7. Interview with Participant 7

**Interview recorded:** 14/12/2020 (NZDT)

**Length:** 1:48:03

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

**Age (years):** Participant (39), Interviewer (29)

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

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

**SUMMARY KEYWORDS**

psychedelics, people, experience, questions, talking, person, situation, interview, thinking, guess, garden, pretty, LSD, life, feeling, Iran, drugs, magic mushroom, moment, find

**Interviewer** 00:02

So, you should have got a, I think a message for that.

**Participant** 00:06

I need to confirm, continue.

**Interviewer** 00:10

is there any questions that you have before we start?

**Participant** 00:15

No, no questions.

**Interviewer** 00:17

No? okay.

**Participant** 00:19

Yes, I'm ready.

**Q1. Interviewer** 00:22

All right. All right. So, the first question is, oh, well, before we saw the first question, I always forget this, but now I've written it down. So, one thing to mention is, So, we're going to be talking about psychedelics, obviously and just to frame, to categorise what I mean by psychedelics. So, what drugs we're talking about, and what kind of drugs we're trying to exclude from this, if you are aware of the idea of classic psychedelics, So, talking about substances such as LSD, magic mushrooms, So, that's psilocybin, DMT, or Ayahuasca, and also, mescaline, So, San Pedro or peyote. So, those sort of substances are the psychedelics that we're talking, trying to focus on within this interview, So, there's other psychedelic like drugs like salvia divinorum or ketamine, and some people say MDMA and marijuana have some psychedelic effects. So, those four there, So, not including MDMA, not including marijuana, we're not including ketamine, and we're not including salvia. So, just the main sort of the original ones I said, LSD, magic mushrooms, DMT. Any sort of analogues of these. So, if you've used research chemicals that are, you know, 1p-LSD, for example, that's fine as well. That's, that's, I think that would be considered psychedelic but yeah, So, hopefully, that clarifies what we mean, when I'm asking about psychedelics. So, the first question is, why do you use psychedelics?

**Participant** 02:13

Why do or did? Why do?

**Interviewer** 02:16

Yeah, why do you use psychedelics?

**Participant** 02:21

I don't use them, you know, regularly. I have tried them and they helped a lot. I can say, and I was curious about them. I am. I am. I am curious a lot about the drugs in general and I have been using marijuana for a long time. I had some struggle at the end, with this. I always wanted I don't know if I'm speaking coherently or not but your question can help me. I wanted to try it for a long time, like a couple of years and I was super curious about it because I, I, I was reading about it all the time. You know, I was curious. So, I decided to try it.

**Interviewer** 03:26

Okay, and how many times? And it helped?

**Participant** 03:31

It helped. They helped.

**Interviewer** 03:35

So, how many times would you say you've used psychedelics?

**Participant** 03:42

Okay, I tried magic mushroom a couple of times, but in what we consider microdoses something between micro doses and doses I haven't had macro dose yet, but the microdose first time was quite a trip for me. Life changing trip for me. So, a couple of times that a very micro dose of LSD very long time ago, I didn't get it. Get it because it was really small. We lost some part of it, so it was pretty small. It was like weed, something like that and I tried the San Pedro drug was it San Pedro or the other one San Pedro I used, yeah. Yeah, it was San Pedro. We cooked it and ate it and I guess we didn't drank it a lot, enough. So

**Interviewer** 04:45

What was the last one sorry?

**Participant** 04:48

That the last one have been magic mushrooms. I have tried.

**Interviewer** 04:52

Oh, I mean the last one. You were just mentioning the last drug was that also, magic mushrooms?

**Participant** 04:58

Yeah.

**Interviewer** 04:59

Oh, yes, okay.

**Participant** 05:00

I tried micro doses of LSD and the other one the cactus, but I didn't get the psychedelic thing at that, but the magic mushroom was a new everything for me.

**Interviewer** 05:19

And have you tried a non-micro dose level of a psychedelic?

**Interviewer** 05:28

No, I guess no. The last, the most that I tried is something like 200 milligrams, something like that or a little have more.

**Interviewer** 05:42

Of LSD or of?

**Participant** 05:45

Of dried mushrooms.

**Interviewer** 05:47

Okay.

**Participant** 05:49

I heard that the standard dose is 1 - 1.5. So, no, I didn't have a trip a visual trip, but it was mostly philosophical or thinking trip.

**Interviewer** 06:09

And what sort of time range? Since when have you begun using, how long?

**Participant** 06:16

Began using psychedelic or drugs in general?

**Interviewer** 06:19

Psychedelics.

**Participant** 06:20

Psychedelic, So, maybe it started a couple of years ago with those two experience that I told you, I mean, micro LSD and little cactus and just that, and around two months ago, I tried my first magic mushroom. Or one month ago, or something like between one month to two.

**Q2. Interviewer** 06:48

One to two months. So, have the reasons why you use psychedelics changed over time?

**Participant** 07:01

Yes, I guess, at those two times that I told you, it was more about, you know, curiosity and trying new kinds of highs. Enjoyment, pleasure. Yeah, and, of course, all those other stuff but for the last time and latest time that I tried it. I was struggling with quitting weed and cigarette, I was clean for two month and so, it was both a recreational pursuit for me and a therapeutic one and basically, the recreational purpose was also, [???] for me. I wanted to try that after two months of sobriety, but I wanted to try it pure and yeah, I didn't expect it to overwhelm me, but it did.

**Interviewer** 08:21

And how did that experience using mushrooms, did that seem to help with your marijuana use and cigarette smoking?

**Participant** 08:35

Yeah, yes but I need to give some explanation, you know, because it's helped me. I was struggling, I was clean for two months, but I knew that I'm going to try the stuff again and because I couldn't put aside the addicted mentality, I saw myself as an addict and I liked it. I justified it and yeah, something like that. I had no particular problem with it, but I had some little problem with like, oh, addict, or many of addicts. So, it helped me trying mushroom, you know, it helped me in many different layers, but one of them was that I suddenly see was able to see some alternatives that I consciously were aware of, but emotionally cannot capable of, you know, accepting them, like I can be non-addict is not a big deal, you can be an addict, it can be a non-addict. So, it opened up my heart and mind to new alternatives to accept alternatives and after that, and it also, helped me with the feeling of guilt because guilt is a big part of you know, addiction. After that, I tried both cigarette and marijuana again, not, you know, at least for a time and it's getting again, it's getting, again, a daily habit, but I'm okay with it. I have more confidence in myself, I am I have less self-criticism about myself. So, something like that.

**Q3. Interviewer** 11:03

How did you first start using psychedelics?

**Participant** 11:08

So, we can depending on what again, you know, I mean, should I focus on the magic mushroom? Which, you know, was a real psychedelic experience for me? Or those two? Little but, you know, not really.

**Interviewer** 11:28

I think it's okay, both would be okay, I think if you can start with the little ones that you first got tried and then talk about how you got the got involved with the more the larger dose that had an effect on you, more of an effect.

**Participant** 11:44

And, you know, one, maybe it's not only the dose because maybe it is because of my sobriety, being two months sober for someone who had is smoking weed and cigarette all the time. Could be a reason for you know, that effect. Anyway, it is subjective I guess, thing, but let's start with the first one. So, how did I start that or why?

**Interviewer** 12:19

How. How did you start.

