24. Interview with Participant 24

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**Length:** 2:16:59

**Spoken duration of interview:** Participant (79%), Interviewer (21%)

**Age (years):** Participant (40), Interviewer (30)

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

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

**SUMMARY KEYWORDS**

psychedelics, people, experience, life, substances, psychedelic trip, psychedelic experiences, lsd, question, bit, understand, ego, mind, nature, drug, feel, place, day, moment, noticed

**Interviewer** 00:02

Sorry, I forgot to just chuck the recording on.

**Participant** 00:04

No worries, no worries.

**Interviewer** 00:06

So let me, can I just ask that again, just fits into the recording?

**Participant** 00:10

Yeah sure, of course.

**Q1. Interviewer** 00:10

The first question, sorry, the first question is why do you use psychedelics?

**Participant** 00:17

Hmm, all right, there's different reasons really, both of them really being in this, I like to call it a pure state in a way that I get to think about stuff without my ego blocking, blocking my views, and giving me a different, let's say, different state to look my life and the world in. So, that's probably the most important, most important reason. Second thing, it's also about connecting with other people in that different state because I, I pretty much have all the closest friends that I have, we have been experiencing these things together and it makes the relationship closer, because we have been in this state together and talk talking about it and of course, 3rd thing is just, that it's, it's enjoyable. I get to, let's say, experience, life, art, music, a lot of things in a different way. Especially music, music especially is a really big part of my life and using under these certain substances, I really get to really listen to the music the way, otherwise I wouldn't be able. So, I think those three reasons are the main, of course, they can be different, different things like, let's say, going to a Burning Man and experiencing the arts and things like that, then then, then that's a different story altogether but I think those are the major things and, of course, I think, at least for me, it feels like it makes me a better human being overall, because the things that psychedelics, at least, for me, emphasise are mostly really tough, good things, that empathy, community, helping others, enjoying the moment, that sort of stuff that are in a way, key about living a good and happy life.

**Q2. Interviewer** 03:10

Have the reasons why you use psychedelics changed over time?

**Participant** 03:19

For sure, I think that I have noticed different uses for it because like I said, it's not the first when you do it for the first time. You don't really because it's, let me see, how do I explain it? Basically, it's tough to wonder, like being in awe, under everything, and all the things that you're seeing and experiencing for the first time. So, basically, for the first couple, two times that I did it, I really didn't get anything, anything else out, except, like, really experiencing the life in different state but after that, since there's been more, more times that I used, I have noticed that there are these different patterns, and why and when I use psychedelics, so, in a way I have learned to use them in a way that it's a different purposes. That of course I originally didn't and you never know, maybe I will come up with more reasons later on in life but, but at least for now, those are the main reasons that I use it for.

**Q3. Interviewer** 04:50

How did you first start using psychedelics?

**Participant** 04:56

I think if I remember right, I was listening to some podcasts might have actually been Tim Ferris's podcast, or some other or Joe Rogan. I'm don't really remember, but some podcasts, and I was talking about it with a friend that I had somewhat like recently met. We were not that close back then but I was expressing my interest that hey, they were talking about this psychedelics on that episode and like, I'm super curious about that stuff and eventually, my friend said that, hey, well, I've been actually doing some psychedelics myself and then we started talking, spend like, a couple of hours talking about it and eventually, I found out let's say, we've got to know more about that stuff and, and plus, like, my curiosity was increasing and eventually, I found out that okay, this is really something that I want to try out and then went into the dark net, and got something, some stuff, some mushrooms and LSD and did my, because I had another friend that was also curious, but didn't have the courage to do it yet. So, he was sitting out and let's say, I was talking with her him during my first trip in mushrooms and, of course, it's almost I understood after that, that actually talking with somebody that is like completely sober. It's somewhat like get me down a bit. So, I wasn't like fully, fully embracing the trip but, but after that, since he noticed that, hey, it seems that the propaganda and the stuff that they have been talking about psychedelics is mostly crap. So, the next thing, two weeks later, we actually did LSD together and, and then, from that, let's say, my journey really began. So, I started, I started experimenting on those substances, every now and then and of course, it made me realise certain things about, let's say, about me myself, about certain things. For example, one thing that I immediately get to understand is that all my, all my dreams that I have had ever while sleeping, are black and white. So, first time that I close my eyes, I actually saw colours and stuff like that. So, it made me realise certain things like that but yeah, basically, came through with a talking with a lot of with my friend, and he gave me a lot of like guiding and was there online, if I needed to ask any questions or stuff like that. So, I was super, super prepared. I had read a lot. I was really, really digging deeper before doing anything and eventually, of course, since I always prepare for everything it made my first experience really nice and joyful. I didn't really, there wasn't really anything there that, like, completely blew my mind because I had to read so much about them already.

**Interviewer** 08:39

And then how long ago was it that you began your psychedelic use?

**Participant** 08:45

I think it's three and a half years ago, approximately, maybe a bit more. Yeah, basically three and a half years ago, during summer.

**Interviewer** 09:03

And how often would you use now? Has the frequency changed since you began?

**Participant** 09:11

Yeah, for sure. I think that during the first, let's say 18 months or so, I did it more frequently. Let's say something like maybe once, maybe on average, like once a month, or maybe once in two months or something like that and during that, that's pretty much the first year like that, or the first year and a half but after that it's been something like twice a year, or let's say, at most, four times a year but I think that the average is like two to three times per year.

**Q4. Interviewer** 10:00

Okay, what aspects of psychedelics do you find most meaningful or valuable?

**Participant** 10:17

At least for me, it's emphasises the things that are meaningful in my everyday life, already, like having an impact for work, helping others, enjoying the moment enjoying the art. I think that it forces those things, at least at least now, especially if you could say that I'm a let's say veteran in a way veteran in this this case, that. Yeah, I think that that, that that is really, really the thing and that's why I always, I say, I did my last. Actually, that's, that's why I wanted to do the research. Now, because I had my recent trip, actually, last weekend. So, I was thinking, because I knew that there's going to be the interview was coming. So, I was, in a way, thinking as well, during that experience that, okay, what are the things that I'm getting out of this experience? And I think that it showed me that I'm on a right track in my life because the things that I've been doing, and the things that have been bringing me joy, are still the same and enforced by the experience that hey, man, you're doing well.

**Q5. Interviewer** 11:47

Cool, good to hear. What aspects of psychedelics do you find most challenging or difficult?

**Participant** 12:03

Oh, well, I'm not sure if this is a good response but I think that, since it's illegal, I think that makes things harder, because it's really hard to communicate or talk about them, because they are still quite demonised overall and I don't really, let's say you can't be really 100%, open about that stuff and you need to be someone something some, like really cautious about where you can talk about them, or who you can talk them about, and so on. So, I guess it's not really, really their experience experiences itself, but more or less the, let's say, the cultural climate around those topics. Or if I'm not sure if that's, do you want to actually that I would focus on the experience? Precisely, or?

**Interviewer** 13:02

Both are okay, like, if certainly the illegal nature for sure something I've had a number of people mention. Are there any particular experiences during the psychedelic trip that you find challenging or difficult?

**Participant** 13:18

Oh, well, for sure, of course, if you are in a place that you encounter people when you're under the influence, and there they are definitely not, of course, you're thinking about, okay, are those people noticing that you're not sober but usually, again, it's all about the setting because I only use these substances in an environment where I don't encounter people, if I don't want to, or if I encounter people, they are like minded, and I don't need to worry about that stuff, but I don't have to really, like I said, all my experiences that I have ever had, are only positive. So, I don't really have much bad things to say. Except that would be really nice to be able to talk about these things more openly. So, I think that's the culture and the illegal aspect of things.

**Interviewer** 14:32

So, the next couple of questions are going to be asking about how psychedelics have affected your life but before we get into that, there's just to sort of give you a bit of context or pre-emptive of some of the questions. So, I'm going to start that quite broadly and so you can answer the question, what I'll ask is, in what ways have psychedelics affected your life? You can answer that, you know, however it feels natural to you and then I have a number of follow up questions that sort of try and dig into some particular aspects or areas of people's lives that, if you don't cover them in your original answer that I'll go through and get and get a bit more deeper on and get some more information.

