18. Interview with Participant 18

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

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

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**Interviewer** 00:05

All right. So, one thing before we get into it is, because we're going to be talking about your psychedelic use and your experiences. One thing that's important to do is just to frame or to let you know what drugs we're talking about, or would like you to talk about when we when I ask you questions about your psychedelic experiences, which drugs that some people may include in that box, actually, that we don't want you to include in that. So, the main the main substances or drugs that I'd like you to include when considering questions related to your psychedelic use, and its effects it's had the classic psychedelics, so LSD, psilocybin, or magic mushrooms, dimethyltryptamine DMT, and also mescaline and the other two are also Ayahuasca and Iboga, these are more natural, let's say. Well, I guess psilocybin is also natural. So, if you've had any of those, or you've also had any of those analogues. So, if you've had an LSD analogue, like a 1p-LSD, for example, or you've had 5-MeO-DMT, instead of DMT, or you've had some sort of 2-CB or something like this, which I think is similar to masculine, any of those two, you can just consider your psychedelic use for the purposes of this interview. The four main drugs that might be considered psychedelics that we would like you to try and kind of separate out when answering the questions is, we don't consider cannabis psychedelic. We don't consider MDMA or ecstasy, psychedelic and we'd like you to exclude ketamine or salvia if you've used either of those.

**Participant** 01:58

Yeah.

**Interviewer** 02:00

Okay. Well, that's, that's basically it. Yeah you have?

**Participant** 02:03

Yeah.

**Interviewer** 02:04

Cool.

**Participant** 02:05

I mean salvia, it's, yeah, it's crazy, It's like a dream. You don't know you smoked it. So, yeah, I can understand why you're seeing it in a different sort of way.

**Interviewer** 02:22

Yeah. Well, that's, I think, certainly, its effects have profound, I've never had it myself but I've seen a few videos of people taking it and it looks like they just disappear.

**Participant** 02:38

You forget, you forget that you just take a drug and then you come back and it's like, when you sleep and have a really intensive dream or something. Yeah. So, that's really what I would call a trip because you don't know where you're coming from or where you're going and so there's, it's just interesting in some kind of way, but it's not helping, or I can't see any therapeutic use of it.

**Q1. Interviewer** 03:13

Alright, well, with that in mind, we'll jump into the questions. So, the first question is, why do you use psychedelics?

**Participant** 03:37

Well, I'd say in the beginning, out of curiosity, so when I was 19, I had this I had only smoked marijuana until then, and then friend introduced me to mushrooms and I've been, I don't know. Yeah, I never wanted to take any other drug than marijuana and then but after trying the mushrooms, just sort of this all fell apart, drugs are bad, kind of thinking and I wanted to just try every drug, I could lay my hands on just to see for myself, what I like what it does, and not reading stuff about it, but just seeing for myself, so I think in those when I was 19-20, I tried really everything and then I could see for myself what I like. In the beginning was a lot of psilocybin but then I later shifted more to LSD and it's so yeah, in the beginning out of curiosity, then then when I was younger, for fun, more fun and in the beginning, then I started taking larger doses and then it became yet the feeling of understanding the world in some sort of way. More for, and it was, well, I mean, it was still a great experience but like, I used to just lay 10 hours on the couch and just staring at the wall and letting my mind drift. Yeah, I don't know if that really answers your question but I, it sort of helps me to get, it's difficult to find my words here. For some sort of wellbeing mental wellbeing and the older I get, I feel I have to take it less frequently but, I don't know, once in a year now, I really have I need like, okay, it's time, time to do it again. Yeah, so it, it can be challenging experience. I also feel like the more you do it, the easier it gets. So, when there's more time in between my psychedelic experiences, they get more challenging but yeah. Afterwards, I always, always great having done it.

**Interviewer** 07:17

I think just a technical thing. It looks like your videos frozen and I think it sort of started lagging a little bit a while ago, which is fine. I don't know how strong your internet is but maybe you'd like to just have your video feed turned off. If your Internet's not super strong, because I can hear you perfectly fine just the I think the video just for some reason just kind of dropped out and wasn't in sync at all.

**Participant** 07:54

Okay, can you hear me?

**Interviewer** 07:55

Yeah, I can. I can. I can definitely hear you.

**Participant** 07:57

Okay. Yeah, I don't know. Somehow. I was disconnected, but I'm back.

**Interviewer** 08:06

Yeah, well, I'll let you know if the if the, if the video just keeps being sort of laggy probably you can just turn it off and that way, because a little bit of it, sometimes the voice would be like talking nice and nice and go through like a little quick one, like how it catches up but I'll let you know if that's the case. So, that way it just, I think the both are nice, of course like to be able to see someone while they talk but the words I think the most important for this.

**Participant** 08:37

Yeah, that's what you can transcribe.

**Q2. Interviewer** 08:40

Yeah. Very hard to transcribe video funny enough to describe body movement. That would be very difficult. I think you've definitely answered number two. Can you talk a little bit about how you first started using psychedelics?

**Participant** 09:04

In the beginning, it was just psilocybin. So, Mexican magic mushrooms. Yeah, a friend of mine went to the Netherlands, where you could buy them freely and so he had a trip there and he came back and was like, oh, you have to try this. So, we found a shop in here in my city where you could buy them. How to say? Under the counter or something and so for quite some time, we did a lot of psilocybin and then yeah, I got interested in other psychedelics and then quickly I got on to LSD, which I liked more. It was longer. So, that was kind of a difficulty but the experience was nicer from my point of view and so from then on, I mostly did LSD and yeah, in recent years I recent years I don't know. It's been a few years now for sure. I discovered DMT and 2C-B and so I did 2C-B in party settings a few times, which I really wouldn't do with LSD and DMT just because of this, how quick it is and the profoundness of the experience that I did that a few times.

**Interviewer** 11:15

Is your, is your use of each of the different psychedelics, do they have separate purposes or reasons? Like, for example, DMT versus LSD versus psilocybin?

**Participant** 11:34

Yeah, I don't use psilocybin really anymore, because I found the experience In the end of the trip, often unpleasant, like depressive moods, maybe a little bit and so I think the most profound experience for me is the LSD experience, just because of how long it lasts, and how much it makes you think about stuff going on in your life and yeah the 2C-B like I said, it's more of a party drug and some kind of, for me, it is it's like the crossover between MDMA and LSD or maybe something. It's more energetic for the body and the DMT is just, I don't know, so interesting, how quickly you can go to places which are not they couldn't imagine a minute before. So, yeah, maybe so maybe the DMT more for the for the visual part and the LSD for the thinking part.

**Q4. Interviewer** 13:26

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

**Participant** 13:40

The, that it changes well it changed my perspective on life somehow or I don't I don't have a, I mean I've taken psychedelics all the time. I don't have a control group of myself to see that I would have gone other in any other direction but I really feel it is that way, that I have this concept of everything's going to be alright really in my, I deeply believe in, it I don't have the feeling to fear death. So, I'm really, how to say, okay, with how I go through my life.