**Participant** 12:25

Okay, for the, I have a friend a relative, that I do these kinds of stuff with him and he knows better about this stuff. He has tried LSD or stuff like that, and I asked him to just, let's try that together. The LSD. He went and bought a very little one and should I go into details or not? Which one do you prefer, whatever?

**Interviewer** 13:02

Sure. Yeah. Yeah, it's good. It's okay to go into detail for sure.

**Participant** 13:07

Okay, So, he bought it. Actually, it's a funny story and I was a little conservative because I really, like, I like drugs, but I like microdoses. I don't like doing it too much. That's one of my principles, responsible use and so, we bought a very little dose, like one fourth of a dose, or one second of a dose, and we lost some of some part of it on the way and basically, it was, yeah, it was very one eight, I guess of normal those and So, it didn't, it didn't strike me as something new. It was like a different, a little higher, high or a little. Yeah but yeah, something like that and the second time, we tried cactus with the same guy and we cook it, cooked it ourselves and it was, the taste was horrible and after that, we went to the mountain you know, a little I, I sensed a little visual stuff, but it was just not there. So, these are my two first encounters with psychedelics and yeah, we did these two, and then a couple of years passed, and I tried magic mushroom and how did I start that? So, somebody, take it for me, who family gathering you were in a family gathering situation in our garden and yeah, I was living with my parents and, and they were, they were really they were really proud of me for those two, that two months, but are still worried about me getting back to drugs because I am a very open person in general most of the time, and they know about it. I don't like to lie to them. I argue with them about the logical, logicality of it. Yes. Anyway, I was worried about them finding out about that, but I won't I need I knew that I should try it that I needed, and I said to myself, okay, it's going at most be because I'm going to take in microdose, yes. Then the powder at the end of the batch. So, I took it and I said, Okay, I heard about it that is going to enhance your performance. What's wrong with that? A little performance enhancement or a little you know, being a little happier to be able to, you know, communicate for your, for your, with your family a little better, because I was a little reserved, and I couldn't talk that much with people. I got more, I was anxious. I was depressed. All of those negative feelings in different degrees but I was really happy that I'm, you know, I have been addiction, some this this addiction free for a while, but I was basically addicted to getting more and more addicted into internet and masturbation. So, it was only a substitute for that in my mind but again, a good accomplishment. So, all those crazy ideas happening in my head and I took it and I started to work on a project. Should I continue about this story?

**Interviewer** 17:19

Yeah, go for it.

**Participant** 17:22

But you please guide me, okay, direct me to

**Interviewer** 17:26

You're doing good.

**Participant** 17:28

Okay, useful stuff. So, I started to do some, you know, project that one of my friends wanted me to do, there are there were lots of pressure about it, and I just tried to be super, you know, productive and do the job In the garden and so, I started I started and I, I had some, you know, tingling feeling in my head and I said, Okay, it's going go with it will pass. I can do it and every moment and every second, I gradually notice, no, it's going to be something big okay and just close the laptop and go take care of the situation. So, I forgot about the project and I knew that I need to go and justify the situation that is going to happen from my family because they were having a barbecue or something like that and I said, and I went and said that. Okay, I don't know why I am feeling nauseous, but can I eat the lunch a little later and my mother said, you are getting more, you are eating too much these days. That's the reason. So, she bought it and I went to the garden and the situation is escalating. I mean, I was feeling out of my body to some degree. Hmm, my body was pretty light. I could easily run you know, pretty energetic but at the same time 1000s of thoughts are, were coming to my mind. Many of them were repetitive, but they were new at the same time and lots of issues like you know, lots of unconscious issues I guess and at the, at the process, I was remembering my friends who took it before me and told me to do it. I was remembering their you know insight at some of those moments, and then so, like. Do you have any questions at the moment?

**Interviewer** 20:03

No, that's okay. I'm happy to just let you keep talking through what happened.

**Participant** 20:09

Okay. So, I was basically trying to be normal and feel normal but so, that was my first concern. So, I went to the other part of the garden, it was a little garden, okay and said to myself, okay, they say that if you are in nature, it's good. It's about nature. Again, I am a, I am a nature loving person. I am a, you know, environmental entrepreneurs. So, let's go and test the idea and So, I was trying to get connected or be distracted by the nature, it was a little okay, but I knew it's not enough, I should do something more and the interesting thing was that I knew I am in a new kind of, you know, crisis situation, but my mind work well, you have a smart mind and you will handle this and okay, so, I decided I may jump some, some part of memory, I may, I don't remember it anyway, I mean, details but I went, I took a shovel, and stuff like that, and I went to, you know, dig, some dig some hole in the garden because my brother wanted me to do this and so, I thought to myself, it's going to be, you know, it's going to exhaust me and take, maybe get me lower a little maybe it helps. So, I started digging, and it was like, you know, I was a superman. In comparison to before. It was pretty energetic, you know, and I didn't feel tiredness or pain or stuff like that. I was just being and, and at the same time, I was thinking about many things like death, like, my family, my addiction, you know, me not being a hero enough. You know, everything and so, it was a, you know, it was a really, I don't know, a speedy process. Then, I was a little tired and distraught and I, and my family was there they were, and I was, again, my main my major concern was that, what if they're going to find out that you take something in this day in a family gathering? And so, I went to a corner, corner of garden, and there were a place that, you know, we made up with my father with some blocks. A little temporary room.

**Interviewer** 23:19

I little what sorry,

**Participant** 23:20

A room, a little room with some blocks without [???] or anything. I play a play room, something like that and it and I went there, and I just lay down on the, on the soil, on the dirt but what we call it in English?

**Interviewer** 23:39

The ground.

**Participant** 23:40

The ground the ground. Yeah. I lay down on the ground and it was pretty, not cold, but good cold. What’s the name?

**Participant** 23:51

Cool. It was cool. Yeah and then, So, I laid down and again, I in my head, I was saying that your father is going to come in here and say, what are you doing boy? What's the problem with you? What are you doing this craziest stuff, huh? and stuff like that and maybe he found out about the thing or not because I have been a pretty typical person in different ways and something like that would be expected from me but anyway, they were they were super suspicious about the drug thing, of course and I suddenly told myself, okay at most first of all, people lie down on the ground for the sake of enjoyment. Why are you, why are you thinking about worst case scenario all the time? Something like that. At the worst, if you found out you can say okay, I took it. I after two months. I'm taking a rest, and he will be logical about it. Huh? They have been logical about it before don't overblown it yourself and at the end in the big picture you are laying down here and maybe are going to die because my, my I have a little you know a little heart. I mean, my heart was a little I was a little excited. Yeah, too much excited and maybe you get die, who knows, but who cares, that doesn't matter because nothing matters. Okay and you're thinking about your friends project or your father judgement, just take it easy. Lay down here and you know, enjoy, or think or something like that and yeah, I was pretty high at that moment and I was, I guess I was I thought about death that my family is going to die all of them probably. That's okay thing, huh. It's not a super tragedy, it happens. You know it and I guess I cried a little. Very little. After that. I was okay. I was okay and I was still high. I mean, if my level of highness at that moment was like 1000, I suddenly came to 100 but it was still 100. So, I was in the world again for like, a couple of minutes I was experiencing death or the concept of death or something like that and being okay with it. So, and I like to hear your questions at the moment. Yeah, or your idea or whatever.

