually go and do that and I'd absolutely do that for a couple days and just have like a real, like the true experience, you know? I kind of get parts of that now, but it's so it's so distorted by everything else that's going on and everything else that I do, because I've always done, I've always been in the background, I'm addicted to meth or I'm an alcoholic or I'm doing this or I'm doing that or it's just like a hook-up or it's just a party thing, or it's just like I would let go of that and go on with an actual novel psychedelic experience absolutely, experience that for once.

**Q24. Interviewer** 54:03

Has your use of psychedelics changed over time and if so, how has it changed?

**Participant** 54:10

They've changed so the last, I'd say three years, I've done more than I have at any other point in my life.

**Interviewer** 54:19

And is there a reasoning behind that or motivation?

**Participant** 54:23

Just, just being in more of a drug scene in general, I just came across them more often. I was primarily an alcoholic till I was about 25 and then after that I got more into I was in heroin for a while and then I got into the meth and things like that, like I always did drugs before too but my my drug of choice number one was never anything less or it was never anything other than alcohol up until about 25 and just being around different people in different scenes involved I've come across some more like particularly mushrooms.

**Q6e. Interviewer** 55:27

Has your psychedelic use affected your use of other drugs? And if so, how have they been affected?

**Participant** 55:40

The last acid trip took me down this road where I'm trying to get clean again but other than that they haven't. Usually I’m just stacking psychedelics on top of whatever else I'm doing.

**Q25. Interviewer** 56:12

Again, we're going to change a little bit at the angle of the questions. What do you think is the core psychedelic experience, for you personally?

**Participant** 56:24

The core psychedelic experience for me is when, you're so deep into it that you can actually see yourself like and I know you don't include ketamine in this but ketamine is the one where I have absolutely been able to sit down and I've closed my eyes and I just see myself like some some portion of myself anyway, whatever the focus is, and it's really brought a lot of clarity to what kind of person I actually was or was becoming, being able to see myself that way and kind of focus in on like, like, see, like my true ego, I guess, you know, and be able to kind of put a very bright light on what's actually going through my head in a way. it's like, it's like opening up the blinds. You know, cracking open the window and taking a taking a taking a breath of fresh air. This is what it is, sometimes it smells like shit, you know, but it's like, that's just what is right then.

**Q27. Interviewer** 58:05

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

**Participant** 58:12

The last acid trip. I just about decided to get into some some dealing through that trip and I it's not something that would have even occurred to me otherwise would be to contact this person who I don't really like or have a good association with to be like, hey, like I have a really good hook-up that's cheap let's go work out a clientele. So, we go like, we're both tripping on acid road tripping we're meeting up with these fucking like, bottom of the barrel meth heads just these horrible places and nobody had a dime between them and it just got darker and darker and darker and darker and I kind of started freak-out and I got dropped off at home and in the end I just fell apart and you know, I'm so glad like those things did not work out and I didn't like start dealing meth and like getting this thing going on, but going through that really showed me exactly what that, you know, those kinds of thoughts and what kind of life is going to turn out to be like, these people are just absolutely, like distended like disgusting, like, just horrible lives and shitty places and it was like looking five years into the future or something and, and not nothing, none, not two dimes to scratch between them and it's just and I just but the worst thing is just like the absolute like moral degradation the just like this like no soul left you know, and it's, just, I'm not going to I'm not going to say they're like bad people or anything necessarily but it's just like the place that the places that these people were in the places that I went that night, really like it put that shock factor into me where it's like, this is what's going to happen to me like, I'm so incredibly fortunate to be where I am right now because I'm actually no better like my addiction is probably actually heavier, but I but I have I still have people back me up I still have some semblance of a person or something left where it's just like I haven't absolutely hit those like that kind of like decay or whatever it is, yeah, and it's just like and seeing that was absolutely shocking and I being engaged with the two like, Oh, yeah, I'm going to make a customer out of these people and it was just so stupid it was just twisted thought that I had that night. By the time I got home I just basically just died man like it was and I'm so glad that didn't happen and I'm so glad that I saw like how bad these places actually are like, where I'm headed and and just how screwed up like things were going to be like actually were just for me being there that night, like all messed up on acid and alcohol and whatever like and, It was just a big hard hitting lesson for me then and I continued like going pretty hard for a while after that, but that was definitely a turning point where it's that has led up partially to where I am now where I'm actually I've actually been stopped for a little bit and I'm have things in place like to look forward to again and my whole life is falling apart so badly around that time, like I thought I thought I had, it's a lot to explain, but there's so many things that I felt like everything was going wrong and and it was so hopeless and so screwed up and that kind of showed me, showed me, It showed me what what wrong really is I guess and you know, it's like I've I haven't really talked to you though the state of like my relationship or anything like that throughout this whole thing, but that was like, I was really losing my mind on that at the time and it was really, I was in this really tough place, I don't know how to explain it all, like, in a way that makes sense, but it is a part of me getting where I am now where I have more of, I've more of a team medically and I have more of a realistic point of view, I think than I did on myself and where I'm going and where the people and places in my life are actually at and where I can go and what I can do and that was kind of that was one of those bottoms that I hit that really not right away, but it got me moving that direction. I don't know. I don't know if that makes any sense.

