16. Interview with Participant 16

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**Length:** 2:58:42

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

**Age (years):** Participant (51), Interviewer (30)

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

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

**SUMMARY KEYWORDS**

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**Interviewer** 00:02

Cool. So, one last thing before we jump in, is because we're talking about psychedelics, it's just important to, for the purposes of this interview, categorise what we consider we would like you to consider psychedelics for the purposes interview and the drugs that are semi somewhat related, but and might or, you know, might or might not be considered psychedelics, which ones to try and ignore or not consider.

**Participant** 00:31

Yeah.

**Interviewer** 00:32

So the main psychedelics that we're looking at, you know, mostly the classic psychedelics, so things like LSD, psilocybin, magic mushrooms, DMT, Ayahuasca, mescaline, so peyote or San Pedro and Iboga and any analogues of those if you've used synthetic LSD for example, have you used different variations of DMT you can drop those into the psychedelics box, that's all good. The four main substances that I mention to not consider psychedelics for the purpose of this interview would be cannabis, MDMA or Ecstasy, Ketamine, and salvia. So, those four there depending, I think cannabis is kind of the least likely one to be considered a psychedelic, but some people say on very high doses, it can be psychedelic like so. There are overlaps with each of those in terms of somewhat similar effects compared to the classic psychedelics. So, it's just yeah, to exclude the cannabis, MDMA, ketamine and salvia and when asking about psychedelics, we're talking about LSD, psilocybin, DMT, Ayahuasca, mescaline, Iboga, and any of their analogues. Is that good?

**Participant** 02:04

Yeah.

**Interviewer** 02:05

Cool. All right. So, we'll jump into it then.

**Participant** 02:10

Yes, I just have to explain something to you.

**Interviewer** 02:14

Sure.

**Participant** 02:14

First, like, you know, English is not my first language. So, and, you know, talking about, like, psychedelic experiences and what, how is it has affected me it's like, in my native language is difficult.

**Interviewer** 02:37

Yeah.

**Participant** 02:37

English is like very difficult, you know.

**Interviewer** 02:40

Yes.

**Participant** 02:40

So, I have to, you know, use some time to find the words, I think.

**Interviewer** 02:46

Sure.

**Participant** 02:46

Like, in between, so, you know, yeah, yeah.

**Interviewer** 02:49

You take that's, that's no problems like, we go at your pace. So,

**Participant** 02:55

Yeah. Okay. Thank you.

**Interviewer** 02:56

One of the one of the good things here is so I've got my little notebook where I'm sort of writing down things that you say and some people who are slower speakers or like to take some time to think and then say what they say or as well, people are not fluent in English. While I'm writing is often just a nice time, you've finished speaking, I'm writing a bit, and then there's just the space of kind of no talking.

**Participant** 03:23

Yeah.

**Interviewer** 03:23

And so it's sort of not pressured because I'm not like looking at you being like, what are you going to say next?

**Participant** 03:28

Yeah, yeah.

**Interviewer** 03:29

So, hopefully, that will fill the give enough space to come to think of the words or add any additional details if it comes to mind.

**Participant** 03:39

Yeah.

**Q1. Interviewer** 03:41

Cool. Okay. Well. The first question and starting nice and broad is, why do you use psychedelics?

**Participant** 03:55

Yes. Okay. You know, when I started to use the psychedelics, it was like, maybe had a different reason than I had have now because like, I think that I started to read like, maybe online about in the science going on the John Hopkins, and the very nice like studies they had done with cancer patients and then, like, I think things started popping up about the use of psychedelics in therapy and I had this like, from the start, I had this idea which was like mix between the like the horror stories from people jumping out of windows and that was like in a mix with the people losing their minds, you know, all these things and so I was like, really like a little bit afraid of psychedelics, because it was like, so it felt a little bit scary but okay, then I started to it started to pop up some very interesting things and as I am a trained therapist, psychotherapist and family therapist, it's, it yeah, it sparked my interest and, and so then I think, like, I read the book that everyone has read, which I don't remember the name that like the

**Interviewer** 05:53

Michael Pollan's?

**Participant** 05:54

Yeah, yeah, yeah, exactly. Yeah and, and when I've, like, finished that book, I knew that, okay, I have to, I have to try this. I can't live my life without so that's, like, I have to do this. It's, I knew that what I need to do is find someone who can help me and if I if I managed to get the right set and setting, I will be fine. So, so that's like, like, before you see it, it was like this first day, oh, this is scary and, but I saw some potential in it so then, yeah, I'm curious, curious, scary, what was my, and you know, I'm, like, I've always had this drive to, like, when I find something that is maybe a little bit, like, I feel that it's a little bit dangerous. It's, it's, but it's also rewarding. I would like to, to find out more about it. So, I always like travelling, for example, to strange places in the world. So, that's my nature in the beginning. So, okay, so that was like that, my view of it in the start and, and now it's different, because now I have had a few experiences and so now it's like, okay, I find it useful but it's also demanding. So, I have it like, okay, I can use it once in a while to, if I feel like okay, I am like now I'm, I have like, developed to a certain stage. I don't really know what way to go then okay, then I know that if I take a psychedelic trip in the right circumstances that may lead me on the path somewhere. So, yes, that's, that's one thing and I think also that, yeah, what should I say? It's, it's, it's also like, it's also like, you know, I think like, it has matured me in some way and, and, and it also like, it takes, like, I think a long time to integrate and, and when I feel okay, now, it's now it's integrated now I find myself I have matured in some ways, and now it's time for a new session. So, so that's also something and it's also of course, like, just like I would like dragged to the experience itself. If it didn't have any outcome, it would still be something I would be interested in but not like on higher doses, because that's so demanding, then then it should be some benefit afterwards.

**Interviewer** 08:23

Fair enough.

**Q3. Interviewer** 10:20

Yeah. How did you first start using psychedelics?

**Participant** 10:20

Yeah.

**Participant** 10:56

I found this. We know this is shamanistic trip sitter in Denmark, which is like, it's close to Norway. So, it's easy for me to travel because I was starting to do the searching around and in the Norway, it's very strict drug laws. So, I know, I knew that people will not they will not have like websites saying that if you like to undergo a psychedelic trip, I can help you but in Denmark, you have like, it's more free spirited. So, you have some different kinds of people would call themselves psychedelic therapists and so this was especially this one woman I found, and I met up with her I called her and I met up with her to have this interview before and so and she, I was accepted. She thought I was not like, too fragile. It was like, she thought that it will be okay. So, after I had this small conversation or interview, we agreed on time and I went to Denmark and had this and had had the like the first experience there. Yeah.

**Interviewer** 12:52

What was the interview like with the woman? What was? You said it was a short interview. What, what was, I guess, from what you've said, already, she was checking to see if you were a good fit, whether you could handle the experience. What sort of questions what was she looking for, in terms of like, red flags? I don't know. She let you know, but you know, as you say, why you are a good candidate versus what a bad candidate would look?

**Participant** 13:22

Yeah. No, not really but you know, it was like, I think one part of it was just like in an informal speak. Like, we were having a cup of coffee and just I was just telling her a little bit about my life and so I think she had this informal connection just because, you know, you get the feel of a person like yeah, when you just talk about ordinary things and then she was asking me about, okay, family history, if I had like any mental illnesses in my family and how my childhood had been traumatic childhood, etc and just to just to get a little bit get an overview of my psyche, mental health. Yeah. So, not like in depth interview, but like just, yeah, get the sense of is, will it be okay or.

**Interviewer** 14:45

And how was that first experience?

**Participant** 14:51

Yeah, it was. Like, overall, it was very nice and pleasant and eye opening and you know, it's she have this like shamanistic approach to it. So, in Denmark, you have some not big woods, but like, some small woods and she had this like, I don't know what to call it in New Zealand it's this you know, to the tent is a tepee. Like ah,

**Interviewer** 15:31

Like Native Americans?

**Participant** 15:33

Yeah, yeah, exactly. So, so I met up with her and we went out in the forest and we put up the tent and she had this ritual way of, okay, first we did this and this and this, to just make sure that this will be I have this under control, I think and so overall, it was, it was very pleasant. It was not like, I think like, the first time it was because we like talked about dosage and, and this was like, psychedelic mushrooms and since I have not been doing any of this before, she said, okay, I think you just take like a medium dose just to say hello to the mushroom and find out what it is. So, then it was like, very nice intro. Not too difficult, a little bit difficult, but just not much.

**Interviewer** 16:44

And I don't know if you can sort of recapture the mind state, but did that experience meet your expectations of what the psychedelic experience was, like, from your readings and research on it?

**Participant** 17:04

If it was, like, if my experience would match what I have, like, read before?

**Interviewer** 17:13

Well, your thoughts what you read but also what you thought might happen?

**Participant** 17:23

Yeah, I think like, yeah, in a way, but you know, it's like, it's like, you can read about what it's like to have a child but it's a little bit, you can't really, it's, it's hard to get in touch with how it really is. So, it's like, I had this. So, in some ways, it was like, it was matching, but in another way it was. Yeah, yeah. I think you could say like, how, in this in, what should I say that in theory can, like, explain experience just so far and the rest is the experience. So, but yeah, I would think it was pretty much like I had thought it was.

