14. Interview with Participant 14

**Interview recorded:** 08/02/2021 (NZDT)

**Length:** 3:40:09

**Spoken duration of interview:** Participant (69%), Participant’s Partner (18%) Interviewer (13%)

**Age (years):** Participant (23) & Partner (???), Interviewer (30)

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

**Residence at time of recording:** Participant & Partner (Argentina), Interviewer (New Zealand)

**SUMMARY KEYWORDS**

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**Participant** 00:02

Well, can we begin?

**Q1. Interviewer** 00:04

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

**Participant** 00:14

Yes. Why I use like, well, it’s a it's a funny, funny word, a funny question because [speaking in Spanish with partner]. First, I'm, no, it's not for fun.

**Participant's Partner** 00:45

Just because of curiosity, I mean, he wants to know about what happened in his head.

**Participant** 00:57

Basically. Honestly, I will. No, no way I say [speaking in Spanish with partner].

**Participant's Partner** 01:26

He won't say names but he knows that everything start, I mean, when he was brewing just in the illegal way.

**Participant** 01:40

At least here in Argentina.

**Participant's Partner** 01:42

least here in Argentina. Yes, it's something not so good to see. I mean, it's like an illegal drugs. So, he started just because of curiosity but he said he won't say names. Just because.

**Participant** 02:04

For the respects of the other person.

**Participant's Partner** 02:07

Exactly.

**Interviewer** 02:08

Yep.

**Participant's Partner** 02:10

It wasn't legal.

**Interviewer** 02:12

Well it's not legal in most places.

**Participant** 02:15

Yes, yeah and so it's kind of strange. Like it's not legal, but you'd have it. So

**Participant's Partner** 02:27

You have an easily.

**Participant** 02:29

Yes. Not easily. It’s [speaking in Spanish with partner]

**Participant's Partner** 02:38

He presents in a spontaneous way.

**Participant** 02:47

So firstly, my first experience with psychedelics it was. Yes. I was too young. You know. I was 14-15 years. I don't know if it was LSD, LSD. I think it will more like NBOMe. I don't know, the trip was actually [speaking in Spanish with partner]

**Participant's Partner** 03:53

He was feeling alive. Like free of doing anything with the universe.

**Participant** 04:04

[speaking in Spanish with partner]

**Participant's Partner** 04:21

Yeah, well, he said that he was kind of shy and he's really introvert, introverted and when he proved that he was feeling that he could be more sociable actually and that's kind of like, help for him in that age. Being a teenager and as well, yeah, that's what you said.

**Participant** 04:58

Actually, I'm make a test and I'm an ENFP

**Participant's Partner** 05:08

ENFP.

**Participant** 05:10

Yes.

**Participant** 05:10

I'm that kind of,

**Participant's Partner** 05:13

The test of Meyers. Yeah.

**Participant** 05:18

Yeah.

**Participant** 05:19

He made that test and is ENFP.

**Interviewer** 05:27

It's interesting because you can try those, you can maybe try those tests again and you will change, like, from test to test sometimes because they're not perfectly, you know, depends on how you feel at the time. So, as well.

**Participant** 05:43

All the time. So, that's a view that psychedelics did gave me that we are not we are never like the old person we

**Participant's Partner** 06:01

used to be.

**Participant** 06:02

Yes, we used to be.

**Participant's Partner** 06:11

[speaking in Spanish with partner] The first trip.

**Participant** 06:25

Yes.

**Participant** 06:26

What did you see what do you feel?

**Participant** 06:35

[speaking in Spanish with partner] Some kind of sort of kind of understanding an empathy with the other and

**Participant** 06:59

More the sense, were more your sense we're more sensitive.

**Participant** 07:05

I connect with the other, but at the same time, same time, I feel that kind of fear of being manipulated by the other.

**Participant's Partner** 07:25

Because he was feeling vulnerable. In in that trip.

**Participant** 07:34

Not in the trip exactly not in the trip exactly. That kind of feelers, I feeling I was feeling it all the time.

**Participant's Partner** 07:50

He I mean, he usually is kind of a paranoid person when he's on that trip, maybe he feel more vulnerable to being manipulated for the context. He was saying that talking about the context and the society and all the manipulation and the stress that you can feel every day, the life when he is in a trip and he feels he can just chill out for all the systems of this world and all the things that they contribute. It's kind of like a placebo for chilling your day by day.

**Participant** 08:09

It's not a placebo about, it's you know particularly, I begin all this taking in raves, and parties, you know. So, in the in the lots of the times [speaking in Spanish with partner]

**Participant** 08:12

Actually, the trips showing me that all the things that I have in the unconscious mind it is manifested in my behaviour, with the other person [speaking in Spanish with partner].

**Participant's Partner** 09:52

He didn't want to still using that kind of drugs in parties. He was realising that that kind of psychedelics maybe you should, you should use it for another thing that is not just for fun. I mean, he was realising the kind of sensations you can use it for more spiritual things, and not just for fun in the night and for doing stupid things.

**Q2. Interviewer** 11:54

Have the reasons why you use psychedelics changed over the time, or over the time you've used them. I could repeat?

**Participant** 12:10

Yes please.

**Interviewer** 12:11

So originally, you said you started taking psychedelics out of curiosity, that was the motivation has since you first started using and for the years or the however long you've used psychedelics has the reasons why you use psychedelics changed over that time.

**Participant** 12:34

Yeah, yes [speaking in Spanish with partner].

**Participant's Partner** 12:44

Yes, it change.

**Interviewer** 12:47

Could you describe maybe what are the reasons you use psychedelics now?

**Participant's Partner** 12:54

[speaking in Spanish with partner]

**Participant** 13:02

Honestly, I don't know the a specific maybe because I think that that kind of person we try psychedelics Personally, I'm trying to prove that it's not so that it's not dangerous like the propaganda itself sell it like it's a If you get if you get if you are in mushrooms, if you are in psychedelic things.

**Participant's Partner** 13:58

You are crazy person.

**Participant** 13:59

Yeah, you are, you are like a bad person. All that kind of stereotypes that it will, it will it was put in the 60's you know that kiddie stuff. We are we are not in the 60s. We are in 2021. So, it not it not it's not the monster of the movie.

**Interviewer** 14:53

Is that to, you're saying that you're trying to prove that psychedelics are not dangerous in the way that old propaganda about how psychedelics you know make you go crazy suggested they were is that just to prove it to yourself or that to prove it to other people?

**Participant's Partner** 15:14

[speaking in Spanish with partner].

**Participant** 15:40

Well, particularly it's like my partner say is, with all psychedelics and all the things of the life, it begins with me with the ego with the I and later, over the time if the if the things that I'm made in, if in. [speaking in Spanish with partner]

**Participant's Partner** 16:24

If they if they work for the others, I mean, if he was he's a student in psychology, so maybe he thinks if you use it properly, proper properly, yeah, maybe it's a thing that you can use for some kind of sickness, mental sickness, kind of like antidepressants in micro doses or something like that. I mean, to help another people, mentally, kind of like Ayahuasca they say, it helps for seeing your soul and all that, that thing that Ayahuasca do. Well, he wants to prove it with another kind of things too, but not synthetic things. He was trying to prove it way more natural things kind of like mushrooms and stuff. Not with like LSD or ecstasy or something like that just with natural things. An alternative medicine.

**Participant** 17:42

Gracias

**Participant's Partner** 17:43

You're welcome.

**Participant** 17:45

I say that. I thank her, all that. All that because it's firstly, it's the all the that I'm saying to her all this time about how maybe how can it work psychedelics?

**Participant's Partner** 18:12

Yeah and actually, just because he knows that I have some kind of anxiety problem and he was kind of like searching about this. Not just for him but he was trying to prove something for me to helping me that I'm not. I not even try because I'm kind of I have a lot of fear with that thing, but he said that maybe micro doses and all that stuff can help me more than what I'm taking now. That is synthetic medicine, psychiatry’s, and stuff. Yeah, that.

**Participant** 19:04

But at the same time, I understand that this kind of these kind of things. It's not for everyone. So, one of the fears I have if this if this if these things go to the

**Participant's Partner** 19:36

Advance,

**Participant** 19:37

it advance in the society. That fear of it, it can be used like not in the good way. I mean, it’s important to not [speaking in Spanish with partner]

**Participant's Partner** 20:08

It's important to separate.

**Participant** 20:10

No to not it's not it’s important to not separate the anti[???] and all that all that all that things that it represents I mean the respect. The respect for the of the mother nature's you know kind of the disease of I think, or it shows me that the disease of humanity is separation of the spiritual the spiritual things and terminal [material] things it's like

**Interviewer** 21:12

terminal things?

**Participant's Partner** 21:15

No, no, Terra Terra no

**Interviewer** 21:19

eternal eternal.

**Participant's Partner** 21:21

like this this this world and the spiritual world that maybe can help society to be conscience of on other things that is not just the human life maybe helping people to open the view.

**Participant** 21:55

Yes, sometimes the actions the actions you made it in life it had consequences not in the in the reality that we know but have consequences in all the kinds of things that in the past science say it if we can if we can't perceive it with the senses, it not exist but I think I think that.

**Participant's Partner** 22:55

That's not true.

**Participant** 22:57

That is not truth. We need to,

**Participant's Partner** 23:01

awake

**Participant** 23:04

Yes in the in the hip in the hippie culture and in the Namaste new age culture it says like awake, a state of awaken but it’s like I feel that it's that kind of stuff with we are not necessarily flesh and bones, we are something else I think, but the reality is one that is that we are you are interviewing me and I am answering in the way I can.

**Q4. Interviewer** 23:59

Yes, well. What aspects of psychedelics do you find most meaningful or valuable?

**Participant's Partner** 24:14

[speaking in Spanish with partner]

**Participant** 24:23

Yes. Well, psychedelics shows me that

**Participant's Partner** 24:33

[speaking in Spanish with partner]

**Participant** 24:35

Firstly, all the problems. All this cycle of all my psychological, psychologic problems. It it's shows me that you know, you can go to therapy all you want you can do yoga. You can do, you know driving a car so fast but the problems that you have are all in one. So, I can escape. I can say to [speaking in Spanish with partner] complain, can I? Maybe, can I complain about my therapists or go to my parents and say you have all the faults but in the in the end, it doesn't matter and it's kind of a

**Participant's Partner** 25:59

[speaking in Spanish with partner]

**Participant** 26:01

No, no, it's not escape. It's like, it shows me that you can do all that things, but the problem is you are causing all your, this.

**Participant's Partner** 26:19

You create your reality and you create your problems. Yeah.

**Participant** 26:29

Because if you turn off the TV, and all the other things and you go to yourself is it's only you and the.

**Participant's Partner** 26:50

Entire universe.

**Participant** 26:55

And it's kind of fun because it's maybe that things have genetics. I'm descended by Japanese.

**Interviewer** 27:20

By what sorry?

**Participant's Partner** 27:22

He descends from Japanese.

**Interviewer** 27:25

Oh, yes.

**Participant's Partner** 27:27

So, you have all that oriental culture about the spirituality, already too.

**Participant** 27:33

Yes but, I don't. I don't, I don't practice all, nothing of all that things, of that culture [speaking in Spanish with partner].

**Participant's Partner** 27:48

and still

**Participant** 27:51

and still it’s, it's me, it's [speaking in Spanish with partner].