**Interviewer** 1:03:31

I think like there's a lot of sense inside of what you said for sure. I'm sort of thinking in the going to this place where you met the other meth addicts. Would you be able to sort of paint a picture of the scene because you're sort of describing it has been quite horrible.

**Participant** 1:03:56

Yeah, I can paint a picture for you right now, two distended meth addicts and their 40's or 50's sitting naked on a couch with a gay pornography posted on a screen with satanic imagery all over their porn sitting there smoking a pipe back and forth.

**Interviewer** 1:04:13

Right

**Participant** 1:04:18

Just a couple guys that are online like in the hook-up scene or whatever, I do, I'm involved with some of that too and, but these are like end of the line like meth heads say this to their party and play thing and they sit there naked on their couch in their rundown apartment and fucking [???] and they and the porn that they have on their screen, It's all satanic shit like it's garbage. It's disgusting. That's that's the that's the image like really strikes me the most. Like distended people like, this dude is like probably six, five and 100 and 40 pounds, but his stomach is sticking out. Like it's weird looking, you know?

**Interviewer** 1:05:06

Like a starving child in Africa sort of stomach?

**Participant** 1:05:10

Yeah, exactly like that people potentially going to have as my customers or whatever, but like, you know, unbelievable and those two stand out the most, um, there's another guy in another room who's a younger dude, around my age, he's just having a hard time with drugs or whatever, like, nothing really stands out there. He's in a room, his life sucks been there done that but the guy that I was with, he's like, the most you know he's driving me along like these different places and he is just like, the most like, one of the one of the worst, like, manipulating like this, like, what is it called, like, he's so caught up in whatever his world is, I don't even know and he's like this pathological pathological case, you know, liars, manipulative, whatever and it's like, he just, I thought maybe like, I'd could get a couple connections through him but it turned out it couldn't and everybody that I met through him was just absolutely, like, either completely down and out or completely fucked and, and it was just like, I'm just, it was like my introduction to like, the scene around here around crystal meth, because usually, what I would do is, I have a couple places that I would go to in the city, and I would buy in bulk, and I would stay home and I don't really associate with like, you know, these kids running around town or these people or whatever. Right but that night, I got to meet some of them, and it was just absolutely, not what I want at all like it’s, so it was, it was a really bad night and It pretty much like it's spelled my doom by the end of it.

**Interviewer** 1:07:16

And with the acid you because you were tripping at the same time. Was there, can you sort of, I don't know, the the question I'm trying to formulate is, how do you think the acid mixed with that experience? Is there if you went to this sober, do you think you would have reacted to it differently, or at least just not on LSD?

