11. Interview with Participant 11

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**Length:** 2:25:38

**Spoken duration of interview:** Participant (66%), Interviewer (34%)

**Age (years):** Participant (24), Interviewer (29)

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

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

**Original nationality:** Participant (Turkish)

**SUMMARY KEYWORDS**

psychedelics, people, feel, question, psychedelic experience, experience, changed, friends, life, bit, trip, feeling, lsd, nice, guess, thinking, terms, mind, nature, reflect

**Q1. Interviewer** 00:00

I started recording it. We took a break, and I paused it and then we started talking. I was like, hold on. So, but we only talked for like, a couple minutes and I was like, oh yeah, I restarted this. I wasn't bad. So, that was okay. So, the first question is, why do you use psychedelics?

**Participant** 00:29

Right, well, I guess, mainly to have fun and I just like to experiment with my senses and I like to explore my mind and see what it does under the influence of different things, because I mean, I've been always interested in understanding, you know, brain, that's why I did neuroscience and, and being able to understand perceptions, consciousness, I feel like psychedelics are a good tool for it and when I do it myself, I don't know you get an insight, don't you? But I mean, when I do it, normally, it's just usually to have fun and reset, reset my brain.

**Q2. Interviewer** 01:09

One thing I should have led in with, but just frame in terms of what I mean by psychedelics, so that because psychedelics is not a super clear term as to what drugs do and don't count as it. So, the main core psychedelics that I mean by psychedelics, are classic psychedelics, such as LSD, psilocybin, DMT, or Ayahuasca, as well as things like mescaline, so if your peyote or San Pedro or something like this, and Iboga and any sort of synthetic analogues of these, so if you're using a different version of LSD, or you have synthetic version of mescaline or 5-MeO-DMT, instead of normal, NN-DMT, those are all sort of kind of put together in psychedelics, the drugs that like if you're able to, to separate out when answering these questions, if that's possible, is drugs such as cannabis, MDMA, ketamine and salvia. So, I think for at least three of them, or the last two are definitely I think, very much psychedelic like so people will definitely describe dissociative effects with ketamine or going down to K hole or something and salvia is, I think, also described as a dissociative and significantly changes one's perception but in terms of when I'm asking about psychedelics, if you have, if when you're thinking about it, you can exclude the cannabis, the MDMA, the ketamine, and salvia if you've ever tried them, and focus on the other psychedelics like the psilocybin, the LSD, DMT, mescaline, etc. That way, so it's more in those effects, which is like, whatever those are, exactly. So, but hopefully that gives you a little bit of boundaries of what I mean by the word psychedelic. Okay, cool. So, next question is have the reasons why you use psychedelics changed over time?

**Participant** 02:46

Hmm. I don't think so. I mean, because I started using recently, I didn't feel like I was ready for a while and I wanted to really know what I was doing. So, that's why I think my reasons always stay the same. For example, though, like, a couple of times, I took it with my partner and then like, he is usually less good at reflecting on his emotions, or he, you know, he usually represses what he feels and sometimes that brings nice conversations that I can have with him but like, he's like, for my personal use, like the reason hasn't changed, but sometimes when I do it with him, I like exploring those things about him. So, I don't know if it counts as a reason change.

**Interviewer** 04:35

No, I think in terms of the question, it is, it's not really the specific say the specific intentions of each time you use but more the overall motivation as to use in general, that sort of, so if each specific use, it's, you're doing it for different individual purpose at that time, you know, a little bit of exploration or with a partner or for fun, you know, those are more specific reasons and so it's just a sort of step back and that's like the bigger reasons for use.

**Participant** 05:22

Okay. When I'd say, I mean, definitely the first few times, it was purely for fun and the last couple of times has been more like, oh, okay, I feel like I feel like having psychedelics again because I feel like, I achieved certain things in my life, and I like to reflect on it. Like, that's also been one of the reasons why I've done it for the last couple of times. Yeah.

**Q3. Interviewer** 06:02

And how did you first start using psychedelics?

**Participant** 06:06

Um, the very first one, again, because I was very risk averse, and you know on the harm reduction side. I was like, Okay, I'm going to go to Netherlands and then go to smartshop and then buy some truffles. So, the first time was basically that I had 10 grammes of truffles. I don't remember the variety right now and it was in a hotel room in Amsterdam and then yeah, we just took there. We picked I saw how it felt and I was like, okay, it feels very comfortable. Let's go to the park. That was the very first time.

**Interviewer** 06:39

Mm hmm. Did you take all 10 grammes of the truffles and the what and the did you, was it just you 10 grammes, or you said between you and your partner?

**Participant** 06:49

10 grammes each.

**Interviewer** 06:50

Oh, yes. Okay.

**Participant** 06:56

Well, it wasn't dried, dried truffles, fresh.

**Q4. Interviewer** 07:21

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

**Participant** 07:26

Oh, these are such hard questions. Most meaningful and valuable. I like how, like what my train of thought becomes because it becomes very free. I like making all those associations and I also really like because I never had that bad experience. All my experiences have been very, very enjoyable and I really like that joy of life I get when I'm on them. Everything feels so, so, nice. You just feel really good about everything. I don't know how to put it into words but like, if I'm in the garden, and if the sun shines, I'm just like, Ah, you know, I really, really appreciate that. I like having that feeling. It reminds me how valuable things are basically.