**Interviewer** 23:51

Cool.

**Interviewer** 27:16

So, some thoughts that I'm having, as you're talking about that. How,

**Participant** 27:25

Sorry, sorry, sorry, sorry and it just started after that. The trip just started after that.

**Interviewer** 27:33

Oh, yeah. So, that's the this is the come up is it.

**Participant** 27:36

This was only the beginning it was only the beginning.

**Interviewer** 27:41

All right. When you were lying down was it. Did you feel, did you still feel attached to your body and had a sense of who you were, like, you knew you were lying down on the ground? Was it, was it mostly thoughts or was it a new type of experience in the mind in terms of how you were experiencing ideas and concepts?

**Participant** 28:10

Both of them. I was aware of my body and I, I knew that there is a body here and something functioning here. Okay and at the same time, I could think about those ideas that you talked about something new something. Yeah, it was both. I couldn't see. I couldn't I didn't see any contradiction between those two.

**Interviewer** 28:40

Do you want to move on then to further into your psychedelic experience? What happened after that?

**Participant** 28:48

Yeah. So, should I continue?

**Interviewer** 28:52

Yeah.

**Participant** 28:53

Okay, after that. I just wanted to check if I'm not boring you.

**Interviewer** 29:01

I'm here to listen. Don't worry. It's not boring.

**Participant** 29:05

Okay. After that, I went to my brother and, you know, in normal times, he asked me, how was it? How are you brother or something like that? I said, I'm okay but yeah, something like that. At normal times, I would feel a great urge to tell him what just happened to me. Okay but somehow, it seemed to me that I'm getting a little wiser. You don't need to talk about everything out of your, you know, your, your urge. You can talk about this stuff in a smaller piece. Sometimes don't talk about this stuff. You can be more aware of your thoughts and yes, I just told him that. Yeah but we need to talk something like that I and he take the. He said that I prepared the barbecue for you and we go outside go outside of the garden to have a watch and I said, Okay. Yeah, in between. Yeah, I said, Okay, bye, but I knew I should go and, you know, assure my family that I'm doing okay. Again, but in a normal and relaxed way. So, I went there, and I was laughing. I was talking with them more than before and I started to eat, it wasn't like it munchie, but it was good to eat after so, so, much, you know, burning up calories and yeah, I felt they are okay. They I didn't. I didn't do anything crazy. They are probably okay. They are probably a little surprised why I am a little talkative and joking because I was pretty. Not grumpy, but not very social for the last month, yeah. So, and yeah, I make some connection with them and then we get we get out of the garden with my brother who brought me this stuff. As a gift and, and, yeah, I started, we started to talk he, I just told him about everything as much as I could remember, and I could articulate and he knew about this stuff, you know about this stuff and he also, told me about his own experience, which was not that intense, because he was microdosing for a while but my microdose turned out to be a pretty.

**Interviewer** 32:10

Bit bigger.

**Participant** 32:12

Bigger yeah.

**Interviewer** 32:13

Or stronger at least,

**Participant** 32:14

Yes, stronger venture and so, we talked a lot and, you know, interestingly, we are really close together, but at the same time, we don't talk that much recently, because everybody has his, his own his own world, his own life, you know, we are not in contact that much but we really love each other and, and we also, have some, you know, like, issues of like, you know, admiring each other at the same time, you know, having some issues with each other something like.

**Interviewer** 33:00

Who doesn't?

**Participant** 33:02

Who doesn't? Yes, that was very general. So, one, one part of the experience was that, you know, it's not related to the chronology, but one part of the experience was that, yes, everybody has every problem that you have, you know, and you know it, but sometimes you will forget it and it was a wonderful reset brain reset for me reconfiguration. I, you know, I had a, I had an experience to be hospitalised in a mental hospital for like, one month, like, a couple of years ago and because I was suicidal, and like that ECT and stuff like that and the experience somehow was like the ECT for me, because basically somehow saved my life, I guess. The experience was like, with like, ECT for me, but without the headache and the stupid process and so, it was absolutely a mind reset, a brain reset for me and in those sites, I came to conclusion with the help of my brother. We were talking that's one thing about cigarettes and weed. lets you know when in the in those two months, my [need] for cigarettes came from 90 to something like 20 or 10. Okay, in my mind, but my craving for weed came from, like 90 to 80/70. So, it was pretty strong, and the cigarette was pretty low and before I take the mushroom, okay. After that when I just came out of the garden with my brother, I said, let's give me a cigarette. The first thing that come out of my mouth was give me a cigarette [brother] and he said, today, I'm not going to smoke. I said, Okay, let's go to the village and buy and said, please don't do that. I don't want to smoke today and I said, Okay. Hmm and it was, it was unexpected for myself, because when I wanted something like a cigarette, badly, I would insist more but I could say, okay, you're right, let's go and enjoy walking and talking and then I noticed that I'm not mentally, you know, a deterministic addict anymore. I can consider myself a non-addict, I can consider myself an addict. It doesn't matter. Hmm. Something like that. Then I talked with my brother about many things, including I, you know, the guilt, the problem of guilt, and not being enough for other people not being a hero and yeah, we came to conclusion that it's not an effective feeling. You better forget about it, or just manage it and that was therapeutic, that was pretty therapeutic, I was happier. I was not worried at all. After that, I suddenly lost my anxiety and depression and I am still a little restless because I am working on a very ambitious project. Very, very ambitious project and, and so, that's, that's part of my nature but and I have concerns about being a little hyper maniac sometimes and but I after taking that I see myself as a wiser person who have more control over his urges.

**Interviewer** 37:34

And, during that experience, did you have any other periods where you had an increased intensity of the effects of the mushrooms or was the, did you, because you were saying in the garden you were lying down and you're having quite a reasonably intense experience. Then you stood up, came back to the family had some barbecue and then went off and talked with your brother? Did you still have an effects after you would start talking to your brother and then they carried on and they increased? Was that sort of just a short period and then you went had more?

**Participant** 38:17

I can say that it was something like it sinus, sinus.

**Interviewer** 38:23

Sine wave like [signals wave with hand]

**Participant** 38:25

Yeah, something like this. It was like that, but probably nothing as intense as laying down on the garden because it was the first one and you know, and not very easy one, but at the same time, edifying one. Pretty the best moment, I guess. The best moment, I guess. I think it now I don't know but yeah, after that, I had a couple of other wow moments, like discovering a very cliche sentence but feeling, feeling excited about it. Like, yeah, it's a new kind of wisdom. Hmm. You know it already, but you know, it's really important, something like that.

**Interviewer** 39:22

And have you used mushroom since that experience?