**Participant** 15:20

Alright.

**Q6. Interviewer** 15:21

So, yes, the first question is, in what ways have psychedelics affected your life?

**Participant** 15:30

I think that it has created greater connection with my true self, I think that's the most important thing, because I get to understand and trust my instincts, and gut feelings, and, and so on more, and of course, being really me. So, I don't, I don't, I'm not wearing any masks or, like certain let's say, I don't put on any kind of characters. So, I'm always being myself and really genuine on the things that I do, I don't fake and like said, being the first version of my true self, that's probably the most, most important thing. Really. The second thing probably is really, really about, again, about the arts and everything. So, I really have, it has nurtured my interest in, in all kinds of art, and it makes me appreciate them more and of course, the third thing is it's the human connection, that it has enabled me to create connections with people that are like minded, and also, also, because of I'm being really true to myself. So, I don't, I don't fake I don't know, I know what kind of vibrations I bring and when you bring that genuine vibration, you're, you're meeting people that you're supposed to meet and eventually the people that are supposed to be staying in your life will stay in your life and overall, all those things combined, will lead to a better life.

**Q6a. Interviewer** 17:44

So, some follow up questions are, has your personality or identity been shaped by your psychedelic use?

**Participant** 17:55

Well, I think that I don't think that it has shaped really, it has given me courage to be more about certain things that I am. So, I think that it has made me more at least a bit more empathic. So, really looking to like really think about others more. So, let's say less self-centric, for sure. It has made me, what could be, well of course, self-aware that I can always look myself on a different point of view. So, it's not always about free thinking and seeing everything through my own perspective, own perspective and, and what else? Well, I guess overall friendly, like saying being friendly to people, because I never know what they have experienced and I have get to understand that. It's not always the, oh, actually it's rarely their fault, how they have become what they are, but it's more or less like the environment and the things that they have experienced, that have shaped them the way they are, and so on. So, I guess understanding, understanding people better as well.

**Interviewer** 19:33

I'm just taking notes, so that's why it goes quiet.

**Participant** 19:36

No worries. I'm walking here so I'm good.

**Q6b. Interviewer** 19:39

Yeah. Okay. Has your psychedelic use altered any of your long-term goals or life purpose?

**Participant** 20:00

I guess I guess in a certain perspective, it has given me this view on the world that I shouldn't be setting off, let's say, too long, long goals in a way, because so much stuff can happen. So, I have, I have started to live, let's say, in a way, shorter term, and, let's say, embracing the things that happened to me, because they are meant to happen to me and, of course, I think that, like, I don't really value, money or material or that sort of stuff so much anymore. Definitely, something that probably somebody that I have always, because I haven't never been so materialistic or driven by money but it has again, in a poor setting that definitely money and materialistic things don't matter so much to me, that, like the other things like the Arts, human connections, and helping others and so on. So, different things motivate me more than previously.

**Q6c. Interviewer** 21:29

Have psychedelics caused you to seriously question your own beliefs?

**Participant** 21:40

Well, I don't, again, I don't really think so I think that I have never really been having any beliefs that are super, let's say, foundational, in a way I've been always quite flexible with my thinking and, and with my beliefs, of course, it has given me this more that I have, let's say been, because I have become more self-aware of thinking, let's say, thinking about certain things like relationships and stuff like that, having a family or, or something like that in a more broad, broad way, that it necessarily things that things that people like said, the external motivation and internal motivation are different. So, if people are saying that you should do this, it's necessarily isn't the right way but you need to find the internal thing that what is your way. So, that's also probably one of the reasons that I am a single, because I don't really see that the relationships and that sort of stuff is something that you should do but it's something that eventually you do, you will do when, when the right person comes to your life but it's not like, like, if you think about the culture, the culture says that okay, forty year old, man, you should be already like married having kids and that sort of stuff but it's not an internal motivation for me. It can, it can become eventually that, but it's not like something that is giving. Yeah, I think that that's, that's, that's, that's one of the big key things that external beliefs are really hard to stick on me.

**Q6d. Interviewer** 24:09

I think you've spoken to this one, but I wonder if there's anything else that comes to mind when I ask it? So, the question is, has your understanding of yourself changed due to your psychedelic experiences?

**Participant** 24:27

Yeah, well, of course, it has improved, that I have become more aware about myself and about this life in a way meaning in all this life and what drives me and what kind of things bring me actual internal joy like said not just external, so I have become more aware about my internal motivations and internal beliefs and who I am overall and of course, it has really given me more self-confidence to believe in, in those internal things, that I'm always doing the right thing at the right time, even if, even if it might seem otherwise. So, like trust, trust my gut feeling and intuition more. Definitely.

**Q6e. Interviewer** 25:46

Has your psychedelic use affected your use of other drugs?

**Participant** 25:55

Yeah, well, sure. If you think about alcohol, if alcohol is a drug, I haven't really used it much. Well, I have, well, especially after I started using these substances, so basically, alcohol has been really almost non-existent, I drink it every now and then but I don't really get completely like, hammered \*laughs\* or what's the word but like I said, I think that's probably the most, most important thing and, of course, it has given me this approach that and that may well, basically, I think that it has given me a different approach to cannabis as well. So, I definitely see that. That's, it has made cannabis better for me as well. So, I get to, let's say, enjoy it, enjoy that drug more and only in a positive way because I do, I really didn't, let's say experience much earlier but when I after the psychedelic experiences, I get to notice that okay, cannabis is really a great tool for me, as well but besides those, I don't really not much change. So, I haven't really used other drugs before, and not after the experiences, as well.

**Interviewer** 27:33

So, in terms of your alcohol use, prior to using psychedelics. How would you describe your use then? Were you're getting, for example, hammered, or just using more often?

**Participant** 27:52

Well, I guess it's both, I guess I used it, I wasn't the heavy user, even before but you could say that it has become almost like non-existent these days, so I only drink. If I, if I tried to think about it, I maybe drink I let's say on a comparison, I drink, drink, drink, like maybe 10 alcohol, like doses during one month, on average, before and these days, it's maybe like, one or two per month. So, I haven't ever been a heavy user but of course it has, like giving me a different approach that I don't really get anything out of that substance but I still drink it with like company or with food, but not really about getting intoxicated.

**Interviewer** 29:03

And what about cannabis? What, what was your relationship with cannabis prior to your psychedelic use? And, and how did how you said it's gotten better now? How did, What's that?

**Participant** 29:13

Yeah, well, I think it's, I do, let's say I use it every now and then back in the day, but I didn't. I didn't really get much out of that, in a way because it sometime like make me happy, like, let's say couch locked all the time. So, basically, I didn't really do much I couldn't do really anything. So, it was like, in a way funny but these days, I think that I use just to like enjoy, like, let's say good company or enjoy music or enjoy food. I think that from the previous that it was only like it didn't really bring me Anything, but these days, I see that it, let's say, emphasises the good things in my life. So, I enjoy food more I enjoy the music more I enjoy people more. So, it's a become more or less like a life booster every now and then and of course, because of that, more frequent as well.

**Interviewer** 30:30

Other than the increase frequency, would you say the that your use of alcohol has sort of followed that same pattern of being used to emphasise the good things in your life? Or is it used in a different way?

**Participant** 30:48

Well, I think I think it's pretty much the same, because I use alcohol with the same stuff like enjoying the food, like with that, good, good. Let's say, good food, good wine goes really well and then sometimes with friends, it's really nice to like, let's say drink, like one or two stuff with a company and let's say, maybe smooth smoothing up the tongue, so to speak. So, I think I'll be more social but yeah, basically, on those two topics only, not really on anything else.

**Q7. Interviewer** 31:34

Have your psychedelic experiences affected your relationships with significant others? And by significant others, this could be friends, family, a partner or spouse, children, anybody important in your life, essentially.

