6. Interview with Participant 6

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

**Length:** 1:53:14

**Spoken duration of interview:** Participant (76%), Interviewer (24%)

**Age (years):** Participant (46), Interviewer (29)

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

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

**SUMMARY KEYWORDS**

psychedelics, question, people, trip, life, psychedelic experience, dose, speak, feel, psychedelic trip, wife, psilocybin, fiduciary, days, big, depressant, point, therapeutic doses, bit, remarkable

**Q1. Interviewer** 00:05

So, I've got my trusty sheet of questions. So, I've got about 30. I think I keep saying 30, I should really count the exact number and I'm going to how the interview kind of will work a bit is I've got all these questions that I'm going to try and get through, but also, just based on what, how you answer. I'll probably follow up with some really stumbled and fumbling questions to try and get at the thing that I was interested in asking. I've noticed that through listening to my transcripts, it's not, doesn't come out perfect but so, there's yeah, the conversation might go in different directions at different points and right, so, the first question is, why do you use psychedelics?

**Participant** 01:03

Healing.

**Interviewer** 01:11

Can you elaborate on what you mean by that?

**Participant** 01:16

Yeah, I can elaborate on that. I use it as I use it as a as a, I'm not sure what the term is offhand. As a is an anti-depressant basically, I know there's a more technical term for an anti-depressant, but I use it as an anti-depressant. Is, is how I use that, primarily, I use as an anti-depressant.

**Interviewer** 01:53

Are there any other sort of smaller sub reasons why you might be using psychedelics?

**Participant** 02:01

For example?

**Interviewer** 02:07

Well, the, what I here, need to avoid doing is like, putting it in, like telling you this is what you need to say. So, if nothing comes to mind when I ask that, then I will that's okay. Just, yeah.

**Participant** 02:22

Do you mean what I use it for something like? Like, like, why I use it creatively or use it for it to get an edge somewhere else?

**Interviewer** 02:31

Could be.

**Participant** 02:34

No, no, no, not intentionally. No, no using it as an anti-depressant. Actually, clarifies things well enough to make other areas of life work better. So, to use it as a as for creativity as an artist. I don't think that I don't, I don't think personally that it has a very significant effect on the creation of art, specifically but I think what it but I think it plays to fostering confidence to be more or less reluctant to, to, to put your art out there. So, I mean, I think I think it has a lot of, I think, has a lot of a lot of areas of use that are that are outside of the reasons that I'm using it but the reasons that I'm are using it make, seem to have made all of those areas more accessible and understandable and better. It's multi-dimensional, I believe, if that makes sense.

**Interviewer** 03:43

Yeah. Well, certainly depression affects a lot of, you know, all aspects of life basically.

**Participant** 03:51

It does, it really, really does and, and when and when you're when you're when you're walking a step up, and you're not really dealing with that and then a lot of things improve. So, it's easy for me to say, Oh, yeah, I use this to make myself more productive at work. Well, that's really not the case. I just feel better. So, I'm more productive at work. That makes sense?

**Q2. Interviewer** 04:13

Yup. Have the reasons why you use psychedelics changed over time? And if so, how have they changed?

**Participant** 04:25

The first time I tried psychedelics, I was in my mid to late 20s and I was using them for recreational purposes solely. So, but from that point, until about a year and a half ago, year, year and a half, about a year ago actually. There was no use of psychedelics. So, when I came back into them, I was using them strictly for self-exploration and healing and as a yeah, as an anti-depressant.

**Q3. Interviewer** 05:09

I'm just writing down some of the things that you mentioned, and that just helps me so I can gaze over them and if you talk, if we talk about things relevant a bit later on, then I can bring them back and so I don't forget them. So, how did you first start using psychedelics?

**Participant** 05:33

The second time or the first time?

**Interviewer** 05:35

First time.

**Participant** 05:37

I was in my 20s, I was partying a lot, it was available. LSD is what we were using. So, I used it about maybe a half dozen, eight times, something like that. Give or take, just did it and it was it was it really actually interesting, because as I look back now, it was a significant time in my life, I actually changed directions at that point in time. Yeah, so yeah. So, that was the first time.

**Interviewer** 06:10

This change in direction, was that related to your psychedelic use back then, or?

**Participant** 06:17

No, I don't think that was that's kind of we're kind of moving in that direction, but there was a, it was a definite and abrupt change in behaviour at that point in time, a lot of things were involved in that my wife who wasn't my wife, at the time had had an older, older son six, seven years old and once I took that responsibility, it just, you know, I quit partying, I was partying a lot, I was drinking a lot. I was using pot, whiskey, beer a lot, a little bit of coke, a little bit of this little of that but right around that timeframe is my wife just before that, and then, you know, we kind of did that together and then whatever reason, at the at the end of that it was everything was sort of complete and I quit partying, and I quit doing all those things and I took responsibility of a young family and it was night and day, didn't think anything of it, didn't think nothing of it at all but at the time, it did change my perspective. You know, it will change your perspective, when we when you take a psychedelic, it will give you a different perspective and at that point in time, it did give me a different perspective and I can't say for sure if it had any effect on me taking on more of a responsible role in life that time or not, like I guess those two things definitely coincided. Second time we used it, it was intentional and it was at that point in time that after I had been you know, been experimenting not actually experimenting, but well yeah, I guess experimenting with them and micro dosing and therapeutic doses and meditating before therapeutic doses that I've made that connection, it's like, well, maybe that has something to do with it then. I don't know. You know, there was no intention.

**Q4. Interviewer** 08:09

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

**Participant** 08:33

They have a way of, they have a way of lessening the weight of life and as a as a 46-year-old man, life's a lot different than when I was 26. Things are a lot heavier. There's more stress and whatnot, midlife crisis if you have it, you know but there's, there's, there's, there's something about taking them that sort of releases the stress of them. I can't really explain it. I don't know how they work. It just makes things flow easier and when I say things flow, I mean, emotions, I mean, chains. I mean, trauma and PTSD, wrong, sins, things that bother you things that have bothered you things that you couldn't let go you know, a close friend that slighted you and in a in an almost unforgiving way becomes easily forgivable, right. It has it has, it has a way of letting things has a way of allowing me to let things go. It's really probably what I like the most about it like the most about it is it actually lets me relax and breathe and not even necessarily on dose days, right. On a on a microdose it's very different thing than then sort of a therapeutic dose and a therapeutic dose. If have you have any experience with them at all, then like, have you tripped?

**Interviewer** 10:26

Sorry, is that a question?

**Participant** 10:28

Yes.

**Interviewer** 10:28

Yeah, yeah, for sure. Plenty of times.

**Participant** 10:31

Oh, yeah. So, you mean it's, it's, it's, it's a very, it's an it's an experience that, that me personally that I look forward too, but I'm always apprehensive about doing it again. It's like when people have asked me if like, it's like, you know, everyone wants to go to an amusement park, but no one wants to ride roller coasters, two days in a row [laughs]. So, but when you talk about the aspects, the benefits, I mean, you have you have a therapeutic benefit in there, I have a therapeutic benefit in there because if you go in as I went in with a with a sort of a meditative perspective to specifically work on things that I wanted to work on it was that but it was it was it's it is what it is, but what I found so beneficial, what came after that. It was the afterglow of it, it was it was the it was to the ability to the ability to actually breathe and sit down and go, Oh, my God. Wow, you know, that maybe these things that are bothering me aren't so bad after all. It's it lessens the blow of sin and I don't mean that necessarily, in a religious perspective, from a religious perspective. I mean, you know, it's just from whatever it is that I view, or I feel it was wrong. It's, you know, my sin or how I how I felt that I was sinned against and again, without religious, you know, overtones, it just sort of the way it's, it's like I can explain it, I guess. In that benefits the benefit of just being able to just be okay, it's when I use psychedelics, I use mushrooms I use psilocybin. I have used LSD in the past and LSD was harsher and psilocybin is not so harsh and in, in what's crazy is how good I feel after the fact. I feel really good for quite a few days after I actually take the therapeutic dose like physically, I feel good rested, my mind feels rested, my body feels rested, and I feel relaxed. It's like that's what I like the most about it, I guess.

**Interviewer** 12:48

Sounds good.

**Participant** 12:49

Yeah, it's yeah, yeah. It's yeah.

**Interviewer** 12:54

Can't complain about that.

**Participant** 12:56

No, no, no, it's, it's been it's been an interesting time. It's been I've been doing this for about a year a little over a year. I've taken four therapeutic doses.

**Interviewer** 13:08

What sort of sizes are you, when you're taking therapeutic dose, what's, how, you know, just to get an idea of how intense this might be?

**Participant** 13:17

First one was three and a half grammes. second one was five grammes. Third one was supposed to be three and a half grammes, but I kind of screwed up the dose and put too much in one tea bag and it didn't really take, and the last one was three and a half grammes. So, I think I probably I think I would probably work better at around four because five was too much. I couldn't, there wasn't there was, it was it was too much for me.

**Interviewer** 13:47

And you also, I believe, based on what you've said, as well, I had, I think a little look at your questionnaire you filled out, you do a lot of micro dosing as well?

