5. Interview with Participant 5

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

**Length:** 3:02:11

**Spoken duration of interview:** Participant (81%), Interviewer (19%)

**Age (years):** Participant (26), Interviewer (29)

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

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

**SUMMARY KEYWORDS**

psychedelics, people, experience, psychedelic experience, life, dmt, thinking, question, mushrooms, happen, changed, reality, head, substances, talking, feel, person, watched, weird, friend

**Q1. Interviewer** 00:02

Cool and if there's I had one of my last interviews the lady's computer sort of like, just randomly shut down and wouldn't work for a while, if there's any sort of technical issues, I'm happy to stay on longer for us to get it done if you have the time, or we can also reschedule if it's, you know, you want to do it another time if it cuts in halfway through. So, or I guess, you know, we don't have to meet ever again, and I'll just use what's available there. If I can or depending on how much of the interview we got through, I might just treat it as sort of like a non-completion interview and won't use it in the analysis if we can't reschedule to finish the whole thing. So yeah. Righty Oh. So, I have about this is sort of like my question, you can't really see it, but sort of my question sheet. So one, just that just over a page of questions and it's about 30 questions and I'm just going to read them off as verbatim as I can sometimes I elaborate on certain pieces of information if I think it's not clear what I'm saying but there supposed to be kind of as the same for each person as possible, because that will sort of standardises the quit the interview a bit. So, the first question is, why do you use psychedelics?

**Participant** 01:35

Um, why did I? Well, at first, it was out of curiosity. Now it's because I had a friend that told me that the that, basically, that there's plants that you could eat, that did not get you high, but it made you, he told me that it would, it would, uh, I don't know how I explain it but yeah basically, my friend, my friend convinced me that there was something there other than just a feeling and so then I tried them and then I found out that they opened up a lot of like, emotional responses, you know what I mean? And I never really expected I never, I didn't expect that, to have to deal with emotions that I had no idea that I, I even had felt or was going to feel and so now, I like to use psychedelics to basically highlight my emotional state, and allow me to view it from outside of like from an outside perspective, because it allows me to look at myself at myself from almost like I'm outside of my body, and allows me to evaluate my mind and it allows me to evaluate a lot of different thoughts in a short amount of time but specific, like what I found, like when I started using psychedelics, what, what happened to me was, I got hyper creative and, like, I started painting and drawing all the time, as soon as I started taking psychedelics, and before that, I've always liked arts and crafts and stuff, but I was never, I wasn't very creative but as soon as I started taking psychedelics, it's almost like stuff just like poured started pouring out of me and it's weird too, because if I don't take psychedelics, I'm not that creative. I even took a long break from being creative, and I haven't used psychedelics for five years. Until recently, and I, I hadn't painted a picture or anything and now, that's all I want to do is paint and stuff. So yeah, I would say that I use them for like, emotional, emotional development, and creativity.

**Interviewer** 04:28

I'm just taking, writing down some of the things that you say, That way I can record like, in case I forget them throughout the conversation, we'll just go back and read through them and use them as prompts for you know, oh, you said something that links back to something else.

**Participant** 04:43

Yeah.

**Interviewer** 04:50

So, you said your friend, you originally use it out of curiosity, and then your friend was talking about using plants. Have you found it hard to explain exactly what he was getting at? What? What did he get you involved with? So, when you say plants in terms, what were you using for the psychedelics?

**Participant** 05:11

At first, we're in my friend, we're just using cannabis right. I consider cannabis psychedelic, I always will but and then he started basically me and my friend are both very into science we were both in the science when we were kids. So then we he started telling me about quantum physics and then I started getting into holographic theory and then basically a bunch of metaphysical ideas, I was always into, like, spiritualism and things like that, like astral travelling, all that stuff and he started telling me about mushrooms and how basically, that you could go into these quantum states on mushrooms and basically use the basically access a reality that was in your imagination, basically.

**Participant** 06:15

Did you find that appealing?

**Participant** 06:18

Yeah, of course I did. Especially being like, I was younger, when I first tried, when I took mushrooms for the first time, and I was not, I did not expect that all like what happened. I thought what would happen is I would feel like something in my body, you know, you don't think that you can go so far into your own head. For that many hours, I thought it would just be like a body feeling. Maybe and maybe you would think some weird things but I sat I took a small dose of mushrooms and watched the clouds open up, you know, and like, I watched people talk to me from out of the clouds and what I think's interesting and what I've come to see as interesting with psychedelics, and I'm not I don't know, the truth behind this or anything, but a lot of the time. They seem to be like prophetic things that happened during the trip, they end up leading into other parts of your life. Even like, it's almost like past, present, and future just don't even mean anything. That's a weird, that's a weird thing that happens. That's, that's something that I've learned. That's using them, but I would never expect that to be possible until using them.

**Interviewer** 07:40

And how old were you when you first started using or first tried them?

**Participant** 07:45

I tried mushrooms for the first time when I was 15 years old.

**Interviewer** 07:49

Mm hmm. Was that with your friend or just by yourself?

**Participant** 07:51

By myself, I just I just remember and it wasn't like because he told me he just said, I just remember one time he told me like, you should really consider trying this and then one day I just I was able to purchase some and I ended up taking them and in the middle of field, I just went and laid down because I felt like it and good thing I didn't try to do anything else because I could not there'd be no way. Yeah, I wish someone would have told me like, you can't tell someone what's going to happen but I had no idea like no one had told me anything about it is I just had heard that they I should look into it and I just ate a bag I remember is walking out into the middle of the field and is laying down and waking up six hours later, just like did that really just happen? No. No way. No, no way. I just remember pacing back and forth and then going home and looking in the mirror and I was completely sunburned. I would I was like how long? I wonder like if I mess up my eyes because I was staring at the sun for how who fucking knows how long? Geez. Yeah. So that my first the first time I did it was like I couldn't. I don't think I It couldn't have been any worse, you know what I mean? Because I didn't know anything. I didn't know what I was doing. I just took them and just let the experience happen, but it was it was interesting.

**Q2. Interviewer** 09:36

Just thinking if there's any follow up to that for move to the next question. No, I think we just move on. I think you've spoken to this a little, but have the reasons why you use psychedelics changed over time? And if so, how have they changed?

**Participant** 10:01

My view my personal view of psychedelics has changed over time but only barely. I think the way that I see psychedelics is almost like the same that I would see, like a wild animal, you know, what I mean, it's just like one of those things, that's part of nature, most of the time, unless you're talking about LSD or something made in a lab, but even then, it's like, it's something that someone made, you know what I mean? It's like you either use it, you can either use it for the for good, or you can use it for bad. It's, people are going to do either one, you know, I don't see it, I don't see psychedelics as good or as bad, they just are I think people make them more than they make them a big bigger deal than they really are, you know what I mean?

**Interviewer** 10:38

You want to elaborate a little bit on what you mean by that?

**Participant** 11:04

Like people's the different experiences people have, basically colour what the substance is and this substance, like the variability of the experiences that you can have with these substances, I think are infinite. Like, I think you could have all kinds of different types of experiences. So, you can't really categorise them as good or bad because you can have you can get anything could happen. So, when you think about it, it's like, it can't really be good or bad. I haven't. I haven't had a bad, bad experience with them, and I've used them I when I was younger, I used I abused them. I think I remember taking a high dose of mushrooms at parties and still, it wasn't a bad It wasn't a bad time, you know? But yeah, I don't see them as good or bad. Cool.

**Q2. Interviewer** 12:11

Um, have your reasons why you use psychedelics changed at all?

**Participant** 12:25

No. No, it's still I think it's still based off a curiosity to me because the only the reason the reasons that I use psychedelics are mostly to figure out what, like, what's going on deeper inside my head and I think I've always used them for that reason.

**Interviewer** 12:51

So how would you classify or if you can your use, like, do you have a sort of overarching way you think about your use of psychedelics?

**Participant** 13:04

Yeah, I use them like for meditation. I've used them for like spiritual exploration and for basically appreciation of myself and of nature, and really of life. To me, it feels like, like, when you take it, it's almost like sacramental. Like when you take it, it's, it's more like, a homecoming, like, I don't know how to explain it. It's like, being to me, it's like, a meeting yourself in a, in a very accepting way. Like, but it's your inner self, it’s not the outer self that you project all the time to other people, you know, it's just that it's that inner self that's always there, but doesn't really get a chance to be seen, you know? Yeah, that's what I'd say.

**Q4. Interviewer** 14:57

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

**Participant** 15:07

My favourite part was probably the, yeah, my favourite part is basically feelings of oneness and like feeling like loved, you know what I mean? Like feeling the, but not as a, like someone loving you, but like a self-love type of thing, and being self- accepting and yeah, and I think it's interesting how critical and self-examining psychedelics are is probably my favourite part about them.

**Q5. Interviewer** 16:35

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

**Participant** 16:47

Well, why I don't why I don't like certain substances that they last too long, you know, I mean, and you can't like pause the experience, right? You can't just turn it off unless, like you intervene with drugs or something, that's probably. So basically, it makes it there's a time limit and sometimes your body is not up for it, right? Sometimes your brain isn't up for it and sometimes you can have adverse reactions for any for simple things like that. Like if your body doesn't want to do that, you're not completely aware, it can mess with the experience, if your mind is in the back of your head, if you really just aren't prepared for it, it could mess up the experience. That's, that's the only problem. I think that there are with psychedelics.

**Interviewer** 17:41

One thing I always seem, I always do this, that I should start with, before I even ask the why question is just to situate and clarify what I mean by psychedelics, because the boundary of what's considered a psychedelic and what's not is a bit fluid a bit porous. So, in, in the particular focus of my study, I'm interested in people's experiences using things like LSD, magic mushrooms, Ayahuasca or say DMT in pure form, things like peyote or San Pedro, and Iboga, and things like this. So in terms of what I would, maybe it's easier to talk about what I would kind of try and exclude out of it when thinking about answering the questions in relation to psychedelics is things like MDMA, ketamine, and marijuana I would put and salvia as well, even though they all sort of overlap in different ways. I would try and put them outside of the sort of the core classic psychedelics really is what I'm thinking about, in terms of the what I mean by psychedelics. So, just in case, I think we're on the same page there, and that's usually why I forget because people just answer aww yes that sounds right but just for just for reference, because, yeah, certainly a lot of people think MDMA, and even ketamine are quite psychedelic, and they have, yeah well, depends how you use them I guess.

**Participant** 19:28

If you mix them with other things, maybe but I don't think I don't think they're standalone psychedelics in my opinion, but that's just my opinion.

**Interviewer** 19:39

Yeah, I don't I don't think there's any hard and fast rules or boundaries about like, what is allowed in the psychedelic box and what isn't. It's just kind of depends on you personally, and how you classify the experiences and what's similar and dissimilar for you.

**Participant** 19:56

Yeah.

**Q6. Interviewer** 19:57

So, yep, just letting you know that. So, moving on to the next question is, in what ways have psychedelics affected your life?

**Participant** 20:10

Like a few, a few insights that I had on psychedelics led me to take certain actions based off of direct guidance I received. So things that I wanted to learn about, I think I would have never been interested in if it wasn't for psychedelics, I don't think I would have been so open to new ideas, if it wasn't for psychedelics, and I don't think I would have been and really my social life, I don't think I would have met certain people if it weren't for psychedelics and I definitely wouldn't have had a creative life, like I do now. It really, they really changed my life completely. From the moment I took them it changed my whole I was raised in a Christian, like a small Christian community, you know, in a Christian family, and I never really understood I just was told what they thought was real and how the world worked and basically a bunch of lies now that I like, sat and thought about it, I got lied to my whole childhood and then once I became a teenager and started exploring the world for myself, I found out like, no one really even knows, you know.

**Interviewer** 21:45

\*laughs\* Isn't that the truth?

**Participant** 21:46

\*laughs\* Yeah. So, it's like, it's a bunch of people pretending like there's some good systems and stuff but like no one really knows what's going on and I we don't live long enough to really find out and much anyways, you know, I don't know, it changed it. Like they changed my whole entire perspective on everything made me think very differently about things than I was before.

**Interviewer** 22:15

You, you mentioned you had some insights that led you to take certain actions.

**Participant** 22:21

Yeah.

**Interviewer** 22:22

Would you be happy to go into some of the detail of that? Like, what were the insights? And what were the things you did because of those insights?

**Participant** 22:35

Mainly ecological, and thing is like when I was a teenager, whatever was in my head was telling me that I should take that part of my life and devote it to basically teaching people and exposing people to cannabis because I live in a very conservative area of the United States and I've something during that experience, told me that that's what I should do, I should try to expose as many people to cannabis as I could and nowadays, it's basically what it's like, this year alone, I was able to quit smoking tobacco after 10 years of smoking two packs a day, I just quit, I quit caffeine, and I quit eating beef, which I thought was going to be impossible, right? But like, being able to sit and think about, like, all these ecological ideas, and how these things are affecting the planet, and affecting other like other generations, and just thinking about how everything's connected, and like, I should be one of those people that does that thinks consciously, you know, like thinks about what my actions are going to lead to, like in reality and so, if it weren't for psychedelics, I would have not thought I would, I would be self-centred thinking about myself and what I was going to buy probably tomorrow, you know what I mean? Being like, I'm actually trying to turn myself into a better, healthier person, you know, and I don't think I would have done that without psychedelics.