**Interviewer** 15:23

And is there can you, could you isolate that to a particular psychedelic you've used or do you think that's from the totality of use?

**Participant** 15:37

No, it's definitely high dose LSD, which had the most profound effects and I yeah, maybe that's because I took definitely higher doses of LSD, maybe I would have had the same experiences with psilocybin if I'd taken more, but for me, it was definitely LSD.

**Q5. Interviewer** 16:09

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

**Participant** 16:27

Well, you can't, you're not able to hide problems from yourself anymore, you're forced to confront them. So, that's what I said earlier, the more often you do them, the easier it gets, because you confronted all your problems to a certain point. So, when you don't do them for a longer period of time, you tend to put stuff away you don't want to think about and so when you take psychedelics, it all comes up there's nothing to, from your subconscious that you can just put away there. So, everything comes up, I think that's the most challenging part. Also, I'm thinking about another one because it's illegal. When, when I do drugs, it's there is always this but it's not that's always there, but it's a point, which can cause a little bit of paranoia, you know, like, oh, no I've taken LSD, and now somebody will discover I've taken it or something. So, you can never I mean, sure, there are settings where you can feel quite safe, but to a certain amount only so. Yeah, I think about it, that's always been a thing.

**Interviewer** 18:45

Could you go in a little more detail, in terms of what is it about facing problems, or issues that you've put aside or pushed away. What is challenging about facing those? Like, are you able to describe like, what that the type of what that feels like what the experience facing those problems are?

**Participant** 19:11

Well, if you put them away, it's because it's difficult in some sort of way to confront them and so the easiest way is just to avoid, to avoid it and so you tend to not think about it but it's, I think it doesn't go away. It's just really put it out of your focus but the problems, they are still there, and it can be, yeah, so that's all the other stuff you don't want to think about and then then suddenly you have to think about it, you cannot avoid it anymore. So, that's the challenging part.

**Interviewer** 20:22

And is it, does this bring along with it, emotional, physical reactions to those thoughts like as, for example, fear or anxiety or a pounding heart or something like, is there, Is there a component of the difficulty? That's not strictly the idea that you're dealing with, but the reaction or the feeling related to it.

**Participant** 20:51

like a physical reaction?

**Interviewer** 20:55

physical reaction and or emotion?

**Participant** 20:59

Yeah, well, emotional for sure. I mean, it can be grief or anger or whatever the problems are you dealing with but I've never really had physical reaction.

**Interviewer** 21:22

Okay and but you have you had emotional reactions to the content?

**Participant** 21:31

Yeah, yeah. Let me think the, I mean, for sure, when, when I take large doses of LSD, I have moments of, of ecstasy. So, where you, where I find myself almost crying from the beauty of the world and, or I can be sad, because somebody passed away but only in the, in the aftermath. It's more like relief, you know, the problems that you didn't want to think about. Yeah, you confronted them, and it's just a feeling of relief.

**Interviewer** 23:08

Have is that for the most part, when you confront difficult or challenging memories, issues, ideas, or emotions that come up and you as if for the most part that you get the sense of relief? Or are there also does it ever perpetuate the negative aspect that like, actually lasts beyond the experience?

**Participant** 23:39

No, I don't think I had, I have had such an experience.

**Interviewer** 23:44

Okay. So, in the times that you do confront difficult, challenging emotions or experiences or issues you haven't dealt with the feeling you get at the end is just of relief.

**Participant** 23:59

Yeah.

**Q6. Interviewer** 24:00

Okay. So, the next couple of questions are related to how psychedelics have affected your life. So, that's the first question that I'll start with, but it gets broken down into a number of smaller questions. So, I start it broad and then depending on how you answer it, you might answer some of the questions I'm already kind of thinking about asking afterwards, so I'll skip those but otherwise, I'll drill down a bit and try and pinpoint some things I'm particularly interested in learning about. So, the first part is, in what ways have psychedelics affected your life?

**Participant** 24:46

I think for my wellbeing overall. Like I said earlier, not having a fear of death. Which is something we tend to not talk about, about death. So, I think that's the big point of Yeah, that's a big problem people tend to like, try not to think about and this nothing I said earlier also the let's say that everything is okay. There can be challenges problems, but I don't get I don't get drawn into it. I have a feeling of floating above things as maybe a little bit too much but

**Interviewer** 26:14

Would the word detachment here be appropriate?

**Participant** 26:17

Yeah. Yeah. Like a little distance or something to problems, yeah and also the notion that the reality that you think, you live through is really a really subjective one. So, you can, I mean, you can change it in such profound ways. It's just yeah, it's not appropriate to say your reality is anything else, but subjective feeling.

**Interviewer** 27:14

And just a follow up on the wellbeing, you said it affected your wellbeing overall, I am assuming you mean that in a positive sense, like, an increase in wellbeing.

**Participant** 27:24

Yes.

**Interviewer** 27:24

Yeah. Okay.

**Participant** 27:25

Yeah.

**Interviewer** 27:26

And one of the questions I have with the, you've said, a few times now that you sort of don't have a fear of death, and I'm just curious, is this, obviously, you're alive. Is this a sense of like, a reckless sense of like, it doesn't, drive fast cars do risky things, it doesn't matter if I die or not? Or is it a different sense of like, not being afraid of it, but not necessarily, trying to encourage it or to increase it occurring at any moment sort of thing.

**Participant** 28:08

Definitely not trying to encourage it. No, that's not that's not how I meant it. No, just to know, it's going to happen and to accept it, and embrace it a little bit. See that, that death is a part of life and there's no life without death.

**Interviewer** 28:48

And is that, I mean, that's a, everyone knows that and it's sort of, like, no one is unaware of that at some point, you die but is that knowledge, something different to then before? Having used psychedelics, I was it. Could you describe how that is?

**Participant** 29:07

Yeah, I think I think everybody knows it, but I, my feeling is most of the people try not to think about it and that would be, though, I really think that's one of the main problems to, I think I would have done if I hadn't taken psychedelics to don't think about death and try and see it as some sort of unpleasant topic and just try not to think about it.

**Interviewer** 29:53

Okay, that makes that makes sense so, in some sense, because you've said here not being afraid of it and being accepting of it, and I, I see how those sort of fit together. Whereas someone who might have issues with it sees it as something they don't want to happen and resist it, but, and asking you that as well it's not that you want to die at this moment. Is it, is your acceptance of death and the reduction or loss and fear about it. Is that related to any changes in beliefs about what happens after death? In terms of, you know, the spiritual, religious, metaphysical?

**Participant** 30:45

No, I'm, I'm convinced. There is nothing after death, and I will just be gone.