**Participant's Partner** 28:06

Yeah, his culture is something that he represents him, but he and he can escape from that.

**Participant** 28:13

[speaking in Spanish with partner]

**Participant's Partner** 28:24

Even if he doesn't practice or know so much about his culture [speaking in Spanish with partner].

**Participant** 28:40

Well, is she saying that you are you asked me that. What represent for me psychedelics? That's the question.

**Interviewer** 28:55

It's yes close to it. So, it is what it represents but specifically, what is most meaningful or valuable about that?

**Participant** 29:13

About that, okay, the most important is. [speaking in Spanish] psychedelics, it stopped you to continue with that destructive behaviour of yourself. You know, drink alcohol and go to the go to the weekend all week. To a bar to drink. It's, it breaks your routine, your perception of the routine and it's kind of that's why psychedelics, I think that psychedelics is not for everyone, because not everyone I prepared to cut it off all the all the, the behaviour that that that person are manifesting the meaningful thing that psychedelics does for me that it's, it's some kind of people say it's

**Participant's Partner** 31:04

[speaking in Spanish with partner].

**Participant** 31:06

[speaking in Spanish with partner].

**Participant's Partner** 31:09

Yeah, he says that the most important meaning for him is that psychedelics helps you helps you to see

**Participant** 31:22

to see [speaking in Spanish with partner].

**Participant's Partner** 31:25

his mistakes.

**Q5. Interviewer** 31:42

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

**Participant** 31:51

Well, first one, is that when I'm with the other, and the other, yes, when the other is not in the same frequency, state of mind because, you know, after the psychedelic trip, you have to do something without that without the, with all the things that it shows you because if you are not doing nothing about it, it’s practical nonsense. So, sorry, [speaking in Spanish] So that's the point. My difficulty with psychedelics is that the things that it gave me is like a fight with the other, like, with the fears of the other. It's like, it's not so easy to understand, to control, because most of the time, it is like a chaos but it, but well yes, is that's the hard part of psychedelic drugs.

**Interviewer** 34:03

So, just to clarify, the what you find most challenging or difficult about using or taking psychedelics is the difficulty of interacting with people who aren't, say also taking psychedelics and aren't in the same state of mind that you are.

**Participant** 34:28

Yes. It's Yes, yes. Write that down but it's like maybe there are people that that kind of knowledge can have it because they experience and most mostly of the time experience and the ego of the other and my ego has gotten a conference and in a psychedelics Its showed me that it's part of the life it's part of the because if we are not experienced experiencing that kind of things maybe we don't exist if we don't have the good and the bad. Yes, it's kind of difficult to understand even these that we want and we decided that the good things of life the good things in nature we look the tiger, the beauty things, and we get some feeling disgusting about the worms, faggots, maggots sorry. It's insects of the word but it’s confirmed the world so. So, that's, that's part of the nature.

**Interviewer** 36:30

So my understanding of what you're saying there is that psychedelics give you or you've had at least using psychedelics you've recognised that all parts of nature the yucky disgusting things that we typically kind of you know worms or maggots or insects or spiders or whatever, are the same as the beautiful things that you see as well. So, if you enjoy plants or cuddly animals or something, they're all part of nature and

**Participant** 37:11

The individual in individuality of each one, of each person, it’s kind of, well it's subjective.

**Interviewer** 37:33

subjective.

**Participant** 37:35

Because maybe for the other a bug can be a nice thing, could be a beauty but for the other it's not. I put this kind of as an example of in nature, but it can be another analysis in different topics

**Participant** 38:09

Anthropology, Sociology it's that kind of view that the good or the bad there is not necessarily good, it's that, but mostly important is take care take care of yourself to. You, you can be a leaf in the air that flows it's a balance between that that both things between the principle of psycho psychology is the balance between the thing that I want and the thing that we, I have to do.

**Interviewer** 39:30

I understand life as a definitely balancing the what I want first or what I have to do, that's Yeah.

**Participant** 39:39

Excuse me. I will. I will search the charger of the of the notebook.

**Interviewer** 39:46

Yep.

**Participant** 41:29

Okay so.

**Interviewer** 41:33

All good?

**Participant** 41:34

Yes.

**Q6. Interviewer** 41:38

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

**Participant** 41:48

Okay, that's a that's a funny question. It's affects me like I lost friends and partners it [???]. I know that if I'm clear this that I'm using psychedelics sometimes of people it will make them get angry or [speaking in Spanish with partner] or perception about me because oh no,

**Participant's Partner** 42:52

they think you're running around

**Participant** 42:55

He's using drugs, he will get lost and he will,

**Participant's Partner** 43:00

Get crazy,

**Participant** 43:01

Crazy or that stuff. I'm

**Participant's Partner** 43:15

grateful.

**Participant** 43:16

I'm grateful about all that things too because it's it fits me too. To get constancy you know. It's taught me to have constancy in what I'm appointing, you know. Psychedelics makes, it’s changed all my

**Participant's Partner** 44:09

context.

**Participant** 44:10

My context. Yes. [speaking in Spanish with partner]

**Participant's Partner** 44:18

It's what it is.

**Participant** 44:19

It's what it is. You know?

**Participant's Partner** 44:22

I mean, you're saying that you lost I lost a lot of people just because you are using it but it's okay because you can still in your way and your investigation without bad vibes of another people.

**Participant** 44:43

It's kind of

**Participant's Partner** 44:45

changed you spiritually too.

**Participant** 44:48

Yes, of course. I changed my view of the reality of my spirit. spirituality and so well that's it's kind of I leave behind all the culture or maybe the change that it that [speaking in Spanish with partner].

**Participant's Partner** 45:32

You left behind the things that doesn't let you advance but you are okay now even if you don't have that people you are okay.

**Participant** 45:54

Yes. Mostly is responsibility of the thing that I do it. You know.

**Participant's Partner** 46:04

The consequences if you have an objective.

**Participant** 46:08

Yes.

**Interviewer** 46:10

Sorry, can you say that one again?

**Participant** 46:14

Yes, that the things that I lost the, the people or the thoughts and the style of life I

**Participant's Partner** 46:26

Sacrifice.

**Participant** 46:27

Yes. It's

**Participant's Partner** 46:28

You have enough to do

**Participant** 46:30

Yes, it's a sacrifice if that if I want an object but well, I don't I don't like the word sacrifice but it's the first that it represent at least in in English, that it can be understand understanded, but it's not exactly what I mean.

**Q6b. Interviewer** 47:21

Have psychedelics altered any of your long-term goals or life purpose?

**Participant's Partner** 47:32

[speaking in Spanish with partner].

**Participant** 47:41

Yes, firstly, to get a show, like payment you know, that reparation in question of money. Not because I want to sell it or not, because that because society's it's not I seem like a bad the bad person. The antihero of the movie because now it's that guy is on drugs. Oh, it's a bad person. So, we so you can't have that show. You can't have a good life. You know, because you are in that kind of stuff, you know. So, yes, difficult me to get.

**Participant's Partner** 48:54

Or even trusting people.

**Participant** 48:57

A mainstream life, a normal life. Even gave me trust issues about much, much, much people because

**Participant's Partner** 49:16

Because you can't say these things to anyone.

**Participant** 49:21

Yes.

**Participant's Partner** 49:22

I mean, you have to be careful.

**Participant** 49:25

Yes.

**Participant's Partner** 49:26

To say that you like mushrooms or you like psychedelics. You can't almost in this country. You can't say that to everyone. It's kind of

**Participant** 49:41

You can't say that you're a hippie psychedelic without being without being like Jesus Christ, you know it crucifies you. It's that, that stuff, so yes, it's kind of hard but I'm, I'm still, I'm still working on this.

**Participant's Partner** 50:14

You want to still work on this.

**Participant** 50:16

And I want to still work on this so.

**Interviewer** 50:21

So, in your experience, is there a lot of negativity or pushback, or judgement coming from a religious point of view?

**Participant's Partner** 50:38

Not always.

**Participant** 50:40

Not always, but yes, it's like, like idea that the cross.

**Participant's Partner** 50:50

Yes. Just because actually here now, in this time in this country, a lot of people who use these kind of drugs is just for fun. So, if you use it for another thing like him, there is more a spiritual thing they don't understand. It's like, Oh, no, about a why don't you take drugs, drugs, just for fun? And it's no, because these kinds of drugs can help you from the inside too and it's like, what are you saying? Are you a hippie go to hell, I just want to have fun, an unconscious way to use it.

**Participant** 51:43

Yes, and the curious thing is that we all use drugs. The alcohol is a drug, the aspirins are drugs. The benzodiazepines are drugs. In the experience of experience of my experience, actually, I have two person in my familiar group that it not make a good thing [speaking in Spanish]. Sorry. I have something, that well, I have in the group of familiar group that that kind of pharmaceutical drugs it not make a good things and he's.

**Participant's Partner** 53:09

It doesn't help it.

**Participant** 53:10

Yes, it doesn't help you. Yeah. So, that's the point of the question. Is that, is that, I don't know if you want to make career something more about?

**Interviewer** 53:41

No, that's okay. The one thing I might ask is just on one point. So, are you saying that even from other people who use drugs, say recreationally, that if you talk to them about using psychedelics in a spiritual way or in a non-having fun way, even they are judging quite negatively harshly, they're like, what are you doing this is because you see sort of described that you've had to give up friends and partners because of using drugs and my thoughts on that would be like, okay, some of them probably don't use drugs, the kind of, you know, like the illicit illegal drugs and so they're just scared or unaccepting of drug illegal drug use in general but then you seem to also be saying that, even within the group of people who are okay with using illegal drugs, recreationally, even they go, Hey, you're using psychedelics in a weird way and they're not accepting of that. Is that correct?

**Participant's Partner** 54:59

[speaking in Spanish with partner].

**Participant** 55:12

Yes, but it's not it's not the, the psychedelic. It's because they judge you, because you are,

**Participant's Partner** 55:28

You have another point of view.

**Participant** 55:30

You're another point of view, you're not forming part of that kind of, of that groups. So

**Participant's Partner** 55:38

So yeah, it's okay.

**Participant** 55:39

It's okay that.

**Participant's Partner** 55:41

Yeah, they judge you anyway because, but I mean, the judgement comes from misunderstanding from ignorance sometimes and it's just, Oh, you don't use it just for having fun? So where are you saying no, well, yeah and he started explaining things about universe or cosmos or why we are here this world and then they are like, okay, I don't understand you and he feels frustrated for that, when he's playing that part of psychedelics.

**Participant** 56:24

Yes.

**Interviewer** 56:25

It's hard.

**Participant** 56:31

I think that the humanity wants to explain that things, or at least in the moment, we are living.

**Participant's Partner** 56:42

Yeah. It's hard to make people understand that. The earth the mushrooms, and stuff are something so sacred. So, sagrado.

**Participant** 56:59

Sacred.

**Participant's Partner** 57:01

Yeah and it's kind of frustrating when you know, people that only use it for stupid things and I mean, you can use it to for help heal yourself, too, if you use it, right. Really hippie topic.

**Participant** 57:29

Maybe if a person that is completely different of me, take psychedelics, it's perceive the life in another way because I think that psychedelics manifest your, your mind in

**Participant's Partner** 57:54

in a naked way?

**Participant** 57:56

Yes, it shows you all your stuff.