**Interviewer** 24:29

Was there a particular psychedelic experience that you had that led to that insight, like, was it visual imagery or bodily feelings or thoughts that led to that?

**Participant** 24:44

It was almost like, because like, the experiences that I'm talking about, it's almost like there's a voice in the back of your head telling you and it's almost like it's your voice but it's like, it feels like it's being channelled in. It's weird. It's like automatic writing, almost, I don't know how to describe it but it's like a voice that tells you that you should basically, this is what you should do with your life and it'll show you what, what will happen if you don't do that. Like I, like, I'll imagine a scenario where if I did this, well, this is what's going to happen and if I don't do this, you know, it just allowed me to basically visualise a future, a better future for myself and another thing that that's been emphasised in my trips are to basically start protecting these plants because since the government is trying to control them, that it's basically put them in a spot, because that nature is it's dying off everywhere, you know, like, it really is and a lot of these plants are very finicky and like, they only grow in certain climates and certain environments and so if things, you know, things happen, like those plants are going to be lost, unless, unless there's a certain group of people that are out there protecting them and keeping them safe for future generations. Like, I don't know, if you know about a peyote but peyote super endangered right now and you can buy seeds, it's legal to buy seeds almost everywhere. They're selling them in Thailand right now, you can buy peyote, and then they take a lot of years to grow, but I think everyone should be trying to take that species back. It was only illegal for racist reasons anyways, so and I've got, that's what I've been thinking about lately is preservation of certain species and because these those things, they change your life, you know, and a lot of cultures have been using them for forever, literally, for since the beginning of we know, they just found those new cave paintings that are 26000 years old detailing Ayahuasca use.

**Interviewer** 26:59

I haven't heard of that.

**Participant** 27:00

Yeah, they just found them last week.

**Interviewer** 27:02

Okay.

**Participant** 27:03

Yeah, it's insane. They got pictures. It's crazy.

**Interviewer** 27:09

What's so how would you describe or think about, I don't know, sort of how did your feelings on psychedelics and how they've affected your relationship with nature in general?

**Participant** 27:28

I'd go back to the curiosity thing, it made me more appreciative of, like, the diversity in nature and like, what and basically made it made me think about, like, what led to that, like, when I look at something now, I always think about what, like, what led to this, and then then you can still keep thinking is like, what is this going to lead to, you know? and it's cool to wonder like that and I, on psychedelics, it gets a little bit more intense that, like, you're basically just focusing on the littlest amount of detail, you know, and you can sit there and do that forever but I think the most interesting thing that ever happened to me on psychedelics was, it's always with the clouds. No, like, I remember the first time I took LSD, I remember staring at the clouds, and I watched the clouds turn into my, like a baby, like a baby was being born from the clouds and then the baby grew up, and I like became my mom and then my mom. Like, I watched my mom like, wither away in the clouds and then she grew old and died and then it was me and then it was that and it just kept cycling over and over on all these lives. I thought that was I thought that was amazing and I always see like, like mountains, like mountains with like, praying hands to me now. I don't why, but that's what they remind me of. To me, like, psychedelics, like, made me see nature as like, everything that's come before us, you know what I mean? It's like.

**Interviewer** 29:18

Could you elaborate on that?

**Participant** 29:20

Like, everything that has led up to this single moment of me being a human right now. Nature Is, that all led to this, you know, I mean, I think the way we do and it makes me think like, in places that like an emphasis on like, the importance of right now, you know, just like all that's been before, and all that could be after, but like, that single point of like now. Psychedelics have made that they made that very clear, like very pronounced the moment, you know.

**Q10. Interviewer** 30:10

Building on from that question is have psychedelics provided insights into how to live life well, or your life well?

**Participant** 30:21

Yeah.

**Interviewer** 30:25

Can you go into maybe some of what they, they are for you?

**Participant** 30:29

Sure. Like a big personal a big personal thing that happened to me was this when I was, or I'll just, my mom is a drug addict. My mom is an alcoholic and she's addicted to just about every single drug there is. So I didn't have a relationship with her growing up and I was really confused as a kid, I just didn't know like, I never understood what drug addiction was, or what it is, I just thought my mom didn't care about me and I wasn't able, and I don't think I would, if I once I took psychedelics, I was able to basically forgive my mom because I could see that it was like, she was hurt and my mom was mentally ill, you know, like my mom, she was sick and I wasn't able to see that before psychedelic use and then, through using psychedelics, I was able to come to terms with that, that emotional thing, all that big stressor that was affecting me in my life and I was able to amend my relationship with my mom, and forgive for her for doing that for leaving all of my brothers and sisters and me, you know, I was probably I think that was like the defining moment, probably the defining moment in my life, really.

**Interviewer** 31:57

Is when you forgave your mom?

**Participant** 31:59

Yeah, I don't think I could have done that without psychedelic use. I don't think I would have.

**Interviewer** 32:05

And when did that happen?

**Participant** 32:07

When I was 19 years old. I was 19. Yep. It was seven years ago.

**Interviewer** 32:17

And have you built a, have you got back into contact with your mother at all, like is there a relationship?

**Participant** 32:24

I talk to her sometimes, but she, she lives in New Mexico and I live in Kansas. So that's like, a few, like 500 miles away or something like that and so I don't see her very often, but I do this we talk over the internet, but she was in prison for a while for methamphetamine possession. I think she tried to sell it to a cop. She was being stupid, but so I haven't talked to her and in person in a long time, but it's been it's been a lot of years actually. I don't think I've seen her in person for six years almost. Pretty crazy but yeah, I don't think I think that's a big thing that happened to me, use psychedelics and, I don't know if this pertains to anything, but I was diagnosed with Asperger's when I was a kid and I've always had a hard time like, connecting with people emotionally, you know, it's just like, some weird thing that happens with people with autism. I don't know why, but it I just have always had a hard time expressing my emotions and like connecting with other people, that are experiencing emotions. Through psychedelic use, so like, every single time it would, it just heightens my emotional state and it allows me to see like, why I feel a certain way and like it basically allows me to deal with my emotions from a, in a safe in a safe way where I'm not. I don't know how to describe that. It allows me to evaluate, oh, yeah, evaluate my emotions, without interacting with other people, I guess, in a negative way. It allows me to see. Yeah, that's how I would put it, it allows me to think of think, think about my emotions, instead of acting on them in a negative way and yeah. Yeah, I don't know how that, I always wondered If there was more, people with autism, how they would interact with psychedelic use. I think it's interesting.

**Interviewer** 35:17

In a sober, normal state, do you have difficulties with expressing or understanding your emotions?

**Participant** 35:31

Yeah.

**Interviewer** 35:33

And is that when you when you use psychedelics, you say that you are better able to evaluate your emotions. Does that carry on after you're, you sort of come back down? Is that something that's long lasting? Or is it not?

**Participant** 35:58

The, that's a hard one for me, like, it'll, I think it could last up to about a year, but for some reason, I have to keep on revisiting that expect, like, I have to keep having that experience to get, it's almost like being in a groove, you know. Like, once you're in that groove, if you get off, you got to find, you got to get back into that wavelength like that, like that path, you know, and sometimes you sometimes you're off it, and you go and do something else and you stop caring, you just start getting into old patterns, right and it's best to, like, what I thought was weird when I first took psychedelics is it like made me aware of all the negative patterns that I was like doing every day, like even with my hand, like physical patterns, like muscle memory stuff, it like it made all those things like my awareness of all those things heightened and so I was able to like think, do I want to do I want to keep living in the same patterned conditioned ways or do I want to take control of my own life and do things consciously? And I think that's the big like, that's the thing is, can we do that all the time, can we practice awareness, or do like, and I think psychedelics help you cultivate that awareness that you need on your mind, you know.

**Interviewer** 37:32

Could you speak to, some of these, you use, just said before, that you experienced a heightened awareness of negative patterns. Would you be able to add some details specifics? Like, could you mention any negative patterns that you noticed and what you did about them?

**Participant** 37:58

Yeah, a negative pattern recently that I've noticed, was, me trying to control situations, right. I was, I was noticing, I was trying to control situations because I was dealing with a loss of control in my life, right. So I was like, trying to control my life and these multiple, like, all these multiple ways, and I didn't, I didn't realise that until I'd taken psychedelics and been like, well, I don't know why it takes a psychedelic to realise that you've been losing control of your life, I knew I was but then another way that another negative thought.... trying to think, I'm losing it, I usually keep journals. I have a bunch of journals that I've been keeping. Just don't have them on me.

**Interviewer** 39:15

That's all right. What about younger, do you remember any patterns, when you kind of in your earlier use of psychedelics that you became aware of and potentially were changed or altered because of that awareness?

**Participant** 39:34

One thing that changed when I was older, was I noticed or no, when I was younger was I noticed that I was I was a lot of the time I was trying to hurt other people because I felt hurt myself, right and then I didn't notice that until like I basically took psychedelics and realised that there was a lot of hurt feelings that I had, that I wasn't even aware of, and that I wasn't accepting and that that was causing me to act out in my, in my social interactions with people and my emotional reactions like with my parents and with my brothers and sisters and with my friends, and it was making me mad and I didn't realise I never, it was making me self-destructive even, and like you just realise like that if you really, truly don't appreciate yourself, then it's like who's going to appreciate you, you know? Like, you have to appreciate yourself and I think that's one of those big things that come to realise from taking psychedelics is that like, the self-appreciation and change. We're talking about changing my mind, right?

**Interviewer** 41:06

So, I'll wind it back up to give the what the question that leads into it. So originally, I asked have if psychedelics provided insights and how to live life well, and you talked about forgiving your mother and so I guess my interpretation would be like, forgiveness is an important aspect of living life well, that seems to be the idea behind that and then you also talked about how you have been had this Asperger's diagnosis younger and you link that to the idea of potentially sort of difficulties with your emotions, and that taking psychedelics gave you a heightened awareness of negative patterns and this led into asking about what negative patterns did you become aware of specifically and once becoming aware of them, did change occur because of that awareness?

**Participant** 42:17

And, yeah, I don't think I really got any more than that, the change like because those changes that I made to myself, around the time that my mom made up with my mom, and then I was able to come to terms with my Asperger's.

**Interviewer** 42:58

That's cool.

**Participant** 42:59

I think that's the only thing that like the real reason I use psychedelics was for like, basically just emotional support, like being able to think about, like, being able to be accepting of those emotions and being able to integrate them into my life, I don't think I would have been able to accept the amount of hurt I was feeling if I wasn't able to experience that those type of feelings in an altered state, you know.

**Participant** 43:35

So how, how currently is your feelings of love / acceptance towards yourself?

**Interviewer** 43:43

Great, I feel great. It's been like it, it's a, it's almost like a two to two different sides of a coin, you know, like, I, I feel like a completely different person than I was when I was younger but anymore, it's like, my life just gets more filled with love and like, there's more like, more and more meaning come into my life every day, you know.

**Interviewer** 44:09

Sounds awesome.

**Participant** 44:11

Yep. Life's awesome [laughs].

**Q13. Interviewer** 44:12

[laughs] Good to hear as I'm happy people living some awesome lives. All right, well, we'll swap focus a little bit now. So how do you if you do how do you prepare for a psychedelic trip?

**Participant** 44:33

The psychedelic that I've been using lately as DMT. So all you have to do is you load up a little bit into a glass pipe and I just smoke it with a little bit of cannabis and I always write down I always sit with a notebook and I write down what type of experience that I intend to have and it usually like you can, I found that through like mindful meditation, you can have whatever type of experience you want with DMT like, and it's always so short acting and if you want to work on certain thoughts, and if you've been having certain issues that you want to like really dive deep into, all you have to do I write it down before the trip, smoke your DMT hit and once you come out of the trip, you'll read that first line, what you wrote and usually you can sit, sit and work through whatever thought you wanted to. So I've been taking lower doses, and journaling, and drawing while using DMT and I found that it helps me creatively like for matching geometries and stuff and it is really insightful for just philosophy like just deep thinking about deep things, and then thinking about just common everyday things even, I've come to a lot of social aspects, just really everything like I use it to, mostly, it's just for visions. For artistic purposes recently but, a lot of ends up bringing up a lot of stuff that like, personal things that have been going on with, with my kids and with my wife, just like normal relationship dynamics. It's been helping me now helping me see the pattern like see the patterns of thoughts and behaviours there which went through in the last one, they're either negative or positive. I should either keep, I always decide if I should keep thinking that way or I should stop. Right now, I'm learning that I should be doing a lot of things differently than I was before. It's pretty cool. It's Awesome. Yeah, but if I was going to take mushrooms, it would be I don't even know. My friend keeps trying to tell me I should take them with them and it's like, dude, I don't want to take mushrooms. It's too much time. I don't even know the next time, the last time I took an LSD trip was four or five years ago and I just remember laying on the floor for fucking six hours. I had no idea what was going on man.

**Interviewer** 47:52

That's a long time.

**Participant** 47:54

Yeah, and I was like, it's like, I don't have that amount of time right now. So I was, DMT is really interesting anyways, I feel like nothing is like it in the whole world so.