**Participant** 31:54

Well, well, of course, for sure, if some people don't accept that stuff, then they are just probably slowly going away from my life. So, of course, it has become that border unfortunately, because certain people the stuff is tough either. If you are using that stuff, you're a bad person, and they don't want to be have anything to do with me and it goes both ways. So, of course, it has cut some people from my life but I think that they were wrong people for my life anyway and but yeah, for sure. Mostly, I think that, for example, with one person that we were dating back in the day, and then then I eventually came up came from the closet and said that this is the this is the real me and that things stopped, like, right away. So, again, it's the main overall, the things that's how people see these things because of the cultural things and the illegal aspects of it really makes it makes people see them in a really much, much worse way that they should be seeing it.

**Q8. Interviewer** 33:49

Have psychedelics changed how you think and feel about yourself?

**Participant** 33:58

Yeah, I think that I feel more good about myself and, like trusting myself, I'm still increasing my self-confidence. For sure. I'm more satisfied in myself, as well. So, and at the same time, being merciful about myself as well. That not all the things that even if they go wrong, it's not always my fault but there's always these environmental things that that are really hard to understand how certain things are happening the way they are happening and, like said, When, especially when certain people are, let's say, reacting on this stuff, really negatively. I always say that it's not really about me, it's about them because they choose how they experience and, and they choose how they react and it's not my fault that they behave the way they behave.

**Q10. Interviewer** 35:36

Have psychedelics provided insights into how to live life well?

**Participant** 35:44

Yeah, yeah, for sure. For sure. I think those are answered already earlier but I think that it has may made me let's say, well, it, they have made me understand the things that are important in life and that band of things that are important in my life, internally, not, not externally. So, I think that it has, and when you're living the life that you're supposed to live, that comes like from inside you. You're living the life that’s looking like you and feeling like you not stuff, like you're living the life that you're supposed to be living up because of the culture and the because the people around you. So, for sure, it has definitely, definitely improved my quality of life.

**Q11. Interviewer** 37:24

Have psychedelics shaped your worldview?

**Participant** 37:34

Well, I guess I have become more, let's say, a global citizen in a way that I don't really, I have never been really you could say that, like a traditional Finnish citizen, but I'm really thinking about things are more on a more broader view and, and, of course, the one world view that it has really emphasised a lot is really that everything should be about people and helping each other. So, really, about how can you be if everybody would be less selfish, and more about giving not just about taking, the life on earth, for everybody would be so much better and probably one thing that still could be mentioned here is that it has made me see that may be my mission. One of the things, my mission in my life is that I need to be giving out more, because I feel like I have had these experiences quite often that I feel like that I have already, like understood in a way, what this life is about and my mission is, I should be more or more selfless about giving more than I get, because that's how, let's say grateful I am about being so happy, so grateful and all the good things that have happened to me and I feel like that that I have gotten to where in this moment and this understanding that I have achieved the understand thing about life and everything, what I could be achieving, and eventually giving back to other people, and even helping other people understand about their mission and passion in life and what kind of, like internal things are coming from them. That's something that I hope to achieve more. So, anyway, it's not any more about me, but all about helping others, the other people achieve great things as well.

**Interviewer** 40:53

And in terms of this, this idea of helping others, and to giving more is this, have psychedelics, have, they simply emphasised this aspect of you and not necessarily this wasn't a revelation or, like something that was new to you?

**Participant** 41:15

Yeah, not completely new but I feel like that it has pushed me over that certain boundary, that, I see that that's my mission in life and that's my philosophy of living, because I think it has always been there in my back in my brain but I probably haven't got there, I haven't liked be able to tap into that before those states because that's really the thing that usually come to me, in that egoless state and, and these things are always these things just like, again, it makes me enables me to tap into those things that otherwise would probably take a lot of meditation, and a lot of work with yourself. So, so probably you're right, that it hasn't really changed anything, it probably has enforced those things that have already been there.

**Q12. Interviewer** 42:42

Have psychedelics changed your relationship with nature?

**Participant** 42:49

Well, for sure, it has made me respect nature more, and overall appreciate it more. So, I think, for sure, it has changed my view on nature, in a, by a much. Let's say healthy, healthier, healthier state in a way that I think about the environment but then again, I understand that go into protests about any kind of environment or environmental issues. It's not, not my cup of tea, but I want to be changing the world through the work that I do and maybe create these impact companies that are doing good for the world and at the same time going doing a good business as well but yeah, going out for a walk going out there in the nature, just hanging out. Enjoying the outdoors, for sure. That has becoming has become more important for me.

**Interviewer** 44:09

Would you do you spend more time now outside or in nature than you did before?

**Participant** 44:17

Yeah, yeah, yeah. Yeah, definitely.

**Q13. Interviewer** 44:34

So, the next 11 questions are going to be asking specifically around your psychedelic use. So, a little bit the nuts and bolts about how you prepare yourself what you're doing during a psychedelic trip. Any just things related to the, the way in which you use psychedelics essentially. So, the first question is, how do you prepare yourself for a psychedelic trip?

**Participant** 45:08

Well, first thing first is that I book good timing for it in my calendar, so that I have always, the next day is always almost completely free. Like to, let's say certain preparations in my mind, as well that of course going to the store, preparing berries, fruits, and stuff like that for, for the experience. Probably also set up some music and stuff like that ready. So, I think that mentally, preparations thoughts, the moment that I schedule everything and of course, I set up the place as well, because I usually do it in nature, nature or some other, let's say peaceful location. So, so when I booked a location, or, and set up the timing, the mental preparation starts and right before the actual, actual happening, I do that food and music and, and maybe just have a talk with my friends that are into this space. So, kind of like an interest, because it's always interesting to have a talk with other people that are appreciating these things and having them in a way, living that experience as well, in a way through me, because they always we always have interesting conversations after their experience and, of course, also the dosing and dosing and everything is prepared and decided quite a lot in advance. So, that's always on point. So, there's no mistakes.

**Interviewer** 47:29

And what psychedelics are you do generally take or do you have a preferred one or is it a mix?

**Participant** 47:37

Basically LSD. Just because of that it's a longer, longer time period, because it's somewhat rare these days, so I like to enjoy it full day.

**Interviewer** 48:00

And how do you decide on the dose? What's, what considerations come into play when you're deciding what dosage you are taking?

**Participant** 48:10

I think it depends really where I am. So, if I'm going to a music festival or something that is, let's say the environment itself is quite can be quite psychedelic and quite restless, then it's going to be a smaller dose but if we go if we're out there in nature with only with a couple of friends, then it's going to be of course, a bit bigger because the environment itself is more peaceful and I can be sure that it's not going to go over. Yeah, and one thing that I could add that one thing that also affects is that, what's the people and what are the doses that other people are taking? So, we can be on the same level.

**Interviewer** 49:29

Are you normally taking psychedelics with other people or do you do it by yourself as well?

**Participant** 49:38

Well, I have done with myself, as well but let's say recently, at least during the last year, or year and a half, there's always been somebody there with me.

**Interviewer** 50:01

And why is that? Why do you, why do you prefer now to have somebody with you?

**Participant** 50:07

Hmm, I think it's because of the human connection part because it makes me connect with the people that are close to me in a, in a new way and it, you know, in makes relationships also better with the people that I'm doing it with. So, um, and also because I it's such a rare occasion these days, in my opinion, so I like to get the most out of the experience in a different way.

**Interviewer** 50:55

And how many people would you typically be taking psychedelics worth nowadays?

**Participant** 51:01

I think that all it depends. Usually, it's two to four persons. So, in addition to me, 1 to 3. rarely more than that.

**Q14. Interviewer** 51:41

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

**Participant** 51:51

I think it's usually some place countryside, some, some cottage, or something like that as much as often as I can and it's all about the nature connection. So, the nature is near and the second thing about that is that there's nothing, you can go outside and you don't really meet external people as, but you're just staying with those people that you're supposed to enjoy the moment.

**Interviewer** 52:28

And what is it about this, you just said sort of, it's all about a connection with nature. Why is that so important for you?

