26. Interview with Participant 26

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**Length:** 3:21:50 (interview 3h13min)

**Spoken duration of interview:** Participant (80%), Interviewer (20%)

**Age (years):** Participant (66), Interviewer (30)

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

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

**SUMMARY KEYWORDS**

psychedelics, bit, experience, thought, feel, psychedelic experience, guess, granddaughter, sense, question, pretty, couple, part, talk, happened, good, people, years, young, day

**Interviewer** 00:00

Recording.

**Participant** 00:00

Yeah.

**Q1. Interviewer** 00:00

Cool. Right. So, the first question is, well, in your case, well, no, yeah. Why do you use psychedelics?

**Participant** 00:07

Okay, um, I think curiosity in part. Wanting to, I, I kind of actually sought out psychedelics when I was quite young. So, I was 17. The first time I used acid, but I'd kind of been interested for a few years before that, really, I've been like, borrowing books and kind of crazy really. My father bought me. He bought me brave new world and 1984, for when I was about, like, 11 or 12, or something and well, but that was fine and that was good and it was all good for his politics and that but the thing was, then I went along, and I thought, Oh, you know, and I read Brave New World, which is Aldous Huxley. So, I went to the bookshop, and I bought the doors of perception, which was quite different and, and got really, you know, intrigued and amazed. So, yeah, that was partly and also, in that time, I was a pretty weird teenager, I sort of was starting to get interested in Buddhism and Eastern stuff and it was the late 60s, early 70s. So, there was a lot of that kind of stuff around.

**Interviewer** 01:33

Wasn't there.

**Participant** 01:33

Yeah, so that was a lot to do with why I started or was interested in using psychedelics and then I also met my first boyfriend, and he was also interested in a lot of that philosophical stuff. So, it's kind of like we're partners in crime on that one.

**Interviewer** 02:02

So that was the sort of original use.

**Participant** 02:07

Yeah.

**Q2. Interviewer** 02:08

And you said you had a second phase more recently. What motivated that one of the reasons for that use?

**Participant** 02:17

Um, well, we had COVID, in the lockdown and I guess I've always still had a bit of an interest, but I haven't, I think it was more than 45 years without using and then I started, I got to notice my granddaughter had similar characteristics to what I'd had at that age and oh, there were a few things came up in our family where her mother had said, things, my daughter, had said things to me about my granddaughter, and you know, I could, I could kind of, not so much talk to her, but think about various things with her in any way and finally, I decided I'd put my 10 cents worth in and I brought up the whole topic with her in regards to her behaviour and she sort of said, well, I don't think you really know what you're talking about, you know, you might have done this, you know, 40 years ago, but you don't really know what's going on now. She was much more polite and friendly than that. So, she suggested, well, she didn't suggest. She told me she was actually going to buy me this gift for Christmas, or she didn't tell me it was for Christmas, it was in the future and she gave me kind of a menu of what I could have. I mean, I think about it sort of bizarre conversation to have with your 20 year old granddaughter, but anyway, and I said, Okay, well I didn't say no and then I spent the next couple of months racing around, well not physically, more on the net than anything trying to figure out whether I actually wanted to do that and, and to like she said, she said, catch up, I guess. So that's the history of my more recent use and I've watched so many podcasts and read so many things and I feel like I'm almost up to date now. Kind of.

**Interviewer** 04:11

Can I ask what was your what was your granddaughter doing that with your daughter was concerned about her drug use or what was the thing that brought you into that?

**Participant** 04:19

She was doing a variety of things. She was doing DMT, acid, mushrooms, Cannabis, that's as far as I know. She doesn't drink alcohol. That was that was mainly what she was doing and I think she'd been doing it for a while. I don't know her history in terms of when she started doing what, you know. I don't live with this girl but um, I think she'd been doing it for a while and her boyfriend she lives with a boyfriend and they are obviously, both into it and you know, they're still into it.

**Interviewer** 05:03

And was it, was it that becoming an issue somehow was causing problems?

**Participant** 05:06

I don't know whether, well, I find some of her ideas a bit out there and you know, in terms of, she's got some conspiracy theories and things like that, but I don't know how much of that is related directly to her drug use and just, there's so much of that kind of stuff around, especially after COVID, you know, anti vaxxers, and 5g and all that kind of thing. So I can't really pin it down, I've got a friend who sends me lots of anti vaxxer, 5g stuff, and she doesn't use any substances at all. So, I can't really blame, blame, you know, what my granddaughter does for that but it does kind of worry me that her, her belief systems are so sort of porous, that I think the people that she hangs out with are very sort of influential on changing her, you know, beliefs on all sorts of things but that's really more I'm going to say a moral issue. I don't you know. It's something she has to sort out, I guess. Not really about what she does or doesn't do on any particular day.

**Interviewer** 6:24

So, you, so your granddaughter, you said she offered you a menu of psychedelics that you could try?

**Participant** 06:30

Pretty much. Yeah, yeah.

**Interviewer** 06:31

You, you did you took her up on that offer after you did some research?

**Participant** 06:36

I did. Yes.

**Interviewer** 06:37

And what? How, how many did you do? What did you do?

**Participant** 06:41

Oh, I only did one so far. Yeah, yeah.

**Interviewer** 06:45

So far.

**Participant** 06:46

It's only been a few months. I'm no like, yeah so far that, that doesn't mean I'm going to necessarily do another one, but I might. No, I, it’s because it's so long ago and this is a really strange part of the story. What she ended up giving me or what she supposedly gave me was exactly the same thing that her grandfather had produced, which is kind of interesting, after 50 years nearly, which was just like, a moderate amount of acid because I didn't want to, you know, I'm old. I don't really want anything too extreme and I don't know, I don't I mean, DMT. Sounds interesting, but some, her descriptions are fairly out there.

**Interviewer** 07:38

Well, I imagine you've read a number of DMT trip reports.

**Participant** 07:42

I have and I've listened to a bit of Terence McKenna and so yeah.

**Interviewer** 07:47

It's definitely out there.

**Participant** 07:49

Yeah, he's out there and that's intriguing in itself, isn't it but yeah, I don't know. I have, I was going to say an open opinion. I don't know about that.

**Interviewer** 08:04

Don't have to have an opinion.

**Participant** 08:06

No, I don't know. Well, I don't have the experience. I can't, you know, can't offer an opinion on my own experience at all on that.

**Interviewer** 08:14

So, after talking to your granddaughter, and her sort of offering up this smorgasbord of potential psychedelics, you could try you chose to use acid.

**Participant** 08:27

Yeah.

**Interviewer** 08:27

And was there after doing so this was after doing some research and thinking about it, what motivated you to accept and to go into that experience?

**Participant** 08:40

Well, I, I guess it comes back to I had never had when I said never had a reason to stop. I've never had a terrible experience that made me stop using psychedelics. Um, I mean, it sounds kind of pathetic, really but I think it was a whole combination of things, and a period of my life where it just got too difficult and I mean, difficult in a practical kind of sense. Like I had two young children. I couldn't go around just getting you know, babysitter's who are incredibly open or willing to do, you know, long periods of doing this sort of thing without any explanation. Whereas before that I'd had a group of friends who I could kind of rely on and I was doing other things. So, I moved states. I was getting into, you know, organic gardening and home building and, and then I met my husband, and he had no idea. I mean, he still has no idea. Any of that part of my life. So, it just didn't happen and I think, because it didn't happen for those sorts of reasons. It made it easier to think about it now. It wasn't like I decided, you know, I'm never again going to do this. It was never, it wasn't a decision really, it just didn't happen again but I had pushed, I admit that I then sort of pushed a lot of those memories not, like, buried in the sense that I didn't know that that happened, but I've never really dwelt on it. I deliberately not dwelt on it, I guess, because I might have wanted to do it again. Maybe? That makes sense sort of?

**Interviewer** 10:23

Yeah. Yeah. So, by not spending too much time thinking or going back into it, you weren't tempted because there's the limitations, the practical limitations of your life at that moment.

**Participant** 10:37

Yeah, well, I'm by then, you know, I had two kids, and I had two more children when I got married and I had, you know, we built a house and we had to help start a school and then I went back to university, and did my teaching degree and, you know, there was so many things happening and as I say, my husband wasn't at all involved in any psychedelic experience, and he had no idea that I was so just didn't really work with my life at that point.

**Interviewer** 11:06

Okay.

**Participant** 11:08

But the, the other side of that is why now, I mean, not just that I'm now retired, and I don't have any children I'm responsible for I don't have I don't live with anyone, my I've got two granddaughters around the same age, I did live with my other granddaughter, but she's moved out now and so I have more freedom to kind of do what I want to do. Well, within limits.

**Interviewer** 11:47

And is it is it just the fact that you have freedom to do it or is there?

**Participant** 11:53

No, I mean, it's also, I think, I got to a point, when I, when I retired, I felt really quite burned out. I mean, I'd been working for, you know, 30 years, and I actually, my other granddaughter has just moved out, I came to live with me when she was 12 months old. So, I've had her living with me for 20 years. So, I've kind of been parent, well, I had been parenting her even though she's not my child. Um, so it's been pretty busy life and towards the end, and I've got sick a couple, I had Ross River [mosquito born tropical viral infection], and I got sick a couple of times and I just felt tired when I retired. I mean, I don't think I was clinically depressed, but I was not bubbling with energy and it took a year or so before I actually sort of felt better and then I think I've sort of had this maybe not an epiphany, but a thing of, well, what am I actually going to do with the rest of my life, I'm not that old. My daughter had said, once our family's got a terrible history of cancer, like my two parents, and three grandparents all died of cancer and stuff and, um, my daughter had said, Oh, you know, we just kind of we retire or whatever, and we wait around to get some horrible, you know, cancer, and we'll die, which is a dreadful way to look at the rest of your life. I kind of figured out well, I don't actually want to do that. I mean, even if that's what ends up happening, I don't want to look at it like that. So, the second half of last year, I did lots of things. It wasn't only about psychedelics, I sort of joined some other groups and I, I went to some lectures, and I, and I, you know, I made an effort to actually get a little bit more engaged rather than sit around and just do a bit of gardening and watch telly and stuff and I think that's part of it. That was part of it and but the upshot of that is now I've kind of got more inclination to reach out again, and reconnect with friends and that and I'm not sure now whether that was just a continuation of what was already happening, or whether that was also influenced by the use. So, it's kind of like a bit of a maybe not a snowballing thing but you know, one thing feeds into the other. Yeah. So, I went on my first protest for a while, although it's not an I have been on protests over the years.

**Interviewer** 14:29

What did you protest against?

**Participant** 14:31

Oh, the logging of the Southwest forest. Yeah and you see, that and that had nothing to do with psychedelics. That was before I did the acid but um, I mean, I've always been a bit, you know, a bit political in that sense. So, yeah, so I've kind of got a connection with those groups again, which is good. From my point of view.

**Interviewer** 14:57

Well you’re getting active again, you've got the energy maybe now and starting to do some things to keep life interesting.

**Participant** 15:05

Yeah, and to, and to be a bit useful, you know, there's some. I'm not going to save the world, but we can all do something that's slightly useful whether that's useful in a kind of collective like political type sense or useful just in terms of having friends and you know, making somebody else's life. Yeah more interesting or pleasant by hanging around with them or, you know, connecting, connections a good word I reckon. It's one of my buzz words. I reckon.

**Interviewer** 15:39

Nothing wrong with that.

**Participant** 15:40

Yeah, it's a bit cliched, but still.

**Interviewer** 15:45

It's cause it's true.

**Participant** 15:47

Yeah. Yeah.

**Interviewer** 15:48

You know, the cliches are, they're any cliche because they're so true. They're just mundane at that point.

**Participant** 15:55

Yeah. True.

**Q3. Interviewer** 15:58

So, the next question is, how did you first start using psychedelics?

**Participant** 16:05

Um, you mean the practical how I got hold of it?

**Interviewer** 16:09

How you got how you got hold of it, sort of where you were doing it, who did you do it with? What all that sort of look like.

**Participant** 16:16

Yeah, ok sure, well, I lived in Perth, and I was 17. So, I just started University and I didn't know where to go at all. I didn't know anyone who knew where to go and my boyfriend didn't know where to go. So, he went over to Sydney for the Christmas holidays, because he was a year ahead of me university and he came back with acid. Going to come back with like, a very small amount. He came back with a bit of it. I mean, not a lot, but a bit. Which was good in the sense that we didn't have to worry about hunting it down anywhere else. So, the first time, Yeah, we just went to some, which I would not do now. We went to some, in my opinion, totally random person's, I don't even know if he knew them, house when they weren't there, but they'd left the house open for us. So, I guess they must have known we were coming. I don't even know where it was, which is, I think about it so risky and so weird but that's what happened. Yeah, and just did it there in the day and it was it was actually the first week of university, it was meant to be orientation week, which I thought, at the time was quite funny. I had a bit of a warped sense of humour. Um, but yeah, that was that was the first time. So, we did it together, just the two of us, although the people who lived at the house did come back at some point, which was a bit socially awkward, but um, was all okay.

**Interviewer** 17:50

And what was, do you remember what your first experience was like?

**Participant** 17:55

um, it wasn't quite what I expected. I mean, I read these books and it was like, all very, you know, mystical and kind of what I was looking for wonderful and blah, blah. I mean, it was, it was different. I do remember that I went when I went to the toilet. I mean, early, before anything had happened. I went to the toilet in this house and I felt really sick. I thought I was going to be sick and then I stood up to actually be sick and I wasn't and it was, it just was weird. Like, it had gone away completely, the nausea and I turned around to one to go back to the lounge and it was like, I had no idea how to get there. It was like instantaneous, I had gone from being, you know, relatively sober, to having no idea and it wasn't because it looked different. I don't I'm very non-visual person I've discovered in this realm. I just I don't know whether it was it didn't look different but it just was different, or whether I couldn't remember, I kept forgetting why I wanted to go there. Sort of, I know I've got a purpose in this particular moment, but I can't quite recall what it was. I don't know felt like 10 minutes might have been half a minute or half an hour really. So, yeah but then after that we were listening to music and it was interesting, I guess I'd say more than even, you know, massively enjoyable as an experiment and that's kind of what it was for us, an experiment in what was going to happen, you know, I don't think either of us had a therapeutic thing in mind but we did sort of have a sort of a spiritual kind of bit because we're both into that sort of stuff but it was interesting enough to want to pursue it further for sure. I think I think I, I think I got some taken to the shop or taken to the shops, I went to the shops with people who were there in the afternoon and for some bizarre reason, I bought this small packet of peanuts and I, I went back and I felt like it was sort of expected that I eat these peanuts, which I had no appetite or desire and I can remember, I mean, that's weird. It's so long ago, I can remember chewing on these peanuts in my mouth getting fuller and fuller and not knowing what, I mean not feeling like I could swallow. Like, I didn't feel like I had enough saliva and wanting to find something, like a pot plant where I could bury them because it seemed incredibly rude to spit them out. I did manage to eat, I did manage to swallow them in the end. I mean, but why would you just not say oh, I'm not really hungry. I don't want the peanuts. I must have been a very compliant young lady. Yep.

**Interviewer** 21:03

So how many overall, how many psychedelic experiences have you had?

**Participant** 21:10

Oh, God, not that many. Maybe 20.

**Interviewer** 21:16

Okay.

**Participant** 21:18

Over a few years. That's not an exact figure. I'd have to go through and figure it out.

**Q4. Interviewer** 21:28

No, that's, rough figure is ok okay. So, the next question is, what aspects of psychedelics do you find most meaningful or valuable?

**Participant** 21:45

Um, I guess it's more than one thing.

**Interviewer** 21:52

Sure, multiple ones.

**Participant** 21:53

Yeah, I guess, looking at yourself, you know, aspects of yourself that you perhaps either don't have access to or don't really want to look at or, you know, all those reasons. Um, I'm not, I've not got any sort of, like mental health diagnosis ever and apart from like, I said, I was a bit depressed when I retired. I don't think I'd ever had a diagnosis but I think everyone has things that they probably don't want to look at so much, you know, like, certain elements of trauma or whatever but not, you know, not I don't suffer post-traumatic stress or anything like that but yeah, that kind of looking at bits of yourself and seeing if you can, not even fix them, but just looking at them, I think is sort of somewhat therapeutic or interesting and I suppose the other thing, but it's much, much rarer as that whole kind of that more mystical, you know, the whole ego dissolution thing, but that doesn't happen very often. In my experience anyway.

**Interviewer** 23:09

Have you would you say you've had something in line with a mystical or ego dissolution experience?

**Participant** 23:17

A couple of times, yeah but, you know, not, it wouldn't be the it wouldn't be the usual, certainly not the majority of times, no but a couple of times, yeah and they're very different. Actually, they were very different kinds of experiences one was very, sort of personal to me, like in the sense that it was involving, at least initially, like, stuff that was about me, and the other one really was, was kind of much more um, of course, it involved me cause I I'm the person, but it was it was different. It was more like a, just an all-encompassing experience didn't actually have anything to do with my history or anything about me as such. I don't know if that that makes. That's not very clear is it?

**Interviewer** 24:09

I've got a few questions well questions later on this, we're going to, I'm going to ask you specifically about ego death or ego dissolution. So, you might want to hold off and we can go into a bit more detail about those experiences with that experience, then.