**Interviewer** 48:09

So is DMT for you at the moment, as the psychedelic of choice, is it for practical purposes, like the because the trips are quite short, that you're able to fit it in with kind of daily life activities?

**Participant** 48:25

That's the best part about it. That's the best part and it's, and there's no tolerance, like with psilocybin, there's a tolerance. So it like, basically, you can use it however much you want and what's interesting about is the visuals, and I think I've had entity encounters on psilocybin and LSD too, like where things interact with you and whatever, but on DMT It seems more prevalent, and it's more it's more interesting from for like a from artistic perspective. That's why the reason why I choose it.

**Interviewer** 49:02

So, when you're smoking DMT nowadays, is that, are you doing breakthrough amounts each time or is it different?

**Participant** 49:12

Periodically, it's different. Lower doses, what I've found is they all lead to like the same, like basically the same. Like, I don't know how to describe it, it's like this, there's different levels to the experience from low dosage up until you get to higher blackout dosages and I've had an experience like that before and it to me, there's no use to it. Like I don't think there's like when you take a high enough dose, it just seems like I just don't see why you want to want to black out and not be able to remember anything, but I've used it at varying dosages, and I think the most intense experience that I've had was where everything, it, It went right past the visuals, and it just kind of just blended into one where all my senses were completely together. I don't, it was like I was one, like a single point in time and I had no, I had no, I couldn't remember who I was, what I was doing, that I was a human. I couldn't remember any of those things, but I was completely conscious at the same time, it was like I was just a point of awareness and then you slowly watch your consciousness come back, and I think that's the one of the more interesting things about DMT is that you can very, very accurately watch your consciousness return to normal and there's, it's, it's almost like by levels, and almost it makes you think like, because what's happening is that different parts of the brain are we're communicating with each other and then the molecules are basically scrambling connections of your brain and so different parts of your brain are communicating with each other that they normally wouldn't. So basically, you're able to witness that happening from a from inside yourself, It's weird. DMT is interesting, man, it very interesting.

**Interviewer** 51:32

Sounds interesting. So how, how often would you do it? Like, what's your sort of regimen? Or use patterns?

**Participant** 51:42

like, the, probably once a month is probably like, that would make more sense to use it like on celestial events, like not, like, because you have to use it like that but I just think like for convenience, I select like, a full moon or, like a solstice or something like things like that makes sense, you know. It like, like, and then if it's connected to nature in that way, and to like, you know, the stars, and it just makes more sense that way.

**Interviewer** 52:11

Is that how you use it currently?

**Participant** 52:13

Yeah, yeah. I know a lot of other people that do that, too. It seems like that's like a common thing.

**Interviewer** 52:24

And do you and your wife do this together at all? Is it just you?

**Participant** 52:31

No my wife has had psychedelic experiences, but she doesn't use psychedelics at all because she, she suffers manic depressive disorder, on anxiety medications, and yeah, she doesn't and then her she has a history of drug abuse in her family and she's had, I think she views drugs differently. Like she views certain things as like a negative, like a negative connotation, basically, like she gives things she sees things differently than like, me, are you would you know, but she has she has used psychedelics, but she doesn't, she doesn't anymore.

**Interviewer** 53:19

And how is that in the relationship? Like I you guys open, you open about your DMT use with her and how does that sort of work?

**Participant** 53:28

I don't really explain, like, I don't think you could explain to her because she's never had a DMT experience. So I couldn't explain to her what it was what was actually happening but the cool thing is, is nowadays, they're doing all these studies and they're showing that there's not really any physical effects that are happening that are hurting people and there's not very many mental effects that are hurting people either and there's actually just positive research coming out that I kind of think it helps, It helps her see, like you can't really argue with like, actual research, where it's helping people and if it's not hurting me, if it's just help if I'm using it in a helpful way, because the weird thing about it, too, is I can't abuse it, because I'm scared of it because it's not fun. It's not fun to me. It really isn't. I get my hands shake just thinking about doing it. It's one of those things, it's like, to me, like the way that it feels it's like jumping off a cliff, you know, it's fun sometimes, but like, you know, sometimes like I don't really feel like doing that right now, you know. Like it's, it's an adrenaline rush kind of I not I not, it's not addicting or anything so.

**Interviewer** 54:48

So do you from what you're just sort of saying there are there times where you're keeping to this kind of celestial calendar of use, but at that moment your actually, like, I don't really want to be doing this, but it's my habit or pattern that I should be doing it?

**Participant** 55:06

I'm not in habit or pattern with it. To me, like it like, like I said, it's weird, where it makes you scared and sometimes, like, I'll be like, oh, yeah, maybe I should try to do some DMT and it's like, everything in my head, will come up with a reason not to do DMT At that moment, you know, like, to me, it feels like whenever you end up doing it, it's like, a big fucking deal because you built up the courage to, like, have that experience because it is it's a mind blowing experience and it's like, I can't believe that that just happened and you don't and even after, it's like, do I really want to try that again? Like \*whistles\*. I don't know, you know, it's like, it's weird. It's like, it's so it's so mind blowing that it makes you not want to do it all the time.

**Interviewer** 56:03

In a single session of use, are you are you just doing one sort of experience? You know, one hit? Or do you do multiple uses in say, one, period?

**Participant** 56:17

It really depends. I have had times I have had experiences where I'll do multiple, I'll have different pipes loaded and have multiple experiences back to back but most of the time, I usually go into it and I just kind of make it like a ritual thing and just do like a low dose, or and usually, I'm fine with that. Just a short acting dose, and really just to like, evaluate where I'm at, in my own head and where I'm at in my life and just kind of think, think about where it's going to lead me and like, what, what I need to work on and yeah, it doesn't happen very often, really.

**Q14. Interviewer** 57:16

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

**Participant** 57:25

In a comfortable chair because what ends up happening is you go into a deep trance state when you take DMT and it's only for a short amount of time. So you just need a comfortable chair for a little bit of a bit of time If I was going, if I take them, I always want to take them alone, because I don't like distractions and I actually use them for a purpose and I feel like it's a waste to not get something out of it and I've had really meaningful like social times with friends, like my best friends like that of all time, I've tripped with all of them and it's like, really, you could have really a bonding experiences sometimes with the substances, but sometimes it could like make you feel really alienated, you know, like different, like, when you feel too different than everybody else and that's why I like to take them alone and I like to take them, I like to listen to music and do art, I like to paint and draw and stuff. I like playing the guitar when you're on acid is awesome. Yeah.

**Interviewer** 58:39

With your DMT use, how much time you spending afterwards, being creative or writing thoughts that you have, I doubt or reflecting on the experience?

**Participant** 58:52

Almost the whole the whole time that I've even started experimenting with automatic writing. So I'll sit and I'll leave a pen like I'll be holding a pen while I smoke the DMT and then I'll immediately go into the trance state with my eyes closed and just start drawing to try to I'm trying to teach myself how to draw with eyes close so I can get as close as I can to some of the complex geometries that unfold when you're on DMT because some of them are unbelievable, like some of the things that happens and it's, it almost feels like when you go when you smoke it you end up going to some hub of some sort. It's weird, it's like some like it's some place, you know, and it's, it seems important to be able to bring that place here. I don't know if that makes sense but something about having the experience leads me to believe that my purpose is to help is to bring that To bring that creative realm into our reality, and that on DMT, it's so short acting, but it's so immersive and you're like, it's like you're a part of all of it that's happening and it's convenient that for some reason, I like I stay completely conscious during the experience, like, with mush, all these things, I've done all the same things on LSD and shrooms too like I can, I done drawing experiments on all of them too, and works just fine. I just don't like how long they last. Yeah, it's all the same, I don't, DMT for some reason, you just go to this one place that it's, uh, every single time. Literally, every single time I've taken it, you go to the same place and then the experience changes after you get there but it's just weird. I'm just I've been trying I'm trying to get it back, but I've been doing automatic writing experiments and I've even been journaling after smoking low doses and writing. Yeah, so far got like almost two notebooks.

**Interviewer** 1:01:23

Of automatic writing?

**Participant** 1:01:25

Yeah, automatic writing and just smoking low doses and journaling, drawing too, just doing normal drawings, when I'm coming down or when, during the experience.

**Interviewer** 1:01:42

And the reread your automatic writing journals?

**Participant** 1:01:48

Yeah, yep and I've re-read them and a lot of them, they end up linking back to my childhood in some way and I think that's a, I think it's interesting that for some reason, it's always like to do with colours, certain colours, that I'll remember and certain smells, and then little details that I didn't notice before like that, that you that you would, I would have never thought I would be able to remember about my childhood, but like certain smells, colours and I think the most interesting thing that's happened to me so far with the DMT use is being able to contact my deceased grandparents because I would have never thought, I still don't believe it, really but I think it's interesting that if I set the intention to have that type of experience, that that type of experience is possible inside my own head, you know, because you would because it's not possible outside of your head, but inside your imagination, those experiences are 100% real.

**Interviewer** 1:03:03

So, did you have an encounter with like, your, your dead grandparents, like a conversation or a communication between?

**Participant** 1:03:14

Yeah.

**Interviewer** 1:03:15

And was that useful for you? Or was it?

**Participant** 1:03:18

Yes, yeah because I've been having, one of my best friends died recently and he's like, I'm not an old person. I'm 26 years old and he's same age and he died randomly. No drug use nothing. He died; they think it was because of energy drinks. Which is crazy to me, because I drink tonnes of those, you know, I mean, like I used to drink one of those before I went to school every day, you know, and that you find out that your friend dies from it at the age of 26. Like his heart just fails in his sleep. That blew my mind. So then I started thinking like you hear all these ayahuasca about all these ayahuasca ceremonies where that people are able to contact dead people and then you start I started reading into the mysteries of the Eleusis, and things like that, and where they're using these substances to contact the dead. It's like, well, they're using in tribes have been doing this forever, too. So, it's like, well, if I can set that intention, then I can set that intention and have the same type of experience that my ancestors were having, right and it really did work. Like my grandma appeared to me in a basically like a dreamlike setting and it was in her own her house and I remember going through different rooms and I remember her telling me she was so proud of me that she basically told me that this is where I like she laid out the options of where my life was at right now where it could go if I made certain decisions and she told me that whatever decision I made, she would be proud of me and I think that, like where I'm at in my life, like, that's exactly what I needed to hear and it was almost like I could seriously like, smell her like, see her. I could even like, it seemed like I could touch her, you know, it was that real. I think that's it like, that's no one, like you would if I told someone that they would think I was crazy, you know, but it's like I had that experience inside my own head by taking a molecule that's already in my head anyways.

**Interviewer** 1:05:33

So, this was on DMT?

**Participant** 1:05:34

Yes, and it's like, how does that, why isn't this being talked about, you know? Like, why aren't more people talking about, like you're able to have that experience, I think people would be interested, you know.

**Interviewer** 1:05:46

For sure. I have a question on that. What's often talked about as the DM, a DMT, or the DMT experience is going into, like a highly geometrical, colourful experience landscape, if you will, encountering entities and these sorts of things. With your experience encountering was it just your grandma or both your grandmother and your grandfather?

**Participant** 1:06:14

it was my grandmother and then I've also because I've tried to recreate it and I had another experience where my brother in law, who is also deceased, I talked to him and my friend, I eventually was able to contact my friend and it was it was it was very strange but it convinced me like, the way that I was like, I had certain like stipulations in my head of if it was going to happen. I wanted it to happen a specific way that I wanted it to happen and it did and that's all like, that's all that matters to me, you know, that it happened the way that I expected it to and I think that's what like, that's the hallucination like, it's it was a hallucination, right but even if it was a hallucination, I still experienced it.

**Interviewer** 1:07:06

So the question I was curious about, as you were describing, meeting your grandmother in her house, was it was the experience of being in that place like it would be as if you were there in real so that the objects and the rooms and the you know the doors and the walls, were they highly geometric, colourful, like the DMT experience or were they much more to what you would expect in a real situation?

**Participant** 1:07:35

This this is the very, this is the most interesting part about DMT is when you take it, it starts off as that highly geometrical room, right, where everything's changing, and it's all different geometries but then that's at the low that's at the like the that's called the waiting room but what's what happens is, that's like a doorway, and every all those patterns will transform into a reality that is completely lifelike it is almost exactly the same. Like it's, it’s like, having a lucid dream. You'll go into like, you'll go into that geometry realm and then eventually all of that stuff will start forming like a real reality that you're experiencing. Like you're going into a lucid dream and I think that's where, cause when you start thinking about like, your dreams and how all those things are connected in your subconscious. It helped it really helped me be able to work out like because those things that I want it like the ways I wanted to the experience to be were subconscious thoughts, and they basically constructed an experience for me to have that was inside my own head.

**Interviewer** 1:09:00

Well, one could see the many potential uses of experiences like these for.

**Participant** 1:09:06

Yeah, for therapy, things like that it's insane. I can't even believe I right now I wonder what's going to happen because they're starting that study at the Imperial College. The DMT depression study.

**Interviewer** 1:09:19

Are they doing a DMT one?