**Participant** 52:36

I think that it also makes me see the beauty of the nature in a way, the beauty is there. So, I think that it's like the similar thing as the art and everything that makes me experience the beauty of things in a different way and of course, the thing is that it calms the mind down. So, it's really, really about having that wide space with a lot to see, that also makes the come up as like the come-up face more pleasant, because you're not in a small place but this wide environment that you see the grass, you see the sky, you see everything.

**Interviewer** 53:46

Is that, is that sense of having a wide space and the sky, is that related to the idea of sort of freedom?

**Participant** 53:56

Well, I guess it could be, but it's more about because you are so aware about things and really, at least for me being in a wider space, at least part of the time of the experience. It makes experience also better, because my mind is more or less in a peace outside but for sure, I think that giving the freedom that you can you have more, more space, the move, more places to walk. That really makes the experience also more pleasant than staying inside, in a small place as a comparison.

**Q15. Interviewer** 55:04

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

**Participant** 55:13

I don't really, I don't think that any, any specific items are really important really depends on the situation. I think, if I have to pick one, I think it's my headphones because if I'm in a like festival or some other place, I can always ground myself and block all the external noise and stop focus on the music and other things. So, that's probably would be my first big if I had to pick up like one item.

**Q16. Interviewer** 56:06

How do you prepare the space where you take psychedelics?

**Participant** 56:14

I think usually, we set up some, like soft things like pillows, or, or mattresses or something like that, that it's a you have a some comfortable place to sit and lay down on and of course, if there's any kind of like of course, we prepare that there's food available, food is cooked and if there's, if you're thirsty, or something like that, there's always something, something close by available to you. What else? and if we go, if we planning to go to sauna or something like that, we prepare that in advance but besides that, I think that they have been in a comfortable place with comfortable clothes that you can like, turn around and have like really pleasant place to sit pleasant, pleasant spaces to sit or lay down.

**Interviewer** 57:40

Do you have a preferred time or time of day for example, like when it's in the morning, afternoon or night time when you're taking psychedelics?

**Participant** 57:52

Of course, it depends on where I'm at but usually, in the off course, if we're down in the festivals or something like that, it's going to be probably more in the evening but for example, most recently, it's been around noon, so early in the day. So, we have more time. More time and of course, one thing that is important that we get to eventually get to sleep before the morning because for me, and with most of the people that I've been doing that with the sleeping is harder if you take it later in the day.

**Q18. Interviewer** 58:46

What are you normally doing physically during a psychedelic trip?

**Participant** 58:51

I think that either sitting, sitting, laying down or dancing, or just moving around because I, it really depends on what kind of feeling I have and what kind of music I'm listening to but I think that the movement at least it's really important for me that I like to be a bit stretching, like doing this, like let's say, actually can dancing in a way that I get to feel my body in many ways. How could that movement does to my body as well but of course, depending on really on everything, it just might be that we're lying down. Sometimes as well walking, if we are out there in the nature that's also fine.

**Q19. Interviewer** 1:00:19

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

**Participant** 1:00:28

I guess I avoid people that are not under influence, I guess that's pretty much the only thing that I tried to avoid and while, of course, a lot of these restless places that usually have a lot of people, except for festivals, where other people are also in the same mode as me.

**Interviewer** 1:01:07

Are there any types of objects or things like that you might avoid interacting with during your experience?

**Participant** 1:01:17

Well, I don't well, in a way, of course, we don't really watch any television or anything like that might be just all the objects that we use for playing out music that's about it.

**Q20. Interviewer** 1:01:50

Is there anything special you do after a psychedelic trip?

**Participant** 1:02:01

I think during the next day, I, I keep it pretty empty. So, I can just enjoy the after effects and think about the things that came to my mind on a day before and of course, part of the thing is that since we don't really eat that much during the experience, so I like to like really eat all of things on the next day and sometimes I do some writing down stuff, as well. So, I remember I have done this trip journal. So, whenever I experienced this, I have these psychedelic experiences, I always write down the stuff that came to my mind and the stuff that I like, like to think, like the think that I learned.

**Interviewer** 1:03:15

Just going back to the question related to how you prepare yourself for a trip, do you do any sort of fasting?

**Participant** 1:03:24

No, oh, okay. That that really depends. I do fasting. If I do, like, Ayahuasca but that's so rare that I Ayahuasca's so rare for me that I don't really consider that I'm doing fasting.

**Interviewer** 1:03:44

Okay, so with LSD, you would have a normal breakfast or food meal before using?

**Participant** 1:03:51

Yeah.

**Interviewer** 1:03:52

okay.

**Participant** 1:03:52

Yeah, pretty much pretty much because I know that I need the energy anyway and will be some people I know that some I did. Previously, I did some fasting or did everything on a lighter stomach but I these days, I have noticed Okay, it doesn't really, there really isn't much difference what kind of protocol I use and like I said, it's still better to eat before so I have more energy during the day.

**Q21. Interviewer** 1:04:31

This one you might not really be able to answer seen as you said before you have quite positive trips, but I'll ask it anyway, in case there's some moments that you do remember that are worth kind of addressing. So, the question is, are there any helpful techniques you use to navigate difficult or challenging moments during a psychedelic trip?

**Participant** 1:04:53

Hmm. Well I think that since the come up with at least for me some sometimes a bit unpleasant than in my, let's say, in my body and I think that being that's really the part about being outside getting some fresh air, it helps a lot that it's unlike makes it easier that you have things, you have a lot of space, you have fresh air, and you have the nature out there cooling, cooling you down a bit. So, that unpleasant, unpleasant feeling in your body, it doesn't affect so much.

**Q22. Interviewer** 1:05:49

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

**Participant** 1:05:58

Um, I think that I do it through meditation and the journaling. So, of course, during the next week that I've been doing meditation, those things that came to my mind during the experiences I use the meditation as a part of as a tool to integrate, integrate those learnings into my everyday life.

**Interviewer** 1:06:44

Do you what sort of your meditation practice look like, Normally?

**Participant** 1:06:53

Um, I think it's really about tapping into the sub subconscious. So, I, I use around 30 minutes to one hour just about really digging deeper into my mind and see what kind of things come up and, and at the same time, I also use it to have a different, let's say, structure on the things that I'm going to be doing that day or the next day. So, I think that it's also let's say, mindset tool that I know that I prepare my mind to do the things that I'm supposed to do during the day better. Like say for example, I have gotten to see that if I during that meditation I prime myself for the exercise later that day, the exercise will go better.

**Interviewer** 1:08:06

And then you do it as this meditation a daily practice?

**Participant** 1:08:09

Yeah, yeah, daily practice.

**Interviewer** 1:08:17

So, do you integrate a type of meditation before doing a psychedelic?

**Participant** 1:08:24

Yeah, I usually try to do meditation already before I do psychedelics in the morning. I think that's not let's say I'm not fanatic about it. If things are if the timetable is like that, that I don't have enough time to do it. I'm not like forcing myself but let's say 90% of the time I do meditation before I jump into the psychedelic trip.

**Q23. Interviewer** 1:09:17

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

**Participant** 1:09:26

Hmm, I think that I'm feeling at least a couple the day, two days after I'm feeling more aware about my surroundings and everything. So, I think that in a way it emphasises my awareness about everything and at the same time when it when it does that, I think that it's more it's in a way more consuming for my, my mind, so I need more sleep after as well. So, but I think that the next week is, during the next week I need that I need more sleep, and probably are more aware, more aware about certain things happening around me.

**Interviewer** 1:10:33

Is that in terms of just the environment being aware of more things going on or is that, are you talking here even more specific, like, in social interactions? You'll notice more aspects or subtle things about the interaction as well?

**Participant** 1:10:54

Yeah, yeah, I think both. So, just by, by an example, like the day, on Sunday, the day after the last experience, I, when I was having a talk with the, with a person, I noticed a lot of different things about her, like, behaviour and how she reacted on different things and at the same time, I drove for like, two hours, and I somehow felt super aware about how the car is feeling on the road, and how, how the environment that I'm driving in, in how it looks like so. So, really, really about it like I said it that I think felt like even more consuming in a way because it was a really, it was really hard to go that in that auto pilot mode that I'm just driving because it was more, let's say intense experience in a way.

