13. Interview with Participant 13

**Interview recorded:** 02/02/2021 (NZDT)

**Length:** 2:33:18

**Spoken duration of interview:** Participant (75%), Interviewer (25%)

**Age (years):** Participant (39), Interviewer (30)

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

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

**SUMMARY KEYWORDS**

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**Interviewer** 00:00

Thing letting you know, right. So, before we start this, sometimes I forget to do this, but we're going to be talking about psychedelics of course, that's the sort of the focus of this study but in saying that, it's useful to define which substances we'd like to be talking about within the psychedelic bubble or category and which ones though they may overlap, we'd like to exclude outside of that. So, when we're asking questions about why you say use psychedelics, or how they've affected different aspects of your life, it's about, you know, a particular kind of set of drugs rather than some that might have similar effects, but otherwise, maybe more separate than the ones at least that we're focusing on. So, in terms of psychedelics, for the most part it's actually the classic psychedelics. So, we're talking things like LSD, talking psilocybin, DMT, also, Ayahuasca, mescaline, so, you know, San Pedro, or Peyote, and also iboga, which is quite a kind of new one. Not new, but like new to the west, I think.

**Participant** 01:18

Yeah, yeah.

**Interviewer** 01:19

And any of these in any analogues of those. So, if you've had a synthetic version of LSD, I mean, I guess LSD is kind of synthetic, but like a different version. So, 1p-LSD, or I think 2-CB might be an analogue of mescaline, or you've had like 5-MeO-DMT, or different things like this, you can drop those in the psychedelic box, they're similar enough, that's, that's fine. So, not trying to make it not too hard. The drugs that we'd like you to exclude outside of describing why you use or the effects that they've had on you, and this is, I know, it's difficult when I ask people to do this, because it's like, you know, why we're using drugs, they're kind of all mixed, but to the degree to that you can, if you've used cannabis, MDMA, or Ecstasy, Ketamine or salvia, we'd like to try and exclude those out of your descriptions or reasons why or experiences with psychedelics. So, I know especially ketamine and salvia have overlapping effects described between classic psychedelics and ketamine and salvia which I think might be considered dissociatives.

**Participant** 02:35

Yeah, I agree with you.

**Interviewer** 02:38

But dissociation is a part of the psychedelic experience, I think. So, it's, this is where that sort of blending of the categories becomes difficult for some. So, if we can keep those outside and also MDMA and cannabis, so I know some people say cannabis at very high doses are psychedelic, especially very high THC concentrations, and I and I believe some people, not so many, think of MDMA is a type of psychedelic but probably more entactogen. So, there's, you know, so we were just distinguishing between these substances. So, if you keep that in mind when I'm asking the question, so the ones in the box are like LSD, psilocybin, DMT, Ayahuasca, mescaline and Iboga and any of their analogues, and the ones we're not talking about are things like cannabis, MDMA, ketamine and salvia.

**Participant** 03:30

No problem.

**Interviewer** 03:31

All right. So, that's all the preamble. So, now we just jump into the questions. So, we start nice and broad, and you can you know, you just wrap off as much as you like. So, in terms of the question, some of the questions are open ended, and some are closed, in terms of how they are phrased, but, but all of them are intended, want to be open. So, if it's like, if you could just answer it, Yes. It's like, definitely happy if you can give like a yes or no answer and then elaborate on that point.

**Participant** 04:05

Okay. Yeah, I'll do my best.

**Q1. Interviewer** 04:08

Thank you. So, the first question is, why do you use psychedelics?

**Participant** 04:17

I use psychedelics to help kind of calm the noise within you know, I don't use them as much anymore as I did in my younger days, you know, um, but mostly just to calm that noise within it used to be depression that depression noise that kill yourself noise but now I find it's more like the anxiety noise the Oh my god, everything's on fire. Like, you know what I mean? Yeah. So, I would say that's why I use psychedelics not so much for like the it pardon my language, the mindfuck part of it, you know what I mean? Like you know?

**Interviewer** 04:57

The mind fuck part yes.

**Participant** 05:02

Yeah, more for like introspection, you know, what's really bothering me, what’s really getting to me stuff like that, you know?

**Interviewer** 05:20

So I've just got a book here that I write notes down, I find, I found that by taking some time to write, write the notes, it gives the other the other person more opportunity just to sit there and not feel pressured to keep talking and to ask the next question. So, if you see me writing and more things pop up, you're more than welcome to just add more as it comes to mind and it's also useful for me, because I can have a scan over it and link back things you've said, you know, maybe an hour before and be like, you mentioned this thing, and now you're talking about this and then see how they might be relevant. So, quite a useful tool, I think because it can be a little awkward to just sit there and stare at each other, like you got any more to say, come on come on.

**Participant** 06:09

Yeah.

**Interviewer** 06:09

Yeah. Did you, any other reasons why you might use psychedelics no or, you know, minor reasons, or ones you haven't mentioned?

**Participant** 06:35

Um, you know, I like to try them maybe once or twice a year again, just to see how I feel, you know what I mean? But they don't quite hold the same. Appeal high. They're not as fun as they used to be, I guess and by. Boy how to describe it. Like, it seems more like a chore now, to take them because you got to set the day aside, you know, and you have to, like, make preparations in advance, like, have cold chunks of pineapple in the fridge and make sure the apartment is clean and everything like that, you know?

**Interviewer** 07:15

Do you find though that when you still do it once or twice a year that it's useful, beneficial, or neutral or negative in terms of?

**Participant** 07:24

Oh, yeah, sure. Absolutely. I find everything is a little more peaceful. Maybe a few days, maybe a week after. Depending on how much you take, of course. Um, normally I would take like three to five grammes of mushrooms, or a tab or two of LSD, you know, nothing too mind blowing, I guess, you know, I have taken big doses 9-10 grammes. Um, but that was that was years ago, not recently, I couldn't imagine doing a nine gramme trip right now. Oh, my God.

**Interviewer** 08:01

Hoooooo

**Participant** 08:03

No. Oh, my buddy couldn't handle that. No way. Yeah,

**Interviewer** 08:10

Well, it's good, you recognise your own limits.

**Participant** 08:14

Yeah. Yeah. Oh, God, you know, when you get to that high dose that nine, you know, anything over five grammes, you know, I just don't have the stomach. You know, then comes the vomiting also and it's like, oh, yeah.

**Interviewer** 08:31

You can try ginger it's very helpful.

**Participant** 08:34

Yeah.

**Interviewer** 08:34

With the nausea.

**Participant** 08:36

Yeah, the ginger chews. I try some. It's like a candy like a chewy ginger candy. Yeah, I'll use that sometimes.

**Q2. Interviewer** 08:46

So, have the reasons why you use psychedelics changed over time?

**Participant** 08:53

I guess, I guess I've always used them. \*cough\* I'm sorry. I guess I've always used them for, like, introspection. I've never used them for, like a party time or to be more sociable or anything like that. Like, I've never gone to a rave and tripped balls or anything, you know but, you know, always I've always done them at home alone, to gain some peace to gain some introspection. So, I guess the reason I use them really hasn't changed. You know? I mean, in high school, you do them because they're there, you know, but, yeah, you know.

**Interviewer** 09:38

You do everything because it's there.

**Participant** 09:40

Yeah, yeah, you get it. Yeah. Yeah but as an adult, no, it's always just been mostly for like, introspection, you know, what's going on inside spiritual work, stuff like that. You know,

**Q3. Interviewer** 09:53

Cool and how did you first start using psychedelics?

**Participant** 10:03

Um, well, in high school, you know, I went to high school in the 90s and in the 90s, we had some of the best LSD going around everywhere. I don't know what it was, man, it was just the come up was really nice and smooth and before you know what, there would be light trails and everything. So, you know, I did, um, I did them in high school, and then they kind of disappeared for 20 years, you know? And then I decided, well, maybe I'll try growing my own mushrooms. So, I got an account online, and I learned how to grow my own mushrooms and ever since I've been growing my own mushrooms since 2012.

**Interviewer** 10:42

Okay.

**Participant** 10:43

So ever since 2012, I've just been kind of growing my own and kind of fell into it like that, you know? Like, I could never grow marijuana. I could never grow like, you know, all my friends could grow these huge marijuana plants. I could never do it but mushrooms. I could make that happen all day long. I feel like they've been actually kinder to me, you know.

**Interviewer** 11:06

Yeah. making it easy on you?

**Participant** 11:08

Yeah, yeah.

**Interviewer** 11:10

What, species do you grow? Is it a specific one?

**Participant** 11:17

Um, it's psilocybin. cubensis. Um, you know, because of the geographic area that I live in, you can grow with lovers. It never gets too cold for that.

**Interviewer** 11:29

Okay.

**Participant** 11:30

Yeah. So, it's always psilocybin. cubensis. You know, the green loving ones. You know, there's different varieties. You know, there's the rusty white, there's the Florida white Treasure Coast. Gosh, I've grown so many cubes in my life. Golden teachers, Jedi Mind fuck.

**Interviewer** 11:51

\*snorts\* Jedi mindfuck. Sounds very scientific.

**Participant** 11:57

Scientific. Yeah, absolutely. Yeah. Monster fruits. Monster fruits. I've never seen a mushroom grow such big fruits before but um, yeah, mostly psilocybin cubensis and, you know, just the different varieties, you know?

**Interviewer** 12:12

And do you do is that a sort of indoor thing where you grow on those outside?

**Participant** 12:15

Oh, inside, it's so easy in in here. You know, you just toss everything in a tub and put the lid on it and you forget about it for about 10-15 days. You know, very easy so uh, yeah, inside in plastic tubs, you know, the mono tubs and everything.

**Interviewer** 12:31

Do you do the starting with like the brown rice flour stuff or you doing the corn seed ones we sort of for the inoculation bit?

**Participant** 12:43

Oh, um, I'm using oats racehorse ones.

**Interviewer** 12:46

Yeah, that's the one, that's what I was thinking.

**Participant** 12:48

Race horse oats and then once they're colonised they move them over to the coconut fibre and vermiculite, mixed together and then I just forget about it and then I have mushrooms.

**Interviewer** 13:02

Sounds easy.

**Participant** 13:03

Yeah. It's, you know, it's the only thing that really has come easy to me, like, my family they're all farmers, you know, and they can grow these beautiful plants and they always make fun of me that I can't and now I can do this. My family knows that I grow cube psilocybin mushrooms and they're like, Wow, that's amazing. You know? Can I go? Yeah, I you know, and, and I do. I mean, I still grow them. You know? I absolutely love. I love growing them even now. I don't use them as much, you know but it's just something about caring for the mushroom tub and making sure all the conditions are right, looking for contamination. I don't know, it's just something about caring about it, you know.

**Interviewer** 13:48

It's like, I guess like a, in some sense, your baby, something that you look after and goes to maturity in a much shorter amount of time and then you can eat it.

**Participant** 14:01

Yeah exactly.

**Interviewer** 14:03

So, what do you do with all the if you're not using it? Are you growing a lot more than you actually use?

**Participant** 14:08

Yeah, sure but, you know, I give them to people. Uh, you know, I'm not going to lie to you. I do sell some, you know, sometimes if I need some cash, whatever, you know. Honestly, you know, it's out of all the drugs that you could be selling. That's the most harmless thing I think but you know, somebody comes to me and they're like, you know, [name], I want to, I want to look inside myself. I want to do some work on myself for something, you know, it's never a charge. You know, here you go. Three grammes to start. Take that, see how you feel and if you feel like you can handle more, come back and I'll give you five? No problem. You know,

**Interviewer** 14:42

That's cool, you're spreading the word.

**Participant** 14:46

I'm doing it. I'm trying. I'm trying. I very much believe in mushrooms, very much believe in mushrooms.

**Q4. Interviewer** 14:54

Okay, um, so next question is what aspects of psychedelic do you find most meaningful or valuable?

**Participant** 15:05

What aspects as far as, like?

**Interviewer** 15:10

So that could be say the effects themselves *during* the experience or it could also be the impact it has on your life. It could be and that could be any number of things like you know, relationships or mental health or outlook on life or goals and things like this. It could be the most. The best thing about it is growing them. I don't know, it's, you know, depends on you.

**Participant** 15:35

Well, I've got to say they've been very fulfilling in my life. I, I had been battling suicidal depression, my whole life I was diagnosed with, they used to call it dysthymia, I think but now they call it major persistent depressive disorder.

**Interviewer** 15:51

Oh, yes.