**Participant's Partner** 58:01

And it's, and people get scared of them because no one wants to see what you really have in your mind, behind your mind and stuff. So, it's difficult to see yourself, your fears, your problems, they take it to avoid the problems and in this case, it's different. He takes it to show and saw his problems, and his fears and to affront them.

**Participant** 58:51

I don't know, another question?

**Interviewer** 58:54

Yep. just writing down some of the things you guys are saying. Have, has your use of psychedelics affected your use of other drugs?

**Participant's Partner** 59:28

[speaking in Spanish with partner].

**Participant** 59:37

Yes. well, no, like I prefer not to

**Participant's Partner** 59:52

get a mix.

**Participant** 59:55

Get a mix of drugs because it's puts me in a stable way. You know, the things that say that psychedelics is that are helping to live some kind of behaviours or some kind of issues, issues things like nicotine, alcohol, but I'm trying. I honestly lately a psychedelic trip if I, when I'm, when I'm clean of that if I take a beer or some kind of alcohol, it's gets me it's pretty bad. Like it's not the same way that before. So

**Participant's Partner** 1:01:14

you're trying not to mix.

**Participant** 1:01:15

Yes, I'm trying not to mix, and I'm trying to not to continue consume that kind of things.

**Interviewer** 1:01:25

Okay. So, just to clarify, in terms of, so psychedelics have kind of motivated you to stop using other drugs and this is not only during, when you're on a psychedelic, but even, you know, days or weeks later, you will avoid using them? Is that correct?

**Participant** 1:01:48

Yes. Even well, I would say before the psychedelics, it's not a psychopathology. My mind is make me some kind of warning about pornography. You know, it's like, I need to stop it, but it can't but in the same time, it's not a, I get I get an insight of, I'm doing something wrong, my body's not feeling good. After of that warning, I take psychedelic trip and

**Participant's Partner** 1:02:46

realise

**Participant** 1:02:47

it's I realised I realised that yes, it's in the, in the long term if I continue with that behaviour it will be a mess in my life. So, yes, it's I repeat, it's not necessarily that it helps it helps you to leave a drug or

**Participant's Partner** 1:03:24

or another addiction.

**Participant** 1:03:25

Yes, it’s let's use shows you that. Your behaviour is that that is caused you bad things in your life.

**Participant's Partner** 1:03:47

helps you to leave another addiction.

**Interviewer** 1:04:11

Have psychedelic experiences affected your relationships with your family?

**Participant** 1:04:20

Well no, not really.

**Participant's Partner** 1:04:30

Your families really open.

**Participant** 1:04:33

Yes, I'm grateful that my family's lives my father and mother. Beyond [speaking in Spanish with partner].

**Participant's Partner** 1:04:53

Even if they think another thoughts about it, they are really open because they are kind of like young parents and they ideology of life that even he can share the mushrooms with them and they are grateful but even in the in the responsibility in a responsible way. I mean, there is not a be concern in his life or in their family. They use it properly.

**Participant** 1:05:37

Yes, actually, when I say when I when I confess today

**Participant's Partner** 1:05:47

to them

**Participant** 1:05:48

To them, sorry. I mean, in this, I mean the mushroom and stuff, I will start to cultivate mushrooms.

**Participant's Partner** 1:05:59

They have curiosity.

**Participant** 1:06:01

They, they don't put it in a way that. Oh, no,

**Participant's Partner** 1:06:07

my son

**Participant** 1:06:10

Why you do this, why you are ruining your life in that way. It's not

**Participant's Partner** 1:06:17

They always say be careful.

**Participant** 1:06:18

They only say not be careful with us no, they say that be careful with that thing, that it's not a joke. Like it’s like a kind of boredom thing. So, don't abuse with that thing.

**Participant's Partner** 1:06:45

Because yeah, they have the mentally of free people. I mean, your mother do yoga, and his father is a musician and they have a they had a life with a lot of experience with drugs too, when they were younger. So, that's what it means that now they are open with his son in these things, but always with responsibility.

**Participant** 1:07:27

So that's, that's the principal thing. My father and my mother. I don't know if my aunt or my uncle or my cousin are disappointed with that things, but well, it’s my life, I think.

**Interviewer** 1:07:53

That's definitely true. Have psychedelics changed how you think or feel about yourself?

**Participant** 1:08:12

Yes, actually, yes. It's short. It's like me be more affectionate with me, more take care of me. I

**Participant's Partner** 1:08:34

understand your demons.

**Participant** 1:08:37

Oh, yes. I make me understand my well my demons my bad behaviour. My unsolved problems. Make me feel more. I have to loving myself more than other, not in an egotistical away.

**Participant's Partner** 1:09:14

selfish

**Participant** 1:09:15

In a selfish way. I think that is so selfish people. They are not loving themselves. So, love loving you is, It's not a selfish thing. You have to take care of yourself. You have to nurture you [speaking in Spanish with partner].

**Participant's Partner** 1:09:57

learn about yourself.

**Participant** 1:09:59

Learn about yourself exactly.

**Participant's Partner** 1:10:07

You saw a lot of truths in trips.

**Participant** 1:10:10

Oh, yes, it shows me it shows me a lot of,

**Participant's Partner** 1:10:15

truths.

**Participant** 1:10:16

Truths. Most of the time I have this feeling of I’m not I not thinking. I, it's some kind of other stuff that it's.

**Participant's Partner** 1:10:32

You feel part of one?

**Participant** 1:10:33

Yes, feel part of one and It's kind of, I'm not thinking and that's, that's the reason that mostly most of the schizophrenic pathology. I, I hear god something is say something saying.

**Participant's Partner** 1:11:00

You hear voices.

**Participant** 1:11:00

Yes, it's a voice that it's saying to me something. Well, psychedelics is with psychedelics, I understand that kind of state of mind but at the same time it gave me It gave me the strength to not make a mess. It's like, it's like a feeling. It's I feel like it's a. Don't be afraid Don't get don't get disturbed because you're going in this in a good way. You're not, you're not bad, you're not bad in society.

**Participant's Partner** 1:11:04

Changed your life.

**Participant** 1:12:27

So, so yes, the question the answer to the question is, yes, it changed my life. In a good way, I think.

**Participant's Partner** 1:12:43

Using it properly.

**Participant** 1:12:46

Oh, yes and using it in a proper way.

**Q12. Interviewer** 1:12:58

Cool. Thank you for that. Where are we? I think you've spoken to this a little bit, but the question is, have psychedelics changed your relationship with nature?

**Participant** 1:13:23

Yes. All the time that you know before I say to you that I don't like any more to do psychedelics in parties because there are too much people, in that kind of places are too much people less, nature, you know, you have a you are in kind of bunkers with music, it totally bombed in your head. So, it gave me a feel of more in a way with the nature you know, you don't have to abuse it, of her because if you do it, it will. It will come in the same way. So, yes, it's made me feel more comfortable with the nature. Yes. in that in that state of mind.

**Participant's Partner** 1:14:52

And actually, you feel more connected with nature now you're doing.

**Participant** 1:14:57

Oh, yes. Actually, I'm more connected to nature, I have a garden so I take care of him, so I have my plants, my hippie things.

**Interviewer** 1:15:20

It's not hippie to have a garden that's totally cool.

**Participant's Partner** 1:15:23

\*laughs\*

**Participant** 1:15:24

Okay. Yes, well, mostly the other person, the other that I say that say to me that that's not

**Participant's Partner** 1:15:36

it's that so that's not properly a man yeah. That's so stupid.

**Participant** 1:15:44

It's an old structure of a thought that it's [speaking in Spanish with partner]. It's a stick in the wheel.

**Interviewer** 1:16:06

Is it over there in Argentina, is it typical for a woman to manage gardens? Is it a is it gender thing?

**Participant's Partner** 1:16:18

Actually, things are changing now anyway, in this country. I mean it's more normal maybe to see a woman working and the guy in the house or maybe with the kids, but they're still sorry for the world but they are shitty people who still thinking that not properly. I mean, why your partner is working and while you're you are in the house taking of the garden and maybe they are people who thought in the past. My boyfriend was gay for doing that shit and that things. Yeah. It's a really common machismo.

**Participant** 1:17:13

Yes, it's I mean, machismo

**Interviewer** 1:17:17

Macho.

**Participant's Partner** 1:17:19

Yeah.

**Interviewer** 1:17:20

Yeah, we know that.

**Participant's Partner** 1:17:21

You're not being a macho.

**Participant** 1:17:23

The macho culture but it's kind of funny, because in the nature you have that things. You have the male, alpha male that it have a responsibility of the, of the group in the nature it manifest that and it's kind of funny because we are humans and we repeat repeating or who is who is who, you know, humans are acting like more like animals or animals or like more like humans. Come back. Come back to the to the question. So, yes, I feel more connected with nature.

**Participant** 1:18:33

With the mother with the feminine thing with the,

**Participant's Partner** 1:18:44

feminine energy

**Participant** 1:18:45

with the feminine energy feminine.

**Participant's Partner** 1:18:47

Yeah, even the two of us are kind of like in in the nature stuff now.

**Participant** 1:18:55

Yes,

**Participant's Partner** 1:18:55

we believe in the nature, nature's really powerful is really magic.

**Interviewer** 1:19:04

Yup I can agree with that one.

**Participant** 1:19:11

So, do you want to ask me another question?

**Q13. Interviewer** 1:19:20

Sure thing. Where are we? Okay, we're going to change a little of the angle of the question. So, we're going to go into a different topic now. So, we're going to be I'm going to be asking you about your psychedelic use, like how you use psychedelics more than say, their particular effects. So, the first question is, how do you prepare yourself for a psychedelic trip?

**Participant** 1:20:09

Well, I'm actually, I, I want to I want it to get experience of the two parts, you know, one is, like in a previously get clean like it, they try to not eat meat [speaking in Spanish with partner] with the empty stomach and

**Participant's Partner** 1:20:52

water

**Participant** 1:20:54

Yes.

**Participant's Partner** 1:20:54

Nothing of alcohol.

**Participant** 1:20:56

Nothing of alcohol or coffee or tea, only water. I tried to previously meditate to clean, my mind my mind, you know, and the way I do psychedelic experience without all the things, you know. Like I was in a state of mind, to anxious and chaotic kind of drunk and I take that trip too. It shows me that stuff that but that bad things that I don't want. So, yes, I take the I was taking the psychedelic trip in the two ways two ways. In a relaxing way and a chaotic way.

**Participant's Partner** 1:22:21

Yeah, but you do that, cause you want to see.

**Participant** 1:22:26

Ah yes.

**Participant's Partner** 1:22:28

He want to see what happened in two different states because for the investigation that he's kind of doing he's experimented with himself when you do it the in the clean way and when you do it in the other way, just for experimentation of the state of mind. I mean, what happened? If do this and what happened when I do it clean?

**Interviewer** 1:23:11

And what did you find? Doing in the clean way versus say the messy way? Was there any major differences that you noticed?

**Participant** 1:23:23

Yes, actually in the in the clean way. I feel more at peace with me and the other. Actually, it shows me,

**Participant's Partner** 1:23:44

and more happy.

**Participant** 1:23:46

Yes, more happy in the shaman in the shamanism is represent like, in a visual way it shows me like good things. For example, in a primitive way I see like, beside me, I see angels. Like big buddies. It gave me a sense of peace and in the messy way it gave me like Ruth feeling like I'm roofing

**Interviewer** 1:24:46

routine? What do you mean?