**Interviewer** 1:12:02

Would it a fair description of that be that you have become more sensitive?

**Participant** 1:12:09

Yeah, I guess that's, that's a good description.

**Interviewer** 1:12:34

And in terms of this sort of increased, being more consumed by the environment, having an increased awareness or noticing more things about social interactions. Is there a sense in which you understand these things more or are you simply just more aware of things going on, but that doesn't necessarily mean you actually understand the, the intentions or the meaning behind certain say behaviours of another person or yeah?

**Participant** 1:13:05

Well, I guess both in a way that I understand that, that somebody is behaving, behaving in a certain way, but also thinking that why she's behaving like that as well. So, but then again, that's, that's something that is quite common for me all the time. So, I'm, I'm quite aware about how people behave and have this like, my senses with people are quite good but they become even better after, after those experiences but I got to say here is that I'm also doing microdosing on LSD as well. So, it, it also, I have noticed that it brings the same kind of same kind of experiences as well with people.

**Interviewer** 1:14:10

Okay and how often would you microdose

**Participant** 1:14:21

Depends, really, two to three times every week. So, quite often, yeah.

**Interviewer** 1:14:29

And what's a micro dose for you in terms of the dosage?

**Participant** 1:14:35

from five to 10 micrograms, and or if I do take it using mushrooms, then it's obviously going to be 0.1 grammes of mushrooms.

**Interviewer** 1:14:49

Of dried mushroom?

**Participant** 1:14:49

Yeah, yeah.

**Interviewer** 1:14:49

Okay and how long have you been microdosing for?

**Participant** 1:14:58

Well pretty much since I started my experience experimenting with the psychedelics, because I immediately found out that a lot of people are using them also for the micro dosing. So, I could say that I'm been doing that for three years now.

**Interviewer** 1:15:24

And is there a noticeable difference on days where you're microdosing, compared to days when you're not?

**Participant** 1:15:34

Yeah, I guess I'm more a bit more social, a bit more friendly, and my senses are more I can, I can especially during the human interactions, notice certain kind of emotions and things on people and of course, it I feel that it's making me better in my work as well, because I think that it gives me more clarity and creativity in my mind as well. So, I guess I'm using it both, both to, let's say, to make me better at my work, but at the same time, let's say, makes those days more pleasant, and maybe even a bit more happier.

**Q24. Interviewer** 1:16:54

Has how you use psychedelics changed over time?

**Participant** 1:17:08

Well, I guess the, there was this experimentation part that I did a lot of different psychedelics during the first year but when I, when I tried out, oh, different substances. Then I came back to the basics and it's been more or less like, pretty much about LSD, LSD, and mushrooms since then. So, I haven't really done like so much other substances but when I started, started my experiences, of course, I wanted to have different approaches and different substances and how they, how they could be integrated part of my life and so on and I noticed that there were certain things that gave me a lot of choice and that cleansed my mind but for, like I said, the most convenient tools have been for me since then pretty much just LSD and mushrooms.

**Interviewer** 1:18:33

So, the next couple of questions are going to be delving into some specific psychedelic experiences that you've had. So, one of them is asking about for you to describe your most challenging or negative psychedelic experience. Now, as you've sort of alluded to, that you seem to have, for the most part, or the or the, the entirety, positive experiences. So, I also have a following question, which is, can you describe your most memorable or life changing psychedelic experience? So, if you don't feel like you have an experience that fits the description of question, we can just move past it and you're more than welcome. On the following question. If you've got one or two or three important trips that you've had that you'd like to include and describe what happened in those and what it meant to you, then you're more than welcome to talk about more than one trip.

**Participant** 1:19:33

Yeah.

**Q25. Interviewer** 1:19:35

So, before we get into that, the question that I would like to ask is, what do you, for you personally, what do you think is the core psychedelic experience?

**Participant** 1:19:53

I think that it changes your state in that important way, way that it's just your, let's say, at least for me, it's just your pure self. That is there, there's no, no ego, there's no like this shell, that I'd like to call it, there's not nothing to do with it with a work self, or kind of like that identity that you are. So, I think that the pure experience, it's just about getting the true self out the true self out from yourself, from your shell that you got called body, body and whatever. So, and, and, and to make that true self, enjoy a few minutes, a few hours of time, about the people around you, the music and the art and the nature and the things that you get, you want to be enjoying in that pure state and, of course, at the same time, when you are in a pure state that I like to call it, it enables those things and thoughts that are inside you to come out as well and come to your mind.

**Q26. Interviewer** 1:21:59

Can you describe your most challenging or negative psychedelic experience?

**Participant** 1:22:06

Well, the most challenging, challenging for me and I don't think I don't still think that it's a negative because I don't really, it's really a matter of perspective that all the even the negative things are immensely positive but I think that that was around two and a half years ago when I did my first Ayahuasca session because it was so intense compared to the other experiences that I had before that I was really scared. During the experience, because I couldn't, like, because normally when I have this experience, I'm always here. When I open my eyes, nothing like I know, I know where I am, I know the things around me, even the things even if the things are vibrating, or moving, I still get to see where I am but that experience was so intense that even if I had my eyes open, I didn't understand where I am. So, even the whole world changed and it was scary but at the same time, it was an important lesson to make me understand that the stuff that we are doing here is really something that you should respect. So, it's psychedelics are not things to be taking lightly but they should be always treated with respect and all the things that you do with them should always be done properly. So, but for sure, it was really scary to leave, go in this completely different place and come completely overwhelming like to experience but like said, challenging only in a way that it was like scary and I didn't have like control on the things that I usually have control.

**Interviewer** 1:24:41

Was there any particular content inside of that experience that elicited or sort of caused that fear or was it simply the state of being unaware being unable to locate where you were or understand the place that you were in?

**Participant** 1:25:04

Yeah, I think that's just the thing that I had no place that I could, like, ground myself in. Like that I knew, in my mind that where I am, but still because it was so overwhelmingly intense and like seeing these things in front of my eyes with my eyes closed, that like shouldn't be there. I think that made it scary and challenging, but eventually, since there were people around me that were sitting during that session and helping out. They really made my, let's say, made me focus on my breath, and my heart and I, like suddenly got to come to this more calm place and eventually, of course, things cooled down and I came back but I think that it's all like that. That's one thing that I also got out of the experience that it's always when you're working with a really heavy hitting substances, it's really good to have people around you that are doing the sitting, babysitting you through the experience.

**Q27. Interviewer** 1:26:41

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

**Participant** 1:26:53

Well, I guess it has to be the first LSD experience and just because that I didn't know what to expect and I think that really, when I close my eyes for the first time, and I get to see these beautiful colours, beautiful pictures, getting to like real getting the really feel and see the music that I was listening to. I think that that was probably yeah, that's for sure, for sure. Sure, sure, was the most important and life changing experience, because it made me really see and of and of course, at the same time, it changed me a bit and it started the big change in my life for the better as well. I didn't understand it in that very moment because it was also that because it was a new experience for me and I had to like a lot of stuff that I came to my mind but eventually, I realised later on that that was the thing that started to change my life for a bit for the better, and made me realise what kind of great tools these things can be.

**Q28. Interviewer** 1:28:51

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

**Participant** 1:28:58

Well, I think that I have felt it a few times because you feel like that you're actually dying physically but you're not but I haven't really because my ego isn't that strong, to be honest, and I somewhat like manage my ego in another let's say means. I don't these days, I understand that that's happening and that's the part of the unpleasant feeling during the come up, but I don't really get to experience it these days much.

**Interviewer** 1:29:37

Okay. Is that because you feel that there's your ego is quite weak now in terms of like not being so controlling?