**Interviewer** 08:45

So, the value of psychedelic uses the fact that it shows you gives everything more value.

**Participant** 08:51

The value of things, valueception.

**Q5. Interviewer** 08:54

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

**Participant** 09:19

Hmm. It doesn't really count but I don't like that it makes me feel sick. I guess you'll become a bit carefree. Like if you're outside your risk of your perception of risk isn't very great. You know, your judgement becomes a bit blurry because every because, at least in my experience, you see everything through like pink glasses. I feel like I'm definitely less careful.

**Interviewer** 10:13

And would you say that that experience of the risk judgement changing is difficult or challenging in itself?

**Participant** 10:29

I don't know. I don't know. It's really difficult to reflect on. Like, what I was thinking when I was under the influence because I find it difficult to remember. Yeah. Okay. Okay, I have a better answer. Another thing I found challenging one time was, we did it outside. Like, we were camping, it was in a mountainous place, and there was a lake and we're just like, Oh, yeah, you could go to the lake and enjoy it and, and, and it was a really, really high dose and I feel like I lost my sense of time and space so much that like, if I maybe I would struggle to find my tent in that sense. I feel like that feeling of Okay, I'm aware that you know, what's different about my perception, I'm aware of my capabilities, but I'm also aware that, Oh, my God, my perception is so disturbed, I might not be able to find my tent, and there is not much I can do about it.

**Interviewer** 11:58

And how did that play out during that experience?

**Participant** 12:02

Um, I can't I mean, I think I'm just really, really careful. I'm always like, when I'm outside, I always leave other people anyways, I never do it by myself and like with the sense of time, I just keep checking my time on my watch, to see how much time is passed, it was just 10 minutes. Yeah, I mean, I don't know, does that answer your question or do you want to?

**Interviewer** 12:35

I was thinking a little bit in terms of, were you able to make it back to the tent without any issues or was there, difficulty in that sense?

**Participant** 12:45

No, no, we found yeah, not, that was no problem. We weren't that far away and, again, because like we did very, like nicely and, you know, as risk free as possible, we're just like, okay, I'm not going to go further than that, you know, we always put our limits before we do something. I think that really helps. cause, you know, once you're on it, you don't have the judgement to be able to put those limits. So, you might as well do that before you're high.

**Q6. Interviewer** 13:25

So, I have a few questions, which are going to be touching on sort of a similar area, but I start with a really broad one, and then we go into some specifics if you don't answer them in the first question. So, the question is, in what ways have psychedelics affected your life?

**Participant** 13:45

Okay, let me think. Um, I mean, I say it has definitely shown me a different way of perceiving things in life. It just gives you a different perspective on everything. You know, your being, your loved one's nature, I don't know, even the carpet you have on the floor and I also say, like, when I do it with my friends, it like, affects our relationship in a very positive way. It's a it's a very good way of bonding with people because you become very open to each other and you share all sorts of things and you don't have any boundaries, and especially the boundaries that's been imposed on you by the society by morality, ideology, and like being able to communicate with someone without the you know those things because It's not, you know, when you're rational and sober and everything, you can't really do that it's always affecting, you know, your thinking processes, but on psychedelics, you can just, you know, put them in a cupboard, close the door for a couple of hours, and then perceive everything like that, and communicate people like that, and it makes it I think, really, you know, in terms of relationships.

**Interviewer** 15:31

In terms of the degree or level to which you can let go of socially prescribed ways of interaction or of social interaction specifically, you said before that you're able to let go them sort of completely or entirely. Is that do you, would you say that's accurate or is it more sort of loosening, but not necessarily completely loss of all boundaries?

**Participant** 16:02

Yeah, it's not 100%, It's definitely not 100%. I mean, I don't know if it's, like, those related thing. I haven't done extremely high doses. I've done high doses, but not ridiculous ones. No, you always have something at the end of the day, you can control yourself at the end of the day, like, okay, the way I feel. So, you are so aware of certain things like if there is like a unspoken unwritten social rules to do or not to do something, you're aware of it, it's not like you forget about it but you can either choose not to care about it and be completely guilt free or you can still choose to care about it and practice that social rule. I feel like it doesn't make you or not like you still have agency. You don't lose control that much, but you get the option of not to care, I'd say.

**Interviewer** 17:07

So, the so there's an ability to a more, it's more easy to decide what rules you will or won't follow?

**Participant** 17:17

Yeah, yeah.

**Interviewer** 17:20

And is that capacity to decide what social norms or rules that you, before taking psychedelics would you say be more rigid, and you're more likely to follow, is that what facilitates the deeper, or the better relationship or the connection with the other people?

**Participant** 17:44

You mean, like the say, if you're talking about, I don't know, principles or principles you have before I took psychedelics, you mean, like I'm basing what I'm thinking about based on those principles? Is that what you're asking?

**Interviewer** 18:00

I'll reframe it. I think what I was asking is, before you spoke about that, it has a positive effect on relationships that opens you up and my question is, is that opening up this sort of flipside of these, this ability to be to more easily decide which social norms you will or won't follow? Is that what facilitates that process or is there other things going on as well?