**Participant's Partner** 1:24:48

The most root part of you.

**Participant** 1:24:52

No, no. [speaking in Spanish with partner]

**Participant's Partner** 1:24:58

When someone is in bad state.

**Participant** 1:25:01

Yes, in the messy way it’s gave me a feeling like [speaking in Spanish with partner]. R O O T E N G

**Participant's Partner** 1:25:24

Yeah.

**Interviewer** 1:25:26

Don't know that word.

**Participant's Partner** 1:25:28

No yeah, it's the season he's trying to say that he feels in the messy way when a plant is dying that is and the more and the things that [speaking in Spanish]

**Participant** 1:25:46

Passed out, Passed out.

**Participant's Partner** 1:25:48

Something passed out.

**Participant** 1:25:49

A piece of meat that you leave in the sun. It begins to

**Participant's Partner** 1:25:58

putrefaction

**Participant** 1:25:59

Yes.

**Participant's Partner** 1:26:01

Exactly that.

**Participant** 1:26:02

That is that is the word, putrefaction. It gave me the feeling of being a piece of meat with maggots.

**Interviewer** 1:26:17

I think you mean rotting.

**Participant's Partner** 1:26:20

Exactly.

**Participant** 1:26:20

Exactly.

**Q14. Interviewer** 1:26:48

Okay, where do you normally take psychedelics and why do you take them there?

**Participant's Partner** 1:26:59

[speaking in Spanish with partner]

**Participant** 1:27:05

Well now in the present?

**Interviewer** 1:27:10

Yeah.

**Participant** 1:27:13

Well I'm trying to make a lapse of time do you know. One month, two month, honestly when I when I'm feeling it's like in the in the guts. Honestly, I don't have a plan a plan about well this day I will take a trip or some kind of stuff.

**Participant's Partner** 1:28:02

[speaking in Spanish with partner].

**Participant** 1:28:06

Yes, when I do in the trip after that trip, I have a pause. Yes.

**Interviewer** 1:28:29

And what about where you take them? So, for example, do you take them out, In the forest? Do you do them at your home? Do you do it in a specific room? And so, where do you take them? And why do you take them in those places?

**Participant** 1:28:48

Well, actually, I take them in in my room. You know? I like it to wish to live in yes to experience I wish I wish. I wish to experiment in a forest for example, but most of the time I'm doing in my in my house or in my garden. Particularly when I'm alone because I don't like I don't feel.

**Participant's Partner** 1:29:28

You don't want to feel interrupted.

**Participant** 1:29:29

Yes. I don't want to be interrupted. I don't feel relaxed when I'm with too much people or people with that I don't have confidence. So, mostly I am doing that things in the in my home.

**Participant's Partner** 1:29:52

Home sweet home.

**Q15. Interviewer** 1:30:08

Are there any items or objects that you that are important to you and that you need when you're using psychedelics?

**Participant** 1:30:25

Okay, not really but I like to hear music, objects particularly not but I prefer to hear music or nothing or nothing. Indeed, in the last trips that I have I was laid down in the bed with my eyes closed and just let them do the rest

**Q16. Interviewer** 1:31:28

How do you prepare the space where you take psychedelics?

**Participant** 1:31:38

Honestly, I don't prepare I, but I have to take that experience maybe if I don't know if I turn off the [speaking in Spanish with partner].

**Interviewer** 1:32:05

Incense?

**Participant** 1:32:09

Maybe if I have to take that experience because mostly of the time I'm not preparing.

**Participant's Partner** 1:32:21

But actually, the house is kind of like always clean.

**Participant** 1:32:29

[speaking in Spanish with partner] Not really when I'm taking when I'm taking the trips, I'm not prepared the ambience.

**Participant's Partner** 1:32:44

You just prepare yourself.

**Participant** 1:32:46

Yes, I'm only prepare my mind my mindset, but not my environment.

**Interviewer** 1:32:53

Okay. I just [participant's girlfriend] was just saying I heard you mentioned something about cleaning. Is that do you, is there any cleaning involved before you'll do a psychedelic in the house or is it just something you normally do and is not necessarily specially done for that.

**Participant's Partner** 1:33:27

Yeah, it's something that actually it's more me than him I usually clean the house usually with incense and stuff when it comes a lot of people or something like that we I usually do that so that's what I think that maybe it's not so necessary that he clean the space in the moment it's kind of like always clean in a spiritual way.

**Participant** 1:34:05

Yes. Yeah, she's the person that cleans the house, but I repeat not when I'm when I get in while I get psychedelics. Mostly is because well, I have to take that like this feeling because I don't have it.

**Q17. Interviewer** 1:34:41

Cool. Are there any other preparations you might make that we haven't talked about yet, but you think are worth mentioning?

**Participant's Partner** 1:35:00

Again.

**Participant** 1:35:02

You can repeat the question please?

**Interviewer** 1:35:05

Is there any more any different types of things that you do to prepare yourself or the environment for a psychedelic trip that we haven't mentioned yet? So, it's just a sort of question in case we've missed anything.

**Participant's Partner** 1:35:23

[speaking in Spanish with partner].

**Participant** 1:35:33

Not really, honestly.

**Q18. Interviewer** 1:35:37

Cool. What are you doing normally? Oh, sorry, let me let me rephrase that. What are you normally doing physically during a psychedelic trip?

**Participant** 1:36:02

Well I've walk I walk I like to touch I like to touch my couple, Like.

**Participant's Partner** 1:36:13

But in a funny way.

**Participant** 1:36:17

Not in a sexual way. You know.

**Participant's Partner** 1:36:19

Like, oh my God, let me touch your hands. I feel everything.

**Participant** 1:36:25

Yes, I have a more a more sensitive sense about the touch I feel like the cold water for example. It's good. I am feeling good in my skin. I like to get out get out in the garden and touch the grass. I don't know if dance, but I like to walk to walk. I wish I wish to get out of the house and walk in peace, but I get nervous. So, I walk in the house and it helps me to get through the trip. So, that's the principle things that I do in motion with my body. I have a lot of experience in another one [speaking in Spanish with partner].

**Participant's Partner** 1:38:05

In the immediately experience.

**Participant** 1:38:11

I do I do that things that I say.

**Participant's Partner** 1:38:18

and you like to watch bugs.

**Participant** 1:38:24

I like to walk over to watch bugs.

**Participant's Partner** 1:38:28

How they

**Participant** 1:38:33

How they, yes. How they,

**Participant's Partner** 1:38:37

do things.

**Participant** 1:38:38

Yes. Same with my dog and my cat. I watch the behaviour and it's kind of fun.

**Interviewer** 1:39:11

And do you spend much time lying down or sitting down, eyes closed our eyes open just experiencing the sort of internal stuff going on.

**Participant** 1:39:25

Yes. That's the reason that I prefer to take alone because I know that if I'm staying.

**Participant's Partner** 1:39:38

You don't have the pressure

**Participant** 1:39:39

Yes.

**Participant's Partner** 1:39:40

Of another people judging.

**Participant** 1:39:43

I don't have the pressure of the other person maybe the other person was wants me to go to go with the other person to the store and I don't want it because I mean that state.

**Participant's Partner** 1:40:03

So, no one will judge.

**Participant** 1:40:07

Yeah. No. Well, she is saying that I don't want to be judged but Yes because I think that I, I thought that if I go to the outside, if see me if they sees me like, in, in in, in that state, it will be.

**Participant's Partner** 1:40:34

What is he doing?

**Participant** 1:40:35

The things that I said before, you know.

**Interviewer** 1:40:41

Are you do you take psychedelics with [participant's girlfriend] there? Is that common?

**Participant's Partner** 1:40:48

No, I don't I don't take it. No,

**Interviewer** 1:40:52

No, not you does [participant], do you take it with her there. Not with her, like you by yourself but her being there at the same time?

**Participant** 1:41:02

It's Yes, yes.

**Interviewer** 1:41:03

Yeah.

**Participant** 1:41:06

Yes. Particularly, she's with me. So, it most

**Participant's Partner** 1:41:14

We live together so.

**Participant** 1:41:18

Well, without these of the quarantine, so we have to spend much time together.

**Participant's Partner** 1:41:24

Yeah but actually, the ones that he told me that he wants me to put it on words, what he's doing. He told me once I want you to stay here while I trip, because I want you to, or record it, or, or write, what I'm doing and why and why I said and all that stuff, just because of the personnel investigation that he's doing but yes, when he's in the state. Normally, it's kind of fun and just because I can see that, because I don't take mushrooms for personal ways, so I can see him without anything in me in a normal way. I can see state.

**Participant** 1:42:39

It's like she is the professional. I'm the rabbit experimenters, the experimental subject.

**Interviewer** 1:42:55

And, [participant's girlfriend], what's your experiences, when [participant] is doing psychedelics, when you were together? What have you noticed? What are your observations of how he behaves and thinks and what are the changes that you notice?

**Participant's Partner** 1:43:17

Well, actually, I noticed really happy. His state is pure happiness and happy because he's kind of seen truth truths of himself and I get a happy to for that. Sometimes, well, just because of the life. Maybe that day, I'm tired because of work or something like that and I just go to sleep and he continue with his trip but usually, I'm there and he talks to me about what he thinks about what he's feeling in that moment and it's kind of really interesting, because he said, things that maybe you don't realise or Wow, you say that? Wow, I think you know the truth. Yeah. Well, that's true. Yeah and we have interesting conversations, even if I'm not in that state.

**Participant** 1:44:32

Yes actually, one of my trips that I have was having mean while she was asleep, and was, it was a trip that it begins with a pretty good visual and very good feeling but it will be get slowed down to a messy thing. It's really scary but I have the impulse to wake her to wake her, to get to help but yeah. I recognised that I was tripping that is an unordinary state of the mind. I let her stay asleep because probably if I wake her in that state it will agitate her.

**Interviewer** 1:45:49

She'll be grumpy.

**Participant** 1:45:52

Yeah, it will be with the finger oh he woke me up so I keep it cool.

**Participant's Partner** 1:46:00

But yeah, I think that he prefers to be in the home because I'm here to so he gets scared of something or whatever I'm there for him to take care of him if something happened but usually no, usually he knows what he's doing and he has gone through all of that so usually we talk we it's not necessary to really take care of him and no don't do that no wait. It's more he know what he's doing.

**Participant** 1:46:45

Even if I'm alone, I'm doing stuff I don't have the impulse to harm myself or harm others. It's like.

**Participant's Partner** 1:46:59

No, it's more of a specific thing all the time.

**Participant** 1:47:05

I get in peace and love.

**Interviewer** 1:47:12

Do you do you have moments during your experiences where you're you get scared or afraid of things that are going on? Is that common or rare for you?

**Participant** 1:47:29

Oh well yeah, yes. As I say before in a particular trip by I feel like scared about the bad things you know but like in a particular way because it's shows me like big monster.

**Participant's Partner** 1:48:03

or maybe you see a shadow because of the door he thinks it's something else, or a message.

**Participant** 1:48:14

It's called the shadow people, like I don't know I'm just seeing by the bus something long arm like is like attract me or calling me. Doing that gesture.

**Interviewer** 1:48:38

Come to me.