**Participant** 1:29:50

Yeah, I don't think, yeah, and being more aware about my ego as well helps a lot. So, I know what kind of things that what when I'm doing, like, let's say daily activities, or work, or whatever I understand and understand what kind of things the ego is trying to make me do and just being aware about those things, keeps the ego in let's say, keeps the ego down in a way but for sure, I'm not really, I have become less. I have an ego for sure but the ego is not controlling me, but I'm controlling my ego, we'd say it makes the psychedelic experiences more pleasant that I don't feel that ego death anymore.

**Interviewer** 1:30:45

Can you describe a little bit about what you think the ego is or how you would conceptualise it?

**Participant** 1:30:52

Well, I think that it's like, for some people, it's the thing that drives you, and pushes you forward is the thing that can be made make you work in the self-interest, in a way and I think that it's good that if there's some ego involved, because that drives us forward, but like I said, the key thing is that, at least for me, is that you understand when your ego is talking, and what kind of what kind of things, it's someone's like, trying to make you do and even if you're doing it, you under, under, under, and you make the decision to do it. Even, let's say, even without the ego, being in place, and involved in that thing. So, it's a really hard thing to describe, but, but at least for me, it's really the thing that drives us, forward, forward and for me, for sure, of course, if I'm trying to improve as a person, I see that the ego has certain, certain, let's say, meaning in that process as well, to become a better human being, in a way, that's an egocentric thought as well, to become better but, but in a way, again, being aware of that it's coming in inside myself, not through one, not just through ego. It makes it way better, I guess.

**Interviewer** 1:32:44

So just sort of a couple of follow ups on that. Have you had during your psychedelic experiences. Have you had a sense of where you've lost contact or sense of having a physical body?

**Participant** 1:33:01

Yeah, yeah, I, I have had a few of those experiences that I have pretty much been, like, felt like I am completely. Like, let's say, lightweight, I don't feel my body at all. I'm just like, floating in a way. So, a few times, for sure but I think it depends also on the setting and the substances that I've been taking and how much I've been taking but yeah, for sure, there are those moments and, and for sure, the Ayahuasca experience was one of those because it was so intense that I don't, I didn't know who I am and where I am at. So, it can definitely shift make the shift if you're going in with the bigger doses, but usually, I don't really go in with those big bigger doses that are making you let's say, disappear from your body.

**Interviewer** 1:34:15

And second, follow up to that as have during your psychedelic experiences. Have you ever I guess you'd say that in your Ayahuasca one, but I'll just make sure to get a confirmation. Have you had an experience of where you've lost a sense of having an identity? So no longer being of having your history of having your memories or experiences of knowing you know who your family was or what your goals in life were or anything. Things like that around the personality of who you are.

**Participant** 1:34:52

I think the second I have two that kind of experiences. One of them was Ayahuasca and one of them was five [5-MeO-DMT] when I did this for frog poison.

**Interviewer** 1:35:09

5-MeO-DMT?

**Participant** 1:35:11

Yeah, that's, that's the one. Yeah. So, that's the second one that I have been like completely out there without understanding anything who I am, or where I am at but just like somewhere completely somewhere else without any body or without any understanding that who am I and, and for the Ayahuasca it was really all about, make the experience much more or less like scary, but, but for the 5-MeO-DMT, they experience less like, like, without self without body in this place that was like pure bliss, nothing like that, I was like in this, like, palace of heaven or something like that just like pure euphoric state without my without, like, without like, acknowledging about myself, or who am I where am I? It was just colours and pure, like joy for 5-10 minutes, oh it's actually it's less than five minutes.

**Interviewer** 1:36:28

Did it, was it in that experience? Did it feel, like five minutes or did was time different or changed as well?

**Participant** 1:36:38

Yeah, for sure, of course, it was feeling like, longer period but after the experience was over, I just couldn't believe that it was only like, maybe two or three minutes because I was like completely lost myself to time and everything. I was just like, in this wonderful place. With a lot of happiness and joy for a few minutes without any, any meaning or without any place or without me. Really

**Interviewer** 1:37:20

sounds very enjoyable.

**Participant** 1:37:23

Yeah, I think if I just if I had to like pick one experience that I would like to repeat that's the one \*laughs\* but the thing is that those kind of experiences are really hard to come up with them. Like said you can get a lot of you can get to these LSD experiences quite easily but going through these toad frog poisons, It's really that stuff is really hard to come by. So, that's an experience that I actually had. Most of the experiences have done has been done in Finland, but those both experiences were done in California. With the, Indian reservation, or whatever, that those places are in the middle forests.

**Interviewer** 1:38:17

Yes, well, they do have the thing. It's called the Sonoran Desert Toad, which is native to I think, New Mexico, it might be Yeah, or one of the southern states bordering on Mexico.

**Participant** 1:38:36

Yeah, so that that's probably why it's really hard to come up with that stuff anywhere else. So, and I still every now and then receive the promotional emails that they are setting up those camps every now and then but of course, these days since the corona virus here, I didn't I don't think that they have set up pretty much during the last, let's say, nine months or so.

**Interviewer** 1:39:03

Actually, just on a sort of an aside, I don't know if you've ever watched the vice documentary series called Hamilton's pharmacopoeia.

**Participant** 1:39:16

Let me see, Hamilton's pharmacopoeia.

**Interviewer** 1:39:19

Yeah. So, he has a, I think, like three seasons or three series, where he goes through and explores many different psychedelic or mind-altering substances and in one of his most recent series, he did episode on the 5-MeO-DMT and them, synthesising it rather than getting it from the toad, and.

**Participant** 1:39:46

Okay.

**Interviewer** 1:39:46

Yeah, he's also actually a while back as well. He did have an episode where he took 5-MeO-DMT I don't know if it was synthetic or pure from the toad or well, natural, let's say so, but he has an episode on that, just thought, just comes to mind.

**Participant** 1:40:03

Yeah. All right, I need to check it out. I have probably watched some of the episodes, but it's been a really one episode way back. Yeah, thanks. Thanks for that I need to check it out.

**Interviewer** 1:40:15

Yeah, no problems. So, we're getting close to the end we've got about, we've got about seven questions to go and then we're done.

**Participant** 1:40:22

All right. All right.

**Q29. Interviewer** 1:40:24

So, one, the next question is, have your experiences with psychedelics affected your spiritual or religious beliefs?

**Participant** 1:40:38

I think that spiritual beliefs in a way that I believe it has probably made me a bit spiritual person, because I have seen things that are really hard to understand, are really hard to describe but for sure, also less religious person \*laughs\*. So, becoming more spiritual and less religious. In a way, I have never been religious anyway, so but I feel that there's more to life than what we can explain by science at the moment.

**Interviewer** 1:41:43

Um, can you maybe just go into that a little bit? So, this idea that you've become more spiritual. What does that mean for you?

**Participant** 1:41:53

Um, I think that overall, because I, I've been really heavy into science always, I don't believe anything that can't be explained by science and, and I think that the spiritual thing has given me the opportunity to believe in certain things that can't be yet explained by science. So, it has made me in a way, in a way shape reshape my believes that I am, I give more opportunities, on the things that are not yet let's say, can't be explained by science or, like, pure logic yet. So, I think that's, that's one of the things that I consider to be spiritual.

**Interviewer** 1:42:58

Okay and is that has that becoming more spiritual, has that been a useful or a good thing in your life?

**Participant** 1:43:08

I think it has been a good, good thing overall in my life, because it has made me a softer person, that I don't necessarily, like, always think about only the rational explanation on things because that's been my, Let's say I'm still am super rational, logical, and analytical person but I give this opportunity to myself that not everything has to be that everything has to be just pure logic and math in a way that certain things are out there can be can be they're given if we can't completely yet explain them and one of those reasons being that I have been in the states that are really hard to understand how they are happening.

**Interviewer** 1:44:38

And you mentioned, you said you had become a bit more spiritual and less religious, although you said you weren't religious before. Can you, can you speak a little to what you mean by becoming less religious in this sense?