**Participant** 1:09:22

I think they just started it, pretty sure and it's, that's going to be interesting, because I know they just finished the ketamine studies and whatever it was for depression, but DMT and depression, I think it's going to be very interesting what they're going to find out because DMT you know, Strassman's research. Like, all that, like, they have no idea how public is going to change the world. Imagine hearing that hearing some newscaster talking about talking to deceased relatives in therapy is like,

**Interviewer** 1:09:59

Excuse me, can you please tell me about the event that just happened? We all took DMT and went to an alternate dimension and we met our deity, grandfather and grandmothers and they told us that the world is coming to an end. You're like, and that is live from CNN and next kittens.

**Participant** 1:10:21

[laughs] Oh my god man, I can't believe it.

**Q15, Q16. Interviewer** 1:10:26

Right, so are there any special arrangements that you make in the places we take psychedelics? So, this is sort of other any objects or any things that you need in your environment that you that are conducive to having a good experience?

**Participant** 1:10:45

For me, water, candy, I always like to have hard candy for some reason. I don't know why and then a blanket, then if you're out in the dark you definitely need a flashlight. Otherwise you'd be freaking out and yeah, I don't think I ever felt like I needed. Oh, a notebook. I always have a backpack, you know, with all the good all the essential stuff in it. Recently, I liked having books, certain books, picture books. What else have I done? Music stuff I've always like, I used to always [???] instruments. Things to experiment with sound cause sounds very interesting on psychedelics. Yeah, I think that's probably it. I usually prepare. I like a clean space if you're inside has to be pretty clean. I don't like to be around people. Yeah, I like a quiet setting. I'm not I don't take psychedelics and go to festivals and stuff.

**Interviewer** 1:12:22

If I can jump back to question I asked you before, which was how do you prepare for a psychedelic trip? I forgot to sort of add on to it. You sort of talked about how you load up your pipe and different things but are there any things how you prepare yourself for to be ready for the experience?

**Participant** 1:12:42

Yeah, I like to clean like, I like to take a shower before I, and I clean myself and like basically clean my mind. Like basically to kind of wipe everything that I've been feeling and just trying, I’ll try to come at the experience as a clean slate, you know, and then I basically reflect on try to reflect on myself and like normal meditation manner where just watching my thoughts for a while and seeing how I feel checking, like making sure my body is right and everything that I have everything I need, and everything is okay, and I feel safe and everything else is taken care of and then if I feel like everything is the way it should be, and I feel okay with myself and okay with what's happening, then I'll go ahead and have the experience.

**Q18. Interviewer** 1:13:45

What do you normally do during a psychedelic trip?

**Participant** 1:13:50

To me like, what, like, what the way I would categorise a psychedelic would be it induces trance and so like really like reality, like, I zone out and trance all the time. Like, I think sober reality is psychedelic in a lot of ways but so what ends up happening is I go into a trance state where I end up going inside myself for most of the time and basically it turns into just like one giant introspective show that I'm watching inside my own head for sometimes hours, sometimes minutes but fun stuff, like hiking would definitely fun when you're out when you're tripping and, climbing I don't know what it is about climbing but climbing when you're tripping is fun and

**Interviewer** 1:14:50

Outdoor climbing do you mean? Sort of like rock stuff or indoors?

**Participant** 1:14:54

On rocks and trees even. Really, riding in a car. It's like I don't know. Everything blows my mind.

**Interviewer** 1:15:10

Fair enough.

**Participant** 1:15:12

Yeah, like you could do anything you know, and it would be it would blow your mind. Going to the museum, you could do anything. They should legalise them so more things can be done.

**Q19. Interviewer** 1:15:24

Is there anything you avoid doing during a psychedelic trip?

**Participant** 1:15:31

Talking to my dad. To me, I don't know what it is, but I can't do it. Like, I just can't do it. I remember talking to him one time, it was just like, my dad's like this just, uncommunicative. So uncommunicative like, you will, he'll turn like you'll be talking with him for like a good 10 minutes and all he'll reply, "yep, uhuh", you know, he's one of those guys where he's just like, he doesn't have anything going on ever. That's, that's one thing. I don't like to watch TV I'm not into that, like, television shows or anything like that and I'm not really a big fan of watching movies, on psychedelics. I don't know why, I'm just not, I can't focus on them, you know, and I don't like being around crowds and I don't like being around certain people. Mostly, it. I just don't like being around people that don't know what type of experience I'm having. It's not necessarily that I don't like being around people. It's just not I just don't want to have to deal with people and try to explain to them what's happening to me when it's like while it's going on and other than that, I'm sure, there's a tonne of stuff that I would not like to have happen to me was experiencing.

**Interviewer** 1:17:14

I think, yeah, definitely in that question, you know, we avoid a lot of things just normally, it's more the ones that you would specifically be like, Oh, I don't, I wouldn't do it in this situation. Or I wouldn't do it if they'd like the ones that have kind of come to mind because, like, you also wouldn't probably do it and walk out into traffic or jump out of a plane or, you know, eat something really disgusting. It's like, there's always things you're just not going to do normally.

**Participant** 1:17:39

That's the thing is like there's people that do those things, you know, they probably do jump out of planes on psychedelics.

**Interviewer** 1:17:46

I'm sure.

**Participant** 1:17:48

I remember one time I did eat something pretty bad on psychedelics, but it was it was weird. It was a raw piece of meat. Not good. Not good. I didn't realise it was raw until it was gone.

**Interviewer** 1:18:03

You ate the whole thing?

**Participant** 1:18:04

Yeah, I ate the whole thing. I was like an animal like too just like sitting there gnawing on the bone. My roommate was like, you know, that was raw, right? I was Like, no way!

**Interviewer** 1:18:16

Oh dear.

**Participant** 1:18:20

Yeah, you could do you could do all kinds of stupid stuff but that's probably the dumbest thing I've ever done while I was tripping.

**Q20. Interviewer** 1:18:32

Is there anything special you do after a psychedelic trip?

**Participant** 1:18:41

To me, communicating the experience to someone or in some way, like finding a way to be to bring the experience into your life, like being able to integrate the experience is essential, I think, because I think you should be doing these experiences for a reason and you should be able you should be bringing at least an idea. A piece of artwork back from the experience, you can even just like deciding to do a nice thing for somebody, you know, like, you should be you should be like or maybe you like I've always wanted to say something to somebody or you've always wanted to do something and like it's little things like that I think, you could always you I think you should be doing psychedelics with a purpose and always coming and bringing those things back.

**Q22. Interviewer** 1:19:48

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

**Participant** 1:20:00

For me, it involves making art. I guess the only way, that's the best way and immediately like, that's the way it just started coming out and then the cool thing about making art is if you do it enough, you can have a show. You have people come to your show, and they want to talk about your art and so then you're introducing these people to all these different ideas they probably never even would have known about and then you're in you're telling them Oh, well, I was having this type of experience and I then you're able to like, basically show people visually, what kind of experience you were having while able to communicate like emotional ideas and things like that. That's the way that's the best way I think music’s an awesome way too really, you can communicate all the same ideas through music. I think everything I think art, that's just super awesome and it like, goes straight with psychedelics, great. Anything to do with creativity is automatically going to be enhanced with psychedelics.

**Interviewer** 1:21:09

And you would describe that as like a form of integration of the experience?

**Participant** 1:21:16

Yeah, because it's you want to share it with other people. Mm hmm.

**Interviewer** 1:21:19

Have you? Have you done a show or showed off your artwork and stuff?

**Participant** 1:21:25

Yeah, yeah and right now, like, I'm going to do a blacklight. Like, once all this gets opened up in the United States, again, I'll be able to have a blacklight show and what I want to do is I want to try to recreate it. So, it's kind of similar to a psychedelic experience. So, it would kind of because I think that people can experience these trance states where they get that deeper inner reflection, I think that they can have it without psychedelics, right. You probably know that and I think by using certain, like sensory things that you can induce those types of states in other people, like, in a normal way, like through music and visual representation, you could get people to kind of like trip out, you know, yeah,

**Interviewer** 1:22:13

That sounds cool.

**Participant** 1:22:15

Yeah and that's, that's what I'm, that's what my plan is. I want to like, set up a cool environment and a good environment to like, basically trip people out.

**Interviewer** 1:22:26

Do you just out of curiosity, do you share your art online? Do you have like, somewhere I could look at it?

**Participant** 1:22:36

Yeah, yeah, right now my stuff is on DMT Nexus, I'll send you. I have a couple threads on there. I just started. I've always been a part of that website but I just started posting there, because I just started getting really inspired by DMT and then I wanted to kind of discuss about, maybe get some other people to share, like their art and stuff like that and kind of just get like a dialogue going about this, the similarities of the experience, and then the motifs that are being experienced. So far, they seem to agree with me that I got kind of a handle on it and I post my stuff on my Facebook account too so my family can see it. Some of my friends. Here's that thread.

**Interviewer** 1:23:50

Cool. Well I'll check that, I'll definitely go and check that out later.

**Participant** 1:23:57

Yeah, some of that some of this stuff is up to eight years old and some of the newer stuff on the other page is something I'm doing now. I'm just constantly working on other like usually like four or five pieces at once. Like using doing sketchbooks and stuff I got, tried to try to really, for a while I've been trying to like rein it in, like try not to be so creative because it like that stuff it like for some reason, it just starts flowing out of me. Like it just like gets to the point where it's like oh my god. I need to stop having to do this.

**Interviewer** 1:24:37

A lot of effort.

**Participant** 1:24:39

Yeah. Yeah, it's like, and it's forceful too where it's like, you need to get this out like you need to do this. It starts if I don't start stressing me out. Like being creative is weird.

**Interviewer** 1:24:53

The downside of creativity.

**Participant** 1:24:56

Yeah, it's like it's like hyper hyperactive.

**Q23. Interviewer** 1:25:02

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

**Participant** 1:25:13

What is the biggest change that I feel that I think is the most positive is empathy is that it makes you more empathetic person, at least for a short, even if it's not forever, like for that short amount of time, it makes you extremely empathetic, I think I feel like and then it makes you, it makes me more caring and it makes me think about how other how I want to treat others, you know, like it, to me the Golden Rule always stands out, like treat others how you want to be treated, you know, because everyone else like, because everyone's having a rough time, and you never know what people are really going through because sometimes you don't even know where you're going through yourself, you know, you should always give people a break. Try to be kind try to be helpful and a big one that I've gotten to is like, don't push your beliefs on other people, you know, like just let people live their own lives and stop trying to put like, make other people believe what you believe.

**Interviewer** 1:26:35

And these are the sorts of thoughts or say increased empathy, more caring, thinking about how you treat others and that idea of not pushing your beliefs onto others are these emphasised and sort of like increased over the days and potentially weeks after DMT use or LSD or mushrooms?

**Participant** 1:26:58

Yeah and then those feelings increase, and then the weird, then eventually, I always end up going back into other like the normal habits, you know, where it's like, you just fall back into those normal habits where you just are going about your daily life doing the same thing you do every day, you know, you fall into those patterns where I do this, I do that, I take care of this, I take care of that I go to my job, I do this, but and then it's then you know how life is like, throws you for all these loops, and it gives you all these negative things, you know, you have negative things happen. It's like, how am I supposed to be grateful for this, you know? Like, like, I just want to be mean to someone about this or you know, I mean, like acting out whatever's happening, because nothing is perfect.

**Q24. Interviewer** 1:27:53

I'm just going to switch the light on make it easier for you to see me. Has your use of psychedelics changed over time? And if so, how has it changed?

**Participant** 1:28:30

Yeah, definitely because, at first, I still, I think I've viewed psychedelics in an immature way. Like I could, I knew that they were serious business because of what I experienced at the beginning and how like, life changing they were for me, but at the same time, I still use them in a way that was for fun. As they can be fun too like, they're definitely fun and they the euphoria and all that It like, there's a fun element to it but anymore, I stopped using them in a in a social fun setting. Like I don't do them with other people, and I don't do them for fun anymore. I take them for personal exploration and like, like emotional development and for creativity and it's more like any more, it's more introspective instead of it being about bonding with people, I guess. Just as I've grown up, it's just where my life is just where I've taken myself. It's not because of the substance or anything, it's just because where my life is just where I'm at in my life right now.

**Interviewer** 1:29:50

So, would you say that how you use it now is essentially based on how your life state is not as a function of psychedelic use pushing you to do it in that way?

**Participant** 1:30:05

Yeah, it's just like the way that the way that I use psychedelics right now is just the way that it works in my life. Like, it's like, if my life was different right now, it would probably, I will use them in a different way, you know, like the way, yeah but if, like, say, if I was younger, and I had more free time, and I'm sure I would take psychedelics more liberally, and I would probably do them in different types of settings but right now, it's like I'm only, I have a certain amount of free time, and I have certain amount of responsibilities and I can't be. So how I see and how I view them, it's completely, it's from a more mature viewpoint than when I was a younger person.

**Q25. Interviewer** 1:30:57

Changing a little bit of the angle the questions now, what do you think is the core psychedelic experience?

**Participant** 1:31:07

The core psychedelic experience? What do you mean, like which substances?