**Participant** 13:58

I do. I do.

**Interviewer** 14:00

And what's, just curious, what's your regimen with this if you have one?

**Participant** 14:04

Oh, yeah, absolutely yeah. It's usually right around twice a week. I've been moving towards less. Sometimes I'll dose up two or three days in a row but decreasing doses with decreasing doses and what I'm what I'm generally using is right around 0.3 grammes to 0.015 grammes. It barely the 0.015 I'm guessing at it. It's half a point 0.3. It won't even register on my scale. It's about a quarter but it's about a third of a quarter teaspoon is my smallest dose

**Interviewer** 14:49

A third of a quarter of a teaspoon, wow that's not much.

**Participant** 14:53

No, no, no, no, it's no, it's not much at all and that that's generally my regiments that or twice that amount. There are there are some days and it's usually on a Sunday that I'll take a quarter of a teaspoon, which is about a half a gramme.

**Interviewer** 15:09

And do how does that make you feel when you're taking in micro dosing?

**Participant** 15:17

It feels it feels mad. It doesn't. Oh, it feels great. I mean, it's the way what I'm microdosing at that at those levels, there's, there's the rocks don't glow. The rocks don't glow. The peak is very mild. It's almost like just, instead of the middle of the day getting a little bit tired. You have energy. It's very positive energy. It's, it's yeah, it's very nice. It's very, very nice. Very nice.

**Interviewer** 15:53

Do you use it? When you decide if you're going to microdose or not, Is it pre-planned, like just on this day, or these days? I'm going to do it, or is it more event based, like depending on what you might be doing in that day, you'll make a decision.

**Participant** 16:09

It's a little bit of both. It's mostly pre-planned, though. It's usually right around twice a week but it's you know, I might take it on Monday, then think well, okay, Wednesday and then take it again or I might wait till Thursday. It's if I if I plan on taking a therapeutic dose, I won't microdose at all in a week. There's sometimes I'll do like a two one or a three to one or I stepped down for two days in a row or three days in a row that I won't take it for a week, week, and a half. Yeah and what I found is that the longer I do this, that the less I use it. Is what I'm discovering it's like their time, I think. You know what? I don't think so. I don't think, I feel good and I'll just leave it be. So, yeah.

**Interviewer** 16:56

Is it is there a lingering effect? There is?

**Participant** 17:02

Yep, you still get afterglow, it works exactly the same only just in in just less noticeable amount. Less than a [???]. Now, I'm using very small doses and I have to tell you that I've done but I'm sensitive to everything. I'm a small dose on everything alcohol [Prozac, Paxil?] when I needed that I don't need it anymore but there are a lot of things I'm just very receptive to, to whatever, you know, how you know foreign substance I put in the body.

**Q5. Interviewer** 17:29

Okay. Cool. All right. I believe I've asked that question. So, what aspects of psychedelics do you find most challenging or difficult?

**Participant** 17:44

The legality of them?

**Interviewer** 17:46

The legality?

**Participant** 17:49

That's the only challenge.

**Interviewer** 17:52

And in what sense is that challenging for you?

**Participant** 17:57

Well, you know, it's just it's there's always the there's an extra added risk involved and it's you know, you have to go to go to black market to get things like this. You know, it's, it's, it's different now, it's different than now than when I was younger. You know, it was black market for simple things like, like pot or psychedelics we a bit more scary in this country. It's but things are moving forward and people are, are more open about it and there's less pressure on, on less harmful natural substances, like THC or cannabis, if you will, or psychedelics and since in America and then this is all triggered by Charlotte P.G. Charlotte, P.G, this was all this was triggered by Charlotte P.G because she was very dull girl who had this, this weird thing going on, seizures all the time and the only thing that she could actually that whatever work, I mean, this like, mom was a soccer mom, dad was a special forces military guy and that their daughter was wheelchair bound because she seizes hundreds of times a week and they tried CBD oil. Like, it's like really small dose of CBD oil and she didn't seize for a week. So, she went from like hundreds of grand mal seizures to zero grand mal seizures and so and from that, they've been sparking all kinds of with it, what you seems like from that anyway, so, that was when marijuana in America became actually legitimate to talk about and became legal first in a lot of places and now they have the MAPs programme. They got John Hopkins that are looking into psychedelics and it's still a schedule one class drug you know.

**Interviewer** 19:55

Yeah, slowly getting there.

**Participant** 19:57

Slowly getting there. So, I guess I'm rambling, but does that help?

**Interviewer** 20:02

Yeah, I'm just to add a little follow up. So, in therapeutic dose amounts, how is it for you in terms of not necessarily negative emotions, but like challenging or difficult things that come and pass by? Is it quite easy? Or is there anything going on in there that you might classify as challenging or difficult?

**Participant** 20:33

No, if it if flows pretty easily. Now. The first the first one, as an as an adult, you know, as 45 46, you know, not as a kid but the first one, the intentional one, right, the intentional one. That wasn't, it wasn't challenging, per se, as it was beneficial, I mean that there was a lot going on, and there were some scary stuff that was there. It was, it's like, yeah, I felt like I was standing at the gates of hell, but it was, but it was only to witness as something that was passing. Okay, I mean, it could have been really, really, really scary but um, I don't know, I just, I'm just, I'm open to these kinds of things. So, wasn't really very, very challenging, at all, it was, it was very beneficial and the next one was less scary, but also, beneficial, but in a different perspective. You know, the third one was intentional but again, I didn't, I didn't dose right. So, I didn't get enough out of it that I felt, and then the last one was fun. I mean, it was just fun and I, you know, I tried, I know, but I prayed before I went in, and I meditate a while was going on, and it was just nothing really to work on. So, it was just a really, really good time. So, maybe kind of went, you know, and all this and all this is at sort of the pinnacle of, of a lot of really deep personal work, you know, and dealing with repressed memory five years ago, and I had to, I had to go seek help and I was talking to a psychologist and we are working through some things and, and I sort of, I felt like I kind of hit a wall where I couldn't move on. Then I sort of discovered that people were actually treating PTSD, and trauma with psychedelics, you know, it was like, hey, maybe this will work for me. So, I kind of brought it up to my therapist, and we talked about it and, when I went into it with that mind and the benefits have been just remarkable, remarkable. Yeah.

**Q6. Interviewer** 22:44

It's good. It's very good. So, the next question is, in what ways have psychedelics affected your life?

**Participant** 23:02

Well, since I've been taking them, I drink less. I smoke less pot. I went back to school and got my realtor’s licence. My relationship with my mom has improved. My relationship with my wife has improved. My relationship with my children has improved. The relationships that were not healthy are gone. I don't know. I'm more confident, you know. I'm less apprehensive about putting, you know my art out there for people to you know, experience. It's like you know, if you like it you like it, if you don't you don't I guess it's it really is a confidence thing. Yeah, I think that's it's been beneficial in all those, helped all those things, it has really helped all those things and after, oh my God, and I'm telling you what, I'm 46 I'm 45 that first one oh my goodness, that first dose I took that after that was done. I haven't felt that good since I was 20 years old. I mean, to actually sit down and not have anything pressing on me and it was I've never felt like that in a long time. It's been a long time and that was actually after my first therapeutic dose. Beneficial man.

**Interviewer** 24:34

That's awesome.

**Participant** 24:37

It is, it is.

**Q10. Interviewer** 24:45

Have psychedelics provided insights into how to live life well?

**Participant** 24:53

How do you mean well?

**Interviewer** 24:55

Well, that would be a personal subjective kind of definition of what you think well is.

**Participant** 25:01

I would say that it has helped me provide acceptance. I don't know that it gives direction as it gives clarity, it gives clarity.

**Interviewer** 25:41

Okay, well, we're going to we're moving a little bit in terms of the focus of the questions. So, the first one is, how do you prepare yourself for a psychedelic trip and here, it's more referring to therapeutic dose than necessarily a micro dose but if they're similar, you can speak to both.

**Participant** 26:03

No, they're, they're not comparable. A microdose is just, it's, it's, it's routine. It's pretty, you know, as routine as I'm going to be anyways, it's pretty routine, and it's not going to pop it out, throw in a protein shake, and you know get on with my day. Therapeutic doses, they're very, very different I do I plan them out, because they're so beneficial and I'd say that I have so much respect for it, that it's, I don't want to overdo it. So, it's it, it really is every 2 3 4 months, right around that right, you know, right around that range and, and I start planning and thinking about it, and it's and you know. I don't know how I prepare myself. I let my family know, first of all, I let my wife know and she's generally my trip sitter and then you know, and right now, it's like, we're all we're all quarantined. So, can't really go anyplace fun. Do anything really cool. So, I just kind of do it here. You know, we'll make sure I have time. Make sure I've got everything I need and, I know that I'm safe. I picked my dose and I take it, I actually I pray actually pray before I take it and just you know, wait to see what happens and you know, we kind of get into it. I usually smoke pot up three hours in two- or three-hours in.

**Interviewer** 27:45

You find, how does the pot mix with the experience?

**Participant** 27:49

Makes it, intensifies it.

**Interviewer** 27:52

Yeah, okay.