**Q4. Interviewer** 18:44

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

**Participant** 18:52

It's, I think, the most meaningful is like, I think each time I have done this, it's like, it has some kind of theme which, like, the first time had one particular theme, and, and, and each session has had different themes and it's not like, okay, I can prepare I can I usually use some days in advance to write stuff down. Like, what I think would be meaningful to look at right now. Like in, in a personal sense, and I can do that but what happens is like when I get in there, it's I will be taken to have some experiences, which is related to what I have been, like thinking about, but it's not from the, it's from a different angle. So, so, what I find useful, mostly is like, each trip will have this theme and I will be, I will understand more of myself regarding this particular thing, which can be, for example, I had this, I think it was a little bit difficult for me to, like, listen to other people. I'm a good listener, but you know, like really listening to other people and take help from other people. So, one of these trips was like about this, it was, this was the theme, it was like, you can't have all this alone. You have to trust the trip sitter and, and, and this is so much bigger than what you can have for yourself. So, just do what she says, and you will be fine. So, so then it was like the theme was learning from other people, taking help from other people trusting other people in difficult situations and I have prepared a little bit for it, but not like how it unfolded. So, I find that it will have some, it will have a theme, which is something about where I am in my personal life or issues that I have, that it's nice for me to look a little bit closer, and then I it will take some time to integrate and then it's just not so difficult anymore, to take help from other people. So, so yeah, that's what I find most beneficial about psychedelics. It's just personal. Just to evolve personal, personally.

**Interviewer** 22:47

When you mentioned themes, is this themes related to the thoughts you were having about what you might want to investigate or explore about yourself coming into each of the trips? Or are you also talking about the particular context? So, doing it with a lady who's sort of a shaman and doing a tepee? Is, is the theme related to the shamanistic kind of idea? Because I don't I don't you haven't mentioned, but have you done it with the same person each time? Or have you tried a few different approaches?

**Participant** 23:27

Just one, just the same person. It's mostly related to what I prepare for. Yeah, I think it's some things. Yeah, no, yeah, it's mostly but it's also some things that come up, which is related to her, or to the person she is that, that's all that will also happen but it's not like, that's not like the big issues. It's just something a little bit on the side. I think. For example, there was this time that I had this feeling that she was like, you know, when I'm there, it's nice for me to have this feeling that she cares more for me than she cares for herself right now. That's why she's here and then I had also this feeling that no, it was something happening that she had to put her needs before my needs and then it was like, I felt in the beginning, very disappointed that but you know, you have to, it's me first and you second right now that's, that's why you're here and but, but then I came to this acceptance about the evidence, okay, I can also take care of myself. I don't need her like that much right now and so that's like, a small thing. I not prepared for this and it was related to her but it was not like the big thing. Big thing was maybe I don't know, remember that specific time but and so even if I was like very disappointed, I was also, yeah but you're still a nice person. I still can trust you. Even though you right now isn't like 100% supportive of me and so that's, that's also a nice thing to bring with that. Okay, a person can have different aspects and yeah, it's it doesn't need like to be everything about the person that is 100% it's like, she's okay. Anyway, and if it really matters, she will, she will take care of me. Yeah. So, a little bit of both, but the main things, is what I prepared for.

**Q5. Interviewer** 26:36

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

**Participant** 26:43

Yeah, I think it depends on the dosage because I did, I've done it this way that I started with one and a half one and a half grammes of psychedelic mushrooms and each time I just went up half a gramme. So, okay, well, one and a half gramme, it's like, what is difficult at one and a half gramme is the feelings of anxiety, for example, like scary feelings coming along very fast and I think that was the most challenging, because, you know, like, this distortion is not so heavy, it's like, okay, this will be nice, it is okay but I think back the feelings of being scared the feelings of anxieties there was will just come in very rapidly and I was not, like, prepared for that and so the first time it was like, okay, I have, like, had to, like, find out how do I deal with these feelings and I, and then it was very nice to have this, that I have had read so much in advance, because, because, like, don't, don't fight this feeling. It's not good to struggle with the feelings in this state. The most important thing is just accepting them, like welcome welcoming them and so that was like a training to, for to handle the difficult feelings.

**Participant** 28:35

But when I found out how to do that, which I found, like, it's just a feeling, it's, I can just put in a little bit of space to the feeling and like, it's just a thing coming along, I can watch it, I can let it go, I can pass, let it pass, etc. It's not like me like, it's not like it's not like, my this, the feelings is not my deepest personal self. That is something different. So, it was like, divided in some way. That it's okay to have the feelings, but I can also just let it pass and it's just some energy coming in, it's passing along and it's okay. That was like the first time but when I come up on much higher doses, it's something else that is difficult. Then it's like okay, then it's not like the feelings is also difficult because it's more intense but what I found more difficult when it's getting up on higher doses, it's the mind is breaking up in a way and the part of the mind which wants to have things organised in a logical way, starts to try to get the grasp of the situation. That was what I was thinking about afterwards is that, so and that that's not so easy to yeah, it's, you know, it's like, the feeling that what, what I thought I was up against, like afterwards is, like, the feeling of going insane and that's not just like, difficult feelings. Like being afraid or is it's just that the mind is, feels like the mind is, is breaking up in a way and reality is breaking up and it's the mind is just having a hard time coping with it because it tries, I think it tries to find some, desperately tries to find some logic in this thing that is not logical. So, so. So, I think like, with difficult feelings, like being afraid, and so that that's something I can find out to handle but this thing with the brain, like with the with the, with the mind trying to fight this, this state of things going apart. It's just, it's just hard, but it's hard in another way. It's not like, I'm not so afraid of it, but it's a struggling one way. So, it's more like, yeah, it's more like, using all my energy and all my focus to let go and it's difficult to let just let go. When I have this sense of if I let go. I'm going crazy.

**Interviewer** 32:26

Yeah.

**Participant** 32:28

You know, and so that, then it's so it's different things that are difficult I think because I think we're like, the only psychedelic I've used is psychedelic mushrooms and I think it's very, If you take like a small dose, okay, it feels like this. You can't like you don't have an idea how it is on high doses. It's, it's something else.

**Interviewer** 33:07

Do you think, if you were you were talking about on the lower dose, that you're able to accept the feelings coming in and just sort of not identify with them or, you know, that doesn't have to be your deepest part. They can just be kind of randomly come along. Do you, Is there a sense in which if you let yourself go insane, you know, let yourself, go insane but you could still do that or is that part, would there, Is that like a logical thing that's going on there this acceptance of emotions, this distancing, and allowing it to come in and out? Like if you let if you went insane, would you lose that capacity or is that something different in your mind?

**Participant** 33:55

No, I would not lose that capacity. It's not different. It's, no, it's just like a state of being. So, if I lost my mind, I would. I don't know. When I sit there, I think it would be okay but I don't really know, when it comes to like the I know. I don't know. I haven't thought about it.

**Interviewer** 34:26

Have you? Have you during any of your psychedelic experiences, have you been able to allow yourself to let go and sort of go insane temporarily?

**Participant** 34:38

Yeah, yeah. yeah. I think like, the highest doses that I tried it, it was like went into this yeah, in like, short periods of time. So, then and then I just went like back and then and then it was like, focus was a little bit on the surroundings and then and then yeah, it's I think it's just drifted off, something I don't really know, no but

**Q6. Interviewer** 35:28

So, the next questions are the first question that opens with is in what ways have psychedelics affected your life? But there's going to be so I start kind of broad and then I have a few questions sort of follow up that ask more specifically if you don't touch on some of the areas. So, yeah, we're just moving into now a little bit of questions focusing on the sort of mid to long term effects that you felt psychedelics have caused or facilitated in your life. So, in what ways have psychedelics affected your life?

**Participant** 36:06

Well, it's long term. I think like, the most, like, significant thing is that it's a higher degree of self-acceptance. Yeah, that's, that's, that's the, I think that's a big thing and, and it's, like, it's much easier for me to it's easier to connect to other people, I think. I think it's, it's easier to yeah, I think I'm a little bit think of a better father and husband, I think I'm like, more in the here now but it also, it has also had some other effects, which is like, not maybe like, after a year, but maybe like, after a couple of months, months to maybe half a year and that's, I think, I became also more like, emotional, unstable. So, it was like, and it was like, I felt like, I couldn't like choose to do to, to do things differently. It was like, for example, it was I had this I had this some kind of issues that really, like made me very mad, which is like, I had been like, before, it was like, no, this is not, this is not right, this is this is not good but, but it came to, like certain situations that made me very mad, and I, I just had to deal with this here and now I can't just, it's no way around it and it's, it has to do with because I help In my profession, I help the schools, helping kids, which is like traumatised and have a bad time in school and so I had this when I for example, was up against teachers and grown grownups in schools that did not like take responsibility for the child. Okay, maybe before I had more tried to you know, tried to explain to them that you have to do like this and this but. Like when it came to this thing, like letting a child down not doing your duty as a grown up, etc. These things then, you know, it really pissed me off and it was like difficult to get around being emotionally involved. So, it was I think I was yeah, I was a little bit more unstable, like emotionally unstable but it was not like in a bad way. It's not like that. Yeah, not with these things but I also became a little bit more irritated on small things. So, I think like all in all, I became a little bit more unstable and, and, and what I was irritated about which I reacted to was, it was not like I was a lot more happier all the time and a lot more sad all the time it was, I was a little bit more irritated, a little bit more angry, distant, but then that that's past, but it was like, early to mid after the experience.

**Interviewer** 40:49

Was that the first after the first experience or did you, did you do a few in a row, in a short period?