**Participant** 39:27

Yeah, after that. It was a very interesting story after that experience. I mean, and after that day, I have still like, a lot more. I had two grams and I just took around one 10th of it and after that, I decided to just you know, be a logical person, I don't want cigarette I don't want weed, I don't need I don't feel any need to that and I'm going to I am going to swallow the experience that I already had. So, I'm not going to use it again for a while but tomorrow, my pleasure-seeking personality overcame, and I said, what the what the heck, let's try it. It's a medicine. Treat it like medicine and I started taking it and the effect was not at all intense. It was okay. It was cool. It was helping, but nothing, nothing comparable to the other one and I took it a couple of other times until I finished it and yeah, it's yeah, no, no intense experience like that. No other experience, intense experience like that but still, in a couple of them. I had some thoughts continuing about, you know, continuing the previous thought and, and, yeah, it had an amazing effect for my sleep. You know, I, I could sleep at night and sleep super fresh at the morning. I was not taking cigarette and weed at that moment, for a couple of weeks. Only once after two weeks, I use cigarette and because I had some question about cigarette and addiction again, in my mind. I did it. It wasn't very pleasurable at that moment but was okay and I continue not to smoking for a while. So, and one other interesting aspect was beside the sleep was that I had, I'm going to be frank about it. I had a wonderful erection. At the, at mornings that I hadn't experienced, you know, my younger years and that, Yeah, that's all.

**Interviewer** 42:28

How long would you say since you had an erection in the morning? Like, that was quite surprising was it for you?

**Participant** 42:37

Yeah, because it was pretty, you know, it wasn't expected from someone like me.

**Interviewer** 42:44

When would you say or how long ago? Would have you have experienced that same sort of thing?

**Participant** 42:53

You mean, the erection? I guess a couple of days. Because it was, it seems to me that it is because of the last night mushroom taking.

**Interviewer** 43:07

Oh, I mean maybe.

**Participant** 43:10

It didn't continue.

**Interviewer** 43:11

Yeah. What I mean, is you would have experienced that sort of having an erection in the morning as a younger man and then you're saying now that you're a bit older that you hadn't had that experience for a while. I'm wondering how long since in the past, like how,

**Participant** 43:33

How many years I haven't experienced something like that?

**Interviewer** 43:36

Yeah.

**Participant** 43:38

I don't remember maybe 10 years, maybe. I mean, I have erections and stuff like that, but not that much and yeah, I need to use. Yeah, it was not natural for 10 years, 10 years or even a little more.

**Interviewer** 44:00

less interesting because I've never

**Participant** 44:03

heard something like that?

**Interviewer** 44:04

Yeah, no, I haven't heard of something like that. It's not

**Participant** 44:09

one of the common.

**Interviewer** 44:11

No, it's not one of the common things that people talk about but who knows, it might be

**Participant** 44:16

It might be a wonder drug for that.

**Interviewer** 44:21

Yeah, who knows? So, it's worth noting.

**Participant** 44:26

Many, many people experienced that, but don't talk it

**Interviewer** 44:30

Could be.

**Participant** 44:34

Yeah, it could be a billion-dollar industry.

**Interviewer** 44:38

Yeah. So, you've talked a little bit about your experiences using psychedelics and have you any plans or thoughts about using what's normal, like normal, normal doses for people So, rather than just micro dosing, taking a standard dose or even something potentially larger? Or is that something you is not? particularly interesting?

**Participant** 45:07

Not the near future. No, I have no reason to do that. In imaginable future but if all the perfect situation is all the situation is perfect for that, and I highly doubt that, maybe, yes, but no. I prefer to continue low, microdosing or a little more than microdose.

**Interviewer** 45:34

So, changing questions, because there's quite a few that I think you've touched on. So, I have a sort of list of questions here that I'll have to go through, but I think listening you telling the story is touching on different questions that you know, then there's no specific order they need to come in. So, that's okay. So, I'll just ask the ones that sort of, I don't think you've addressed yet.

**Participant** 46:00

And can I take another cup of water.

**Interviewer** 46:03

Yeah, yeah. Go for it sure.

**Participant** 46:05

One-minute okay. See you and you please take a rest as well, a little. Sorry. Hello.

**Q4. Interviewer** 47:48

Sorry to say my microphone on mute, as well. No worries. So, what aspects of psychedelics do you find most meaningful or valuable?

**Participant** 48:03

Is it an open-ended question?

**Interviewer** 48:05

Yeah.

**Participant** 48:06

Okay. It's therapeutic effect. Is it okay I, if I answer shortly, but if you need more explanation, I will go if you need to go into details.

**Interviewer** 48:29

Generally, the questions are trying to So, they might be if I ask a closed ended question that you could just answer like, yes or no, it is, I am looking for like, you can say yes or no and sort of like a broad sense, and then elaborate a little bit on that answer. So, it gives a better detail and context to why. So, for example, you said the meaningful, valuable aspect of psychedelic use for you was therapeutic. So, maybe you would elaborate a little bit on like, what that means for you?

**Participant** 49:03

Definitely, I understand. So, the thing is that one of my main concerns in my life is to minimise suffering in different ways and it's one of the goal of my life for myself and for others and so, according to lots of researchers that I had no and heard about different people experiencing the same thing and I experienced it myself. My suffering decreased after that. The tragedies of world are the same and I have been lucky to not be in part of many of them but, but I think that it would be a great things to, you know, minimise suffering with whatever we can, you know, and psychedelics seems like a perfect suffering minimizer but with some, yeah, some details. Of course.

**Q5. Interviewer** 50:15

What aspects of psychedelics do you find most challenging or difficult?

**Participant** 50:27

The first one was my own worries about its powerful effect. I have been trying to, I have been thinking about doing it for a couple of years, maybe 10 years, something like that and after around 10 years, I tried it and so, the most challenging was the taboo I guess, and the expectations and everything like that, to convince yourself to do that, because you are going to enter a new realm and break a new taboo and it was about the whole idea of psychedelic, but if we talk about the experience itself, it could be that, you know, I noticed that my unconscious is coming up is everything and we all know that we are not ready to face with every aspect of our unconscious. So, it is quite challenging, but at the same time that that was the whole point. That was the whole point and I don't know, but I guess in a in a good setting, in a good situation everybody can benefit from nearly everybody can benefit from such an experience. Yeah, of course, like everything is not for everyone.

**Q6. Interviewer** 52:12

For sure. In what ways have psychedelics affected your life?

**Participant** 52:22

So, it was it is a new experience for me. The experience and the change was, was interestingly profound. It gave me more confidence. I don't suffer from depression and anxiety.

**Interviewer** 52:46

And you did before trying the micro dosing?

**Participant** 52:50

Yes, yes.

**Interviewer** 52:52

And to what degree would you say you experienced anxiety and depression before?

**Participant** 53:00

Like, it changed but it was not low. It was not high, but I can say mild to, sometimes high but not that high.

**Interviewer** 53:12

And now how would you think about?

**Participant** 53:15

I was I was thinking about death a lot. Not suicide that much but not these days.

**Interviewer** 53:28

So, would you at the moment, would you consider yourself experiencing any form of anxiety or depression? Or would you say that that's no longer you're no longer experiencing those things?

**Participant** 53:44

No, I don't no longer experiencing those. I don't know maybe I have this idea that I get a little unemotional after that. less emotional, or even unemotional I don't know. I still don't know. I don't get emotional from hearing bad news. Like tragedies. I accepted them somehow. I don't know if it's a good thing or a bad thing. Maybe it hurts some people because they expect some sort of, you know, normal reaction from you but you're pretty sanguine, huh as they say sanguine. Alright.

**Interviewer** 54:39

Calm maybe?

**Participant** 54:40

Calm. Yeah, yeah. Again, and a little hyper maniac. That's me always you know but not in an anxious way. Okay.

**Q10. Interviewer** 54:57

Have psychedelics provided any insights into how to live your life well?