**Participant** 18:30

I think there are other things going on as well. It's just one of the factors. Now, there's also the fact that knowing that the other person, especially, you know, if you know, the other person is on the influence, you also know that the other person won't care what you say what you do, I think knowing that the other person is judgement free, that also contributes, and I guess just the general feeling of happiness contributes to it. I don't know.

**Interviewer** 19:12

That's good. Thank you. These very difficult, I think, experiences to give labels and to define you know, them obviously, most might multimodal, you know, they cross across sensory boundaries. So, for a lot of it, we don't even have the words to describe this experience that's going on, but it happens. So

**Participant** 19:36

yeah.

**Interviewer** 19:39

We try our best, let's say,

**Participant** 19:42

yeah,

**Q6a. Interviewer** 19:43

so have your psychedelics Oh, sorry, has, has your personality or identity been shaped by your psychedelic use?

**Participant** 19:55

It's very difficult to say from you know being the person because I don't think so. I don't think it. I feel like I was already very I don't know. Okay, when I was like talking to my friends and having done psychedelics, everyone would just assume that I've done it because of my personal because of like how open I am already this and that in all the stereotypical stuff. So, I don't think it has changed me and maybe that's why I like psychedelics. I don't know, cause my personality is just in line with the effects. I mean, definitely made me feel most strongly about my position on drug policy.

**Interviewer** 20:47

And would you say that your thoughts, beliefs or position on drug policy is kind of a part of your identity or is that, would you conceptually conceptualise it like that?

**Participant** 21:04

No.

**Interviewer** 21:04

No? Okay.

**Participant** 21:09

I think if I had like, a major change in the sense of like, no, I thought drugs were really, really bad. I did psychedelics, and I realised it wasn't so much, you know, so bad and then like, morally, I changed my perspective and I feel like, it would count like my identity, but in my case, it just made my case stronger. I don't think it changed anything.

**Q6b. Interviewer** 21:56

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

**Participant** 22:05

Oh, God, this is so difficult to say in, like observe, and it's yourself because I know, all these things might have suddenly changed me, and I'm just telling you that it hasn't.

**Interviewer** 22:19

So that's okay. So, this is the thing, obviously, here, this is a, I'm interviewing you about yourself. So, I can only get to the degree to which you have an awareness of any changes that have occurred. So, if it's, I've had many conversations with people where it's like, it's really hard to say, like the change has occurred, say over the time that they've used, but they can't attribute it to psychedelics, necessarily. So, if you can't do so what I'm asking especially is, if there are things that you can identify, if you can't identify it, or you think maybe a little bit, you know, it's just up to your judgement. So, it's not like it has to be a yes or no, it can be like, you know, you can do it on maybe a little bit, or you can say, I'm just not really sure. It's very hard to say and that's those all those answers. Okay and that gives us as much information as if saying it was a massive change.

**Participant** 23:14

Hmm, I see. Now, I mean, I, I'm thinking it probably contributed. I don't know if I can observe the change, but, you know, just general interest in nature and enjoying being in nature. I feel like I'm probably enjoying being in nature more after having done psychedelics.

**Interviewer** 23:47

Do you spend more time than you would have or used to in nature after your psychedelic use?

**Participant** 23:54

I mean, it's really difficult to say because, you know, my life has been changing so much too.

**Interviewer** 24:03

COVID-19 Yeah.

**Participant** 24:04

Yeah, I'm mean COVID-19 and also, um, you know, I'm a recent graduate. So, you know, when I was in first year, I started doing psychedelics and I was living in the city centre, and every year I just, like moved out, out, and I wouldn't know if you know, the fact that I'm spending more time outside is where I live or just taking I don't know, maybe having taken psychedelics made me want to move out. I have no idea.

**Interviewer** 24:32

So, it pushes you out, it's like go to nature.

**Participant** 24:37

like, leave the earth.

**Q6c. Interviewer** 24:42

Yes, well, that's okay. Cool. So, that's fine. Ambiguous is good. Have psychedelics caused you to seriously question your own beliefs?

**Participant** 24:58

No, No, I'm very in peace with my mind outside psychedelics, I think that's why it doesn't cause major changes in me because I, I know so many friends that change them or show them many different things and make them think, a lot of different things but I feel like because my entire life, I haven't suppressed or repressed anything I had a lucky privileged life, and I had nice relationships. So, you know, I was free to form my own beliefs, you know, my life and everything. So, when I when I do psychedelics, like there is nothing in my subconsciousness that hasn't been revealed before. I'm like, very blunt in life. I think that's why, but I do think psychedelics have the capacity, and I can feel it when I'm on it but the reason why it wouldn't have changed me is not because of the drug, it would be me. I don't know.

**Interviewer** 24:59

No?

**Interviewer** 26:08

Can you say that last bit again? What do you mean by that?

**Participant** 26:12

So, like, when I'm on psychedelics, the way I reflect about things, and how I think I can see how psychedelics could have changed me, I can see like how plastic my mind becomes. However, it hasn't changed me, because I feel like in my subconsciousness, or whatever you call it, I'm quite similar to how I am in real life.

**Interviewer** 26:41

Okay, that makes sense.