**Participant** 40:55

I have, like I took like, I had between like the first three times it was like maybe half a year. Between and from third to the fourth time, it was one year. In between and I think it was like, I didn't have so much all this when I was a little bit smaller doses. I didn't become like, so emotionally unstable afterwards. It was like, on the higher doses it was, then this thing happened. So, you could say, you could say it's, it made me like, it made me a little bit more authentic and it was like, I can’t choose to do it in another way. It was very strange because, like, earlier, I think I could choose, I could get, you know, emotionally upset about this, or I can, I could control it a little bit but then it comes to somethings it was very hard to control.

**Interviewer** 42:31

But at the same time, you think it was more who you were like the emotional reaction that previously you could sort of be like, oh, that's, you know, it's an issue but I don't we're not going to get angry about it? This, this now expression of that emotion was like, really what you felt? And was it a good thing to express that?

**Participant** 42:57

Yeah. Yeah, it was, a bit of both. It was like, a little bit harder when it's when in the here and now but you know, it came some good things out of it in the long run, I think. Yeah, yeah. It was, it was, it was good. It was for, for example, it was this thing about my you know, my community, which I'm employed has a at some point, they wanted to save some money and, and they fired my colleague and, okay, these things can happen, I can understand that but I don't think she was treated with respect and in a nice way and that kind of thing. I mean, I was so angry, and I used all my connections to make them reverse decision and they did finally. So, it was like this energy of no, this is not right. You don't treat a person like this. I have to stand up for this. So, it was very, okay. It was demanding when it went along but afterwards, of course, it was a good thing. She was very happy and I thought I had done something which was worthwhile, so yeah.

**Interviewer** 44:37

And do you think in that situation, had you not have done psychedelics that you may have not taken the decisions that you did?

**Participant** 44:49

I hadn't taken it that far. I hadn't like gone to the extremes that I did. I had tried to convince some people and they said okay, but this not so good la la la, but I hadn't gone like to take it so far and use so much energy on it.

**Interviewer** 45:09

Okay. So, would you say like, from what you've kind of described to me there, it seems as if you are willing to get either more involved or potentially maybe the emotion is the motivation to get involved, but in things that you see as a sort of injustice. Whereas before you would be able to, I don't know, rationalise it to be unemotional about it as much?

**Participant** 45:49

Yeah. Yeah, I think so. That's, that's, yeah, I think it is, like that. I my, I had this little theory for myself, which, you know, I don't know if it's valuable enough, but I thought it was like, okay, on high dose, psychedelic trip, it's okay, it's very demanding. It's like, a little boat out on a big ocean all alone and it's like, yeah. okay, so when I'm up against these other things, it's not like, I mean, it's not such a big deal. It's just, it's just, it's just some feelings with some people and I'm not so afraid of it. That because I had this, I had this like okay, I was saying to my friend. okay, I climbed Mount Everest. This is not like a big deal. This just small things compared to being in that state and being feeling alone feeling. Yeah, you know, so I think maybe it has something to do with that. I don't know. It's, that's just fantasy. Really.

**Interviewer** 47:15

It's all we got.

**Participant** 47:16

Yeah.

**Q6a. Interviewer** 47:19

Okay, um, so, a few specific questions is, has your personality or identity been shaped by your psychedelic use?

**Participant** 47:33

No. Not like, not like, my, what I am, like, my deepest self is it has not been shaped by it but it has come more to an expression. Like, I think like, the main, like, on the first time on like, the one and a half gram, medium dose, the main experience was like, you know, the, I think everyone has, like, in the back of their mind, it's like, you have this little guy commenting on everything you do is this is yeah, you could have done better this is this is, this is good, this is not good and this, this part of the brain was like, shut down. So, the feeling of me, like the self was like, flowing out. Like, it was like filling all my body. Yes, and then so it was like a very strong feeling of being myself and that has, like, that was really important and so my core self has, like filled me more but that's not changed. Like, it fills my body, but it's me like, who I was when I was like, three years old. It's the same me.

**Interviewer** 49:15

So, what a better sort of if the question was to be worded a bit more accurately. It's not that it's changed who you are. You're just able to express who you are more or be who you are more.

**Participant** 49:30

Yeah.

**Interviewer** 49:37

Is the voice in the back of your head that makes the judgments and the comments on the thing is that a generally neutral, positive negative voice?

**Participant** 49:48

It's mostly negative, a little bit positive. It's like this judge. You know, that's good. That's not so good. It's also like, it's also has like this has something to do with living up to other people's expectations, and or my own fantasies about other people's expectations. It's not like, it can't be both. I don't know, it's, I don't know what other people are thinking but I have my fantasies and I try to live up to that so and so that's also yeah it's maybe it's like, the parent is like a parent figure, maybe I don't know, teacher parent figure. That this is good, this is not good, you have to do this, you should not do this, etc and so and this, this part was like, shut down and then I like realised, okay, so that part, that's not like, that's not the deep down. It's not the part of me. It is a part of me, but it's not a part of my like, core self. That's something else because no matter how difficult the trip was that feeling of the self, that's the same that that that's the feeling of who I am that that's not changing. That's the same thing but this thing that is, that's just something that has been developed. Yeah. So, it's very nice to have this within this distance between. Okay, it's there, but can't take it too seriously. Just trying to get some attention.

**Interviewer** 51:58

Had you, had you not made that distinction before between the voice in the back of the head being, not, you?

**Participant** 52:07

No, I have not like this. Even though I've been in, I've been in a lot of therapy, and I like that a lot but not like this not like this very distinct experience. When it's gone. It's not there anymore. It's like, and then it's then, you know, it's not like it's not like, no, it's it becomes like, a truth that that that is something unstable. This character, this judgmental thing is something unstable. It's not, it can come and go. Yeah.

**Interviewer** 53:03

Has the has the voice changed at all in terms of its weighting, in terms of like, the positive negative judgments it makes?

**Participant** 53:14

No, not really not like, no, it hasn't changed like that but it's, I don't take it so seriously. I don't like listen to so much and if it's there, it's more like, Okay, I know you're there but and it will affect me. It's not like it's not affecting me it is because it's like deep patterns but it's easier to it's easier to not to let it I don't take it so seriously. It's just think like, it's just okay, this thing happens. I had this voice in my head, but I can't listen too much to it.

**Q6b. Interviewer** 54:09

Has your psychedelic use altered or in maybe in your terms allowed you to express more your long-term goals or life purpose?

**Participant** 54:23

Yeah, I think so because I think that was also like, what drove me in that was also a motivation in the first place. I think it was a part of the motivation because I was like, 50 years old. You know, you're at some point that okay, what, where should I go with my work life and should I try something new? Should I do this? You know, and so, I think it put me on the tracks, it put me on the track. It helped me. It helped me like stake out the way but it's, it's not like really like sold. It's not like, okay, I go this way I do this. I go this way I focus on this, it's, it was more like just leading the way a little bit and by the end it has to become more clear it has, yeah but I have to do the work myself. It's not like, it's like. So, like the hard work is I have to do that.

**Interviewer** 55:58

Yeah, that's always the case.

**Participant** 56:00

Yeah it is but what I think it's like, what, like, what has happened is like, some things that I found more of value before I don't find of value anymore. So, now it's just like, the important thing is the core values is like, it's like me, in relationship to my family and loved ones. That's like, very important. My relationship to nature has become more important. I've always been very fond of being in nature, but it has become more important and, you know, things like, if I buy this and this and this, that's it's not a big deal.

**Interviewer** 57:21

So, would you say it's, you've reprioritized?

**Participant** 57:27

A little bit. Yeah, it has become more clear. It's not just like, it's not like a night and day shift but it's, it's definitely pushed me in the direction of non-materialistic approach, yeah.

**Interviewer** 57:59

Is that something you had been previously exploring or was this is this something that's kind of changed or is new and generated out of the experience?

**Participant** 58:12

No, it's not new. It's just no, it's I had explored it, but not. Now. It's become more clear. It's yeah, because I think maybe because I enjoy relationships, more. I enjoy, like, more deeply being in nature. So, then, because these experiences with nature and relationships become more profound then okay, if I buy this new television set this, okay, it's a nice thing, but it's not more I would not go into specifics about television set, like calibrating it and doing every it's just like the television set. It's so it's nice to have, but nothing more.

**Q6d. Interviewer** 59:19

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

**Participant** 59:29

Yeah, my understanding has changed, yes. I would think so. Yeah.

**Interviewer** 59:38

Could you give could you speak to that a little bit like, I know, I think the things we've talked about before touch on this, but I wonder if you if there's anything else to add there?

**Participant** 1:00:00

It probably is, but I can't think of it now because that's, that's the main things, it's like, I have a more, I have more I have a strong, like, feeling contact with my deepest self and that fills me more and the judgmental side fills me less. So, it has so that that's like, okay, that's the perspective of my whole like mental state, which is a bit new that these things can be like, divided in this way but so I have like, detached it just a different, different view but and, and that's also like that also like I think the outcome is like, a more loving approach and more like, like valuing the, you know, being in nice relationships, etc.

**Q6e. Interviewer** 1:01:50

Has your psychedelic use affected your use of other drugs?

**Participant** 1:01:57

No, maybe. Okay, I wasn't drinking. I was drinking very little alcohol, like from before, but now maybe even less, I think. So, maybe, yeah. Okay, I drink a glass of wine of Christmas Eve. It's like, that's, that's the level now.

**Interviewer** 1:02:22

Seems alright.

**Participant** 1:02:24

Yeah. So, and the use of I always use a little bit cannabis but that's no, it hasn't had any effect on that. No.

**Interviewer** 1:02:47

And just as a brief aside, in terms of your use of cannabis, would you is it, quote unquote, a sort of healthy relationship? Are you do you use a sort of how would you describe or your kind of use of that?