**Interviewer** 1:31:13

Well, I guess it is, it does depend on the substances but if, if speaking, say within that sort of frame that I gave you of the different psychedelic substances, the question is trying to get at, is there something common across your psychedelic experiences, even across different types of psychedelics that unify them and sort of to you are the special quality that defines this as a psychedelic experience verse, it's different from say, MDMA or alcohol or marijuana. Like there's a reason that these we sort of cluster these experiences together and I wonder if you can speak to what that underlying experience might be that you would say defines a psychedelic experience. Hopefully that's clarified it a bit.

**Participant** 1:32:12

Yeah, that the thing is, is, I believe that the mental realms that we're able to access through psychedelics are directly linked with any type of creativity we can experience in normal waking reality without taking psychedelics. I think that you can see that through art from sober people, that their, their artwork is incredibly psychedelic and they even though they aren't specifically, they might have not even had psychedelic experiences in their lives. I can cite tonnes of artists like that, that their artwork is like specifically related to DMT experiences or even psilocybin. Like there's certain artists that have experienced headaches their whole entire lives, or even the artists that had a cancer in his pineal gland. You seen that guy's artwork?

**Interviewer** 1:33:12

No.

**Participant** 1:33:13

It's very interesting and it's like incredibly psychedelic and it was because the prep they think that the pressure the tumour on his pineal gland was causing him to have different outbursts of DMT production.

**Interviewer** 1:33:28

Do you know his name?

**Participant** 1:33:29

No, I can look it up though. Real quick. I did know it. DMT. Shawn Thornton

**Interviewer** 1:33:50

Shawn thorton?

**Participant** 1:33:53

Yeah.

**Interviewer** 1:33:54

T h o r t o n?

**Participant** 1:34:00

t h o r n like thorn t h o r n t o n.

**Interviewer** 1:34:05

t o n n?

**Participant** 1:34:08

T o n

**Interviewer** 1:34:09

T o n, oh yes. Okay.

**Participant** 1:34:11

Yeah, and this guy is, his art is incredibly psychedelic and he, he did. I don't think he was having any experiences with psychedelics at all when he was making them, and he said he was having these visions due to his cancer. Very interesting, you know, and it makes you really think like, what type of, like is our consciousness mediating the creation of reality, you know? And how is this happening, not just subjectively, but objectively, right? And these, are these experiences connected basically? I think that all the creation of our reality is happening all the time, so these, yeah, I can't really categorise an ideal because we're always we're always engaged in the creation of our reality, whether it be inside of our own heads or outside of outside of it. I think the inner and the outer worlds are linked.

**Interviewer** 1:35:35

Bringing it back to the questions. So, do you think there is a core psychedelic experience? Is there something that, you know, there that you could?

**Participant** 1:35:47

Yeah, I'm trying to think like, there's like different like things that happen on every single psychedelic experience, like, like, certain things happen, like, geometries become more prominent and that happens on all the various psychedelics, it always seems like you're able to access different realities inside your own brain and there's, there's constant time shift, time dilation. I've also experienced, time skips, time seems to skip ahead fast and also slow down really fast, for some reason and it could happen at this, like, in very quick intervals. That's pretty characteristic of psychedelics. The visual geometry grids. I'd say beings, but I never the beings that I've encountered are always human and it's always like people that I've either seen before, or people that I've known. Or it always seems to me, the psychedelic experience always seems to be no matter what I take, it always seems that experience I'm having is coming from within me, you know, what I mean? it never seems like it's something that's not coming from inside myself. It doesn't seem alien. Like, it all seems very familiar and it seems like I'm the one that's creating the experience. I think that's the only thing that I've come to terms with is that it all, it's all subjective and all the no matter what substance I take, it always seems like it's coming from my own experience is created by myself.

**Q27. Interviewer** 1:38:04

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

**Participant** 1:38:11

The first time I took a high dose of mushrooms, I was 16 years old and what ended up happening is I took it with one of my close friends and he wanted to go to a party and I was a 17 year old kid and I was like, I had never taken a high dose of mushrooms before I thought it was just going to be fine. I had no idea what I was expecting. I was a kid [phew], did not expect this. I ate all five grammes and it was like just one giant mushroom right it was like this big and it was like a thing and it started it took usually mushrooms take you know you wait like 45 30 45 minutes for them to kick in and it usually kicks in pretty slow. It doesn't just like you know, hammer into you. Well, this like I started seeing tracers about 10 minutes into it and it was like everything was starting to trace we're driving to the party and I was like, did not expect for this to be that intense. I remember I walked into a bathroom and like the whole all the tiles just started moving and it was, it freaked me out because I had literally just eaten the mushrooms, I could not believe that they're, it was going to be that crazy. I went to my friend's party and for some reason all the people they started turning like some people would start glowing. They start radiating light and then they would have like halos around their heads and they were they looked like Greek, Greek and goddesses and Gods like there are some of them had head fire like their hair would turn into fire and that some people like, we're accented with gold and rain, everyone was like covered in rainbows and then, I had this one person that I had no problem with him before, like not even, not even a little bit, I actually really liked him use, my friend brought him around my best friend, and so automatically liked him, he was cool but for some reason he started turning into a demon, when I was starting to, when the mushrooms are starting to really come up and like he was growing hair all from out of all parts of his body and horns, spikes were coming out of his head and I never had like, full on hallucinations from mushrooms before, right and I thought that was very strange that the things that were happening in old religions were happening under the influence of psychedelic like, I just never thought that would happen and then, so basically, he transformed into a demon and the crazy thing is, is two years later, I found out that this person had been abusing someone that I cared about. Like, that's like, I still care about a lot. That person, that guy that turned into the demon in my head. Had been abusing that person for years, right and hurting other people too. We found I found out and it that that experience made me really question, what influenced early religions, you know what I mean? Like I started thinking like, man, you know what, maybe, maybe psychedelics had some type of help in developing early religions and how people were seeing because I, how would you be able to come up with that idea of a demon and people? I don' know, that's that experience right there still bothers me because I haven't been able to integrate it. It's very strange to me but during that same time, I was the only it was the first time I ever had an out of body experience and I basically went, and, uh, because I, after I saw that guy turn into a demon, which was super weird to me. I did not expect that to happen. I expected just to, like, you know, like, deal with some emotional issues at a party learn how to be more social or something. I did not expect someone to turn into a demon. I ran outside started puking. Some being from the sky was talking to me and laughing at me, telling me how stupid I was for eating all those mushrooms and learning the truth of reality and I was like, could not believe it [laughs] and I was like, Okay, I need to find a ride home. So I went and found a dark room to lay in, that's all I could do cause I was starting to peak on five grammes of mushrooms and all of a sudden, I started seeing a spiral, forming on the ceiling of this dark room, I was laying down and I just felt something like I felt myself lift up out of my body and then all of a sudden, I was up above my friend's house and I was watching a car, it was swerving down the road, right and then I was watching it, and I watched it crash into a curb, and then kind of skid into a mailbox. For some reason, at that very moment. I snapped. Like, it was like a snap, like a snap back into reality and I, for some reason, I immediately, like had my cell phone in my hand, and I called my friend and I was like, did you just get in a car accident? And he's like, how did you know that? And I was like, dude, I just watched you. I had an out of body experience. I'm on five grammes of mushrooms and he's like, Are you serious? He could not believe me, you know and I was like, yeah, I was like, that that experience right there completely changed my, my whole view on reality what, like, I don't even know what to think about what happens after death cause if my consciousness is able to be there like that awareness is able to be outside of my body. Like, you know, like that has raised a lot of different questions and, and to have my friend be able to verify it, like, I literally called him as soon as it happened to me and I, this is one of those things that like it changed my life. I still tell people that story and I still get looks like that I'm crazy and you know that I'm making it up, but I've had, I've had out of body experiences before during dreams. They're always very, very psychedelic and it always has to do with a lot of the time. It's always to do with people that either passed away or people that are going to pass away, they always end up, communication always seems to happen in dreams before those events happen and they always end up showing me what death is like, through out of body experiences. It's very, it's very weird. I don't, I still don't understand it but like, because I don't really have like, a way to, like there's not really like, words and facts about those types of experiences. The only way they can be described is through like religion, you know, like talking to angels and having those experiences where you're not in your body anymore, and you're flying through different heavenly worlds and stuff like that. Yeah, those it makes you really think like, are the people that are making up, like the people that made up those religions, Like, were they having these experiences, you know? I'm sure they were.

**Interviewer** 1:45:59

Yeah, well, yeah.

**Participant** 1:46:01

One thing that I've been into, like lately is reading and I've like compiling all these different images of all the different religions around the world of like actual evidence of psychedelic usage. There's so many. There really is there's so many it's been going on for so many 1000s of years. The church tried to cover it up a lot of it. Stamp it out and I think it's because to us having this conversation right now, we've gotten us killed a couple of hundred years ago.

**Interviewer** 1:46:33

Heresy.

**Participant** 1:46:34

Yeah, we would have been tortured and murdered for just having this conversation.

**Interviewer** 1:46:39

We wouldn't be able to because you would be halfway across the world [laughs].

**Participant** 1:46:45

[laughs]

**Interviewer** 1:46:46

Yeah. If I can ask like a, the story you just said was very interesting. When you called your friend, did you get any more information like had he, at that exact moment, or just like a couple of seconds before had the car accident? And he's like, how like, it was immediately this, you know, you saw it, you came back into your body and then the phone was there calling?

**Participant** 1:47:09

Yeah, it was insane. He was literally he had wrecked and he was parking on that curb. He just like was parked on it and I was like, hey, can you drive back and give me a ride home and then he pulled back around, I went outside, because as soon as I called him, I watched him pull around and get back in his, I ended up getting my stuff out of his car and I was like, I can't I can't do this. I think I ended up going back inside and he ended up going home. I actually haven't seen that seen that friend in a long time but yeah, yeah, that experience completely blew my mind. I did not expect that at all. I don't know that's, that was even a possibility back then.

**Interviewer** 1:47:54

So, it has did that experience, put into question? Because you're saying that you had that you don't know how to integrate that and I'm just thinking that type of experience violates the natural assumptions of like, laws of physics or something, you know, like, it's just scientifically impossible.

**Participant** 1:48:19

Yeah.

**Interviewer** 1:48:20

And so, what do you do with that experience? Like you obviously remember it in detail and not only the car accident, but also this person who manifested themselves as a demon and I, you didn't mention anybody else. So, I imagine no one else kind of looked demon like.

**Participant** 1:48:42

No.

**Interviewer** 1:48:43

And that you found out also years later, you know, potentially, that there was the manifestation of the demon might be linked to the abuse of people who you care about. So how, what do you do with that experience? Like, how do you fit that into your worldview?

**Participant** 1:49:02

I wasn't able to for a long time, like I was I had, I remember being really scared for a long time after that and I, I consider that a traumatic moment in my life. Like I was not prepared to have that experience, especially as a young teenager, like, I was nowhere prepared to have that experience and then, like I was still in high school when that happened. So, I had that experience one weekend, and then I was expected to go back into a normal everyday routine as a normal teenager that had an experience that was like a mystical experience. I remember I actually haven't told a lot of people this story. Like I've told a few people that, and I always test people and they I'll usually wait until they tell me something a little bit crazier but there's a lot of crazier stuff, like a lot of people have had more crazy experiences than that, you know, like, I've talked to a lot of people that are fairly experienced with, like Psychonauts and a lot of people have had much crazier experiences, but so the only way I'm able to really wrap my head around it is by talking with other people that have had similar experiences or crazier ones, you know. That's only way I've been able to integrate it in anyway.

**Interviewer** 1:50:26

And what's your sort of current thoughts on the validity, for example, experience and maybe an explanation about why or how that occurred?

**Participant** 1:50:40

The way the way that I've kind of integrated my psychedelic experiences is through, do you know who David Boehm is?

**Interviewer** 1:50:53

No, who's David Bohm?

**Participant** 1:50:55

He's a protege of Albert Einstein, right. He's a theoretical physicist, and he did a lot of research on nonlocality and my understanding of nonlocality basically, the research that he did was, if he if they would act on an electron, no matter how far away another electron was, it would act as if you were acting on it, even though it was an innumerable distance away from the other electron you're acting on.

**Interviewer** 1:51:29

Is this quantum tunnelling?

**Participant** 1:51:32

Yeah, and so that, that, basically, the knowledge that they're coming to terms with in physics, that it's not relatable to our outside world, because the laws don't act the way they should in theoretical physics right now, but I think that those type of ideas can apply to inside our own heads. When you think about the way thoughts work and the way the mind processes reality, you know.

**Interviewer** 1:52:07

Would you be able to, because I, it's hard for me to see the link, so you think? Yeah, would you like to explain a little bit more?

**Participant** 1:52:16

Yeah. So basically, like, by me, the idea that all electrons are being that if you interact with one that you're basically interacting with the whole, right. So by me being one point of awareness, it wouldn't be considered true, because I would technically be all points of awareness at the same time and by me being a having that experience where I was outside of myself, and I was basically an awareness disembodied, right and that, so basically, it would mean that consciousness wasn't behaving locally, it would be behaving non-locally. Some weird interactions with electrons in our brain. I don't, I don't know that for sure. Like, I don't believe that but that's just one way that I'm able to grasp it, you know, Like I’m not able to say that I know that I flew out of my body in some spiritual form, because I don't even know if that's true, you know, like, I can't say, I can't say that for sure but I know that I had an experience that was verifiable by myself and it totally changed my life but other than thinking of in terms of like, in way, like some physics analogy, I have no idea how to grasp this experience.