**Participant** 55:04

Yes, yes. It, it helped me to understand that you need to accept the reality as it is. You need to stop seeing everything from your own point of view, you can put yourself in other people's shoes once in a while, at least you can listen more and by listening, I mean really listening and if you listen more, you will be smarter in you know, your answers, or you or leading the conversation. So, although it is a little hard to listen, but you can practice that, and you can learn it. Yes, it was pretty helpful. You don't need to, you know, have a deterministic and tragic view about life. It is what it is. Stuff like that. So, we, we, we intentionally we intellectually know many of those things, but psychedelic helped me to embrace them internalise them. So, I'm pretty curious, how are you, is it okay if I ask questions?

**Interviewer** 57:09

Sure, yeah.

**Participant** 57:11

Okay. Are you going to analyse these conversations and interviews?

**Interviewer** 57:17

Um, So, the basic method that I've discussed with my supervisors is what's called thematic analysis. So, thematic analysis, basically, is what it sounds like. So, you take themes, So, you, I have a bunch of interviews, I'm looking at maybe getting 25 people to interview and then, because I have similar, very similar, the questions written down there, they're going to be the same and then also, you know, follow up questions specific to what people are saying, but what you do is have a sort of look at what people say and then you see, is there any sort of overlap between what people are saying? So, when people are talking about their experiences using psychedelics, are there common experiences across people? Like they're going to be different but are there, what are the similarities? How do they fit together? When you're, for example, when I'm asking people the questions about what they find most meaningful or valuable, you know, people talk about what the psychedelic experience means to them, and how they find it useful or valuable or meaningful and as they talk about those points, you might find that actually, there's a lot of similarities between the types of things people find useful and helpful and meaningful about that experience.

**Interviewer** 58:46

Or even challenging, yes, So, and So, for each of the questions. They're touching on different areas of or aspects of psychedelics, and how they affect people and how they affect their relationships, how they affect how they feel about themselves, different ways in which people use them and then, with enough sort of interviews, plus the online survey that you completed, we can start to build a bit of a picture about what are the common experiences that people share together even across many, you know, different types of use different backgrounds and experiences. Here's some overlapping things and then that's essentially where you develop themes and you'll use that to sort of talk about what are the experiences people have in common, and then also, because not all things people are going to talk about are going to be the same. You might also, come across some unique interesting things that one person talks about, and you go oooh maybe that's something to further follow up for other researchers in the future. So, it might be useful therapeutically for a number of different mental health issues, but some of them don't get often talked about. So, for example,

**Participant** 58:46

Or even challenging.

**Participant** 58:55

Like erectile dysfunction.

**Interviewer** 59:38

An erection. So, I've heard I don't know if it's true, but I think So, that people who are depressed often have reduced libido or sexual desire. So, maybe the reduction in depression or the increase in your mood is, could be an explanation for the improvement.

**Participant** 1:00:30

No, it was pretty physical, because, despite my depression, I have sexual feelings and libido but mostly about physical things.

**Interviewer** 1:00:41

So, then, but yeah, So, who knows. So, there's, you know, each people is going to have these interesting sort of anecdotes about things that, that I haven't thought of that I, you know, I go weren't expecting, and then that's something where, later on people might, further researchers might go, oh, that might be an area worth investigating, because that seems like a promising use for psychedelics, and then they can go and try it and, you know, see if they can find people who have had that experience. Or maybe it's, you know, it's just an individual, one person had it, but it's not very common. So, it's not, you can't make a general attribution about that. So, that's the basic way in which the information is going to be analysed and it has, it’s like small, smaller steps where you, you read the whole transcript, for example, and then you pick out certain phrases, and you try and code them. So, for like, small amounts of meaning. So, if a paragraph is talking about family, you might tag it and say this, you know, this is talking about family, and then you tag a whole bunch of interviews on certain parts where they're talking about family, and then you can pull them all together and look at the types of things when people are talking about family and that, and then you might have, you know, talking about mental health or therapy value, and we're talking about, like, direct during experiences when on a psychedelic and that way, you can split them up into sort of more logical groupings and start looking if there's any relationships between when you when they mentioned and talk about these different groupings. Do you find any patterns inside of that? And then yeah, So, that's how you can kind of build themes. So, yeah, that's the basic premise.

**Participant** 1:02:37

Is it going to be a book someday?

**Interviewer** 1:02:40

Just a master's thesis. Yeah. So, it will be my master's thesis. So, it will get published and if you like, I'm more than happy to send you a digital copy once it's done.

**Participant** 1:02:54

Perfect that would be great. Yeah. So, I hope to see it in the form of a book.

**Interviewer** 1:03:00

Yeah. Well, we'll see I think there's a lot of people writing. Yeah, yeah. It has. Yeah, well, we'll see right now. We'll see master's thesis first.

**Participant** 1:03:12

Yeah. Yeah. It would be easy to turn that into a book, it's not a big deal.

**Interviewer** 1:03:19

Yeah.

**Participant** 1:03:22

Yeah, let's focus on master thesis. Okay.

**Q13. Interviewer** 1:03:25

So, how do you prepare yourself for a psychedelic trip?

**Participant** 1:03:33

So, in general, if I'm going to do it in future or general question?

**Interviewer** 1:03:39

It is, I would say, speak to what you have done to prepare yourself like So, in the past, what have you done to prepare yourself for using a psychedelic?

**Participant** 1:03:48

I basically, I didn't prepare myself that much for the last time but in ideal situations, I would prefer to be with people who I trust and you know, have good chemistry to talk about because I'm a talkative person and yeah, something like that and it needs to be a calm place. Not a crazy place, you know, maybe in a garden or in nature. It's better to be like that or in a in a in a in a non-crowded environment. Something like this. So, that that that would be my preparation. I prefer you know, I'm still I'm these days I'm smoking weed and cigarette again. I prefer to preferably not smoke weed if I try to do that, or no, I don't know. I have I don't I haven't made up my mind about that yet. Yeah, but I don't like do it in a crazy way. Yeah, I am a firm believer in responsible use.

**Q14. Interviewer** 1:05:08

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

**Participant** 1:05:14

Where I do?

**Interviewer** 1:05:16

Yeah. So, where do you when you take a psychedelic, where are you physically in space? And also, why do you take them in that place?

**Participant** 1:05:26

As I said, I prefer a garden. Not nature, the wild nature itself, not the house. I prefer a garden but it's okay in the house or in the nature as well if we think about the circumstances, but I prefer a garden. Yeah.

**Interviewer** 1:05:52

Okay and is that and the times that you? Sorry.

**Participant** 1:05:57

The reason is, the reason is that, you know, it's a perfect place to be connected to nature, but not too much.

**Interviewer** 1:06:06

And have your other than the experience where you, the family was having the barbecue. Have you done the other microdosing trips also, in the garden or has it varied between locations?

**Participant** 1:06:23

Yeah, in the garden and on the mountain and both of them were at night.

**Q15, Q16. Interviewer** 1:06:31

Okay. Are there any special arrangements that you make in the places where you take psychedelics?

**Participant** 1:06:47

Okay, can you explain a little more?

**Interviewer** 1:06:50

So, the question, the question is trying to get it. The idea is, firstly, it's designed for kind of a broad audience of different use. So, a lot of people take at home or in the bedrooms, or something like this and so, it's kind of getting at as well, if you do it, say out in your garden. Are there any things that you arrange, like objects that you take with you or bring with you or things that you need with you in your environment that are helpful or good for your trip.