**Participant** 15:54

Yeah, yeah. So, that's, that's what I had and basically, every waking moment of my life was consumed with just how am I going to end my own life and thanks to psychedelics now, I have not had that thought since December 3, 2016. You know, they really had that great impact on my life, they changed my life completely. I've went from being down on the floor to up and moving about, you know, they, they kind of give me like, a purpose, I guess, you know, just continuing to grow them and spread, spread the word of how they helped me, you know? That's, that's one of the good aspects of it, how it's changed my life. Just dramatically, you know. Yeah, yeah, definitely, definitely. That. I'm sorry.

**Interviewer** 16:46

No, no, you go.

**Participant** 16:47

Oh, I'm sorry and again, you know, just giving me the purpose, you know, something to do, I really feel very happy and very joyous growing them. You know, like, if I can take it like a little step further, you know, clean up the culture, maybe mix two species together something you know.

**Q5. Interviewer** 17:19

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

**Participant** 17:24

The body load, the body load, they're very hard on the body. It doesn't matter if you take mushrooms or if you take acid or if you take DMT it's hard on the body, you know? Like, when I've taken DMT it's the heart starts to race really fast and like you think you're going to die for a second and then boom, you know, you're in some kind of like, electric Mayan world or something, you know. With mushrooms, I find that the body load is very, very heavy. You know, I feel it a lot in my stomach. I have, I have an irritable bowels. Um, so it's hard. Like the mushroom flesh is hard on my stomach. Even the mushroom tea, it gets to about the back of my throat and then it's like, No, no, you know, I really have to force it down in LSD, I don't find the body load so much heavy as it feels electric, you know but the body load I would say is definitely something that doesn't, doesn't do it for me there. With psychedelics.

**Interviewer** 18:34

Could you describe more what you mean by a body load. What's the feeling? What's going on there?

**Participant** 18:42

Sometimes your arms feel heavy like jello, like you're carrying around two bags of jello, you know. Plus, if you take them too late at night, then you're up until four o'clock in the morning. Um, so you know, the adult body doesn't quite react like my 18 year old body would have you know, I find that to be hard and again, the stomach issues like, like, you know, when you eat like a really, really, really heavy meal, like a double sausage pizza or something and it just sits in your stomach like a rock. You know, some like that, like that, that digestive issues, you know? Um, yeah, that that's how I would describe the body load.

**Q6. Interviewer** 19:48

So the next couple of questions are focused on sort of the effects it's had on your life in the long term but I start with broad question and then I narrow down with a few specific ones, depending on how you've answered the first one, you might touch on some of them. So, I'll just I won't necessarily ask them but if you don't, I'll try and drill down into a few specific ones. So, the beginning broad question is, and you've I think you've definitely touched on this is, in what ways have psychedelics affected your life?

**Participant** 20:21

Oh, I beat major depressive disorder. I beat major depressive disorder. It's not, it's not something that a lot of people can say that they've done, and I have done it, thank God, I have come out of the other side of that dark tunnel.

**Interviewer** 20:37

And how long had you had that been going on for?

**Participant** 20:40

The major depressive disorder? You know, I had, I had been seeking treatment for it for about 10 years but I found some old diaries from my fifth grade year and those diaries of my fifth grade year, I was talking about throwing myself off the tallest building in the city, or, you know, harming myself in other ways, or just ending it all, you know. So, how long did it go back? It probably went back as far as my childhood, but, you know, you don't start noticing things are wrong until you become an adult, you know.

**Interviewer** 21:21

And, if you don't mind me asking, how old are you now?

**Participant** 21:24

39.

**Interviewer** 21:29

So that would have been about more than 20 years?

**Participant** 21:39

Yeah. Yeah. Just a whole lifetime, just a whole lifetime of never really feeling happy. You know, never always feeling sad, always feeling like the world's going to end always feeling like I just want to stop and just lay down and die. You know, like, like, for a long time, I was jealous. There's, there's some tribe in the world someplace where like, they just decide it's a good day to die, and they lay down and they die, you know, and like, I was always kind of jealous of that. When I would, when I was going through the major depression, I would go to funerals, and I would, I would feel jealous of the person in the casket, you know, like, how can they get to die and they wanted to live, you know, like, why couldn't we trade places? This isn't fair, you know but I'm telling you, like, I just I don't have those thoughts anymore. Completely gone. Completely gone.

**Interviewer** 22:39

And you said that you had started growing in 2012, I believe.

**Participant** 22:45

Yeah.

**Interviewer** 22:45

That the major depression had ended in December 3, 2016.

**Interviewer** 22:53

That's right.

**Interviewer** 22:53

So, between that time when you began creating mushrooms, and maybe I guess you had taken mushrooms or psychedelics before then? What, what was special about that, that date? And how, why had it not say happened earlier with your psychedelic use?

**Participant** 23:13

Before I was just taking solid mushrooms. I was micro dosing for a while I would take up to a gramme a day, and maybe three grammes on the weekend, you know, and once you start to develop that sort of level, you know, you kind of get used to it. What made December 3, 2016 different was I took LSD and mushrooms together, like at the same time, I took the LSD, and then half an hour later, I drank some mushroom tea. I had never combined I had never combined psychedelics before. It was just, you know, stick with LSD, or stick with shrooms, or stick with the DMT but never mix them all together. You know that day I decided I would give it a shot. I figured you know, the Johns Hopkins University had released a study about how they were helping end of life patients with their anxiety and at the same time, I was listening to a song called medicine by Gloria Estefan. Right, and one of the lyrics is we got the medicine for your mind and as I'm listening to this song, in reading, reading this story, I just, I had been kind of kicking the idea around of taking LSD and shrooms together on the boards the shoomery.org you know, and when I saw that study, and I was hearing that music, it just kind of came together. Let me try this and see what happens. You know, I figured I was either going to go batshit insane in which case you know, my suicidal issues were solved or nothing would change, and I would end my life because I couldn't live like that anymore or maybe the research would pan out and I would get better and sure enough, it was a it was a hard night. You know, it was it was definitely a hard trip, but worth it and I came out of it much better, you know.

**Interviewer** 25:07

And before that point had you had such I don't know if intense is the right description, but have that level of trip before with just a singular psychedelic?

**Participant** 25:21

No, no, I mean, there's DMT the DMT experience, like that's the most intense, you know, um, but it was not anything like what I had experienced that night, like, DMT you take it and it lasts 20 minutes, you know, you're back on earth. You know, this lasted maybe 12 hours or more. It was a long time. It was a long time. I just I had to pop a Xanax at the end and just pass out because I'm like, my body couldn't keep tripping.

**Interviewer** 25:51

Yeah, getting to the end of 12-hour trips is like running a mental marathon. You're like, can it shut up now?

**Participant** 25:59

Yeah. Like, I got to lay down, I got to lay down.

**Interviewer** 26:05

But the trip follows.

**Participant** 26:07

Yeah.

**Q6a. Interviewer** 26:11

Okay. Has your personality or identity been shaped by your psychedelic use?

**Participant** 26:27

Has my identity or my personality been shaped by my psychedelic use? I would have to say a little bit. Um, like, I like to wear like, colourful clothing, you know. Every time I trip, I like to see how intense the colours are, you know and I'm kind of sad that everything in the world isn't technicolour, like that, you know? Um, I would say, taking psychedelics has made me more. What's the word I'm looking for? More sympathetic, or more empathetic, I guess, towards people's issues, you know? Like, like, like, I'm not I'm not one of those people anymore. That has to have something happen to them in order to understand how bad that could suck. So, I would say yeah, it's shaped my personality in some, in some ways, I would think so. Yeah.

**Q6b. Interviewer** 27:36

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

**Participant** 27:44

I think so. Yeah. Um, you know, before, when I was just dealing with depression, and everything like that, you know, my goal was just getting to that night and bed but now I feel I feel like it's my purpose on this planet to tell people about how this helped me, you know. Like, like to give people that little glimmer of hope, you know. When I was when I was very suicidal, that's the one thing I think I would have done anything for was just that glimmer of hope that it doesn't have to be this bad forever, you know and basically, to talk to anybody who will listen, you know, like, hey, this helped me maybe it could help you I don't know. It's something to look into. You know, but here's my story and here's what happened

**Interviewer** 28:36

Sorry, I just got my alarm going off.

**Participant** 28:39

Yeah.

**Q6c. Interviewer** 29:01

Where are we, have psychedelics caused you to seriously question your own beliefs?

**Participant** 29:12

Have psychedelics seriously made me question my own beliefs? Ah, I guess that's kind of a hard one to answer. The only really thing that comes to my mind is now I think that just about anything is possible, you know. I mean, I had a pretty open mind always, you know but that's really the only thing I could think of, you know, like, my world used to be so small and now it just feels bigger now, I feel like there's more possibility. So, I mean, has it changed my beliefs? I guess in that respect that I guess anything is possible. You know, I guess there's a little more optimism in that.

**Q6d. Interviewer** 30:45

Has your understanding of yourself change due to psychedelic experiences?

**Participant** 30:52

Yes. Yes. Yes. I understand a little bit better how I function, I understand why I was depressed for those years. I was depressed for all those years because I was afraid to live. I was afraid that leaving my house, I would get hurt physically or emotionally, something bad would happen. I would have some kind of negative experience or something, you know? Yeah. Yeah, that that's definitely changed. Yeah. Yeah. Definitely have a better understanding of how I think, why I do what I'll do, you know, and honestly, like, I have, I am more able to shift. Now like, like, if I if I feel one way about something, and when I'm presented with evidence that contradicts that, you know, I can, I can step back and be like, hey, okay, maybe I'm in the wrong here. Let me take a look at this, you know, like, I can definitely, yeah, I can definitely, like, really point the finger back at myself now and be like, okay, maybe the problem is me. You know, let me take let me take five steps back and take an inventory of what's going on here and then, you know, we’ll reconvene, you know.

**Interviewer** 32:11

And what was it like before that? How did you think about yourself? How did you understand yourself?

**Participant** 32:24

Boy, it was a very depressive, sort of outlook, you know, I felt very useless and worthless. You know, when you grow up hearing all the time that you're worthless and stupid and whatever, you know, you really believe that, you know? Um, yeah, yeah.

**Q6e. Interviewer** 33:01

Has your psychedelic use affected your use of other drugs?

**Participant** 33:07

Um, as far as like non-psychedelics?

**Interviewer** 33:12

It can be other psychedelics, non-psychedelics, prescription drugs, anything like that.

**Participant** 33:17

I stopped drinking. I stopped drinking. If that counts.

**Interviewer** 33:23

That definitely counts.

**Participant** 33:24

Yeah, yeah, I used to drink a lot. I used to drink a lot a lot. I was working in the legal field and sometimes there would be a bar next door to the firm and I would just go there for lunch and have like four shots of whiskey and come back, you know, to work and I depended a lot on alcohol because it made my stomach feel better. You know, because when you're anxious and upset all the time, you know, you carry it in your stomach. You know, it just made me feel better. You know, it calmed me down. It made me feel warm and a little numb and I don't drink any more maybe like, you know, on new year's, or if it's somebody's birthday, you know, but I'm not coming home on Tuesday and putting down half a bottle of bourbon. You know,

**Interviewer** 34:07

And is that something that you used to do?

**Participant** 34:10

Yeah, yeah. Yeah.

**Interviewer** 34:12

So, what could you describe, kind of the level of drinking, before?

**Participant** 34:20

Yeah. Um, after my mom died, my mom died when I was about 15 and we always had alcohol in the house. My family's you know, Eastern European. So, it's always you know, it's always around and even at that point, I was drinking a lot. Um, gosh, probably, probably about a third to a half a bottle a day. You know, nobody would miss it, you know, and dad would just hand me cash and he wouldn't ask a lot of questions and I would have people buy me liquor. It wasn't a problem. Towards the end there. It was getting pretty bad. I would have like four shots in the morning and then at lunchtime, I would have another four to six shots and then I would come home and I would just swing out of the bottle until it was time to go to bed. You know, I had a very big liquor budget, you know, I started to notice at the end that it stopped making me so much happier and more laughing I started to get more irritable and cranky and argumentative towards the end, you know? So, I guess it's a good thing that I stopped but yeah, oh, man, I used to drink a lot. Gosh, there was a couple of nights I went out with my cousin, we would put down a bottle and a half of cognac. Between the two of us. You know, I couldn't tell you how I made it home. You know, God, there was one Halloween party. I had 17 martinis. I couldn't tell you how I made it home again but thank God I did you know, but yeah, I used to drink a lot a lot. Yeah.

**Interviewer** 35:53

and for how long was that pattern of use persistent?

**Participant** 36:00

Um, gosh, probably, it started to be more consistent once I turned 21 and I was able to buy my own liquor. Um, it wouldn't, it wasn't always so bad. It would be you know, I would come home and have like a couple of shots of whiskey and then on a bad day, you know, I would hit the bottle hard, you know and then it didn't really start to kind of get progressively worse until I would say my early 30s, maybe very late 20s, early 30s. I was going to college at the time and working 40 hours a week and I was volunteering for a women's organisation, and it was just a lot of busy, stressful time, you know, and that's when it really started to just skyrocket from that point.