**Participant** 1:07:41

I would probably have not thought as deeply into it and it probably wouldn't have happened If I was sober. Like, I would not have called this guy to go out on this joyride trying to figure out this deal and I wouldn't be interested in meeting these kinds of people I never am and, like not in person like to be like, like, very rarely do I go out and associate with that kind of thing. In my, in my locale, but it's like,I just It just wouldn't have happened, you know, and it's just wouldn't, I don't know. Like I talked I talked to I talked to people all day from all kinds of backgrounds and lives and drug addicts, whatever, all day through blue light and online and through, like, I meet like, different people and interesting people and stuff, but I'm not normally out in my local scene, like I like I'm serious when I say like, I'll go and buy like six weeks’ worth of crystal and I'll stay home and not go out and do it once with anybody basically, anybody else because I just isolate that way and I don't want the I don't want that kind of trouble and it's just not very often Anyway, it's just, it's like, it just flat out wouldn't have happened like the acid without the acid I wouldn't have I would have I was having an awesome time at first and you know and then I had this bright idea to go out and do all the stuff but it just turned out to be this really bad trip in the end and I can pretty thoroughly say I think like none of it would have happened if I didn't take acid and I wouldn't have taken acid if I wasn't drinking so much for so long. Trying to like that was actually the day I one of the one of the last times I got off of crystal I was on like decided to get off of crystal so I’m going to I’m just going to slug it out with some booze and just like power through it that way. Well, what a better time to you know finally take this acid that have been sitting on like, oh yeah, I just quit crystal meth, so I drop the acid and then I'm right back into the crystal meth scene. kind of like wanted to like like, but deep like a solid. The people I would never want to have anything to do with you know, like it's or not really anyway, like it was so fucked up man and like It just, I was I was trying to get out of something and I put myself right back into it like 10 times worse like that's that's one way I can put it, and I wound up using some meth that night.

**Interviewer** 1:10:25

Would you describe it as a valuable trip? Or how would you? Because you were sort of saying it was a bad trip.

**Participant** 1:10:31

Very Valuable.

**Interviewer** 1:10:31

but yeah, I wonder?

**Participant** 1:10:32

It was it was a bad trip, but it was definitely valuable. It's just absolutely, like, like invaluable I guess like it wasn't like, it wasn't a great thing It was actually pretty horrific but it was like, invaluable like the impression that it left on my life for the time I look, I still think about it.

**Q28. Interviewer** 1:11:06

Okay. Have you ever experienced ego death and if you have could you describe it?

**Participant** 1:11:24

I think I've experienced something pretty close to it, I was actually chatting with somebody I'm go over a chat that I had with somebody while this is going on. If I can find the umm. Yeah, like I was writing things like 'I always managed to climb back and whatever it's suicide. I lost myself years ago. I've been enacting my own death sentence by doing drugs for years but I'm still here for whatever reason' and I was just having thoughts like that and I was sharing them with somebody online about where I was at and I was going through it.

**Interviewer** 1:12:41

During what you would potentially categorise as an ego death experience. You were online Bluelight, sort of describing it?

**Participant** 1:12:51

I was talking to somebody that I know from [removed], actually from like, like a hook-up site that I use sometimes and we've never actually met but we talk a lot and he's, he's an alcoholic and we've talked about our addictions quite a bit and I turned to him when I was going through this bad acid trip, and I felt like I was dying all the time. Like I felt so. I don't know. Like I was writing to him like, 'half my problem is I've stayed fairly healthy that I always survive this shit. I've been an invincible fuckhead in his 20s for a decade, I need to smarten up I'm so fucked up' and it's It was awesome to the last two or three hours my headspace went down I told him he asked me how's the paranoia set in. I told him 'it's not paranoia really. It's more like pure nihilism dark meaningless shit' and that's like, that's kind of where I was at when I was going through that.

**Interviewer** 1:14:12

Was there any other than thoughts visual or physical body changes and how you experienced that? That accompanied this ego death

**Participant** 1:14:28

I was crying a lot. I couldn't stop crying the whole time.

**Interviewer** 1:14:33

You know what you were crying about?

**Participant** 1:14:45

I just felt so lost and so empty and so fucked up and so, like, bleak, like, pure nothing like pure nihilism like nothing, like but more than that, like, just like nothing makes any sense anymore, nothing's worth like anything like I am I'm not even a person like I'm fucking I'm just I just felt like this vessel you know like and I was just all I saw myself was just the pure destruction of what I've been doing for like I've been I've been going hard for about 15 years now different drugs and alcohol.

**Interviewer** 1:15:32

Was there a sense of identity that existed during this period like were you still you?

**Participant** 1:15:45

I am a lot of a lot of it disappeared I was I was on a very like focal point of myself and the rest of it was kind of gone.

**Q7. Interviewer** 1:16:12

Has your, so I'm going to move question now, has your psychedelic use noticeably affected your relationships with significant others? And if so, how have they been affected?