**Participant** 24:24

Yeah.

**Interviewer** 24:28

Is there any other aspects of psychedelic use that you find meaningful or valuable? So, you've mentioned the sort of looking at yourself and/or parts of yourself that you don't normally and the mystical ego dissolution.

**Participant** 24:43

I think also, if it's not like a high dose thing, I think just the fact that I really like sort of absurd things in a sense. I mean, I like absurd comedy and stuff, and I think it's there are elements of tripping that are really quite funny. You know, maybe that's not the right thing to say in scientific discussion but to me there are that I mean, because I'm being stupid and funny really I mean, stupid probably not quite the right word.

**Interviewer** 25:17

Silly?

**Participant** 25:18

Silly. Yeah. Yeah or even just the way thoughts work that they are not just silly but bizarre, you know. Trying to think of an example. Yeah, cause this was recently, um, it was the middle of the night, and it was quite hot. Perth is pretty hot, you probably know. Anyway, I got up and I'd been to the toilet and I was quite hot and I and I, you know, it was it was warm night, but also, maybe my core temperature was slightly up or something who knows but anyway, so I was sort of trying to figure out, what's the best method to cool down, you know, it's like, half past 11 in the evening, or whatever and I came up with a list and you know, they were mostly quite reasonable. I think somewhere in my house was a pedestal fan, and I could have actually located it, carried it to the room I was in, plugged it in, because it was a PowerPoint quite close, and put it on me, and it would have probably worked a treat. I think, really, that would have been the easiest one, but I wasn't going to choose that. No way. The other one was like, change clothes, because I had black tights on which are quite hot. So, okay, put loose pyjamas or something on it's the middle of the night, you're not going out. Okay but then I then I decided, you know, on these slightly, which I think now are really bizarre ideas. One idea I had was, I would go on the mattress from the spare room, open the sliding door and go outside, which seems perfectly reasonable and in a way it still does, you know, would have been worked and I would have been nice to look at the stars and all that but the really, now I think crazy one was I thought I could go in the bathroom and lie down in the bathtub with a towel on and put ice cubes or something all over. I mean, I didn't do this. I didn't do any of this. I went and I changed my clothes and I went to the kitchen and got a cold drink with some ice in it. So, it all worked out fine but to me, it's that kind of absurd. It's sort of like it seems you kind of know that it's absurd, even at the time. There's a part of my brain thinking there's something wrong with these, some of these ideas, but at the same time thinking they seem perfectly fine to me. You know, they seem perfectly okay. So, yeah, it's not the main reason I will do things, but it's an extra sort of bonus that I think back and I think gosh, that was quite silly, really? Not things you'd want to do in public, though.

**Interviewer** 28:08

Generally not.

**Participant** 28:10

No. Probably not. No.

**Q5. Interviewer** 28:16

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

**Participant** 28:27

The initial period.

**Interviewer** 28:29

The come up?

**Participant** 28:30

Yeah, yeah. Um, I don't really know why. Cause I don't think I'm particularly scared but it's always, it seems to take too long and I kind of figured that one out now that I've, I've got a play, I make a play, or I make a playlist and I would start a playlist with like, a guided meditation or something. So, there's something to actually concentrate on but at the same time, it's sort of concentrate, that's probably a good thing if you're doing some sort of meditation and it literally avoids having to just sit there and think about what is going to happen, which I was found a bit unnerving. I mean, not terrifying or anything, but just not, the least favourite bit. Right. Um, and the other thing was. If things come up that are, you know, things about your life or your yourself that are challenging, that is challenging. I mean, I don't think that's necessarily a bad thing. I don't, I'm not talking about, you know, the old idea of having a bad trip, but it's still somewhat challenging. It's not, even if you kind of want to look at things it's still not always a pleasant experience but it's not horrifying either. Does that answer your question sort of?

**Interviewer** 30:11

Yeah, yeah, yeah. Maybe if you could add a little bit. So, you're just saying like some of the content that comes up during the experience.

**Participant** 30:22

Yeah, that hasn't, it didn't happen like this recent experience, like there wasn't really anything. I would thought was challenging. It was much easier than I expected, really but in the past, yeah, you know, just things about past experiences from childhood or from because I was pretty young, from, you know, previous experiences that not relieved but certainly revisited. You know, I did, I had a pretty difficult relationship with my father, and there was sort of things that, that I would kind of revisit experiences and I know it's not it's not really answering this question, but I don't know that it actually ever fixed those things but I think it made it easier that they, I had looked at them, at least, you know, that they weren't kind of under a rock or something. Metaphorically but this time, I was expecting because my daughter said to me, and she didn't know anything about what this wasn't when I was planning this. This was a couple years ago, my daughter had said to me, Oh, I'd never do. I'd never do psychedelics, because some, I've got too much baggage. She's 50 now, so she would have been in a 40s and I think that, you know, that's a valid thing. So, I was, that was something that did concern me this time around, but um, didn't actually happen. So, that was good. Anyway, that's not really what you're asking about.

**Q6. Interviewer** 32:10

So, all right. So, the next couple of questions, I'm going to be asking about how psychedelics have affected your life.

**Participant** 32:19

Yeah.

**Interviewer** 32:20

In a number of different ways in which, in the different areas where they may have had an impact. So, I have a few specific questions to probe those areas. The first question that I ask, starts reasonably broad, and so you can just sort of take that wherever feels right to how to answer that question.

**Participant** 32:39

Yeah.

**Interviewer** 32:39

So yeah, the first question in this line of questions is, in what ways have psychedelics affected your life?

**Participant** 32:48

Um, I guess, they probably, I think we touched a little bit on this before the interview, that they sort of open up thoughts and make I won't say less judgmental, I had, when I was going for jobs, I had a couple of references that people said, Oh, this friend is the least judgmental person you'll ever meet and of course, that's not true because I think everybody judges everybody. I just don't, perhaps open my mouth so much about it but I think in some respects, not so much less judgmental, but just more open ended about ideas or people or things. They allowed me to have, you know, in terms of the ego death things, a couple of experiences, I probably never would have had otherwise, I don't think I was ever going to be, you know, good enough meditator or whatever, to be lucky enough to have those experiences and that changed, that changed, to some extent, my religious beliefs, so that affected my life and, yeah, it's weird, because some of the other things that I could say, I don't know that they're really true, because I sort of think they're already happening before it was sort of what which came first, the chicken or the egg kind of. Cause I already was interested in a whole lot of, I hate the word but for lack of a better word alternative kind of, you know, like, schooling and birthing and things like that, you know, so don't think that it was because I was doing psychedelics that I was interested in those things, but um, maybe, maybe that was an extra spur on or something I don't know but yeah, yeah and music. I mean, I've always loved music, and I think I said, I'm not a very visual person. So, I've not, you know, I don't get a lot of visual stuff when I trip, but, not usually anyway, but I certainly I really enjoy music and I enjoy music anyway but yeah, I think I enjoy music more because of that and a wider variety, especially now, especially last year, when I sort of, you know, one of the highlights of my year was getting Spotify and being able to sort of make up all these amazing playlists. Not for that purpose necessarily, just because I like listening to them. Yeah.

**Interviewer** 35:33

So, in terms of like, in relation to music, did your early psychedelic use or even your more recent? Did that enhance your enjoyment appreciation of music or is it do you mean that more in the moment, like during the experience?

**Participant** 35:56

Oh, no, I meant overall. No, in the moment, yeah but definitely. Following on, you know, in a whole period, yeah, yeah.

**Interviewer** 36:05

Okay.

**Participant** 36:07

And I think even now, like, you know, listening to more music than I've listened to for years. Partly that's also got access to it because of technology but, um, and I've also got time because I'm not working but um, yeah, definitely and a whole lot of everything from classical music to, you know, rock to whatever, to, you know, specific. What's, what's the organisation I'm trying to think of this. Wave paths. Have you heard of them?

**Interviewer** 36:43

I have.

**Participant** 36:44

Yeah, yes. So, I mean, I haven't actually gotten too much into them, because I haven't really got the money to do their thing, but I did investigate the earlier playlists put together.

**Interviewer** 36:59

They have a few free they have some free stuff up there.

**Participant** 37:02

Oh, yeah. Yeah. should check it out. I will. Yeah. I think it's a really, I think that's really exciting because I think there's some potential for to some degree, altering consciousness even without, you know, psychedelics, with, with things like music and other avenues.

**Interviewer** 37:23

Well

**Participant** 37:25

I know that wasn't the question, but, sorry, what were you saying?

**Interviewer** 37:29

I was just going to say there's there is a long human history of, you know, trance inducing, dancing, and chanting.

**Participant** 37:37

Drumming and chanting and all that stuff. Yeah, absolutely. Definitely and there's also a long human history with music and, and all those artistic and dance and all those things In general, you know, we sort of we undervalue all that stuff, even leaving aside that, you know, consciousness changing aspect, just, you know, part of culture, I think, I sort of think that they kind of add ons. So, my when I volunteer at school now, I help the visual art teacher, which is sort of interesting, because I've got no talent in visual art whatsoever and I'm not as I said, I'm not very visual, but I still really enjoy it. I love watching what the kids do. It's amazing.

**Interviewer** 38:23

Well keep it up, you sound like a lovely person just be around.

**Participant** 38:28

I don't know about that but go on. Yeah. Next question.

**Interviewer** 38:32

Flattery works a charm.

**Participant** 38:34

Oh, yes. Yes. suck up. It's always good. Yeah.

**Q6a. Interviewer** 38:41

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

**Participant** 38:48

Hmm. I don't know. I don't know. I don't, I don't know that it has, to a huge extent. The weird thing is, I think, I was going to, I don't think it's been, I don't think my personality is being shaped right now and in a very different way but I think what the last, the last experience or not actually that experience, but since then, it's a couple of months now. Um, I do think that I've got a little bit more courage to do a few things and I think, you know, they talked about neuroplasticity and stuff and I mean, my brain is pretty old. Let's face it. I don't know how much plasticity would be there anyway but I do think that, that they can, that sort of is a bit changed, but I don't think that my personality is actually radically changed. No, but it's hard to tell when It's you, isn't it? And also, I was pretty young anyway, so. No, I may be I got, I don't think this is my personality but certainly the period when I was doing stuff when I was young, I probably was a lot, bold, bold is not the right word but I did think that I probably wouldn't have done, although, who knows? Hard to say isn't it?

**Interviewer** 40:18

Yes. Thinking back 40 years, I imagine it's very difficult to be like.

**Participant** 40:23

Well also sometimes hard to say when you know what you do. Anyway, I've done some fairly interesting things, you know, in the interim, when I didn't have any reason to have my personality suddenly changed or whatever, anyway.

**Q6b. Interviewer** 40:38

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

**Participant** 40:48

Um, I think it more kind of, it sort of fitted in with them. So, it probably reinforced them rather than altered them. You know, I've never had, I've not had the kind of experience where someone is, you know, and I've read about this experience, you know, they're going to be an accountant or a banker or something, and they, you know, have a couple or a few experiences, and then they, you know, go to India, or, I don't know, become a gardener or and I'm not, and it could be the other way around. That's, that's that sounds like I'm being a bit stereotypical, they might have been becoming a gardener and they become a banker is that they have such a, a shift in their life goals. You know, I don't think I've ever experienced anything like that. I certainly, I didn't go back to university for my second year because after I left, so long story, I left Perth for a holiday for a month and I stayed away for 20 years and I didn't go back, but I don't I think that was a lot more facets to that than just psychedelics. You know, there's a whole lot of other stuff going on in my life but it's probably a factor. Not the only one.

**Interviewer** 42:07

Well, that's the Yeah, these questions, of course, sort of written in a way that there's an expectation. Yeah, there's a broad number of different types of people who, for some people are going to be like, Yes, definitely and here's how and other people it's more loose and, that's okay. So, if you have any other questions, where you just like, I'm not really sure it doesn't I can't give you any kind of concrete. I can't, nothing really comes up. You know, maybe it had an effect. That's okay to just be like, not really sure and we can just move to the next question.

**Participant** 42:42

Good, yeah, I'll stop waffling.

**Interviewer** 42:48

Well, we need to make at least five waffles before the end of the interview.

**Participant** 42:54

Okay

**Q6c. Interviewer** 42:54

So, I've got something to eat later. Have psychedelics caused you to seriously question your own beliefs?

**Participant** 43:10

Only really in the kind of spiritual religious sort of thing. Yeah, not in other aspects I don't think and I guess I went from sort of probably would have called myself an agnostic to not really calling myself an agnostic or I don't I don't I don't generally have any reason to call myself anything but you know, it definitely nudged me out of that basket, but I'm not quite sure into what I mean, into a, into non-agnostic but I don't have any particular affiliation as such. I'm not I, think I put on the on the questionnaire that I was a Buddhist but I'm not a very good Buddhist. Probably the belief system I'd be most attracted to but um, and try to practice at least some of the, the tenants but, um, yeah, that would be that would be the main one, I reckon. Whereas I can, I think, I think the one thing I don't know how to express this and it's, it is a belief thing, I guess. It's about duality that I'm pretty comfortable in having entertaining sometimes two almost opposite kind of theories, if you like, not believing both of them. I mean, I can, I can totally respect atheists and atheism, right and I can see the logic in it. My daughter and my, my father and probably my mother before she died, were all atheists, you know, and they're strong atheists but I grew. I always was interested in kind of religion and/or spirituality and as a kid, like I used to go to Sunday school and that I never got confirmed like in the church I went to, I never could quite believe it, I'd kind of get the prizes for scripture and all that, but I could never really quite get it and I remember saying when I was at primary, why do people have to go to hell? You know, why can't everybody just get, get better? That was my Pollyanna but in a sense, I still kind of, I don't quite I'm not that simplistic, but so I think I always wanted to have a belief. I wished I had a belief, right? A spiritual belief, but I never could really believe it but I could also not really be an atheist, because I didn't quite, I couldn't really believe in that, like as a as an ism either and so I think I've got this duality, like, understand where those people are coming from, but I couldn't actually be one and I know that. Equally, I could never convert an atheist because my belief system in a sense, is so subjective, and, you know, non-provable that they could give me lots of good reasons why for their beliefs, I can't produce that. I can just say, Well, you know, that's what I think or believe or not even think. So, yeah, that that belief system, definitely.

**Interviewer** 46:31

Okay. Just in terms of sort of like capping that, would you say it's a fair description to say you have a sort of individualised personal spiritual belief system or framework or is it that too strong of a word?

**Participant** 46:48

Maybe, yeah, yeah, I guess so. Yeah. Yep.

**Interviewer** 47:11

So, you're not quite you can't, you can understand, say, both from a religious perspective and an atheistic perspective their reasons why they hold these beliefs but neither one of them are you personally can like accept, as the truth?

**Participant** 47:27

Well I can't accept, like, you know, like, I'm not, never going to be a Christian, or a Hindu or Muslim or whatever but I guess that's why if I was anything, I'd so close to being a Buddhist, because it's not really about having to necessarily believe in a deity as such, you know, but I do I do kind of believe, but not so much. I definitely don't believe in an individual God but are in or a plural, you know, the Hindus, God, gods but I do believe in something and then that just sounds so kind of, you know, yeah, but explain it and it becomes hard. I get I get stuck quite quickly trying to explain it. Anyway.

**Interviewer** 48:17

So more a feeling than any concrete belief that you could describe?

**Participant** 48:24

Well, I'd certainly believe I do believe the tenets of Buddhism really, you know, that, that life is suffering caused by desire and, you know, I do I actually do believe that I don't, I don't again, I don't believe in a particular version. I'm not, you know, I did use when I was younger, I do carry around the Tibetan Book of the Dead, but not anymore. Um, but I think that those traditions had a lot of insights into human psychology as well as religion. You know, there weren't just about, well, there are there are rules, there are noble truths and paths in Buddhism, but it's not quite like just do this. It's, it's, there's a lot more subtlety and a lot more psychology in my opinion.

**Interviewer** 49:13

And so just to come back, you feel that, or this is a sort of a question stated as a sort of statement, is it that you feel that your spiritual or religious belief has been informed by or changed or some sort of influenced by your psychedelic use?

**Participant** 49:38

Yeah, not so much. Not the details of you know, whether I want to be a Buddhist or something, but yeah, definitely. It's been reinforced and informed by that. Yes.

**Q6d. Interviewer** 49:49

Okay. Has your understanding of yourself changed due to your psychedelic experiences?

**Participant** 50:04

I believe so, um, you know, we've all got a lot of blind spots. So, I think I'm more aware of. I'm more aware of, going to sound like a work to dissociative disorder, more aware of the different bits of myself, if that makes sense. Not that I think that they're actual separate entities or something but um, you know, the components that make up a person, you know, you know, the early experiences, and the things that make up the end the way that you think, now, as well, which is a lot to do with yourself you know. I kind of I think I've gotten better due to those experiences, sort of catching myself out in some, you know, negative self-talk or not that I don't still do it. I do, I do lots of all the negative things, but at least I'm kind of more aware of it and maybe I do a bit less of it than I would have otherwise. So, it's not like a perfect, you know, oh, I understand myself completely and I'm so much better but it's, it's a bit better. It's like a, you know, not a magic bullet but an incremental thing. Yep.