**Participant** 27:54

It definitely intensifies.

**Interviewer** 27:55

So, would that for you, are you smoking pot as you're coming off the peak?

**Participant** 28:01

Coming into.

**Interviewer** 28:02

Coming into the peak? Okay and with your wife as a trip sitter are you both in the same room the whole time? Or the same space? Or is she just available?

**Participant** 28:23

No, she's just there making sure I don't do anything stupid.

**Interviewer** 28:26

Fair enough.

**Participant** 28:31

[laughs] Yeah, she kind of does your own thing and it's just let's be. Lets me be. Yeah, I want to be alone anyway. I mean, I mean, I'm kind of over that hanging out with your friends thing and I haven't done that in two decades. It was really fun when I did it, man. Don't get me wrong. I enjoyed it. We all had a ball, but I just don't want to do that now and that's when I do that it is for me and it's that I dive into my own head with and, and I do I try to work things out and if there's nothing to work out, I guess I'm what's going on you know, find my own vessel but, you know. So, yeah.

**Interviewer** 29:22

Maybe just thinking a little bit more on that question. Is there any things you do close to the time that you're going to take it, like, you were talking about meditative practice or the trip itself is like a meditation? Is there anything sort of like those things that you lead yourself in to prepare yourself for it?

**Participant** 29:46

No, I don't think so. No, not really, just mentally I think about it and as I get closer to it I think about it a little more, you know, and I still get nervous, you know, before I before I take a dose like that I still get a little bit, I go I don't know if I want to do this. You know, oh here we go and then kind of slide into it but no no, I plan it, it is a long term plan, but I don't put a whole lot of thought into it until maybe the day before and then I just kind of think about it and then the day of is really the it's that's really, you know, when I really put the thought into it and it's, it's, it's, I'll make sure everything's cool.

**Interviewer** 30:25

Are you coming in with any specific intentions or something you want to get out of the experience?

**Participant** 30:34

Yeah, the last four times I did, yes absolutely sure did. In the in the last trip I was taken from that. I was taken from that. I went in with intentions and was not able to deal with those intentions, something else was given to me. It was you know. So, it's an interesting experience, you know, I don't know it's your head right, it's your head. It's what's here [points to head], it's, you know, it's just never going to be the same for anybody, you know.

**Q14. Interviewer** 31:13

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

**Participant** 31:20

When, where?

**Interviewer** 31:22

Where do you normally take them.

**Participant** 31:24

Oh, right here my house. Maybe a low really low and recreational dose, maybe a half a gramme, or maybe a gramme. I might go hike. I've actually worked out on half a gramme, that was kind of amazing actually. My parents’ house one time, it was a, but it's out way out in the woods, you know, in the hills in the woods kind of a cool place to be. I mean, they're yeah, it can be fun to go to, to lots of places just but right now, this is not real conducive. The world really isn't conducive to getting out and about you know what I mean [Corona virus]. Just right here now I wish I could answer more maybe, yeah but it's, there's been some, you know, as a young man, it was going to like the IMAX theatre, and the zoo and those are different experiences very different experiences and these ones are, you know, more personal. So, they're, they're places where I can be sort of alone, unless, of course, I'm microdosing or a little more than microdosing just like that low into the party range, still coherent and you know, not catching any waves, so to speak.

**Interviewer** 32:41

So, is privacy a very important thing when you're doing the high doses?

**Participant** 32:49

Very, yes. Very, very, very. Yep. I want to be alone. I want to be.

**Interviewer** 32:57

Maybe you could speak a little to like, what, why do you feel like you need to be alone during these experiences?

**Participant** 33:05

Because, I don't want any outside influences. I want to dig deep into my own mind. I like the heavier your waves as they come near the peak those are those are experiences that I don't see anyone else benefiting from, and I don't see myself benefiting from being around someone who's probably not going to understand, especially it's like, you really have to consider when this question in particularly I think really putting the, in the perspective, my age and my sort of my circle of friends and what I do, and not a lot of people are going to be receptive to this. There's very few people that are receptive, especially in people in their 40s. I know some people and they're and they're, and you know, they kind of do their own thing as well and we come together when we're not doing that but there's just something about I don't know being by myself during these times. In answer to your question.

**Interviewer** 34:09

Yeah, yeah. Do you talk to your children and your wife about your experiences?

**Participant** 34:16

My wife, my wife, not my children. I mean, I don't hide it, but I don't you know, they don't need to know that yet. My, actually, my oldest son knows about it my daughter never really ask questions. My middle daughter, my youngest daughter, she's 12. So, you know, yeah. I'm not objected to it. Just really there's no need for it necessarily at this point.

**Q15, Q16. Interviewer** 34:46

Can you describe any special arrangements you might make in the places where you take psychedelics? And I can elaborate on that if it's not clear what the question is asking.

**Participant** 34:59

Yeah. Please.

**Interviewer** 35:01

So, the I'm going to reword this question at some point because I've had to explain it so, many times but basically, it's the idea like in the most people seem to be doing it in their houses or in a room somewhere and I'm wondering, are there any things like objects or things that you need a comfy couch or bed, you need music playing, you want stuff on your wall, you need certain lighting, you know, like, are there, how do you arrange the space in which you take the psychedelic that it's good for you.

**Participant** 35:35

Got it. Comfy clothes, and music and a dark space. So, I usually I'm usually in my bedroom and I usually have a hoodie on and then I have a blanket over the hoodie and I probably got like a hat on like this where it's pulled down over my eyes where it's nothing but darkness. Yeah, that's how I do it. Or I go sit in a closet, you know, during peak.

**Interviewer** 36:01

You sit in the closet?

**Participant** 36:02

Sometimes. It's a big closet.

**Interviewer** 36:04

Oh, I was thinking of a small, like knees up [laughs].

**Participant** 36:08

[laughs] Yeah, I actually just usually lay in the bed. I usually when I'm when I'm, you know, who knows how long it's going on you don't really know you kind of lose track of space and time but usually in the bed with a with comfy clothes and a lot of clothes and, you know, blanket.

**Interviewer** 36:31

Is there any, this is kind of a new question coming to me. Temperature wise, is there, do you maintain a particular temperature that keeps it comfortable? Does it fluctuate depending on what's going on?

**Participant** 36:44

It does not even seem to exist. I mean, it doesn't seem to bother me. It doesn't matter. My body temperature somehow seems to be regulated. I don't know. It was the last time I trip was a month ago, I think about a month about four weeks ago, I think roughly and wasn't even really cold outside but I had, you know jogging pants and a shirt and a hoodie and then and then a big thick, you know, bathrobe and then you know, a blanket over top all that stuff. A big, big, fuzzy, warm, big, warm, fuzzy blanket, you know, it was I don't never bother me and that's usually how it is. the only the only time recently was at my parents’ house and I was outside the entire time and I didn't have hardly any clothes. You know, just jeans and a t-shirt and I don't know wasn't hot wasn't cold wasn't anything. Doesn't seem to affect me. You know, I don't seem to get hot or cold. I guess. It would be interesting to know what that what that is actually what people's bodies do. Do they heat up or do they cool down when they're on psychedelics?

**Interviewer** 37:55

Just speaking from personal experience. I don't necessarily know if I get hotter or colder, but I certainly feel sometimes too hot or too cold. So, I don't know, if it's just, you know, the brains not got the sensory correctness. It's like oh, it's just telling you it's hot, but it's normal temperature or it's telling you it's cold, but it's not. So, I get those feelings, but I can't say necessarily if I am actually too hot or too cold.

**Participant** 38:20

Okay.

**Interviewer** 38:21

Yeah, I don't know how common it is but it's something that I've thought about. So, I think I'll try and ask that question a bit more. Just trying to get a sort of understanding of the different factors that are influencing that are happening to people's bodies and thoughts and stuff during these experiences and temperature is I think one that probably affects people. What do you normally do during a psychedelic trip?

**Participant** 38:55

Can I pause right here and use bathroom?

**Interviewer** 38:57

Sure of course Yep, no problems.

**Participant** 38:59

I'm going to put you on mute. What do I normally do during a psychedelic trip?

**Q18. Interviewer** 39:08

Yeah, what do you normally do during a psychedelic trip?

**Participant** 39:16

I don't know, I trip [laughs]. I don't know. That's a really tough question. I just it's an easy one but it's a tough one. What do I do? You mean just like how I don't I don't I'm not even sure if I understand the question.

**Interviewer** 39:44

More so yeah. So, more physically than let's say where you go on the mentally. So, for example, you lying down most of time do you move around? Do you go outside? Do you interact with people? Like what do you do in the real world.