**Q6a. Interviewer** 31:05

Okay, right. Has your personality or identity been shaped by your psychedelic use?

**Participant** 31:21

Yeah, I guess so. I know, I think they shaped quite a part of how I see the world. How I what I think is right or wrong. Or, I definitely think so. I mean, I was 19, when I started, that's an age where a lot of stuff falls in place, so.

**Interviewer** 32:08

Could you talk or elaborate a little bit on this idea of shaping how you see the world? Is that is that particular feelings or beliefs you have about certain ways the world is or is that a more general comprehensive change?

**Participant** 32:44

I don't really know how to answer that question.

**Interviewer** 32:47

That's alright.

**Participant** 32:47

How do you mean comprehensive change?

**Interviewer** 32:51

So, I'm sort of thinking you might have had particular beliefs about. So, you said right or wrong, for example. So, you might have particular beliefs about what was or wasn't acceptable. Before

**Participant** 33:05

Or I just didn't thought about it.

**Interviewer** 33:07

Or you didn't, or you had also not thought about it but the general one is more like, because I'm sort of you said here, for example, it changed your notion of reality and that, basically, you know, it's highly subjective and that idea in itself sort of really underpins all of your experiences. So, that's a quite a general kind of change in someone who would say, No, no, there's objective reality and it's, and it's definitely there and this is what it is first time is like. Well, you know, it's all subjective as one example. So, I was wondering if anything came to mind when you when you think about how it shaped your worldview, if there's any particular or very general scope that you could be like, this is before I was sort of like this, and now actually, I'm much more like this.

**Participant** 34:09

Well, I guess I'm more aware of things because it's like a training also to try and be more conscious about other people or your surroundings in general.

**Interviewer** 34:52

Thank you. Um, I know some of these questions are difficult, definitely difficult to answer.

**Participant** 34:59

It's not yes or no questions.

**Interviewer** 35:01

No, it's not. It is it is that, when asking questions, you know, how has it changed you? And I do I as best I can try to get into the nitty gritty of like, if someone has an idea of what that is like to articulate that, so that it gives it more form so that we can sort of see how this is this is how it's changed for this person. So, if you can't, that's totally fine. That's not, so if you find some of these questions.

**Participant** 35:35

It's more rough. It's more rough for me. I guess there is not the really details I could give you it's more of a sense of navigating the world with different mindsets more. Being open to things, trying new things. Yeah. I mean, I think it goes against being closed minded.

**Interviewer** 36:22

I'm just for clarification, what would you consider close mindedness? What does that look like in a person?

**Participant** 36:30

Well, to be, to think that your way of life is the right one. The only one there should be, not being open to new experiences.

**Q6b. Interviewer** 37:02

Yeah, so if you have any difficulty, like if some of these questions you're also kind of have ambiguity on so I asked you, for example, has it affected this area life in your life? Ehhhh, maybe but I'm not really sure. It's okay to just leave. If you really don't feel like you have, you can speak to that as in like, you have a clear answer. You can just say, I'm not really sure and we can move on. Some of these questions are just not going to be apply to you in terms of like, you noticing there's been a difference or anything like this. So, yeah. Has your psychedelic use altered any of your long-term goals or life purpose?

**Participant** 37:51

No, I don't think I had any goals. Well, maybe focusing more on my wellbeing than on, how to say, like money to put it simply.

**Interviewer** 38:30

The idea of success and

**Participant** 38:33

Yeah.

**Interviewer** 38:34

getting ahead, nice car and house?

**Participant** 38:38

there again, I don't know. What would have been if I had not taken psychedelics, but I think that it definitely moves me more in that direction, even if I was already going that direction.

**Interviewer** 39:00

Yeah, I was just thinking the word there might be materialistic.

**Participant** 39:04

Yeah, that's a good expression.

**Interviewer** 39:09

Yes, well, it's life, isn't it, you don't have a control group for yourself.

**Participant** 39:14

Yeah.

**Q6c. Interviewer** 39:18

So, which is perfectly okay, because, I mean, that's just an obvious limitation of the study. It's like I can't expect people to be like, Oh, I have my twin. My Identical twin that never did this, you can compare us. Have psychedelics caused you to seriously question your own beliefs?

**Participant** 39:49

No, that I don't think so. I no, I was never really believing anything and, no.

**Q6d. Interviewer** 40:05

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

**Participant** 40:18

Yes, yeah, yeah. I mean, I mean, sometimes I think even if I would just lay on the couch for 10 hours, not taken psychedelics, this would already have a lot of effects on how aware you are of things or what, just to confront yourself, you know, just think the psychedelics helps you motivate to do it.

**Interviewer** 40:54

Without the TV on.

**Participant** 40:56

Yeah.

**Interviewer** 41:03

Would you be able to speak to some of the, if you can, what you understand about yourself now that you hadn't before? Like, are there any key thoughts or ideas or feelings about yourself that have, that come to mind?

**Participant** 41:29

Well, like I said, this this death theme, that's something and I can't really think of something else.

**Q6e. Interviewer** 41:56

Has your psychedelic use affected your use of other drugs?

**Participant** 42:09

That's a good question. Has it? Well, if so, I think I take less other drugs because of psychedelics because I'm more, okay with how I'm right now. So, I yeah, I feel more at ease at any time. Yeah, I guess I can say that.

**Interviewer** 42:59

But in terms of specific drugs, there's nothing that comes to mind? Where it's like I used to drink a lot and now it's reduced substantially?

**Participant** 43:16

Yeah, maybe I can like that, well, taking drugs for, like, recreate in a recreational way, and never to deal with problems. You know, like, I would be drinking to forget stuff or other things, you know, so, I don't I really don't do that.

**Interviewer** 43:41

So, and do you, do you think that is related to your psychedelic use? Do you, would you, I guess this is the control group problem, but would

**Participant** 43:59

Yes.

**Interviewer** 44:01

Did you before had you had behaviours where you would use drugs as a way to cope with issues you didn't want to deal with?

**Participant** 44:13

No, no.

**Interviewer** 44:22

I guess if you could not a question but more like a statement, but to give your thoughts on it. Does psychedelics serve that purpose for you? So, they're like LSD, for example, you said, there's really good for how it affects your thinking and you face the sort of the issues you've pushed aside. So, by confront like, it does the opposite of say, alcohol, where you drink it to forget that you actually take psychedelics to confront and resolve.

**Participant** 44:55

Yeah, that's a good point. Yeah, for sure.

**Q7. Interviewer** 44:58

Okay. Have your psychedelic experiences affected your relationships with significant others? and here significant others as, for example, wife, girlfriend, boyfriend, children, brothers, sisters, parents, friends, co-workers, anyone who's important to you.

**Participant** 45:30

You mean from how I feel, regarding to them or how

**Interviewer** 45:35

Yeah, yeah. So, both ways as well. So, maybe as well if there's been a significant change how they respond to, you.