**Interviewer** 1:54:13

So how did that experience change your life? Like was there consequences later on? Decisions you made. People you met, encounters you had that were directly impacted because of that, that experience?

**Participant** 1:54:30

I changed a lot of friends. After that experience. Certain people I was able to see through and see what kind of person they really were like, it was weird like I was, I put myself in a negative like, because that scene that that setting I put myself in was a net negative setting that I've been putting myself in for years before, which was drug abuse, alcohol abuse, just gross behaviour, like you know, like being a teenager's being just being in a terrible environment of my own choice but after seeing it in such an a way that I did, when I was on mushrooms, I was able to see that those things were negative, negatively impacting my life, and that those people were negatively impacting myself, in my physical self, my emotional self, everything and after that experience, I stopped. I didn't participate in that environment anymore and I didn't. I didn't go to one second, my kids awake, I'm going to put him to sleep. Just one second.

**Interviewer** 1:55:53

No problems.

**Participant** 1:56:19

Sorry about that.

**Interviewer** 1:56:20

That's alright.

**Participant** 1:56:21

What were we talking about?

**Interviewer** 1:56:23

You, I was asking about that particular experience with the outer body, and how it might have changed, like, did that impact following, long-term consequences, did it change how you reacted or different situations had you'd not had that?

**Participant** 1:56:42

Yep and it made me It made me realise, like certain people I was hanging around, weren't very good and it also made me more interested in spirituality, and mostly other religions. After that, I think I got really into Buddhism, and thinking about, basically, that the idea of our physical self, as it not being the impermanence of it, but our spiritual self as being basically like a permanent thing, in this reality, in that it made me start thinking about concepts like that and I don't think I would have thought about those things If it wasn't for like, that experience being so impactful in my life, like I would have never gone and thought about something in a different way. Such as, like, spirituality and religion and anything like that.

**Interviewer** 1:57:50

And has, sorry, just a follow on that has the interest in spiritual religious practices, teachings, has that carried on since then? Has it?

**Participant** 1:58:06

Yeah. Yep. I like, just about everything to do with any of that, like, I'd rather I like hearing about everybody's experiences now because if I, if I had that experience, there has to be somebody else that's had the same, you know, and, and just make more curious about what other what other people were experiencing and basically, if this was, like, if this was a real, like, did it really happen, you know, like, what's real and what's not? And it made me question, basically made me change my whole entire thought process about what reality actually was, you know, and then it kind of makes kind of sucks, because it like, it makes you think, like, I really didn't know what was going on, you know, like, I still don't I just, it makes me really think like, I really just don't know what's going on.

**Interviewer** 1:59:02

It's alright, none of us do.

**Participant** 1:59:07

[laughs] It's kind of confusing, it’s just like, I just don't get it, but we have these experiences, and we're just trying to figure him out.

**Interviewer** 1:59:16

Yeah. Here we are.

**Participant** 1:59:20

Yeah, it just sucks if like, if you're not using psychedelics, I feel like, like, so many people are getting left behind, you know I mean. I feel like in the next, like, the way that our world is shifting, it's like, it's the people that are. You're going to have the people that are getting left behind and you're going to have the people that are moving forward, you know, and the next phase of like, wherever humanity is going, and I think psychedelics are going to lead that way.

**Interviewer** 1:59:47

Maybe a form of divergence.

**Participant** 1:59:51

Yeah. I think that's the way it's going to go.

**Interviewer** 1:59:56

Okay, just like I know we're coming up to I guess it's when did we start? It's like, 3am there for you, I think. Apologies for going so long. Like we're about 60% 65% the way through, we've like you've been giving some good detail. I can't like, I'm sorry it's like [gnawing sounds], nibbling on all the information. So, do you do you need a break? Would you like to use bathroom and toilet? Or are you happy to carry on or anything like that?

**Participant** 2:00:35

Yeah, can I take a bathroom break and get a drink?

**Interviewer** 2:00:37

Yeah, of course, of course.

**Participant** 2:00:40

Do I do I just need to pause it or anything?

**Interviewer** 2:00:45

I can just pause the recording, or would you like to you can shut your video down if you like, or you can just leave. It's not a problem.

**Participant** 2:00:50

All right. Sounds good. I'll be back in like, a few minutes.

**Q26. Interviewer** 2:00:54

Cool. So, the next question is, can you describe your most challenging or negative psychedelic experience?

**Participant** 2:01:14

The worst, I think the worst time I ever had on it was probably around it was before I had come to terms with like that the fact that I needed to forgive my mom and I took even like, I think it was a small dose of like mushrooms and I don't know, for some reason I like I love skateboarding. I always have since I was a little kid, I've just been obsessed with it and I've always skated and I decided it'd be a good idea to like, go to skate park. On mushrooms, it just seemed like a good idea. It was not a good idea. It was really, it seemed like a good idea, but it was not. I just remember like face planting, just about as soon as I get there, like on a ramp, like on a quarter pipe, like hung up on the quarter pipe and just like [claps hands] woke up on the bottom there, and I was like, Nooo, I just remember, like, freaking out, like, I have never felt so mad before about anything and I just remember just taking my skateboard just slamming on the ground over and over again, just screaming curse words and just like getting out so much anger and frustration. Like, it was like, I'd never been mad before in my life, you know and it's probably like, this is a really a good experience but it seemed bad at the time and it like, I was, like, it was like feeling my face hit the concrete was like punishment for everything bad I've ever done, you know, like, it seemed like that, like it that's what it seemed like to me when I was having the experience and then like me being able to act out that like use that as an excuse to vent my frustration and anger and like all these different emotions that I hadn't ever, like fully expressed. It was it was awesome, but it seemed it seemed really negative at the time. So I face planted but I remember, immediately after that I broke down and I had like a really introspective time where I thought about all those negative things that I was mad about and that maybe thought about some ways to fix them and I thought about ways that I've hurt other people and ways that I should try to maybe amend those, amend those things that I've done and it the rough the rough times if you look at like, they're always rough, because they're just showing you things that you didn't know about yourself or maybe things that you didn't ever really confronted in your life like or decisions that you haven't made that you need to make and just things like that and I don't think I've never had like a bad experience. It's just like, it seems bad at the time but in all reality, it's like it's good for you, you know, that's what I've my experience with psychedelics, is, there's no bad unless, like I can see it getting bad like If I was arrested or something. Like if some like, and which is something you got to be scared of which sucks. You got to be scared of some cop thinking that you're a drug like some drug addict. Like getting high and It's like he has no idea that you're like in the most fragile state of your life. That would suck. Right, that's never happened to me, thank god but I don't think I've ever had a I've had difficult experiences, but it was never to the point where it was, I call it bad, sometimes they're scary.

**Interviewer** 2:05:11

Yeah, that's why the question doesn't actually use the word bad is because I know a lot of people don't frame the experiences like that, like at a minimum, it’s learning for example.

**Participant** 2:05:25

Yeah.

**Q28. Interviewer** 2:05:31

I should need to rephrase this question. It's kind of worded poorly but if you have experienced ego death, could you describe what it is like?

**Participant** 2:05:47

Actually, I did have experience like that recently and it was like, it's so weird. It's like, I can't explain that. It's like all because if you try to explain it, it just it takes away, what it really was. That's one of those things I don't think I can do. It was like. I don't know, it was like, I was a single point of, but at the same time, I was myself.

**Interviewer** 2:06:40

Was this that experience you were saying before, about being a in a single point, and you had lost, you were still aware, but you, you didn't know if you were human, or who you were, or and then your mind sort of came, you saw your mind be reconstructed as you came back, Is this the one you're thinking about?

**Participant** 2:07:05

Yeah and I just, to me, it's like, I can't really describe how I felt because I didn't feel anything. It was like, I was complete. It was almost like bliss, though, like, the way Okay, I know how to describe it, exactly how it feels, it feels like it's almost entirely related to like a sexual experience, where it's like that feeling where, like, when everything just becomes one and it's like, putting into words is weird but it's the only way I can compare like an ego dissolution experiences, is like the, is almost like a sexual experience. Where like, it's not just you, it's like, it's, it's a, everything, I don't know, that's a hard one to describe, put in the words. I can't do it.

**Interviewer** 2:08:02

This All right but on a follow up to that, rather than describing it, how has this experience impacted you?

**Participant** 2:08:18

It made me feel very grateful, it made me feel very grateful for getting to experience myself as an actual person, you know. Like being like, having an experience where you become merged with all these different, basically everything that you know, and they you're not a complete individual It's, it's a, it made me very appreciative of myself in an individual manner and it made me think of how special everybody really is, you know, because everybody's different. Everybody has their own thing, and everyone does their own, like they have their own way of doing things, their own special interests, and everyone is able to help out each other in different ways and it made me really appreciate how special and individual everything really is but at the same time, it like showed it showed me how it was all connected too, you know, and all the same through consciousness, right, because I was able to experience that through consciousness, so everything must be connected through that in some way. That's what I got out of it.

**Q7. Interviewer** 2:09:44

Moving on. Has your psychedelic use noticeably affected your relationships with significant others? And if so, how have they been affected? And just to put a thing, you, you, you have spoken about your relationship with your mother. So, you wouldn't you don't necessarily have to go into that but what about maybe some other significant relationships has it has it affected that at all, and how?

**Participant** 2:10:14

Yeah, some of my, like, my best friend of all time, he's the one that like, pushed me towards mushroom trying mushrooms when I was a teenager, and me and him have always been really good, good friends and he's, I've had a bunch of different psychedelic experiences with him and every single time, it makes me feel like, we're like family in a way, you know, because I've shared I've shared experiences with him, that I’ve would have never shared with anybody else, you know, or I never will. It's like one of those special things that we've connected with and like, I could actually have these conversations with him even, you know, and I can't have those certain conversations with other people and with my wife, it's like, I don't take psychedelics with her but I have taken psychedelics while I was around her and it's, and those are really rare experiences and, to me, those, those have always will be very special. Like, I think I remember, when my first son, my wife was pregnant with my first son, I remember being on a pretty good dose of LSD and watching his hand push against her belly. It's, uh, that that is weird, you can see because you could do it to see him like rolling around inside of her belly and it's like, seeing stuff like that was like, like that. I'll never forget that. Being able to feel like touch my kid’s hand, like, through her skin, you know, like on psychedelics, that was just like is mind blowing [laughs]. Like, what's happening right now? And some, yeah, and the another weird another weird thing is I my step mom, my stepmom is like a Mennonite. She's like extremely religious, Christian, like conservative person and I remember her and her family always being very interested in me using psychedelics and it was always really funny, trying to describe a psychedelic experience to like, religious people that believe the shit that they do because sometimes I'm just like, how do you guys believe this? Without having any idea what's like actually possible inside your heads. It's, that's another that's another interesting part about psychedelic use is being able to interact with people that have no idea what you're talking about, but at the same time, they're all people are genuinely curious, you know, because I'm not crazy and I don't have mental health issues, but I'm talking about you know, crazy ideas and things that have happened and they're like, What are you talking? You're not crazy, so what's going on here? They're they always that's, that's about I think that's interesting is my relationship with people that do haven't done psychedelics because it doesn't really like make me closer to them but it's cool to be able to tell people about them that would otherwise would have no idea.

**Interviewer** 2:13:42

What about with cause with your wife, for example, you were describing being around her on psychedelics, but what about because of your psychedelic use and the different thoughts and emotional experiences and how the long term effects and being just kind of everyday life do you think that's somehow got involved with your say your relationship with your wife or with your children or?

**Participant** 2:14:11

The weird the weirdest thing happened once I got into a relationship with my wife, my psychedelic experiences completely changed, completely. I started because I before I'd never had deity experiences, right? And even like on DMT like I saw, like, certain deities but like never were they were human like they never like seemed or they never were trying to guide me they're always just like this ambiguous like they were there like, and they're there to like, really confuse me most of the time but my psychedelic experiences after my wife, after I got with my wife was, every time a woman deity would speak to me right, like it was like a mother and she was tell me what I was supposed to do with my life and basically what I needed to do and what I needed to do was spend my spend my life instead of worshipping a god, like in a religious context I should worship my wife. Like she was my deity and like she was my god and that that's basically what my marriage was, was to this woman that was now going to be my god and then once I started having those experiences, I started looking into old religions, and most of the old religions were to do with the Goddess and they were to do like to do with women and worshipping the woman and that's how nature was viewed and everything and so then. So then that's what that that changed my life too having those experiences and then being told that the person that was talking to me inside my head was the same spirit, the same type of spirit resided in my wife and yeah, I started having those experiences, and then thinking that I should really change the way I changed the way I thought about my wife and it changed the way that the way I choose to do things for my wife, I guess, and also what's crazy is she, she, like she, she totally agrees with me. Whenever I tell her about these experiences. My wife's like, she looks at me, like, she knows why I fuckin had to hear that. It's, you know, like, my wife. She's like, yeah, she's like, I, it almost seems like she knows that whatever is telling me this inside my head is like, she it's almost like she knew before. I knew, you know, I don't know how to explain that. Like me having those experiences. It almost seemed like, some way she was influencing them. I don't know. I don't know. It's weird to explain but I started having experiences when I became involved my wife.