**Interviewer** 36:59

And was the was the giving up of the drinking, in large part a consequence of the experience you had in 2016 or was that something that happened earlier through prior psychedelic use?

**Participant** 37:15

Yeah, that happened on December 3, 2016. I once I had a break in the psychedelics like the come down enough to go outside and smoke a cigarette, you know, when I came back in, I decided I was thirsty and hungry. So, I went to the fridge and I noticed it was just bottles, beer, liquor, wine, whatever was in there, right and, and I recall quite clearly, I said, Well, this is a problem and I dumped all the bottles out in the sink and I never I never replaced them.

**Interviewer** 37:48

Good for you.

**Participant** 37:49

Yeah, thank you. Thank you. Thank you. I had to do the walk of shame the next morning. You know with the empty the bag of empty bottles you know.

**Interviewer** 37:57

They think you've drunk at all.

**Participant** 37:58

Yeah, yeah. Clink clink clink clink clink. Oh, she's kind of a lush.

**Interviewer** 38:07

And what about do you, are you still smoking or is that something that's been addressed or thought about through psychedelic experiences as well?

**Participant** 38:18

Oh, no, I still smoke. That one's that one has been impossible to overcome no matter. No matter what cold turkey patches, gum, the e cigarette nothing has helped that nothing has helped that every time I try to quit, I have weird dreams where I wake up drenched in a cold sweat and for some reason, the answer is to get a pack of Marlboros. You know.

**Interviewer** 38:41

That's in there deep.

**Participant** 38:43

Yeah, yeah. It's, it's bad. It's bad. I, I've thought about taking the medication that they have now [medication name] or something. Um, I just I don't want to I don't want to have to take a prescription medication just yet. Like, I'm not at that point yet. You know, I want to quit at some point, but I admit I don't have the willpower.

**Interviewer** 39:07

It's alright. There's an interesting, the, I think at John Hopkins as well did a study looking at the effects of psychedelics in the treatment of smoking and had quite positive results there. So, that's why I thought I'd ask.

**Participant** 39:23

Yeah, yeah, sure. Yeah.

**Interviewer** 39:27

One step at a time.

**Participant** 39:28

One step at a time, one step at a time.

**Q7. Interviewer** 39:34

Okay. Yes, so, changing slight direction now. Have your psychedelic experiences affected your relationships with significant others? And this is partner, friends, family, anyone who's important to you.

**Participant** 40:05

Um, I don't think it's so much affected my friendships or any kind of relationships that I've had. I basically always been the same person, but now I'm a lot more cheerful. You know? I guess it was the difference of being like, from Winnie the Pooh, like going from Eeyore to Tigger. You know, my friends and family have definitely noticed a difference. My dad, he, he's a very, very religious man. He thanks God every day, he's like, Listen, I don't care how you beat the depression. I'm just glad that you've got the devil out of your system, you know. I mean, has it? Has it changed our relationship? Like no, like, we still, you know, I still call him old man and make fun of him and stuff, you know? But now I just do it with a smile instead of crying.

**Interviewer** 41:06

Well, that's a big difference.

**Participant** 41:07

Yeah.

**Interviewer** 41:08

So, you were saying a little while ago that you your family knows that you grow mushrooms. Have so when you're just saying, your dad, thanked God that you know you overcome MDD is that you've talked to them about your experience and or experiences and how they helped you and stuff like that?

**Participant** 41:31

Yeah, sure. Yeah, I've never made it a secret with any of my family or friends. The night that I took the LSD and mushrooms together on December 2016, I actually let two friends know what I was doing ahead of time, you know? So that if they didn't hear from me in 24 hours they knew to come, you know? Um, yeah, yeah.

**Interviewer** 41:53

And how do you how does your family, what does your family think about this and how have they responded?

**Participant** 42:00

Very well, believe it or not, I mean, again, my dad, my dad's a very religious man. He's a Serbian Orthodox priest, you know, and he's very in favour of it, you know, he saw me go through like, you know, the mountain of antidepressants. He saw me go through the mountain of Xanax and Klonopins, you know, he saw me with like, that ghastly look in your face. Like, you know, how, like, when people are super depressed, they're like, their eyes are kind of sunken in, and they just look hollow. You know, he saw that and he's just, he's thankful that, you know, I just don't look so sad anymore, that I've got personality, that I'm taking charge of my life instead of looking around and being like, just let it all fall to shit and burn. I don't give two shits. You know, let it all die. You know, he, very, very positive. Very behind it. My brother is very behind me as well. I have one brother, just one sibling. That's all I have right now is just my dad and my brother. Um, he's very much behind it. He's very open minded. He's like, Listen, as long as you didn't kill yourself or anybody else, and it worked. Great. You know. So, very positive. Everybody's been very open and receptive to it.

**Interviewer** 43:19

It's good.

**Participant** 43:19

Yeah.

**Interviewer** 43:20

It's important to have people accept what you do. It's very difficult.

**Participant** 43:26

Yeah.

**Interviewer** 43:26

To have people you know, important people in your life say 'I disagree with what you're doing, I think you shouldn't do it'.

**Participant** 43:34

Yeah, exactly. Exactly. I think my dad's more on board because he's very. He's very big, He's very anti Big Pharma. You know, he's very paranoid. My dad wears a tinfoil hat in front of the computer. You know what I mean?

**Interviewer** 43:50

Does he actually?

**Participant** 43:51

Yeah, it's pretty bad. Yeah.

**Interviewer** 43:54

Got to keep out the Wi Fi waves.

**Participant** 43:56

Yeah, yeah. Yeah. Like, you know, major league sports aren't going to read his thoughts. I don't know, man. I don't know but he's more you know, he's very distrustful of the system, you know. So, he's very thankful that I found something natural, you know, and I take him through the process, you know, I'm like, dad, all like put in here his oats, coconut fibre and vermiculite. That's it, you know. So, he's very much for it. He's very much for it, you know.

**Interviewer** 44:42

The, these two questions here, which are quite similar, and I feel like you have answered them. So, I'll ask them and sometimes they draw out different thoughts and things that the other questions haven't. So, that's why I touch on them, but sometimes they're just basically same so you can if you feel like that you've covered it, we can just skip to the next one and then skip to the next one if there you feel like you've answered them already.

**Participant** 45:09

Okay.

**Q8. Interviewer** 45:10

So, the first one is, have psychedelics changed how you think and feel about yourself?

**Participant** 45:17

Oh, yeah, sure. Absolutely. Yeah. I think we've gone over that with like, you know, the depression and, you know, coming out of it, I feel much better. I feel lighter. I feel like a fantastic person. You know, I feel happier, more content. Like, yeah, I mean, don't get me wrong. I don't live in a fancy, you know, five storey mansion and I don't drive a Bentley but, you know, I'm very happy with where I am. You know.

**Interviewer** 45:42

You don't need to.

**Participant** 45:44

Yeah, yeah, you're right. Yeah.

**Interviewer** 45:50

What about in terms of how you before and now thought about yourself? So you said that you had, I don't know, if it was growing up, but had experienced people telling you, you know, you're useless, you're worthless and you internalised that, is the is that level of, I don't know, self-hatred or self-dislike, Is that still, Is that gone? Is it present? Is there a new form of like, internal discourse, or talking towards oneself?

**Participant** 46:28

Um, you know, I don't think of myself is stupid and worthless, and whatever anymore, you know, that completely went away, I maybe I don't understand or know my worth, or power 100% where I am now but I'm a lot I know a lot more than I did. You know, before. You know, I'm very much more aware of it. I own it now. I understand that. How to describe it? Like, if something wrong happens in my life, more than likely, I did something to cause it. You know what I mean? Like, I'm not I'm not looking to point the finger of blame anymore. You know?

**Interviewer** 47:11

Was that something you used to default to?

**Participant** 47:15

Yeah, you know, I would be like, oh, God hates me, the world hates me. Everything's against me. I don't understand, you know, like, why does everything have to be so difficult? Why couldn't this just happen, you know, but you know, it now I'm very much at peace with stuff, you know, like, oh, [name], the electric got turned off, because you, you know, you, you thought you paid the bill, but you had a new bank account, so they were drawing on the old account instead of the new one. So, now, like, you know, your fault. It's your fault that that happened. Not, not the electric companies, you know.

**Interviewer** 47:55

So, would you say you've, you've taken on an increased level of responsibility for the things that occur in your life?

**Participant** 48:04

Yeah, sure. Sure. Before my theory was very much just, pour kerosene all over everything and flick the cigarette behind me on the way out the door, you know, just let it all burn to the ground and, unfortunately, that sort of depressive mindset, you know, it really destroyed my life. You know, like, I was never homeless on the street and hungry, you know, but I had a home I had a townhouse, you know, and now I live in a shitty little studio apartment. You know, I'll get back to that eventually but now I feel like I'm, I'm I have more tools to deal with life more inner, something. More inner strength, I guess, you know, I was before I was willing to just lay down and, and let the world roll over me, but not so much anymore.

**Interviewer** 49:10

In terms of these sort of these tools that you've developed or gained, through your use, is it something that you had to actively learn or was it something that was available after the experience, so to speak?

**Participant** 49:30

I think for the most part, I had to retrain my brain, if that makes sense. Like, before, my answer used to be like, um, like, if something if something would happen, you know, like, you get a flat tire on your car. You know, I my first thought my first reaction my first gut feeling would be like, Oh, just kill myself, you know, and I would tell people like, Oh, I'm just going to kill myself. You know what I mean? Like, it just it got to the point where nobody really took it seriously, you know? So, I had to like train that out of myself and stuff. That was the biggest thing I think was just like stop reacting so negatively to even the negative things, you know, and looking for the positive things. Like, yes, so I got a flat tire, but you know what, I got a flat tire in front of this cool pizza place. So, maybe I'll grab a couple of pieces and a can of coke while I'm waiting for the tow truck. You know? Um, yeah, yeah, I would say that. Yeah. Very much I find, I find the silver lining in even the darkest clouds now.

**Interviewer** 50:39

It's a very good skill to have.

**Participant** 50:42

It's hard. It's hard. It wasn't easy. You know, I even still catch myself to this day, you know, like, it's very easy to fall down that negative thought hole and then, you know, it's like, no, [name], the whole world isn't shit and everything's not on fire. Here's what's really happening. You know, take five minutes to breathe and come back into it. Yeah.

**Interviewer** 51:07

Yeah, well, let's just, it's a habit.

**Participant** 51:10

Yeah. Yeah.

**Q9. Interviewer** 51:22

This question. So, this is a second question very similar to the first one, but sometimes the changing the phrasing of it actually gets a different perspective. So, the question is, have psychedelics changed how you view yourself?

**Participant** 51:40

Yeah, yeah, sure. Absolutely. You know, I used to, the funny the funny thing, like, you know, as far as the physical viewing, I was, I was always a heavy, heavy person. Like, in my teenage years, I weighed about 200 pounds, you know and then, through major depressive disorder, I lost 100 pounds, you know, like, I never ate, you know, I would starve myself. Not on purpose but, you know, three days would pass by and I wouldn't eat anything, and I wouldn't think anything of it, you know but even though I was skinny, 100 pounds less all I saw in the mirror was that fat person, you know, and now I don't see that fat person, I see what's really there. You know, it's not it's not that 200 pound [name] and it's not that, you know, 120 pound [name], you know, it's, it's what's *really* there, you know, how, that's one big thing that's changed, you know, how I really really view myself as far as just physically. I mean, and mentally, I guess the mental picture has changed, I view myself as stronger now more able to stand on my own two feet and, you know, have the backs of other people. You know, I feel like I can be more supportive now than I ever could.

**Interviewer** 53:14

Which is actually a very important thing as well, for a sense of self-worth is to be of value to others.

**Participant** 53:22

Yes, yes. A therapy told me a therapist told me years ago that the key to happiness was altruism, right? And I looked at her and I was like, you're insane. You're out of your mind. I can't believe I paid $200 an hour for this shit, really but she was onto something. You know? She wasn't wrong. Like you, you do feel better helping others.

**Interviewer** 53:42

It just depends on whether or not you're ready to hear the message.

**Participant** 53:48

Exactly. Yeah. Yeah.

**Q10. Interviewer** 54:09

Have psychedelics provided insights into how to live life well?