**Interviewer** 51:47

And would that this, this kind of small or slight increase in noticing, let's say negative self-talk, or just I think the word that comes to mind for me is being mindful of yourself.

**Participant** 52:01

Yeah. Yeah. That's a good way of putting it. Yeah.

**Interviewer** 52:04

Is, was, is that something you attribute to your use early in life or is this something to your most recent experience?

**Participant** 52:16

I think, I think both but I think also, like, lots of other things that you're obviously in the interim, you know, it's been a long time. So, I, you know, I've also done, I've done psychology, I did half of the counselling degree at one point and there's lots of things that give you a bit of insight. So, it's hard to kind of, especially the early stuff, it's much harder to kind of pinpoint. This bit is from that and this bits from that. Does that make sense? It's like, yes, it's like a whole smorgasbord of factors and probably not only there's a lot of factors, but they probably also interact with each other. So, if you've got an impetus from having an experience, you're more likely to maybe seek out meditation or a course or, or just even just discussing things with people that you're, you've got some sort of relationship or friendship, whatever with and so it's, it's really hard to extract which bit came from which completely. As far as later stuff. Well, that's pretty recent. So, I think I haven't totally even let the dust settle yet. Um, but yeah, I kind of I think, well, I, as I said, I really feel like I have this impetus to connect and that and I'm actually now I think, I'm aware of myself enough to think, you know, you're pretty lazy usually, you better make use of this, you better start messaging people and actually do something about this, don't just sort of bask in and oooh I feel quite happy and I'm going to, you know, do all this stuff and not do anything and then maybe it'll just kind of what do they say the sparkle will wear off? So yeah, I think that I'm also so much older that I realised I haven't got another 40 years. It's like when you're 18 or something, or 19 or however old, various points. It does seem like this is long vista ahead and hopefully there is a long vista ahead of you. So, although in one hand, you kind of want to make all these changes and know yourself and be totally enlightened and everything tomorrow. It's also something that in a way, I think you're kind of aware that, you know, you've got a lot of life to live.

**Interviewer** 54:45

Well, it's easy to have long term plans when.

**Participant** 54:48

Well, it is it is although I've got to be honest, I didn't have very many long-term plans when I was like, young. Well, not the sort of like career type long term plans. I did have long term plans, but not in terms of you know, by the time I'm 30, I'm going to do this, then I'm going to buy that. All that kind of stuff you know.

**Q6e. Interviewer** 55:12

I know we spoke about this one earlier, but just to get within the interview, has your psychedelic use affected your use of other drugs?

**Participant** 55:25

Well, I don't really use other drugs. So, but then I don't use that partly because, I don't know. I see. I don't, I've never really had any attraction to any other illegal drugs, or prescription drugs really, you know, like prescription mind altering drugs and the alcohol well, maybe I wouldn't use more alcohol if I hadn't taken acid first, because I thought it was better. You know, I wasn't, alcohol just didn't seem really worth pursuing but, um, but that, I don't know, because I know people who use psychedelics, and then they ended up using heaps of other drugs, you know and so I don't know that it always works in a good way but for me, and I don't I don't think I would have had a big interest in any of these other things. Anyway, I try to avoid you know, even prescription non-mind-altering drugs as well. I mean, I, I do too. I take blood pressure pills at the moment but I've had a bit of sciatica, and I'm quite, I'm pleased that I haven't had to use like a Nurofen since when away, which is six or seven weeks now. So, I am, I'm fairly averse to other drugs. Although I have to, I have to qualify that. If I was young again. I might give MDMA a go. I'm not going to now, but I might have given that I've just from people I know like my younger members of my family. Hello. Hello. Hello. Sorry. Did I lose you?

**Interviewer** 57:32

I don't, I was looking down so I didn't notice that cut out. I was just writing.

**Participant** 57:35

That's alright, that's fine.

**Interviewer** 57:37

Let me turn the light on. It looks a bit dark on my camera.

**Participant** 57:40

Okay.

**Interviewer** 57:57

Can you hear me all right?

**Participant** 57:58

Yep, sure, I can.

**Q7. Interviewer** 58:03

So, the next question is, have your psychedelic experiences affected your relationships with significant others?

**Participant** 58:13

Okay, um, I guess yes and no, I'm when I was really young, like the first period when I was using psychedelics, I guess I had a friendship group who used psychedelics and I had boyfriends who used psychedelics. I didn't have any other members of my family such right. So, that was, I mean that, none of those people were included. Oh, except a cousin actually found out that I found my cousin and I had that in common. Um, so yeah, it did affect relationships and I think I actually wrote in the survey I had, I had the worst experience of my life, which like actually broke up with my first partner while we were tripping, which was a horrible experience but that relationship, I mean, I shouldn't have been in that relationship by then for his sake and mine. Now, it's a bit different because the significant others I would be thinking of members of my family and that's in my family. It's um, it's a bit of like, I suppose lots of families, maybe it's a bit of a hotchpotch of who does what, or who knows what, you know. So, my youngest son, I spend a lot of time with when I was over east and his wife and child and they. We had some really honest discussions and I don't know why we didn't do it years ago really but it's certainly I would think it's improved our relationship and it's always sort of been kind of in the background sort of been a positive. My daughter. Yeah, it's probably a good thing. My son and I have a bit of a strained relationship. So, just I don't think there's much that would make our relationship. Much better in that, although, again, we can talk about that stuff. So, it doesn't make it certainly hasn't made our relationship. It hasn't impacted it negatively. My other daughter, I don't, it's like, we never discussed it. I don't know. I assume she doesn't really know. Maybe she would think when I was younger, that I had had experiences, she certainly doesn't know now. My brother is, yeah, he's okay and we, we communicate. Although he doesn't do those things now and he's got his position. I think it would be really hard for him to do very much at all, he doesn't even smoke dope anymore, because it just feels it's too hard with family and work and everything. Um, and then there's my granddaughter, so I spoke a little bit about. So, it's definitely affected our relationship, both granddaughters, one, in the sense that it certainly gave us something in common, and a lot to talk about, and the other one who was horrified by the whole idea. That was, that was really shocking to me that, you know, my granddaughter who's 23 was horrified by the whole suggestion and we had a big fight so definitely didn't improve our relationship at that point but we've kind of gotten through that now and we're pretty good and apparently I'm her friendship groups, favourite parent or grandparent, which is a bit weird. So, it's kind of weird, horrible. Reminds me. I'm sure you didn't ever watch the movie mean, girls, because it's girly but there's this parent who tries to be cool.

**Interviewer** 1:02:13

I think so. Is that the one with Lindsay Lohan in it?

**Participant** 1:02:17

Yeah, yeah. There's this is one parent who tries to be cool and I would hate, I mean not that I could ever be that sort of parent anyway but I'd hate to be the sort of the version of, you know, to your grandparents peer group but anyway, yeah, so significant others but I did have the experience last year, which I guess is a, it's an unusual experience, just because of my age and the time that I hadn't done any of this stuff, cause I've got pretty good friends, but never discussed any of this with and I've never really had a reason to right and I suddenly sort of I, this is going to sound quite absurd but I spent a couple of months boning up on all this information and stuff, but also trying to figure out because I didn't really want to just talk about this to, you know, 20 something year old people I wanted to talk about things with, maybe they didn't have to be as old as me, but somewhere in the middle, right and I didn't know anybody that I knew, had this experience, but I, but some of them probably do. That probably sounds absurd to you. I'm sure all your friends are pretty open about things but I, I'm pretty sure that a couple of my friends do but I still haven't quite broached the subject because I just feel if I do and they haven't and it's like, what? You know, I may actually damage the relationship or, or whatever. So, I did I, I went around that by finding some people in the community who were willing to share, it's an older adults who are willing to share and that was really good but yes,

**Interviewer** 1:04:03

This was outside of your friend group?

**Participant** 1:04:06

Yeah, it was out, well, yeah, that's right. I joined a group. Yeah, I mean, you know, that's what Facebook's for isn't it? You join a group and so I did and I went along to a meeting and a gathering. I think there's another one in a couple of weeks and it was actually really good, because, it's the first time actually ever as an adult, like an adult, I sat around with a whole group of people who were quite comfortable about talking about that. I didn't say anything, because I didn't really have anything to say, but it was good. It was useful and a couple of those people may end up being actual friend friends, not just Facebook friends but I think I mean, I did think in the middle of that period that it would make quite a funny book. If you're trying to go around to people who you know, and you know, sort of ask, I really need this advice, you know, do you think I'm doing the right thing? Do you have any experience you could share would be a bit, it would be a bit silly, perhaps, yeah.

**Interviewer** 1:05:15

So just to what you're describing, sort of over the last little bit. You were talking about connecting with some of your family members by talking about your experiences.

**Participant** 1:05:30

Yes.

**Interviewer** 1:05:31

So, you connected like, hey, I've used psychedelics or I've used some drugs and then like, I've used some as well, and just talking sort of that?

**Participant** 1:05:39

Kind of like with my son I knew that was the case, kind of, but we'd never really had a, like a discussion just focused on that and his wife and it was really good to talk about that to actually know. I mean, because I know, they're not doing very much at all. I mean, they've got a four year old they're busy too, but I'm sure they occasionally go to when I say a festival, I don't mean like a rock festival, like a lifestyle, alternative kind of thing and he also told me the story that I'd never actually heard of when he was in high school. He did agriculture and they sent him for work experience to this guy’s nursery and he spent virtually the whole two weeks putting up Cacti and the guy was quite open that he was putting up this cacti with the yuppies who wanted to use mescaline so but my son had never actually shared that part with me before.

**Interviewer** 1:06:38

Would it be the old San Pedro?

**Participant** 1:06:41

Yeah, yeah, well, I think I think this guy was a bit of a specialist. He had a few different things apparently he didn't have, he certainly didn't have peyote but um, yeah, yeah, that was interesting. It was interesting, because, you know, I thought, I wonder if the school knew the actual nature of this person's nursery, but who knows?

**Interviewer** 1:06:59

Just cacti, just normal cacti, don't worry about it.

**Participant** 1:07:02

Yeah. Yeah, yeah. Yeah. Good luck to him but yeah, no, it was good. It was a good way. I mean, we talked, don't get me wrong, we talked about lots of things. It wasn't, our conversations were not focused purely on psychedelic experiences but it was a good, it was a good part because it's hard to have a bit of your life that was quite important that shut off from somebody. You know, it's possible, but it's not optimal.

**Interviewer** 1:07:30

Yep. With you said, so you had a fight with a, or an argument.

**Participant** 1:07:36

With my other granddaughter.

**Interviewer** 1:07:38

Is this the sister of the other?

**Participant** 1:07:39

They're cousins, they're cousins, this is the one who's lived with me for 20 years. You know, and I thought knew me very well and not in this aspect, just in terms of like, trust and care and, you know, um, and the first thing she said, I couldn't, I couldn't believe it. I thought I was not even back in the 70s. Back in the 50s, or 60s. I don't think the 50s were that bad. Um, she said, Oh, no, you can't do that. You know, you absolutely can't do that. I was sort of like why? Why not, you know? And she said, Oh, because you may, we've got two black cats, they're her cats but live with me these days and she said, you might end up killing the cats. I was astonished. I was absolutely astonished. I couldn't believe she said, I thought she was sort of joking but I could tell I'm not, you know, that insensitive. I knew she was actually upset. I said, well, why would, how could that happen, you know? And she said, Oh, you might, because they're black you might mistake them for panthers and think they're going to attack you and you know, you get a knife and it was just horrific, it was this whole image in my head. It was just awful. Um, and she got so upset. She literally drove off and drove around half an hour and I was having to message her and you know, come back and, and it wasn't like, this is going to happen the next day, it was not discussing a particular event that was scheduled. Um, so she came back and we talked about it a bit. Um, and I think where did you get that idea. It's like, you think I'm so you know, untrustworthy or mentally ill or, or, you know, prone to acts of violence. I mean, this is, I'm a vegetarian. I look after these cats with her, I like cats. Um, and she ended up, she said that, she told me she'd seen some movie on Netflix and this is an intelligent young woman who works in, she actually works in mental health she's an um, a mental health worker and she's doing social work this year at uni. Um, and I think yeah but just because you watch something on Netflix, and then finally it came out that one or one of her friends had been to Bali at some point and done mushrooms and jumped out of a window or something, they didn't die and nothing terrible happened but that was the story that she heard and, and I couldn't believe it and I thought I almost I've been doing all this reading research, and I'd almost gotten to the stupid point of thinking that nobody really cared anymore, you know, in society and this just brought me back right with this not only emotionally upset but she was upset, but the thought that you know, some people do still have crazy ideas, in my opinion crazy ideas. You know, who's the crazy person here? The granny who just wants to do something privately with the substance, you know, in our own house, and not actually kill the cats, they're both alive by the way. Um, yeah, it was quite shocking but we we've worked through it and now like I said, she tells me that her friends consider I'm sort of the nicest nanna or something. So, she still doesn't really want to talk about it and the other the other thing is, this is the girl who does take drugs. She takes MDMA. She takes cocaine. I know, she tells me this stuff. So, it's not like she's kind of got this. You know, it's very specific. I don't know where that came from.

**Interviewer** 1:11:37

Well it sounds like, as you said, she had a friend who had a particular bad experience, well that can imprint quite strong.

**Participant** 1:11:46

Absolutely, absolutely. Yeah and I did and I had to go through and tell it, you know, we'll it's not just I'm not your friend. I don't know, this particular friend that well it's not like a best friend but I said, you know, they're probably a lovely person and they're probably fine. I mean, they are fine now but I said, you know, just think about it, they were away on holidays, they had also been drinking alcohol, they didn't really do any kind of reading, I'm not saying you have to do a lot of research but they didn't really know what they were doing, basically, right. I mean, they were in some hotel in Bali, and, you know, just seemed like a good idea at the time kind of thing. Well.

**Interviewer** 1:12:26

Took some exotic drugs.

**Participant** 1:12:28

Yeah. That's right. That's right and, and I said you know, it's not a fair comparison. That's what I ended up coming at her with, you know, and if you're going to make, you're going to say if we're going to have an informed discussion, rather than argument, I, you at least need to look at some evidence or information.

**Interviewer** 1:12:50

So, in terms of the ways in which psychedelics may or may not have affected relationships. Are you saying, from what you've described, to me, it doesn't sound as though the effects and any changes that the effects may have had on you have been a catalyst for change in how you engage in relationships or who you have with it's more the fact of that you've used psychedelics, which is been the, the thing that you've connected over or had conflict over.

**Participant** 1:13:23

Yeah. Although I think like, probably recently, I have wanted to talk, like I said, to, to connect or reconnect with people and that's not just on that issue. That's in general, and I think that's definitely partly motivated by that. So, yeah, yeah.

**Q8. Interviewer** 1:13:40

Cool. Okay. All right. Have psychedelics changed how you think and feel about yourself?

**Participant** 1:13:54

Um, well, to the extent that I think that I maybe know myself a bit better. I think that I might be a little bit kinder on myself. You know, to when I was younger, maybe, not so much the expectations have changed. I mean, I'm older and different anyway but um, that yeah, that I'm, I'm willing to be a bit gentler with myself, at least sometimes but I can still mean like, most people, I can still get into some negative self-talk and think, oh, what a drongo. What a this or you know. Why would anybody want to reconnect with me? I can, I can convince myself of to not do positive things by just thinking, you know, oh why would anybody bother or, you know, they won't really want, they'll just go to coffee with me because, you know, I'm a nasty pestering person, but I think I'm much less likely to do that now. So, to that extent, yeah. I could be fooling myself and maybe going to coffee with me because I'm a nasty pestering person, but I hope not. I'm willing to entertain the idea that that's not the case.

**Interviewer** 1:15:17

Well, until you the evidence presents itself that that is the case, it's better to have a positive delusion than a negative.

**Participant** 1:15:26

That's right. Yes. Yes, I agree. Yeah.

**Q10. Interviewer** 1:15:45

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

**Participant** 1:15:57

I think, in terms of how to live life, or what to actually do rather than personality or anything like that, I think, yeah, in terms of, and again, some of that's a bit related to the whole Buddhist thing in that, you know, to be kind, I don't think there's anything more important in the world than being kind and I know, that's such a, sort of namby pamby word, it's like, nice, almost, isn't it? Um, but I think if I live my life, and, and, and try to do that, and am aware of the love that is around in the world and in the universe, and this is going to sound really, sort of.

**Interviewer** 1:16:48

That's alright just say it.

**Participant** 1:16:50

[kinkly belly?] isn't it? Um, then yeah, that's a really important thing about living your life because what is there, underneath everything, you know, whether you choose a particular career or, you know, wear certain clothes, or marry this person or any, all those things, they're all super important, and all that stuff, or maybe not the clothes, but the other stuff but underneath it all, if there isn't some sort of grounding, belief in love, or, or caring or kindness, and I don't mean, you know, it's not romantic love. I mean, that's part but you know, then that that's sort of a guiding thing on how to live a life and I don't live up to that heaps of times. So, very much not, but it's still kind of guiding principle. Um, and would I feel that way without those experiences, maybe but I don't think to that extent, I think I was brought up in a very sarcastic sort of cynical household and although I already tried to stop, to be less sarcastic, before I ever used any psychedelics, I think that I would very much more fall back into that kind of worldview and way of living life, by having had those experiences. You know, and the kind of things I would find, I think I still find things that are absurd, funny, but I don't find so much things that are cruel funny anymore. You know, that's important to me.