**Participant** 1:16:24

Not too significantly No. Not compared to things like alcoholic or crystal meth anyway. It's definitely not impressive when I'm on some kind of a tear like that and psychedelics are involved but they're, they're not the main thing and not the main focus and never has been. I don't think psychedelics on their own has really changed much, just accentuated what's already going on, basically.

**Q8. Interviewer** 1:16:59

Have psychedelics changed how you think and feel about yourself?

**Participant** 1:17:04

Yeah. I think I think overall, it's actually been, considering some of the darker places I've been with them. That's more set the tone for what psychedelics are like for me than anything, I think that they're actually, they've had kind of a negative impact on how I think and feel about things, but it's not necessarily in a bad way. Like it's, It's, it's more like seeing it's like seeing myself for who I really am or something, you know? Or what's actually going on for, for what, for what's going on, or what actually is at that time and it's definitely that's put me in some spots that are like it's not, like a pleasant thing. I don't know.

**Interviewer** 1:18:13

So, would you say, a fair description of what you just said, is, they show you what's going on, good or bad and in your case, it's leaning towards unpleasant or negative aspects but that in itself is not a bad thing to be aware of?

**Participant** 1:18:36

Yeah, I don't, I don't regret that and, you know, they lit my world up for what it is and, and kind of, kind of a segmented like, hyper focused way or, or in that way, where everything's kind of falling apart and gone to like, it's very narrow, I think what you can actually accomplish on one trip, at least in my experience, but it's like, they've definitely been, like invaluable that way where it's, I would not have got to see myself in that light or think that way that night and I wouldn't have made some of the, had some of the thoughts or made some of the choices I wound up making because of that, potentially. It's, I don't really know because the other did not happen. You can't, you go you know, you go down your path and all the other possibilities are gone but it's like I don't so I don't really know what would have happened if I even put that off like five minutes or not done it or if I wasn't drinking or if I was in a different place or like whatever like it is millions of decisions that I could have made my life that it would have changed where I am at any given moment right now, but it's like, I still think that they do add some clarity to whatever I have been and wherever I am at and If that is, what I need to be shown is something that isn't very good and that's where I am at, and that’s, It's worth looking into, I guess. I hope to have some more positive experiences someday with them but, you know, not not only I mean more than just like having fun, like a good trip and like seeing myself in a good way and like some real, you know, that, like, you know, the ego defining like, that clarity, that, these trips that people have where they like, basically reinvent themselves like that ever ambiguous like, ultimate trip, or ever elusive, I mean, but it's like, I haven't been there yet. I don't know if ever will be, but I mean, that'd be cool too. Maybe someday I'll sit down with an actual shaman do a ceremony they're like, they're like 800 bucks or something you can do in Ontario and a friend of mine has pretty good luck with that. So, I might check it out sometime.

**Interviewer** 1:21:07

Sounds quite expensive.

**Participant** 1:21:10

It is but considering it's two full days where you are being trip sat and being taken care of and like this, like really unique environment where it's like, like, legal, it's psychedelic getaway, It's, 800 bucks isn't that bad.

**Interviewer** 1:21:33

Sorry, do you have legal ayahuasca retreat centres or ceremonies in Canada? I didn't know this.

**Participant** 1:21:41

Yup, they're openly advertised and they can you can register with them, like, anytime.

**Interviewer** 1:21:49

Okay.

**Participant** 1:21:53

They might not actually be totally legal, I don't know but like they they're not very shy.

**Q29. Interviewer** 1:22:10

So, we're moving again, a little bit, the direction. Have your experiences with psychedelics affected your spiritual or religious beliefs? And if so, how have they been affected?

**Participant** 1:22:24

They haven't really, I don't have a whole lot to say about on spirituality or religious beliefs psychedelics.

**Interviewer** 1:22:34

If you don't mind me asking do you have a particular way which you think of your spiritual and religious beliefs? If you have any?