**Participant** 54:14

I think so. Maybe I'm still learning them. You know, the, what psychedelics have taught me is to just let go of the things that don't serve you so well and that's very easy to say but in practice, it's much harder to do you know, especially when dealing with people or family members, you know, like, my dad drives me up a wall because he's, you know, he's 71 he's super religious and we don't see eye to eye on anything, you know and he, he makes me crazy at times and people have told me even therapists have told me like, you just got to cut him out of your life and it's like, No, you know, I'm always going to be with that guy, you know, no matter what, no matter how much he drives me crazy, you know, it's just what I had to let go was of my resentment towards him, I had to understand that he was human. You know, um, like, after my mom died, he just went to church and basically didn't pay any attention to what was going on at home and I very much resented him for that, you know, like, I was graduating high school, it was my most important years as a child and he wasn't anywhere to be found, you know, but just, you know, like it, it was easy to say, you know, you just got to let it go, you just got to let it go was a much harder thing to actually let that go, you know, so yeah, I would say psychedelics have helped me understand how to live a good life, as far as I understand it, is to not hold on to resentments, and anger, you know, let go of as much of that ugly baggage as you can, you know, and just try to be the best person that you can, you know, try to be the person that your cat thinks you are, you know? Yeah.

**Interviewer** 56:35

Is there just to sort of a follow up on that. Are there any tricks or techniques that you use that you find helpful for allowing yourself to let go? or is it more just, you just have the capacity now and it's hard to explain or describe?

**Participant** 56:56

I think I just am able to, like, the night that I took the LSD and the mushrooms together, and I overcame depression, I had the realisation that I was afraid to live, right and once I had that realisation, everything changed, like in a in a snap, you know, I immediately started to feel better and I think, I think I'm just one of those people that I just like, I'm deciding that this is how it is, and this is how it has to be and that's it and I like in the case of my dad, I just had to decide, you know, you have to let it go or you're going to let it continue to eat you alive. Whichever one you want is fine but you have to make a choice, you know, you see how eating you alive is helped you but try letting it go and see if that takes you further and it takes practice, you know, it's just like any kind of habit or any kind of thing, it takes practice, you know, like, something happens, or he'll say something and you want to go back to that, you know, the old bad feelings or anything, but you have to just kind of push them aside. You know, it's, it's, it's not easy. It's not easy to let go, you know, even if you just decide, I don't want to deal with this anymore, I don't want this mental burden. You know, you just have to decide you're going to put it down and walk away. You know, and sometimes you'll revisit it, and that's fine to revisit it but you can't let it harp and control your life, if that makes sense. You know?

**Interviewer** 58:28

I don't think it's very pleasant to have you the core thing driving you as hate and resentment.

**Participant** 58:34

Yeah. Yeah. Yeah. It's a very bad thing. It's a very bad thing to have all those nasty feelings driving you, you know, yeah. You just have to decide to just let it go. I have to be a better person. You know?

**Q11. Interviewer** 58:57

Have psychedelics shaped your worldview?

**Participant** 59:05

My worldview? I you know, I would say that it helped me realise that we're all I don't want to use that old hippie saying like, we're all one but we are kind of all one. You know, like, whatever I do here in America might affect some guy in, in Myanmar, like, like the bottle a drink right now the bottle of water I drink out of might be shipped over to Myanmar and then it you know, it affects that guy over there, you know, who has to deal with the plastic recycling or whatever, you know. If I order something from another place in the world, you know, maybe that person can buy groceries for the week for their family, you know? It definitely made me realise that you know, for the most part, all of us are the same. We all want the same things. You know, no matter where you live, you know, like when this COVID came out, you know A lot of people were dumping on China and, and even my dad kind of got on it because, you know, he believes all those conspiracy theories and I sat him down and I said, dad, the Chinese people are the same as you and I, they just want a job, a clean place to live a food and maybe a car. You know, that's all they want is like a simple, honest life. You know, it's the people in power that you have a problem with, you know? And then he's like, yeah, you know what, you're right. You're right. So, I guess yeah, I mean, has it changed my worldview? I guess, in that respect, where it's just, it's made me realise that we're all the same, you know?

**Q12. Interviewer** 1:00:58

Have psychedelics changed your relationship with nature?

**Participant** 1:01:13

Have they changed my relationship with nature? I'm still pretty terrified of nature. I always have been, and I don't think that that's changed, especially in Florida. I mean, we're like the Australia of the United States here. You know, like, we have bugs as big as your head and snakes all over the place and crazy rodents and shit like that. So, I mean, it has changed my relationship with nature. Like I don't I'm scared man. We have cockroaches that fly man.

**Interviewer** 1:01:47

Do you?

**Participant** 1:01:49

Oh, God, I hate them. I hate them.

**Interviewer** 1:01:52

You would like you would like New Zealand. We have no snakes. No deadly spiders. literally no animals that are actually deadly to humans other than maybe, you know, they're big they run into you or maybe like a wild pig. Kind of gets you with it's tusk. That's about it. Like here you can go into a forest and not be concerned about safety risk of some animal attacking you like zero, zero.

**Participant** 1:02:30

Yeah, if I live someplace like that, I would probably be less terrified of going outside yeah, into nature.

**Interviewer** 1:02:37

But no, I think you guys also have alligators.

**Participant** 1:02:39

Yeah, yeah.

**Interviewer** 1:02:42

You can keep your nature thank you very much. Yeah, fair enough. Right fair enough. Yeah. Yeah. It's all easy in it's all happy easy when you're like oh um, nature's lovely and pleasant then you walk out and then an alligator bites your leg off and says what up?

**Participant** 1:03:03

Exactly like even the ocean I live a mile from the ocean but sometimes we get like the nurse sharks that come in you know. Or the other crazy dangerous jellyfish and stuff you know so like and even if you walk on the beach and the jellyfish wash up you know you might step onto jellyfish you know that happened to me once you know it was awful.

**Interviewer** 1:03:27

Use vinegar not pee.

**Participant** 1:03:29

Yeah, yeah. use vinegar not pee. It felt like there was shredded glass in my foot for a while. You know? I was like, what is this? Oh, I stepped on a jellyfish. Oh, that sucks. You know? Um, but yeah, this yeah, that that that's my relationship with nature. Yeah, like, I'm scared of it.

**Interviewer** 1:03:47

Yeah, well that seems very reasonable.

**Participant** 1:03:49

Yeah. Yeah, I'm scared of it. Please don't hurt me. I'll respect you.

**Interviewer** 1:03:59

The nature that you go in your tub is more friendly.

**Participant** 1:04:03

Yes, yes. Yes. I don't have to worry about like, you know, crazy snakes coming out of it or something you know.

**Interviewer** 1:04:14

All right, so next set of questions are changing direction a little bit and we're going to be asking and talking about your how you use psychedelics. So, the different procedures or preparations you take stuff around, say integration or anything you do like that, as well as what you do while on a trip, how you set up the space, whether you're listening to music, all these sorts of things. So, that's, that's the direction for the next about nine, no 11 questions.

**Participant** 1:04:46

Okay.

**Q13. Interviewer** 1:04:47

So, the first one is, how do you prepare yourself for a psychedelic trip?

**Participant** 1:04:54

Me personally?

**Interviewer** 1:04:55

You personally.

**Participant** 1:04:57

Um, I make sure to have a light lunch or a light meal, maybe like an hour or two before you know. So, that way it's like it's kind of in your stomach, but not really, you know, you're not hungry. Definitely nothing heavy. Um, definitely no Indian food. Oh my god, I had mushrooms and Indian food one time together, that was a bad idea. Just bad. It didn't, didn't go well in my stomach at all, you know. Um, what else do I do to prepare myself I take a shower and make sure that I'm clean. I'll put on some clean clothes. Maybe like for a couple of days beforehand. I'll try to like psych myself up into it. Like, Okay, I'm going to do this. I'm going to have this time. I'm going to set this aside. I'm going to trip for this time. Here's my intention. Yeah, yeah. So, I would say I set up the intention. I clean myself and I make sure that I have clean clothes on I clean the apartment. Everything has to be really clean.

**Interviewer** 1:06:16

I hear this a lot from people describing like, I think it's probably the most common thing I've come across is shit needs to be clean.

**Participant** 1:06:25

Yeah.

**Interviewer** 1:06:26

Can you maybe tell me like, Why? What is it about the cleanliness? What's necessary about that?

**Participant** 1:06:34

You know, first, there's the safety issue for me. Like, like, I live in a very small apartment, you know, so I don't want like, random Amazon boxes that I could fall over. Or, like a pile of clothing that I could like, trip over, and break my leg on or something. I, I also, I, I don't know, there's just like, I've got to clean up like the crumbs from every corner and like the cat litter and, and that part I can't explain like, like, the minutiae part of it, you know, but like the big things, you know, that's why do it more for safety. You know, everything else is clean. I don't know. Maybe it's because I like the way that the apartment smells afterwards, you know, like, you're tripping, and everything smells like lavender fields. You know. Um, but yeah, I can explain cleaning up the big stuff but as far as like, why I sweep and mop and take time to scrub the bathtub, and it's just the thing. You know.

**Interviewer** 1:07:38

Bit of like, a purification process or something?

**Participant** 1:07:41

I guess. Yeah, I guess. I guess I you know, for me, I kind of hold psychedelics like a little bit more sacred, I guess and now really thinking about it. Maybe that's it. You know, like, you wouldn’t go into a church and like, dump out a vacuum cleaner bag in the middle of it, you know? Yeah. So, so maybe, I mean, maybe now that I'm thinking about it, maybe that's really the reason why, you know, I hold them a little more sacred. So, a sacred space, you know, I would clean up a lot. I would burn incense for sure. You know, something nice, you know? Um, yeah, yeah, maybe, maybe that's it? I mean, it seems logical to me, you know, I'll buy it.

**Interviewer** 1:08:32

Well, you can play with the idea. I just throw it out there. That's what comes to mind for me.

**Participant** 1:08:38

Yeah for sure.

**Q14. Interviewer** 1:08:41

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

**Participant** 1:08:47

I take them at home and I usually take them alone because I feel more in control of my environment and myself there. Um, I don't like to take them around people because people, uh, your mind is more open to suggestion at that point and people think it's funny to mess with you when they're when you're tripping and they're not, you know, and I don't want to have to deal with that, you know, like, I am taking them for the purpose of gaining some insight, bettering myself calming the noise within you know, so there's no better place to do them than at home, in your own bed, on your own couch surrounded by your own stuff, you know? Yeah. Always at home, always at home, never out in public.

**Interviewer** 1:09:37

Okay.

**Participant** 1:09:40

Now, I'm sorry. before when I was microdosing, I would take you know half a gramme to a gramme, and then I would go to work, but you know, you're not tripping at, you know, under a gramme.

**Interviewer** 1:09:56

I would just based on my readings I think people would consider taking half a gramme to a gramme. Not quite a microdose, but probably like a just a small, tiny dose.

**Participant** 1:10:08

Yeah. Yeah,

**Interviewer** 1:10:10

I think, although actually, like with LSD, for example, they say somewhere between 10 10% to 5% of normal dose is what's considered like this micro dose of like one tab is 100 ugs. It's like 10 to five, so to speak. So, I guess it depends on what you consider a normal dose. So, if a normal dose is five grammes, then half a gramme is actually could be considered a micro dose.

**Participant** 1:10:38

Sure. At that time I was micro dosing my normal dose. My starting dose was five grammes.

**Interviewer** 1:10:44

Okay, that makes sense.

**Participant** 1:10:47

Yeah, that's where I would start, I was growing them. Yeah.

**Interviewer** 1:10:50

And how potent are the strain that you're growing? Are they because you can get you know, I don't know if you know, kind of relatively how strong they are compared to other types?

**Participant** 1:11:03

Um, right now, I have five different varieties going on, but I've grown several different varieties and I do believe that there's some potency difference in between them. For spiritual use. I've always used what they call Mazatapec mushrooms. I feel that those give you more of a spiritual trip, and those are kind of potent. The Amazonians that I'm growing are the most potent. I think I've had other than penis envy. Penis envy will knock you on your ass, you know.

**Interviewer** 1:11:38

Yeah, the albino ones or just any type?

**Participant** 1:11:42

Just any penis envy. Like, for some reason, like if you take five grammes, you only need like, two and a half grammes of the penis envy, you know? Um, so yeah, I would say that there's different potencies the Amazonian the Mazatapec, I think are the more potent something like a Burma didn't really do it for me at all. It felt more like smoking really good weed than tripping if that makes sense. Um, but yeah, I think that they're, they're all different potencies and stuff.

**Interviewer** 1:12:15

And you are using different varieties for different reasons and purposes. So, there's, there's no specific dose but potency that you're taking?