**Interviewer** 1:18:33

I agree. It sounds very, like a good guiding principle.

**Participant** 1:18:39

And I guess the other side of that is the thing, the feeling of oh well, you know, then, you just get people use you or take advantage, but I don't think that's actually the case in practice. It's not a weakness I don't think. Being strong, being tough or, or cynical, or, you know, having a hard shell.

**Interviewer** 1:19:04

Sometimes being kind means hurting people because they need to know something.

**Participant** 1:19:08

True. True. Very much. Yep.

**Interviewer** 1:19:12

Yeah, there's more nuance.

**Participant** 1:19:15

Absolutely. Yeah. I agree. Yeah, no, it's not kindness is not just, you know, petting puppy dogs and I mean, that can be part of it but it's not always been being, you know, nice to people in that sense.

**Interviewer** 1:19:28

And I guess, just from my thoughts on that a little bit, is when you're thinking about to be kind, it's not just to other people, but it's also yourself.

**Participant** 1:19:40

Yeah.

**Interviewer** 1:19:41

And that means a balance, you know, if someone, you’re not just going to be a pushover, and just get exploited, because, well, that's not being kind to, you, that's not putting you in a good position either.

**Participant** 1:19:53

It's not actually being kind to them either really, if you look at it in the big picture, you know. I mean, I know they may get what they want on a very short, limited basis but I think in, in my opinion, in the sense of the whole universe, it's not really being kind to someone to just let them manipulate you or whatever. Yeah, but self-care or being kind yourself. Yeah, very important.

**Q11. Interviewer** 1:20:22

And we'll jump in a little bit later, we're going to go into some of these experiences that you've had, and maybe you can speak to, just put it in the back of your mind now, like, what were some of the experiences that led into this, this realisation or this insight, that being kind was a very important aspect of how to live. So, but we have, that's going to be a little while away, so just put that on the back burner. Have psychedelics shaped your worldview?

**Participant** 1:20:56

Um, probably not that much. I think in a way it might be like cart and the horse, I'd probably might have been. It's not the main reason I use psychedelics, but it's probably my worldview probably shaped me wanting to use psychedelics rather than the other way around, if anything, like in terms of like politics or stuff, like, you know, I was brought up, my father was very strong, like Labour Party and my grandfather been a communist and I was part of the Student Union, I think when I was about 14, or something, we tried to form the Student Union, it was a bit sort of funny really, I mean, we were high school kids, but it was interesting and Vietnam was on when I was this age. That was, that was pretty important to a lot of people in that period. So, I was doing protests and like my worldview, I guess, is what I'm trying to say was kind of pretty much shaped and it hasn't, yeah, it has changed over the years but not, I don't think because it's psychedelics, I think it's just because I've gotten older and found out more stuff and when I say it's changed, there hasn't changed 180, it's still kind of, I guess, you'd say on the left, but not in the sense of joining a political party or something and the other things, I guess, that were my worldview that have just grown are the whole sort of human rights and indigenous people and so on and I mean, that I think, it's off the track of worldviews but that worries me a bit about some of the psychedelic stuff, indigenous cultures, and their, you know, interaction but anyway, um, but also, I've lost my train of thought what's another thing. Oh, the environment, of course, you know, and that may be that has gotten stronger because of psychedelics, that part of the worldview, but it was already there. You know, I think what happened was not just the experiences, but the fact that I was very lucky enough to live in. Well not pristine environments, but certainly non-urban environments for a long time, and that you can be an environmentalist and live in the city, but it's very different If you're actually live amongst you know, the actual place you're trying to save or whatever. It's more immediate and the period after I left Perth, when I first went to Queensland, I lived really, I lived in the rain forest for a couple of months in this little shack, which is a bit unusual when you're 18 but um, and that had a big effect on my experience with the environment and that's maybe where there was the interaction because it also was a period where half that time I was doing a, few trips. That's when I discovered mushrooms in that environment. with other people. It was in like a sort of a very loose community and so that would have had that definitely had an influence but it wasn't that I wasn't into the environment to start with, you know, it's more of a mixed bag. So, my worldview hasn't changed completely, but it's sort of gotten a bit modified and it's just changed because I've gotten older as well, you know, grown. I've both when I was younger, would have been an anarchist, but not a not a bomb throwing. I'm not that kind of like a Tolstoy, you know have you done much politics like a Tolstoy sort of anarchist.

**Interviewer** 1:24:47

No, I wouldn't. That's not a term that registers any understanding in my brain.

**Participant** 1:24:52

He believed in, you know, like, you know, the guy wrote war and peace and all that. He believed in, you know, communal living but in a rural sort of an agrarian kind of setting, and I'm not, again that's changed I mean when I went over this time and I was staying with my son they live literally in the middle of the forest really their house the house that we built where he was born, you can't go or 10 metres outside of their house without touching a tree or a shrub or something and it's quite dense it's that it's actually grown so much more because part of our family been there for 40 years so it's um it's if you if you didn't like it, you would say it's encroached on the house so that there's no Vista, you know, grass is a little bit, there is grass, and there's room for the little ones trampoline and all that and they've got garden beds, but there's a lot of trees and there's also unlike when we moved there there's koalas and a lot more birds and bush turkeys and, and things that were there like lots of snakes and goannas and stuff but living in the, or just even staying there for six weeks, was great for me, I just love that environment, you know, but again, I'm I guess I'm saying that, that there are all these things interact, you know, that If you, if you have, if you're lucky enough to be able to experience, that's a different kind of experience, it's not a psychedelic experience, but it's very, it is mind opening, in a sense, being able to live there, you know. It makes you, and it also makes you appreciate the things that we don't even think about, like, half the time that hot water was out so, they we're lucky that we could have a cold shower, you know, because I lived there a period years ago, when there was no water at all for a while and you had to cart it in. You know, you have to be careful of the power because they didn't have they only had a little bit of solar and it was pretty rainy when I was there. I mean, now they've just they've just spent big bucks for them and installed a really good system so they can run a big fridge and all that kind of stuff but yeah, there's a lot of a lot of, I'm just trying to get to, there's so many experiences that affect your worldview, I guess is what I'm saying and living there, even though it didn't change my worldview, like when I'm talking about when I lived there 40 years ago, and when I stayed there recently. Again, it's still sort of affects it in the sense that reinforces it makes it more real and you sort of feel the pain of trees getting cut down and the earth getting destroyed in one way or another. I mean, that definitely, I guess psychedelic experiences play into that too, that sort of whole earth thing. Anyway, that scrambled response sorry. I went right off the track. I know

**Q12. Interviewer** 1:28:09

That's alright. It kind of leads into the because the following question is actually have psychedelics changed your relationship with nature?

**Participant** 1:28:22

Oh okay.

**Interviewer** 1:28:24

Because the worldview almost sort of kind of naturally leads into asking about that.

**Participant** 1:28:28

Yeah, yeah, well, yeah, they have but also, I guess, because in my case, some of those early experiences were directly connected with being in nature, not just thinking about nature, right. So, I think the two are kind of synergistic you know, you can't. Now if I, if I'd spent that couple of months in the forest, and I hadn't had any psychedelics I didn't have for the second month. Any psychedelic experiences would I still have felt the impact of that environment so much, and changed my feeling about nature and looking after the environment and being part, not only looking after the environment, like a steward kind of idea, but being actually part of that whole organic whole and then you're not even really looking after it. You're just as dependent on it, as It is dependent on you, right? You're just another, you know, cog in the wheel. Um, I don't know. I don't know. I mean, they would definitely relate. Maybe the fact that I'd already done some, had some psychedelic experiences made it more likely that I'd go and live in a place like that too. You know, you sort of think well, not everybody. I couldn't understand that years ago in general, like, I know this sounds so stupid, but when I was like really young, because like I said, I really wanted to do this stuff, I sought it out. I couldn't understand that, why if people didn't actually know, you know, the research or the knowledge and all, they didn't have friends who've done stuff or whatever, if they had, I thought if everyone had an opportunity, an informed sort of opportunity, you know, the vast majority of people would say, oh, yes, I'm going to, you know, jump into this and I'm not, I don't really, totally believe that, I think more people than we realise would say yes, but I don't think that it's like for everybody, you know, it's just unfortunate enough to not have, you know, been informed of this possibility. Um, but anyway, no. So, yeah, I think they did influence my view on nature, or my thing with, relationship with nature. Yeah, in a positive way.

**Interviewer** 1:29:47

Well, for nature, at least. Not for those dirty companies who want to cut down the trees.

**Participant** 1:30:56

Well, yeah. Well, I was thinking in a positive way for me.

**Interviewer** 1:31:01

Oh, I see, okay.

**Participant** 1:31:03

Yeah, no, I was being completely selfish. I wasn't even thinking about nature, then. No, I meant, like, it gave me a lot of positive stuff. Yeah but hopefully for the trees. Yeah.

**Q13. Interviewer** 1:31:15

All right. So, the question focuses, it's moving now, those are basically all the questions around the meaning, the use, change. Now we're going to be going into how you have used and how you rate most recently used psychedelics. So just the nuts and bolts of the actual, what you did, how you take it, those sorts of things. So, the first question is, how, I think, interpret these questions, they're worded this certain way, but maybe, you can talk about, because you've had kind of maybe two phases, you're in maybe potentially in a new phase, or just maybe one or two off one off experience but you might want to contrast if there's any differences between them based on how the questions asked. So, yeah, hopefully that make sense. When I ask it, the first question is, how do you prepare yourself for a psychedelic trip?

**Participant** 1:32:15

Okay, so I'll talk about that older stuff first, because that makes more sense to go chronologically. Um, I guess before that first experience, like, I thought I well, I didn't even think about prepare, like, there was no, I'd never heard of preparation and integration. I mean, maybe that did exist in 1971, or whenever it was, but I didn't really know but I did know about set and setting and, and stuff like that and, and I guess I thought I, if I, someone had asked me, I would have said, I've prepared for years, you know, I've read all these books, and I've kind of, I've thought about it a lot, which is valid enough, I suppose but I didn't prepare in the way that I would think about that currently, I didn't like, you know, set an intention or work with anybody about that, or, you know, so it was just kind of, well, this is the day and now it's happening kind of thing and then the other side of that, I guess you'd probably come to it anyway was, there wasn't after the event, that was it., you know. There was not, well, yes, certainly you think about it. You ponder, I would ponder it, but I didn't have any process to go through. So, yeah, so that was it and that was, that's basically, later on, I guess it was sort of went on pretty much like that because, also there was an element of kind of opportunism, particularly a couple of times where it just like literally, I didn't know when that was going to be possible or when the logistics because I still, I lived with my parents at this point. So, I couldn't just, you know, disappear. I didn't have a house to myself. Um, they did go away very conveniently for me, they went away for six months during that year. So, I did have the house to myself, which was probably unusual but and I also had commitments, I had University, the other commitment I had, even though I was young, I had a child already. I had a one year old, which is unusual for most 17-year olds I suppose and it was particularly weird, that period going to university because there were no mature age students. So, I didn't meet another person as a student at university who had, you know, my year who had a child, but anyway, so yeah, I don't suppose I did. I think I prepared a lot more than somebody who just like even now went to a festival and, you know, dropped some acid or something, but I didn't prepare in a systematic kind of way that I would think, would be more appropriate now. Okay, so I mean, it probably varied from time to time. I mean the last time when I was in Sydney, I don't think I prepared at all because it just happened to be the last night I was in Sydney and somebody just came around with you know, old story and I'm so don't think about that was virtually no preparation, although I'd had this idea that it would be good to do something in Sydney, but I hadn't planned anything and yet, and this is sort of counterintuitive, and not what I'd say to somebody who was like starting out, it actually that night was really very special to me. So, you don't always know but I'm not arguing for that. Now it would be very different. I would definitely prepare in a more sort of systematic way, like thinking, reading, talking to people figuring out what I actually wanted to, to do and to get, I mean, I did going backwards though. I did, I did have goals, but they weren't, they were much more nebulous, you know, like spiritual growth and enlightenment and all that kind of stuff.

**Interviewer** 1:36:24

As people in Eastern philosophy in the 60s did chase.

**Participant** 1:36:28

Yeah. Yeah. Yeah, I think a lot of people probably do pretty much that some people were much, and I'm not making this better or worse, some people will much more chaotic in, you know, in their usage but yeah, so that's probably, that's the long and the short of that one, I think. Um,

**Interviewer** 1:36:52

So, what does, what does your preparation now look like or what did you do to prepare for this most recent experience?

**Participant** 1:37:01

Well, because of the fact that I've been so long, and I didn't, and I actually wanted more information, just current, like current research, and that, I mean, I hadn't totally ignored that whole thing. I had read a little bit, on and off and, you know, I remember when Albert Hoffman died, it was on the news, and you know, I didn't, I hadn't totally kind of shut my eyes, but I didn't know the latest stuff. I wasn't up with it, you know, so I, I read a lot, I listened to a lot, I joined a group and went to meetings and talked to people. I didn't get, I didn't have any formal, you know, therapy or, or interaction with professionals. I made a playlist, which sounds a bit trivial, but that I spent, I spent days of my life making this, because in a way, that was, it's actually a good example, because I went from thinking, oh, wow, I can get Spotify and I can, you know, I can have hours and hours of music, you know, consecutively. I didn't even know I could do that. Um, and so I thought, oh, I've got I've got hundreds of songs I like. I just, you know, start throwing all these songs together and then of course, I start reading a bit more on sort of, oh, but maybe you don't want songs with a lot of words, you know, because there might be either too complicated or too triggering, or whatever and I thought, Oh, goodness, I hadn't even thought of that, I've got, here I'm, here am I with all these tear jerking favourites of mine. I mean, thanks goodness, I didn't end up with that playlist. Um, so in the end, I like investigated different stuff that I touched on before the music and I ended up like, downloaded some stuff and added some stuff on my own and I invented this playlist, which was great. Um, but I learned a lot about other things along the way, in a sense, so yeah, and then when I got closer to the actual time I just you know, I did. I cleaned my house, which sounds a bit bizarre, but I made food for the person who was going to be there that day or night. I did some meditating. I got, I have a diary. I wrote down my intentions. I thought about I changed them right at the last minute. I didn't write down what I thought I was going to which is interesting. Um, and yeah, that's pretty much it. I guess I probably left some stuff out. A lot more kind of thoughtful, and thinking about, you know, because the person who is going to be with said, what are you going to actually do you know, you're going to like, watch movies or which I hadn't even entered my head that I'd want to watch movies but I guess my intention wasn't, I didn't really want entertainment or recreation, I just wanted to sort of have a look at whatever that experience was going to be pretty open ended but like as, as a quiet, solo experience. So, you know, basically, when I did it, I was just laying down on my own, with my eyes closed, which is exactly what I wanted to do. Is that enough?

**Interviewer** 1:40:37

Yeah, that's good. So, did you have a trip sitter along with you just for safety?

**Participant** 1:40:44

Yeah, just for safety. They didn't really interact with me. I didn't want them to. I mean, that's a bit no, it wasn't that, wasn't that cold. We had, we had dinner first and they did and you know, a couple of times said, Actually, we did have very brief interaction, like verbal interactions, but they didn't really interact with me in any other sort of thing. I didn't. I didn't want to have a group thing and I didn't really want to have somebody sitting holding my hand or whatever.

**Interviewer** 1:41:17

Was this somebody you quite well or?

**Participant** 1:41:20

Yeah, yeah with someone I knew very well.

**Interviewer** 1:41:22

Okay and,

**Participant** 1:41:25

yeah, I don't think I would have felt comfortable. Not, not this time. Not that time anyway, with someone I didn't know and I didn't really know anyone. I didn't know that I could ask anyway, to be honest.

**Interviewer** 1:41:38

And were they comfortable about the whole thing as well?

**Participant** 1:41:41

Oh, yeah, I think they were fine with it.

**Interviewer** 1:41:44

Cool. A number of these questions are sort of geared towards asking people who've had a, let's say, a patterned use, like a maybe repetitive over time, which it doesn't quite fit like a you've only used it kind of once more recently, and then in your past use.

**Participant** 1:42:12

Yeah, I understand. Yeah.

**Interviewer** 1:42:15

I'm just thinking, they should, they could still work.

**Participant** 1:42:25

Well if not, we can make it brief. So, that's fine.

**Q14. Interviewer** 1:42:28

So, one of the questions is, where do you normally take psychedelics and why do you take them there?

**Participant** 1:42:34

Well, this time, I took them at home, right. In my, on my couch, actually, where I'm sitting right now just happens to be, um, in the past all over the place. I mean, someone else's house, my house when I had when my parents were away. Where else?

**Interviewer** 1:43:01

The shack in the jungle.