**Participant** 26:53

I like talking about these things. It's very interesting. Now you try to innovate, you ask specific things, and I have to like, analyse and structure, my thoughts and oh, yeah, this is Yeah, okay.

**Interviewer** 27:04

It's good. That you don't just have to self-reflect when you do psychedelics but it's, yeah, I, I think it's people seem to enjoy being probed a bit, because it's sometimes the capacity to generate those sort of questions to oneself is not, well, when you do a whole master's thesis on it, you spend a very long time honing in on all the questions.

**Participant** 27:32

Yeah, exactly. I mean, you designed the questions.

**Interviewer** 27:39

So based on that answer, would you say that so you're saying, you tell me if this is kind of reasonable understanding, is that you can see the potential for change. There's the plasticity, there's the ability for your mind to take on new perspectives and take on potentially new beliefs but you don't essentially feel the need to you're already in alignment or you're at peace with who you are and you're, you're from, say, conscious to unconscious, you're sort of expressing yourself authentically or truly and that's what's going on. So, there's no kinks that need to be unkinked, so to speak.

**Participant** 28:22

Yeah. Yeah. That's how I feel at least.

**Q6d. Interviewer** 28:25

Cool. All right and that makes sense. Where are we? This one is somewhat similar to the above question, but it asks it, I have this one, because, depending on the person asking it in a different way sometimes gets at the question and the thing, it's very hard to say what it's getting at, but asking it a different way sort of brings out different answers. So, the question is, has your understanding of yourself changed due to psychedelic experiences?

**Participant** 29:08

Yeah, it has, in the sense that maybe if I didn't do psychedelics, I wouldn't have realised that I was so in peace with myself, maybe I would have questioned myself more. It just made me realise that, okay, yeah, I'm happy with who I am and I don't have to worry about it. I've found it comforting to see how I felt on psychedelics, because, you know, I knew some people felt very differently and like seeing that I was comfortable just like, Ah, okay, yeah, I'm happy about myself.

**Q6e. Interviewer** 30:02

And last question is to the line of questioning is has psychedelic use affected your use of other drugs?

**Participant** 30:08

I don't know. I don't know. Probably not so much. I mean, probably not. I mean, I say like, I also smoke cannabis and I'd say that has changed my drug behaviour a lot more than psychedelic did because a psychedelic is something you do every few months, and it doesn't really affect what other drugs you use. However, since I started smoking cannabis, I rarely drink alcohol, for instance, psychedelics didn't have such an effect.

**Interviewer** 30:58

When you were drinking alcohol, we were drinking more alcohol. Was that to any level of you concerned with that use or it's just there's just been a shift towards more cannabis than less alcohol, but it was never a problem or an issue before?

**Participant** 31:14

Oh, no, it was never an issue. It's just a matter of preference. It's just I realise that my body is less happy when I drink alcohol, especially my digestive system, and like it affects the next day a lot more. cannabis is just overly less harmful. Unless you smoke it with tobacco.

**Interviewer** 31:40

So, it's about dosage. Isn't it?

**Participant** 31:44

Yeah dose and how you do it, I guess.

**Q7. Interviewer** 31:49

Have your psychedelic experiences affected relationships with significant others? And by significant others here, Not. So, it can be a partner can be family, it can be friends, anyone who's a significant person in your life.

**Participant** 32:06

Mm hmm. Um, as I said before, it, you know, made our relationship better. Just more deep. You know more bonded. yeah. Especially with my partner, you know, we get to have such nice conversations and not nice in this sense of maybe the content is disturbing, sometimes is issue he needs to resolve but yeah, it definitely makes you closer to each other and understand you better each other better and like with friends, for instance, we once did like a trip with me, my partner and one of his best friends and like, I was friends with him, but I didn't know him very well and like after having that trip, we were just like, suddenly best friends basically, it had such a profound effect on our relationship as friends, you know, suddenly it kind of it was worth like five years of friendship.

**Interviewer** 33:30

And do you still feel that way now?

**Participant** 33:34

Yeah, I think it’s if it's not permanent until I die. It's definitely a very long-term effect.

**Interviewer** 33:41

Okay and what about people who you haven't done psychedelics with so other friends or other or family members? Are, has there been any noticeable changes in regards to those relationships that you would attribute to psychedelics?

**Participant** 34:13

Too difficult to say nothing that I can really observe about myself.

**Q8. Interviewer** 34:47

This one is similar to the other questions I've asked but it does have slightly different focus. So, have psychedelics changed how you think and feel about yourself?

**Participant** 35:04

I mean, apart from like the answer I've given before about, like, you know, me being happy about myself. I'm trying to think if there's anything else I don't know, I don't know. It's difficult to say, it's not like I've done psychedelics so many times, I can't even count and I didn't have that many experiences and like, whenever I did it, I never had a single doubt that there is something that might disturb my experience. There was a single time, for instance, that when I took it, it was very close to the day when I learned my aunt had cancer. So, I was like, oh, okay, let's see how that goes. Now that being in my mind, lets see if it's going bring me down but like, if I felt like I wasn't in peace with, you know about that. I still wouldn't have taken it, but I felt like I was in peace with that and took it, but I was still in doubt. Ooh, maybe I'm not I don't know, I can't tell and then it turned out to be ok, I'm just like, Okay. Yeah, you know, I didn't go anywhere weird in my mind about my aunt and, you know, her having cancer and all that and I don't know, it's not maybe related to your question, but I don't know if you can, like deduce anything.