**Participant** 1:22:46

My spiritual and religious beliefs basically consist of there's there's a reason why pretty much historically every society, every civilization has kind of come to the same basic conclusion that there is something greater out there, whether that's like like a monotheistic or polytheistic gods, or whether that's spirituality, like, with a creator or, you know, these different things that people believe in, they all kind of have the same fundamental, there is a spiritual side to humanity itself. I don't believe in any particular religion or theology around that, because how come it's impossible for any one of them to have it right, let alone have it, like, let alone like, how could you have such a contrast between like so many different religions and types of beliefs at different time periods, different groups of people, all specifics in a religion or spirituality that becomes associated with like, that kind of, kind of thing. It's those are there more or less as a metaphor in my mind, like they are there to put things in place for people to set the example and like, make something a little more material out of something that's really just inside of you but the my, anyway, I believe in nothing I believe in spirituality itself. I believe that religious experiences and spirituality are attainable, and that there is something out there but not one ideology in particular has it right or even very much that and it's impossible for that to even be.

**Interviewer** 1:24:27

Have you ever experienced a quote unquote, spiritual crisis because of your psychedelic use?

**Participant** 1:24:41

No, not exactly. The closest thing what has been that last acid trip, but I don't really think of it that way.

**Interviewer** 1:24:49

Okay. How do you think how would you conceptualise that last acid trip?

**Participant** 1:24:58

That was more a lot more to do with my identity and my ego and myself than, much my connection with the world and I guess it does kind of boil down like to my connection with the world when I'm just thinking about myself and how I actually am and what these things actually are and like it was in relation to my experiences with the outside world, and that's kind of what was bringing it to that place, by myself crying on this couch, but it's like, it just wasn't really that wasn't like really on my mind, though, at the time, like, it wasn't really though, like, God or, you know, the whole self and the connection with the world or anything like that it was really more like just hollow desperate kind of thing. Really is really screwing me up that day and I felt like I like If anything I felt anything spiritually, it would have been lost. Like, absolutely, like, disconnected and lost and there wasn't much spiritual about it, except I just felt so, nothing, you know.

**Q30. Interviewer** 1:26:24

Have psychedelics changed how you think or feel about death or the process of dying?

**Participant** 1:26:37

No. No, they haven't, actually going through with a suicide attempt and being revived was the most like, pinnacle point, of my life that changed how I think and feel about death. That was definitely through drugs and stuff, that was my method, not my idea of like, it wasn't about psychedelia or anything like that, that was just a means to an end and I did get there but I was revived and, destiny is very, it kind of put things in place in my life where it's like, when your dead it's like. It's not just that you're dead and you're gone. It's that it never happened. There's nothing left of you there to to recognise materialise anything like any concept of before, during or after, or what if, It just, it doesn't exist, you don't exist. It's kind of how I feel but you do because we're here right now but once that's gone, not only is it gone it kind of never was. It's a really weird feeling that I have about it now.

**Interviewer** 1:28:05

If I can probe a little bit on that. The idea of it never being once you or once a person dies, do you also attribute the idea that existence itself disappears? Or does the world which you you we inhabit now and experience does that carry on existing?

**Participant** 1:28:43

It feels like it doesn't because the only way that it exists is like in my mind and my world that I inhabit here. I can only see it through my own lens, my own biology and my own physicality and my own mentality whatever and if that ceases to exist then maybe it will go on, but it won't be the world that I know. Yeah, I think it kind of once it's over it's over and it's just kind of this wild happing thing that we even got to go through this you know, it's doesn't really mean much to me now though. After experiencing that or or that's not true it's it doesn't mean the same thing. Like it really puts light on really put some light on a lot of the, this whole kind of rat rat race that we go through, I guess and all these things are such a big deal in the fucking moment but at the end of the day, they don't really matter because when you're dead, what doesn't matter, like what what sweater you put on or what, If you said the right thing the right way to the right person, or if you had, you know, if you had Kraft Dinner instead of pizza, or if you had like all these little decisions that people make all the time and the big ones too, even those fade and get smaller with time, you know. The biggest thing that will happen to me in my life might not be even a footnote somewhere. It doesn't matter, but it's like, I just, I just find it's really, it's really difficult subject for me now and I don't think I really have that much of a grip on it yet. Yeah, like I need, I need to look into that, seriously some time and do some more reading and research and have some more thought about it because right now, I just feel like it's, everything's kind of pointless and but I'm still here trying to, you know, make my mark anyway, for some reason. I don't even know why.

**Interviewer** 1:31:08

Well that's the mystery of life, isn't it?