**Participant** 1:43:01

The shack in the rain forest, and one experience that I had where I did, I took them there, but I actually went, very risky in a sense, I went for a swim. Like early was very like before dawn and that was, that was actually an amazing experience, but probably not one that you'd want to replicate. In my house in Cairns, because I lived in Cairns, after the rainforest at other people's houses there. That's about it. I think. Oh, well, I don't I don't think, no I wasn't actually tripping. I did have one night where I was taking this big pot of soup around people's place, but I wasn't actually experiencing anything I was just like, assisting other people. Yeah, I think that's probably it.

**Q15. Interviewer** 1:44:05

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

**Participant** 1:44:11

What like music?

**Interviewer** 1:44:14

Um, well, in this case, and like a physical object, so you could say, like a music player, but I'm thinking maybe are there significant objects.

**Participant** 1:44:23

Oh, I thought about that this time and I actually did, um, I kind of arranged some things that if I wanted to like grab hold of them, or just have them around, but I didn't actually use them, to be honest, it wouldn't have made any difference whether they were there or not. I'm just trying to think that Not really. No, no, not, not really.

**Interviewer** 1:44:52

So, what in terms of not necessarily important, but what, what objects or things. Did you kind of prepare for yourself for the trip?

**Participant** 1:45:07

I had this little, I wanted to think about, I did think about this person, but I didn't need the object. I wanted to think about a particular person and so I had, I don't know where it is now. I could show you, like a heart with like a quartz crystal heart to like, you know, sort of fits in the palm of your hand. So, I just put it on the ledge, but I didn't actually look at it and flowers, but that was just, you know, it's nice to have flowers. I've got flowers most of the time if I can. Um, oh, and, and drinks. Like that's, I guess that's an object is that an object like liquids?

**Interviewer** 1:45:47

Yeah, sure.

**Participant** 1:45:49

So, I'd made peppermint tea and ginger tea, and I had them in the fridge, In pots. Yeah, no, I don't think there was anything else.

**Interviewer** 1:46:04

Music I guess just the music player?

**Participant** 1:46:06

Music. Yeah, yeah and headphones. Yeah. Yeah.

**Q16. Interviewer** 1:46:11

Okay, um, how do you prepare the space where you take psychedelics?

**Participant** 1:46:21

You mean the physical location?

**Interviewer** 1:46:24

Yeah. So, yeah.

**Participant** 1:46:25

Well, I cleaned my house. I mean, that was like, so it was neat, I guess. Which sort of was important to me and I'd made I guess it's a reasonably comfortable space. You know, it's a space where I quite like the space. So, it's, you know, tactile, It's, I was going to say, not too busy. I had an argument with my, the granddaughter, the one that thought I was going to kill the cats. She, she, she, she reacted so violently and then we never really quite came to like, Oh, this is okay until after the event, but at the same time, she was helpful, because she'd kind of bowed to the inevitable, I think so she helped me get Spotify, like the, for the music and she? Oh, because it was Christmas before Christmas. So, there were Christmas decorations and the Christmas tree. Not right close but in the biggest space where I was right. I couldn't actually see it even with eyes open where I was but um, because I read something about you know, busy and not too busy kind of thing and she's saying and she's much more pared down than I am anyway, about, you know, home decor as it were. So, she's saying, Oh, that's way too busy. Like she's kind of giving me advice, even though she was quite opposed to the whole idea, it was sort of sweet, really. So, I did. I did. I think I took a couple of decorations down just because just was a bit dazzly but um, apart from that, I didn't do a lot of preparation other than just having the room how it looked. Oh, and I had a sheet because I wanted to cover my, just put something over me and over my face, but it wasn't opaque. So, I still had to shut my eyes because you could sort of see like, but it was placed with no sort of like floral, so kind of let floral light through it was alright. Um, lamp. Yeah.

**Interviewer** 1:48:35

What time of day?

**Participant** 1:48:38

Lots of events, I suppose. Sorry, what were you saying?

**Interviewer** 1:48:40

I was just asking what time what time? Was it day or night when you're when you did this?

**Participant** 1:48:47

It was going into evening, but it was that. I mean, that was something that my plans went awry, because the sitter I had couldn't make, they were going to come early in the morning. So, I actually had a preference for the day and they didn't arrive until half past four or something in the afternoon. So, my math told me that wasn't going to be a day event but it was fine. I mean, I just and I kind of already postponed it once or twice, just for logistic reasons. You know, that had nothing to do with me as such, really and it just, I couldn't really say to them oh can you know, can you either stay the night and or next day or can you go away and come back it was just too much. So, it ended up it was it was evening, it was all night. Yeah. Going into the evening.

**Q18. Interviewer** 1:49:55

And so during that, during that well I'll ask it in the broadest sense. So, the question says, what are you normally doing physically during a psychedelic trip?

**Participant** 1:50:09

Not much. Not a lot well, the last time nothing, nothing at all really just lying down, except when I went to the toilet made a drink and did all the changing clothes and stuff. I have done things, you know, sometimes I've just been sitting around listening to music sometimes, well, I went for a swim. That was quite amazing. I sat around talking to people, or with people. Um, I've never done anything very athletic, I don't do anything very athletic anyway. I've sat in, and sat in nature, I suppose. So, it's not, I suppose it makes a difference where you're sitting around you know. You're sitting around in the rain forest. Feels very different to sitting in your lounge room but yeah, I haven't, generally speaking, been doing a lot, physical stuff, no. I've never been to a, never been to a party or I don't like, I hate parties at the best of times. So, I just can't imagine anything much more revolting, really but I know some people, my granddaughter loves parties. She's quite into going to parties though, you know, each their own.

**Q19. Interviewer** 1:51:33

Yep. That's just what I was thinking. Is there anything you avoid doing or interacting with during a psychedelic trip?

**Participant** 1:51:46

Public transport. I haven't actually had that experience. I suppose I would, I would avoid going into, I have been in, I wouldn't necessarily never go into public, but I would, I would probably mostly avoid going into public spaces. I certainly would avoid going you know, into town for no, you know, unless I had a very, very good reason and I'd yeah, I'd avoid parties. I'm an introvert and I don't, I'm not really, you know, ever going to want to do that. I don't think.

**Interviewer** 1:52:24

so. The common denominator here is other people.

**Participant** 1:52:28

Well, but big groups of people. I don't know if different. It'd be different with people I know. Yeah. No, it's not really. It's not just people in general. It's people I don't know. Strangers. Yes. Strangers. Yeah, that's true and I'm big groups of people. Yeah but yeah, couple of friends or whatever that's fine.

**Q20. Interviewer** 1:52:51

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

**Participant** 1:53:00

Huh. A lot of thinking.

**Interviewer** 1:53:08

More than normal?

**Participant** 1:53:10

Yeah, I guess. Yeah. Yeah, this time I wrote a diary. Um, I've never done that before. Actually, have a shower, get like because you know, it's hot this time I had a shower, I was hot and sweaty, actually, but quite often, like, have a shower or go for a swim or do something sort of, you know, have a cup of tea. All those boring, monotonous sort of sounding things but um, talk to somebody, depending on who's available. That kind of thing but beyond that, it's probably more reflecting bit later on, not sort of, you know, necessarily directly afterwards. It's also depends who's around if they want to talk about other things, you know, they might just want to listen to your monologue of how fabulous or otherwise, the last however many hours have been.

**Interviewer** 1:54:23

Yeah, I guess people who take psychedelics have a way of making it all about them.

**Participant** 1:54:29

True, it's true. It is very true. Yeah.

**Interviewer** 1:54:32

I just had this profound experience of connecting with all of reality, and everything is one but I want to talk about me.

**Participant** 1:54:39

Yeah. Well, I'm doing exactly that, hey. This is the longest conversation I've ever had on this topic.

**Interviewer** 1:54:50

Cool. Well.

**Participant** 1:54:51

I don't know whether that's good or bad. It just is.

**Q21. Interviewer** 1:54:54

It just is. Are there any helpful techniques you used to navigate difficult or challenging moments during a psychedelic trip?

**Participant** 1:55:05

breathing?

**Interviewer** 1:55:09

Like, is this different from just normal breathing?

**Participant** 1:55:13

Well, I guess being more conscious of breathing, and yes, slightly different, like the kind of breathing I would do if I was meditating or something, which is tends to be a bit deeper and slower, and I've got, I've got various, like, whether I do, you know, five counts in the inhale and I mean, I've got various stuff, but they're not a particular system or anything. That's just my thing. Yeah, definitely breathing. Changing it or changing it up. Like, I mean, at one point, the last time I was very long, I think I was, it was longer than I expected. I think I kind of, sort of lay down at six o'clock or something, pm, and I didn't get up to eight. Next morning. Now the last couple hours, I could have got up and I would have been fine but I was just to basically getting the last drips out kind of, um, but at one point, because it was so long I the music that I'd had started to loop, because I've used up my playlist and I could, I could tell that, you know, I realised this at some point and it just felt really weird. So, I actually got up and I changed the music which was, not that I think it would have been dreadful if I hadn't but it just didn't just felt kind of weird. So, yeah, just moving. Breathing and I would think if I was in real trouble talking to the person, if there's a if you've got a sitter, or if there's somebody else there, you know, talk to them but I didn't, I didn't have to do that.

**Participant** 1:56:57

Sometimes you could talk to yourself, but it depends, I guess on how bad or how challenging or what's actually gone, or how far gone, you aren't really, you know, like, there are times when that would work and there are times where you know, who who's there to talk to or who's going to be doing the talking would be tricky.

**Q22. Interviewer** 1:57:25

I think you've just answered this one already but, just to cover it quickly. Could you describe any type of integration, or self-reflective practices that you engage in to make sense of your psychedelic experiences?

**Participant** 1:57:40

Oh, like, keeping a diary and that kind of thing?

**Interviewer** 1:57:45

Yeah.

**Participant** 1:57:45

Keeping a diary, doing a bit of meditating, but I'm not I'm not a very good meditator, but I do I do it anyway, I do a bit of that anyway, it's not just related to those experiences and I guess the other integration, actually trying to think about what if there is an impetus to do something, if I've got some kind of slight boost, or whatever, however you want to describe that, then what am I going to do with it, you know? and that, that might be reading the diary but it might also just be actually thinking about it, you know, like, oh, maybe I should be messaging these people to talk to them and go and have coffee or whatever or maybe I should be buying some more plants and planting them before, you know, even if it's a bit hot, some of them will live that that kind of, you know, actual concrete sort of thinking about what you're going to do. I mean, I guess you do that anywhere in your daily life, but specifically related to if your energy levels change, or you feel differently about things. Yep.

**Participant** 1:59:00

I felt actually quite lost for a while because I went to and it was all it was, it wasn't very good timing and that was partly because I had postponed the whole trip thing and but the other trip, I hadn't postponed the one over east. So, it ended up it was only like a week apart pretty much and I first stayed at my daughter's place and she and I have no discussion on this issue or anything with that was sort of fine. It wasn't that that was bad in itself but I didn't have anybody to talk to and I was feeling like I really, my wheels were kind of spinning and I couldn't do anything and that's probably pretty stupid probably there's lots of things I could do. So, I reread my diary and I like think I actually one night I even replayed that, tape that playlist but um, I just felt kind of, not stuck, but I was wasting an opportunity that it wasn't kind of, didn't quite know what to do but when I got when I moved to my son's place, it was not that I was talking to him about that at all, really but it just seemed a lot easier to kind of clarify things but also maybe there was just a bit more distance. So, who knows what factors were involved there. That sort of frustration of like, I really want to do something. I wrote, I kept an ordinary, like a travel diary when I was away just about that travel and I remember writing something about that, you know, I don't quite know what to do. I'm just sort of, and it was raining and I couldn't even go for a walk at one stage because, like, it was pretty. My daughter's very, her family are very screen orientated. So, they'll sit in the lounge, and the four of them are all on their screens, and they've got the big screen up, and it's, it's kind of not conducive to, like family chat, necessarily.

**Interviewer** 2:00:59

Yeah. Yes. Well, the modern days.

**Participant** 2:01:03

She's a lovely person, she's a lovely person, don't get me wrong and she's had her challenges in her life. Like she's got her partner and her, you know, they've been together 20, nearly 20 years, and they've got two beautiful boys, but um, like, they've had their ups and downs and her partner like, five years ago or so actually changed gender. So, they've had an interesting journey, you know, as a family.

**Interviewer** 2:01:38

Yeah. I can imagine now they got two mums.

**Participant** 2:01:41

No, now they've got a mum and a dad. They had two mums. Yeah.

**Interviewer** 2:01:48

I'm confused, was your daughter gay?

**Participant** 2:01:52

My daughter got together with a girl.

**Interviewer** 2:01:55

Oh okay.

**Participant** 2:01:56

Yeah and, um, and they had the two boys, they each had one boy through a fertility clinic and then like, five years ago, her partner decided that she was really in the wrong body and that she needed to transition and mind you, my daughter had said to me years ago, I'm not really a very good lesbian and I knew she'd had like, you know, when she was younger, she had had, I don't know whether they were boyfriends or just some interest in men, right. Um, so I did know that she wasn't completely gay but it was still, you know, quite a transition, quite a change. The boys about the time after that happened, and I went over to visit I think they're eleven and nine now, but they would have been about or maybe nine and seven or eight and six or something. Anyway, the older ones saying to me, you know, nanna, [name] is [name] now. Now you've got to remember as if you know, like, not crossed my mind. It was just so. So, sweet, really but um, yeah, so anyway, I digress. Go on. Next. Next question

**Interviewer** 2:03:05

Well sorry, I was also interested. to, to be honest, that makes more sense, though, as well as thinking. Man wife situation transitioning to, two woman doesn't make much sense but actually, at least in my head, and if you have somewhat.

**Participant** 2:03:23

It probably doesn't make more sense, necessarily, but it feels like it does doesn't it.

**Interviewer** 2:03:27

Yeah.

**Participant** 2:03:28

You know what I mean. I feel the same way but I don't know that that's actually, I'm talking about me, not you. I don't have been politically correct or not there, but

**Interviewer** 2:03:38

you can't help what feels normal.

**Participant** 2:03:40

Yeah, they're happy that's what counts, isn't it? The boys seem fine. So, yeah.

**Q23. Interviewer** 2:03:46

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

**Participant** 2:03:55

Oh, yeah, yeah. well, some confusion. I'm being honest, some confusion and I mean, not the kind of confusion that would stop you'd like, you know, going to work or parenting a child or just a bit of, not even befuddled, I was going to say, no, it's not like that, It's not like, not like, you can't think it's not like, muddled in that sense. It's more like, you're just not quite sure. Well, me, I'm just not quite sure what to do but you, this time, I've got to say I feel much happier than before and I don't know if that's going to last but that's what I'm trying to, you know, take that energy into doing some reconnecting and doing some other things. So, and generally, if I look back, yeah, generally, I apart from that one really horrible experience I had. Yeah, I generally would have been happier afterwards, I think, and more. Probably more productive, but not, not, not a couple of days more like, a couple of weeks later. I don't know. I didn't keep diaries and things, but I think that's fairly accurate.

**Interviewer** 2:05:12

Do you mean, in the sense productive for a couple of weeks or a couple of weeks later, you then became more productive?

**Participant** 2:05:19

Oh, no. Yeah. A couple of weeks later. Yeah. No, no, no. Yeah. I mean, just, I mean, not like, you know, some major.

**Interviewer** 2:05:29

A little bit.

**Participant** 2:05:31

But yeah, yeah. Yeah. I laughed more, which I don't know if that's a good or a bad thing?, because sometimes I think, oh, is this even really appropriate. Why am I laughing? Maybe I'm just getting, you know, early on, or not even early onset Alzheimer's. It's a medium. I just want to think about that one.

**Interviewer** 2:06:00

You're allowed to laugh.

**Participant** 2:06:01

Yeah, I don't think it's like, maniacal sort of hysterical. Apparently, though, I have to say that my sitter told me that. In the middle of the night, I was actually like giggling, which was pretty funny, because I'm not really a giggling sort of person but anyway.

**Interviewer** 2:06:24

Well as you said just a little while, a little while ago, you're talking about sort of, one of the things that you enjoy out of the psychedelic experience is kind of the absurdity of it.

**Participant** 2:06:34

Yeah the silliness of it.

**Interviewer** 2:06:35

You find it funny, so it makes sense to giggle about it.

**Participant** 2:06:38

And I don't find it funny, constantly. I mean no, I don't find it, you know, eight hours or whatever funny, but it definitely in part, and I sort of, I guess I do find life a bit funny, but I don't mean that in a cruel way. It's just kind of, it's amazing, but it does have its humorous side.

**Interviewer** 2:06:58

Yeah. Well, that's because life is funny.

**Participant** 2:07:00

Yeah. Yeah. That does sound weird. I'm thinking now considering that part of the reason, like, especially lately, when I was overseas, part of the reason was to visit two very sick people and I didn't find that funny but I had some really wonderful conversations with my stepdaughter and my stepdaughter, and I have not a lot in common in a lot of ways. You know, like, we're not. I don't think we're very similar personalities and we don't have, we've got a couple of interests, but not a lot in common and so it was interesting that it was actually really positive at the time as well for me, and I think it was positive for her too, I got feedback from her and we're still in communication every day virtually.