**Q9. Interviewer** 36:33

Well, we'll see later, I think I don't have time in my mind to analyse everything. It's just like ask the questions, stay present with what's being said, for the most part. Another kind of similar question to that one, again, worded differently, is have psychedelics changed how you view yourself?

**Participant** 37:04

And when you say like, view yourself, what do you mean?

**Interviewer** 37:08

In that case, it's, it's sort of thinking about yourself from a third person perspective. So, if you can, if you can almost sort of take yourself outside of yourself and look at look at self-reflection, but it's the idea of not how you internally feel about who you are, but how you would judge yourself, if you are from an external perception, looking back on yourself and saying, How am I as a person? Do I fit? Am I doing good things, you know, like how someone else, like a third person might look at you but that's you looking at yourself, in your own mind? So, it's sort of it is a bit convoluted, but sometimes it's helpful for people because it gives it sort of sets up this third person viewing.

**Participant** 37:59

I see. Um, okay, in terms of because you said, third person viewing, I usually have the opposite effect with you know, compared to my friends because I in life, I take that position very often. You know, I'm, I'm always very self-reflective, you know, I always like, try to know, whatever I say, right, always try to see it as if I'm someone else and when I'm doing, I guess, any drugs, like whether it's just weed or MDMA, or psychedelics, I feel like I can, I can actually be my body and just completely be myself. It's so weird, because like, some of my friends, they say, completely the opposite thing, especially if they are smoking weed or something. They say, Oh, yeah, you know, when I'm, when I'm high on weed, I can, you know, I feel like I'm leaving my body and, you know, I'm like, a third person to myself. I'm just like, no way. For me, it's the opposite and I'm begging my buddy, I kind of like, focus on the present and be myself and just like, you know, ah, this is what I feel.

**Interviewer** 39:32

So, a question that comes up for me there in the way that you're describing that is, when you're self-reflecting you because you say you do that, always, or at least a lot in your life. Does that feel like it's not you to self-reflect is that because the psychedelics bring you more into your body, so is self-reflection somehow feeling as if you're somebody else or not yourself?

**Participant** 40:04

Ah, no, I mean, I don't feel like I'm somebody else, but I don't know. I don't know. Yeah. I don't know, you think you can be reword the question again?

**Interviewer** 40:25

Yeah. So, my, the thoughts that I were having was you made this distinction. So, when other people who you know, and I think you read on the internet, you hear all the time people can could go outside themselves, they lose, say their identity, maybe if they're having a really powerful experience, but they might just be able to increase their self-reflection, look at themselves in a new light a new perspective. Whereas you're saying for you, it's actually the opposite, you spend a lot of your time already self-reflecting and actually psychedelics allow you to just be you and so, my question is, you make this distinction between being more in your body as just being you self-reflecting is being less you and I wonder what you mean by that?

**Participant** 41:17

Ah, okay. Um, I guess, like when I'm not on psychedelics, sometimes. Maybe I, it's not that I self-reflect too much to the point that, like, I spend, not lot less time than self-reflecting, but you know, relatively less time focusing on what I'm actually feeling at that moment. I sometimes feel like yeah, that's the thing. I'm when I was younger, I felt like I was only living in the future. Now, I would always like think ahead, and not always, I guess, maybe I had a very analytic mind. I was just like, okay, yeah, like, cause and reason, like I would see the life is very deterministic and I would always have analysed different possible pathway in life, by things could have done or could have been interpreted differently and this and that, just when I'm less in control of my mind, I think about those things a lot like less it brings me to present that's why I feel like I me, like, I never feel like I'm someone else but I'm, I me, but in another time, I kind of live in the future but now I live in the present on psychedelics. Yeah. I guess that characteristic might make me more anxious and less depressed, I think, because I don't really dwell on the past. You know, I'm always like, forward looking but might I guess that might make me anxious, right.

**Interviewer** 43:26

Do you feel generally anxious or something like that?

**Participant** 43:37

Generally anxious. No. Um, I'm definitely not like, very chill and relaxed I don't I feel like I have a good balance to be honest but, you know, who am I to say I'm me.

**Interviewer** 43:53

Hey, you know if you feel you've got a good balance, that's all you need.

**Participant** 43:57

Yeah, I think I do. Like I can relax and be really chilled, but I can also like I don't know, I guess. Missing eight o'clock today isn't a very good impression on that, but I'm usually good with my time.

**Interviewer** 44:14

That's super chilled.

**Participant** 44:17

Yeah, that was my Friday. chilling. Friday, night relaxation.

**Q10. Interviewer** 44:39

Have psychedelics provided insights, oop there goes my pen. Have psychedelics provided insights and how to live life well?

**Participant** 44:52

Yes, I think so. Yes. I think it made me realise what's more important to me. Oh, at least, you know, confirmed things. Yeah. I know, after having been on psychedelics I'm more sure about. Yes, I really, really enjoy. You know, being out every day. I really enjoy being with people. I like. Yeah, psychedelics showed me that that's really, really what I like and ultimately, you know, they were insights into how to live a life nicely.