**Participant** 45:44

No, well, I guess no, no, there hasn't been. I mean, if my parents knew all the stuff I would do, maybe there will be a change, but.

**Q8. Interviewer** 46:06

I have this question is similar to some others that are asked, and there's and there's also one question, which is similar to this one, I'm going to ask next and they just worded slightly differently in case that brings up other ideas. So, but if not, we just skip across. So, the question is, have psychedelics changed how you think and feel about yourself?

**Participant** 46:35

Yeah, well, how I feel, like I said, more at ease with any given situation. I think of myself. Well, maybe not. Maybe I take myself less, less importantly. I mean, that my own my own reality is, like, all I have, and just to being conscious that it's just really, really teeny tiny part of the whole world surrounding me. Just to maybe that's the way I think differently of myself.

**Q9. Interviewer** 48:15

Have psychedelics changed how you view yourself?

**Participant** 48:28

No, I mean, not nothing, nothing to add there from being a small part in the big world.

**Q10. Interviewer** 48:52

Have psychedelics provided insights and how to live life well?

**Participant** 49:02

Yeah. I mean for myself, I think so. I don't know if it's like it's more insights than just the general feeling that I get. It's not a special idea of oh you should do this or you should do this and then everything is better. It's just the feeling of going through the world is better.

**Interviewer** 50:14

So, would you It seems like a some of the things you've been saying. Has it affected your moods or your emotions notably? So, you're saying you sort of ease with the world, but is there, is there a noticeable difference and how you emotionally react to situations?

**Participant** 50:45

Um, yeah, that with the what was the word that distance but

**Interviewer** 50:54

Sort of disconnects not the right one, it was disassociate.

**Participant** 51:00

Yeah. So, with every type of situation, I don't, yeah, I get less drawn into it. I can, I think I'm more calm in a lot of situations.

**Interviewer** 51:27

Does that, does that flip over to positive emotions as well? So, calmness in some senses like a kind of a mood in the centre. Do you get as, do you, have you lost the sense of excitement or?

**Participant** 51:43

No, I haven't lost it but I think to some points. It would be that way. So, yeah, maybe cut off the really high excitement peaks, but not to not to point I think I'm just a zombie roaming the world.

**Q11. Interviewer** 52:16

Well, that's good. I have to get rid of all the data if you're a zombie because I'm only interviewing humans. I'll qualify this but I'll ask I'll say the question first. So, it is have psychedelics shaped your worldview? And I'll just qualify what I mean by worldview here and that's to do with limiting the scope to earth and sort of human's, impact on Earth, humans, how we interact with each other, you know, politics, obviously, how our systems are running, has it changed how you sort of think about that whole messy, dynamic systems?

**Participant** 53:34

I think it must have because of all the other things I said how it affected me. So, obviously, there must be something in that that direction also, but I could not say some specific point there.

**Interviewer** 53:56

Yep. Cool.

**Participant** 54:02

I mean, now that I'm thinking of it, the experience when taking psychedelics and being in the nature environment, I think this obviously, shows showed myself that it's something we have to protect and conserve even more than it would have been without psychedelics. So, I think that's definitely something.

**Q12. Interviewer** 55:04

Yeah, that was the next question. So, yeah, the next question was have psychedelics changed your, well similar, changed your relationship with nature? So, I wonder so you've said it sort of changed how you thought about it? Has it changed any behaviours related to nature?

**Participant** 55:33

No. I couldn't think of a.

**Interviewer** 55:43

Okay, just so like an example, maybe in case, it's just the thing is like, maybe you spend more or less time going on hikes in nature, or maybe you now recycle your plastics more, because you're concerned about the impact that has on the environment. So, it's things like that, maybe, you know, they don't have to be necessarily direct interactions but, anything in that sense?

**Participant** 56:17

No, I couldn't think of something. I mean, I tried to do my best in every possible direction. So, but there is nothing I would say, that has especially been affected.

**Q13. Interviewer** 56:34

So, we're changing the question, direction, or topic now. So, the previous ones were sort of what you think about and how they've affected you and going into things such as like that. The next 11 questions are looking at how you use psychedelics. So, what is your particular, not if you necessarily have a style, but if you engage in using psychedelics. I mean, you do, but how do you do it. The types of preparations, the way that you prepare yourself the way that you do you know, the physical things, and maybe the mental things that get you ready to experience it. So, that's the direction for the next couple of questions. So, the first one is, how do you prepare yourself for a psychedelic trip?

**Participant** 57:29

I think I'm going to have to differentiate between the different drugs because when I smoke DMT, at there is no special preparation. When I take 2C-B neither, but when I take LSD, I try not to eat so much before or even best, don't eat anything because it, yeah, it affects the stomach. I make sure I'm in a place where I feel well that I feel well myself. So, set and setting and also, to really make sure that there will be nothing that can bother me while I'm while I'm taking the drug. So, I usually I like to take LSD at night. So, after sunset or in the evening when I don't have any appointments anymore because I know that I won't have any phone calls or people knocking at the door or whatever other thing can happen that will disturb me in any way and I also try to have the next day ya no, especially to myself, but to have the space to think about what I experienced and to not have a lot of stuff going on the next day and also, now that it's gotten there's more time between taking the drugs I can also, how to say, take it on vacation, you know, like, I it's not like okay, take it every two weeks and how can I, I can do it in my home but it's like, oh, I'm going to be in France in a nice house in the summer and I will do it then because that's also a point where like doing it at night being in another place which gives more tranquillity throughout the whole experience

**Interviewer** 1:00:58

With you, you mentioned that the following day, you would spend thinking about and, I don't know, the only word I actually remember I think you said thinking about after the trip, is that how do you make that day, Is that day specific features designed to have no activities you're required to do or are you do you take LSD, for example, and you might have appointments or things that you do need to deal with on the following day?

**Participant** 1:01:34

Well, I wouldn't do it if I have to work the next day. So, I guess it depends on the appointments, with good friends, I can talk about it. Yeah, I might, I might see them but in general it's better to have no appointments and that again, just goes for LSD. Yeah, when I discovered DMT sometimes I would smoke before going to work.

**Interviewer** 1:02:14

Okay. I've heard a being called the businessman’s high.

**Participant** 1:02:22

Yeah, it's I get really physical experience of, I have to look up the word, relaxation, you know, from after smoking It and it's so short and I did it a few times when I discovered it.

**Q14. Interviewer** 1:02:53

You're just going interdimensional travel and then come back to the office job. Hold on just going for smoke. Where do you normally take psychedelics and why do you take them there?

**Participant** 1:03:25

So mostly, mostly inside, at first, because I feel safer and that I'm not going to be disturbed and then but later on when the effects start to wear off a little bit, and I really enjoy going outside and into nature. Yeah. Except for 2C-B which I would take on festivals outside with a lot of people around.