**Participant** 1:07:19

Ah ok the preparation you mean?

**Interviewer** 1:07:21

Yeah, a little bit the preparation. Yeah, the, the arrangement of your space.

**Participant** 1:07:27

Yeah, I understand. So, we, we definitely need to take care of basics, like food and water and stuff like that. Not something So, fancy, but something proper. I guess. So, that's one part of the issue. I don't care about music that much. I prefer the music of people talking or birds. So, I'm not a big fan of music. In general, I love music but yeah, I prefer non music as well and So, that's not a big issue for me and yeah, that's it. Some basic food and stuff and talking.

**Q18. Interviewer** 1:08:15

Okay and what are you doing normally during a psychedelic trip?

**Participant** 1:08:26

So, the question again, is that, during my psychedelic dream, I didn't have that much, you know, control over my, my, the thing that I were doing, or I had, I don't know, do you mean, what, what I plan to do or what I generally do?

**Interviewer** 1:08:46

What you, no, So, not, these questions are more focused on what you have done, rather than what you plan to do necessarily. So, based on your past experiences, what have what do you normally doing, if you can even say?

**Participant** 1:09:02

Okay, I took it and usually talk with people and try to enjoy, learn, and do anything that can be enjoyable, but yeah, but it could be anything. It could be anything, you know, to enjoy and talk and learn. It depends on the situation. You know what I'm talking about?

**Interviewer** 1:09:32

Yeah, for sure.

**Participant** 1:09:34

Yeah.

**Q19. Interviewer** 1:09:37

Is there anything you avoid doing during a psychedelic trip?

**Participant** 1:09:41

Yeah, of course, I, I usually don't drive in normal situation as well and I prefer, I definitely won't drive. I prefer my people, peers don't drive as well. Sometimes they do but no, not on psychedelic. I'm not going to drive or be in a car with someone who has been on psychedelic. That's one of the things I don't take it with other drugs. Maybe it's I don't know, maybe I break this law in future by smoke weed, but just that I'm in [???]. Yeah, that those are my things that I'm not going to do.

**Q20. Interviewer** 1:10:31

Okay. Is there anything special that you do after a psychedelic trip?

**Participant** 1:10:39

No.

**Interviewer** 1:10:41

No? Okay.

**Participant** 1:10:45

No.

**Participant** 1:10:46

No? All right.

**Q22. Interviewer** 1:10:48

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

**Participant** 1:11:01

Yes, I guess I continue thinking because I am in compulsive thinker and I continue thinking and probably I talk about it with my friends, I have lots of close friends and yeah, and I usually do that with conversation, either by myself or with others. Yeah.

**Interviewer** 1:11:36

Is there any other forms of integration or self-reflection that you might engage in, that you think might fit that description?

**Participant** 1:11:47

You mean something like meditation and stuff like that?

**Interviewer** 1:11:50

Could be? Yeah that could fall under. No?

**Participant** 1:11:55

No. I have tried meditation but couldn't do it that much. Yeah.

**Interviewer** 1:12:04

It's not for everyone. That's for sure.

**Participant** 1:12:06

Yeah. Like, yeah. I admire people who do that, you know.

**Interviewer** 1:12:12

That one, I don't think is necessary. Has how you use psychedelics changed over time?

**Participant** 1:12:35

Not changing that much. It didn't change, I guess. I mean, I took the last time it was a little more intense, but not a little it was profoundly different, but it hasn't changed. I maybe I'm not in a position to answer that question because I haven't tried it that much.

**Interviewer** 1:12:58

Yeah. Well, that's, that's the thing with these questions, again, because you've been doing, did it a few years ago, I think you said, initially, and then you've done it in the last one to two months. This is also, talking to people who have been doing it, you know, for five years, reasonably regularly, for example, and then that, you know, there's much more experiences and time to like, make a judgement about Oh, yes, I used to do it like this And now, I have actually switched and it's more in this way. So, if some of these questions don't, you know, ring, or resonate with your experiences, that's, that's cool. So, short and sweet is also, okay.

**Participant** 1:13:42

Perfect and can I ask you a question? I'm curious.

**Interviewer** 1:13:46

Sure, yeah.

**Participant** 1:13:48

You have been doing this research for a while, huh? And I want to know, what did you have found out about psychedelics So, far? In a very, you know, very simple. I like to know, your analysis or reflection.

**Interviewer** 1:14:10

Can I give Can I answer that at the end?

**Participant** 1:14:14

Yes definitely.

**Interviewer** 1:14:19

Because one of the things too, that I'm trying to avoid doing during the interview is put in my own sort of experiences and ideas and then have them come back to me through you taking them in and then saying them back in sort of, you know, in ways it's kind of hard to get your fingers on and that way, because the idea is that the interview is to try to be as much about your experiences and your thoughts and as the least amount of my stuff.

**Participant** 1:14:59

Yeah. To have some semblance or minimum amount of objectivity.

**Interviewer** 1:15:05

Yeah, as much as one can. Or at least you know, someone else's subjectivity.

**Participant** 1:15:13

Yeah, yeah.

**Interviewer** 1:15:14

So, we'll come back to that.

**Participant** 1:15:16

Sure.

**Q25. Interviewer** 1:15:22

What do you think is the core psychedelic experience?

**Participant** 1:15:28

The core?

**Interviewer** 1:15:29

Mm hmm.

**Participant** 1:15:35

This question is similar to the other one for me. I see it as a therapeutic process. Whether people call it spiritual or recreational or anything, the main, the main issue is therapy, I guess.

**Q28. Interviewer** 1:15:54

Okay. So, I think, describe this and this one. If you have experienced ego death, could you describe what it is like?

**Participant** 1:16:15

I experienced something similar to that. As I said, when I was laying down on the ground, and it was liberating, it was amazing. It put everything else into perspective, I guess. It was a little, maybe frightening at the beginning, or unknown, but it was pretty okay.

**Interviewer** 1:16:44

And maybe you could speak to what was going on for you, inside of this experience that you would conceptualise as ego death? What was what was happening?

**Participant** 1:16:58

Yeah, as I said, you know, I noticed that I am, I don't like to speak, in a spiritual language, because I am pretty materialistic person, but it opened up my mind a little to those areas as well. So, I have no particular, you know, resistance, again, using those experiences, those language, I mean, those kinds of language, So, it was like, you know, just, you're part of everything, and you are everything, and at the same time, we feel trapped in our body and our head all the time. It's true, as well but you can think otherwise, as well. I don't know, it was a new alternative for me. I, it's, it's, it's, it's, I still I still need to think about it before, you know, announcing my stance and so.

**Interviewer** 1:18:23

During that period, would you? Did you still experience feeling your body? Or was there a degree of the boundaries of having a physical self? Were they affected at all?

**Participant** 1:18:43

I was pretty aware of my body every single moment. Yeah, it was not an out of body. I mean, complete out of body experience. It was a semblance of it, it was a, to the out of body experience.

**Interviewer** 1:19:03

So, that's sort of partial?

**Participant** 1:19:05

Partial yes. Out of an out of body experience lite.