**Participant** 1:03:07

Yeah. It's not very often it's like, just once in a while when I have the opportunity, you know, when maybe I go on the trip with my friends in a cabin in the woods, making some nice food and so and so it's on a rare occasion, I would say, like, maybe four or five times a year and it's like, when I don't have other obligations. That's not because I can't, like handle both, but it's more. I think cannabis is best used when you don't have a lot of obligations. Feel free to do what you want.

**Q7. Interviewer** 1:04:13

Have your psychedelic experiences affected your relationships with significant others?

**Participant** 1:04:20

Yeah, I think so. It has. It has become more closer to my wife. Yeah. So, the relationship with my wife feels more stable, I think. Yeah.

**Interviewer** 1:04:46

And has your wife made any comments or mentioned of noticing a difference in you, in that relation?

**Participant** 1:04:56

Yeah, yeah. Yes. Yes, she finds me more, more able to say. Yeah, more involved more like, emotionally involved. Yeah, like, easier to get in touch with.

**Interviewer** 1:05:27

Do you mean in terms of easy to get in touch with emotionally or like, sort of on the phone?

**Interviewer** 1:05:32

No, emotionally.

**Interviewer** 1:05:52

What about any other significant relationships, has it affected those?

**Participant** 1:05:59

Yeah, I think that's affected the relationship to my kids. In the same way, it's like, I think I have little bit more patience. Little bit more not like, you know, see them, more as, it’s not, it's not like it wasn't there before but it's even more that I see them as, you know, I see them as individual persons. They're not like, yeah, that's a little bit hard to explain. I think when you are like, in the family, it's like, you get very interacted in the family and I think become more, like more effective, more and more. I see them as more like individual persons evolving. Like, into what they are. So, it's a little bit hard to explain it. I could do it in Norwegian but it's hard in English because, yeah, yes, no, I can't, that's, that's a little bit difficult but it has affected my relationships with my kids. So, I'm more in like the personal, I'm just not just like, a little less, like, you know, little less like a parent all the time that says what's good or not, but a little bit more in like to like, like, exploring different things with them. So, for example, I have my daughter is like a teenager, and it's easy to get like, in conflict with a teenager because, you know, so, but it has become a little bit more like, okay, all these things happen. We have all this kind of discussions and everything, but it's the same like with the, you know, the dealing with the hard emotions in the trip, it's like, we had just a little bit distance to it. So, we have all these kinds of things, but it also feels just a little bit like a game. We just also like playing a little bit, playing game with this back and forth about things and Lalalalala and so I'm not, I'm involved in it, but I also understand that this is, this is something we have to do right now and you know, it's like a little bit more like you know, when you have like boxing, you have this when you train for boxing, you have this sparring partner, and the sparring partner is there to put up a fight with you but not to harm you. He won't hit back. So, and that has become more easy for me with my teenage daughter not to go in these fights, but the be a sparring partner and yeah, so

**Interviewer** 1:10:16

And would you, are you the one doing this \*mimes blocking punches\*

**Participant** 1:10:20

Yeah

**Interviewer** 1:10:20

and she's the one doing this \*mimes punching\*.

**Participant** 1:10:22

Yeah, yeah, yeah, exactly.

**Interviewer** 1:10:30

I get the feeling even if the words can't quiet articulate.

**Participant** 1:10:33

Yeah, yeah. Yeah.

**Q8. Interviewer** 1:10:46

I don't know if we've quite touched on this, but have psychedelics changed how you think and feel about yourself?

**Participant** 1:10:56

Yeah, it has. Yeah, it's, yeah, I'm much more. My self-acceptance is higher. So, even if I do stupid things, it's easier to accept it and not judge myself and if I feel this and this and if I think this and this, it's, it's easier to accept that like, okay, this is me, this is what I feel this is. This is how I react to things this is. Yeah so, it's easier to accept who I am.

**Interviewer** 1:11:48

What about forgiveness? So, you talked a little bit about self-acceptance but in those experiences were one when you do judge yourself. Is there any change in the ability to forgive yourself?

**Participant** 1:12:03

Yeah, I think so. It's easier. It's easier to forgive myself. I think. It's also yeah, it's the same thing as like, you know, at the point when you accept that, okay. I did this. It was not like, maybe the best thing but okay. I'm just a human. I do my best, then the acceptance and forgiveness. It's the same thing. Actually.

**Interviewer** 1:12:40

Yes. two sides of the same coin, I guess.

**Participant** 1:12:43

Yeah. Yeah.

**Interviewer** 1:12:44

Yeah. You don't really need to forgive yourself if you accept it.

**Participant** 1:12:53

No, exactly.

**Q10. Interviewer** 1:13:03

Have psychedelics provided insight into how to live life well?

**Participant** 1:13:22

No, not like directly. Not like, eat more vegetables, exercise everyday not like, not like these things no. It comes as a part of the self-acceptance, I think, because that's also like, I love myself more and when you love yourself more, it's like, I also, the need to take care of oneself becomes more important. So, it's kind of, so it's not like, I'm not been like, told me like specific things, but it's more like a consequence of the view on myself is a little bit changed.

**Q11. Interviewer** 1:14:37

Have psychedelics shaped your worldview?

**Participant** 1:14:46

What would you say a world view is?

**Interviewer** 1:14:51

In this instance, it would be sort of thinking globally, I would say it could be nationally as well but mostly globally, essentially about things that are going on in the world, how you feel about what humans are doing, how you feel about what's happening to the planet, all the different kind of large scale issues that we're dealing with and has it sort of changed how you feel about them, how you how you think about them.

**Participant** 1:15:28

No, not really. Maybe some things has become a little bit more important. Like, they have this deeper sense of connection with nature, it becomes more important to, it hurts more when, for example close to where I live they build, this new road, just crossing into, like, through a forest and it was like, painful, it was like, I think I found it painful. Just watching it and having said this, these thoughts that like, we don't have the, we take the rights to do this, but we don't really have the rights to do these things. So, but it's not like I have, it would have been the same like before, but it's a little bit more strong feeling now I think, and like the worldview is much the same, but a little bit more, maybe. No, it's not so affected, no.

**Interviewer** 1:16:58

so, we're going to change question focus now. So, we are moving into how you prepare yourself for the trip stuff that you're doing during those experiences things like this. So, moving away from the effects so much now. More the nuts and bolts of how you do it.

**Participant** 1:17:20

Yeah. could we take just a small break so I can go to the toilet thank you.

**Interviewer** 1:17:23

Of course, no problems.

**Participant** 1:19:04

Okay.

**Q13. Interviewer** 1:19:08

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

**Participant** 1:19:22

Well, I think it starts with the like, feeling coming along that now it's time soon, maybe in a couple of months now it's and then this process starts to I get in touch with my trip sitter and we agree on a time and okay, so maybe that's a couple of months in the future, and then maybe in my subconscious, something is starting to happen, I don't know but I think so, maybe like, two or three days in advance, I do it like, I live in Norway and I, I use like three days for this. So, I, you know, I, I maybe it's like, okay, like the session is from like, for example, Friday to Saturday, and I gather my things, my personal stuff and things to write on and all these things and I go to take a plane to Copenhagen on maybe a day in advance, Thursday and, and then I stay the night in a place around Copenhagen, and then I have like this, this one day, in advance where I can focus on the experience coming up, and things around that dosage and, and, like things like things that have been filling in my life with maybe with other people and things from work and with my kids and like, you know, psychological things. So, and I start to think about that and often, like it's a small town, close to where I used to stay when I'm preparing or waiting for her and like, in maybe in the morning, before I meet her usually in the afternoon in the morning, when I go to town, I go to a cafe, I drink some coffee, etc. I think always is like, have these encounters with some people not like big encounters, but just like small things and it, it also, I also always have some perspectives that I'm starting to think about how I relate to other people, etc. So, stuff is coming up and I usually write this down and it has an effect on the experience. So, so I use like one day to prepare and then it's like one day for the actual trip and then it's one day to get things together like a little bit more like ground myself a little bit more before I go back to my family.

**Interviewer** 1:23:30

In terms of the things that you think about which sort of formulates the theme of your trip. Is that, does that only become explicit or like, consciously you're thinking about it the day before or is there a time before that where you're thinking about it actively?

**Participant** 1:23:53

Yeah, I would say so that it's also like, time before, but it's more, it's mostly in like in the day before. I think I always it's for me, like when I have this things that I tried to, this may be problems that I try to solve, then, you know, it is a process going on in the subconscious all the time and it comes up a little bit in the mind and it goes down again and this so I think it develops over time, but it manifests itself like in the day before.

**Interviewer** 1:24:53

So, you mentioned earlier that you at least on your first trip that you went into a forest in a tepee and had your experience with your shaman trip sitter is that the is that the same for all your experiences or have you done them in different locations?

**Participant** 1:25:11

No, the same.

**Interviewer** 1:25:13

Okay. Is that is that something you and her agreed? Like? is it, how to say? Were there options about where you and her would have the experience or was that sort of the pre-set? That's where she likes to conduct the ceremonies or the psychedelic experiences with her clients?

**Participant** 1:25:36

Yeah, that was like the pre-set. She also has, she also goes home to people and she also does it in different environments but that was like, the offer she had and I thought it was, yeah, that's the thing for me. So, that's what she does best. Also.