**Interviewer** 1:04:26

Have you ever tried the combination of MDMA and LSD at the same time?

**Participant** 1:04:33

Not quite at the same time, like I would take LSD maybe after an MDMA trip. So, I guess there's some sort of combinations but not directly at the same time.

**Q15. Interviewer** 1:04:53

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

**Participant** 1:05:03

No.

**Q16. Interviewer** 1:05:13

How do you prepare the space when you take psychedelics?

**Participant** 1:05:22

Well, I think I tidy the room. Yeah. I don't know. I think it would be okay in a messy place also, but I, maybe I feel I can think more clearly or I don't know when the space is clean.

**Interviewer** 1:06:05

And what about so you said you take it at night, what about lighting and heating? Is there any specific stuff you do around that?

**Participant** 1:06:21

Well for the lighting taking in night, I really then I get to see the sunrise, which is something that's always very nice. So, that puts a special mood, especially when the effects start to wear off, which I like. Other than that, well maybe I wouldn't put really a bright lights. So, yeah, so that's something I don't especially think about now that you asked me the question and I do I see. Yeah, I would. The light would be more dimmed. Why? I guess because I you can see hallucinations better. If It's not in bright light and heating. Yeah, I have the experience quite often that when taking psychedelics, I get cold feet and cold hands and I can heat as much as I want this. It's coming from inside. So, there's nothing I can do but I'm aware of that so.

**Interviewer** 1:08:00

Have you ever, just curious, have you ever had anyone touch your hands and feet to see if they're, they feel cold to them in that moment?

**Participant** 1:08:16

I can't think of it. I'm sure I did at some time because it's something that can really she can really get into it but I cannot think of it right now.

**Interviewer** 1:08:35

Okay and just in terms of the lights again. Are you at night time, do you have the dim lights on all of the time or do you do it in darkness, A lot of as well?

**Participant** 1:08:50

No, I don't do in the darkness.

**Interviewer** 1:08:52

Okay.

**Participant** 1:08:54

When I smoke DMT I mostly just close my eyes. So, I think lighting just doesn't matter.

**Interviewer** 1:09:11

And can I ask, is there a specific, do you have, is there a reason why you don't do it in complete darkness?

**Participant** 1:09:26

Not really, I think I just I have not think, I have not thought about it and when I take psychedelics, I'm more of doing like introspective trips, then partying and having fun with people most of the time. So, that would enhance the experience, I guess somehow, but I've never, never thought of it. So, I, yeah when I smoke DMT like most of the time, I just have my eyes closed. I do it also, sometimes when I take LSD, I just close my eyes. Yeah, maybe I have to try that.

**Interviewer** 1:10:13

Could be fun.

**Participant** 1:10:15

Yeah. Could be fun.

**Q17. Interviewer** 1:10:22

Just for catch all one, are there any other preparations you make prior to taking a psychedelic that we haven't covered so far?

**Participant** 1:10:42

Well, when, yeah, when I take LSD often, I think beforehand, like the music that I will put on because, yeah, I just like to turn the music on and just let it go and sort of follow through instead of changing it all the time. Yeah, that's, I guess that's.

**Interviewer** 1:11:24

Do you have in terms of music, is there a specific genre or type of music you listen to?

**Participant** 1:11:33

Now, I guess it goes in every direction. Yeah, like, it can be classical music. It can be music from the 60s. It can be goa or electronic music. Yeah. So

**Interviewer** 1:12:03

Is this music that you would normally listen to or is it special or specific to psychedelic drugs?

**Participant** 1:12:12

No, it's usually music I listen to. I mean, I've had experiences where would listen to shigong music? I wouldn't listen to it outside of psychedelic experiences, so maybe that but there was just one time but yeah.

**Interviewer** 1:12:35

Okay and one other one final thing on that as is the music that you're listening to. Maybe if you can give me either, like, sort of a percentage or a weighting is in terms of vocal singing verse just musical instrument sounds, is there a preference towards, Like, just sounds with no words or a mix of both like It's not a thing? Like yeah.

**Participant** 1:13:29

Well just sounds of instrument is more neutral in a way. I guess when there is a voice singing it would depend on what that voice is singing. I'd say maybe 30% with the voice and 70% without the voice something like that.

**Interviewer** 1:14:13

Is that different to your normal tastes in music. So, in terms in terms of the weightage for example of voice to non-voice

**Participant** 1:14:32

maybe would be 60/40 without the psychedelics or 60 for the non-voice just a little bit different.

**Interviewer** 1:14:43

Okay but for the most part, just music you listen to?

**Participant** 1:14:47

Yeah.

**Q18. Interviewer** 1:14:48

Okay. What are you normally doing physically during a psychedelic trip?

**Participant** 1:14:59

I lie around.

**Interviewer** 1:15:02

lie around.

**Participant** 1:15:03

Yeah or, again in the case of 2C-B dancing.

**Interviewer** 1:15:21

Do you dance, on LSD for example, when you're just doing it by yourself?

**Participant** 1:15:28

No.

**Q19. Interviewer** 1:15:42

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

**Participant** 1:15:56

Yeah, almost everything. I try to do as little as possible and avoid anything that would interfere in my experience.

**Q20. Interviewer** 1:16:40

Is there anything special you do after a psychedelic trip?

**Participant** 1:16:53

No, I guess I, I try to eat something because I haven't eaten in a long time. I try to sleep because I've been awake all night, which is rather difficult. So, I found myself 16-18-20 hours after taking LSD and still not being able to sleep. So, this can be quite exhausting, because there aren't really any effects there anymore and you're tired and it's been a long time already. So, I found that drinking a little bit of alcohol after when it gets so long that I can't sleep. This sometimes helps me to sleep.

**Interviewer** 1:18:11

And is that. Common. So, you, from what I understand you typically take LSD in the evening to go through the night. Are you, is it normal for 16 to 20 hours, you just can't sleep? So, it's almost like you go to sleep the following night?

**Participant** 1:18:35

Yeah. I mean, there were times when it was really easier for me, but the last years every time I took it, it was really difficult to get to sleep afterwards.

**Interviewer** 1:19:07

Yeah, I have the same issue.

**Participant** 1:19:10

Yeah. Okay. What do you do? You wait.

**Q21. Interviewer** 1:19:19

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

**Participant** 1:19:31

I try not to no not really. I try not to do stuff, I know people who take psychedelics and then they start thinking about things they don't want to think about and then they try to distract themselves or yeah, I just will go through that.

**Interviewer** 1:20:07

So, you don't, if unpleasant thoughts or ideas or imagery or something comes up, you just stay with it?

**Participant** 1:20:15

Yeah.