**Interviewer** 1:19:24

And what about a sense of identity? Was this still an experience of who you were, your past experiences, your relations to other people, your family, your friends, ideas of things, you know, goals or desires that you want to achieve in the future. So, the different sort of things that make up who you are, was that still present during this experience?

**Participant** 1:19:55

The near death experience? Can we also, call it mentally near-death experience?

**Interviewer** 1:20:03

I, I think So, I would, one of the things that I'm trying to do is gather different people's

**Participant** 1:20:12

Visualising death, at least we can say that.

**Interviewer** 1:20:17

Certainly, I think the term might be slightly misleading because it's used in many different ways but yeah, and during that experience, did you still have a sense of identity and those sorts of different things I use to describe it, or to more or less or a degree?

**Participant** 1:20:38

Yeah, yeah. The thing about the experience was that you could believe in two seemingly contradictive things at the same time. Yes. So, I had my identity, and I didn't have my identity. Yes. Going in between, it was pretty, you know, a grey area. Nothing were sacred or perfect or complete or what we can say? Everything was partial. Relative. Including relativity itself.

**Interviewer** 1:21:30

Even relatively was relative.

**Participant** 1:21:32

Yeah, exact but in a playful way I guess, non-serious way. Yeah, contradiction was okay.

**Q7. Interviewer** 1:21:59

Has your psychedelic use noticeably affected your relationships with the significant others?

**Participant** 1:22:10

Yes.

**Interviewer** 1:22:11

It has?

**Participant** 1:22:12

Yeah, I started to talk better with them. I mean, I can listen better. I don't argue that much or if I argue I do it in a more political and diplomatic and smart way, I guess and yes, and I appreciate their existence more.

**Interviewer** 1:22:54

And who would you be referring to?

**Participant** 1:22:56

And the same time I don't feel that much attached to them? You know, I feel a little more free, or. Yeah, I can think of not living with them all the time.

**Interviewer** 1:23:20

And when answering that question, who was who were you thinking about in relation to talking better improved listening arguing less increased appreciation who came to mind when you were thinking of that?

**Participant** 1:23:36

Mostly my immediate family I mean, my parents mostly and but also, my some of my close friends maybe a couple of them my romantic relationship somehow. Yeah, yeah but first of all family came to me.

**Interviewer** 1:24:11

So, are you currently in a relationship with a man or a woman?

**Participant** 1:24:19

That's a very complicated question. I am in relationship with many more men and woman but if we are talking about romantic relationship?

**Interviewer** 1:24:27

Yeah.

**Participant** 1:24:27

And yes, I am in a relationship with someone a girl, but it is a long-distance relationship. I have in other kinds of relationships with other people with some grey areas as well. So, but nothing super serious and nothing. I don't know about them, but nothing super serious for me or and this is not very physical because of Corona, you know, So, mostly visual relationship.

**Interviewer** 1:25:10

Have psychedelics changed how you think and feel about yourself?

**Participant** 1:25:17

Yes, yes, definitely. I am feeling better about myself. More confident, less critical of myself, you know. I don't fear that much. I'm not anxious. Yes, those kind of stuff. I am I am anxious of not being anxious, you know?

**Interviewer** 1:25:54

You're anxious of not being anxious?

**Participant** 1:25:56

Yeah because from, from my previous frame of mind, being anxious was the most logical thing, or being depressed is the most logical, like, logical thing. So, there should be something wrong with me that feeling anxious or depressed. Sometimes I feel that way, but I don't take it that much seriously,

**Interviewer** 1:26:24

You logically should be depressed, but you don't feel it?

**Participant** 1:26:28

Yeah, something like that. Everywhere is a mess. So, you should be depressed.

**Interviewer** 1:26:38

Is there? So, you described just before feeling better, more confident, less critical, and less fear and anxiety. Is there any changes to the idea of your self-image? So, confidence is maybe something that you present, like you are more confident in a situation but when you think when you reflect on yourself as a person, sort of like from a, from an outside perspective. Have you changed how you think and feel about yourself? Like towards yourself?

**Participant** 1:27:18

Yes, I am much, much more confident. Some people may say that too much. Okay but I, again, don't have Yeah, I have some good ideas about myself, I can say, better ideas about myself and pretty confident but at the same time, I am know, I know that. This could lead to trouble but again, that's the way it is.

**Q29. Interviewer** 1:27:53

Have your experiences with psychedelics affected your spiritual or religious beliefs?

**Participant** 1:28:08

Yes, and no, you know, I am still I still consider myself a materialistic person or non-religious person, but I guess I am more open to a spiritual interpretation of life and work and just being more open about it, not accepting it. Just being open about it. Not being religious about non religiosity, something like that.

**Interviewer** 1:28:43

Yeah, that makes sense.

**Participant** 1:29:08

But it's impressive, you know, you that you're doing this for a master's degree. I was thinking that the PhD.

**Interviewer** 1:29:16

Yeah. Well,

**Participant** 1:29:19

Pretty heavy.

**Interviewer** 1:29:20

Yes.

**Participant** 1:29:21

What you are doing.

**Interviewer** 1:29:22

Yeah, I think arguably, it probably could have been a PhD, but I was like, I only want to spend a year doing this, not three, to get it done.

**Participant** 1:29:33

Yeah. Amazing. I congratulate you.

**Q30. Interviewer** 1:29:37

Thank you, sir. I don't think we need to ask the next question, because that wouldn't make it's not relevant. I think. You have spoken to this, but maybe you can if there's any additional thoughts that come up, or if you just like to reiterate some of the thoughts you had before but the question is have psychedelics changed how you think or feel about death or the process of dying?

**Participant** 1:30:09

Yes, yes, I guess I you know, the thing is that I'm not thinking about death or the process of death that much. I'm thinking much less about it. It's not a complicated issue anymore. It's death and, yeah, in general, it's, it's, it helped me to strive for more simplicity in everything, including my conversation with everybody and I got a little, you know, side track, side track, particularly argumentative these days.

**Interviewer** 1:30:50

Sorry, can you say that one again?

**Participant** 1:30:55

I said I got a little more Socrates, the Greek philosopher.

**Interviewer** 1:31:00

Oh Socrates. Yes. The type of questioning like why getting drilling down.

**Participant** 1:31:06

Yeah. Why or what do you mean by that? Or just asking pretty simple question to, to expose our ignorance, sometimes, everybody’s ignorance and So, we were talking about death?

**Interviewer** 1:31:28

Yes.

**Participant** 1:31:28

So, I'm, I'm saying that I don't want to see things as complex as they seem. They are they are most of the time, they are simple. All we need to find the simplicity in the complexity.

**Interviewer** 1:31:47

So, before you So, you're saying that you don't think about death as much anymore. Can you maybe speak to like, why you no longer think about it as much? Like, what changed, that now allows you? Because it seems like you're suggesting you sort of have just maybe resolved or just solved some conundrum about death that you were thinking about and now it's just like, it makes sense.

**Participant** 1:32:17

Yes, yes. Why? You mean, how did it happen?

**Interviewer** 1:32:23

Not, not necessarily how, like if its related, I imagine it's related psychedelics, but maybe, what was there, what were the thoughts? Was there sort of like an aha, insightful moment where you, you were able to resolve or get past whatever was keeping you repeating thinking about it?