**Q14. Interviewer** 1:26:02

Could you maybe then? So, the question that I have here that I ask most people is basically where do you normally take psychedelics and why do you take him there? Yeah, but for I think you're the only person so far who has said they've only done it with a trip sitter and a sort of more controlled environment with this sort of that kind of container created by the trip sitter, so it works for them. For other people. I do it at home, I do it elsewhere. You know, there's a bit more kind of, their spontaneous, sometimes decisions or more planned out. So, the question, I guess that underpins that is sort of like you, you have suggested or alluded to, that you'd kind of like that environment you like the tepee set up in the forest. So, I wonder, could you tell me a little bit about why that particular environment is something that you kind of enjoy and have happy, been happy to go back and repeat that experience in that place?

**Participant** 1:27:11

Yeah. It's, yeah, it's many aspects about it, it's, of course, first things it's in the nature. It's, it's in and then it's then it's had this like the bonus, I think the experience of being in the nature on the trip is a profound feeling and so that that's like, that's like a very good thing and so and I like being in I like being in a nature, like being in the forest and I think it's also like, you know, get into this very stone age basic stuff is like, putting up the tent, collecting wood, making the fire because she has a fire inside all the time and the fire is the fireplace, the fire is like a very important that that's a very important thing about the whole setting. Besides from the tepee, I think that's and the music. It's like the most important thing that's, that's the fireplace and so and it's yeah, so that's, that's some things that I find I like about it, and it's, it's no distractions. It's no people. It's, I can do what I want. I can like, express myself how I want. I know if I want to walk around in the woods at night, I can do that. I don't have to use any energy at all to think about what if some people came along. So, and that's very liberating and it's also like, I think create this space in the in becomes this space in the forest. Like this bubble it's just me and her alone in the forest at night with fire, it's like, it becomes like, a world by itself. So, I like that setting. It's my thing I could also have, if it was not possible, I could also have it with her or another trip sitter in another place, that would also be okay but that's, I can't think of any better place than that right now. Maybe in the forest, maybe like in the jungle. I can that would be like, really nice because then they have even more feeling of nature but okay.

**Interviewer** 1:30:50

So, is the in this forest, what is it, is the reason that you can feel safe, that no stranger is just going to walk by, is it, is it a public space, is it because you're doing it at night? That It's just really unlikely for people to come by or is it like a place where it's private land that no one can is going to be allowed to walk into? Like, what, what sets up that?

**Participant** 1:31:21

Yeah, you know, it's, she has like these different places in different forests in Denmark but it's also always like, it's a public forest. So, everybody can, but it's in the night time, so it's nobody else there. It's, she always finds this hidden spot. So, it's very unlikely that other people come along.

**Interviewer** 1:31:44

Is it the same spot each time?

**Participant** 1:31:51

No, yeah, she moves around. So, we have been in the same spot, maybe two times, maybe but it's like in this part of Denmark, you have this small forests that are a little bit apart. So, she has places, some places in each forest, where we can go, so it depends a little bit on the wind the weather, if she has, yeah you know, she, you don't want to like go to the same place all the time because then you have the forest guardian. He will find out and, and then then, because it's not really, you're not really allowed to stay the night in the forests in Denmark. So, she moves a little bit around, yeah.

**15. Interviewer** 1:32:59

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

**Participant** 1:33:06

Yeah, it is. I'd like to she. She has most of the items. Like she prepares the food. So, I don't think about the foods, she has the food and drink and all these things but for me personally, it's like, just some small things. It's my headlamp. So, I can navigate at night and of course, like my sleeping bag, but not like any specific items. No.

**Interviewer** 1:33:52

So just normal camping things?

**Participant** 1:33:55

Yeah.

**Q16. Interviewer** 1:34:12

The question is, but I feel like we sort of touched on it a bit is how do you prepare the space where you take psychedelics? So, I guess your trip sitter of has her own rituals or things that she does to maybe clear the space energetically or puts out objects that she you know, that she finds useful but is there anything? Is there anything you do in terms of arranging the space that you have your experience in?

**Participant** 1:34:51

No, not really, it's like, just some small things she has. She has all this under control and so I just, I think it's mainly. yeah, maybe two or three things is like, I have this place near the fire where I put my most important stuff like my headlamp and my cup like the I have this in this place because yeah, it's very hard to find things. So, I have my bag if I start freezing with my clothes. I have my shoes there but yeah, that's, that's all.

**Interviewer** 1:35:47

I guess maybe to flip it a little bit. In terms of the preparation she does are there any ones that are particularly that you particularly like? So, I imagine she comes in with a number of things, because she has different people who are going to enjoy different objects or the setup. Is there anything particular that she brings that you kind of resonate with or, you know, you really particularly enjoy?

**Participant** 1:36:16

Yeah, it's, I think it's, it's more like, the whole, yeah, it's the same things every time. I think that that's like. So, no, it's not like any specific things that she brings. It's more like the process the ritual, it's, it's like the same thing. Every time. We meet up, we set up the tent, we collect wood. When that's finished, everything is in place. We eat a little bit, we go for a walk in the forest and talk things through, we get back. She makes the fire, she makes the tea. I drink, drink the tea with mushrooms, like that. It's the same things all the time and that's what I like. So, it's no, it's not it's not anything unexpected happening. Of course, she has these things she has like the small Buddha figure put it on the fire, she also has, like on the fireplace close to the fireplace, she has this. She has this ritual with the collecting ash from when the fire is burned down to collect some ash brings it along to the next fireplace. So, once she makes the fires, she has this small box of ash from the last time and okay, so all these things, it's just like it makes it a little bit more safe. All these small things that are the same.

**Q18. Interviewer** 1:38:14

What are you normally doing physically when you're having a psychedelic trip?

**Participant** 1:38:23

I'm lying down and if thing gets very uncomfortable, I maybe move a little bit around maybe going outside the tent just try and move a little bit and then I go to the toilet. Sometimes it's so that's the physical things I do because I find higher doses of psychedelic mushrooms it's very difficult to move.

**Interviewer** 1:39:04

And are you doing this? I guess both but eyes open or eyes closed? Is there a sort of do you do you do you sort of have a sense of how much you're doing of either of those?

**Participant** 1:39:19

The higher the dose the more close eyes, I think. So, then I'm just lying there. On lower doses is like more have the urge to tell her about ahhh you know, I just thought about this thing. Have you thought about these things and it more like it gets a little bit more verbal.

**Q20. Interviewer** 1:40:13

Is there anything, anything special you do after a psychedelic trip?

**Participant** 1:40:22

Yes, you know, like, when it's finished, we go to sleep and then okay, then it's maybe, it's like, four or five in the morning, usually, and okay, then I wake up, maybe 12 o'clock and then it's a little bit more, just more of the same as than we eat and maybe just go for a little walk in the forest in the morning, pack things together. So, yeah, that's just the right morning after and after that, it's not like any particular things, then I'm by myself. I usually, she drops me off in this small town I may be I, I go to have something to eat, I sit by myself, I write things down, which I try to remember from the treatment. I try. I try to just write down what I found important because it's easy to forget and then it's may be so that's what I do. Yeah and, but mostly, I just enjoy being like in the here and now because I found that like, maybe the day or a couple of days after the trip, it's just this very blissful feeling of being here and now.

**Q21. Interviewer** 1:42:23

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

**Participant** 1:42:33

Yeah, I would think, I think so. It's, it's, it's, I would say it's just normal meditation techniques. Just focusing on the breath, let the feelings come along. That's, that's helpful. It's also helpful to tell her that I am having this difficult experience right now. Can you help me a little bit? That's, that's nice because I think when I put words on the feelings or emotions or state of being it's, it tends to evaporate. Just put words on it and so meditation techniques being open with the experience, telling her when I need some help, etc, and, and the change of environment. So, I just and then that just maybe I just sit up a little bit looking a little bit on in the fire. Maybe I'd go outside, just make a little bit change in the environment if it becomes difficult. Try not to, I don't like I don't I do my best not to struggle against it, because then it becomes worse, I think so. Just do physical change stuff like yeah, walking a little bit, then things will change and securing myself that I have the support I need.

**Interviewer** 1:44:40

When you request help, or you let your trip setter know that you're having a difficult time. What sorts of things does she do?

**Participant** 1:44:54

It depends a little bit on what it is. It's okay, maybe I freeze she finds some more blankets for me and, or if I'm, I'm afraid now and then maybe she holds my hand so yeah, so it's, it's these like physical things, but it's also like she also like explains to me that this is normal, this is okay. Just let it go, it's okay, just you can just dive into it, no problem, I will take care of you. So, it's both.

**Interviewer** 1:45:58

You mentioned a little while ago that you had music, some music I don't know, all the time, some of the time during your experience. Was that, is that live music? Like is she making music for you or is that something like a playlist for example of recorded music or both?

**Participant** 1:46:21

It's combined because she makes this, no. She has this set of speakers and a playlist but she has also made this like she has mixed this playlist together like she has this small recorder so she has recorded a lot of sounds from nature you have the ocean you have some frogs you have some different things, different nature sounds she has recorded. So, she has made this playlist or compilation I would say with a mix of her recordings from nature and music, different kinds of music so that's coming off of the speakers and she also has this shamanistic drum and so it's becomes like a little bit mix.

**Interviewer** 1:47:15

And how do you find the music during your experience? Is that, yeah, do you want to talk a little bit to how it interacts and affects your, what's going on?