**Participant** 1:44:55

Well, I don't think well, I think is I because I have never really believed in God or anything like that before. So, I guess I can't really say that I have become less religious because I have never really been but I guess I could say that I feel I, even, because that's the stuff that I have never really have had any thought of really but these days, it feels like the religions and, and those and believing in, in, in the Bible or whatever your book that you're believing in, it has become even more like, let's say pointless, in my opinion, because I have more or less experienced that, that a lot of the things that at least my on my perspective, that are the stories and that we had, let's say weird visions, and that certain people have had, according to the Bible, or some other religious book, are just visions that they have gotten, because they have been maybe using psychedelics \*laughs\*. So, I think, it has somewhat giving me a different approach to the things and the stories that religious people give to us but at the same time, it has made me also more, let's say accepted that if somebody wants to believe in something, they are free to do so but still, I it's not for me.

**Interviewer** 1:46:50

So, and in some sense, are you are you saying that the fundamental stories, or those sort of rapture bliss, God encounter experiences that people have described in the religious texts of say, the Bible or the Quran or whatever. You can, you can understand those experiences, because you felt like you've had something that is the same or similar, but without the religious dogma attached to it?

**Participant** 1:47:37

Yeah, yeah and, and I have like I said I have had this one that I called a God trip in a way that I have really seen this and it's the same thing about palace of love experience with the 5-MeO-DMT that there are these different places, and different things that I have seen that it's really hard for me to understand but at the same time, the thing that has come to my mind during those amazing experiences is not God or it's not heaven, but it's just some weird, some place that I can't understand but for sure, the things that I have seen can be I could understand that some people would could have similar experiences and they would explain the things that they have seen to be a god or to be a heaven. So, so like I said, we that's really the thing that we always want try to come up with these explanations and the things that we can explain for some people is through religion or a god or something like that, because we always want to have some sort of explanation on things and I, the thing is that I understand and accept that there are no explanations and I don't need to have the religion to like cover the things that I don't understand.

**Interviewer** 1:49:18

Okay. What this God trip that you talked about, this is different from the palace of love 5-MeO.

**Participant** 1:49:51

Yeah.

**Interviewer** 1:49:51

I think you made. What was that trip? What happened there?

**Participant** 1:49:55

Well, I think that well, I combined LSD with the MDMA during that trip. So, it took me into that, let's say, euphoric light palace that I haven't really experienced before and you could say that if I had to pick up three, most, let's say, maybe 4 trips that have been really the most important, then, of course, the first one, then the Ayahuasca, then the 5-MeO-DMT and the fourth one will definitely be the LSD combined with the MDMA, because that showed me so much, let's say these things that I left my body, and I was in this light, wonderful light place that I it's really hard to understand, but really felt like, okay, this is like, this is like really awesome, awesome stuff that if people can get into these states, because it's really something that calibrates your system in a new way that how can you feel so wonderful, because you otherwise couldn't even understand how wonderful you can feel if you are in these different states and it felt like, like I said, I think, call it the God trip because it felt like that you are really in a place of just again, a pure bliss and like, I'm, like, mind blowing, euphoria that you didn't know that exists.

**Q30. Interviewer** 1:51:57

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

**Participant** 1:52:16

For sure, I don't, like I said, I think that what I said before is that I feel like that I have achieved so many things I have seen so many things that and overall, gotten there to lets say, like I said, if people, if to live, if the meaning of life, is to be happy, and enjoy life. It feels it feels to me that I have already, like, enjoyed the life so much already and I have these like these amazing moments that it's really, really hard to, like describe to people that I have already, like seen so many things that if I would die, I would say that I live lived a really good life. So, it has definitely decreased my fear of dying or fear of death for sure because I had this lets say this certain period in life, that I was having this, lets say fear of death kind of so towards and I was scared about, okay, what's going to happen when I'm dying? Is there going to be only like, nothing? Is it going to be pure black and nothing else? But at the same time when I had these experiences, and the spiritual part of me has, let's say, has understood that there's probably some things that are out there that we don't understand through science yet and it gives me at the same time maybe even a bit of hope, that when we die, maybe we go to that pure place that I was before, or maybe not but still, it makes me fear dying less.

**Q31. Interviewer** 1:54:31

Well, this question similar to the spiritual religious one, but it's more aimed at people who have secular world views or beliefs, and it is have psychedelics changed any fundamental beliefs about the nature of reality?

**Participant** 1:54:58

I guess I guess in a way that I, that I believe that there's more to reality, than what we experience at the moment, and it has given me also the option to believe in things that I can't yet see all the time. So, it has softened up me a bit and at the same time it has given me the understanding that it's not really rocket science, that it's all about how we, it's not really how the reality is or the how the world is but it's all about how we experience it, through our experiences through our like, things that we have done, and so on and so on. The reality itself is also looking different for different people.

**Q32. Interviewer** 1:56:26

Have psychedelics changed your outlook on life?

**Participant** 1:56:35

Yeah, well, I think that comes to the one of the first questions that I am, of course, I'm more optimistic and see life more in a more positive way. Yeah, because I have noticed that, like said, the first, one of the key things that always come to my mind, when I'm, when I'm tripping, is all about focusing on the moment because there's nothing else ever except this very moment and when you focus on the moment, you're always happier because you don't you don't have the anxiety of the future or the depression of the past, blocking your view, but you're just living in this very moment and I think that the psychedelics have like I said it because it's not, it's not that it's a same thing that I have read on the books, a lot of quite a lot of books, that it's all about being present in this very moment and embracing that but when it comes internally, it's a different thing than just by reading it.

**Q33. Interviewer** 1:57:50

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

**Participant** 1:58:07

I think that they can help us become hopefully, better human beings and respect the nature and respect others, as well. So, I hope, I really hope that they become a tool for better humanity than the demonised thing that people are afraid of and scared of, of course, we need to understand that they are definitely not for everybody, and should be respected in all, a lot but at least for me, I have really seen that I am, this is really in my bubble that I understand as well that it is a bubble, that most of my friends that have been going through this similar experiences that I have, have become better, better human beings. let's say less selfish, thinking about respecting the nature, having less materialistic worldview and if we can, if we could, like bring the same features to other people's lives as well and increase the quality of life and making people, let's say, tap into that internal, let's say internal self. I think that it would really make a lot of a lot of good changes in people's life but of course, it's a long way there but I, I would, I would definitely like to see that we see them more or less than opportunity, not just as a threat for society.

**Q34. Interviewer** 2:00:31

Have psychedelics, shaped your view of humanity's future?

**Participant** 2:00:40

Sorry, can you repeat that?

**Interviewer** 2:00:42

Have psychedelics shaped your view of humanity's future?

**Participant** 2:00:54

Well, for sure that in a way that we shouldn't be so much pushing forward with the things as we are at the moment, because we are rushing, we're always busy on doing things and trying to, let's say, most of the humanities driven by money and let's say, driven by the pursuit for happiness, but I think that everything is already there. You just need to stop and listen. So, if we, like I said, that's the real the thing, that it could be a really good, good thing that we it would really make people think, think about this for a moment more, not so much about really working hard, they're asses off about pursuing money and the things that don't really have much meaning in a wider scale. So, I think that it could be really, work could be a potential big thing that makes us really less focusing on the future, but more or less focusing on the moment and that can be for sure, a threat for some people, because people want to see that we're always pushing forward but it doesn't really, of course, it doesn't like immediately mean that we're not doing anything, it just means that we're maybe going forward a bit slower and not just pushing on the external things and focus more or less on the internal things because the happiness comes internally, not externally.

**Interviewer** 2:03:03

So, would you say it's fair to say, it might just allow people to slow down and appreciate what they have a little bit more?

**Participant** 2:03:12

Yeah, yeah. Yeah, definitely, definitely.

**Q35. Interviewer** 2:03:30

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

**Participant** 2:03:44

I would say that, do your homework. So, really, read about it. First. Read about the experiences. Talk with Talk, talk. Find out people who have done it before, talk with them, let them guide you and eventually, when you're ready, ready for it and do it in a good setting, in a peaceful environment, with people that you are close already, let's say really close with, because it can make you better, it can make the relationship with the people that you're enjoying with it better and eventually, you will probably have a good experience as long as you don't, let's say put too much, let's say expectations because that's where the case that that what comes around, comes around and all the experiences give you what you need in that very moment you can't make, you can't order these trips as as you would like them, but you will get to experience the things that you will need to come to your mind will come to your mind and of course, one thing is always respect the things that these are powerful things, and certainly always treated with respect.