**Interviewer** 2:07:57

Sorry, just to jump in. Have you, so you had one experience at home with a trip sitter and you also had a, did you do a psychedelic with your granddaughter?

**Participant** 2:08:08

Yeah, yeah.

**Interviewer** 2:08:09

Were they both acid trips or were they different?

**Participant** 2:08:11

Yeah, they were they were.

**Interviewer** 2:08:14

Do you want to, so maybe you could talk a little bit about the trip that you had with your [grand]daughter now that you sort of kind of talking about it a little bit, oh your granddaughter sorry.

**Participant** 2:08:23

Yeah, yeah. No, it was it was actually quite similar in some ways. Um, she just, she just, she played her, um, her switch thing, you know, she went on the, the screen and did that and didn't, we didn't have a lot of interaction. We did talk and we did laugh a bit but um, we didn't do a lot of interaction and I was quite worried about it because like, I mean, she's my granddaughter, what if I sort of freaked out or something, it's been a long time or something terrible. I don't quite know what a terrible thing I thought, I didn't think was happening going to happen. I wouldn't have done it if I really believed that but you know, in the back of your mind, it's like, oh, my goodness.

**Interviewer** 2:09:04

You might kill two black panther cats.

**Participant** 2:09:08

Yes. well, there was that possibility. Yeah. Yeah, yeah. Yeah. Yeah and one the little blighters, oh some ungodly hour, they actually jumped on top of me. During that experience, I didn't kill, I didn't even attack them. I just got a fright. No, so but we did talk about it afterwards, you know, quite a bit and we have very different experiences, because she's mostly been doing DMT, which is a very different experience and I do I mean, I may not have done it, but I've got, I'm not going to say I've got insight because I haven't really, but I know that it's very different right and it's very visual, as well. You know, very visual. We went on Instagram and she mentioned a couple pictures, artists impressions that she said, came some little bit of the way towards, like, representing some of the things she'd seen, but not exactly. So, she said she was apologetic when, like she said, Oh, you know, this, this, I've heard that this particular batch or whatever she's got. It's not very visual and I didn't care because I'm not a very visual person and it wasn't, it was very, um, there was, you know, it's all kind of in my head. Well, it's all in anybody's head, but I don't project it out to the world very much, I suppose. Of course, it's visual, when you've got your eyes closed. That's different but even then, it's not like not like lots of patterns and colours and all that sort of stuff. Mushrooms when I've done them been different. More so but um, but yeah, but we've talked about it afterwards cause. She does other things as well. She does. mushrooms and she does acid and I don't think she's and I said she smokes cannabis. In my opinion, she smokes way too much dope but, again, that's, you know, her life really. I don't know that I'd want to do that again with her but I don't know. I don't think it would happen the other way around, because she has a partner and I think they look after each other pretty much, in that space but yeah, so but it was okay. It was fine and I don't think, you know, the other thing was that, I thought, would that damage our relationship, you know? Would you respect me in the morning? Kind of, not quite and I don't think it's made any difference. She still thinks I'm her silly old nanna. Sort of like ok I think, a bit behind the times, but trying to catch up.

**Interviewer** 2:12:06

That's the job of the nanna is to be behind the times.

**Participant** 2:12:09

Yeah, well, that's right and to give you sort of fairly useless advice about all kinds of things. Well it may not even be useless, but it may not be taken on board.

**Interviewer** 2:12:20

I was going to say it's more like, you tell them things hard won knowledge and they're like yeah, whatever.

**Participant** 2:12:25

Yeah. The weird thing is I've found with my kids, and my grandkids, though, is and I'm not talking about this [???] at all but I'm, quite often, particularly when they're in their teens. I mean, my granddaughters are both 20s. You'll tell them something, especially if you're their parent, and they'll, oh, whatever or you've got to be joking, or nobody does that and then the next week, you can hear them telling their friends the same thing you told them. Like they've discovered this profound wisdom from you know, the universe. You know, it might be how to, you know, put money on your smart rider for the bus, whatever boring topic, but they'll be kind of repeating it, then I think oh well, you know, some of it does actually seep in.

**Interviewer** 2:13:09

Yeah. You just have to delude yourself to maintain the self-image that I came up with this.

**Participant** 2:13:15

Yeah. Yeah, right. Of course. Definitely.

**Interviewer** 2:13:21

Okay. So, the next couple of days, all the questions on the how to stuff.

**Participant** 2:13:29

Yeah.

**Interviewer** 2:13:30

The next few questions are going to be asking you about, not so, so, they're written in the sense of like, asking about specific experiences. So, two of the questions are, can you describe your most challenging or negative psychedelic experience? And the other one is, can you describe your most memorable or life changing psychedelic experience? Now, for some people, those are the same. So, like, a very challenging was also the most life changing. So, you don't you can talk about one experience, if you like, if you have one, or two or three or four that you think are kind of, you would like to talk about, because some aspect of them was quite memorable to you, or important or positive or very challenging and negative. Then like, the idea of like, most challenging, it's not like please only give me your singular most important one. It's more like just the emphasis of like the power of that experience lets say. So, not, not necessarily you have to constrain it to one but before we jump into those two questions, they come just straight after this first one.

**Participant** 2:14:41

Yeah.

**Interviewer** 2:14:42

Yeah, I just I pre-empt and then do something else. Like sleight of hand.

**Participant** 2:14:47

Oh, is that answer, you're answering one of your own questions, aren't you sort of, maybe I don't know which

**Q25. Interviewer** 2:14:53

I hope not, they're meant to be your answers but the first question is, what do you, so for you, personally, based on your experiences with psychedelics. What do you think is the core psychedelic experience?

**Participant** 2:15:10

Oh, god, that's so hard.

**Interviewer** 2:15:15

That's why I ask it.

**Participant** 2:15:19

I'm going to hedge it a little bit, because I think a lot depends on dosage.

**Interviewer** 2:15:23

Okay, you can give me It depends on that's okay.

**Participant** 2:15:27

You know, like I do, I think a lot depends and, you know, probably, I would, I wouldn't have said this years ago, I wouldn't have been aware of it really so much but I think now a lot probably depends on your intentions and I don't just mean the actual intentions you might have written down, but your more broad interests, why you're doing, you know, not so much just your conscious intentions but the kind of other factors that have led you to do this, because I think, I don't know, the core experience. I mean, I'm, I kind of like, say on that. If, if, if it's a significant dose, maybe the core experience is love, is communion, or oneness for all I mean, they're all over used words, aren't they? But that's not the only thing and that's not what you're going to find a lot of the time. So, what's the core of those other experiences? Self-exploration? Ah, I'm not, I mean, I think that's a lot to do with it because it's kind of like, to me, it is like, you know, you sort of open one door, and that's one level, I hate to use the term level too, but it is there's one kind of aspect, and then, you know, there might be another door and another door, but they don't know, you know, and that that final one would be like, an ego dissolution, if you like, but that's not always going to happen. So, I don't know that that's the core purpose, because it's not even the intended purpose for a lot of the time and a lot of people. So, it's like,

**Interviewer** 2:17:29

Well just to try and drop in there

**Participant** 2:17:31

That does not make much sense does it really?

**Interviewer** 2:17:33

No, it's not that, it's just, it's not necessarily the purpose, but the experience what’s the core experience.

**Participant** 2:17:41

Oh, the experience. Um, well, to some extent, it's otherness, it's actually being able to experience something that's other and, you know, whether that be, being able to look at yourself, almost as if you're looking at another, or otherness in the sense of like a, you know, an all-encompassing experience or otherness, maybe and I cause I haven't had any of these experience, maybe meeting elves and, you know, tykes and other entities that very other isn't?

**Interviewer** 2:18:21

Yes, but based on your experiences.

**Participant** 2:18:23

Well, yes, cause I haven't got those experiences. My experiences, it's, it's, it's sort of, it's kind of going towards oneness in one way or another. Even if it's not like a totally all-encompassing experience, it's still sort of, even if the oneness is putting YOU kind of, maybe take, not taking you apart, but looking at bits yourself and then putting it together, you're still trying to create one whole you and if it's more beyond that, then it's like oneness in the sense of like, going beyond, you know, fixing some trivial thing with you. It's kind of the whole deal, sort of, but it's still, it's not the same experience but in my experience, it's sort of it still has a kind of echo, the same experience. That's not a very good explanation.

**Interviewer** 2:19:17

So, would okay, just to ask a little bit about that. Yeah, you use the words, love, communion, oneness, and this idea of otherness and you talked a little bit just then about the sense of there being a distinction between having looking at different aspects of yourself and sort of coming together more wholly, like, coming together as a whole but then there's this potentially similar but not the same experience of being connected with everything sort of outside of yourself.

**Participant** 2:19:58

Yeah. Which is If you're not, it would be trivial to be trying to look at a bit of yourself, then in my experience, it would, it's not so much. It'll be trivial. It'll be kind of meaningless. It wouldn't. It would be, there's no, why there's no purpose in that particular moment of trying to disassemble some bit of yourself. Why you know, cause you're perfect anyway, probably.

**Interviewer** 2:20:27

Sorry.

**Participant** 2:20:28

Yeah, so, you know, you wouldn't be taking some beautiful flower, you know, apart and trying to mend it or something. Not really, the whole idea is it.

**Interviewer** 2:20:39

So, I guess, is there an, there's a sense, this is sort of a question again, formulated like a statement. Is that, like, some of the experience or some of the experiences is about going internal and creating a wholeness within the limitations or the boundaries of the individual.

**Participant** 2:21:01

Yeah.

**Interviewer** 2:21:01

And some of it is actually transcending that and going to the major scale.

**Participant** 2:21:08

Macro. Yeah, the macro, I guess. Yeah, I guess. Yeah, I guess, although, like, couple of experiences I've had with, like, the most, I guess, profound experiences, like one of them was still started off really personal but I'm not going to go into that right now because I think you want to talk about that later on but the other one was much more impersonal. Even like from the start but yeah, yeah. I mean, and I, when I say love, it's not necessarily always kind of even obvious, I mean, that last trip wasn't, it wasn't really wasn't very emotional at all, it was very kind of been. Oh, this is what this is what's happening now, you know, and not unpleasant. Not bad, but, not even, was actually literally cold. It was a bit about mountains and things, but um, it, yeah, it's not necessarily like, always, this love thing is like this big, you know, nurturing, warm hug, feeling, different. That's just further confounded and confused you, never mind.

**Q26. Interviewer** 2:22:18

That's life. Don't worry. Okay. So, the first one that we're going to ask is, can you describe your most challenging or most? Yeah, plural, let's say if you can do plural of challengings, your most challenging or negative psychedelic experience or experiences?

**Participant** 2:22:38

Yeah. When I broke up with my first boyfriend.

**Interviewer** 2:22:43

Okay, so you want to start us off sort of what happened there? What led into it, what was, what happened?

**Participant** 2:22:49

Well, it was the period when my parents were away in Europe and so I had the house and we had we had a trip together in that house, but he had, he had with a friend in that house and I had but anyway, so I mean, the relationship, the relationship was kind off, it was over really, it was like, I don't know why we kept pursuing, it was a very on off sort of thing, right and it was always on or off on his behalf. I was just sort of hanging around and I was hanging around, kind of knowing that it wasn't going to work out and that I'd already made a choice. Like, I've made a choice, 18 months earlier, when I chose to have our daughter, not like have her adopted or any of that. So, I'd had this baby, and I'd gone on, we never lived together and were both really young at this stage. I was, when the breakup happened. I was 17 he would have been 19. So, we were really young and we're really, I was, when she was born. He was 17 and I was a week shy of 16. So, we were very young and it was I know I feel now it's like way too much pressure to have that experience in that house and \*sighs\*, and it but it started off. I thought it was okay. It was all kind of alright and then, um he just basically freaked out, he freaked out and he said some really unpleasant things and the weird thing is, I never forgot this happened. I have always been totally aware of what happened but it was only last year when I, I guess one of the things that happened in that couple of months, when I'd had that discussion with my granddaughter was I kind of gave myself permission to actually think about the things that had happened, those experiences rather than just kind of know that they were there in the back of my head somewhere, you know, but not really ever contemplate them or think about them and one of the things that happened was I woke up one night, I was sobbing, and I actually remembered the words that he used and I and I'd never actually consciously thought of that, I knew that it had been really bad and he screamed this stuff at me and in the end, I actually had to remove him from my house, which is like, terrible and, and I, and my experience went from being pretty okay to terrible and I think I just kind of shut down when he when he left, and he was safe, because he was going to go home, he was going to be alright, I knew physically he'd be alright. I just kind of shut down. I think I went to bed and I just kind of, just tried to, I didn't try to pretend it hadn't happened but I don't think I slept for a couple of days after that. It was truly awful and afterwards, I had to kind of, well, I felt that I had to avoid him because we were in the same tutorial class and it was really, it was really icky. Yeah, so it was a terrible trip but it wasn't. It was kind of it was, I'm not, I don't mean to say it was his fault that it was, but it was a trip that was kind of it was interrupted by someone else's behaviour and it was turned really, really bad really fast and I don't know whether, it was because of that vulnerable situation for both of us. He kind of just picked some of the worst things you could have possibly said. You know, that just really were kind of like straight arrows, straight to the target for me. So, yeah.

**Interviewer** 2:23:20

Can I ask? In terms of like, what happened when he started, you said he was yelling, I think?

**Participant** 2:27:14

Yeah, he was kind of, yeah, because I was kind of, I wasn't ignoring him but I wasn't really wasn't really much interaction. I was sort of, we're in the same room, one stage, we weren't in the same room and then we were and I think I was sitting on the couch and we had built a fire but it probably gone out because it was winter, It's quite cold and yeah, it just it and so I wasn't paying attention. I wasn't paying attention to the whole vibe by you know, I wasn't paying attention and I think I just sort of felt it before he actually said anything and I turned around, and I don't know whether I was I don't think I was going to say anything because I basically didn't hardly speak in those days, I was almost rendered mute. Um, I don't think I said anything to him but I must have looked at him or somehow made some sort of contact and then he just started and it was like, It was really unpleasant. It was like, you're nothing, you've never been anything and it didn't, it wasn't even stuff that made sense because he was talking about our daughter, you know, like, and he had no, on the whole, he never had any interest in her, he didn't like, parent or anything, you know, even in a visiting kind of way and you know, you're nothing you don't exist, which is really a great thing to tell somebody who's high on acid, you don't exist. You know, you it wasn't even your worthless It was no, it was just pretty much you're kind of a non-starter in the universe, sort of. So, wasn't even like I hate you, or anything, it wasn't really that kind of thing, but was just was pretty relentless and I don't know how long, went on long enough. It was minutes. It was definitely not like one or two words. So, it was anyway was it was very bad and very challenging and I didn't handle and I felt terrible afterwards because I felt like I didn't handle it because I'd gotten really emotionally, somehow I hang, hung in there somewhere. I was, I was actually scared that some violence would happen and that, you know that that really was the catalyst for making me decide he had to couldn't be in the same space. Yeah.

**Interviewer** 2:29:41

Was it escalating?

**Participant** 2:29:43

Yeah, well, certainly wasn't [calming down] because I somehow it ended up in the kitchen and I'd said oh, I said if you know if, if I don't think it was you can't, I didn't say you can't calm down, if we can't settle down or, I was like, I know I made it, both of us, If we can't fix, you know sort this out, if we can't settle this down. I'm going to have to ring, you know your friend or someone, because I knew someone, I'm going to have to ring them and you know, you're going to have, you'll have to leave, we can't be here together and it didn't make any difference. I think it's sort of just spurred him on the fact that I'd said something. So, I did, I rang, lucky, I could remember the number at that stage, and I rang this person, and they came and got him but um, yeah, it was icky, it was very icky, and I'm sure it was horrible for him too, and I have never discussed it with him. Um, you know, I didn't really have anything much to do with him after that, until I left, after I left Perth, but he stayed at my house in the intervening years, you know, and I house sat for his ex-wife, and, you know, had a holiday on [place] with our daughter when she was being a very, sort of naughty teen. So, we did, we still had a, you know, after a period of time, we had had many meetings, but we've never discussed, never discussed that and I don't know whether he remembers, because there's other things that have happened in our family that, um, that he doesn't have any recollect like he took my daughter, our daughter to his grandma's grave at one, this is years later and he doesn't remember doing that and he wasn't under the influence of anything. I don't think. I shouldn't, I'm not going to mention names, because this guy's got a PhD in psychology, and he might still be working a bit on like, he's not a horrible person.

**Interviewer** 2:31:46

They're the crazy ones, you should watch out for them.

**Participant** 2:31:50

You know, he was, he was, he was a lovely person, he still is a lovely person. He could never make up his mind about anything and I think that was part of the thing, why sort of hang on to this relationship that was not going anywhere, because he couldn't kind of quite just let it go. It was sort of like the standby thing. I don't know but anyway, yeah. Does that qualify fairly challenging and unpleasant.

**Interviewer** 2:32:20

Sounds fairly challenging and unpleasant, although not in the normal ways.