**Participant** 1:12:25

Um, no, I mean, now, nowadays, I'll take more of a Florida white mushroom. Florida white psilocybin mushroom, because it's more of a fun, cartoony technicolour trip, you know, it's not it's not as potent. It's not as potent as let's say, like an Amazonian or something, you know? So yeah, these days Yeah, I would take something a little bit more low potency, something more relaxing, like a rusty white, like a rusty white mushroom is very relaxing. You know? Like, if I took 3 grammes of rusty white, they could probably go to bed, you know, a few hours later, but if I took three grammes of the Amazonian, I would still be up, like taking my pants off getting naked, you know? I mean, you know, like when you take psychedelics, you're clothes are a cottony prison.

**Interviewer** 1:13:18

Yeah. You want to get all natural.

**Participant** 1:13:24

Yeah, yeah. Yeah, you just want to feel that breeze like these pants are prison, they must come off.

**Q15. Interviewer** 1:13:37

Next question is, are there any items that are important to have with you when tripping?

**Participant** 1:13:47

Are there any items? I like to have my computer with me. Um, for the music or the music videos. Um, that's, I always make sure to have a couple of joints rolled. If I'm going to be tripping on and those are really the only items that I really, really would have.

**Q16. Interviewer** 1:14:31

I think you've spoken to this one, but maybe if there's anything else to add, you just drop it in there. The question is, how do you prepare the space where you take psychedelics?

**Participant** 1:14:43

I mean, I clean it. I put in new clean bed sheets. Burn the incense. Take a shower, make sure everything like there's no sharp things out you know, make sure it's safe. Make sure there's nothing as much soft stuff as possible around, you know, um, yeah, that's how I would that's how I would prepare the space.

**Interviewer** 1:15:11

What about in terms of lighting or temperature? Is there anything you're doing there?

**Participant** 1:15:18

I'm temperature, you know, I always keep thermostat on 75 it never really moves from there. As far as lighting, uh, sometimes when I'm tripping, I shift between the living room and the bedroom because the bedroom is darker, and the living room is lighter. You know, um, and sometimes if I'm if I'm tripping, like, at five o'clock in the afternoon, the sunshine comes in, right at the, in the window at this perfect, perfect angle. You know, where like, if you're, if you're tripping, you look over, it just explodes into colours. It's fantastic. So, I mostly try to keep it dim, you know, darker, I like it darker, more dim, not as bright when you're tripping. The thing when you're tripping is like everything is like in 10,800 dpi, I, you know what I mean? Like, everything is very grotesque and real, you know, but I think when you have like the lower lights, the dimmer lights, like it's not, it blunts that grotesqueness of life that comes through.

**Interviewer** 1:16:33

Makes sense. Seen as your pupils are dilating quite a bit. So, you're obviously receiving a lot more in.

**Participant** 1:16:42

Yeah, yeah.

**Q17. Interviewer** 1:16:48

Are there any other preparations you make prior to taking a psychedelic that we might not have touched on?

**Participant** 1:16:56

Um, the only other thing I really prepared now is like the mushroom tea, if that counts, um, I just, I can't eat the flesh anymore. So, I prepare the mushroom tea just crush up however many mushrooms in a mug. I pour some hot water over it with some lemon juice and then I strain off the bits and well, after you let it sit for about 30 minutes or so. You know?

**Interviewer** 1:17:26

Got to get the goodness.

**Participant** 1:17:28

Yeah, yeah. Yeah. Got to let it soak up then squish them through the strainer a little bit, get all that juice out and you know, yeah.

**Q18. Interviewer** 1:17:39

Cool. Okay. What are you normally doing physically during a psychedelic trip?

**Participant** 1:17:51

Um, I'm either laying down in bed, listening to music, or I'm up and dancing to the music. If I can, um, you know, sometimes psychedelics, you know, like, there's the come up and the come down, and during the come up and the peak, you know, maybe the best option for me is just to sit down and close my eyes and not move, you know but in the come down, you know, I can get up and I can dance around and stuff, even if it's in my own apartment, you know, to whatever, whatever randomness is coming out of YouTube, you know, that's usually what I'm doing. I'm either laying down and listening to the music, I'm enjoying music one way or another, you know, dancing to it, just listening to it. Sometimes I have a Bluetooth speaker, that's super loud and it has like double bass and everything and one of my favourite things to do is to put on something that's very heavy and percussion on like, Latin music, Latin music is very heavy and percussion and I love to just put that on and just put that speaker right on my head and just let it go as loud as it will right into my brain, you know? Yeah.

**Interviewer** 1:19:01

Does it feel good?

**Participant** 1:19:02

Yeah. Yeah, it feels really good. It feels really good. Like, sometimes I'll even hold that speaker up to my chest. Just so I can feel like the pounding of the drum in my soul, I guess. You know.

**Interviewer** 1:19:15

Sounds similar to, I was watching recently. Tibetan bowls like sound bowls.

**Participant** 1:19:23

Oh, yeah. Yeah. Uh huh.

**Interviewer** 1:19:24

and they would be putting it on people's head and then sort of dinging it because it's supposed to be a sort of healing thing through sound but that's somewhat similar. Not necessarily a healing aspect, but just getting vibrations into the body.

**Participant** 1:19:42

Yeah, yeah, it definitely feels good. Yes. Yes.

**Q19. Interviewer** 1:19:50

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

**Participant** 1:20:06

The stove.

**Interviewer** 1:20:07

The stove?

**Participant** 1:20:08

The stove. Um, I don't want to cook anything on the stove and be near like that open heat source or the oven. Or I don't want to be responsible for anything bad that could happen there. You know if I get hungry during a trip, there's the microwave, it's much safer. So, I try not to interact with the stove, and I try not to interact with glass because if I drop it, I don't have the confidence that I would be able to clean it up sufficiently while tripping on and other people. I avoid other people. So, yeah, those are the things that I avoid the stove glass and other people because, you know, your mind is suggestible. You don't want somebody planting, planting ideas in there, just because they think it's funny, you know.

**Interviewer** 1:21:01

Have you had that experience before?

**Participant** 1:21:04

No, um, but very early on, I would say I, I would like text friends, you know, like, Hey, I'm going to trip or whatever and then they would like, you know, text me things like, well, don't go out driving, and it's like, what the fuck do you think I'm going to do like, I can barely move off of this couch, like, I'm really going to grab my keys and hop in the car and drive someplace, you know? Like, um, I find that I find at least the people in my life, like, they want to second guess, you know, like, like, what you're going to do, like, what your intentions are, or anything, you know, and it's just like, I just want to sit here and listen to music and deal with my personal inside shit. You know, so it doesn't turn into like, you know, 30 years of depression, the end. You know. Like, another friend of mine said, like, she wanted me to take like two tabs of LSD and she would take me for a bike ride around the neighbourhood. She's got like, a tandem bike, like, where the two people are on it, you know? And I'm like, No, I just don't have any desire to, to be out and around. That's, you know, yeah, I just, I don't want, I don't want to have to justify anything. I don't want to have people be like, Oh, yeah, she's tripping balls, just ignore her, you know, like, yeah.

**Q20. Interviewer** 1:22:23

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

**Participant** 1:22:38

I make sure I have a good breakfast in the morning and then the next day, I just kind of take stock of what happened, what thoughts I had, because, you know, I'm using more for introspection and spiritual purposes, you know. So, you know, take stock, like of thoughts that I've had, how I feel currently, you know, because there's always kind of like the afterglow, after you take psychedelics. Sometimes it's a couple of days, sometimes it's a whole week, you know, but I'll definitely take stock of how I feel, any kind of thoughts I had, even, like, when you take psychedelics and you fall into like, those negative thought loops, and you get the bad trips, I sometimes I find those to be most beneficial, you know? Because even though it was like a bad trip, quote, unquote, you know, you still like you're working through, you know, some harder issues, you know, some more difficult parts of yourself. You know, like, I can't say that I've necessarily had a bad trip, like you see in the movies, you know, like, they try to scare you in high school with, you know, um, you know, the bad trips are just like, Oh, my God, make it stop. Just make it end. You know, like, I've been tripping for 16 hours, man, just stop, just stop. I want to sleep. I want a cold shower and a nap.

**Interviewer** 1:24:05

It's the exhausting trip.

**Participant** 1:24:07

Yeah, yeah. Yeah, that's it. Yeah.

**Interviewer** 1:24:11

So, what's a good breakfast for you on the following day?

**Participant** 1:24:16

Couple of eggs, some toast, some orange juice. Maybe if I don't have toast, maybe I'll have some waffles. I try not to eat a lot of breakfast meats. So, I don't eat like sausage or bacon or anything. You know, Yeah, that would say yeah, like eggs, toast. Maybe like an omelette. You know, whatever's in the fridge, but eggs and toast and orange juice. That's a good breakfast. Yeah. Good and filling. You know.

**Q21. Interviewer** 1:24:53

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

**Participant** 1:25:10

The one thing I always keep in the back of my head is that it's not going to last forever and during times of difficult, hard trip times, that's what I just keep repeating to myself, this isn't going to last forever, this isn't going to last forever, this will be over eventually, you know, this isn't forever. That's, that's the one thing I think that really helps me. You know, there have been times where, you know, you just you lose it emotionally, you know, and you're like, you know, oh, my God, make it stop. This is crazy. What the fuck man? What's going on? You know, like, you know, you have those moments, of course, yeah but like, now I just, it's not going to last forever, give it a couple more hours at the most, maybe an hour, you'll have a come down and a break. You know, just relax. It's not going to be forever, and I think that's the thing that helps me get through the hard parts.

**Q22. Interviewer** 1:26:31

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

**Participant** 1:26:47

I have mirror talks. I look at myself in the mirror and I talk to myself, and I know, that may seem like crazy. You know, I just think you can have a more honest talk with yourself, if you're looking at yourself in the mirror, you know, rather than if you were sitting on the couch, just having thoughts, you know? Yeah, I have the mirror talks, you know, and I really try to confront it. After spending all those years on a therapist couch, I just, I'd rather deal with the emotional parts and any kind of things like any kind of thoughts and anything, I'd rather just deal with them head on right now then let them fester for 30 years and become depression. You know, it might be ugly for a day, it might be ugly for a week, but at least it's not, you know, I want to kill myself for 10 years straight. You know. What's nice about the mirror talks is sometimes I can develop a plan to go forward. You know, like, you know, you're not just stuck on something, you know, it's like, Okay, well, sometimes you just need to hear yourself talk, I guess, you know, here's how we're going to go forward, [name], we're going to do this, we're going to do that, you know, maybe if something happens, that's bad. You know, you don't have to blow up and lose your mind. You know, just take five steps back, take a few breaths and reset. You know.

**Interviewer** 1:28:29

That's an interesting technique. I haven't heard of anyone suggest that but actually, now that you mentioned is like, that makes a lot of sense.

**Participant** 1:28:38

Yeah, I mean, it's always helped me it's not easy. It's not easy, you know, because you're literally confronting yourself.

**Interviewer** 1:28:47

Yeah.

**Participant** 1:28:47

You know, yeah but it's, it's the only real way that I found to make lasting change. You know, I could sit here and sit on the couch and just have those thoughts rolling around, rolling around rolling around, but if I want to do better if I want to work through something, it's the mirror talk, you know.

**Q23. Interviewer** 1:29:37

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

**Participant** 1:29:45

Yeah, yeah. Your head is more definitely in the clouds. You feel more optimistic. Sometimes it's weird like after, after a decent psychedelic trip on mushrooms. I think I feel like I take up more space in a room, or maybe that the room has gotten smaller. Or, or maybe that I have gotten bigger. I don't know how to describe it, but I just feel like I take up more space in a room, you know, like I was working in a law office, it was a loft. So, we had a little desk at the bottom, and then you would take some stairs, up to like an open office area, you know and I remember always feeling very, like, it was so much bigger than me this big, open industrial space, you know but after a psychedelic trip, I felt very much closer to the ceiling. You know, like, all of a sudden, like, all those open pipes didn't seem so far away. Um, so yeah, I mean, you you've got, you know, in the in the days after, yeah, you do feel different you. I feel like I take up more space, I feel more peaceful on the inside and depending on the trip, sometimes, you know, you think you're still kind of tripping a little bit. Like, you'll Close your eyes, and you'll just see like geometric patterns. Or maybe like your, your, your kind of half tired and all of a sudden the walls start doing that shaking thing. You know? Yeah.

**Interviewer** 1:31:27

Can you speak a little to this, feeling bigger o taking up more space? Is there an emotion associated with that? Is there a metaphor you might be able to use to, to suggest what, what does that feeling of feeling bigger or taking up more space mean to you?

**Participant** 1:31:51

It almost kind of feels like reminds me of, you know, like the Disney cartoon Alice in Wonderland, you know, based off the story, and she drinks that drink and then she gets bigger and bigger and bigger in that room. That's the only thing that really feels like I don't really have any sort of rhyme or reason as to why I would feel bigger, or I would take up more space, or maybe that the space is smaller. There's really no rhyme or reason for it that I can think of, you know.