**Q36. Interviewer** 2:05:44

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

**Participant** 2:06:01

I think that the only thing that is, is worrying me is that this is this other one, one, these are certain things that are definitely showing that the cultures are so different because if I tried to think if I tried to think myself and I had been living in different places that, for example, in California, people were really open about this stuff and, and it was really easy to find people, you met some new people, they probably had some experiences already on this on this matter and it was like really easy to find common ground with people but, but for me, it is really has made and it has divided me from the mainstream people in Finland, because this is really the stuff that if I'm, like I said, I could say that 90% of the people are not, can't accept or tolerate this sort of stuff at all. So, it means that 90% of the people are, can't be close friends with me, or can't be my loved ones or can't be anything like that. So, I feel that it's giving me a lot of, like I said, that it improves my quality of life for sure but at the same time, it really makes hard to find the people that you really connect with because in Finland, the culture or culture is so heavily against these things, even if, even if they if that shouldn't be the case and that's one thing that it's a bring bringing me a bit sad, because it shouldn't be like that and there can be a lot of environment that people are more friendly about this stuff but I would hope that the culture and how people perceive these things change in at least in Finland, because at the moment it makes me feel a bit more lonely in a way because there's only so few people that understand this stuff or understand what these things can really make you experience and make you a better person.

**Interviewer** 2:08:47

Yeah, well, I hope. I think that just comes with time doesn't it?

**Participant** 2:08:51

Yeah.

**Interviewer** 2:08:53

Just comes with more knowledge, more people just telling people about their experiences and people seeing the potential benefits that people get from using these substances in their lives and hopefully, you know, you just evidence essentially enough an overwhelming amounts of evidence so that people don't have any rational reasons for having issues with these drugs.

**Participant** 2:09:23

Yeah and that's really the thing that is quite annoying that people trust more their, the things that they have learned in school that what the science and the research actually shows and there's really, it's really hard to understand that why people are not listening, but at the same time, understand I understand that changing people's opinions is super hard and that's something that we need to accept, but I'm hoping that this is the reason why I'm participating in this research is because I know that the change is coming and I'll be happy to drive it if I anyway can help it. So, that's a really, I'm really grateful and thankful that you're doing this research because it this is really important for people like me that are having only these positive things that have these things have brought to our lives.

**END OF INTERVIEW**

**Interviewer** 2:10:20

Yeah, well, thank you for participating, [name], it's like, I also very much appreciate, like, I can't do the research about people \*laughs\*. So, it's sort of like a two-way street here. It's like, I appreciate, you know, I'm also just really interested and love might be a strong word, but like, very had positive feelings towards these substances and even, you know, with a balance of understanding the risks and needing to respect them, and all that sort of good, good appropriate ways of using them in your life but, this is the research is hopefully going to showcase the experiences of people and to and from a scientist point of view, I'm just trying to show what people are experiencing. I'm not trying to particularly pick out only people who have positive experiences, but the interviews so far and data seem to be showing like, for the most part, it is just majority positive and so like, it feels intrinsically good to be able to share that with other people. Like hey here's something really positive, have a look and they're like Oh cool you know and without having to spin it or put hype on it, just like this is what people's experiences are and you make up your own mind about that.

**Participant** 2:11:38

Yeah, yeah. Yeah and like I said this is, like, I'm pretty open about probably more open about Finnish people, usually, about this stuff, because people need to see that it's not just the drug addicts are doing using this stuff. It's just a regular people like me, that want to be become better person that have like good, good life, good work. Everything is just on point and, of course, it's not only thanks to thanks to that psychedelics, but there have been part of my journey as a human being and maybe have made it better.

**Interviewer** 2:12:16

Yeah. Yeah, I think and yeah, that's sort of the general theme, I think, across most drugs, as well and the whole 19, well, all the way since the 1950s and 60s, war on drugs, is that sort of dehumanising drug users and making them seem you know, people who use drugs to degenerates and, you know, the bane of society and it's obviously just not the case. Like there's the majority of people are drug users, it just depends on what drug you take, like the, when we talked about alcohol, you sort of asked question, well, if you consider alcohol and drug is like, Yes, Yes, we do consider it a drug. It is a it is a drug, just like anything else we take just like caffeine is a drug just like even sugar can be considered a drug like you. People just unfortunately, lump, you know, drug is bad and here's all bad drugs and his good drugs and it's like, there's no nuance to it, there's no appreciation for the fact that different drugs have different effects, they can be used in different ways for different purposes, which can benefit and harm people, depending on the situation and the context and the individual and so I think just, it takes time, really it just because as if you're if you're taught at childhood, you know, it's like indoctrinating people into religion or any other belief systems like you get into their childhood. It's, it's just kind of harder to get rid of those patterns of belief, because it's like, it came before you had a rational framework to actually question the things you were being taught you just, you just took them on because that's the you have to start somewhere, essentially.

**Participant** 2:14:00

Yeah, yeah and I think that like if people are looking for simple truths to believe in, there's this is bad, this is good \*laughs\* and if you like,

**Interviewer** 2:14:11

Yeah, simplifies life. Bad. Good.

**Participant** 2:14:13

Yeah. Yeah. Yeah. That's, that's the case. All right. All right. Well, like I said, really thanks again, for the research that you're doing.

**Interviewer** 2:14:25

Yeah, no problems.

**Participant** 2:14:26

Really looking forward to getting the results and everything, everything eventually,

**Interviewer** 2:14:30

Yeah, I will send you through. I'm going to send everyone through the, thesis once it's written up. So, you can have a read of that if you like and I'll be posting some stuff about just kind of the more quantitative results probably a bit earlier, because then write ups is going to take a bit longer than that but yeah, so yeah, I'll send you that through when that's all done.

**Participant** 2:14:54

All right. All right.

**Interviewer** 2:14:55

Thank you, [name].

**Participant** 2:14:57

No worries. Yeah, and if you have anything that you need for me, please reach out. I'll be happy to talk.

**Interviewer** 2:15:06

Sure. No problem.

**Participant** 2:15:08

Yeah.

**Interviewer** 2:15:09

Yeah. Next time in Finland?

**Participant** 2:15:12

Yes, for sure. For sure. If you come to Finland for sure. We I'll show you around because like I said, these are these things are connecting people as well.

**Interviewer** 2:15:20

Yeah. Well, that's, that's one part of the joy of doing this is just to connect with other likeminded people who have a have an appreciation and a deeper understanding of the potential of these substances and just forming connections with other people and hearing about their stories, so that I get a better understanding of its effects on people and more than just reading people's trip reports online, like getting it first hand, being able to ask questions about that from that person and getting is much more feeling about what that persons saying.

**Participant** 2:16:02

Yeah, yeah. So, yeah, I think it's really hard to describe this stuff. Online, or it's going to be a really long write up article.

**Interviewer** 2:16:12

Yeah. Yeah. Alright, [name] Thanks a lot for participating and I'll hit you up if I'm ever around in Europe. I mean, I've got my British passport, but they kind of screwed me on that one. So, we'll see.

**Participant** 2:16:27

Alright. Thanks, Andrew. best luck with everything. Hope you get a lot of good interviews and good luck with the work and thanks for having this interview. Happy to help.

**Interviewer** 2:16:39

Thank you. You have a good evening.

**Participant** 2:16:41

Likewise, likes I'll head to bed soon. Eat something, it's 1am.

**Interviewer** 2:16:47

Well, thank you for taking the time to do this as well.

**Participant** 2:16:51

No, no worries. No, we're always happy to do it. All right. All right see you Andrew.

**Interviewer** 2:16:54

See ya.

**Participant** 2:16:55

Have a good day.

**Interviewer** 2:16:55

You too.

**Participant** 2:16:56

All right. Bye.

**Interviewer** 2:16:57

Bye.