**Participant** 2:32:27

Yeah well that's the thing because unfortunately, I can't even say, well, you know, the lesson I learned from that, because it wasn't, I can't say it wasn't my trip because of course, it was my trip, that I'm feeling unpleasant about, but I, it was kind of an interruption of something that never, I didn't really learn anything, I'd probably learnt negative I, I learnt negative things, you know, don't trust people for a while, not forever. You know, well, I didn't, I didn't have another experience for six months or something after that and even then, I was, I was quite sort of nervous about it but it was fine but um, yeah but I know, he did. He I know he also had experiences after that because, you know, had friends of friends and all that. So, yeah and like I said, we've spent time together, he stayed in my place in the country, and I'd stayed with him at [place] and, yeah.

**Interviewer** 2:33:30

Is that something, is that experience something that still bothers you? Like, cause you said, you woke up kind of sobbing about it?

**Participant** 2:33:37

Well the weird thing is, I don't, it didn't, it didn't bother me consciously but, um, but when it, when I think I would have been bothered by it was like, now like, when I was preparing to, to trip again because I, I think I was quite conscious of that thing, my daughter and said about, you know, I've got too much baggage to do that and I'm thinking, you know, what, I've got, everyone's got baggage, and I'm older, you know, but what particularly have I got that I'd like to, like, leave under a rock or not, or look at so I don't have to think about that then, you know, and I think when I had that dream, and I remembered that stuff, when I woke up when it was really upsetting. It was actually really good, because I felt much better. Not, you know, five minutes afterwards, but afterwards, um, and I did worry about it, and it didn't come up at all and I don't actually think it ever would somehow not that I've not been it's totally fixed it having one dream, but I think I got a lot more compassion for that other person now because I think they'd probably had a lot of pain around the fact that, you know, they had a child that they didn't really want and didn't, but at the same time, they probably felt quite conflicted. I'm sure they felt quite conflicted and all that kind of stuff and all this other business, you know, so I do feel, you know, if I run into him again, I don't think I'll ever bring it up but, um, but I think I'll be feel a bit kinder, hopefully.

**Interviewer** 2:35:25

Thank you for sharing that.

**Participant** 2:35:27

Yeah.

**Interviewer** 2:35:29

So now.

**Participant** 2:35:30

It's interesting, because that's, like, when I actually wrote that on the survey, and I wrote the other story, I'll probably tell you, on the other part of it about the best or most whatever experience, and that was the first time I've actually ever kind like written that, really talked about it, I kind of a couple of people I've mentioned, that negative experience, but not in not in the kind of detail and not what actually was just, awww it was really bad and, you know, hang out together sort of thing, but um, it that was probably good to just writing it down, you know, sometimes.

**Interviewer** 2:36:12

Did you find that the process of just recovering going back over it to be useful?

**Participant** 2:36:19

Yeah, yeah. Even though, you know, I don't want to, I don't think I ever want to do it. Go over it. I don't think I need to go over it again. I don't think it's, I mean, maybe I'm fooling myself. I'm in the might but.

**Interviewer** 2:36:33

When you when you woke up in the middle of the night and cried about it was that before or after you had done the survey?

**Participant** 2:36:43

I think it was before actually, that was the weird thing. I think it was before because I had, in my mind, like a lot of stuff but I was actually thinking about a few things in my life that I didn't especially want to revisit but that was definitely the worst example because the other things didn't involve psychedelics. So, just, you know, events that weren't that great, but they weren't that kind of traumatic, either. Um, yeah, no, I think it was before. I'm pretty sure, actually I'm sure it was before, which is interesting.

**Q27. Interviewer** 2:37:24

So, the next question is, yeah, can you describe your most memorable or life changing, or we can put in quotes best or most positive as well, psychedelic experience?

**Participant** 2:37:37

Well, I had two experiences, but and they're only they're pretty close together, I think they were, I'm just trying, like a month apart or something not very far apart and they were very different because like I said, I think I said that we're sort of coming at the same, almost the same thing, but from different angles sort of, anyway. So, the first experience was the last day I spent in Sydney before I had to go north to Cairns or to [place] and we went for a walk, and I'd not, I mean, like I said, I don't really like going out in public with other people. I don't really care about going for a walk at night. I mean, nobody's really going to hassle you, you know, that was fine. So, we went for a walk and the person I was with wanted to get something to eat and they were not tripping. They were they were sober and so they went into, we went into, this is so prosaic, it's kind of a bit weird, he went into this fish and chip shop to buy fish and chips or something, he was buying something for himself and not because I wasn't going to be eating and I sat outside and I could smell the, the vinegar and for some reason, this vinegar kind of it just triggered my memory of when I'd worked in this shop, where they had all these scarves, and the scarves, you know, they're made out of acetate or acetone, they sort of have this vague smell like vinegar. I was pretty tenuous link I think really, but anyway, so I kind of run off on this tangential thing of, you know, thinking about all these, or not even I don't think I was really thinking I was just, the scarves were in my mind and all the like the colours and the patterns and all that and anyways, some of the patterns were like, like Paisley and I think kind of a bit fractal, but they predate what we call fractals, you know those old fashion, probably not. So, anyhow, yeah like Mandelbrot sets, but they were kind of like they're very hundreds of years like English quilt patterns really. You know, so anyway, I've gone from the patterns on the scarves to my, this quilt that my grandmother had that was like an [ivy?] down and had all these beautiful, it was quite, quite nice, really, it was pinkish, I think anyway. So, I'm, I'm sort of still kind of, and it's all sort of, there was no real emotional tone, it was just sort of, like a movie, you know, just watching it go by. Um, and then I started thinking about my grandmother, my grandmother had been dead for a few years and, and she died at home and she had this horrible death of cancer at home and I think I was 12 or something and I and it was like, that was one that was a time I'd given up on trying to pray because I, you know, the kid thing that you pray that they'll get better and they don't, it sounds all sort of really kind of, I don't know, very childish, but that's what you do when you're a child I suppose. You know, you try to make a bargain with God or whatever. Whatever, even though I didn't even at that stage, particularly believe in that sort of a god anyway, so anyway, I'm sort of this all this stuff in my head about granny and Nana, it was Nana, um, and it. We had a really good relationship, but that even that it changed because I was 12 and I was turning into like a, like a horrible teenager and she lived with us, she lived with my parents and us and I didn't like being told what to do and she'd often when I was little, she told me really fairy stories but freaked me out when I was like four or five, six people getting put in ovens with witches, and I never liked those stories. I didn't, when I was at university, they were talked about, you know, the archetypes and how these stories are very cleansing but for me, though, quite horrible. When I was a child, I just again, like I wanted them to go to heaven, and I wanted the witch to get, you know, to be good. So, there was all this really confusing stuff about my grandmother and stuff and then it just sort of all kind of, coalesced together. I mean, I don't, don't think it was really a visual kind of coalesce but it's sort of kind of got faster and faster and, and, and sort of there was a projection, like, it was almost like a sort of triangular kind of a, not a, it wasn't a tunnel, but it was a bit like that, you know, it was going somewhere and then I've just in this space, but it wasn't a space, it was just like nothing, but it was kind of everything. It was that and I didn't expect and that was like, I think if I had any thought it was something like I wasn't expecting this kind of you know, sitting outside of the fish and chip shop.

**Participant** 2:42:53

\*laughs\*

**Participant** 2:42:56

But it was just peace, you know, it was just peace and I never experienced anything like that and I don't know how long it lasts and it was sort of everything and nothing at the same time and that's just stupid, isn't it?

**Interviewer** 2:43:16

No, that's quite, I think common to hear paradoxical type experiences.

**Participant** 2:43:20

Yeah, it was it was like it was it was like if you could compress everything into like, some sort of, you know, I don't know, modern physics or something if you could compress everything into this space but not actual thing but you know, every bit of the universe and yet it was space there was nothing there really it was just and the thing that was kind of disconcerting, but not really alarming was I wasn't there either, I wasn't there either. There was, like that and that had been part of that whole kind of getting there was like, I was actually dropping off somehow and I can't explain that but it, I wasn't the normal sort of me even the kind of tripping me wasn't there. It was just this feeling, I guess feelings the best way to put it but it was like it wasn't it wasn't even like that feeling when, I feel really good and, and, and something nice has happened or you've watched a beautiful sunset and it is all kind of peace, love and I've had that sort of feeling but it was way, it was like that kind of paled into insignificance. So, yeah, that's pretty, and then I don't know how long it lasted but obviously not you know, I'm not here, there now. So, yeah. Do you want to hear the other experience?

**Interviewer** 2:44:48

For sure. Before we talk about the other experience. Can you just, have you reflected on that back first experience since then and does it have any particular impact or meaning to you like, what was the significance of that experience for you?

**Participant** 2:45:07

Yeah, I don't, I don't think that particulars of it were particularly. I mean, obviously, they're part of my memory bank and psyche and all that but I don't think that was really well If there was a point to it, it wasn't about who it was about, or what, you know what I mean, it but it was, um, that's when I couldn't really feel like I was agnostic anymore, because that was part of it, that that was kind of not so much about my grandmother, but just about, you know, it wasn't like a voice saying, Oh, you know, deaths not the end, or something that kind of that much clarity, but it was really powerful that that was part of it, that it was like, doesn't matter, you know, about that stuff. That it's, um, it's kind of that and this is, this is a paradox that on one hand, each person is incredibly significant, each grain of sand, or I don't know that inanimate things but certainly every organism or cell or whatever, is incredibly important and all the decisions you make matter a heap, you know, you should be conscious about, but at the same time, they don't like it, it doesn't. It's just so silly, isn't it? They don't in the sense that, it's okay, whatever you do, I mean, yeah, matters to you, and it's important and all that, but it's not going to spoil things, whatever you do. So, you know, there's no, you don't have to be guilty about it, because the universe is still going to be perfectly perfect. It's not like, you know, it's a big deal, kind of which are doing a very poor job of that.

**Interviewer** 2:45:27

I don't think so

**Participant** 2:47:04

very much part of that, that, therefore, it's not so much about I mean, it wasn't even, like, there wasn't any well where you're going to go to heaven, or you're going to, you know, do this or have all these layers of, you know, until you see the white light or whatever. It was just, it doesn't really matter, you don't have to worry about it, it's going to be taken care of, it's alright. You know, it's above your paygrade really to have to bother about stuff like that and that's such a relief. It still feels like such relief. That's a long time ago.

**Interviewer** 2:47:45

So, is it a, in that sense? Is that a relief from the concern around death, or is it something broader than that?

**Participant** 2:47:52

I think It's broader than that but I mean, it doesn't mean that I don't care about what I do. I do and I mean, I, you know, I have had a career and, you know, and had children and done all those other things. So, I do. I do care a lot about some things that I do especially, um, but yeah, that it's, it's all the angst and stuff about it, you know, and it was broader than it's broader than that, because that's too small to explain that it was, it was a very big in a very small space, but a very big idea. Quantum physics or whatever, I don't that's above my paygrade for sure.

**Interviewer** 2:48:36

Well, it makes a lot of like, I quite understand from my own experiences, that that sense of things mattering on an individual level and your decisions being important and your experiences. You know, they are what they are, and it's but it's important to live a good life, for example, and to do it in way in the way that feels right but at the same time, recognising say, from a cosmic perspective, it all sort of plays itself out how it was meant to anyway, so you don't have to kind of worry about it from a grand scale. Point of view. It's all okay either way.

**Participant** 2:49:20

It's certainly not an excuse to just behave badly. Oh, like doesn't matter. I can, you know, rape and pillage or do whatever, it's not that kind of feeling. Certainly, I think you'd get that. Yeah.

**Interviewer** 2:49:34

But it's hard to explain exactly why you can say it doesn't matter, but it does and that makes sense.

**Participant** 2:49:41

Yeah, yeah. Well, I'd say, um, duality isn't it, you know, to me, I don't have a problem figuring that out. Oh, what's happening?

**Interviewer** 2:49:54

Is it just lagging a bit?

**Participant** 2:49:57

I don't know if it's going to time me out or what, not too sure. Anyway, can you still hear me?

**Interviewer** 2:50:03

Yes. Is your maybe is your laptop plugged in? It might be the power.

**Participant** 2:50:07

Oh, no, I think it did have plenty of power but anyway, I'll keep Let's keep going. I think it's all right.

**Interviewer** 2:50:14

Okay.

**Participant** 2:50:14

Um Yeah, yeah, yeah. Anyway, Oh the other time shall I?

**Interviewer** 2:50:22

Yes, go for it.

**Participant** 2:50:23

Yeah so the other time was like, I think I I've touched on that too but um, one night when I was at [place] like I got up and I went for this swim and I don't know what time we had no clocks we had no watches. We also, when I filled in that survey. I also had no idea of dosages I put these ridiculous numbers in the part for the mushrooms because I thought it was wet weight. I think it was meant to be dry but anyway, so I don't know what dose I've taken at all but it was a fair bit, I think. Anyway, so I went for this walk I had to walk to get it was a dam. Actually, the water dam not really the right place to swim, but people used to swim. So, I went down to the dam and in walking through the jungle, really, you know, there's a lot of noise like animals and birds and stuff and, and Russell's and it's a little bit dicey but I think it is also like dangerous snakes and things but anyway, it was all cool. I got to the dam and I went in the water, took my clothes off and went in the water and I've been swimming there heaps of times. So, I've got it, you know, it wasn't unfamiliar to me but I guess like for a while just paddled around and it was just really nice and it was cool and it was cool but it wasn't really cold water because it's tropical and it was the wet season. So, what's actually like, oh cooler than tepid but not the kind of water you'd normally quite as cold as water you'd normally swim in. So, then I lay on my back and I was looking at the stars and there were a few they weren't lots I remember, but it was really, really nice and lovely and all that and peaceful because I couldn't hear much in the water because it was sort of be a bit away from the vegetation and everything. So, then I shut my, I was on my back. So, I shut my eyes and it was like, I think I was there for a little while just kind of, cause I had these sort of visual kind of just, you know, patterns not very strong, but just stuff that you get but anyway, it was like it wasn't my physical body expanding into the water, but it was as if the water was kind of holding me up, which literally was of course, but it was almost like, instead of being like just like a liquid water or not even like a jelly concept sounds not very nice, even but more like a kind of maybe a mycelium or something like some sort of composty soft root sort of thing to, to, like, sink into that but it was just water of course and as I sort of sunk into it, it was it was it, it got more and more like I was not separate from the whole thing, but it wasn't just the water or the compost or whatever, it was like the trees and birds and the frogs or the whole schmozzle and because of that environment, there was it was, you know, there's all those things were literally there. Even though I couldn't see it was still dark. I couldn't even without my eyes closed, I couldn't have seen anything really and yeah, it was just like, it just got more and more and, and again, less than less about me and it wasn't even like, it wasn't about death or decisions or anything. It was just, what it was. It was just, you know, everything. It was like and it was very loving and you know, it was like, you know, the talk about Mother Nature. Well, this was kind of like Mother Nature writ large but and I was just like a speck in it all. Was quite, it was amazing. I don't know it was quite incredible experience and then think I was there for a while and I actually I was there till after it got dawn, you know, because then I went back to my little shack and realised that I actually missed a police raid. I could have actually got arrested that day thank goodness I went for a swim but yeah, it was quite, it was sort of all encompassing, and it was also just a teeny bit scary because even though I say Mother Nature and you know, warm and loving and all that, it was also like, there was a sort of element of it that it's not always warm and loving. You know, it could also, Mother Nature's also quite arbitrary and barbaric in a sense. So, it was kind of more like, perhaps more power, hard to explain a bit of a mixture but it wasn't negative energy at all, was positive. Anyway, that's my I made that short. Enough rambling.

**Interviewer** 2:55:46

So, you were having this experience while sort of swimming floating on your back on the lake?

**Participant** 2:55:51

Yeah, on the dam. Yeah. Yeah. Quite dangerous, really, you should never swim at night. Should Never swim intoxicated with anything they say. Most people who drown are under the influence of something but anyway, never mind, we'll leave that aside.

**Interviewer** 2:56:07

And was that, were you there just by yourself?

**Participant** 2:56:11

I was there. I went there on my [own], I wasn't living there by myself but I went there by myself that night. Yeah. Yeah, I had been with people earlier in the evening. We'd been together and then they've just drifted off, because we'll had our own little spots in the jungle as it were so.

**Interviewer** 2:56:29

And is that is there as well as sort of significance or meaning that you drew from that experience? Like, how did that affect you?

**Participant** 2:56:40

I guess, just that, that, I mean, it really, it was more like a reinforcement cause I mean, I was pretty into the whole environment thing by then, I was getting into that thing. I guess it was just a reinforcement of that whole. We are one you know, it's all sort of not just people, but the whole thing. In fact, we're all kind of, connected again, but in in a very, in a totally organic, literally organic way, you know, that we're all kind of part of the whole thing. Yeah and it's alive, not just actually a thing. It's alive. The whole thing somehow. That's a bit Star Trekky isn't it? Thinking of the Borg or something. No, not that kind of whole thing.

**Interviewer** 2:57:33

and was that experience, you just described then. Was that your second that came after the first one or before?

**Participant** 2:57:38

Yeah, it came after. Yeah, cause I left Sydney and I went to [place], which is near Cairns. Yeah, I lived there. Before I lived. I lived around Cairns too, for a couple of years after that.