**Interviewer** 2:17:38

And that was before you guys got married, I imagine?

**Participant** 2:17:42

Yeah, it was eight, eight years ago but I've known her forever. We've been best friends for a long time.

**Interviewer** 2:17:51

Is your wife particularly spiritual?

**Participant** 2:17:54

No, not at all. My wife has no religious views. No, I don't consider her spiritual at all. She is very, like, what's the word? Materialist, right. Yeah, she's a materialist and so she believes like, basically, wait, what you see is what you get, right. Yeah, so I think she considers me to be like the opposite type of person based off of my experiences, but I'm really a materialist too. So Yeah but.

**Interviewer** 2:18:38

And has that. Actually, I sort of have two questions. One, having this experience of sort of a spirit of your wife's deity or your deity version of your wife telling you to worship her. When you hear that, how, do you believe it in a sense? Like, do you take it with a grain of salt? Maybe it's real, maybe. It's just me fucking with myself sort of thing.

**Participant** 2:19:05

Because that's what she what basically what she said is like, if you don't, she has the power to ruin your life. She really does man, like, you can't get away from it. Like, even if they like, even if that experience happened in my head, like, it still holds truth and meaning because it's like, my whole life is, is wrapped up in this other person, you know and it's like, and like, what she was telling me is like, something that I should do and then when you think about it, like if everyone took it that way, like the world would change, you know, that's like, people should be doing that and it's like, a lot of people you're not taught that, like, you're not taught because you're most people grow up religious, and it's like, you're not supposed to put anything before God but it's like, woman is God, you know, woman creates everything, like they do, and it's like in the, yeah I don't know. I think that's really interesting is how psychedelics bring up that feminine aspect, you know. That that thing the Animus or whatever, that unconscious thing that's in all of us, It's strange.

**Interviewer** 2:20:14

That's I think C. G. Jung, like the Anima and the Animus.

**Participant** 2:20:18

Yeah, and it's like, for some reason, it's always the female form for males and it's always the male form for females.

**Interviewer** 2:20:26

So, have you implemented any changes in how you interact or treat your wife? Because of those experiences?

**Participant** 2:20:34

Yeah and I've had to, you know, I'm not a perfect person and I I'm not, I don't make all the right moves and I'm not like the best at being in a relationship but I think that psychedelic use made me aware of things that I was doing wrong and they helped me think of better ways to be nicer, and to care more, you know, but it's the terrible thing is you can't just you can't take back all that time that you lost when you weren't doing the right things, you know, that's what sucks about it.

**Q8. Interviewer** 2:21:21

I feel like you really have spoken to this one. So, if you've, if you feel like you're there's anything additional to add to it, go for it but we can move to the next question, if you think it's kind of just covering the same ground. So, the question is, have psychedelics changed how you think and feel about yourself? And essentially, how has that impacted your life?

**Participant** 2:21:51

Yeah, I think I've answered that.

**Interviewer** 2:21:53

Yeah. Okay. Right, have your experiences with, Oh, you're off. Oops.

**Participant** 2:22:03

I'm listening.

**Q29. Interviewer** 2:22:04

Okay, cool. Have your experiences with psychedelics affected your spiritual or religious beliefs? And if so, how have they been affected?

**Participant** 2:22:14

Um, this, I think that they made me question all religions, because if I'm having these experiences inside my head, and if I'm telling them out loud to people, and I think I'm crazy, like, I'm going to consider everyone else's ideas, the same, you know, it's everyone's just making this shit up. It's like, I'm not going to believe you. Just because you said it, you know, because I don't even believe myself and I say some crazy shit, you know, so, they definitely made me question myself more and question everything around me more and I never and I always have, you have to have some pretty good evidence if you want me to believe in something.

**Interviewer** 2:23:06

So, would you say it's made you more sceptical?

**Participant** 2:23:10

Yeah, it made me more sceptical and more open minded and it would make me feel more critical. Definitely more critical of things now but it also made me more open to all religious ideas. Like I view them all equally now, instead of like before, I think because the way I was raised, and the way that Christianity is nowadays, in the world is like kind of a Dominator religion where just like, want to be the right one for some reason, and they're the only right one. I think I would have been stuck in some, you know, like, classic person that's just stubborn and wants to they're always right, and this is the way it is and if you don't believe it, then go to hell, and I'm not that person, so I could have been, you know, like, I think I would have if I didn't take mushrooms.

**Interviewer** 2:24:16

Were you, as before you took mushrooms?

**Participant** 2:24:20

Yeah.

**Interviewer** 2:24:22

You were you've religious before that.

**Participant** 2:24:25

Yeah and I was, I was I went to church, like two times a week. Like I was a part of like, all the church organisations, everything like totally believes. My wife still makes fun of me, says I tried to convert her when we're kids like yeah, like I was like, I can't believe that I got brainwashed by my parents, but I did it. I can't believe it and that that happens like brainwashing is totally a thing and they convinced me some stuff I totally like people kill over that, you know? I can't believe that it's all made up their own heads.

**Interviewer** 2:25:04

Well, you got to believe in something.

**Participant** 2:25:07

I guess I don't think I don't even think you have to believe in anything.

**Interviewer** 2:25:11

Well, then that's your belief.

**Participant** 2:25:16

[laughs] That's just my opinion.

**Interviewer** 2:25:17

Ah yes, here we are. Have you experienced a spiritual crisis because of your psychedelic use? And if you have what helped you get through this experience?

**Participant** 2:25:46

Well, uh, I think the only experience that that experience I told you about the out of body experience and I think the only thing that really helped is I read this book one time called Autobiography of a Yogi. Have you read it? It's about the first yoga master that came to the United States. He's basically the person who brought like, all the whole idea of yoga, the United States, He's the reason that it's everywhere now and he, he goes, and because you start, if you read into Yogi masters, and what they're capable of?

**Interviewer** 2:26:29

No, I would say, my furthest delving into the sort of esoteric belief systems would be Buddhism and the tenants around, maybe as well, sort of the Indian versions and the Zen Buddhism. So, I got my introduction through Alan Watts, who talks a lot about it and then I have sort of read a little bit about it, but I haven't gone deep into like, the different say, not spiritual powers, or like things.

**Participant** 2:27:03

That's basically what it was and it was like they, he was talking about how they had basically spiritual powers and that they were able to do things that like basically they were able to appear from out of nowhere, like they were able to project themselves into certain through space and time to anywhere in the world that they wanted to. They could even go to like different realities and whatnot, right and I remember reading that and being able to relate to that a lot and then for some reason, the Sadhu's too the Sadhu's of India, the hash smokers that smoke hash and worship Shiva all day, for some reason I've always felt related to them spiritually. I didn't I don't know if it's because I love smoking cannabis, but I always relate to the Sadhu I don't know why I like even like the way like spiritually like the ascetic lifestyle and, like giving up all their possessions and everything. Like for some reason, I've always felt like that even before I even tried cannabis and then like, once I started using cannabis and like, I've always used it for like a, like a like a, like a medicine basically like a spiritual medicine. That's always to me, though, that spiritual. That spirituality always helped me. What's, there's another one. There's another book, I just read something that I read. That really helped me. I forgot it. I had it. I had it in my head. I was waiting a second to say it.

**Interviewer** 2:27:04

That's all right.

**Participant** 2:28:07

I might remember in a second.

**Interviewer** 2:29:15

Should I ask the next question, or would you like to wait for it to come back around?

**Participant** 2:29:21

Yeah, just ask me the next one.

**Q30. Interviewer** 2:29:23

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

**Participant** 2:29:34

Yeah, and it makes me but what I what psychedelics have made me think about death is that life is extremely precious and individual and it will, It'll never I don't think it'll ever, someone's life will never be the same as someone else's and so life is incredibly special and incredibly fragile and meaningful, and then I think death is just it's just basically like coming to terms with that with coming to terms how precious and fragile and everything about how life how special it is, and then just being able to let that go, you know, like, for me like to see something like that special and that fragile, it's only special and fragile, It's only those things because it doesn't last forever, you know, like, it's only meaningful because it's not forever. Only for such a short window of time that it like, means so like, it's that's the only reason it's so special, you know, I think that's what's beautiful about life. I don't think death and death is like, that is what gives life grace, you know?

**Interviewer** 2:30:58

Could you speak a little to what you mean by giving life grace?

**Participant** 2:31:03

Like, death is what gives life, like death. Like, like, what I have, life wouldn't have as much meaning if there wasn't, like, if you could just do everything you wanted, for all for until time ended. It wouldn't have meant anything if it wasn't. If it was just going to last forever, you know. Like if there wasn't like I don't know how, like, psychedelics give, like, gave me an appreciation for how fragile life was because death. Yeah, I think that's all I can say is that it gave me an appreciation for how fragile and special life was because it could get to death could take all of that away and death, death will basically show what, your life truly meant, you know. Like, the short amount of time we have on this planet, we can only do so much and by there being a limit to that it gives your life more meaning and it makes the actions and what you chose to do that more important, right and so by there being limitation on your life, it makes everything that you do that much more important and the things, especially the way you interact with other things and the things that you choose to connect with and if you're not doing that in a positive manner, then you're not living your life, I think, in my opinion, the way you should be but for me, it makes me more aware and more conscious of what I choose to do with my life is there being a limiting factor on how long I'm going to live and me not knowing when that end date could be makes me think, think of better choices, and better actions and reactions to everything that's going on around me.

**Q31. Interviewer** 2:33:46

Cool, thank you. I think you've definitely spoken to this but if there's anything again to add, otherwise we can move on. Have psychedelics changed any fundamental beliefs about the nature of reality and if so, what has changed

**Participant** 2:34:14

The possibility of myself existing outside of my body that changed and then the possibility of something that I've always been interested in is something that I've tested and something I've been talking about with other Psychonauts is being able to interact in this other dimension of reality that you're able to experience on psychedelics, if you're able to interact with that person in that other realm. That would make that realm kind of an objective realm, not just subjective, right and a lot of people I talk with are able to actually meet up in that realm and interact with each other and I've had experiences where I was able to interact with my friends in the DMT realm and I don't know if that was because of it, it was always with my eyes closed. So I thought, it just seems weird if I was because I wasn't just looking at them, and they weren't just there like I was with my eyes closed in a different realm, and they're in like, disembodied, like, they seemed like, it seemed like I was able to interact with people in a different space than normal and I didn't think it was possible to be able to contact dead people. Another one, I started reading Stanislav Grof's, transpersonal psychology research, have you read into that?

**Interviewer** 2:35:50

I've read his, his book, I forget on Realms of the Unconscious, I read that but I haven't gone into more of the transpersonal stuff that I've come across quite a number of people who talk in that field and it's quite interesting, for sure.

**Participant** 2:36:11

Very interesting and I, once I started reading into that, and reading about, like prenatal experiences, and people be able to experience lots of people experiencing like childhood, like childbirth, and things like that and then experiencing the things where they're, before they're alive, being able to pick and choose how their life was going to lay out before them before they're born. I think reading about experiences like that, and then having experiences where I was outside of my body makes me think like, maybe, maybe there is more to this than we know and maybe those things could be accessed, through some form of therapy, or even breath work. I think that's what he did.

**Interviewer** 2:37:02

If I can play devil's advocate, this is, there's another question on the sheet but do you. Do you think there are any negative consequences of holding these beliefs even loosely?

**Participant** 2:37:22

The ones that I spoke about?

**Interviewer** 2:37:24

Yeah.

**Participant** 2:37:26

I think because saying that maybe our consciousness survives after death, maybe isn't really fair to say to people, because people might take that seriously and then they might choose to live their lives in a negative way because of it, right? Because death doesn't really matter. So, they can do whatever they want and like, the whole idea of religion, like holding people accountable for their actions that they do in this life, that will have repercussions in the next life. It makes sense to tell people that because then they're conscious, so at least they're holding themselves accountable, right? And so they're not acting bad doing mean things to other people because that they're afraid to go to hell, right but so people having those type of ideas and me, me holding ideas, like, I think it's wrong to impose your beliefs on other people, you know, and like for me to say that what I think is the way it is, and it's not like any other way. I think that's wrong, you know, but and I can change my mind and if, if someone said they have experienced that contradicted mine. Yeah, I totally, I wouldn't argue with them and say they, it wasn't real as real as mine and I was right and because I could, I could change my mind, you know, I, I'm not even a firm believer of what happened. Or my experiences, my experience contradicted everyday reality. So yeah.

**Interviewer** 2:39:00

So, the, I don't know if you've spoken to this, but as one of your do believe this such thing as life after death, and through these experiences you had or at least, you hold open that possibility?

**Participant** 2:39:20

Yeah, I'm open to that possibility and I think it seemed it would make sense if there was some, like if consciousness was not completely individual, you know what I mean? Like our subjective experience isn't everything there is to consciousness. I think that our brain basically mediates consciousness and what we're able, what we're experiencing, from like an individual perspective, is based off of our brain, but I don't think that that's like, the whole truth, to what reality really is, I think it's so much more than that, I think that's the only thing that psychedelics like truly did was like, showed me that there was a lot more to everyday reality than I was even aware of and I don't think that would. I don't think you can question that because it's like, you know, that's science like we don't know. Very, there's a small amount, like, you know, you've been to school, like, they don't even go to school and you're paying all that money and it's like, they'd seriously like, half the time. They're like, you should help us figure out these questions, because we don't fucking know the answers. I guess that's what are you doing right now man [laughs]?