**Participant** 40:00

Oh, I move around a lot, lie down. I would probably interact with people if my wife would let me go outside but she won't let me go outside but I'm you know, I'm an extrovert anyways, I probably do that. I check stuff out, you know. Like look things, walk around, you know, until you catch the next wave and then when I catch the next wave like I'm in, you know, come into the you know, to the bedroom where it's comfortable and put the blanket over my head and you know, take a ride. Yeah, I like that. I can tell you that the zoo was fun from past experience. I can tell you that, yeah, that's a ball, you know. Listen, I love listening to music. Music is a big one. hiking is awesome. I love to hike. Yeah, you know on that experience, but with all the outside stuff at my age, I dive in. I won't, that that has to be lower dose stuff. That has to be lower. I don't want to interact people when I'm peaking. It's like, it's very different thing. It's very different thing than was in the past, you know. So, yeah, I guess that's it, you know and then when I'm when I'm tripping, I'm generally moving with it. It's interesting to see how your visuals will move with you and how they change as you change as you change position and then look in different directions and move into different directions. You know, you're, it's strange, man. It's an interesting, interesting experience.

**Interviewer** 41:35

So, you, when you're at home, do you interact with your wife and your family A little bit when you're moving around?

**Participant** 41:42

A little bit.

**Q19. Interviewer** 41:44

Yeah? okay. You've spoken to this, but I'll I just, it's easy for me to go through them. Is there anything you avoid doing during a psychedelic trip?

**Participant** 42:04

Negativity, I try to stay away from things that are negative. So, when we're taking a therapeutic dose, it's that's really important. It is setting and setting, I've read it, I've said it. Yeah, we understand it, it is something that that on that day, on that day, I have to be clear of things. Life sort of has to be set aside and it's good for, it's good for us, good for everybody. It's like just you know, they're, you know, we have, that's pretty much it. That's the big one, which is like no stress, no drama, no bullshit. You know, just that's what I avoid and that's about the only thing I avoid. Or until I get into a trip and then electronics are kind of ugly, never touch my phone [laughs], it hurts to look at it, you know, it's like, Ahh, it's kind of gross. Things like that but yeah, that's pretty much it. I try to stay away from things that are negative and, and things that are, you know, pressing, make sure those are set. It's like when I go on a trip it's like even you turn into a kid, you're a child again. Now your loss of ego, everything's new and wondrous and it's like and, and my wife treats me sort of that way. You know, she lets me go she lets me do what I want to do and what I need to do cause she sees the benefit that I'm getting but she make sure I don't, you know, I don't do that [laughs]. Or, we're not going there. Yeah, she's my conscience.

**Interviewer** 43:41

Plays mum little bit.

**Participant** 43:43

Uh huh. Yeah, yeah. Yeah and probably rightly so.

**Q20. Interviewer** 43:52

Is there anything special you do after a psychedelic trip?

**Participant** 43:55

Oh, I just spend time with my family and it's special, it's just relaxing, it's after that and that's why I take it. Honest to God. It lasts for days that that that the peace that comfort that relaxing, it's like and I just I have such a hard time with that but not so much anymore because not only does it give it to you, but it shows it to you at the same time. So, you know how to access it. I do anyway, I say you, but I mean me I know how to access them easier and if you could imagine not being able to sit down ever and relax and now I can [laughs].

**Interviewer** 44:47

I don't think I could, that sounds very uncomfortable.

**Participant** 44:50

Yeah, yeah, man. It's and It's and that's what I got the and the first one oh my god, the first trip that I took and then it's like, I was actually able to sit on the couch and hang out with my family and be at peace and I haven't felt that feeling in such a long time and it was it was remarkable. I mean, it was remarkable. That's why I do it. It's I mean the trip is beneficial and It's fun, right. It's a lot of things but, but the power of the medicine that comes after that is, is what has been so beneficial to my life. It's been remarkable.

**Interviewer** 45:36

Have you or your children or your wife or other family members, have they commented on, any potential changes that they've noticed in you?

**Participant** 45:49

My wife has yeah.

**Interviewer** 45:51

And what did she say?

**Participant** 45:54

Well, I'm still using [laughs]. You know, it's just I'm happier, more relaxed, I'm able to concentrate, do things, that I haven't been able to do in the past. It's is not so much what she's saying as what she's not saying and relationships are improving in my life, and our situation has improved in life and it just is, I don't know. Her silence is what is so deafening, because if she was unhappy, or she thought that this was moving in the wrong direction or she thought that it was not beneficial, believe me, I would be hearing about it. It would be a problem and what's happening is the opposite of a problem.

**Interviewer** 46:52

Was there pre the second wave of your psychedelic use, was it common to was there conflict in the relationship that's no longer there or has subsided somewhat because of this use now?

**Participant** 47:17

Between her and I?

**Interviewer** 47:18

Yeah.

**Participant** 47:18

There wasn't much conflict. No. I began to talk about it and then I began to bring it up and she used psychedelics with me in our 20s. So, she was aware of them and the more I began to talk about it, and then I brought it to my therapist and it was interesting what she was talking about. She was more or less supportive of it and she then of course, I believe she started asking around, and at that time, she had just started therapy. So, she started asking about it, start looking at it and, and was really sort of open to what we were hearing because it was, it was all positive. I was very particular about where I researched what I was looking at, I didn't do this on a whim and I really dug into this, because I'm a pretty smart dude and I really dug into it and I looked in all the right places, and I looked at all the places I thought were legitimate. This is what brought me to John Hopkins, and then the MAPs programme and after some discussion, and some, you know, and also, the understanding that they're really not very harmful. There really wasn't much of a struggle, there wasn't much of a conflict at all.

**Interviewer** 47:40

More broadly speaking, was how is your relationship with your wife and family before that? You sort of say it's improved your relationship. Maybe you could speak a little bit to what was going on before and how it's changed. Is it coming, is it mostly coming from your side or is there stuff where the whole family dynamic maybe has shifted because of this?

**Participant** 49:23

Both the whole family dynamic is shifting. As I am, so, all my relationships have improved, the ones that I want to, to improve. How has it improved? A lot of things have come into play here. You might be outside of the realm of you of your sort of your research maybe I don't know. You have you have, six years ago, seven years ago. I was, I was remembered. I had some repressive memory that came back, and it was at the time when my father was dying from cancer, couldn't really address it and then after my father died, I was forced to address it. Which set forth a chain of reactions, through myself dealing through me dealing with, with trauma that I needed to deal with it, caused a change in me which, which, which begged a change in my wife, who also had to deal with some things. So, as I was coming on to psychedelics, my wife was beginning her therapy. So, it's not all me. It's not all me. It's a big part of it is me, and it's a big part of it is her. So, there's so, yeah, I mean, and she has experimented with them, too. She has microdosed a couple of times, but nothing, nothing significant. I don't know, does that help? I mean.

**Interviewer** 51:30

That's, that's useful definitely for the context. I wonder if you could speak to maybe the ways in which the relationship has improved, like as a, for example, is it communication? Is it about being affectionate and loving? Like, what, can you speak to the particular aspects that has sort of become better? Or maybe that's difficult?

**Participant** 51:54

That is directly related to psychedelics?

**Interviewer** 51:57

Yeah.

**Participant** 51:58

I have, I have come to understandings through the use of psychedelics that I may not have noticed before and it is, that is all me from that, and it is a more of an appreciation for my wife and more of appreciation for my children, more of an appreciation for my mother. Those things are definitely there because of that and this it is specific, because those are things that you find in trips, or that I found in trips when I'm taking the therapeutic dose and, and I'm meditating on something and something else pops into my mind, and I get stuck on it. Oh, you know, the thing I get stuck on or something maybe that I have completely overlooked. Like, like how giving my wife can actually be and then you lose your arrogance, I lost my arrogance and I'm you know, I'm not so great either and then you really see you step, I step outside of myself and was able to see, you know, my wife for how maybe she sees herself, which is very giving. She's kind of an awesome person and I saw that, and I kind of knew that, you know, I did you know, that's my wife, but I understood it on a deeper level because of the trip. I really did. That's I mean, that was, and I didn't expect it. It's just something that hit me. It's like, Oh, my God. I see this now I see this now. It's like, Oh, yeah, yeah, we're in this for long haul, you know, same thing with, with my mom and my brothers and, you know, on a specific trip, you know, you see your significant, I saw my significant, keep saying you, you know, I'm speaking of it not affecting me, but it really is me and I saw it. I saw the significance of our relationships on a grander level, that that's helped me to move past some wrongs that we have done to each other. You know, and then that's, those are the kinds of things that I get from trips. Yeah. Yeah, that's, that's it. That's definitely it. I've never had a bad trip. I've had scary ones, but what were you going to ask?

**Interviewer** 54:18

I was just going to see if this, you agreed with this idea. It sounds like there's been an increased appreciation for many aspects of your relationships and it seems they've helped you forgive, and I wonder if that sounds about right?

**Participant** 54:38

Yes. Absolutely. Yes. Yep. Good question. It's remarkable.

**Interviewer** 54:47

Could, maybe you speak. You say some of the parts weren't challenging, but can you tell me what parts you found scary? And the reason I ask is, I think depending on the person who's using the you know, different things are going to be scary and challenging for different people. So, if someone you might not found it challenging, but you found it scary that might be useful information for other people.

**Participant** 55:14

On trips?

**Interviewer** 55:15

Yeah.

**Participant** 55:15

Like any trip? Like in in a therapeutic trip?

**Interviewer** 55:17

Yup.

**Participant** 55:18

Well, man, it's so, inter-personal. It's so specific.