**Interviewer** 45:45

By being out, is that just outside or is that even more specific, in nature?

**Participant** 45:51

Nature, Yeah, just nature.

**Interviewer** 46:06

And do you, with those insights. Do you feel as if you're, you implement them more in your life? Or you're just more aware that those are the important things for you?

**Participant** 46:22

Both, I'm both more aware, and I put the effort to implement it. Yeah. Cause like, once you know, it works, you just want to do it again because it's like, oh, yeah, if I'm feeling shit, I'm just going to have a walk in the forest. I know, it's going to make me feel good I've done it before. So, I'm definitely going to do it again.

**Q11. Interviewer** 46:57

Have psychedelics shaped your worldview?

**Participant** 47:03

In what sense?

**Interviewer** 47:08

So that might be related to political things going on, it might be related to large scale stuff related to the environment or to moral issues, or to when you're thinking about humans as a species, and the different things that we do, and Is that good or bad? Like, sort of large-scale picture thinking of the maybe localised to earth and what's going on here. Has it, have you, has it motivated any thoughts in regards to that scale of thinking?

**Participant** 47:50

I say it's definitely contributed. Like, for instance, I mean, in terms of, you know, how people feel like, ego dissolution, or being one with the earth and feeling how small you are, blah, blah, blah, I, for instance, already felt that when I was travelling around and just like hiking on the mountains, it's just, you know, being there and looking at the massive mountains and seeing how, like, who am I and I would already have that belief, but on psychedelics, that that just gets stronger.

**Interviewer** 48:36

Would you be able to describe that a bit more? So, you're on the mountains, and you seem like you're implying like, I'm very small or something, or maybe you meant something else by that, like, in comparison to what's going on?

**Participant** 48:53

So I was referring to my experience when we were hiking around Himalayas and just knowing that the nature because in Europe, the nature is very nice, mild, you don't have to think about you control the nature but on in there, I felt completely like, you know, uhhh, you know, I'm like a bug in a forest. Like I have no control of what can happen around me right now. Cause you know that there is this world earth geography. I don't know, seasons happening. I'm just a temporary thing that happened to be there. I feel like it's equivalent to having a psychedelic experience.

**Interviewer** 49:47

Yeah. mhmm.

**Participant** 49:53

And I guess I mean, again, like I don't know if it's just me growing up having more life experience and reading more and being more educated but, um, I feel like in the last few years, I'm definitely, I definitely become more tolerable to other people like I can tolerate other people and other views much, much better because like, in the past, it would be the case of I would be annoyed by someone's political view or something they say but like, it doesn't mean I wouldn't necessarily react and express my emotion, but that you know, gut feelings would be there but I feel like that's getting less but I don't know if it's a matter of just growing older or, you know, doing psychedelics.

**Q12. Interviewer** 51:08

Unfortunately, you have to have life experience and get older to have more psychedelic experiences. So, I don't think you can ever disentangle that. So, you have spoken to this one, so maybe you can describe how it's affected the thing I'm going to ask about. So, the question is have psychedelics changed your relationship with nature, and I think you've at least mentioned that it has emphasised your enjoyment of it and even before you said, I asked if you kind of also implemented going into nature or engaging with your friends more often but maybe you'd like to describe a little bit about how it has changed your relationship with nature, if there's any qualitative difference now.

**Participant** 52:07

It's possible, I just appreciate every single living organism more you know what they mean for the ecosystem to keep going and I guess appreciate their beauties as well, aesthetically because again, if you're on psychedelics, you find little details more pronounced, and you get to enjoy them and I feel like once you have that perspective, even though you're not on psychedelics, because you like to see that detail, now, you can see you can you can appreciate it. You know If it's just like a crack on a tree trunk, you just like ahhh, pretty crack.

**Interviewer** 52:59

Do you find yourself spending more time when sober, appreciating these things as you wander about in nature?

**Participant** 53:10

Definitely and I feel like there are certain things that stick with you. I don't know just as an immediate example, and once again, walking around the forest we saw I say forest it's a wood cause you know are in the UK we don't have like forests in New Zealand. It was a queen bee. You know, a rare sight, especially here. Massive nice colours on the back and it's just, I like, I remember spending five minutes just looking at it because it was I think almost dying really, really sad and just like, you know, I think that will stick with me forever and I will always like oh, bees, you know, they have a queen, you know, their place in the ecosystem. Like its effect will stick with me. I don't know how you would interpret that.

**Interviewer** 54:15

I don't either.

**Participant** 54:18

Queen Bee.

**Q13. Interviewer** 54:19

Yeah. Major finding, psychedelics make people more aware of queen bees. So, we're changing the question direction now. So, we're going to move more into talking about how you use psychedelics. So, the first one is, how do you prepare yourself for a psychedelic trip?

**Participant** 54:53

Okay in terms of preparation, you mean like mentally?

**Interviewer** 54:58

Both mentally but we do get into some of the things that you might do later on as well but mentally starting is a good one for sure.