**Interviewer** 1:20:16

You don't try and push it away or get rid of it or something like this? Is this in a sense of sort of acceptance of it? In terms of like the if you're having negative content imagery that's fear inducing, or just unpleasant. Is it like, you just sit there and accept what's happening? Or you, is there some, Is there anything going on in your head,, In terms of like, uhhh this is unpleasant, but I can't do anything about it so I'll just deal with it or like, I wonder, yeah, I wonder if you could speak to like, what that when you when you face something that you're you don't particularly enjoy, what's going on through your head in that moment?

**Participant** 1:21:17

I think acceptance is a good word and it's always good to know that I have taken a drug that I'm in a special mental state right now. Yeah.

**Q22. Interviewer** 1:22:10

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

**Participant** 1:22:26

Can you give an example?

**Interviewer** 1:22:28

Sure. Oh, sorry I thought you said can I give you an example. Yep. So, in a very kind of typical sense, it might be you might do some journaling, for example, you might write down your experiences, during or after the trip and, and just read over them and think about them. Other people do meditation, for example or do some sort of physical practice or mental practice that to make sense of their experiences.

**Participant** 1:23:00

No, I don't do that.

**Interviewer** 1:23:02

All right. What about talking to people? Is it common for you?

**Participant** 1:23:12

Yeah sure.

**Interviewer** 1:23:13

Yeah?

**Participant** 1:23:14

Yeah.

**Interviewer** 1:23:20

But is that kind of directly after the experience or is that just more in general?

**Participant** 1:23:27

Both. I think I can say I've been advocate for psychedelic use my whole life. So, I talk to a lot of people about the experiences that I've had and yeah, and when I'm, I usually don't do it alone, but with one, maybe two other people and so during the experience, I like to be more for myself and think about it, but when you feel the effects are getting start wear off, then we start to talk about what we experienced.

**Interviewer** 1:24:32

So, you're just saying that you actually normally when you're taking say LSD, you're doing it with other people at the same time?

**Participant** 1:24:40

Yeah. Yeah.

**Interviewer** 1:24:43

And are they, are they your friends or family or what's the people who you do it with? Is it the same people most of the time?

**Participant** 1:24:54

Yeah, I guess so. So, I have a good friend. I know from kindergarten and he's also the one who went to the Netherlands to buy the mushrooms and brought them back. So, we sort of discovered psychedelics together and so, in the beginning, when I started taking them, it was more with more different people but we ended up doing a lot of, how to say the profoundly changing high dose trips together with them and since then, with my girlfriends that I've had since then. Yeah, I mean, there are always situations, for example, 2C-B and party context, or when just smoking DMT with some people that I would differ differentiate there but with LSD, it's not so many different people.

**Interviewer** 1:26:19

And have you ever done it on your own?

**Participant** 1:26:23

No.

**Interviewer** 1:26:25

And is there, do you have a reasoning behind that?

**Participant** 1:26:42

Well, I don't know maybe, in general, I'm just social drug consumer. So, I mostly wouldn't even smoke a joint alone, just when I'm with other people, or the same goes with alcohol. So, maybe there's, there's a bit of that and also, this affects this aspect of that, I don't know, I fear, there will be a situation for which I'm not prepared, wherever it can be that can happen and it's always good not to be alone. So, yeah, to have to always have second thoughts available.

**Interviewer** 1:27:52

And has have you had experiences on psychedelics where you needed the assistance of your friends or girlfriend or the people around you to help manage the experience?

**Participant** 1:28:19

Not for some specific event but when, when the first times, I had really high doses of LSD, I guess, it was just good that there is somebody else around and there was. You know, we just look at the each other and say, Wow, and that's it, you know, but just so yeah, it's good that there's somebody else there.

**Interviewer** 1:28:51

So, the, the presence of a person more so than needing to have a conversation or someone to look after.

**Participant** 1:28:59

Yeah.

**Q23. Interviewer** 1:29:25

Are there any noticeable changes in how you think or feel in the days or weeks following psychedelic use? And I guess, in this case, not including DMT if it's, such a short acting experience.

**Participant** 1:29:42

Yeah, but I mean, after smoking, DMT for one, maybe even two hours, I have a really physical sense of relaxation. Like I've just had a massage or something and for LSD. I'd say, especially when I get to sleep sometime, and then I wake up the next day, it's really a good day. So, yeah, it's like I've been on vacation and I feel overall positive.

**Interviewer** 1:30:49

And is that related to? Sorry? not related to, does that last beyond the day after you go to sleep or is that limited to just the day after?

**Participant** 1:31:05

Well, I think that the day after, it's really very noticeable and I can attribute it to my psychedelic experience the day before but like we talked before, earlier, it's affected. my overall wellbeing so that's something that just stays.

**Q24. Interviewer** 1:31:42

Has how you use psychedelics changed over time?

**Participant** 1:31:49

Yes. So, going from the, how do you say, curiosity to just having, joyful, funny experiences with friends, too and really, quite often, like, I don't know, more than once a month, do it for a couple of years. So, going to something more personal introspective, and really not, not that often anymore. So, that has changed and even though I had this, this period of time, where I used to try all the drugs I could get in my hands when I was 19. I somehow missed DMT. So, I discovered that really, quite late. I think for, how to say it, for the space that drugs took in my life, or the interest I had in drugs, I think I've discovered DMT quite late. So, I that's something I did quite often for a period of time.

**Interviewer** 1:33:33

DMT

**Participant** 1:33:34

Yes.

**Interviewer** 1:33:38

And also in terms of how you use them. So, I guess, from the different purposes originally, so from curiosity to fun with friends, and then to more introspection, there's likely been a sort of shift in the environment and the way in which you use the drugs but in terms of your personal introspective use, has the as how you use psychedelics within that purpose has that has how you use them, and that purpose changed?

**Participant** 1:34:19

Well, I think it wasn't really a purpose in the beginning just but after taking it I kind of discovered the purpose around it and I guess not so much. No, I have not a new perspective on taking psychedelics.

**Q25. Interviewer** 1:34:50

cool, don't have to if you've got a good method, stick to it. So, the next few questions. So, that's all the questions related to the how the next few questions are going to ask about psychedelic experiences in particular. So, there's two questions that I'm going to be asking about specific psychedelic experiences. One is, can you describe your most challenging or negative psychedelic experience, and another is, can you describe your most memorable or life changing psychedelic experience. So, for some people, those are the same, same experiences for other people, they're different but I just, I let you know them now in case, it gives you some time for those to sort of like bubble up to the surface, what the ones you might want to talk about and in terms of memorable or life changing, it can also be the most positive experience as well, if you'd like to frame it that way but sometimes, memorable and negative are the same thing as well. So, before I ask that, there's one question that I would like to ask first, which is, and this is related to you, personally, and your experiences with psychedelics, and your understanding about them, is, what do you think is the core psychedelic experience?

**Participant** 1:36:27

The core psychedelic experience.