**Interviewer** 1:32:23

Okay, is that a would you do, in terms of emotional, Is it a positive, good feeling? Is it just neutral? It's just, it's just a sort of thing, but not necessarily meaning anything in that, in that regards?

**Participant** 1:32:39

I always find it very weird. A bit weird. Yeah, I feel weird about it because it part of my brain says something about your perception is off here and then the other part of your brain is like, you should feel bigger, you should feel like you're taking up more space, you should feel like, like you're taking up more space in the world. Like you shouldn't cower away into a corner. You know, don't make yourself small, make yourself big, you know, it's just weird. It's a weird feeling. neither bad nor good, just weird.

**Q24. Interviewer** 1:33:32

Cool, has how you use psychedelics changed over time?

**Participant** 1:33:48

As far as like taking them or like the setting or all of it?

**Interviewer** 1:33:52

So yeah, that's the so it's different to the question I asked you a while back, which is sort of like have your reasons changed over time. It's now it's the art or the practice of doing it in the you know, the way, the amount, where you use it, who you use it with, the how you set the set up coming into it, so any preparation, all the sorts of things around the act of taking it, and the experience.

**Participant** 1:34:20

I would say when I took them in high school, you know, it was just a party vibe, you know, whatever, you didn't think much of it, you were just there to party but now as an adult, it's always just, you know, been the same, you know, just introspection spirituality. Has it changed has the, the way that I take them changed? I mean, not. I mean, like, you know, I don't take them for the same reasons. You know, like, like in high school, I was taking them to get messed up, you know, but as an adult, you know, I realised that they've got better, better values than just getting you messed up. You know?

**Interviewer** 1:35:15

Would you like to take a break at all or get a drink of water or are you happy to carry on?

**Participant** 1:35:20

I'll tell you what if you can give me five minutes, just to have a cigarette?

**Interviewer** 1:35:23

Sure.

**Participant** 1:35:24

I'll be right back.

**Interviewer** 1:35:25

Okay.

**Participant** 1:35:26

Okay, cool. Great. I will be back.

**Q25. Interviewer** 1:35:37

All right, so the next couple of questions, we're actually going to get into some of your specific psychedelic experiences. So, yeah, this is an opportunity just to talk about any really memorable experiences that that come up for you and you can go into as much detail as you like about what occurred, you know, subjectively all the crazy psychedelicness that happened and the potential realisations or insights or things that came out of that as well. So, the, the first question is, and this is for you, personally. So, I'll say it first and then it makes more sense to say it after so what do you think is the core psychedelic experience? And when I ask that, it's for you. It's not because there's heaps of stuff online about like, all the different things psychedelics do, but it's for you, what's the what's the core psychedelics experience.

**Participant** 1:36:37

The core psychedelic experience. First, you have the anxiety and the come up, you get a lot of anxiety. Um, I like to think of it as like, when you're a kid, and you're doing something that you're not supposed to do, and you get kind of nervous that mom's going to find out, you know, um, so first you have the anxiety, and then it just sort of poof, it lifts, it just dissipates or whatever and then you feel relaxed and more. Everything's kind of a little more funny, or hilarious. Everything gets brighter, everything gets much brighter, much clearer. When you close your eyes, the geometric patterns that form or sometimes even the colours that you see, like, like, sometimes I'll close my eyes, and I'll turn my head towards the light coming in through the window and they'll just be like, colours, you know, that I've never seen before. The walls doing this is a big thing. I don't know what like the walls breathing or shaking, I don't know. That's, that's a big part of the psychedelic experience. Um, yeah, but mostly, mostly just the vision, the vision, what goes on with your vision, your vision is distorted. Like, sometimes you look at your arms, and they look like they're 12 feet long. You know? That's, that's the core psychedelic experience for me, I think is like, changed perception for everything. Everything's more colourful, more light hearted, more fun. Even though you're doing like that spiritual work, you know, like that internal stuff, you know, like, on December 3, 2016, when I took the LSD and the mushrooms together, you know, that was a crazy trip. That was a crazy trip, you know, there was a little girl inside of me and she was scared, and she was screaming, and she was in a dungeon, you know? And then I just had to kind of like, approach the little girl inside of me, you know? Was she like a physical person that I could see and feel? No, you know, but I knew that she was there with me somehow, you know? That's, I think more of like a higher dose kind of feeling. When I've when I've taken DMT in higher doses, I am not on this planet anymore. I am not in this realm of existence. I have gone someplace else, like my body is here, but the energy the spirit inside of me is someplace else. Very colourful, everything's very colourful for psychedelic experience, very colourful, if I just had to pick one word to define it. colourful.

**Q26. Interviewer** 1:39:54

Can you describe your most challenging or negative psychedelics experience?

**Participant** 1:40:03

Yeah, I took nine grammes of Mexican mushrooms with Indian food and that was a bad idea. That was 16 hours of just every time I close my eyes, it was just Kandinsky esque art, like just very abstract art, overlaid with like dragon creatures and it was a very heavy body load, I kept throwing up that was very tough. The oh my god, there was so much vomit everywhere, it was just everywhere and that was that was a tough trip, that was a very tough trip. Just laying around in bed writhing around, not so much in pain, but you just want to rip your skin off of your bones, like your skin is uncomfortable. You know, like, like, I know, we talked before about like how your, your pants are a cottony prison, but now like, your skin is a prison, you know, and you just want to rip it all off, you know, and just be like bones walking around as bones, you know, like, your skin feels too tight. You know? That was pretty bad. That was the worst, the worst I probably have ever felt.

**Interviewer** 1:41:22

And was that in terms of the majority of the unpleasant or negative aspects of that was at the body? Like was it just a more unusually high body load? Or was the, for example, the king Kandinsky esque art was it also somewhat unpleasant to be experiencing?

**Participant** 1:41:46

I mean, the artwork was kind of nice to look at, I don't know, I like to go to museums and stuff but, you know, once you get to, like 10 hours, you're like, Oh, my God, I'm sick and tired of looking at it. You know, like, you wouldn't spend 10 hours in a museum. The worst part of it was the body load part of it. That was the worst part of it was the body part of it. I didn't mind so much the visuals, because you know, they were weird, but I kind of like it weird. It was definitely the body load. You know. I even took a Xanax to try to make it stop and it just wouldn't end it wouldn't end. You know, I just had to ride it out.

**Q27. Interviewer** 1:42:31

It was bad. Okay, now on the opposite spectrum. Can you describe, can you describe your most memorable or life changing psychedelic experience?

**Participant** 1:42:44

Yeah, sure. That was December 3, 2016. When I took the LSD and the mushrooms together. I had Latin music going in the background. I think that the percussion really helped me. I was playing Miami sound machine a lot and that music has a very positive message. No matter what song you turn on, it's a positive message Get on your feet stand up and make it happen. Coming out of the dark. You know.

**Interviewer** 1:43:15

Sorry Miami, what?

**Participant** 1:43:17

Miami sound machine.

**Interviewer** 1:43:19

um, you know, come on, shake your body do that conga. You know, like, it's all like an up, uplifting, positive message. You know, like, even the songs that are sad, you know, they're still kind of positive. You know, I felt that that was important. I had those positive messages coming into my head. That's when I introduced myself to that little girl that was screaming inside of me in a dungeon. She told me that she was afraid to live and that's when I realised, hey, maybe that's why I'm depressed because I'm afraid to live. We went on a little journey. We met a dark cloud in a blue robe. His name was depression and she danced him to the size of a quarter as she danced, this little girl danced and he shrunk to the size of a quarter and we kept going on our little journey through the woods, kind of like that cartoon Adventure Time almost, you know? And we're going through this journey, and we meet an electric cactus, and the cactus's name is anxiety. Um, I don't know if you've ever played the Final Fantasy games, but there's a cactus cactuar.

**Interviewer** 1:43:25

Oh, I have, \*swishing sounds\*

**Participant** 1:44:38

Yeah. Yeah, yeah, yeah, that was anxiety. Yeah, anxiety was an electric cactuar. Um, and she just you know, the cactuar zapped this poor girl with all this nervous electric anxiety, you know? And then we finally came across, we came to an opening. Like, there was a party going on, there's all this music happening around Of course, you know, because I've got the good Miami sound machine music happening and the little girl can't move. She's got this blob on her neck and this it's PTSD. You know, so what does she do? She dances and this PTSD blob falls off and shatters into a million pieces and after that, after that final hurdle. It at one point, I could swear during that trip that, I'm sorry to go back. Living before that moment, it always felt like I was living in a box with like a slit cut out of, you know, like, like, the body and the soul weren't connected but at some point during that trip, that little girl touched my hand or grabbed my hand or something and I felt electricity go through my body and even to talk about it to this day, I get goosebumps, because it felt like the first time that my body and soul were connected. It was the first time where I didn't feel like I was living in that box with just that whole cut out of it. You know? That that was probably the most memorable, positive, uplifting journey there. Oh, the colours were so bright that night. Oh, the sky does this thing. Around this time of year, where like, in the evening, and in the morning, the sky turns like this beautiful shade of like, fiery pink, red, magenta, you know? And it was just so vibrant. It moved me that night. You know, like I was moved by the colours in the sky. You know? Yeah, that, that that was probably the most uplifting positive trip that I've had. Yeah. It was hard but it was positive and uplifting. I didn't feel that body load.

**Interviewer** 1:46:58

No?

**Participant** 1:46:59

No, not at all. No, I felt lighter. Um, during the come down, I texted my friend to let her know that I was still alive and okay, I just said I feel lighter. It's as if, like, before, I felt like I was living with chains, carrying around these heavy heavy chains, like those boat chains. You know what I mean? with like, the big anchor on it and after that night, I haven't felt that heaviness

**Interviewer** 1:47:40

Was during this experience, how long would you, or how much of the total duration of the experience was spent going through this trip with the little girl? Was a quite a large proportion of it or only a short while?

**Participant** 1:48:01

I would say it was a large portion of it. Um, I, I couldn't tell you for sure how long that whole trip lasted. It was long. Like I said, I can tell you at least 12 hours but time when you take psychedelics doesn't, it doesn't matter. You know, it goes out the window. For the first maybe. Okay, like the psychedelics come on in a wave, like you've got the come up and then the come down and then the come up and then the come down. So, like the initial come up was like, the most intense feeling I've ever felt in my life. It felt like electricity was going through me. I felt at times, like I was laughing so hard. Like I was going to lose my mind. You know, I even told myself at one point, I was laughing like the Joker, you know?

**Interviewer** 1:48:55

With abandon?

**Participant** 1:48:57

Yeah, yeah and, and I and I thought to myself, like, okay, [name], you either lose your shit completely now or you hang on together and you keep it together, you know? And, yeah, yeah, that that was intense. When I came down, I got myself a little something to eat, which was remarkable because I hadn't eaten much. I was I had just had like a suicide attempt a few days before I had done this, you know? So, like, I was very much at that point in life where I wasn't eating. So, when the come down hit, I had an appetite. So, that was like the first positive sign. You know, I had about maybe half an hour, 45 minutes, I think, you know, to send out my text messages like hey, I'm not dead and try to eat something and then once it started to come up again. I was I had um, I had the videos going on the internet. I had YouTube playing videos, right and I remember I looked over at the screen and in the singer kind of winked at the camera, you know, she, she winked and that's the thing that set it off again. That's the thing that set it off and that's when that's when I heard the screaming, and the little girl, you know and I would say that's, that's, that's when that part of the trip started with that and that kept going. Like I said, for many, many hours, many, many hours it at some point during that trip, I was just exhausted, and I took a Xanax, I was like abort trip. I am physically too exhausted to do this any further.

**Interviewer** 1:50:51

So, and I think obviously, the what you've told me is a condensed version of the experiences you had with the little girl.

**Participant** 1:51:01

Yeah sure.

**Interviewer** 1:51:02

Is there. Are there any sort of other aspects you remember about that, that experience that was significant to you? And maybe you've reflected on later as being kind of important in some way?

**Participant** 1:51:24

The biggest part, I think, was meeting that little girl. Learning what was making me depressed was helpful and I did walk away with a tool as far as to deal with when life gets out of control later. So, I'm sorry I don't know if I really answered your question.

**Interviewer** 1:51:57

No, that's, that's okay. It's just to provide more space if there's something that comes up. So, was the little, would you, was the little girl you?

**Participant** 1:52:08

Yeah, yeah, it was me. Yeah.

**Interviewer** 1:52:12

And was it you then or was it like a? Like it was a little girl but was it? Was it like the child you had, who had never got released out of the dungeon so to speak, or was it? I don't know how to understand it, really but I just wonder how you saw her? Like, what how was she in relation to the you who was looking at the you?