**Interviewer** 2:57:55

And during that experience, was there. Did you have a sense of still being you even though you were connected with the whole thing?

**Participant** 2:58:06

I'm not sure. Not, not in the sense, not, I don't, not quite, but it was different to the other thing. I don't know, because it wasn't, it didn't feel personal. In that sense. I was I was even less me because I didn't actually feel like I didn't feel like oh, you know, it doesn't matter what I do. I'm off the hook like that. It was more just like, I am just a bit of this. It's like, it's not. It's all one thing. You know, and I don't think I would have there was much me there but it was really, it was also a much more it was much more physical experience because even then I could still feel the water and you know, that was so it was a very it was a more embodied experience, I guess. Yeah.

**Interviewer** 2:59:02

And the first one, there was, was there a sense of having a body in the in your first experience?

**Participant** 2:59:08

No cause I think that was it, just nothing really there wasn't anything left in that sense it didn't matter, it wasn't a problem but there was nothing left, no. I couldn't, I can't think I could even I don't know that I was trying to feel my body, but I don't think I could really, and it wasn't part of it. No, where's this other thing, that was really different that it was it was very much like, you know, sort of, like, not the water. The water wasn't pulsing through me, but it was very much the water was alive too and probably you know, undoubtedly had living things in it but um, yeah. It was more. It wasn't that visual when that happened but before that, because I sort of have these, you know, those sort of wavy, visually blind things when I had my eyes closed and it was almost like it was kind of like a like from them, maybe the middle of my body or whatever, or the middle of the dam. I'm not sure where that centre was, but it was almost like a lot of like lines or spokes or something and it was all even though it was all connected, it was also kind of all sort of emanating from one spot, but at the same time, and this is totally paradoxical each thing or part, component living thing also sort of had that happening. So, it was like all these different wheels or like radial coming out of different things, but they're all sort of connected. It's kind of Yeah, I can't explain that. Really.

**Interviewer** 3:00:52

I don't I think these experiences don't easily come into words but I you've done a very good job of kind of conveying the magnitude and maybe the giving a sense of what was going on, but not necessarily obviously, the experience.

**Participant** 3:01:11

Yeah. Yeah.

**Interviewer** 3:01:14

Okay, well, thank you for those two.

**Participant** 3:01:18

Thank you.

**Q28. Interviewer** 3:01:19

The following question was, I think you've kind of basically just described it but so the question is, if you have ever experienced ego death, or ego dissolution, they're somewhat synonymous terms. Could you describe what it was like?

**Participant** 3:01:36

I think that's pretty much what I was trying to do.

**Interviewer** 3:01:39

Yeah, this is my thoughts is because you've you, before even touching on any ego death things you've mentioned earlier in the in the interview that, hey, I had, you, you know, you came out of you. This is the label to the experience. So, it feels like I think you've done a reasonable job, very reasonable job describing those and I think that question is fine. I think we just can leave it there but I just did touch on like, I do have a question that goes in like, so. It's good that you kind of addressed that. The next one is also one that you've kind of spoke to do, I think spoken to actually a while ago, but quite.

**Interviewer** 3:02:27

I thought it was the power. I knew it. Just pause that [call cut out for about 30mins].

**Interviewer** 3:02:54

That's all right. I just put the recording on pause. I was like, did you run out of power?

**Participant** 3:03:00

I don't think so. I have plugged it in, though but I just know, I just decided to unlock me out or whatever for a while. I don't know. I've been fiddling around with it ever since I did go to the toilet, though. So

**Interviewer** 3:03:11

So, did I perfect timing.

**Participant** 3:03:14

Perfect timing. Sorry about that.

**Interviewer** 3:03:16

That's all right. No problems. We've only got about six questions left and we're done.

**Participant** 3:03:24

Okay. Good.

**Interviewer** 3:03:25

I sent you a quick email just in case because I was like, if you can't get back on actually, we've covered most of the big stuff. So, yeah. The last few questions are a little more light, I think a little bit lighter but we'll jump straight back into it then.

**Participant** 3:03:42

Yeah.

**Q29. Interviewer** 3:03:42

So, we've touched this one. So, this is where we're kind of leaving off and it cut out. Yeah, the quick the question was have your experiences with psychedelics affected your spiritual religious beliefs? And I think we've covered that.

**Participant** 3:03:55

Yeah.

**Interviewer** 3:03:56

Pretty well.

**Participant** 3:03:57

Yep.

**Q30. Interviewer** 3:03:59

One that we haven't really talked about. You kind of mentioned it with your previous answers. Which is, have psychedelics changed how you think or feel about death or the process of dying? So, I wonder if there's any more you'd like to add to that?

**Participant** 3:04:15

Um, no, I think I've pretty much covered it. I mean, I yeah, no, I think that's pretty much been what I was talking about in that last thing. Yeah.

**Q31. Interviewer** 3:04:28

Cool, yep. No problems. Yeah. So, this one is also the next question is similar to the one about spiritual religious beliefs but it's more written in a way that for people who don't quite vibe with the my beliefs fall within a spiritual religious framework is sort of getting it's asking from a slightly different angle using a bit different terminology. So, the question is, have psychedelics changed, changed any fundamental beliefs about the nature of reality.

**Participant** 3:05:06

Maybe, that it's a lot stranger than people think reality. It's not as simple as you know what, perhaps people might think. That's a bit flippant. No, I don't know. Not probably really? Um, no, I mean, perhaps it there's just more layers to reality or there's more. It's a more complex thing then people, you know, well it's either it's out there and it's real or it's not. That's, I don't think it's quite that simple. \*meow\* Hello, Lucy.

**Q32. Interviewer** 3:05:56

Okay. Have psychedelics changed your outlook on life?

**Participant** 3:06:04

Hmm. Maybe a bit more positive, an outlook a bit less cynical. Which doesn't necessarily deal with the whole sort of absurdity of some things but I think if I think it's a bit absurd, it's not, it's not in a kind of cruel, absurd. It's more like a we're all kind of in this crazy, you know, weird world together.

**Interviewer** 3:06:29

Aren't we just.

**Participant** 3:06:30

Yeah. Whether we know it or not, we're all in it together.

**Q33. Interviewer** 3:06:44

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

**Participant** 3:06:51

That's quite a hard one. Um, I think it's maybe there's more than one role. I think there's certainly.

**Interviewer** 3:06:57

multiple roles as well.

**Participant** 3:06:58

Yeah. I think there's a lot of evidence for roles in therapeutic settings, for sure and I think that the more research goes on, it seems like that, not just so much the wider that that area might be, but it's more refined and more knowledge about it. So, I think it's definitely there's a big role for that but I think there's also a role just in self-discovery and self-exploration and I know that that's, you know, somewhat maybe riskier in the sense that it's not, well, none of its authorised at the moment, but even when the medical stuff is, but I think, you know, with some sort of reasonable protocol or whatever, then I think there is a role for people who aren't ill or necessarily, I mean, we probably all got some hang ups and some neurosis, but we're not going to have a diagnosed mental condition that needs some treatment as such. Yeah, and maybe even for that kind of religious experience. It, I can't remember who said that everyone should have that option at least once in their lifetime or something. If you hear a noise. It's one of the cats in the background.

**Q34. Interviewer** 3:08:23

Yeah don't worry. I can hear the cat but I also, like ahhh it's the cat. has, oh, sorry. Have psychedelics shaped your view of humanity's future?

**Participant** 3:08:39

Hmm. Oh, that is tricky, isn't it? I don't want to overplay that. I mean, do you mean their role in humanities or just humanity's future in general?

**Interviewer** 3:08:52

Just humanity's future in general.

**Participant** 3:08:53

Yeah, um, I'm not sure maybe, again, maybe to be a bit more optimistic but there's so many scenarios in my mind about possible futures or lack of for humanity but I think it's really hard. Again, it comes back to doing the best you can and doing your bit and hoping you know that humanity has a future or a positive future because I don't think it's only humanity's future. I think it's kind of the future of the rest of the planet and what humanity, how we interact with that. It's pretty, it’s no good just talking about going to Mars and stuffing up another planet, I mean, I'm not against going to Mars, but I think as an exit strategy, it's a pretty terrible one.

**Interviewer** 3:09:50

Yes, let's move all of the people and put it on an even more inhospitable planet.

**Participant** 3:09:57

Yeah, see how we go.

**Interviewer** 3:09:58

Sounds like a good idea.

**Participant** 3:10:00

Perfect. Yeah. Um, but yeah, no, I, I am optimistic, wildly optimistic about humanity's future at the same time as I can also acknowledge that it may all go wrong and there may be factors that just intervene, that we don't even can't think about, you know, things that are either invented or things that happen in the natural world or, who knows, you know, I don't think I don't believe in any kind of, you know, second coming, sort of that kind of apocalyptic kind of future but um, yeah. optimistic. Yeah.

**Q35. Interviewer** 3:10:44

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

**Participant** 3:10:53

Okay, ah, first, do your research, figure out, figure out why you're interested in using or as much as you can, do your research and, and talk to people in the community, I guess, as much as you can and then if you still want to, and I'm assuming we're not talking about someone who's psychotic or got, you know, some obvious barrier to.

**Interviewer** 3:11:22

If they did, if they if they were a person like that, what would you suggest in that case, and then you can talk about the other.

**Participant** 3:11:30

I would probably say, well, I don't know that they'd be talking to me, if they're really psychotic, they probably wouldn't have taken any notice but I would suggest that they, they tread extremely carefully. I'd probably suggest they postpone that in that enterprise entirely until, you know, things are a little bit more settled in their life and, and that probably applies to lots of people who, you know, they're just and I don't mean, you have to have a completely ordered life or something, but that you would hopefully, have thought about it and you know, not had any major risk factors, and then to all, if all of that is okay, then organise yourself in a manner that's as safe as possible. You know, follow, follow the generally accepted, I guess, community rules or whatever. I don't know if they're rules, but guidelines, that's a better word, yes guidelines. Don't go to some festival and just get something off someone you don't know that you don't know what it is in a whole crowd of unknown people and hope for the best probably not ideal. Then again, you could sit outside fish and chip shops \*laughs\*, who am I to tell anybody what they should or shouldn't do Really?

**Interviewer** 3:12:54

Well, it's about you know, I guess the just because you can have a profound experience outside a Fish n Chip shop is not necessarily the optimal place where you would want it to occur.

**Participant** 3:13:07

I did say, I think, before the interview that that I wouldn't do things that I did when I was young now, if I had that time, or I would do I would do them differently. I would organise my life in a different manner and maybe I'd wait a bit later till I was a bit older, but I'm, you know, I probably wouldn't I'd probably be just as silly. Unfortunately.

**Interviewer** 3:13:31

or fortunately.

**Participant** 3:13:32

Yeah, well, fortunately, yes. Yes.

**Q36. Interviewer** 3:13:36

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

**Participant** 3:13:50

No, I don't know, I guess on a personal level, I wish you well, with your research and your interviews, personal thoughts, or comments? Because I don't want to overstate it, I think it's a really important area to research and it's a really important area for people to be able to get information about. Whether they're interested for themselves, or whether they just want to know or even if they don't especially want to know, it would be better if they come across information at all, that it's accurate, you know, but at the same time, I mean, it's not, you know, there's lots of areas that are important in our lives. It's not the whole story is it ever, but in my life, but I'm glad that I've had those experiences, perhaps not every single one. One case, but um, I don't, you know, I would actually think I'm fortunate, not just glad I'm fortunate to have had those experiences and to have had that opportunity. So, I think that's something that you know, for people hopefully, should be an opportunity if they can do their research and, you know, be safe. I think I think that's important and I think it makes a contribution to society to really talk about, but um, you know, I look around and I know that, you know, I don't think that it's entirely due to psychedelics that things have changed in music and fashion and this and that, but it's certainly, I see the influence I see now with music, there's so much more kind of trippy music coming out, like even like pop music, which is bizarre, really and that's not the be all and end of the world either but it certainly sort of can trace that influence around and yeah, I think it is important that people be able to make choices in their life and I'll get off my soapbox. Yeah.

**END OF INTERVIEW**

**Interviewer** 3:15:58

All right. That's what the last question is, therefore.

**Participant** 3:16:01

Yeah, but I wish I wish you well Andrew I hope I hope you don't find the interviews too tedious. It was quite long, wasn't it? I mean, I enjoyed it but it might have been a bit boring for you.

**Interviewer** 3:16:12

No, not at all. I actually really enjoyed it. It's nice. Just have sitting down having a conversation, but more, you know, in the beginning bit, and then more, and then it's nice just to meet people hear about their experiences.

**Participant** 3:16:27

Yeah. It's an interesting topic, too.

**Interviewer** 3:16:30

Yeah.

**Participant** 3:16:30

I think Well, I think most people, even if they're not into it personally, I think if they get to know a bit, they would still find it somewhat of an interesting topic.

**Interviewer** 3:16:39

I haven't come across anybody yet who when they've been like, so what are you studying? And I go all, you know, psychology and they go, Oh, what are you doing? I'm doing my master's thesis. Oh, what is it on? I go psychedelics. I've never, no one's been like, Oh, that sounds boring.

**Participant** 3:16:52

They might think that's a bit weird, some of them but no one would think it was boring. I don't think No, no. I just have to tell you this one little story. I was meant to tell you before the interview that I was talking to one guy who I know not about the content at all, just the fact that I was going to do this zoom thing and you know, I've never done it before and I said, Oh, you know, you said. Oh, how come you're doing that? And I said, I filled in this survey and it's like a follow up thing. You know and I said, I, I don't know how many people my age would be doing it. You know. I thought maybe some people would be younger and, oh no, they'll all be your age, because that's the age of old farts, like you, you do lots of surveys. I thought oh okay, it may well be I'd almost be kind of pleased if I thought it was, you know, these 1000s of 60 plus year old Australians who are all still kind of interested because I don't you know, most of the friends that I had when I was younger, I've kind of lost touch with as you do over the years, especially moving states and having kids and all that sort of thing but it was just quite funny. Yeah, it'd be only it's all these like grey nomads 55 to 65. They'll be the people who do surveys. So, I imagine you've got a cross section of the population.

**Interviewer** 3:18:14

Yeah, for sure. I think just having I've had sort of skimmed over it, it does seem that most people probably fall within the age group of maybe like 25 to 40.

**Participant** 3:18:29

Yeah, that's kind of what I thought probably, because that's kind of people, cause you're not, you're probably not going to get many 20 year olds, because they're just too busy doing stuff and they're not really, they don't have the, not going to be mean and say they don't have the attention span, because it's like, in that generation, but they're just doing other stuff, you know and so yeah, it's kind of when people been around for a while and thought about things, I think. Yeah.

**Interviewer** 3:18:58

But I've definitely I've had a I've interviewed a few older people.

**Participant** 3:19:02

Yeah, good. It's good to have the whole cross section, I think,

**Interviewer** 3:19:07

Yeah, I certainly I, I've been happy. So, like I the people were selected, just using random number generation and that was a good way. It ended up being a kind of a nice cross section then trying to kind of balance all the different things I was interested in kind of having a representation of so, I've had fair number of males and females.

**Participant** 3:19:32

Oh, that's good. Yeah.

**Interviewer** 3:19:33

Good age group kind of range. Yeah. Different use patterns, certainly like different interests and purposes and reasons for coming in. So, I think, overall, I've got a good representation of, you know, to the best that you can do. At least the people who participated in my survey.

**Interviewer** 3:19:57

Did you get lots of people for the survey, not the interview for the year the survey is currently sitting on like 344 people. I think.

**Participant** 3:20:06

That's pretty cool, that's a good number. Yeah.

**Interviewer** 3:20:10

You can definitely do some statistics on that.

**Participant** 3:20:13

Oh, yeah, for sure. Yeah.

**Interviewer** 3:20:15

So, we'll be, I'll hopefully kind of, I'm hoping to kind of cap it off around 400 if I can before I like take it down but might not but it's plenty enough already but as you know, as a researcher, so like, more, more, give me the more.

**Participant** 3:20:29

Yeah the more the better. Well, you know, certain limit, I guess.

**Interviewer** 3:20:33

Yeah.

**Participant** 3:20:34

Yeah. You know, that is that's a good number. Yeah, cause you just never know, I guess if you put something like that out, how many people are going to respond.

**Interviewer** 3:20:43

Well, exactly. I didn't. I didn't really know and I just a lot of a lot of the different psychedelic communities and forums that are related to talking about psychedelics, they're very helpful in sort of sharing it and getting people.

**Participant** 3:20:58

Yeah, well, that's how I found it. I just got a group posts from one group I belong to Yeah, because you know, I guess otherwise you would unless you had some connection with one or another community, you wouldn't really even know about it.

**Interviewer** 3:21:11

Yeah, I contacted a number of kind of psychedelic organisations, you know, official ones and was like hey can you share this? Because, I mean, you're trying to help out psychedelics here's, here's someone who's doing research and they, you know, it gets spread and you don't know where it goes. People then take it and share it with other people and it just takes on a life of its own at some sometimes.

**Participant** 3:21:32

Yeah, yeah but that's good. Well, and what have you got like an end date mind of doing your thesis?

**Interviewer** 3:21:39

Yeah, the end date is mid-May I'll just stop this didn't necessarily record the ending bit.