**Interviewer** 1:36:32

I can elaborate a bit more if you need a bit more?

**Participant** 1:36:35

Yeah, please.

**Interviewer** 1:36:35

Okay, so an alternative way that I phrased this is, what is unique or special about psychedelics for you and so if you take both of those, they're sort of overlapping. So, psychedelics are different from other drugs, you know, we try and separate them out and say, Hey, psychedelics have this these interesting specific effects but for each individual, not everyone's going to get the same kind of effects for them, and some effects are going to be more or less important, depending on the person. So, for you personally, I guess another way of asking it is, is kind of similar to the meaningful valuableness but it's, it's really trying to get at, like, what is the most important deep experience that you have during a psychedelic trip that really makes you know, come back to use it multiple times. What's the core of that interest or motivation?

**Participant** 1:37:39

To get that, in that state of, of mind for defined almost period of time and to see the world with different eyes, and I mean, that can go in every direction, but just that it's so different from our typical, day to day experience and for speaking for myself, it's that it's, like I said, I have an increased feeling of wellbeing. Yeah.

**Interviewer** 1:38:45

So, if I can have a little follow up on that this idea that the psychedelics give you a new view of the world, or see the world with different eyes, and that's significantly different from just normal, conscious experience. Other drugs that aren't psychedelics can also produce very different types of experiences that aren't similar to sober consciousness but you might choose to use psychedelics rather than say, MDMA, or ketamine or salvia, for example. So, I wonder, is there are you able to refine that a bit more in terms of like the specific specificity or the specifics of psychedelics? So, yes, they make it a significantly different change in how you see the world but is it is there a particular way in which you have that experience, which is special to them, that is what makes psychedelics unique?

**Participant** 1:39:52

I guess it's a lot of the other drugs. It's really more about the moment you are experiencing, and psychedelics, I would say it's, I think way more about it when I'm not having a psychedelic experience, so it's something. Yeah. It's not only about that moment, things are different or changed even for weeks or month after an experience.

**Interviewer** 1:40:54

So, the one of the important or core aspects is the fact that this has long term changes, that you don't necessarily experience those using other drugs?

**Participant** 1:41:17

I think that's a big difference but I would I mean, I would still do psychedelics, I think if it's, it would be just for the moment, as well because in the moment, it's mostly very pleasant experience of joy and ecstasy. Yeah, I hope can satisfy your question.

**Interviewer** 1:42:01

No that's, that's good. I'm just making just in case there's, because I know, English isn't your first language. So, maybe coming up with a few ways sort of draws out or gives enough context and words to you like, Ah, yeah, that's it and then you have it.

**Participant** 1:42:21

Yeah, I know there are special terms, like I could explain really better in German. The precise thing that I want to tell you and I have to take shortcuts sometimes when talking English.

**Q26. Interviewer** 1:42:35

Yeah. Yeah. Yeah. Well, but my girlfriend, she says, I've been, you know, she's gotten much better at English. I mean, she was really good before but that is the thing is like, it's not your native tongue and you've got words you just like, I could say this. So, could can you describe your most challenging or negative psychedelic experience?

**Participant** 1:43:20

Maybe there is a few because they're very different. So, I had an experience when I smoked DMT that I had voice screaming in my head really, really loud at me, and it was very unpleasant. Almost physically but that's just, you know, a few minutes and then it goes away, and I've never had anything like it again and I've had very unpleasant experience was also with psilocybin. That the end of the trip I tended to get, not depressed by having a very negative feelings of what's the purpose of life anyway, you know, like, yeah. So, I, I got that a lot. There was not too one experience, which I can pick out but I think that's why at some point, I only started using LSD because I have not had that bad feelings but for the for the challenging part, it's the first times, I still get it now when I take LSD is always the onset when you've taken a large dose and you're and that really starts to kick in heavily and you're doubting shit, what have I done? How much have I taken? is this okay? Is this safe? So that's a point. Obviously, you have to go through but that can be challenging moments. Yeah, but I guess overall I've not have had specifically very bad moments. This is just yeah, I think it's mostly the very positive.

**Interviewer** 1:46:23

Was in terms of your psychedelic, LSD use, what, when you're doing high doses? What sort of range, are you talking about here?

**Participant** 1:46:32

Oh, sorry. You got you got, interrupted.

**Interviewer** 1:46:35

Cut out?

**Participant** 1:46:36

I couldn't hear what you said.

**Interviewer** 1:46:38

So, the question was, in terms of LSD, you're talking about high dose usage. I just wondering what's the sort of range when you're talking about what is high dose for you?

**Participant** 1:46:54

I guess it must have been between 500-700 micrograms but that just from so sometimes, I took like four, four drops, and I know that one drop is already quite a strong experience. So, that's just where I come to estimate how strong it is.

**Q27. Interviewer** 1:47:43

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

**Participant** 1:47:50

Yeah, I guess that's when I first did this high dose LSD. I was with my friend, which I knew from kindergarten, and we were at his parents place and that was, for the first time the sense of complete ego dissolution being one with the world everything like I remember laying on the couch and just looking out the window and seeing the clouds and I think I must have been there for really long hours not moving and just looking at the at the clouds and this was, yeah, that was really profound experience.

**Interviewer** 1:48:58

And whether any significant changes that occurred due to that particular experience that you can remember?

**Participant** 1:49:16

I mean, from all the things that we were talking about before I think I can relate a lot of the feelings and thoughts. I have to this one trip, because it was the first time but it was such so strong. So, in some kind, all other trips are shadowed by that one experience. Yeah.

**Q28. Interviewer** 1:50:16

Cool. So, actually interesting question follow up on that is, if you have ever experienced ego death, or ego dissolution, in the sense of you've described it, could you describe what it was like?

**Participant** 1:50:54

It's a sense of complete oneness with the world or the universe, if you want to put it that way. Like being thrown out in the ocean, all by yourself, but in the positive mood. It's hard to grasp and to put it into words. I mean, there's a feeling of complete ecstasy, like, you have so much so much joy. Or I had so much joy in myself that I, like your chest wants to explode with joy, and I have no more words for it.

**Interviewer** 1:52:15

A few questions and follow up on that is, was there during this experience of ego death or ego dissolution. Was there a sense in which you still had a body or had you lost the experience of having a particular human form?

**Participant** 1:52:41

Well, I guess I wasn't thinking about it anymore. Yeah, so it's like it has become unimportant. I mean, it's been it's been, it's been 15 years and I can I really could have been last week. So, it's, like, positive trauma.

**Interviewer** 1:53:28

We should we need to make that a slogan. That is a long time ago.

**Participant** 1:53:37

Yeah.

**Interviewer** 1:53:47

And in terms of what you remember about it, do you, is it mostly related to the feelings that you experienced or do you have a sort of like chronology of the different things that happened during that experience?