**Participant** 1:31:10

\*laughs\* Yeah.

**Q31. Interviewer** 1:31:19

Have psychedelics changed any fundamental beliefs about the nature of reality? And if so, what has changed?

**Participant** 1:31:36

Nature of reality? Not really, it put a light on some things are in the nature of my reality, but did it actually change anything? Not, not while I was tripping. Just maybe maybe some of the decisions I make after the things I think about afterwards, they kind of change my reality a little bit. I don't know.

**Q32. Interviewer** 1:32:15

Okay, we're getting close to the end of all the questions. So, just let you know that. Have psychedelics changed your outlook on life? And if so, how has it changed?

**Participant** 1:32:32

They've changed my outlook on life, so that's a bit of a darker one and I think I've summarised that pretty well, with some of my last few answers.

**Q33. Interviewer** 1:32:42

Okay. If Psychedelics have a role to play in society, what do you think it is?

**Participant** 1:32:57

I really like the idea of psychedelics being used as a tool to open people's minds to, to see things from a different point of view, or to deal with their psychiatric issues and treat their depression or PTSD, things like that and I'm going to bleed into like MDMA and things when I talk about this too, but it's like, I think that those these chemical drugs do absolutely have, like, a lot of value to a lot of people's lives and it's not necessarily for the better, but it can be and it's shown pretty well that like in a clinical environment, when these things are used properly, or if it's just a positive experience in general, like a lot of people have been pulled out of a lot of shit through their psychedelic drug use and I'm totally in favour of it, I would have all these psychedelics like regulated, legalised. Like, on the counters, instantly, if I could, you know, within reason. Not just free for all but to be used as a, like a contemporary tool, move on with particularly like traumas that people have in their life and stuff like it's really, it's a lot of value and these drugs or even even when negative experiences too wind up being kind of positive in the end, if you get out of it.

**Interviewer** 1:34:20

Do you think if the situation was such that there was a legal regulated market, where you had an opportunity to go somewhere, where, say professionals or therapists who are trained to facilitate psychedelic trips, for whatever would would that be something you would be interested in doing?

**Participant** 1:34:46

Yes.

**Interviewer** 1:34:47

Yeah?

**Participant** 1:34:48

Yeah.

**Q34. Interviewer** 1:34:59

Have psychedelics changed how you think about the human species and what we're doing?

**Participant** 1:35:08

No, they've not.

**Q35. Interviewer** 1:35:14

Okay, what advice would you give to people who are interested in or currently using psychedelics

**Participant** 1:35:26

My advice would be to do it right to not basically, you know, take what I've spoken about, where I've been very reckless with how I do it and very, just impulsive and sometimes like, higher doses and things like that. Don't, don't buy into like, feel don't buy into the party aspect because these psychedelic drugs like for the most part, don't buy into the partying side of it. Actually sit down and do them with somebody that you trust or, in a space on your own that you feel you're going to be safe and just let it carry you along wherever you need to go even if it's somewhere absolutely terrible, there's value in that too. Just be wise about, don't abuse drugs, like don't abuse the hell out of the drugs until your brain dead, you know, there's no point in that. Just do, do things, take it like an opportunity to see things from a different light for a little while and don't expect it it's going to be like, you know, the game changer either because most often it's not, you'll read about these experiences where people have like this life altering experience, where it's just amazing and that's not the case like 99% of the time. These are incremental things that you can do as a tool to point your life in a different direction. Take a look at things from a different light.

**Interviewer** 1:36:57

Is there anything else you'd like to add to that?

**Participant** 1:37:10

Sorry?

**Interviewer** 1:37:11

Is there anything else you'd like to add to that?

**Participant** 1:37:14

No, maybe maybe later and transcripts. Maybe later in the transcript when I look at it. That's pretty conclusive for me.

**Q36. Interviewer** 1:37:28

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

**Participant** 1:37:42

No, just thanks for the opportunity, It's been a really good session with you. I enjoy being a part of this kind of thing and hope to continue to play my part and whatever this says, you know.

**Interviewer** 1:38:02

So maybe what I do now, we don't necessarily have to end the call right now. If you'd like to stay on and chat a bit, but what I'll do is I'll in the recording

**Participant** 1:38:13

Okay.