**Interviewer** 55:25

If you don't want to go into it, that's fine.

**Participant** 55:27

No, no, it's not that it's not that. I look forward to things that I need to see. So, my headspace when I enter these things are very open. So, so, the scariest thing in the world to some people might not be so scary to me, I might view it and see it, but it might not frighten me, even though I might be frightened. The most beneficial trips that I've had was my first one and it covered a lot. I mean, it covered a lot and I, there were a lot of visuals, and it was they were all important and they were they were all specific to me and I guess before I move on, man, it's just like I'm a survivor of childhood sexual abuse, severe abuse, severe abuse physically, sexually and like a lot of things were going on that's what was really repressed. Like you kind of knew it was there but you kind of didn't until something triggers it and then boom, that's like aww fuck. So, that first trip was sort of a breaking point of a couple of years of therapy it was respective to my upbringing, to my religion, to all the things that your head are filled with. Man so this is deep stuff so, ahh fuck hold on, let's see if I can't find this somewhere, you know what, shit I don't even know where it's at. I actually wrote it down have the damn experience wrote down somewhere and I don't remember where it's at.

**Interviewer** 57:32

If you come across it, one of the things I didn't mention I don't know why is you I can send you the transcripts and if you want to edit or add something to it you can for sure so if you later on come across it you can just drop it in there if you like.

**Participant** 57:48

Let me look real quick here. I can pretty much it was a, yeah it was pretty awesome too. I got to find it. I'll find it but not right now. I'll give you the gist of it. It was it was you know it was it was a lot of things. I witnessed, I witnessed my birth and what I witnessed creation, my creation, I was a, I witnessed my childhood and of course, it was all symbolic, I witnessed hell, I saw it just big giant, you know, kingdom of death and I don't know exactly what it is, or how it pertains to me, but I saw it. I understood it wasn't for me. I've moved on from that. It's like I saw I saw my relationship with my therapist. How she brought me from hell, she she's like a butterfly turned to a butterfly and brought me out of hell and as I was climbing through hell, I saw my brothers that came to my side after I was coming up out of that. It's like and then you know, it was just this this this this moving it was, I don't know. God dammit I have it written down somewhere. Dammit, I should have got that before you called me. I'm so sorry.

**Interviewer** 59:40

That's alright.

**Participant** 59:41

To understanding this, but it was, It's like, it took you know, two, three years of really intense therapy and turned it into fairy dust and it went ohh, this is what it is in its significance in life and it's simple and it's over and you don't have to dwell on it kind of experience and it went from spot to spot to spot, it was something that kind of rolled, you know, it's like, you know, you, you hit these, these pockets where, you know, you're, you feel like you're zooming through some kind of IMAX theatre and I'm doing, I'm the vessel and then it just opens up into this, this great hall and then these things and these pictures are going on this great hall and, you know, it's like when I witnessed my birth, it was the craziest thing. It's just, it was a big, giant dick that was covered in purple flowers [laughs]. That morphed into this great big, you know, purple you know, pussy, that's this vagina shit, all beautiful stuff, It's all beautiful stuff and then everything rolled from it, then I rolled out of it and then my life rolled through and then just like my troubles roll through, and then my family came to me and then it was just like \*puuufff\*, it's not that big of a deal, dude. You know, it was that it was that feeling, it was just like, oh, I don't need to hang on to all this. This is something you don't need. It's not for you. So, it kind of rolled. I mean, it wasn't, It was scary and with the wrong mindset, without the proper setting, maybe with I don't know. What kills me is I wish and I tried so hard to find a natural therapist who would do this with me and I guess it's like, the only one that I trusted wouldn't do it [laughs]. It's like, so I couldn't you know, and I get the feeling that it could have been so much more beneficial. It could have been so much more beneficial, but I got a lot from it. So, I don't know, I don't find it very challenging. I found it very rewarding, enjoyable and the only challenging trip I ever had was bad acid back in the late 90s and my spine hurt for eight hours. It's like fuck man this was horrible but that's it, but I mean, but as far as like experiences and what's going on inside my head it's like, it's me. You know, it's me. I have purpose when I use it. I think it has a lot to do with how successful it is, is because the purpose that I have because I truly believe that all it does is it opens up what's in here [points to head]. It's not going to be the same for you as It is for me. It's different, you know, I have different thoughts and experiences.

**Interviewer** 1:02:44

Yeah, for sure. Thanks for sharing that.

**Participant** 1:02:52

Yeah, yeah, you're welcome. You're welcome. It's I really believe this is could be some seriously beneficial medicine. I really do and I don't believe that a lot of people really understand how to use it and it's like I'm reading I'm reading articles where they're saying the dose that I'm taking would be completely insignificant, and no one would ever know, I'm like fuck is changed my life.

**Interviewer** 1:03:11

Yeah.

**Participant** 1:03:13

So

**Interviewer** 1:03:15

It's hard to make this is I think this is the difficult part how to make broad claims about what it's going to do and how much you need to take and where you have to take it because it's, as you say, it's based on this [points to head] and each one of these is very different from the next.

**Participant** 1:03:31

It is but you know, something with the microdosing I don't think that's the case. I think microdosing. I really believe within in 5 or 10 years. It could be, it could be the forefront in you know, psychological medicine. It's, it's remarkable. It's remarkable.

**Interviewer** 1:03:47

The new antidepressant, that actually works.

**Participant** 1:03:50

Yeah, with I mean, with really no side effects and it's decreased and that's what's crazy. It's decreasing for me. It's decreasing, like the longer I take it, it’s like, you know, the micro dosing specifically. It's like, I don't always need it. It's like, at one point, I was like, man, this was really nice. I really liked this and then, but it's like this [signals jump in baseline experience] and you keep going like this [higher baseline over time], you know and outside of that in between, like a half a gramme and three and a half grammes for me it's really not all that much fun. It's not enough to trip and it's too much to go about my day. Right so, I don't really make it you know, that's not what I'm in for, maybe on a Sunday, you know an extra scoop [both laugh].

**Interviewer** 1:04:35

Yep, yep. I think I've asked this. Let me know if I have because I'm not sure but is there anything special you do after a psychedelic trip? I think I have.

**Participant** 1:04:58

No, you asked you asked. It's just It's, um, they're just it's just, I'm relaxed I really want to be, I really want to be around my family or people just that are just close to me it's, couch, you know, on the couch and just enjoying my time. I can't believe you know, it's so weird. You know, you drink too much. You're like shit the next day. You know if you've ever done coke all night long, it's like, I'm not a big coke head. It's I never really liked it all that much, but you felt like shit the next day LSD I felt like shit the next day. It's like, no matter what If I do too much, I never feel good. With psilocybin, I feel good after I'm done, and I feel good for days after and especially after a therapeutic trip. It's like, I really want to be around people that I'm comfortable with man. It's like, I'm going to lay on the couch with my wife, I'm going to play with my kids, it's, I just I don't know, it's really good. It's just really good.

**Q22. Interviewer** 1:05:58

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

**Participant** 1:06:14

Interpretation, interpretation. It's, you know, it's, it's yeah wow, what does it involve man? It's just, it just really involves just some deep introspective thinking, some rationalisation maybe just looking at things a little bit differently or studying, studying the way I've looked at things differently during the psychedelic trip, and really inspecting what, what I saw and how that pertains to me in real life now that I'm not in, in that world anymore. Why did I think about that, you know? What was that about really? You know, that, really, that the first psychedelic trip, as an adult, as a full-grown adult, you know, older man, it was. You know, it was it was really, if some of that stuff felt like choices, you know, like you could, it felt like an option. Some of those trips like this, pick which one you want, you know. Kind of felt that question.

**Interviewer** 1:07:29

Yeah, maybe just to expand on it a little bit. When you're doing this introspective interpretation and rationalisation and questioning, is it just something say you're doing in your head? Or does it involve, for example, like writing down? Art work? Does it involve talking with other people about it? Like, what's the, how do you go about it?

**Participant** 1:07:54

The first one, I wrote it down, but the rest of them, I just kind of think about it. I definitely wrote down the first one, wrote a little bit of a second one, actually. Not the last two not the last two for sure no. In fact, the last one is like I tried to get deep and it's just it was just the playground. Honest to God, I was just playing, it was so much fun. Felt great.

**Q23. Interviewer** 1:08:27

You've definitely spoken to this. So, I'll read it and then I'll ask a bit more specific to your what you've been talking about. So, are there any noticeable changes in how you think or feel in the days or weeks following psychedelic use? So, you've definitely said yes to that. So, I wonder if you could talk about what that feels like? And maybe what does that those feelings motivate you to do in those days where you feel like that? Or how does, how is it, how do you behave differently with yourself with other people, how do you maybe think differently?

**Participant** 1:09:08

Well, it's been a permanent change. So, from the first dose. Like it's not like I went back to before the first dose. So, that question really isn't really fair for how I, and I can't really answer your question. So, from the first therapeutic dose, it gave me the perspective, a very different perspective and from then I've since then, I've been micro dosing. So, I've been under the influence of psilocybin for over a year. So, so, so, so. Ask me one more time, rephrase the question or ask me the question again.