**Participant** 1:47:48

Yeah, it's I think that's I think that's very important it's very important part of it it's because it will lead me lead me in different directions because she has a different kind of music and yeah, it's of, it's made from like music which is not so pleasant. This is like, I remember one time I was thinking about why have you made this? Why have you put this very industrial like it's not a good feeling with this music. Why have you put this? Is just okay. Okay, you have this meaning with this you want me in this bad state of being because there is something to work with but I don't think it was just a fantasy coming up at that time but that okay, that kind of music makes some feeling comes along which is not so pleasant and then another kind of music makes like you know, very blissful feelings very heaven's gates opening lalala. So, yeah. So, the music is very important. Also like because the music becomes visual. So, this the kind of the, the senses is like, the perception of the senses is crossing over. So, it's yeah, it's also like yeah, it's a nice thing also because then you have like the visual aspect of it which is enhanced with the music.

**Interviewer** 1:50:07

You've, this question here, I think you've, you've addressed it but there might be some other things that you haven't thought to mention. So, I'll, I'll touch on it but if its, if you feel like you've answered that we can just move by.

**Participant** 1:50:20

Yeah.

**Q22. Interviewer** 1:50:21

So, it is could you describe any type of integration or self-reflective practices that you engage in to make sense of your psychedelic experiences?

**Participant** 1:50:44

I talk to her afterwards, like maybe two weeks, two weeks after the experience, she will call me and then we can go through things that I have been thinking about and that has been helpful, not like to integrate the things, I think, but then I can talk to her about different things that happened that I was not so pleased about, for example, then I can say, okay, when you did this thing, then I felt insecure. So, for me, it's best if you do this thing or this thing. So, it's more like an evaluation. I think the part of the like the part of integrating the changes that have the personal changes, then I talk to my wife and I try to explain what I think is the like, the new things that have developed, which I, which I try to put into words and my friends also, yeah, talk a lot to my friends. Yeah. So, I talk to the people that I can't talk to, you know, colleagues at work, that that's not possible, but I have some friends that I talk to about the experience, and my wife.

**Interviewer** 1:53:01

And how does that, how does that process, don't have to go into detail, but I'm sort of wondering when you talk to your wife about your experiences and the thoughts or the emotions or the visual stuff that happened. Is she particularly interested and engaged with that, to talk to you about that? Is it something that she enjoys talking to you about when you want to share your experiences?

**Participant** 1:53:32

Yeah. To, to a certain extent, of course, you know, it's like, the I think most people who have done psychedelics will have this experience that you want to speak to everybody about this and it's a little bit difficult to hold back because it has just been overwhelming but now I think she's yeah, I think she's nice. She's interested. She's also a psychotherapist. So, then it's like, and so these things is she's, she has no experience with these things, but she can relate to it.

**Interviewer** 1:54:25

And how is the Is there any issues related to you going out and doing an illegal substance and all these sorts of things, or is it are you guys happy about that's not an issue?

**Participant** 1:54:38

No, it's okay.

**Q23. Interviewer** 1:55:01

Just looking at a few of the questions, and I feel like they're probably redundant, based on what we've talked about so far. So, I don't think you need to. I mean, maybe this one, but the other one, certainly I think we can skip. Are there any noticeable changes in how you think or feel in the days or weeks following psychedelic use?

**Participant** 1:55:24

Yeah, that's Yeah, it's a big difference, I think. Yeah, it is a big difference. It's a little bit hard to express. It's definitely I feel very integrated to put it in that way. I feel like, I'm very integrated whole being and so the feeling of being in the world is very different. Like in the days, and weeks after.

**Interviewer** 1:56:34

Would you describe that as a positive state of being, like, better than before?

**Participant** 1:56:43

Yeah, it's very nice.

**Q25. Interviewer** 1:56:55

So we're going to now ask a couple of questions about specific psychedelic experiences and before, one question, before we get into that, so the ordering is that I will ask you, firstly, about a challenging or negative psychedelic experience, not necessarily, that you've had, you know, what's called a bad trip, you may have you may not, but one that comes to mind that had the most memorable or difficult or challenging aspect to it and then we switch and I ask you about a memorable or a life changing one. So, sometimes those are the same thing, the most challenging is, can often be the most memorable or life changing. So, if you would like to talk about one in particular, you can kind of line those up. If you've got two trips, where maybe, you know, you had a really difficult one and you also had a really positive one or life changing memorable one, but that wasn't because of the difficulty. You're more than welcome to talk about two or more. There's no limit but before we hop into those, there's just one question, which is, what do you think is the core psychedelic experience? And this is for you personally. So, there's lots of stuff on the internet about what psychedelics do, but for you personally, what is the core element or aspect of psychedelics for you?

**Participant** 1:58:43

Yeah, that's, I think it's that's a difficult one. I think it's, you know, okay, the experience of getting this experience of very deep relations with oneself. That is, that is that is the core experience that is very central. So, also something about like, you know, the mystical experience of it, that is that is beyond like, just me being in contact with myself. It's you know, it's the feeling of it's the feeling of being like, in touch with everything, it's that that's very important or being in touch with something that is bigger than myself in some way it's, you know, it's when you come to the, it's funny when you come to this question that it's very hard for everybody who has used psychedelics to try to put into words but that that's very that's very, that's okay, that is something's very close to the core. Yeah, I think so it's not like, you know, the visuals, that that's a nice add on that's like that's, that's nice, but it's not like if that would have not been there then it would also have been only like, more the experience is regarding me connecting to myself to nature to some state of being that that that's enough.

**Q26. Interviewer** 2:01:36

So, yes, can you describe your most challenging or negative psychedelic experience?

**Participant** 2:01:47

Yes, it's, I've not had so many challenging experiences. It's like, Okay, the first times first couple of times, it was like, getting used to the, like, being scared the, like, feelings of anxiety coming along but it's not like very difficult. Also, because I was very safe that had the support I needed, then it's easy to let go but I think when I was on a higher dose it was, then when the mind starts to struggle, then it's just hanging on. I think it was just like hanging on and I can't do anything about this. It's just the feeling of I'm going crazy feeling. If I let this go, if I just slip into this, I'm going crazy. That that's, that's the most challenging experience, I think because it's not like, it's not only being afraid it's something else. It's, like touches into this deep anxiety I think of losing one's mind. I don't know but it's it was like, challenging, yes but not like I couldn't cope or not like I was like, I freak out. Not like that.

**Interviewer** 2:03:37

Do you think the experience of feeling as if you might be going insane is beneficial or also potentially not beneficial, harmful, or just for you in particular?

**Participant** 2:03:54

Yeah. I don't know. I think maybe it's like okay, one, one aspect about it, which is beneficial. It's like feels like an accomplishment in some way. Like and I've been through this very difficult thing and it's more challenging than anything that I have experienced and then okay. I think maybe if I encounter other things that is difficult in like a normal life. It's not so difficult anymore because it puts put things in the scale some way but I don't know. No, I don't have like that that's just guessing.

**Q27. Interviewer** 2:05:07

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

**Participant** 2:05:18

Yeah, it's starts to get a little bit back in time. So, I think it's, like, what is interesting is that in, like, in maybe sometimes after maybe half a year, Then things stand pretty much clear to me and now it starts to fade because I've talked, I talked a lot about it and when I talked a lot about it's like, it's settled in one way, and then I don't think so much about it anymore but I think I have some, some experiences, which is very important and one of them is the ability to trust others, that that's, that's a very, that's, that's a big one, that was one of the issues in one of the trips and, and the feeling of this, I had to, I have to surrender, I have to, I just have to do what my trip sitter says. I just have to lay down my own control and let her do this for me, that that has changed me and also at the time, that was another time It felt, then I had this experience that when the trip was coming on, it felt like this, what I'm up against here is so much bigger than myself that I have, I have, I'm very small compared to it. It was like, I was being like, in touch with this being this I think some I'm not like a particular religious person, but if I had been, it would have been like, God, it would have been like, I'm standing in front of God, and I'm so small and, okay. Please be nice \*both laugh\*. So, that was also like, at a time I felt it was life changing in, in a way of a same way actually just surrender to what's bigger than yourself. You're not in control of it all. There is something larger than you. So, that was that was. Yeah, that was two things that was that was life changing. After each trip, I have written down some things that I think was very important, like very life changing and, but some of those are missing now and I can't find my book anymore. So, it's somewhere.

**Interviewer** 2:08:52

It's up in there \*points to head\*

**Participant** 2:08:53

Yeah, it's integrated in a way and so it's not like a big part of like what I'm thinking about. Yeah, and of course, like, I think also that the, what I was thinking about what I was talking about, about the judgmental thing, judgmental part of the brain, being shut down and have this experience of like the core self-expanding. That's also very life changing in the okay, my true self, the feeling of who I am like, deep down, that's something I can trust, that will not change that has never changed and will never change but these other things. It's something that that's patterns that strategies that have developed during my childhood etc and so deep down, it's nothing to do with me. So, that that, that this thing to distinguish those things, take these things apart has been, that has been life changing also.

**Interviewer** 2:10:14

Can you talk a little bit about this core self that you've brought up a few times?

**Participant** 2:10:21

Yeah.

**Interviewer** 2:10:22

How do you how do you think about it? Maybe if you're able to describe what it what it feels like, if that makes sense to ask it in that way, but what words come to mind when you think about what this thing is?