**Participant** 55:09

Okay, um, so mentally, it's not like I prepare myself. I do psychedelics when I feel prepared. As I mentioned before, if, if I'm, like, stressed about something I know, it's not a good time to do psychedelics, I'm not going to try to prepare myself and try to be calm to take it. It's, it's the other way around mentally. It's just like sometimes I just feel like, yeah, I think it's, it's time, you know, to do to do a trip, I feel ready for it, but I mean, if I if I prepared. Like, for instance, one time, I was like, okay, you know, when I'm, when I'm on psychedelics, I'll spend, you know, some of it. Reflecting on this question. I've done that before. It can be something as simple as, okay, I'm really going to reflect what I feel about my partner. You know, those kind of vague, open ended questions I would prepare, you know, a couple of myself, and you might meet in the psychedelic trip, and yeah, just reflect on it.

**Interviewer** 56:39

So, when you're saying that rather than preparing, you just sort of when you know, you're ready, that's when you do it. Is that therefore spontaneous in terms of like, on the day sort of situation or is that is there? Do you know that within like, a week's time that Oh, I'm ready for it this week? Like, how much time between the recognition that you would like to or are ready to use it and the actual use itself?

**Participant** 57:08

Um, it depends, because sometimes we already have some in the house and just like, Okay, if, say, if today was Tuesday, I was like, Oh, okay. Yeah, like, why don't we do a trip this coming weekend? If we already have some in the house. Otherwise, I usually, like if I say, I finished my studies, finished my exams, I'm like, Okay, now I am ready for a psychedelic trip, and it will be at the back of my mind and if I could, you know, gather some, I don't know, buy online or whatever. If nothing came up between that recognition and the time, I have access to the drug, then I do it but if something has come up, I just delay it longer.

**Interviewer** 58:04

In terms of what psychedelics you use what it was you do you have a predominant one?

**Participant** 58:12

Just so apart from and it's the same one, psilocybin and LSD. I don't, I haven't done any other ones.

**Interviewer** 58:19

And how, how many times have you used them together?

**Participant** 58:26

I don't really know. I mean, I don't think it's like, more than 15-20 but it's definitely more than, like, six, seven. I don't know, say 12. I don't know. That's strange.

**Q14. Interviewer** 58:48

Yeah, we're not looking for an exact, just sort of rough number here, that's cool. Where do you normally take psychedelics and why do you take them there?

**Participant** 59:04

Well, I mean, most of the time has been my own house and the reason being because we have a nice garden and you're in a nice bit of the countryside and have access to nice nature and I'm familiar with it. I can go to places on foot and I know places where no soul will be around. Other than that, camping, camping is a good one. I mean, the other ones have been just occasionally, you know, we've done it to the friend's house. As I told you before, the first one was in a hotel room anyways. Yeah, a couple of time it was just like us being in Netherlands and renting a shed an Airbnb, and just enjoying it.

**Q15. Interviewer** 1:00:05

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

**Participant** 1:00:12

Ah, no, not in terms of important, but for instance I like having my cat around.

**Interviewer** 1:00:22

The what sorry?

**Participant** 1:00:23

Cat.

**Interviewer** 1:00:24

A cat?

**Participant** 1:00:25

The house cat. Yeah.

**Interviewer** 1:00:26

Oh yes.

**Participant** 1:00:27

It's nice to have a different animal you feel like your consciousness is closer to theirs.

**Interviewer** 1:00:36

Yeah people can talk too easily, get the telepathy going.

**Participant** 1:00:45

Become a cat for five minutes.

**Q16. Interviewer** 1:00:55

If you do, how do you prepare the space where you take psychedelics?

**Participant** 1:01:02

Well, definitely a music playlist and I plan food as well. Cause like, what you want to eat, you never want to eat but especially if it's LSD and you know, going on for all day you need to eat, and I usually like to prepare some really simple food. That's not offensive to my taste buds and it's usually like Iceberg lettuce or I don't know simple bread.

**Interviewer** 1:01:40

Iceberg lettuce what’s that?

**Participant** 1:01:42

Just lettuce you know, the crunchy on.

**Interviewer** 1:01:45

Oh okay, yeah.

**Participant** 1:01:46

I really, I really like lettuce with sweet corn. Like I really like munchies when you're psychedelics, like simple and nothing weird. So, that, you know, that sort of simple snacks to keep me going definitely. Yeah.

**Interviewer** 1:02:06

Is there anything else you would, how you set up your space? In terms of so for other things that come to mind might be the lighting or even if you had all the windows open or closed, I can do the change at temperatures? For example, is there a setting that you like to have it?

**Participant** 1:02:31

Right now, I mean, I usually have layers with me, because you know you feel cold a bit and then you feel normal and because I usually do it in the house, you know, it's usually me like getting in the bed until that passes under the duvet and until I feel fine again, and then getting out and, I mean, usually I try to take psychedelics on a sunny day. You know, when it's nice outside, because I like being outside and I don't think there has been a single occasion that I've been on psychedelics and haven't been outside. So, yeah, it's usually a nice sunny weather that I wait for and yeah, I mean, the doors will be open, and I usually do it in the daytime but if it's LSD, and like, it's winter, and it's gotten dark outside already. I like we have like a couple of nice lights in the house. It's like a little it's like a little disco lights, basically, you know, with lots of different colours going around moving according to the rhythm of the music. So, I like having that and I usually like to have a couple of things to look at. So, if I like abstract paintings around the house, I definitely go and look at them once and see how I see this time.