**Participant** 1:54:04

It's mostly feelings, like the intensity of hallucinations is maybe something that I can remember, but it's mostly this, just this feeling in my in my spine and in my chest.

**Interviewer** 1:54:24

It has been a long time ago, but I wonder if just one last question on that is, do you remember if during the experience of ego dissolution or ego death, was there a sense of having a personal identity? Was there still who you were your history, your you know your relationships with other people or did had that dropped away?

**Participant** 1:55:10

I think that's not something I was thinking about, like the experience like the picture, put here being in the ocean. Yeah, there was not much going on outside.

**Interviewer** 1:55:30

Okay and what have you had some? Would you have you, sorry? Have you had other experiences of ego dissolution of ego death in subsequent psychedelic use?

**Participant** 1:55:45

Yes, but yes, I have I've had a few, but that the most memorable because it was the first I guess this is what, Yeah, shook me the most.

**Q29. Interviewer** 1:56:09

Have your experiences with psychedelics affected your spiritual or religious beliefs?

**Participant** 1:56:18

No. I mean, I didn't believe in God or something before and I still don't.

**Interviewer** 1:56:40

Has there been any shift in terms of you mentioned a little while ago, or more than a little while, the idea of being more open, like your experiences? Has that does that apply to also spiritual religious beliefs? Are you more open to them or is it you're just set what you'd say the same position, you were, in the since that beginning?

**Participant** 1:57:12

Well, I think maybe in some way, it's even the opposite that I see this subjectivity of my, of my reality and some points so I, I would if there is some sort of religion or something I guess I would tended to question that even more than I would do before or without psychedelic experiences because there is always this, this aspect of how to put it this religion is the right one or this way of thinking is the right one and I think my psychedelic experience goes against that.

**Q31. Interviewer** 1:58:21

Yeah, we've answered that one that this is a more secular question to the one that I just asked, but have psychedelics changed any fundamental beliefs about the nature of reality?

**Participant** 1:58:44

Maybe that if there's something that you can call reality it will be even more difficult for me to grasp then than before.

**Interviewer** 1:59:05

So, you don't have the answers for me?

**Participant** 1:59:07

No, I don't \*laughs\*.

**Interviewer** 1:59:08

Awww why do I bother \*laughs\*?

**Participant** 1:59:12

I just know there's even more questions \*laughs\* but I am really okay or it's I don't see it in a negative way to not have the answers. You know, maybe before you want to understand why are things like this and not like this or the other way round and yeah, I have a feeling that it's okay but there are things I don't understand. Now, I would like to understand, but it's okay if I don't.

**Interviewer** 2:00:14

How does that fit with your studies, I just wonder? So, going deep into nanoscience and technology is very physicalist in terms of fundamental laws about how atoms and things such as such and such small scales operate. How do you, how do you hold those ideas and those models about the fundamental or the or as fundamental as we've got so far, constituents of reality, does it affect how you accept and think about those ideas at all?

**Participant** 2:00:56

Well, I think after studying biochemistry especially, and that you can pinpoint a lot of things to some specific thing going on, on the molecular level. I have a quiet, deterministic way of thinking, you know, like, but I'm, I guess there's so many possibilities because there are so many atoms in your head and your body that it becomes random at some point.

**Interviewer** 2:02:00

Well it's definitely complex.

**Participant** 2:02:02

Yeah, but it's, yeah, that stuff I like to think about and having, especially biochemistry, I think, is something that's really helps you understand at least parts of what's going on but without seeing the full picture now, for now.

**Q32. Interviewer** 2:02:40

Have psychedelics changed your outlook on life?

**Participant** 2:02:50

Yeah, yeah, I would just say yes. That's all what we talked in the first part, I guess, not this way of maybe standing a step back and like seeing my whole life from a little distance. I don't know, maybe I will still get in some sort of midlife crisis, but for now I've been doing fine.

**Q33. Interviewer** 2:03:43

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

**Participant** 2:03:59

Well, I think mostly therapeutic aspect of it, and that can go to every difficulties one can have. Yeah. So, yeah, I think it can help people overcome. really, most of the problems one can have.

**Interviewer** 2:04:47

Just to clarify the do you mean in terms of mental health or even more so?

**Participant** 2:05:01

I'd say, yeah, especially mental health. I've not I have not had any physical change or something. I know there's people saying they took Ayahuasca and they cured cancer, or I think that the mind has strong effects on the body. So, in some sort, it can help but yeah. Just to some extent, I mean, if you, if you've lost the hand, you've lost a hand. So, that's definitely something.

**Interviewer** 2:05:51

What? No, I have one I can see it!

**Participant** 2:05:55

Yeah. Yeah. So, especially mental and to the extent that the mental health has implications on your physical health, as well.

**Interviewer** 2:06:32

Are there any other areas that you consider somewhere that psychedelics might be important or become useful or get used in. I mean you don't have to, I'm just wondering whether there's anything else?

**Participant** 2:06:49

Yeah, I mean, I mean, just plain recreational use just for fun or having a good time or a sense of vacation, or whatever that is. It's absolutely. Yeah, depends on what you mean with useful then.

**Q34. Interviewer** 2:07:13

Yep. Yep, certainly. Well, it's what you mean, not me. Have psychedelics shaped your view of humanity's future?

**Participant** 2:07:49

I don't know. Well, maybe just from my own personal experience, to see that something like psychedelics exists and what it's what it brought me, it gets some sense of hope for humanity in some sort of way because you get the feeling there is at least a remedy against negative things going on. So, yeah, maybe bit off hope but without, yeah. Just a bit.

**Q35. Interviewer** 2:08:49

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

**Participant** 2:09:00

To get informed. So, like every aspect, what I did was, I read every time I tried a new drug and so I've tried dozens of drug and every time I would read for weeks, say, trip reports, like people writing down the experience they had with the drug writing down or reading about side effects about the dosage. Then I would say, you have to feel well, to take drugs any kind of drug will just, how to say, would reinforce the kind of mood or state you're in. So, you have to feel well and then the thing, set and setting make sure when you do it that you're in a, in a safe environment.

**Q36. Interviewer** 2:10:34

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

**Participant** 2:10:48

as somebody who's been following psychedelic research for some years now, I just really hope that it's something that is moving forward and that we will learn a lot of interesting things about the human mind and that will eventually help to get all humanity forward to a better place so I'm that's the that's the hope part. Yeah.

**Interviewer** 2:11:31

We're aiming for a perfect continuous infinite experience of ecstasy and bliss. Once we get there everything's good.

**Participant** 2:11:43

Yeah. That's called the drug Soma from Aldous Huxley.

**Interviewer** 2:11:48

Yeah. I don't think that one counts as the, the perfect bliss, though. It's good.

**Participant** 2:11:55

No, no, no, no.

**Interviewer** 2:11:56

Not perfect. All righty. Well, chuck this, there we are.