**Participant** 1:48:48

Come to us and in I was scared honestly, I was scared when that it present me but the more I learn the more I, the more I say said no to that thing. The bigger and the more fearful It was. It's like well if you will not come to us. I will get more and more bigger and more scared. So

**Participant's Partner** 1:49:45

But you can control in home.

**Participant** 1:49:47

Yes, I can control it but I have the that fear was is go past. When I say okay, I will, I will go to that shadow place. It's a work for myself that Carl Jung called shadow work. It’s manifesting that shadow work in in a visual way, like, yes, it's manifested the unconscious fear of things of me.

**Q19. Interviewer** 1:50:56

You've spoken to some of this, but if there's any other, so if there's any other things that come to mind just mention them. So, the question is, is there anything you avoid doing or interacting with during a psychedelic trip?

**Participant** 1:51:18

Part of, no, another thing about that the other thing that I say to you, go outside and no, not really, um, maybe some kind of ideas and thought that it's, I have the necessity to say it but some, some, some something in that, it says to me that not, it's not necessary, you know that you are getting in a bad mood, but don't say it, because you will bother the others, so just to stay calm. Take it.

**Interviewer** 1:52:32

So, would you in that description there are you saying in the times when you're taken psychedelics with other people, you might not share with them that you're feeling discomfort or afraid or some sort of uncomfortable feelings because you don't want other people to also feel that?

**Participant** 1:52:55

Yes.

**Interviewer** 1:53:05

And is that the same with [girl friend]? So, would you avoid saying how you're feeling, If she's awake at least. If you're feeling afraid, or feeling uncomfortable, would you just, is that much easier to just let her know what's going on? Or even then, do you hold back and not mention things like that?

**Participant's Partner** 1:53:30

Yes, sometimes, yes. Yeah.

**Participant** 1:53:40

[speaking in Spanish with partner]

**Participant's Partner** 1:53:44

[speaking in Spanish with partner] Yeah.

**Participant** 1:53:47

Yeah, yes, yes. I think I, there are things that I don't, I don't say to her because.

**Participant's Partner** 1:54:00

Because I have my own ghosts, sometimes and they are some kind of topics that maybe he wants to talk about, I don't want to, I mean, just, I have sort of anxiety and that have another things like, I don't know, after I have really afraid about talking the cosmos and universe and the big existence and all that it makes me kind of like vertigo and he sometimes talked about that and I was like, please don't talk about these now because it makes me feel afraid, but I think that It's not like that now. Even because we are.

**Participant** 1:55:05

Even if I not in the state of psychedelic state.

**Participant's Partner** 1:55:12

Yeah, yeah, yeah.

**Participant** 1:55:13

That kind of things, actually.

**Participant's Partner** 1:55:17

Doesn't happen now anyway, I mean, I try to work on that issues of mine and now he can speak with more freedom.

**Participant** 1:55:32

Actually, when I'm sober I tend to talk to talk about more about that things more about the university existence, blew up, blew up but when I'm in psychedelic trips, I'm not talk about that things mostly.

**Participant's Partner** 1:56:04

No, he talks more about the system of capitalism and like the behaviour of the people.

**Participant** 1:56:13

Yes like, how the

**Participant's Partner** 1:56:17

how the world works

**Participant** 1:56:19

The behaviour of consume conscious consume

**Interviewer** 1:56:27

consumerism?

**Participant** 1:56:29

Yes, in an excessive way but yes,

**Participant's Partner** 1:56:40

But yes, no now answering the question now there are more topics that you would talk when you're in a in a trip. It wasn't before it wasn't like that, but now actually Yes. You don't be afraid now of talking some things with me, we are more open, I am more open to speak that kind of topics. So, actually kind of yes or no but yeah. You said to me things that may be in the past make me uncomfortable but not now.

**Participant** 1:57:27

Actually, in the in the past days I was tripping and the only thing that I was doing is here I hear the people hear the people who [speaking in Spanish with partner].

**Participant's Partner** 1:57:51

People who comes to me.

**Participant** 1:57:58

[speaking in Spanish]. When I was in in a in a particular trip, I was not with the mood of talks. I was in the mood of hear the persons who came to me and talk about his stuff like I don't know.

**Participant's Partner** 1:58:32

He is more like an emisore.

**Participant** 1:58:36

A receptor.

**Participant's Partner** 1:58:37

A receptor yeah.

**Participant** 1:58:38

Like well in, in in psychological way like I'm here to hear you your problems your stuff. Even if that thinks it will absorb me my energy.

**Interviewer** 1:59:04

So, when you have recently used psychedelics Are you going out and listening to you talking about other people who are there physically or are you talking about the sort of the things that come to you in your mind?

**Participant** 1:59:23

Basically, mean real people.

**Participant's Partner** 1:59:29

Not imaginary friends?

**Participant** 1:59:33

Not the elf machine.

**Interviewer** 1:59:36

Not the elf machine, awww.

**Participant** 1:59:42

Oh, well, I can experience opinion about that. I've experienced a little bit in, in emotions not in DOx or NBOMe, mushroom in psilocybin, it shows me a little bit of that things of the elf machines it's kind of fun.

**Interviewer** 2:00:17

The stuff that you might see on DMT.

**Participant** 2:00:21

Well, I will I really wish to have that experience or Ayahuasca experience too. Honestly the DMT is thing that it calls me.

**Interviewer** 2:00:40

I know Ayahuasca is a big thing in South America, especially in sort of Peru, Bolivia, Ecuador, I think also Brazil. Is it something that's common in Argentina as well because it's more of an Amazonian thing and I'm not sure if you guys touch on the Amazon?

**Participant's Partner** 2:00:59

No, but actually here, um, we have a have a friend, that the system here for that kind of psychedelics or more rituals, they say, Yeah. There are camps. I mean, there is like a group of people who goes they are agreed to go that that day, maybe even you have to, you have to pay it.

**Participant** 2:01:30

A spiritual retreat.

**Participant's Partner** 2:01:32

Exactly and you have to pay it, because they give you a place to sleep, food, whatever and they perform a ritual and give you the Ayahuasca and there is kind of like a shaman, that controls everything and control every people that is there. That's what our friend says to us because she goes to various Yeah, like, retreal, retreal.

**Participant** 2:02:07

Spiritual retirement.

**Participant's Partner** 2:02:08

Spiritual retirement.

**Interviewer** 2:02:11

Retreat.

**Participant's Partner** 2:02:13

A retreat.

**Interviewer** 2:02:14

Yeah. Is that something you're planning on trying at some point?

**Participant** 2:02:20

Well, yes.

**Participant's Partner** 2:02:21

I would like to if I don't have so much afraid of that. I will love to.

**Participant** 2:02:26

Yes. I'm, I'm more open to do it. Like, like her but yes, if I if I get the opportunity I, I will, I will take it is.

**Participant's Partner** 2:02:44

Yeah, they say you puke a lot when you do that. I mean with the Ayahuasca you, you puke a lot and that means that you are puking your bad things and your monsters and all that yeah, they told me that.

**Participant** 2:03:00

Yes, it was. It was in the in the books to have to do that. You tend to do that.

**Q20. Interviewer** 2:03:11

Yeah, you do. So, next question is, is there anything special you do after a psychedelic trip?

**Participant's Partner** 2:03:23

[speaking in Spanish with partner].

**Participant** 2:03:33

Not really honestly. Mostly because when I'm, I'm finished the psychedelic trip, I came back to the earth. I see the other responsibility I have to do. So, the only thing that the only thing that I do is well, all the things that I have experienced in that trip. It's only knowledge nothing less and nothing more like you have to continue with your life and your things.

**Participant's Partner** 2:04:27

And what you learn in the trip.

**Participant** 2:04:31

Applicate with the thing that you learn applicate it in life. Hinduism say it was kind of dharma. So, it’s that it's like I have the feeling or the remember like it's all the relations and all the things that we here we are fighting each other is like it's all in one. So, well, it's [speaking in Spanish with partner].

**Participant's Partner** 2:05:28

After the trip he continues his normal life.

**Q21. Interviewer** 2:05:49

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

**Participant** 2:06:03

[speaking in Spanish with partner].

**Participant's Partner** 2:06:07

Can you repeat it?

**Interviewer** 2:06:08

Yeah. So, the question is essentially asking, during a psychedelic trip, there's moments that are going to be scary or difficult, and you have to manage that somehow. Are there any things that you do, so techniques to help manage difficult or challenging moments?

**Participant** 2:06:32

Yes, actually, mindfulness. In the [?Asha?] Bella, it says pranayama like, the concentration of the respiration.

**Interviewer** 2:06:55

The breathing?

**Participant** 2:06:57

Yes. In the breathing. So, yes, mostly when the trip it gets hard. That kind of techniques. So, it's helpful.

**Interviewer** 2:07:14

Is there anything else you might do?

**Participant** 2:07:19

Not really, honestly, no. [speaking in Spanish with partner].

**Participant's Partner** 2:07:28

No, no, I repeat. Even when he's getting a bad trip, he had the control and that's amazing. I [speaking in Spanish]. Yes, he had that technique, and then he's fine again. He is amazing. in that, in that kind of things.

**Participant** 2:07:52

Oh you.

**Participant's Partner** 2:07:54

I couldn’t have the control. It's amazing.

**Interviewer** 2:08:03

Well, you don't know until you try.

**Participant's Partner** 2:08:05

Well, yeah, someday, I won't be afraid I will resolve my problem someday.

**Participant** 2:08:12

You know when that came, I will be your guide.

**Participant's Partner** 2:08:17

Yeah, I know.

**Q22. Interviewer** 2:08:22

Okay, um, so the next question is, could you describe any type of integration, or self-reflective practices that you engage in to make sense of your psychedelic experiences?

**Participant** 2:08:39

Okay, if I understand the question, you ask me if I have techniques. When I'm when I'm not in psychedelics, that it will help me to take a better psychedelic trip.

**Interviewer** 2:09:02

No, a little bit different. So, it's, it's actually kind of asking during a psychedelic trip, you have a lot of different things happening and at the end of that trip, you might have a number of thoughts or ideas, knowledge that you might want to try and apply in your real life. So, the question is, is there any techniques that you use to take the things that you learned in the psychedelic trip and apply them in real life? Is there any, do you for example, do you need to have conversations with people and discuss what you've thought about to make more sense of it? Do you write it down in a journal and then you know, reread over that? Do you do things like yoga or meditation to think about or focus on those experiences until you get to a point you're like, ok I understand that and now I can do something with that so it's sort of that idea.

**Participant** 2:10:06

Yes, well actually. I know that I have to do that techniques but honestly, I don't do I don't do that because.

**Participant's Partner** 2:10:24

Maybe you just stay with the thoughts but he doesn't practice a lot in the in the normal life but yes sometimes you write.

**Participant** 2:10:44

Yes, I'm yes even.

**Participant's Partner** 2:10:48

Or well actually talking about the conversation and that, you talk about me about the trip that you have.

**Participant** 2:10:55

The funny is that actually the thing that I'm doing right now, this interview this this participate in this project and these things that is the things that [speaking in Spanish with partner].

**Participant's Partner** 2:11:38

[speaking in Spanish with partner].

**Participant** 2:11:53

[speaking in Spanish with partner].