**Interviewer** 1:10:01

Yeah, So, the original question is, are there any noticeable changes in how you think or feel in the days or weeks following psychedelic use, and you've definitely gone like, you feel very positive emotions, maybe peaceful and calm, the days following say therapeutic dose and I'm just wondering, can you speak to any potential behavioural changes that you'd see during that kind of heightened afterglow effect versus when it's, you don't feel that anymore?

**Participant** 1:10:47

That's tough man, that's a tough question. Afterglow lasts for about three days, afterglow last for about three days but I microdose, outside of that. So,the afterglow kind of remains there but it's not as significant, you know, therapeutic trip, you have a strong afterglow with micro dosing you but the microdose brings you up to almost like an afterglow, kind of a state but since the first trip, I got that, that heightened level and that's kind of remained there. So, all my interactions with people have all been have all been better. It's like I have more energy, I'm more connected to people, I'm more open to people, I'm more locked in, I guess, I guess to, to my surroundings. More compassionate to people but again, that that really came through, I believe work now and it's like, I really don't want to discount the work that I did with my therapist. Deep fucking work man, it was hard work and then I had, then I took a therapeutic dose and tripped and sort of changed my perspective. So, man, but it's been a constant steady thing hasn't been not necessarily the weeks are falling but if I'm understanding the question, after a therapeutic dose, I do have a seriously heightened state for two or three days where I'm just I'm happier, and I'm a more pleasant and I'm just, it's easier to be a husband and easier to be a father, you know be a father, you know. It's just I don't know, I'm less depressed. It's a fucking, it crushes depression, for me. It's just annihilates it, it's just like, it's just, it's like, blows it up. So, it's been a constant steady thing. So, I guess the question you're asking me the next the weeks and days following it's like, I guess I don't understand because it's like it's been a year following. It's been it's been this has been a continual improvement and hasn't been all this is only going to be good for a couple days. You know, I've taken Prozac and it fucking sucked and I hated it. It put me a, in this this tunnel. It was miserable, it was good at first, but then it became miserable and it's like, it's awful. Another anti-depressant they all do the same thing, it’s like they like

**Interviewer** 1:13:51

[signals a constraining of emotional range using hands]

**Participant** 1:13:53

Exactly and this that and psilocybin doesn't do that. It softens the floor. It softens the ceiling. So, you still get all the all the you know, you get everything. It's just you know, you don't go too high. You don't too low and it's constant. It's been constant. It's been constant. It's just been constant.

**Interviewer** 1:14:15

Well, that from a therapeutic perspective is the best.

**Participant** 1:14:23

It, it's the best, it's, yeah, the best.

**Q25. Interviewer** 1:14:30

That is interesting as well. Maybe we come back to that a little bit after the interview because I just have sort of some thoughts that come up, but rather than get side tracked with that now. Where are we? I really think you've spoken to this question, So, I won't even bother asking it. You definitely answered that one. What do you think is the core psychedelic experience? If you can speak to that? Or if you would like more clarification?

**Participant** 1:15:10

A little bit, please.

**Interviewer** 1:15:11

Yeah, another question I'm working on. Let me pop up. I've just been working on it and there might be a better way of asking it, let me just bring this up. So, a possible alternative is, what are the most common features you experience on psychedelics? Or another way of phrasing it as what is unique or special about the psychedelic experience for you?

**Participant** 1:15:46

I mean, talking like visuals?

**Interviewer** 1:15:49

The, the idea is, So, it's like, it's all aspects. So, visuals, if you have bodily sensations, if you have thought changes, if you have auditory hallucinations, anything like it's, the idea is sort of partly getting at, across all of your psychedelic experiences. Is there some sort of common feature that you have across all of them that you could kind of like this is what when I take psychedelics, I sort of expect I'm going to get these things.

**Participant** 1:16:18

Tracers.

**Interviewer** 1:16:20

Tracers?

**Participant** 1:16:21

Yeah, when I take psilocybin I expect a little bit of melt, you know you see shit melt. It is more like a blur to me. I always call it 'the melt' because that's, usually right before the peak. I seem to have a lot of that that space travel. I don't know what the hell that is but to sort of, you feel like, I feel like I'm flying really through space. I've had that happen all three of my like, my good therapeutic doses that always happens. Never had anything auditory but you know, I will usually listen to music. To help, help with my trip. Yeah, those are those are, those are common. Those are common.

**Interviewer** 1:17:18

Any bodily sensations that sort of like outside of the normal but normal for a psychedelic experience?

**Participant** 1:17:33

Don't get much of a body buzz. I mean, maybe a little fuzzy. Body buzz, maybe a little body pose, but not much. I don't really, no. I'm really prone to eat healthy food. On psychedelic trips.

**Interviewer** 1:17:53

After, before, during?

**Participant** 1:17:55

During, during it's like, it's like, yeah, I don't want anything heavy. Nothing gross something like fried foods like so, it's the weirdest thing, it's like things that are naturally unhealthier. They're really off putting I expect that, like TV is off putting for some reason my phone is off putting, fried foods are off putting and it's they become really gross and really off putting like, oh, get that thing away from me. I always expect that. Yeah, I always expect to feel like a child. That's always pretty common. I mean, not So, much anymore. It's it seems like as I, on my fourth trip it's, I feel a bit more experienced now.

**Interviewer** 1:18:49

And what about thoughts? Do they, how? Like, we often most people I don't know, like you hear has an internal voice. You're not you know, you're thinking a problem and you you're talking in your head does it does the types of thoughts that you're thinking, change? And is there maybe I don't know, a way of describing that if there's some common feature to that?

**Participant** 1:19:18

No, I don't know. I don't know. I'm pretty I don't know. I'm really, damn. You know what's really kind of remarkable.

**Interviewer** 1:19:42

What?

**Participant** 1:19:44

As a sexual abuse survivor and being a man. I've had a it's been a it's been a lifelong struggle with sexually acting out and that is never an issue when I'm taking mushrooms. I never want to as a thought that has plagued me since I was a little kid and I never want to when I'm on mushrooms.

**Interviewer** 1:20:08

Can you speak to that a little bit more? What do mean by thinking of sexually acting out? Just like impulses or?

**Participant** 1:20:15

Well, it completely mitigates. I don't even want to have sex anymore. It's like you actually become like a child and then when I'm micro dosing, It's just like it, it gives me an off switch for that and it's and that's been the one thing in my life, I've really never been able to turn off. I've never been an addict, I've never been an addict but this gives me an off switch. It gives me a no, it gives me It gives me a I don't, I don't I don't know why I don't know how I don't care. It's just something that yeah, that's, that's, that's, that's the one main thing that always, always seems that has seemed to completely change my perspective on.

**Interviewer** 1:21:10

If I can delve into that a little bit cause just to get some clarity, So, I hopefully understand what you mean by this. When you're, for example on a microdose are saying that you no longer have any sexual feelings towards other people?

**Participant** 1:21:25

No, no, not on a microdose on a micro dose just gives me a, on a full dose It almost does, yeah. It, it's, it's, for me, it's, it's it kind of, I get a little bit of it at the start of the trip where you might kind of get, you know, say boy, you know, get sort of excited but then it quickly goes away and but on a micro dose it just it just it helps me to, to navigate those waters. It helps me to, it helps me to control that urge. It helps it helps me to, to accept you know what was done to me and help me out and help to sort of internalise that. Yeah, it's been remarkable for that. Don’t know how it works. Yeah, I don’t know how it works. I'm So, glad they're studying this stuff man, this this, I love it.

**Interviewer** 1:21:27

Here we are.

**Participant** 1:21:31

Yeah, it's been it's been life changing, it's been life changing.

**Interviewer** 1:22:29

Sorry, was that an issue for you before, sexual urges that, was it did it cause any problems in your life, or was it mostly just an internal issue?

**Participant** 1:22:40

It was causing problems, it was an internal issue, it was external. It was problematic, very problematic and it all started after I got my repressed memory back. Once I've remembered everything. That's basically when it was, my life went downhill from there, it got bad, it got bad, I was very suicidal, I didn't know how to deal with it. I was practising, you know. It was dark, it was dark. I was scared. It was a scary, it was a scary, scary time in my life. I didn't know how to deal with it. With that.

**Interviewer** 1:22:47

And now you're you feel that's resolved or is there still lingering issues with that?

**Participant** 1:23:21

No, no, no, it's as resolved, as it's going to be. It's an acceptance really than a resolve but it's something you deal with your whole life, you know, and it's, I guess resolve? What does that mean anyway [laughs]? It's, yeah, I guess so. It's resolving. How's that? It's improving it's, it's, it's something that in my life that has that has continued to grow in its level of improvement but again, it's an it's a multi-dimensional thing.

**Q27. Interviewer** 1:24:11

I think you've spoken to this, but maybe there's some another experience you want to talk about related to the question I'm about to ask, but we can move on if you don't feel like it. So, can you describe your most memorable or life changing psychedelic experience?

**Participant** 1:24:27

If I can find that paper.

**Interviewer** 1:24:35

Because what we could do is just leave that question open. I can send you the transcript and if you come across it, you can just drop in the text if you'd like.