**Participant** 2:10:54

It's not so many thoughts. Like, it's, it's an experience. It's not so it's not an analytic experience. It's just like, it's an it's an, it's not really very emotional either. It's the state of being, like the emotions connected to it is it has something to do with the heartful most heartful sense of being. So, it's the same. I also do a little meditation, and it's the same experience, it's the same state of being as, when I meditate, it's just much bigger and, like, it's no, yeah it's much bigger, much stronger and, and so if it's, like, a kind of consciousness, I don't know, it's, but it's, it's the strong feeling of being myself. Okay, maybe somebody would have said that it's like, the soul, like, the soul expanding or I don't know, but it's so it's, it's not analytical, it's, it's a state of being. It's an experience. It's, it has feelings, but it also something else than feelings. It's, yeah, that's the state, the state of being which is, it has a heartful feeling but it's also something bigger than that. So, it, like move into like, a religious territory in some way. Yeah.

**Interviewer** 2:13:15

Would you this core self. Would you, how to say? Who you are in the in the real world, your personality, your childhood experiences, your family, your children, all of the sort of connections you have with people. Is that part of this core self or is this core self-something kind of, in the in the way people talk about the soul or some sort of spirit sort of, untouched by the corporeal, the physical experience?

**Participant** 2:13:56

Yeah, it's like that. It's like, yeah, I would say so. It's, yeah, because it's like, it feels, if I had this experience, when I was, if I had it when I was 20 years, 50 years, 80 years I mean, that experience of the core self, it's the same it's not like it's not it's not it's it hasn't much to do with like physical state of being with the but you know, the access to it is very like to be able to access this state of being is you have to, you have to be in a I have to be in a supportive environment because it's not possible to get into this state of being if it's unsafe. So, I think I don't know but I think when I was like, like this feeling this, this experience of being in touch with the core self, it's, that's the same as I had when I was like three years old experience is the same. So, it leads to some kind of certainty, that, okay, I can experience this and this, people can say this, and this and I can be in all these things, conflicts, and blah, blah, blah, bah, bah, but the sense of me being me that's nothing to you can't discuss that experience that feeling. it's not, people can say, no, I don't think that can't be the case. You don't feel like that, it's not possible.

**Interviewer** 2:16:16

Is there, is there a sense of scale, in terms of if you took who you are and the normal conscious state, and you have a sort of relative sense of relative sense of size, to different things. Is does when you get in contact with the core self, do you feel that, it's larger or smaller than your personality who you are in sort of this life?

**Participant** 2:16:45

Try to explain a little bit more.

**Interviewer** 2:16:49

So, you talked about having an experience where if you were to use kind of religious term, you might have encountered a being that people would describe as God and this being is much larger than you. now, I guess one question is, is that the being in that sense, who you encountered is that the same thing as your core self? Or as well as the core self, In some sense, like that scale relative to you? So, is there a sense in which your, the deeper part of you is bigger than you? Is there any sort of sense in which that has, a size?

**Participant** 2:17:32

Yeah, I think like, the feeling of being up against something that is larger than myself that that felt like it was not me. It didn't feel like me. It felt like something outside of myself but that was like something I like observed, like, it was, since it felt like being outside of myself, it was the experience of observing but, like, that's, that can be like an extension of me. Of course. Yeah. If that is something that is outside of myself, or if it's myself that is blown up. I don't know that that's, that could have been both. It's, that's impossible to say, but feeling being there is that this is something outside of myself.

**Interviewer** 2:18:48

Okay. So, then you would be able to clearly distinguish between the experience of God or some very large being and this core sense. These are different things?

**Participant** 2:19:02

These are different things. Yeah. Feels like that.

**Q28. Interviewer** 2:19:10

Have you, oh sorry, if you had ever experienced ego death, could you describe what it is like?

**Participant** 2:19:24

I think the last time on the highest dose. I drifted into for a short time into something but not like completely over time and because I still had a little bit of control left. No, I can't describe the feeling well, it's

**Interviewer** 2:20:00

So that's okay not to be able to describe it but would you, If, if I choose to ask you, do you think you had an experience that you would classify as ego death? Would you say yes to that?

**Participant** 2:20:13

No, I don't think so not like in, not like, I have read descriptions, I don't think so. No. It's like, maybe like, small little taste, maybe, I would say,

**Interviewer** 2:20:34

All right, well, then I'll ask you two follow up questions you have during your, your psychedelic experiences, have you ever during those experiences, lost all sense of having a personal identity or being a person who had a personal history? So, you know, your, your name, your family, your experiences, your current life, sort of understanding of that and potential, you know, even future things? Has that, have you ever lost that sort of sense of continuity of self all together?

**Participant** 2:21:14

No.

**Interviewer** 2:21:16

Okay and the second one is, have you ever had, lost the experience of having a physical body? So, yeah, essentially feeling as if you had a physical form at all?

**Participant** 2:21:34

Yeah, I would, yeah. I would say, yeah. I felt, okay, then then it's the feeling no, not like the physical body is like, disappearing, but it's like it's separated. It's separating from the feeling of the self. So, it's not like it's just gone but it's something that's just working. It works by itself. I don't need to do anything to make it work. It's just, it's just like the machinery that it's just like an organism that keep things going.

**Interviewer** 2:22:23

Okay, so just so in that sense, are you saying that you've never fully lost the sense of there being some physical body existing, but that your identification with that body has sort of separated?

**Participant** 2:22:43

Yeah.

**Q29. Interviewer** 2:22:44

Okay. Okay, um, so changing question, focus slightly here. Have your experiences with psychedelics affected your spiritual or religious beliefs?

**Participant** 2:23:02

Yeah, I would say. Yeah, I started to go in this direction of meditating and so I don't know, I don't think maybe it's not changed. Like the perspective so much. It's, it's not like, night and day change, but it's more like I've gone more in that. I moved more in the direction of doing meditation. I have been doing yoga for a long time, but that's just a little, you know, addon, but meditation is it really does the same thing. It's, it gets it gets me in in good contact with my deeper self. So, so I have gone in that direction. Yes. Like in the and then I've also like been, it has changed in some ways also, because I had this like before I had this I didn't really believe in any like religious things but I think that that understand is developing, but not like into, not like into I think it's developed more into that all religions have like the same goal in a way, It's just different ways of trying to get to the same goal which has something to do with it has something to do with, being the state of, or getting in contact with this. It's no, it's difficult, it's difficult to explain, but if you I think it's Yeah, that has, like, developed that all like, religions, okay, they, they strive for the same thing. It's just different ways of getting there and I have moved in direction of starting to do meditation and, and, you know, so it's really, it's the same it touches around the same aspects of being in touch with the core self, but also being in touch with something larger, outside myself with some kind of consciousness something. Yeah. So, it has, it has changed my direction towards these things it does.

**Interviewer** 2:27:07

Were you meditating before you began using psychedelics?

**Participant** 2:27:12

A little bit, but not like, not like, daily routine. Now it's a daily routine.

**Q30. Interviewer** 2:27:56

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

**Participant** 2:28:08

No, not fundamentally. Maybe I'm a little I'm not. I'm not like maybe a little bit less scared of dying. I think I had this. Maybe like 10 years ago, my mother which was 70 at that time and she got cancer and died in a short time and after that, I had this that every time I felt like just a little bit some small physical symptoms, like a like maybe hurt in my belly that wouldn't go away then, very, very soon I was starting to get fantasise to start fantasising about, I have cancer, and I got very activated about it but that has gone. It's that's not anymore and that's I would, I would think it's that's, that's related to the psychedelic experiences, because I'm not so afraid of dying. I don't know why. it's more like, I am here now. I do my best I have to enjoy the possibilities I have and explore those and being with my friends and my family and develop the relationships and that, that's it, yeah so.

**Interviewer** 2:30:01

Makes sense to me that if you come into contact with a thing, let's say that the sense of a core kind of self that is, as I sort of asking a little bit before is kind of different from the, the who you are in the physical world, that that that sense can underpin for people who are especially afraid of death, but can sort of give a sense of like, well, there's a potential permanency or there's something beyond just the you as a physical being.

**Participant** 2:30:41

Yeah.

**Interviewer** 2:30:43

So, I can see that it's not necessarily the case for you. I'm just that's what sort of comes to mind.

**Participant** 2:30:47

No but it's true but it's not like, I don't think it has. It hasn't like, gone in the direction of, okay I have this deeper self, this state of being which is beyond my physical body, and that means that I'm going to be reborn or that I'm going to, it's not like that. I don't know. It's okay. Okay. It doesn't really matter. So, much. Yeah. Yeah.

**Interviewer** 2:31:20

Yes. It's very hard to once you get into the tiny little stuff and it's just how I feel.

**Participant** 2:31:26

Yeah, yeah, exactly.

**Q31. Interviewer** 2:31:32

This question is just slightly different from it is slightly, and it can be considered quite a bit different from the spiritual, religious question one. It's more written in the way that it's written to be more of like a secular question. So, if people don't respond really, sort of, to the spiritual religious has psychedelics affected those, this one sort of maybe gets at some of those underlying core beliefs that wouldn't be considered say spiritual or religious. So, the question is, have psychedelics changed any fundamental beliefs about the nature of reality?

**Participant** 2:32:24

Maybe. I think okay, because I had this, I had this experience of being in like, in some kind of contact with the plants. Like the plants was a being so, and that sticks. Yeah. So, yeah, that, that sticks in the mind. Like I had this feeling of being in some kind of telepathic contact with the plant and it was like a really, really like a living being. It has like, a more developed being than I previously had been thinking about. So, that was an experience and I think it has stuck with me in some ways, yes. Besides from that, I don't think Yeah, I don't have any specific things right now.