**Participant's Partner** 2:12:02

Well, yeah, when he's saying that when he had some experience in real life, I don't know talking with people or going to a store or whatever any action. Made sometimes he reminds what happened in the last trip and he was like, Oh, I remember that. I was tripping this and now I'm here talking with these people and these people talking about whatever and oh, I understand why these people feel like this because I was feeling that whatever thing in the trip and it helps to understand another people. Or maybe like, Oh, I understand why you say that. Now I understand you're kind of your life now but yeah, usually, sometimes you write or you talk about the trip about me and what you realise.

**Participant** 2:13:10

Yes, yes mostly with you.

**Participant's Partner** 2:13:14

Yeah.

**Interviewer** 2:13:20

So, would you say then, outside of talking with [girl friend], and maybe a little bit of writing down thoughts, or your experiences, that the majority of what you might call integration or self-reflection occurs spontaneously based on different circumstances. So, if you if you are interacting with some people, and it makes you think back to that experience, that is a, how to say, not a reflection, like an event, an event that represents like a one moment where you're like, Ah, yes, this is where I can apply what I learned and that's the, that could be considered integration but you can't plan for that just sort of happens.

**Participant** 2:14:14

Yes.

**Participant's Partner** 2:14:14

Exactly. It's a spontaneous, yeah.

**Interviewer** 2:14:18

Yeah. Okay. Then we're on the same page, and I and I can understand what you're saying there.

**Participant** 2:14:26

That's, that's a good thing. So

**Participant's Partner** 2:14:30

we are trying our best with the English.

**Q23. Interviewer** 2:14:33

Yeah, no, thank you. It's going well, I think and I say it makes sense with integration, like some people, you can, you can do it kind of very consciously. It seems like set time after a trip to journal or to paint or to create or to have conversations specifically about the experiences but then there's also the, on the days and the weeks and the months afterwards, applying those ideas that you experienced or those feelings in the real life and that's really integration because you're integrating it into your life. It's not just well we talked for a couple of hours afterwards and then it's done, solved to that, you know. So, it makes sense to me that that's kind of a good way of it occurring, you know, just sort of spontaneously during life. So, the next question is, are there any noticeable changes in how you think or feel in the days or weeks following psychedelic use?

**Participant's Partner** 2:15:54

[speaking in Spanish with partner].

**Participant** 2:16:13

Actually, after a psychedelic trip I feel I feel tired the particularly my legs I feel I was feeling like Lazy like if I run a marathon. Well honestly

**Participant's Partner** 2:16:48

And even past too, like let you start you're like a week thinking what you were tripping. [speaking in Spanish with partner].

**Participant** 2:17:04

[speaking in Spanish with partner].

**Participant's Partner** 2:17:12

I mean, he can be awake, thinking about what he was tripping and about that thoughts too. Like, [participant] what's happened? Oh, no, I'm just thinking about what I saw, what I heard and what what's the meaning of that? And maybe he could be like that for a week?

**Participant** 2:17:43

Yes, that's a mistake, I think because

**Participant's Partner** 2:17:49

why?

**Participant** 2:17:50

You know, you're, you are in that week that I live in. I have to do things like, have to continue with my life but I, I'm thinking about that experience. So

**Participant's Partner** 2:18:11

and the meaning and the answers.

**Participant** 2:18:13

Yes, and that's why I'm trying to do to left aside the macro dose and I, I wish to prove the microdosing experience, because all the all the time that I was taking in that psychedelics trips, it was in heavy doses and if

**Participant's Partner** 2:18:58

and that's why you feel that way.

**Participant** 2:19:01

Yes, and that's why the like, the weeks later, I feel like I was thinking in that experience a lot and it's, disassociating me in the present, so

**Participant's Partner** 2:19:19

maybe, maybe microdoses will be different. That's what he trying to say. He wants to experiment microdoses because maybe it's not so hard, and maybe it's not the entire week thinking things just more chill.

**Q24. Interviewer** 2:19:50

Has how you use psychedelics changed over the time you've used them?

**Participant's Partner** 2:20:12

[speaking in Spanish with partner].

**Participant** 2:20:27

It's I don't know how to explain it, honestly. It's not

**Participant's Partner** 2:20:32

[speaking in Spanish with partner].

**Participant** 2:20:32

[speaking in Spanish with partner].

**Participant's Partner** 2:20:50

Well actually if I can say something what I saw.

**Participant** 2:20:56

Okay.

**Participant's Partner** 2:20:57

What are so if you can't say it in words when I met him, and he was in another drugs, he really was kind of a catastrophe because he, he doesn't know the responsibility of that and actually he use it to when he was more younger for fun and when I met him, he was like, every day he wants to be in a trip. Um, he was he was kind of self-destructive with himself sometimes and he thought that LSD, he used to take LSD more than another thing and but it was. It was kind of like, you were kind of lost.

**Participant** 2:22:04

Yes, but it's not because the LSD, I mean,

**Participant's Partner** 2:22:09

LSD was a plus,

**Participant** 2:22:11

but I was not taking a LSD in that moment. I mean, in that mode in the past, I have doing drugs NBOMe that it's a much cheaper substance but it's more harmful. Honestly, I, I wasn't consciousness about Oh, what are, I'm taking. So, that's the reason that today I'm in, I'm trying to, like tripping more clean.

**Participant's Partner** 2:23:01

In a healthy way.

**Participant** 2:23:02

In a healthy way, like. Yes, things more pure. Not more scientific, or cheaper. I don't know. What, what help the DOx or NBOMe. I don't know why. It's so hard. That kind of drugs. I don't know why is that. I think it's because it's cheaper.

**Interviewer** 2:23:38

Well, I can't I know NBOMe it's much more potent. I believe that the amount you need to have a significant psychological effect is actually less than you need for LSD and so it's easy for people to overdose using it because people just say it's LSD and so you put in the same amount you would for LSD, but it's actually much more than you should be taking because it's more potent. So, there is it can be. I have heard people dying from just taking too much NBOMe but I don't know how common that is and I think it seems that that drug has been sort of slowly disappearing as for availability, just because it's not a very you know, people want the LSD trip and they don't want to die. So, it's not very good for your customer base if they're afraid to buy it. Yeah.

**Participant** 2:24:51

Well, I don't know, at least here in Argentina it's pretty hard. Beyond that it's kind illegal, it's pretty hard to get LSD or mushrooms.

**Participant's Partner** 2:25:19

Everything is in secret.

**Participant** 2:25:21

Yes. It's and it's pretty hard, you know.

**Participant's Partner** 2:25:25

The neighbours can

**Participant** 2:25:26

If you're not forming a part of the group or the, the collective, you're not able to consume it because you're, you're not my partner. So, you will not get it but Lucky me I get, I can get to the mushrooms.

**Participant's Partner** 2:25:58

But in, in, in kind of like in secret and you don't know even if your neighbours if the neighbours, no, be a problem, too. I mean, that's how it is here.

**Participant** 2:26:22

In other countries too.

**Participant's Partner** 2:26:24

Well, yeah, in other countries too but it's weird, because here it's illegal but everybody doing it. So, It’s kind of like,

**Participant** 2:26:39

a nonsense.

**Participant's Partner** 2:26:40

Hypocrisy, yeah, maybe in another country. Like for real the police or the country or whatever the rules. They are like, no, you can't have this and I take it and that's it and you go to jail or something like that. Here is not like that. Here is like even the, we thought that the police take your things for them.

**Participant** 2:27:08

Yeah, it's nonsense.

**Participant's Partner** 2:27:11

It's like a routine thing constantly here they.

**Participant** 2:27:13

In another part of the world too, it's a nonsense that it's like I think drugs that

**Participant's Partner** 2:27:30

If you use it properly, that can help.

**Participant** 2:27:32

Yes,

**Participant's Partner** 2:27:33

Like marijuana

**Participant** 2:27:36

It's proof that marijuana don't kills you and don't makes you go to rob a bank.

**Participant's Partner** 2:27:42

Even here. it's legal to use marijuana now but for a medicinal way but actually, we don't believe it so much, because this country is so corrupted, that you don't believe these will be like that. Or the police can come to your house and take off your plants but you say it's legal now and they will say we don't care. We hate you. It's for us now. So, it's nonsense. It's corruption all the time.

**Interviewer** 2:28:21

Yeah, that makes it very difficult.

**Participant's Partner** 2:28:26

Yeah, even we thought that in South America, it's like really like this. Even other countries like Canada that we know it's legal to even the recreative way I think they make you know, they don't have some they don't have problems with that. Even if it's legal here, you'll have problems anyway. It's stupid.

**Q25. Interviewer** 2:28:56

Okay, so we're going to change direction with the questions again. Now we're going to be asking about specific psychedelic experiences, except for the first question, which actually asked something similar, but slightly different and if you need if the questions don't make sense, just let me know and I'll try and rephrase them to help. So, the first question is, what do you think is the core psychedelic experience?

**Participant** 2:29:32

Well, you mean, the peak?

**Interviewer** 2:29:39

Yes, in some Yeah. The question what it's so another, I've got an alternative way of phrasing it, which is also what is unique or special about psychedelics for you. So, the two the two questions are sort of like psychedelics have all these different effects, you know, they change how you think and how you see things and your thoughts and your feelings but for you personally, what is like the most unique special thing about psychedelics that you go that if I have that experience, I know I'm tripping on a psychedelic and it's different from other drugs that are might be similar but not the same.

**Participant** 2:30:26

Well

**Participant's Partner** 2:30:27

[speaking in Spanish with partner].

**Participant** 2:30:28

Yes, yes. Well in the in the big thing in the big picture, it's the visual, the visuals, you know the fractals the fractals view sometimes Well, the DMT entities if you see in that things you are on a psychedelic trip, I think. What other things can be? Well, that in a minor dose like more bright colours and be more sensitive to sounds. In general, well, yes. I'm it's some kind of particularly influence to be with the nature. Not more like a computer or a or industrial thing.

**Interviewer** 2:32:03

Could you talk a little more about that? I don't, I'm not seeing what you're trying to say there.

**Participant** 2:32:09

Yes. If you are in a psychedelic trip, I consider I consider that you don't, you don't want you don't have the desire to be more connected to the wireness the technology like knowing like, computers, cell phones. It's like biotechnology it's that's what that's one of the words that I take off the psychedelic trip. It's connectivity with the nature plus technology. Without abuses of the nature

**Participant's Partner** 2:33:32

[speaking in Spanish with partner].

**Participant** 2:33:39

Well, yes, see [speaking in Spanish with partner]. She was saying that, the good feeling of that you are the feeling that you are cultivating and growing up about the mushrooms. You're seeing something like something that it will make you that kind of trip and you will exaggeration of you. So, Mother Nature. That's why you need to go with respect and understand, but that is a part of the psychedelic trip the core of the psychedelic.

**Q26. Interviewer** 2:35:02

Can you describe your most challenging or negative psychedelic experience?

**Participant** 2:35:15

Yes. Well, I was, I say to you lately, that, that kind of shadow people.

**Participant's Partner** 2:35:32

It was one you take LSD and it start crying.

**Participant** 2:35:41

Oh,

**Participant's Partner** 2:35:43

That was an ugly one.

**Participant** 2:35:45

For you, because you are experience it but one of the, it's like a feeling of the all the pain of the world, you know, like, the painful things, the things that some people have to do to

**Participant's Partner** 2:36:07

They don't want to change, but you can.