**Participant** 1:32:47

I, because I can imagine death in its entire entirety, am might right entirety?

**Interviewer** 1:32:56

Mmhmm.

**Participant** 1:32:56

In its wholeness and there was nothing super scary about it. It's part of the nature, it's part of the Yeah. This is this is nothing, this is nothing inherently tragic about it. It is tragic from the perspective.

**Participant** 1:33:23

But it could be non-tragic as well. So, when death is not tragic life won't be that much tragic as well and, you know, I have, these are just some thoughts, okay and I know that I haven't been in a bad situation, like many other people who are complaining about life. I have a pretty stable situation for a while, at least, okay. I don't have constant struggles for my daily life, and I don't know what will be my interpretation or feeling then but I guess even if those kinds of situations happen, I will accept the situation more easily, justify the situation more, more easily.

**Interviewer** 1:33:24

Yeah.

**Interviewer** 1:34:26

And so, before using psychedelics, you were saying just before, that there's nothing inherently tragic about death. Was this insight or thought something that you didn't necessarily believe before having these experiences?

**Participant** 1:34:47

I mean, it was nothing new. Okay and we all know that, that you can think about the stuff like that or there should be moments or periods In my life that I have believed in that, but at least in the recent years, or in the recent time, my major frame of mind was that death is a tragic thing because life is life is suffering and at the end, you will die with pain and disease, and all those stuff. Experiencing violence in your life. All those negative stuff? And but, yeah, I don't know why. I know that. I know that I may change my mind. As, as soon as something really bad happened for me, maybe but I will, I will presume that I embrace that situation with more ease. I don't know if that does it make any sense.

**Interviewer** 1:35:59

No, that makes sense. I can you know, I don't want to speak too much to that. Maybe we can come back to that, but it does make sense to me for sure.

**Participant** 1:36:11

Okay. Great and thank you So, much for this interview. I, I like to talk about it, but everybody has, you know, when you start talking about it, everybody has some assumptions. Some advices, some worries, you know, they don't they are not focused and because of that the conversation doesn't go like this. It's an amazing experience for me.

**Q31. Interviewer** 1:36:49

Oh, well, I'm very happy you're enjoying it, It's a good thing. Where are we? Have psychedelics changed any fundamental beliefs about the nature of reality?

**Participant** 1:37:07

Yes, and no, again.

**Interviewer** 1:37:09

Yes and no?

**Participant** 1:37:10

Yeah because before that, I was somehow 99% 99% sure that there is no such thing as aliens and stuff like that, for example. Or I was 50/50 but my feeling was 99% these are just a bunch of, you know, stories that nerdy people created and, but after that, I still like, you know, I am in a very grey area, in in, I could get back to that 99% or I could get back to 1%, you know, really quickly. Everything is possible and yeah, for example, right now I am thinking about, about the life and the possibility of absolute freedom. Something that I haven't think about it before, like, I, you know, we usually say that we are programmed to be like this, because of our biology and our social structures and some other people say that because of, you know, aliens, we are just a game and stuff like that.

**Interviewer** 1:38:48

Simulation, I think maybe you're thinking of there?

**Participant** 1:38:51

We are we are some kind of simulations or we are in the thought of somebody else, those kinds of stuff and I have this crazy idea that maybe all of those crazy ideas are not true. Maybe this is what it is, this is all this reality and maybe we are pretty free, you know, to do stuff to change situations, ourselves, and others and at the same time, we are limited human beings, of course. That's needless to say. Again, I hope that I make sense.

**Interviewer** 1:39:39

Yeah, I think, I find yes that you make sense, but I can imagine some people like, what is he talking about?

**Participant** 1:39:52

What the hell.

**Interviewer** 1:39:54

Yeah.

**Participant** 1:39:54

Okay, yeah.

**Q32. Interviewer** 1:39:58

Have psychedelics changed your outlook on life? And if so, how has it changed?

**Participant** 1:40:06

I guess I already answered that question in different capacities. I mean, about death, about family. So, yes, basically it changed everything.

**Interviewer** 1:40:16

I'm thinking more forward looking into the future, has it changed your thoughts about your future?

**Participant** 1:40:28

Yes, yes and it's a little scary, because the project that I'm working on is pretty ambitious and if one, if it's going to be successful, there will be something like, you know, maybe I'm trying to avoid that. A huge amount of publicity and I am struggling to just not thinking about it that much, because I want to do it anyway and, but I try to, you know, somehow minimise it or optimise it, the amount of because I am, you know, I am, private person, despite my, you know, talkativeness and I have like, maybe 1000 of close friends, hundreds of, 1000s was a mistake. Hundreds of close friends. So, and they are increasing, and I don't know if I can handle that. That amount of close relationship and, as I said, possible publicity. So, that's my challenge, you know, but at the same time, it gave me the courage to go and don't think, and because of my, you know, smoking habit. I prefer not to become a very public person. So, I need to figure it somehow, but I trust the process.

**Q33. Interviewer** 1:42:11

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

**Participant** 1:42:18

Have a role to play in society?

**Interviewer** 1:42:22

Yeah, if psychedelics have a role to play in society, what do you think it is? And I can clarify

**Participant** 1:42:30

It is a medicine. Yeah, it is an amazing medicine and we need that medicine. You know, with the amount of, as I said, with the amount of suffering that all of us are witnessing. It's, it's a, it's a collective failure. It's a crazy game, not to let other people use it in a safe way. I see it as an abject failure of our collective wisdom.

**Q34. Interviewer** 1:43:19

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

**Participant** 1:43:32

Yes, I used to, I used to think that we humans are, you know, are a bunch of more savvy, sophisticated, you know, chimpanzees. Some sort of that but pretty much really, really more sophisticated but right now I am feeling the the what they say the fundamental difference more. Some part of humans, okay, Homo sapiens are fundamentally different from every other things, I guess and at the same time, we are close to nature that's, no but we are pretty different. We are what they say more yeah, important? Let me think about it. More here, nature, naturally different, huh? No. More here. Okay, that's fine. We are fundamentally different. Yes, and it's, it's the source of our sufferings and pleasures and it could be a great tool to enhance happiness. If we understand our unique capabilities as human.

**Interviewer** 1:45:23

And has there been any influence from your psychedelic use on what you think about how you think about what the human race as a collective is doing in terms of, you know, the How to say, you know, our collective influence or impact on the world? on each other things like this, have you? Has there been any thoughts in relation to that?

**Participant** 1:45:53

Yes, I see lots of stupid games that every one of us are engaged and I guess psychedelic can awaken us to, you know, to see those stupid games and, you know, maybe reconsider playing them. Lots of unnecessary anxieties and lots of, yeah. Lots of underperforming, underperforming systems, I guess.

**Q35. Interviewer** 1:46:39

So, we're on to the last two questions. So, second, last question is, what advice would you give to people who are interested in or currently using psychedelics?

**Participant** 1:46:55

Definitely do it responsibility and research extremely before doing that, prepare the situation and add some people who take care of you. While you are doing that. Try to do that but some people are more experienced and don't need my advice but I mostly telling people who want to start but even for people who are more experienced, I always advise moderation.

**Q36. Interviewer** 1:47:33

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

**Participant** 1:47:46

No, not really. I just like to hear your ideas about the, the interview itself, and your general findings or insight. If it's okay, now, because we already finished?