**Participant** 1:24:44

I'll find it tomorrow. I'll find it tomorrow and then I'll email it to you. I know it's in one of my notebooks I use I just I have no idea where they are. I have no idea. What it's I'll find it and I'll send it to you.

**Q26. Interviewer** 1:25:00

Alright, well, we'll flag that. We can skip this one as well, if you don't think it's quite relevant, but can you describe your most challenging or negative psychedelic experience?

**Participant** 1:25:14

They I don't I've never viewed it that way. I, I sort of have the, I don't think there is a such thing as a bad trip. I don't.

**Q28. Interviewer** 1:25:31

Alright. If you have experienced ego death? Could you describe what it is like?

**Participant** 1:25:43

Nope. I cannot describe it.

**Interviewer** 1:25:48

Would you say you've you, you would have had an experience?

**Participant** 1:25:52

Oh, yeah.

**Interviewer** 1:25:52

Classified as ego-death.

**Participant** 1:25:54

Yep. It's, I become like a child and become like a child. That is what ego-death is like, to me. It is it is it is the complete understanding that there is something greater than you. That's ego-death and it is very much being like a child. I don't know how to explain it any other way than that and it's sad, because that was a really remarkable thing to experience.

**Interviewer** 1:26:37

Well, that's the mystery. You have to have it for yourself if you want to know.

**Participant** 1:26:43

Yeah, I would say that's pretty accurate now.

**Q8. Interviewer** 1:26:45

All right. Yeah, we've covered a lot of these. I don't, we definitely spoken to that. So, I can pass on that one. This one, maybe there's some additional to add to it. Have psychedelics changed how you think and feel about yourself?

**Participant** 1:27:11

Yep. I feel stronger. I feel deeper, happier. It is it has put me on a path for purpose. It has me desiring purpose. It has me finding happiness and peace in purpose. It has me, I would say less selfish. Definitely less selfish. I think those are the those are the kind of things that I get. Does that answer your question.

**Q9. Interviewer** 1:28:10

In part. So, those are sort of descriptions of, say improvements, for sure or changes at least but is there any sort of when you if you can, when you reflect on yourself as a person, Is there any, like some people are very self-critical of who they are or of things that they've done. Maybe, if that, it's sort of like, is there any changes in how you view yourself? Rather than how you feel internally?

**Participant** 1:28:49

Yeah more positive, more respectful, yeah, for sure. I'm not so, hard on myself for any mistakes that I may have been beating myself up over. It does make forgiveness more obtainable and it's in it's more of a two-sided forgiveness, it's one for you, and then it's one for me. It makes both those things attainable. You know, to be able to forgive yourself is not that easy. It's easier for me to forgive another person then it is myself, and I've definitely become more apt to let things go, per se. Yeah, for sure, for sure. It's significant actually, I think.

**Interviewer** 1:29:44

Good to hear. You spoke just before about a purposeful path or desiring purpose or finding meaning and purpose. Has there been a change in purpose in your life? Goals or things that you're working towards and maybe you could speak to that?

**Participant** 1:30:06

Yeah, yeah. It's like, I drove truck for like 15 years, I've done lots of things. Actually. I was a chef and I drove truck and lived a pretty stagnant lifestyle. I actually got laid off and, I got into real estate and as I was studying the works, and it's, it's like, it got me excited because the job itself, I mean, you get all kinds of people in all kinds of professions, and you got people who adhere to what they're supposed to be, and you have some who don't. One of the biggest reasons that I got so excited about the career path that I have now chosen to take was because we were expected to be a fiduciary, by law are bound to be a fiduciary, and just we're sort of held to a higher standard.

**Interviewer** 1:31:01

Could you explain a little bit what is a fiduciary?

**Participant** 1:31:05

A position of trust. So, as a real estate agent, I would be a fiduciary, I'd be bound, you know, by certain codes of ethics. A psychologist would be a fiduciary. So, to speak, or they would have fiduciary responsibilities. A lawyer can be a fiduciary, or just a caretaker could be a fiduciary. It's you looking out for your client, and only your client and you're bound by ethics to take care of that client. That's a fiduciary. I guess that would be the kinds of things that got me excited about for purpose. I mean, to actually put myself below somebody else, and put them up and that's sort of just kind of the overall feeling I get from it. It has me do those kinds of things and actually being more taking more *action* to the sort of the, the drive to be in less selfless, or more selfless rather.

**Interviewer** 1:32:22

Like, yeah, less-self

**Participant** 1:32:25

Yeah, you know, not selfish and, and not that I even was, but it's just, it's, I've grown from it. I've grown from it. I've grown spiritually from it, I've grown personal from it.

**Interviewer** 1:32:41

So, would a fair conceptualization be an increased desire to serve others?

**Participant** 1:32:51

Yeah, yeah, sure. Yes. Yes. No question. No question. I'm the sort of person that would be open to those things anyway. So, that's what I feel like I'm getting is like more of me. Since I've taken it, since i've started on this path, I feel like I'm getting more of me really, more of what's strong about me what's good about me what's, I don't know man that's, I don't know. Just walking a beat higher, I guess. I don't know or I'm a beat faster. It's hard to explain. It's hard to explain.

**Interviewer** 1:33:40

Maybe like I had not a personal thing, but it's sort of like a [signals connection between the heart and mind].

**Participant** 1:33:46

Heart, mind, and soul.

**Interviewer** 1:33:47

Yeah.

**Participant** 1:33:53

It's a peace. It's an introspective peace. It's an acceptance, it's forgiveness. These are the things that I'm getting from it. This is what this is what it is driving me towards. With intention, I think, right? And this is the purpose there's a purpose.

**Interviewer** 1:34:11

It sounds like all good things!

**Participant** 1:34:13

So, far, So, good, man, now before

**Q29. Interviewer** 1:34:20

So, we're changing tack, again. We've got about just about nine questions to go and so just hopefully I won't take too much more of your time, but have your experiences with psychedelics affected your spiritual or religious beliefs? And if they have, how have they been affected?

**Participant** 1:34:53

Yes, they have. They have become stronger; I have become closer to God. Whatever that means, I don't fucking know. Yeah, they've become stronger, I have become more spiritual.

**Interviewer** 1:35:17

Is that a particular faith that you're more inclined to, or Is this sort of a personal spirituality?

**Participant** 1:35:28

Well, I guess I'm Christian by default. I believe Christ is who he said he was. Out of, outside of that I don't really know much of anything. Yeah, I guess I'm Christian by, I guess I'm Christian. Yeah, I'm Christian but I mean, I'm a I don't know. I don't know. I got a lot of questions.

**Interviewer** 1:35:56

What about your views on other religions and other faiths? Has that changed due to your experiences with psychedelics?

**Participant** 1:36:04

I don't think so. I don't think so. No, maybe. No, I don't think so. I don't I don't think So, No. No, I don't think because psychedelics. No, I think that my views on religion have changed over time, but I don't think necessarily because of psychedelics, I have to say, no, no.

**Interviewer** 1:36:49

Okay. Could I just probe? Have you a way of describing sort of, do you have a general view of other religions and how you think about them?

**Participant** 1:37:03

Oh man. Well, I could talk about religion forever. I actually kind of find it kind of fascinating that so many religions have similar creation stories, and they all pretty much the same message. I don't really know how this all works out. I don't know. I just I don't know, man. I really don't know. I'm a Christian but I don't know. I don't know. I don't know whether the Buddha was a prophet. You know, I mean, I don't know whether Muhammad was lying. I don't know. I don't know any of these things. We all have different backgrounds and languages and it's like, if there is one God, how would he reach everybody? Did he really forget about the whole world until Christ came along and it's like, eventually he's going to tell you about everybody. I don't know. It's like, Buddha spoke peace, is a peaceful religion, right? Hinduism is a peaceful religion. Christianity, Christianity is a peaceful religion, but they all have, you know, dark areas. So, I don't know, man. I'm not I'm not a one way or no way kind of, kind of person when it comes to this. I just don't know. I just don't know, and I don't think psychedelics had any effect on that.

**Interviewer** 1:38:34

Okay. Well that's what I was that sort of what I was kind of curious about is, what a lot of people describe, you know, becoming more open due to their experiences and one of the things as well, how, like, what does that openness look like when it comes to very deep fundamental beliefs and religion or spirituality or things like this? So, just interesting to get different people's point of views on that as well.

**Participant** 1:39:06

I think I've always been open about that. So, oh man. So, I guess maybe I'd be more open. I don't know. I just, I just simply don't have any idea what lies beyond the grave man.

**Interviewer** 1:39:17

Yeah, I don't think anyone does.

**Participant** 1:39:20

That's all you know. I mean, I try to live right. Try to do the right thing and I do believe Christ was enlightened. I mean, I that's, the man changed the frickin world. Dude, it's, there's something that something was going on there.

**Interviewer** 1:39:32

Yep.