**Participant** 2:36:10

Yes, but most important that it affects me it's the even without a psychedelic trip, it shows me like manifested the pain of the world, like the things that some people have to do to, to pay some kind of behaviours and it's kind of harmful because the that pain is, it's a pain cause because we are not conscious about the action of, of our life and yes, it makes me it makes me cry but at the same time, it’s shows me that you can't help them if you if they don't want to be helped. That's a reality and that reality, it's, for me, it's a painful thing. It's a [speaking in Spanish with partner].

**Participant's Partner** 2:37:52

[speaking in Spanish with partner].

**Participant** 2:37:52

unpleasure yes.

**Participant's Partner** 2:37:52

an unpleasure

**Participant** 2:38:12

Well, was she saying that all my bad trips

**Participant's Partner** 2:38:17

are about the context and not I mean, not a panic attack or something like that.

**Participant** 2:38:24

It's about

**Participant's Partner** 2:38:24

the suffering of the world.

**Participant** 2:38:28

Yes, and it well, it gave me a knowledge about my, my childhood that in my childhood, even now. I was I was I was a boy that, I cry a lot. Well, when I have experienced with my father, or another one I cry when I when I get in the, in the shoes of the other and get in the I feel in the pain of the others and psychedelics. You know, I was asking why I'm so sensitive. Why I why I cried a lot about this and psychedelics is shows me that it's all the things that must be important that message that you can help others. First one if you're not if you're not helping you and second one if the other don't want to get the help.

**Interviewer** 2:40:20

So would you say on the difficult, challenging or unpleasant emotional experiences or just or just, you know, the, you know, sadness, grief, despair, these sorts of emotions is, do you mostly or only experience those, as [participant's partner] was saying in relation to the context of the world? So, is it as like a concern for humanity or the earth or all organisms? And is it particular to yourself? Is there sadness and or difficult things in relation to you as, as an individual or is it mostly in relation to the situation of how you know, the world is, humanity's impact on the environment, you know, how we treat other organisms or species and animals? Is it? Yeah.

**Participant** 2:41:18

Well, actually, I think it's 50%/50%. I mean, it's a it's work about how I'm feeling emotionally and how the environment is manifested. I mean, if I'm sad, and the or the context when I might, is sad to, it's more probably that I will get more sadness, more sad, sadder?

**Interviewer** 2:42:07

Sadness.

**Participant** 2:42:10

So, I think that it’s

**Participant's Partner** 2:42:19

Reciprocy

**Participant** 2:42:23

Recepriocy

**Interviewer** 2:42:23

Reciprocal.

**Participant's Partner** 2:42:25

Reciprocal

**Participant** 2:42:26

Receiprocal

**Q27. Interviewer** 2:42:46

Okay. So, moving over to the positive side, can you describe your most memorable or life changing psychedelic experience, arguably that doesn't have to be positive but often it is.

**Participant** 2:43:04

Well it's one of them is as if the feeling of being connected with all and have an understanding about the most antique knowledge you know. That these principles of as so below [as above so below] or it's inner, so [speaking in Spanish with partner]. Things from the inside, it's the same to the outside. That I repeat it's not 100% of comprehension about the topics but it gives you a sense about that If you want to get a comprehension about that, well you lately Well, when you get down from the trip, you have to go for them for their learning. It's another thing that I make, I made meaningful is the thing that well is that we can see the elf machine the DMT entities because when we are not when we are sober, that kind of things. We can't see it. At least if you are sane. So, that's, that's pretty good image. So, yes, I consider that that thing's meaningful.

**Interviewer** 2:45:35

Are there any, can you remember a singular or specific psychedelic experience? That caused a significant amount of change in how you saw the world? How you thought about yourself? How you behaved in the world? Was there only one specific experience that you can say was like, really kind of life changing?

**Participant** 2:46:03

Yes, actually, what was the first one. That's the principle, law of the psychology says, in the, in the topic of addictions is, there is no, no way like the first time that's the first I may make a point in the first time and lately Well, the few trips that we made it in the in a few, well in the last year and a few times. I mean, it was, it was a good experience because in the time of lapse of the first the first times and now I was to a lot, my life. So, now it shows me that I have to go through a lot to that with another perspective of life perspective of life.

**Q28. Interviewer** 2:47:54

I don't know if this term that I'm about to ask you makes sense, because it's quite, it's something that we talk about more in English and I don't know if there's a translation into Spanish, but maybe you've come across it. If not, we can just move on but I can also clarify it, but maybe I can't because it's kind of part of the question, but I'll ask it. So, have you ever experienced ego death?

**Participant** 2:48:25

Oh, yes. Yes, yes.

**Participant's Partner** 2:48:28

[speaking in Spanish with partner].

**Participant** 2:48:28

[speaking in Spanish with partner]

**Participant's Partner** 2:48:30

Ohhhhh.

**Participant** 2:48:33

Yes. That's the, well, the one of the things that it gave you like, feeling of when you go outside when you go outside are difficult because you're confront with a lot of egos, egos, egos, egos and you're here. I don't know, your significant other complaining about the things that you going to work and you. One is having this this feeling of why are you complaining if we are all the same? And in the reality, it's important to get ego because contrary it will, you will not exist, but the experience of the ego death. It was like, literally, like if I'm dying, and most that's the reason that maybe most of people are afraid of psychedelics because they are afraid of die. The ego dead, it shows me that you, you do not die. Like if your body still function like brain or lungs, your organs, your organs are function, you're not, you're not that you're, you know, you don't die and that's a pretty big so it's dangerous too because if you have experience of ego death you are, you can be a total unconscious about the things you're doing because well if I don't die well I I’m [speaking in Spanish with partner] I'm permitted, permitted to do whatever I want and that's the thing that is it's very, pretty dangerous because you have to have a control about that. Even if when you practice if it's not [speaking in Spanish with partner]

**Participant's Partner** 2:52:00

it doesn't happen.

**Participant** 2:52:02

it doesn't happen. How you

**Participant's Partner** 2:52:05

how you have it

**Participant** 2:52:06

in mind,

**Participant's Partner** 2:52:07

in your mind.

**Participant** 2:52:09

So, the ego death well, I wish to talk

**Participant's Partner** 2:52:18

he can profundise, it will be more in Spanish yeah.

**Participant** 2:52:22

But yes, it's like connective connection with everybody. You don't know how to work the universe, but you understand it, or at least you accept it.

**Participant's Partner** 2:52:52

And you I think, you know, that makes you there is not so much problems for you see. I mean, the selfishness, the jealousy, all that things. Doesn't matter when ego death happen.

**Participant** 2:53:16

Yes, of course. Well, she's saying that when we are when I'm having the ego death experience

**Participant's Partner** 2:53:30

it's kind of like

**Participant** 2:53:31

I don't get worried worry about material problems.

**Participant's Partner** 2:53:40

It's kind of like the movie Lucy. I don't know if you see it. I think it's kind of like that, like it doesn't matter. The material things and stuff and when a guy said to her, we are going to die and she said that doesn't exist.

**Participant** 2:54:03

Yes, that's the ego death.

**Participant's Partner** 2:54:07

That's exactly look like that.

**Interviewer** 2:54:25

Would you be able to describe what ego death felt like for you? So, two areas of particular interest are. Did you still have a sense of having a physical body?

**Participant** 2:54:47

Of leaving my physical body?

**Interviewer** 2:54:50

During I don't know how many times you may have experienced ego death but have you had moments or prolonged experiences where you, you were no longer aware that you had a physical body?

**Participant** 2:55:06

Well, actually, I don't know. I don't think so that I see my body. I, I don't see the perception of my body but well, in the first moments of the ego that it was like, afraid of, like, I'm going to die but in the, in the, in the lapse of time of that trip of that experience, it feels like sensations a sensation of well if you want to see things experience new things, new words, new sensations even if you want to experience how it's to be a different person or a different animal you have to left yourself and that's the funny thing that my last big trip I was I was experience it, but in in some things some time of the trip my ego was decided as something totally normal that he was like, well that that things of the pornography you know and for that desire it take down all of that experience of it was like, I'm seeing it I'm seeing something I'm really experienced this but my mind it's my ego decided another thing and basically it's got it off of the trip and that's the reason that I can't experience completely I think ego death. That's the that was the last first the last big trip, you know that the first one the first one trip that I was experience that was seeing when I was 14-15 I don't know 16 I was experience sort of similar experience but in that in that moment in the past in that age it cannot be manifested because I was afraid of if I die I will I will leave my mother and father with a wealth I will left I will left them with a dead of me I can I can get I want it but I can't get to that because I will left them and that's they will and that's that was the first reason that I can't have it that that experience but yes for finished the question is I was experienced ego death but my ego is very strong. Don't want to die, so.

**Interviewer** 2:59:53

Would you say you've experienced it to some degree, but you didn't go all the way?

**Participant** 3:00:00

Yes, yes. Okay. I, I don't I don't let me go to the flow.

**Interviewer** 3:00:08

That's fair enough, I think it's a pretty difficult experience to let yourself just slip into.

**Participant** 3:00:16

Yes. Honestly, my well, my, my first preparation of one of the big of my last big trip was that I was I was thinking, well, I don't know what you're going to show me, but I will let you let you do the work and in the, in the middle of that, my, my myself was thinking, Oh, but I want to, I want to see this. Like, I want to see, I don't know. I don't want to, I want to say it, but I don't want to sound like a freak thing but like, well, now that I'm in this, in this mode, show me something, like, a big woman with big boobs and all boobs and that, and that's thought of myself, my ego, it's cause me that carried off all that experience and throw me to a hole of messy sensations like absorb absorbing out of that frequency. Feel like a mosquito in my, my shoes in my feets in my back that they are then draining my essence. So, that was a lesson. I have to wait, I have to learn in that moment.

**Interviewer** 3:02:29

And what was what was the lesson?

**Participant** 3:02:32

That you're egoistical besides your selfish cause that you don't have a cause that you don't, you can't have that the good thing that you want that your, your healthy life, your four, for a couple of saying your illuminations might have been all of all of the things that I want. You want a better life but you don't want it, because you only want it because you're selfish. So, that's the reason that you can't have what you want because you want it because it's only for you. Well, that's one of the lessons that I have. I want to put in practice but well, in reality with my insecurities and all the things are really, not hard, but it’s a stuff.

**Q29. Interviewer** 3:04:18

Okay, so we're getting we're going to about five to seven questions left, and then we're done. So, those that's all the questions. We're changing again a little bit the query what we're going to be asking about, so we're going to be asking about your beliefs now. So, have your experiences with psychedelics affected your spiritual or religious beliefs? And if so, how have they been affected?

**Participant** 3:04:55

Well, actually, yes. I mean, before the before I get in the psychedelic world, I, I was a pretty a pretty, very atheistic person, like this kind of thought of science. If I can't see it if I can't touch it. It's not real. Atheistic and that's was before I get psychedelics after that I get more spiritually, but not religious. I mean well, my couple is and I. we are in a

**Participant's Partner** 3:06:06

Sort of, sort of

**Participant** 3:06:09

Spiritually guy?

**Participant's Partner** 3:06:10

No, we are now more sorts of witchy thing.

**Participant** 3:06:17

Well,

**Participant's Partner** 3:06:17

sometimes

**Participant** 3:06:18

that's your stuff.

**Participant's Partner** 3:06:19

Yeah well but with the nature.