**Participant** 1:52:40

It was definitely me. It was I would say maybe six to eight-year-old me. Um, that haircut, I remember that haircut. Like everybody gets like that shitty haircut from mom. Yeah, yeah, I definitely remember that haircut and she was definitely me. It was it was definitely me that that inner voice that was my little kid voice you know? Did that little kid just kind of lock herself away in that dungeon and never come out? I would think so. Um, when I was a kid, my dad's favourite method of discipline was to beat the hell out of us, you know? Um, and I think that that has a lot to do with it. You know? As far as like being afraid to live because you know honestly, if you're afraid if you're living you're single if you're living every day of your life like you're going to catch a beating for doing something you know. So, yeah, maybe that little girl just locked herself away in that dungeon as a way to protect herself and never really lived life because she was always afraid she was going to catch a beating either physically or mentally you know.

**Interviewer** 1:53:52

Was there something significant around the ages six to eight that might have caused that little girl to lock herself in a dungeon?

**Participant** 1:54:09

Not that I can remember how I can remember off hand. Boy, it would be interesting to go back but I don't recall anything really traumatic happening. Um, you know, other than catching beatings from dad, you know? I can't really recall anything else happening like I wasn't like sexually abused or anything. You know, as a child or anything like nobody did, nobody did that. Yeah, I can't recall. Anything that would have happened around that age to do that, you know. Sorry. Yeah.

**Interviewer** 1:54:59

Oh, don't worry, better that it's just a maybe symbolic rather than necessarily like, there was something terrible that happened then.

**Participant** 1:55:08

Yeah.

**Interviewer** 1:55:12

And so now is there does the little girl appear anymore in say psychedelic trips, or even just in your internal sense of who you are now?

**Participant** 1:55:28

Not in psychedelic trips, but I always feel like she's with me. You know, I sometimes, like you have like that inner dialogue, you know? And, and sometimes I'll ask that little girl, you know, like, sometimes I'll have like a reaction to something like I'm afraid of something. Or there's that little voice inside of me screaming like, don’t do it. Don't go in there. Don't do this. You know what I mean? In a way, I feel like that little girl is always there and she's kind of, she's kind of serving like a, a watch out position. Now, you know what I mean? Like, like how Pinocchio had Jiminy crickets, for his conscience, you know. She's more like, my inner warning, I guess. No, but she always lives there. She doesn't live in a dungeon anymore. You know, she lives in a nice place in my heart, you know, a nice, a nice place with a nice bay window and then hot coffee, you know? So yeah, I think I think that she's always with me, you know, at least now I recognise that she's there and, you know, I and I pay her respect is as much as I can. She likes to dance, you know. So, what will I do? I'll put on some, some good dancing music, you know, even if it's that stuff we used to dance to in the clubs, you know, like, whatever it is, you know, whatever kind of good dancing music, you know, that's what she likes to do. You know? So that's how I kind of honour her a little bit, but she's always there. She's always with me.

**Interviewer** 1:57:02

Cool. Is there anything else you'd like to add to what you've described about that experience? Or any, you know, because I'm, you have more insight to what happened for you than I do. So, maybe there's aspects to it that you feel are worth adding in that I haven't touched on?

**Participant** 1:57:26

I mean, I don't really know if I have anything else to add, I, I wrote, and illustrated the trip report. If you'd like I can send you the link to read it. It's free online, you know.

**Interviewer** 1:57:38

Sure, yup.

**Participant** 1:57:40

That, that really, I spent after that trip, I spent the next nine months of my life really trying to capture it. Before that trip, I couldn't draw. I didn't have any artistic ability. I used to tell people like, Oh, I'm a paralegal, you know, I, I work in the legal field, like, Oh, I'm a paralegal I have no imagination. You know, my, my work is all dry documents and medical records all day but after that trip, I had the ability to, to draw and draw out these scenes that played out in my head, you know, I think, I think that once I move that mountain of depression off of my brain, it uncovered stuff I could do that had been buried by all that sadness, and melancholy. You know. Like, now I now like I've always loved fractals. I've always loved fractals, like ever since the 90s. You know, when they when we were first introduced to them in school, but now I actually understand the math behind them and create them and create you know, fractal music videos. You know.

**Interviewer** 1:58:51

Ok cool.

**Participant** 1:58:53

I couldn't make I couldn't add two and two together before and don't get me wrong. In some respects. I'm still very much stupid when it comes to math, but this really complicated Euclidean geometry. I've got it, you know. Um, I think Yeah, I think that's the only really thing like that I would really add is that freeing up all that mental energy, like just uncovered abilities that got drowned out by the screaming and sadness.

**Interviewer** 1:59:54

Thank you for sharing that.

**Participant** 1:59:56

Yeah, no, no, thank you for doing the interview.

**Q28. Interviewer** 2:00:09

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

**Participant** 2:00:18

I've never understood what ego death is but if it's that feeling of, you've left your body behind. I've definitely felt that not so much with mushrooms and LSD but definitely with DMT definitely. Anytime I've used DMT it's been like legit real, you know, yellow waxy powder stuff, you know? Boy how to describe it? You get you smoke your two three hits, you take your two three hits your vapour, and then you just blast off and before you know it, like, you're in this realm, you have no physical corporeal body, it's you are energy. You are energy you are electricity and you're hanging out with these electric beings, these beings of energy. Is that ego death? Gosh, I really don't know. Um, but if I if I had to describe ego death, I think that that would be close to it.

**Interviewer** 2:01:33

Let me ask you then in terms so. You there you just described sort of having no physical body? What about an identity? Is this still a sense of I am [name]? These are my life experiences. This is who I am. Or are during those experiences, the who you were in the past life so to speak, or what you were previous to this DMT experience, Is that no longer there?

**Participant** 2:02:03

I still retain my sense of self. It's like the energy is there but the body isn't. I guess like if you took a carton of milk, and you cut it down the middle or whatever, and you dumped out the insides you know, like, you have the empty carton, which is the body but the insides the milk. You know, like that's the energy. You know, like, like, the body is just like, like a container. If that makes sense.

**Interviewer** 2:02:38

Mm hmm. Yup.

**Participant** 2:02:41

Boy, it's really hard to describe psychedelics sometimes, you know.

**Interviewer** 2:02:46

Yes. If there was so easy to describe, they wouldn't be so mysterious, profound, and crazy.

**Participant** 2:02:55

Correct, yeah.

**Interviewer** 2:03:01

So, in that case, what I'm trying to build a little picture of what people think this idea of ego death or ego dissolution is, so what do you what is your understanding of how what do you think ego death is?

**Participant** 2:03:16

Oh, like I said before, it's never really been explained to me, I've never really understood it myself. What would I think ego death is? I think it's when you lose your sense of being an individual and you become one with like, the liquid collective. where like, your body no longer exists, your, your space no longer matters you. Like, like the milk container has just been opened and outcomes, your energy. That's, that's how I would think that ego death is. I mean, again, it's not something I've ever really understood myself. So, I don't think I can ever point to any point in my life and be like, yeah, that's ego death right there. You know, because, again, you know, psychedelics are hard to describe. I think even the people that feel like they've experienced it, maybe even they can't describe it well, but that's how I would think it would be like just you leave your body behind, and like your liquid energy insides just spill out.

**Interviewer** 2:04:33

I think that that sits that sits well with me in terms of things I've been hearing and reading about it, it seems quite similar to other accounts.

**Participant** 2:04:48

That's always been one of those elusive things to me like what is ego death? Like, you know, and sometimes you go on these psychedelic boards and people are like, you know, flaunting it like it's a badge like, yeah, I've had ego death man, what's up? You know.

**Interviewer** 2:05:01

I've done it 10 times.

**Participant** 2:05:03

Yeah and I'm just sitting here like, man, I've taken fistfuls of psychedelics. I don't know if I've experienced ego death. I don't know. You know.

**Interviewer** 2:05:11

Yeah.

**Participant** 2:05:11

Yeah.

**Interviewer** 2:05:12

Yeah. Well, you might maybe the people had gone on the forums claiming they've had ego death has actually they've had an ego inflation.

**Participant** 2:05:19

Yeah, yeah. I've noticed that sometimes it really does. Like, either go either have the ego death and become a more gentle person. I think when you take psychedelics, or they go the complete opposite way, and you become like this raging conservative, dick, you know, I've seen it go both ways. You know, I've seen it go both ways.

**Q29. Interviewer** 2:05:43

Yeah. So, we're getting close to the end, we've got about 3,6,8 questions to go. last two are pretty quick. So, we'll just carry on. So, the question is, have your experiences with psychedelics affected your spiritual or religious beliefs?

**Participant** 2:06:10

I converted to Judaism, before psychedelics and I don't really feel any differently about those spiritual beliefs after psychedelics. Um, I still, you know, I still believe that there's a higher being, I don't know, if you want to call it God or the universe. I still feel like there's energies around us, I don't know if you want to call them angels. Um, but I, you know, just to sum it all up and kind of condense it. I think that there's something bigger out there and I, it hasn't changed with psychedelics. It hasn't changed with psychedelics, I've always, I'm not going to say I've always felt that way. You know, like, in my younger days, I was I was very much an atheist, you know, um, but psychedelics didn't change that. That was that was pre psychedelics.

**Interviewer** 2:07:13

Has it, rather than changed, has it reinforced any spiritual or religious beliefs?

**Participant** 2:07:23

If anything, it's made me more grateful. I think, um, I think like religious people, or spiritual people, like the talk about praying and things, and I was never really one to pray or meditate before. Um, but after that, yeah, I very much meditate now. I take the timeout, you know, even if it's just the five minutes just to like, bring that inner peace back in, you know? Um, yeah. Yeah, that's.

**Q30. Interviewer** 2:08:13

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

**Participant** 2:08:26

Maybe? I've never been afraid of death or dying. Um, you know, living life with major depressive disorder. You sort of welcome it and pray for it. You know, you kind of hope that it happens every day and you're disappointed when it doesn't happen. Um, you know, now I don't run so much towards it, but I'm very much at peace with it. You know? I don't want it to happen tomorrow, but I realised it will happen at some point in my life, you know. Am I okay with it? Yeah. I mean, I have to be okay with it. Like, I can't, I can't drive myself nuts staying awake all night. You know, like, Oh, my God, I might die someday. So, I have to do this or what if this doesn't happen? You know, like, I'm very much at peace with it. You know, has it changed? Yeah, I don't welcome it. Now. You know, I'm not like running after it. I'm not on death's door. You know, knocking loudly let me in. You know. I'm not jealous of people laying in caskets anymore.

**Interviewer** 2:09:37

Probably a good thing.

**Participant** 2:09:39

Yeah.

**Interviewer** 2:09:43

You're the only person at the funeral there smiling or crying because you're not allowed in the coffin and they are.

**Participant** 2:09:51

Yeah, you know, there was a funeral that I went to, um, when I was converting to Judaism. The rabbi had suggested I come to this funeral to see how things go, you know, like when you convert to another religion, you know, they want to see, you know, they want you to see how everything works and everything and this funeral was, um, he was an 18 year old guy, and he died very tragically in like a car crash or something or a motorcycle crash or something, it was tragic and fast and I didn't even know the kid, you know and there I was sobbing at the funeral sobbing like ugly sobbing, you know, because, like, I felt like that should have been me in that casket. You know, I know, it's kind of terrible to kind of say this or to kind of think it, but in a way, like, I kind of felt robbed, you know, like, he was this 18 year old kid, he had a scholarship to go to some college, and he played like football or some sports or something. Like he was very much like, he had his whole life ahead of him, you know, and he had like, a good start to it, you know? And there, I was just sobbing my eyes out, not so much that this kid had died but like, why couldn't that have been me in there? You know, this kid could have contributed so much to society, you know? Yeah, yeah. Like I don't do that anymore but, you know, that's how I felt at one point.

**Q31. Interviewer** 2:11:26

This question, the next one is very similar to a few of the ones asking you about your beliefs. It's more designed just in case people don't respond well, to the ones asking about spiritual religious beliefs. It's more a secular version of asking a similar question but it also does kind of touch on different things, depending on how one thinks about it. The question is, have psychedelics changed any fundamental beliefs about the nature of reality?

**Participant** 2:12:03

Have psychedelics changed the perception about the nature of reality? I would say yes. In that reality seems a little more plastic now. Whereas before it felt more concrete. I realised now you can bend your reality. Somewhat, you know, not completely, you know, but you can bend your reality to your will and kind of make it a little more palatable. Um, yeah, yeah. Has it changed? Yeah, I used to view reality as more of a concrete construct, whereas now I view it is more of a plastic thing.

**Interviewer** 2:12:59

I guess this comes back to that idea of seeing increased possibilities, as you were saying a while back.