**Interviewer** 2:34:18

And what, in terms of this feeling that plants are more developed or advanced than you had originally considered. Does that change, how has that shift, maybe changed how you interact with plants or how you think about them like does it. What comes to mind for me is like some people have the difference between plants are just unconscious living matter, but not you know, not nothing really there. There's not a kind of something feeling the world, or, you know, or animals as well, some people at some point, say, we just cut off and these things aren't conscious and maybe these things are. So, I'm just wondering what, in terms of this new sort of way of feeling connected or thinking about the plants. How does that change about your relationship with them? What does that what does that mean for you?

**Participant** 2:35:31

Yeah, it's, it's has some different aspects is one very specific thing is that it's a little bit hard to cut to cut them down. Like, in my garden, for example, is like, ahhhhh \*both laugh\*, it feels like a little bit bad. So, that's, that's one thing and it's, it's not so. Yeah, I don't like to cut in trees and saw off branches, and it's not a good feeling. So, that's one very, like, specific thing and but besides that, it's, it's, yeah, I think it's also like, so like, nature in itself is like, a being in some way. It's like, it's like, yeah, it's like a being in some ways, because, okay, when I, for example, if I sit by the ocean, it's like, I have the I can easily, like, get in touch with this enormous like, feeling of nature. It's like, that's something outside of myself, which I can, like relate to. In in, like, in the that's in a spiritual way. I think it's, it's not, like very emotional. Yeah.

**Interviewer** 2:37:38

Just to let you know, we've got five questions, and then we're done.

**Participant** 2:37:44

Yeah.

**Q32. Interviewer** 2:37:44

Yeah. Have psychedelics changed your outlook on life?

**Participant** 2:37:56

Yeah, I think so. I'm very optimistic about life. I'm more, I'm not so hung up in small things more like more, I have, like, longer views in a way. Like, it's not particularly like, I'm not so hung up in I have to do this and this and this and this, like, but more like, I would like my life to go like in this direction. So, I have to do maybe this and this to get it to flow that way. So, it's just taking me a little bit out of the yeah, you know, yeah, it but it's, yeah, I'm optimistic and I'm, like, I have this I look for I look forward to things as I will experience like, the things I'm going into, I think I'll go a little bit more into the meditation and I look forward to a lot of things that I don't know, it hasn't happened yet, but I think it will be nice. So, yeah, I'm optimistic and I'm more optimistic than I have been.

**Interviewer** 2:39:45

Is that uh, in terms of the shift in optimism, is that is to a significant degree, because some of the things you've been describing, you know, it's not night or day for some things, but there's a little shift in a direction is this Little more than a little shift, are you able to kind of gauge the level?

**Participant** 2:40:03

I think it's a little more, yeah, it's a bit because it's not. It's not It's not. It's more like a fundamental way of relating to how things changes, I think it's, it's more like, okay, it's like, I have to use an analogue, it's like, earlier, I was smoking cigarettes and that's a long time ago and I tried several times quitting cigarettes and I tried to do it with, like, willpower. I couldn't do it with willpower and then I had this, like, it was also like this meditative experience that I was, like, really getting in touch with how bad it was for me, like, this is really bad for me, it comes from deep down and then it was not difficult to quit and it's a little bit the same. It's like, I don't have, I don't put up like, not very many short term goals, like, I have to do this and I have to do this, and I have to do this and then if I don't, and then if I don't manage to do it, then I punish myself that I should have been doing things I haven't been doing and it's more like, I look more and life like long term is more long term perspective and if I meditate, if I do yoga, if I take care of myself, if I'm in nature, if I am with my friends and family, I develop this heart feeling then Okay, life moves in a good way. So, it is a fundamental change. It's not easy to I think if you if you have talked to people who knew me like five years ago, and now it's almost the same. They can't see maybe, like so much different but for me, it's like, yeah, it's difference.

**Q33. Interviewer** 2:42:53

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

**Participant** 2:43:04

Like right now?

**Interviewer** 2:43:09

I think right now, and if you if you have some thoughts about projecting into the future also interested in hearing those.

**Participant** 2:43:23

Yes. Yeah, of course. Yeah, I think it has. In, of course, in many levels but, of course, like, I think like the feeling of being in touch with nature, is something a lot of people experience on psychedelics and after you have had this experience, it's very difficult to treat nature in a bad way. So, that's like, one thing, but I think also it's like I think it has the possibilities to help people get in. Yeah, I have to talk for myself to go okay. I have to take like, I think if you know if the judgmental voice for some people, it's very strong. It's like really strong. It's really crippling their lives and for people who having big issues with this, I think psychedelics could be a good way of a good way of like, helping to deal with these things and like, you know, like, just the, the, like, the consciousness about that these things that really is not such a good thing for my life. That is, it's separated from me, it's something that I can, it's not in control, I am in control, it's like a very big shift in in how you approach life. So, I think for like for many people struggling with the different mental aspects it can have it can have done in the right way it can have a very good effect. It I think it has a place in in if okay they start using psychedelics in psychiatry, now with different personal with the person and different things and by itself, you will have to develop the understanding of how people heal because right now you have like, like, like, at least in Norway, you have like, you have different psychiatry's, like, he's like built on these different aspects of thinking, and okay, how can you put these things into because you will see that when you start treating people with depression, with different very different like, call it addiction, etc. When you start treating these people with psychedelic you, you will find that it will help a lot of people and how the hell do you describe how do you explain that? It's an experience and then you have, I think, so it will have an impact on how you see and how the rest of the like psychiatric treatment is, is being done and it's because it's also like empowering. It's empowering like the core self to take care of oneself. It's not so much like putting up like supporting systems around with tranquillisers with different kinds of things that make you feel good. So, I think it has it, it will play a role I'm sure and yeah, I'm sure it will. Also, for like people who don't have like, issues with different things, it's can be nice to get a little bit more compassionate into your life and get in touch with the stuff that matters more than compared to stuff that really don't matter in the long term.

**Interviewer** 2:49:18

What's sort of your feeling at the moment in Norway about the openness or receptivity towards these substances being used as within psychiatry or mental health support and treatments and stuff like that? What do you have a sense of how the Norwegian psychiatric psychotherapists you know, psychologists, communities view these?

**Participant** 2:49:45

It's starting to develop, you know, we have like the psychiatrist organised in many ways, but one of the parts of the psychiatrist is you what we call, Yeah, how do you explain that? Or translate that it's, it's, it's a part of psychiatry that deals with maybe depression trauma, with borderline disorder, disorder this, what you call it distortion no I don't know, but with these things that it's not so it's not so serious as schizophrenia being psychotic, etc, people are living at home, they came, they come to these places in the hospitals and they get treatment and they go back home and you have now in one place in Norway, they have, like, they have the, they have the space ready, they have like, they have they, they're moving into, treating start treating people with psychedelics and, and so they have the, they have the rooms they have the people they starting to train the nurses to, to, to be helping people going through this psychedelic experiences. So, they're just waiting for, like the last what you call it. Like, I think it's psilocybin as they will use and then just waiting for the, like, the legal.

**Interviewer** 2:51:06

The approval?

**Participant** 2:51:51

The approval, exactly. The medical approval, so it's set up, and they also have this like this Norwegian psychedelic science community, which is doctors, psychologists, it's like professional people, which have joined forces. So, okay, it's definitely things going on and you also have this doctor who has written a book now called the illegal medicine, which he explains a lot about psychedelic therapy, etc. So, yeah, it's, it will materialise in the short time. So, they tried, they work really hard to separate it from the drug Association.

**Interviewer** 2:52:59

Yeah. Yeah, I think that's well, that's definitely part of what this study is addressing, I think is, is just going out and learning recognising, displaying the ways in which psychedelics are used and by having enough information, even just in natural settings, like non-clinically controlled settings you can, you can potentially see how these drugs are used differently from other drugs and their effects are different and that means something you need to you need to be able to identify that there is a difference because it's important, I think, this part, speak to that and to learn about that.

**Q34. Interviewer** 2:53:51

\*speaker phone comes on\* "May I have your attention please, this is a test of the talk a phone web". Jesus it's like 12 in here at night, and this things going off, weird. I think they just testing the intercoms, I don't know. Have psychedelics shaped your view of humanity's future?

**Participant** 2:53:57

Yeah.

**Participant** 2:54:34

Yeah, I think so. Yeah, I'm more optimistic, I think I had this feeling that okay, we're fucked, it's no way, but It's now I think it's now feel more optimistic. It's possible. We can make things work it will. It will work out in the end.

**Interviewer** 2:55:14

Yes, well, I guess I guess the first thing people have to change is the belief that we're fucked, because if you just believe that you're not going to bother.

**Participant** 2:55:23

Yeah, it's true. Yeah.

**Q35. Interviewer** 2:55:31

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

**Participant** 2:55:40

I would say that, yeah, it can be, I would encourage you to, to find out about it but I would also say that it can be beneficial, but you have to treat it with a lot of respect because you have to take, you have to read up on the important issues like and it's very well described in the both in the literature and on the internet, regarding a set and setting and it's, that's really important and to make them understand that you can have very difficult experiences, and it's the set and setting is more important than what kind of drug you take and then maybe, okay, maybe, then I would maybe suggest that you don't take a very large dose at the first time. You take it in steps, because then you like It's new territory, and you need to find a way around this thing and then I would say I would maybe tell them a little bit about my experiences and that I have I think, for me, it's a good thing, and I will, I will do it again. Not very often, maybe once a year, maybe I don't know but when, like, the feeling will come along that now it's okay. Maybe in two or three months now. It's time so. Yeah.

**Q36. Interviewer** 2:58:08

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

**Participant** 2:58:25

No, I think we have been around the important stuff.

**Interviewer** 2:58:35

Okay, well, I'll just pop that off then.