**Participant** 3:06:24

Yes, she,

**Participant's Partner** 3:06:25

I believe in nature and the moon.

**Participant** 3:06:29

It's like, she's, she get more [???] stuff but I'm, like, have understanded about Catholicism, Hinduism, Buddhism message that it's for a part of the human in different cultures but it's not because the institute is institutional in charge temples and all those things. It’s separate, separate us that sense of God. You know, it's like, God, it's, it's all that it's all that

**Participant's Partner** 3:07:53

All that religions together.

**Participant** 3:07:54

Yes. All that religions together. Even science, it's a religion if you analyse like a system like a system of belief, beliefs. So, it's shows me that it's all a question of faith and belief, you know. So, yes, it's affecting me in a way that be more spiritual, more faithful about the world. Faithful, not hopeful. I think that hope and faith are two different topics.

**Interviewer** 3:09:12

Can you describe, can you describe in what ways you've become more spiritual? Like what do you what do you mean by that and maybe how so, is it just in beliefs or have you changed your how you behave or act in certain situations because of your evolving spiritual beliefs?

**Participant** 3:09:40

Okay. Well, in my beliefs, yes. It was a more empathetic behaviour with the other. Beyond that maybe the other have are more [speaking in Spanish with partner].

**Participant's Partner** 3:10:13

behind

**Participant** 3:10:15

Yes maybe the other person are more in a meaner state of conscious that you understand that why he's he or she are acting like that like I understand why you are so angry or sad about that topic or this topic and in the behaviour it changed me like I I'm trying to be less angry with the world with the with the system. I get more pro nature conduct behaviour I get I dedicate my time with the plants and insects even with the cockroach I tried to not even I get disgusted I understand why even when I was a child and even in my last trip the cockroach appears and it lies next to me or even it get to my shoulders on my body and when I was a child, I got at least two experience that it was getting too afraid of cockroach. Like one of them is I remember I was eating a lunch at a family lunch and we are on the table and one of this cockroach it fall of my face and it was like why, in my in my last trip a few months ago a get it appears the cockroach. I got this feeling of, I was laying in bed and I was I have the need to go to the bathroom but in the in the way of the bathroom, I got this feeling of an insect specific an insect that you don't like it will fall off near you and have this feeling of it get up and go to the when I was going to the bathroom, I opened the door and the cockroach was in my arm and was like oh and it was real because. I kill her and it was real not a hallucination. So, in the in the past days. Now, sorry in the in the few days later I of that experience I was getting in with more cockroach. So, I always tried to do not to kill them and I was trying to investigate about this symbolism. Representation of the cockroach in the culture.

**Participant's Partner** 3:14:59

Even with the mantis.

**Participant** 3:15:01

Well, we Yes, with the mantis.

**Participant's Partner** 3:15:03

We have more respect for some kind of insects than before and the meaning.

**Participant** 3:15:10

Yes. It's a respect about, about that kind of things. Coming, coming back to the first one, the thing that I say to you that we pay attention to the nice animals to the beauty animals, but we kill the bugs that we don't like. If you think about it, if you project that in the society, it's, it's like, like the same. We, we are not paying attention to the things that don't like but, well. Yes, it's that kind of idea change that I have it with the psychedelics.

**Interviewer** 3:16:26

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

**Participant** 3:16:44

Excuse me the fears.

**Participant's Partner** 3:16:46

[speaking in Spanish with partner].

**Participant** 3:16:47

Yes. well, honestly, yes but when I'm, I mean, when I'm in that kind of state, yes, it's like that it's not so bad. It's the face of the life that you have to transit, but that that thought was, was in me before the psychedelic trip. It helps me to understand that thought.

**Participant's Partner** 3:17:48

But was just a transition.

**Participant** 3:17:51

Yes.

**Participant's Partner** 3:17:52

There is something more maybe there?

**Participant** 3:17:57

I don't know if there is something more before death, but that.

**Participant's Partner** 3:18:07

It's something so curious to see.

**Participant** 3:18:12

Not really. I don't know. I think I don't like to see someone dies but

**Participant's Partner** 3:18:19

No No [speaking in Spanish with partner] the curiosity to see what happen next.

**Participant** 3:18:30

We don't like we don't I don't want dead, but if they, she comes, well, it's time to go like it comes it comes but it’s painful. For the ones who are here, you know.

**Participant's Partner** 3:19:07

It's just the culture that we have here.

**Participant** 3:19:13

We, we cry the other when they pass away because we don't have it anymore. Physical in a physical way but in in another way. I pretty sure they are but honestly, I don't know because I'm not dead. I think I think that's what I think.

**Interviewer** 3:19:50

Don't worry, I wouldn't be interviewing you if you were.

**Participant** 3:19:55

Of course, so I'm glad of that.

**Interviewer** 3:20:01

So just to kind of clarify to see if this what I've got is correct. Before using psychedelics, you had a belief or a feeling that death isn't that bad. It's just something that happens but psychedelics helped you to understand why you thought that or why you felt that way?

**Participant** 3:20:25

Yes.

**Interviewer** 3:20:29

and would you say that psychedelics helped you to be more accepting of death or is that an incorrect description or what you're saying?

**Participant** 3:20:44

it gave me a feel of, well, if that comes, you have to accept it, you can't escape and that's the message of movies and books that say that death you can't escape of the death. You can understand it.

**Participant's Partner** 3:21:11

It's not a tragedy

**Participant** 3:21:13

It's not a tragedy and even you can understand death, you know, when you have to say you can grow up, that you're killing your, your past self-growing up, you're transcended, transcending your, your past ego to the for the present moment, if you're accept, if you accepted death like in that way. Maybe, maybe I have the understanding about why some people are, you know, when they say that you have 40 you are still acting like a guy of 20 a person of 20 maybe because it's that he unconsciously, they still calling all that. That moment, when they are, they was happy. Like living in the past, in, in the reality in the reality that they are living. They are not acting not because the age. It's because they can't let them let them go. They can't kill themselves in a symbolic way.

**Participant** 3:23:20

So, that's what, it's a pretty delicate topic because if you're saying this to another, they can interpret interpreted like, literally, I need to be myself you know but it's not in that way. It's in a more psychic way. You have I don't want to sound so rude, but you have to kill your past because they are they are the past that people in that moment make you happy in the present are not the same. You're forcing a moment of your life that past way [speaking in Spanish with partner].

**Participant's Partner** 3:24:34

Even if you try

**Participant** 3:24:36

Even if you try to prepare that moment. You will, you will live a farse and you will know it you have you will have something in the gods or in the yes in the gods, even if you might get to the conscious of that you will get to the [akkar?]. Here in Argentina, we tend to say [speaks in Spanish].

**Interviewer** 3:25:19

What does that mean?

**Participant** 3:25:20

When you

**Participant's Partner** 3:25:22

when you realise

**Participant** 3:25:23

Realise that

**Participant's Partner** 3:25:26

something

**Participant** 3:25:26

when you realise something

**Participant's Partner** 3:25:28

when you're trying something, and you know, it's not going to work and then you say, Oh, I think it's not going to work and it's kind of like [speaks in Spanish], like you, you realise.

**Participant's Partner** 3:25:42

You realise that, you realise, yeah, you realise,

**Participant** 3:25:42

You realise yeah.

**Participant** 3:25:49

you realise that, that moment, it's only it's, its is a scene of that past moment. If you want to repeat the cycle it's your decision, but the cycle is repeated, it repeats, because well, some, some people, it doesn't, it doesn't realise about that cycle, repetitive cycle and other people's it realise about that.

**Q32. Interviewer** 3:27:00

Have psychedelics changed your outlook on life?

**Participant** 3:27:13

Yes, particularly in a more realistic way, like, you can't be always happy and you can't be always sad. So, that's the real thing, you can't be in some state because this is not how it works. So, you have to assess it, you have to accept that you are angry, that you are sad. You have to express that thing in a healthy way but the only way that you can express that feelings in a healthy way is if you are conscious about that feelings. Why you are feeling that or why you are feeling that way.

**Q33. Interviewer** 3:28:54

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

**Participant** 3:29:11

Excuse me, can you repeat?

**Interviewer** 3:29:13

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

**Participant** 3:29:21

Well,

**Participant's Partner** 3:29:22

[speaking in Spanish with partner]

**Participant** 3:29:23

[speaking in Spanish with partner]. Well, it's a it's a, it's a hard question, you know, because what kind of thing about what kind of can come work in society. It's [???] such a thing because, can you say that mushrooms mushroom psychedelics can say the world, it's my perception. I think it's if they are more accepted and not.

**Participant's Partner** 3:30:12

Illegal.

**Participant** 3:30:14

Yes, if they don't if the society don't put the psychedelics like the bad guys of the movie, maybe it can be totally different. The

**Participant's Partner** 3:30:32

But why?

**Participant** 3:30:33

The problem is, it's because if I take psychedelics I as I am it, it gave me this kind of this kind of knowledge, behaviour and It's the it's now like it's [speaking in Spanish with partner] it's what lets me stay here right now, say this to you but to the other person it may be can be a total hell.

**Participant** 3:31:17

[speaking in Spanish with partner]. I don't know if you understand that, I hope and I have faith in that psychedelic can be a change of paradigm in the world if they are if they are taken consciously and with respect. Well, I don't know if this works, but if psychedelics don't get the new hype, the new mainstream, the new wonder solution of all the problems and if psychedelics don't get in that way, maybe it can be change in the world. Yes. Well is saying even for the mental health. So, I think that is hard work, I think because I don't know why but you know, when these boom of psychedelics in the 60s cause all this. I think it's now it's like a new opportunity to make a change and demonstrate to the world that these are not a bad thing.

**Participant's Partner** 3:31:17

[speaking in Spanish with partner].

**Q34. Interviewer** 3:33:33

Have psychedelics shaped your view of humanity's future?

**Participant** 3:33:41

Yes, it gave me a more a more faith in humanity. Like I know I know it takes time maybe I'll maybe I'm not physical way I’m not I will not going to live to see that change but it will come in a moment. Yes.

**Q35. Interviewer** 3:34:34

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

**Participant** 3:34:41

Well, first one, stay clear, in your mind, be more be more confident about taking that and don't, don't use it because you can escape. They will not, they will not make escape for you and most important stay with people, or at least have the security mental and physical that you're not alone. We want to get through this and we want you to be the person that you want to be. I mean, psychedelics are not to. It's like, a gadget that makes more, makes you more functional. I remember, sorry, I remember a phrase that Terence McKenna say that. Take it easy but take it.

**Q36. Interviewer** 3:37:00

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

**Participant** 3:37:29

I hope that this advanced, advanced in the project. I know that maybe it can be but I hope that psychedelics can help at least people like me, and I hope that psychedelics is not seen, like the bad guy, I repeat I remember this because in some, in some time of your life, it can save you and it's okay, that the other person can, can understand that because, you know, that phrase of winners, don't use drugs, or do psychedelics or do drugs like, are like, cheat on, like cheat on life the game of life but is it's not true. Psychedelics are equal. Well, are in the planet, are forming are forming part of the planet. So, if it fit here, it's not. It's not necessarily necessary to be a danger for the, for the, for the self. Well, I think for the moment, I don't have nothing more to say but probably in the future is we will have more to say about this.

**Interviewer** 3:40:05

Ok well I'll just end the.