**Participant** 2:13:08

Yeah. Yeah. Yeah. optimism, I guess it comes with the optimism, you know, when you're not optimistic everything is shit and dark and nothing's ever going to get better and everything is black and white, you know and I guess as colourful as a psychedelic trip was it opened up this whole world of grey areas. You know, where I didn't live in those grey areas before. You know and that's the problem. I think with depression when you're when you're depressed, you know, everything is very black and white. It's either awesome or it sucks. You know, there's no in between, you know, but yeah, psychedelics is like, opened up that middle grey ground. I think.

**Q32. Interviewer** 2:14:13

Have psychedelics changed your outlook on life?

**Participant** 2:14:18

Yeah, very much so. I used to want to die all the time. hide away from people curl up in a corner, blend into the wall. You know, I don't exist. I just want to sit here and be sad and think of different ways to kill myself. Now I'm very much more optimistic, productive. You know. It's very much yeah, I look forward to waking up every morning. The morning sun doesn't feel like a sledgehammer to the forehead. You know. I don't I don't lament every little thing that I have to do. Like, oh god, I got to go to work. You know, like, I still have my days, don't get me wrong, you know, but it's not like the norm, you know. Um, and, you know, I feel optimistic that maybe in telling my story of how psychedelics helped me, they can help others. You know, um, I've talked to large groups before, you know, I get a lot of questions from people, you know, I just, I feel, yeah, my outlook on life has completely changed, maybe it's not such a big pile of shit, you know, maybe I can help and make it like a little bit better. You know, I look forward, I look forward to more days than I ever have.

**Interviewer** 2:16:08

I'd like to jump back a step, because just sort of thinking on what you're talking about here and I sort of realised that I haven't asked too much about this but so you had this really powerful, memorable, intense, life changing experience with the December 3, LSD mushroom trip but since then, you still use psychedelics. Have you found, so what is the continuous use? Can you talk a little bit about, like, how, what's that, what's its purpose in your life and how it's played into these changes that you've been talking about? Like is the further use also connected to the long-term changes that you've experienced.

**Participant** 2:17:01

I think, you know, like I said, Before, I only do it maybe once or twice a year now and, and I use it more for like, you know, I've had like, a really rough time with things. I've had a really rough time dealing with something in my life or changing it or something like that, you know. I take the psychedelics and I kind of see if I'll get the same effect as I had before, I guess, in a way, it's kind of almost like chasing the dragon. Like they call it, you know?

**Interviewer** 2:17:35

Like opium.

**Participant** 2:17:35

Well, yeah, yeah. Kind of, yeah. Um, you know, will I ever have that sort of life changing thing, will I ever have that sort of massive trip again, and it, it's never panned out like that, after that night. I just sort of, I used to use psychedelics a lot before that night, like, almost daily, you know, at least a couple of times a week. I mean, I was growing mushrooms. It's not like, I it's not like I had to, like, go out and buy them. You know what I mean? Like, I just had to go to the fridge, you know? Or the tub, you know, whatever it was there. Um, but after that [December 3, 2016 trip], you know, I just I think I got what I needed from them and they just sort of lost that mystique when I use them now. I mean, do I still gain some insights? Yeah, but not like before. Is it still fun? Yeah, but not like before, you know what I mean, is stuff still colourful. Yeah, but not like before, you know, um, it was just, that was a very, very defining moment, that December 3, 2016 trip and everything kind of changed after that. So, when I use them now, I'm still gauging like, do these still work for me? You know, do I still find these enjoyable? You know. Is there any purpose? Is there any good that they can give me? Um, I just I haven't. I haven't gotten the benefit from them that I did on December 3, 2016. Like, I don't know, I just kind of lost a little something after that. You know, so when I use them now, like, ehhhhh it's kind of like when you go to your friend's party and like, your favourite thing to drink is whiskey and what they have is vodka. You know what I mean? It's like, ehhhhh okay, I mean, yeah, okay, I'll have a couple of drinks, but it's not. It's not like how it used to be.

**Interviewer** 2:19:45

So, would you still describe, like the use is therapeutic or in that capacity?

**Participant** 2:19:54

That's the intention is to use them therapeutically.

**Interviewer** 2:20:00

What about the effect?

**Participant** 2:20:01

The effect? Yeah. I mean, don't get me wrong, I still very much deal with anxiety, you know and that's, that's the one thing that I haven't been able to overcome and, and even the fact that I haven't been able to stop smoking cigarettes, like, you know, that's, anxiety is definitely the big thing now to deal with. Has it helped me with anxiety? I think. In the few days after the trip, everything is a little more quiet but then, you know, you have to go back to living your life, you know, I haven't quite developed the tools to deal with anxiety, like, like, I got to deal with depression. Um, so is it still therapeutic? That's the intent. You know, um, I just don't know. I just don't know if like, there has to be like that right set of circumstances that has to happen like before, and I've even tried mixing psychedelics again, you know, like, every, every New Year's Day, I'll take LSD and mushrooms together, you know, just like I did done December 3 2016. One tab of LSD, and usually three, three ish grammes of mushrooms, you know, I just kind of weigh them in the scale, and it lands close to three, and I'm good with that, you know, um, but it hasn't been like the same it, I haven't had that even that same intensity, you know. So, the intention is to be therapeutic, is it therapeutic? You know, I feel better for a couple of days afterwards, you know, but maybe I just haven't had like that big, that big, anxiety trigger pop out that I can deal with, like a head with depression, and that little girl. Like, I'm definitely one of these people that thinks that psychedelics should be used for more spiritual and therapeutic purposes, but I'm not going to be like one of those Nazis that, like, that's the only reason you can take that you can't have them for fun, you know, like, take them for fun to whatever, man like, I'm not I'm not your mom, you know \*laughs\*?

**Interviewer** 2:22:34

And if my mom said, no, tell her to bugger off.

**Participant** 2:22:37

\*laughs\* Yeah, right. Yeah. You're an adult man. Do what you want, you know?

**Q33. Interviewer** 2:22:57

Right. So, if psychedelics have a role to play in society, what do you think it is?

**Participant** 2:23:10

Definitely, definitely helping to cure mental health problems, I really think that they can serve a big role. As far as dealing with mental health. I think that the key is the person taking the psychedelics has to be able has to be willing to do the work. Like, you know, you have to confront things about yourself that you might not like, you know, that that's where I think psychedelics could really, really, really benefit society is just in in the mental health field, you know. Man, man, I'm telling you, like, my depression was so bad, and it could cure that, you know, I can't even imagine what it could do for other people, you know, who felt like that, you know. So, yeah, that's, that's what I think their place in society is how they can benefit society is definitely in the, in the mental health field. You know. Do I ever think that psychedelics should be something that the doctor can prescribe and you can take home and take them yourself? I think that the, I think that it would be harder to get that kind of work done in a clinical setting, but I also understand why, you know, doctors and pharmacies wouldn't be like, okay, here's three tabs, acid, take them and go home. You know, like, like, I can understand both sides of the coin on that one. It's a tricky one, you know, a tricky one. You might not get the response you want in a clinical setting because the person isn't in their home comfortable setting. You know, like you can wear pyjamas and wrap yourself in soft blankets and play music all you want, but your home is your home, you know? Yeah, it'll be interesting to see how they how they implement it in the future, you know?

**Interviewer** 2:25:01

Yeah, definitely.

**Participant** 2:25:02

Yeah. Yeah.

**Q34. Interviewer** 2:25:12

What advice would you Oh, sorry? No, that's the question after that one, sorry, have psychedelics shaped your view of humanity's future?

**Participant** 2:25:21

I don't really know. I think that as humans unless we all pull our heads out of our collective asses and come together, you know, especially living in this shit show that we call the USA now. I mean, I don't know, have I ever had a good outlook for humanity? Not really. I don't know if we can, as a species, overcome our own egos to understand that we really all are one human family, you know and watching all of this stuff that's been going down over the year 2020. I have higher hopes for humanity outside of the United States than I do the United States and South America, I think, you know, because in some South American countries, you know, they've got like, their Donald Trump's too, you know, like, this isn't real. This, you know, this virus is fake. It's fake news. All it's fake news, you know, um, has psychedelics changed that view? I don't, I don't necessarily think so. Other than, you know, helping me realise that, hey, you and I are the same person, we want the same things, you know, it's helped me understand that but as far as the future of humanity, boy, I really don't have much faith in us as a species, you know, like, like, we'll make it we'll make it you know, like, we always do. We're like cockroaches, you can't kill us, you know, but that just verdant, and peaceful world. Boy, I don't know, it looks more like a pipe dream, now than it ever has, you know, like, I don't know, if we'll ever get there to the Age of Aquarius. You know, I very much hoped, I think in my younger days that we would, like, you know, you read all those sci fi books of like this utopian future and like, there's no money and everybody like wears the same clothing and, like, everything is bright and peaceful and white, you know, like, all the walls are white, and all the plants are white, and everything looks pure and everything and that's never going to happen. That's never going to happen, and I don't know if psychedelics have really had an effect on that or not. I just I don't know. I That's a hard one to answer.

**Interviewer** 2:27:53

Some people, some people definitely come in with a solid like yes and some people are like ehhhhhhh not sure.

**Participant** 2:28:00

Yeah.

**Q35. Interviewer** 2:28:09

So, second to last question is, what advice would you give to people who are interested in using psychedelics?

**Participant** 2:28:19

Start small, start small. You don't have to be hero and take five grammes in your first time out. Like it's okay to take a gramme and then it's okay to take two and then three, and then four, and then build yourself up but the biggest thing is to start small because if you take a big dose, all of a sudden, you could have a bad time, and then you're just turned off, and you don't like there could really they could really be helpful but if you have too intensive inexperience, you'll just be turned off, you know, that would be my advice, start small and be easy on yourself.

**Q36. Interviewer** 2:29:20

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

**Participant** 2:29:34

You know, I think the only thing they just want to say is I really think psychedelics can help where traditional psychiatric medication has not. I think that once more studies and science are done, you know, more people will have stories like mine, and it'll be better accepted. Um, you know, like, right now we're still dealing with that stigma, you know, like that old stereotype like the only person that that takes LSD is some dirty, unwashed hippie, you know, but by doing the science and the research behind it, you know, we give it that legitimacy that, you know, hey, it's not just for unwashed wooks, you know \*laughs\*, like, it can help people. See, I think that's all I want to add, I really, I really feel hopeful and optimistic about the use of psychedelics in the future in mental health. I would love one day love one day to turn on the news and, and see, we've cured depression and nobody ever has to feel suicidal anymore. You know, I couldn't even tell you like I, I'm sorry. Like, I've got like, my eyes are starting to tear up a little bit thinking about it. Like, that would be the most perfect thing to, to know that nobody would ever have to deal with those suicidal thoughts like I had, you know, that would just that would be the most wonderful thing to wake up to, you know. That's yeah, that's all I've got.

**Interviewer** 2:31:15

And the next story is overpopulation.

**Participant** 2:31:18

\*laughs\* Yeah. That's the truth, that's the truth \*laughs\*, yeah.

**Interviewer** 2:31:27

Everyone's so happy, we're all having 10 babies each.

**Participant** 2:31:30

10 babies, right. It'll be like, um, like the pandemic babies, you know. Like, it'll just come in waves. Yeah, yeah, you're right. Yeah. I think that there would be a humongous baby boom. If yeah, yeah. Like, like, they always talk about, you know, oh, we're going to spike the LSD in the water man. We're just going to put it into tap water. You know, like, if that actually happened, and they actually pulled it off. Yeah. I could totally see like a humongous baby boom, you know.

**Interviewer** 2:32:01

That would, spike a city's water. That would be an interesting experiment, I think.

**Participant** 2:32:11

Yeah, yeah. I mean, I don't know how you would do it. I mean, I don't think it's possible. What do I know? I'm not a scientist, you know, but you know, they always talk about it, you know.

**Interviewer** 2:32:21

Think is probably as simple as how they put fluoride or whatever into the water or the chlorine.

**Participant** 2:32:28

Yeah.

**Interviewer** 2:32:28

Tip in the sack in the thing and mix it up.

**Participant** 2:32:32

But where you're going to get 80 pounds of crystal LSD?

**Interviewer** 2:32:35

Well, who knows?

**Participant** 2:32:39

Who knows?

**Interviewer** 2:32:40

Who knows? That city’s water supply the most valuable water supply in the world for that moment.

**Participant** 2:32:49

Man you said it. You aren’t kidding \*laughs\*. Yeah.

**Interviewer** 2:32:53

Everyone be bottling it. Keep it. Well, those are all my questions, [name]. So, I'll just pop off the I'll stop the recording because there's nothing more to be done there.