**Interviewer** 2:40:38

Yeah, yeah, yeah.

**Participant** 2:40:42

Deepest box that you can possibly open like the whole idea of consciousness itself. Like,

**Interviewer** 2:40:49

Yeah. Just, if I can add, like, it's only made me more like, man, we don't know shit. Like, the more you know, the less you know, it's like, what is this?

**Participant** 2:41:03

And It's like, there's no way I'ma spend my whole life trying to figure this out. It's like, it's like, it's what's so it's so fun about it's so fun, It's a mystery. I think it's like the ouroboros or whatever, like the snake eating its own tail. It's like, it'll never be discovered because it's like you're eating like your own. It's like your, your imagination trying to look at itself. It's, it's impossible, because you're creating it.

**Q32. Interviewer** 2:41:35

We're getting close. There's five questions, and we're done, I think and they're reasonably the last few are quite short. I think you've spoken to this, but have psychedelics changed your outlook on life? And if so, how has it changed?

**Participant** 2:41:51

It gave me hope. Like I, I think since I like I was able to change my mind through like such an easy, easy route administration, like eating a mushroom and like, changed my whole entire worldview and like, flipped, flipped me upside down, basically, and showed me that I've been walking on the ceiling my whole life, and really, like the ground was down there, you know, like, for me for that experience to be able to happen to me and knowing that that experience could potentially happen to anybody, is awesome. Like, yes, like, that is exactly what I wanted to know. Like that experience. At least that experience is out there for somebody else to have and, and to know that other people have had that experience, that it's actually done good things to people's lives and it's actually done a great deal and changing the world for the good for the better. A lot of the cases. Yeah, it's awesome, man.

**Interviewer** 2:43:06

Cool, yeah. I like that too.

**Q33. Participant** 2:43:13

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

**Interviewer** 2:43:20

So many different ones. I think I think the biggest one going on right now is technology. I think it's going to open the doors to a lot of more cosmic ideas because a lot of the ways that I end up thinking when I take psychedelics is like, super science fiction, futuristic, thinking ahead, thinking about the environment. I think the ecology movement was strictly like, was pretty much because of psychedelic use the modern ecology movement, so I think, people taking psychedelics, or at least people like taking them in controlled settings is going to change the world. Honestly. I just hope it happens fast, you know. I'm just hoping this taking the next 100 years for people to figure out how to how to do this the right responsible way. So, I think this is awesome that you're doing this.

**Interviewer** 2:44:24

Thank you.

**Participant** 2:44:25

Groundwork, like this is going to change the world eventually.

**Interviewer** 2:44:30

Well, that's, you know, one little bit at a time.

**Participant** 2:44:33

Yeah, everyone needs be part of this. Everyone's to be working towards this.

**Interviewer** 2:44:44

Is there any more you'd like to add to that, like in terms of you because you said there was a number of ways in which you thought psychedelics.

**Participant** 2:44:51

Music, arts, architecture, to me is a I think that could be as good like psychedelics transform the world of architecture. Yeah, I think it Yeah, I think it would be insane if more people were taking psychedelics and then building things. Cultural, cultural, you'd have more, I think you'd have completely different holidays, if psychedelics were more like in a more legal form, I think we would have like, like their own, you know, people will be making more holidays out of those types of experiences. Like, like imagine, like you can have, like days where certain things were used, and it's kind of crazy to imagine that but uh, even sports, activities, cultural activities would change, if those things because those things at low doses do make you better at athletic stuff. Oh shoot, honestly, I'd be interested to it'd be interesting to see what religions do with the psychedelic experience if they start being more accepting of it and then people started having more formalised psychedelic experiences in religious like settings. That would be interesting, like the, how they're giving psilocybin to those rabbis and the priests and stuff like that. They did that research recently. I think that's interesting. Political leaders, specifically, it would blow my mind to know, that, someone that was in control of my life, like, big fucking issues, was having experiences to do like psychedelic experiences.

**Interviewer** 2:47:04

Before they make a big decision. All right, everyone, we're going to do a trip together [laughs].

**Participant** 2:47:11

[laughs] Yeah, imagine like a council doing a trip together and then coming to everyone coming to a conclusion, like, what's going to help everyone out the most, you know.

**Interviewer** 2:47:21

They're like, love.

**Participant** 2:47:22

Yeah [laughs]. Imagine the world, like, it's so easy to it's like one word like solves every problem.

**Interviewer** 2:47:31

Constitution changes. It's like, it went from all these words and it just says love. It's like, does meet this criteria?

**Participant** 2:47:38

It fixes all the problems too and it's like, I don't understand, like just looking at things openly and compassionately, you know, lovingly, but yeah, I think it could try psychedelics, I think it have the potential to change a lot of things and the way we do a lot of things, I don't think they mean everything and I don't think they're for everybody but I think that if you give the right type of person, a psychedelic, things are going to happen, you know and it just depends on the type that the person that takes it.

**Q34. Interviewer** 2:48:18

Have psychedelics changed how you think about the human species? And what we're doing?

**Participant** 2:48:26

It's really, like, made it more confusing, honestly.

**Interviewer** 2:48:30

Yeah?

**Participant** 2:48:31

Yeah, I think after taking psychedelics and then thinking about the, like, why things are happening the way they do in the world, and why certain people are thought of as less than other people. Like in America right now, the big thing is, like, the thing that's been going on is like, the racial tensions, and we're still like, there's still white people here that are racist, and our whole country was built on racism, you know and those ideas are, that's so outdated. Like, I don't even I cannot personally wrap my mind around how people can think that another coloured person with a different colour skin is less than you. I cannot wrap my head around that. That happened that's happening every day in this country. I know people that are like actually racists and it's like, I can't even wrap my head around it, you know and, I forgot the question, what was it again?

**Interviewer** 2:49:39

It was have psychedelics changed how you think about the human species and what we're doing?

**Participant** 2:49:45

Oh yeah, and they make me like the whole concept of war. After taking psychedelics. I have no idea why, why we have done the way Like why we have done the things that we've done to each other, based off of very loose ideas and very various problems that could have been solved without killing a whole mass group of people. Genocide, I don't understand that, after through and maybe question that things like that. The problem with mental health in our country, and then a lot of countries, drug addiction, drug abuse, basically, government itself, what the whole point of the government is, if they're not trying to help people out, you know and solve problems, I don't understand government, it's about making money and separating people and making things basically harder for people to live and harder for the planet to be naturally sustainable. It's raised a lot of questions and made me think deeply about a lot of things that I do not understand why the world works the way it does, when it's so dysfunctional, and all, you know, it just doesn't like you would think that more people would just want to work together. Like I don't understand why more people just want to separate and work separately and competitively when all you have to do is drop all that just drop that idea and just work together and the whole world just becomes more manageable. I just don't understand what how people don't see that working together is the way to do things.

**Q6e. Interviewer** 2:51:52

One of the questions that you actually kind of touched on, which I as well should ask is, has psychedelic use affected your use of other drugs? And how have they been affected?

**Participant** 2:52:09

I don't drink alcohol. I quit drinking alcohol because of psychedelics. Like I, I can't do it at all and then, like, I can't I maybe I'll have a beer like once a year. Like maybe, but I don't. I still use cannabis all the time, but I feel like I don't know if that's to do with my autism. For some reason, like the first time I ever smoked cannabis, it like immediately made me feel like a normal person, however I imagine that to be, you know, like, I just felt it just made me feel like, perfectly normal. Like, it's weird to describe, but so I use cannabis fairly regularly and then I don't use alcohol and I don't, I quit nicotine, I quit caffeine and I quit eating beef and I have tried a lot of different drugs, but I'm, like, the ways in which I tried experimented with drugs was in a kind of like a recreational manner, like where I was, I was bored when I was younger, you know. Anymore, like, and since my mom was a drug addict, I was put like I, was put in a different position than most people like I've seen, like, really terrible things from drug use, like very bad things and I've a lot of my friends have died from heroin. So, I just kind of stayed away from all that stuff. Psychedelics, luckily, they show you all that negativity, like you can't, you can't be I, I don't think I could be a drug addict or a drug user and using psychedelics like in a safe way, I don't think I could do it. I think I eventually would, I would end up in the hospital or something, you know?

**Interviewer** 2:54:07

Could you speak a little to, because you mentioned really early on in the interview, that you quit using smoking cigarettes? Can you but can you speak to a little bit that process how it happened? Because it seems that you were smoking, after you've used psychedelics and it's more recently that you sort of have made this shift?

**Participant** 2:54:33

Well, the way that I would, the way that I would compare it to my use of psychedelics was basically how you go into a psychedelic experience with an intention and you follow through with that intention and then you get a result right? Well with quitting smoking. It took a lot of work like a lot of willpower where I had to say like I don't want to do this anymore because it's affecting me negatively. It's affecting my family negatively and I might not be able to live as long as I could and I'm taking advantage like I'm taking my life for granted and by killing myself basically, by doing this, just for like a moment's pleasure, right, or a moment's relaxation, like that's super superficial and eventually, I just started seeing through it. Like it was like, it was just a habit and then the only thing I had to do to overcome it was to fill up my time with better things and yeah, and I wanted to feel better about myself. That's, there's a, there's a bunch of reasons why quit smoking but, uh, I don't think it was specifically because of psychedelics that made me, but I did. I did want to, I always have wanted to quit but yeah, the thing that made me the thing that I thought was crazy is that I was like, specifically related to psychedelics was quitting eating beef because I don't my wife has been showing me like all these. My wife was like, wanting me to become a vegetarian, right because she could do it, but I have a hard time with it because I don't know I, I've always had a meat-based diet. So she started showing me all these terrible things like basically like PETA videos, right, like slaughterhouses, and just all that negative stuff and then how cattle farming is the basically tearing the world apart and causing the cut down, rain forests, and everything else, just ruining the environment and her telling me this telling me these things, and then me using psychedelics, and then just having like, all this compassion for animals, and like seeing animals is something equal to myself and thinking like what I want, like, I that's not it's not right, like farming animals just for consumption. Like, I think it's wrong, you know what I mean? I guess, like, it's got to the point where I was like, I just, I think this is wrong, I feel strongly about it. It's like, I can quit that and it was so easy to do, but from using psychedelics, like just thinking, like, I'm done, and it's something that I've loved, like, I eaten those things my whole entire life, you know, like, eating and yeah, I don't know how I don't know how it worked but like, there's something that just clicked in my head. I was like, you just don't have to do that anymore. Now, every time like, it's like, I, I'm hyper conscious of what I'm putting into my body and what I'm not, you know? And, uh, I don't know why I don't know why it happened, but I'm glad I did. I think it's weird like that. That you are able to actually cure addictions, with psychedelics. wonder why that is? I still went through, like the withdrawal symptoms and everything, but I like it, like made it easier for me to say, I don't want to do that anymore.

**Interviewer** 2:58:36

With smoking?

**Participant** 2:58:37

Yeah, and just being able to change my mind is being like, I don't want to do that anymore, you know. Like, I'm not I'm me as a person and not my vices, you know, like, I'm not those things like, I don't have to do those things, you know, I could be myself. I think that's what it was. Just like those things just aren't they aren't they don't make me who I am. I don't need them. It's like if they're not positive in my life, like, why should I do those things?

**Interviewer** 2:59:09

It's a good question.

**Participant** 2:59:11

I know. It makes me wonder like, what do people like, are people really thinking about what they do? Dude, are they? Yeah. Are they really thinking? I don't think so. Or do they care? I think maybe, I don't know. Maybe I just care a little bit more.

**Q35. Interviewer** 2:59:39

There's lots of intersecting factors and motivations and environmental stuff and personal things all going into whether you're going to do something or not or how it manifests in your life. So final two questions. The first one is what advice would you give to people who are interested in or currently using psychedelics

**Participant** 3:00:07

Advice, I would say, to always start with a low dose, never take a high dose without being fully prepared of what that substance can do to your body and what it can do your mind and never take anything off this like, one thing that I would tell someone that is interested in psychedelics is get a LSD testing kit, because there's so many weird stuff out on the streets and there's so like, buying stuff, sketchy stuff from drug dealers and everything else, like test, if you're taking a chemical or a molecule, test it or extract it yourself and never I, I think that you should not take these substances to get high and you shouldn't expect to get high from them like you would any other drug. Like, I don't think that's what they're for and I don't really think that's what they do. I think, like, you know, they don't really just get you high, like, it's a lot more than that they people are going to be you're going to have I think that's why a lot the negative connotations got thrown around on these drugs, is because people kind of expected them to act like normal drugs and expected to get high off them and it's not what happens. I would tell them to be take a small dose and maybe get your feet wet before you really dive in to the higher dosages and where all the crazier things happen.

**Q36. Interviewer** 3:01:46

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

**Participant** 3:01:58

No, I'm good. I think I said everything. Thank you.

**Interviewer** 3:01:59

Yeah. Let me just in there recording. This one's going to be a beast.