**Participant** 1:39:33

So, I just don't know. I just don't know and I it's like and how old are these stories? Like do we really know how old they are? I mean, maybe the last 2000 years but before then, it's like how old are these stories? It's weird. It's I don't know. I don't know. I'm not some Yeah. Yeah. It's weird, and in science is interesting too. I kind of follow both of them. It's like and I don't know that one disproves the other. I think they kind of explain each other. They kind of walk hand in hand and that's what I view it from that point of view. I don't know the answer.

**Interviewer** 1:40:05

Yeah, that's alright. Not knowing the answer is good enough.

**Participant** 1:40:10

Yeah.

**Interviewer** 1:40:15

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

**Participant** 1:40:21

No.

**Interviewer** 1:40:22

No? All right.

**Q30. Interviewer** 1:40:27

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

**Participant** 1:40:33

Maybe. Maybe made it little bit more easier. I've never really been afraid of death anyway. So, maybe, maybe, maybe not. Who knows?

**Interviewer** 1:40:44

Not so prominent?

**Participant** 1:40:47

I haven't been afraid. I'm not afraid of that and I just attribute that to my faith. It's like, I truly believe that there is life after death actually. So, it's like, I'm not really, I'm not too concerned with fear of death. I'm interested, I think I'm very concerned, but not necessarily fear. It's been, I've been, I've been exposed to it my whole life, you know. Come from a very big family in a very small town. It's like, death was prominent. It was always there and I've never, and from a young age I've never been intimidated by it. I don't understand why I just really haven't been ever been intimidated by it. Wanted it for quite a long time actually.

**Interviewer** 1:41:32

To die?

**Participant** 1:41:33

Very, I was yeah. My depression was deep and severe. I was, yeah, I was suicidal. I would say I was suicidal, for a long time.

**Interviewer** 1:41:51

Were you suicidal when you began using psychedelics?

**Participant** 1:41:58

After one of the best days I had hanging out with friends I came home and I grabbed my belt and wrapped around my throat and snapped it shut as hard as I can just to get used to the feeling left a bruise right here and it gave me a sore throat for about three days. That kind of stuff, putting an empty gun to my head and pulling the trigger just to feel the energy. That was beforehand and that was after two or three years of therapy.

**Interviewer** 1:42:28

So, did. So, you were still feeling suicidal immediately prior to psychedelic use?

**Participant** 1:42:36

Off and on? Yeah, off and on, off and on.

**Interviewer** 1:42:38

And now is that still present at all?

**Participant** 1:42:43

Nope. Nope.

**Interviewer** 1:42:54

And would you attribute that to your psychedelic use?

**Participant** 1:42:58

Partially, significantly.

**Interviewer** 1:43:03

And what else would you potentially think affected that in a positive way?

**Participant** 1:43:11

Therapy. It was a combination of the two. I really believe that.

**Q31. Interviewer** 1:43:32

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

**Participant** 1:43:41

No.

**Interviewer** 1:43:41

No?

**Participant** 1:43:42

Not at all. Just made reality more assessable.

**Interviewer** 1:43:51

What do you mean by that?

**Participant** 1:43:53

It lets, it helps me It helps me navigate life. It helps me come into a normal state of being and it helps me just, be. It helps, it just it really it helps, it helps me do the things in life that that everyone does normally. Get out of bed, go to work, be productive, come home, enjoy your family. That reality has been so far from me for so long, and now it's not. It's in my hand.

**Q32. Interviewer** 1:44:36

You've definitely spoken to this. So, if you have anything additional to add, or you'd like to just whatever you feel like saying. So, have psychedelics changed your outlook on life? And if so, how has it changed

**Participant** 1:44:51

Oh yeah, more positive absolutely without question. It's helped my relationships it helps my attitude, I've been more productive at work. I've actually been able to do things that I've never been able to do before. It's been fantastic. It's been fantastic. You know, I was as a kid, when I was in fourth grade, I was reading and comprehending at a 10th grade level, I'm really smart, I really understood a lot of things, but I had a horrible eye hand coordination. So, my writing was terrible, and I had math coordinate, or a math comprehension of a first grader. So, I was like this on the spectrum [signalling very high with one hand very low with other] and because my eye hand coordination was so bad, I just failed all the time. They just failed me because they couldn't read it. So, I knew everything that I was learning, except for math, obviously, I couldn't do math, and they focus all their time on that and I just, I just gave up after a while, right and it's like, I actually went to a programme to a you know, I got my realtors licence, which was hard for me, it was it was, I would not have been able to do that in the past. What I would believe myself is like, I would have [???] but since I've been taking this [psychedelics] over the course of a year, I think I've been able to do all these things and it's been, I don't know, it's just, it's given me hope, it's given me peace. It's given me some just, I don't know. I don't know. I can't explain. I don't understand how it all works. I don't, I wish I knew. I wish I knew and it's just like, it's just been nothing but improvement over the last year. Now 2020s has been tough and I did fall into depression, you know, especially after the riots went down. So, we were already being locked down and riots went out and all of a sudden, rationally, everyone had a rough year but outside of you know, just you know, you know, this dip has been right back up and I don't know how it works, man but it's been, it's been nothing but positive. Nothing but positive. That's, that's why I'm talking to you. It's okay. It's just still, you know, super highly illegal drug. It's like, I'm speaking freely about it. I don't care. I don't care.

**Interviewer** 1:47:09

But it's also, anonymous, So, you won't get in trouble, don't worry.

**Participant** 1:47:11

Yeah right. Thank you, appreciate that.

**Q6e. Interviewer** 1:47:17

Have psychedelics affected your use of other drugs? And if so, how have they been affected?

**Participant** 1:47:25

Less, less, um, I've never been an addict man, but I've always smoked too much pot and I do smoke too much. It's I smoke I think an unhealthy level where I think it actually attributes to my depression as opposed to help. I drink less and I've never been an alcoholic per se, but have I you know, but I just I just drink less, I drink less, and I smoke less and as I continue to move, I desire less and I have more desire to desire less. That's how it's how it is really affecting any other any other use and I'm not I'm not a user, really anything else, really. I mean, especially in the last 20 years, just you know, really just alcohol and pot occasionally. Until recently, I've been smoking more pot though.

**Interviewer** 1:48:29

And would you say the reduction in the use of the alcohol and the pot as a as a positive reduction? In terms of like it's an it's a good thing that you stop taking so much?

**Participant** 1:48:41

Yeah. Oh, for sure. Yeah, absolutely. Yeah, yeah. After the first trip, as an older man, I felt so good. I mean, I felt *so* good that I didn't want to do anything to ruin that. I mean, that's I was like, oh my god, no, I don't want to be your. No, I don't want any pot this this feels don't this is great. I love this and that's sort of that's how it makes me feel. It was really it was a great opportunity to really quit using pot all together but I didn't, I came back to it, you know, it's pot whatever. Yeah, that's the feeling you get while I'm on it and I don't want nothing else, and what's cool about that, is that that happens for days after. It isn't just while you're using it, there's two different effects. You know, one is the therapeutic you know, sort of awakening or whatever you want to call it and the other is what happens after the fact. It's the afterglow that's the stuff that gets you through. You know bump me up and kept me there. It's the progress, the engine, the motor, I don't know what the fuck it is, man, but it's, it sure does work, for me.

**Q33. Interviewer** 1:50:03

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

**Participant** 1:50:13

Well, it's a great medicine. It's a great medicine. It's a great medicine. Man, I don't want to tell anybody how to live their lives, but I think it's a great medicine. I don't party with it but I'm 46 I don't really want a party anymore. You know, whatever. To each his own I say.

**Q34. Interviewer** 1:50:47

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

**Participant** 1:50:54

No, I've always thought that man [laughs]. I've really never understood what we do. To be honest. It's always kind of baffled me. No, no, not really. I'm pretty open anyway, I've always wondered those kinds of things. I've never really understood people and their actions and why they do things the way they do, I've never understood that. I'll never understand that. Nope, don't get it.

**Interviewer** 1:51:22

Fair enough. We don't need to know everything.

**Participant** 1:51:25

Right.

**Q35. Interviewer** 1:51:30

What advice would you give to people who are interested in or currently using psychedelic?

**Participant** 1:51:37

I would recommend they start small. Recommend they have purpose. I recommend that they have a good friend. You know, to watch if they need to be watched. That's what I recommend. I'd recommend to use it as, as I would recommend to use it spiritually and I have I have. I have, and I have some friends who have used it that way and I've gotten benefits from it. I have people who have used it to party with and then you know, I tell them don't come back. It's not what I'm here for. So, yea that's what I tell them to do.

**Q36. Interviewer** 1:52:22

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

**Participant** 1:52:32

No, no, man, I really appreciate your work and I really do. I thank you. I thank what you're doing, appreciate it.

**Interviewer** 1:52:39

Yeah. All right.

**Participant** 1:52:40

I hope it goes somewhere.

**Interviewer** 1:52:42

Yeah, me too and alSo, very much appreciate you taking your time [interviewee] to sit down and tell me your story and just sort of answer all my long and elaborate questions on all intricate nuanced points. So, yeah, thank you for that.

**Participant** 1:53:01

You're welcome.

**Interviewer** 1:53:04

Before we pop off, I'll just stop the recording now and I just have a question that I was going to come back to.