**Participant** 1:04:06

I'm basically anything that's interesting to the senses. I like having it around because that's why I like another thing I like about psychedelics is how it changes my perception. It's just really fun to see things differently or feel them taste them differently.

**Q17. Interviewer** 1:04:42

Are there any other preparations that you might make prior to taking a psychedelic that we haven't covered so far?

**Participant** 1:04:56

I mean, if I could, I would test it like if it's LSD, and if I access to a testing kit. I would do that other than that.

**Interviewer** 1:05:12

One question is, do you in terms of the space, do you clean up all first is it or just how it's how it is where you take it?

**Participant** 1:05:24

I clean up a bit, definitely. It's a good question because a few times it's been like, I see the state of the rubbish bin, you know, and I'm, like, Oh, my God, it's disgusting and like, so not to see those things. That is the toilets. There are a bit of stains around that. They're like, hey, in the shower, I tried to clean them.

**Interviewer** 1:05:46

Okay. So, it's the things it's like, you ask the question, but then it's like, oh, yeah, I do that don't I.

**Participant** 1:05:56

Yeah, yeah. If you have more prompts, just fire.

**Interviewer** 1:06:00

Yeah. Well, that was the main one that I was thinking that. I've heard a number of people who mentioned that that comes to mind when I ask that question, but it seems very common and so I thought I would just double check on that one.

**Participant** 1:06:15

Yeah, no, it's a funny one. Cause like with my partner as well, he usually isn't as hygienic as I am and like, after, after sobering up from psychedelics, the next day, he was like, Oh, my fucking god, I'm going to clean the bins today. Not even the next day, he would just do it. So, funny.

**Q18. Interviewer** 1:06:42

There's a few, there's the future way to motivate cleaners. Get them all to microdose like it's, not clean, not clean enough! What are you normally doing physically during a psychedelic trip?

**Participant** 1:07:05

So, until the effects properly kick in, I'm usually physically just inside doing an activity because it's a good way of realising that effects are kicking in. It can be things like doing a crossword, cause I'm usually enough, so obvious when it starts to kick in and then, as I say, like, it's just if I'm feeling a bit dizzy, I definitely sit down and take my time to feel warm and not dizzy anymore and then once like, the effects, because like, for me, it takes a while until I get the energy to do something. So, until that time, I take it really easy. Once I get that energy, I go out do, I don't know, I dance. I really like dancing on psychedelics. Yeah, on nice music. I just like lying in the sun. Really just lie there and get lost in your thoughts and then every time I go for a walk, like once I more with it, you know, once I pass the peak, I go for a walk on the come down. If I'm not doing a high dose, I like having sex on psychedelic, but if like, it's very difficult to find the balance, cause like, a couple of times. I was like, Oh, yeah, I feel really horny and then maybe it's when I was still like, getting that I was still climbing for the peak and it gets so weird because like, you just get distracted. Yeah, it's so funny. I know. Suddenly, it's just the act of having sex. That's like, why are we even doing this? That's such a funny act but like, if it's not at that level, if I can still not get distracted, I think having sex is such a nice thing to do. Yeah, it's

**Interviewer** 1:09:37

So, would that be before the peak or generally after?

**Participant** 1:09:41

It's usually just before yeah, before because once like, I'm having the effects like, as I said, like once I have that energy, then I just want to be out anyways.

**Interviewer** 1:10:02

And are you always taking a psychedelic at the same time that your boyfriend or your partner is?

**Participant** 1:10:09

Not every time. No, I do it with friends as well. I've never done it by myself.

**Interviewer** 1:10:13

Okay, so always with someone else at least.

**Participant** 1:10:22

Cause I like having that interaction. Maybe I should do it alone one day and see how it feels?

**Q19. Interviewer** 1:10:38

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

**Participant** 1:10:45

I guess the classic one is other sober, sober people. It's just knowing that you can't maintain a proper conversation makes you avoid people. I mean, obviously, any risky activity. No, I wouldn't go somewhere. I don't know. I wouldn't. I don't know try to drive a car or I don't know, cook something complicated that I might burn myself for something or cut my fingers. Yeah, I just try to do relaxed enjoyable things.

**Interviewer** 1:11:26

What about use of technology? Is there anything around using mobile phones or computers or things like this?

**Participant** 1:11:35

And I just use that for music. It's usually at the end of the trip that I would put on something on, you know, on the TV to watch to see how on the come down, but yet, you don't really interact with technology, it just becomes means for your trip, not like the end.

**Q20. Interviewer** 1:12:14

Is there anything special you do after a psychedelic trip?

**Participant** 1:12:24

Well, I make sure the next day is a free day if it's possible. Especially if it's LSD. Like with mushrooms, it's fine but with LSD, the next day should definitely be free and I do reflect on what was going on in my mind. Definitely. A couple of times, I tried to draw what I saw, and it was just a failure. Just doesn't work and then a couple of times if like there was something we were talking about on psychedelics with my partner or friends, we would keep talking about it. Maybe for the entire week. Yeah. Yeah, so for instance, once we took it with my very close friends, we were three girls and the next day, we took the entire day just to reflect about our trip. Just lots of talking about it and I think it's really valuable. Especially because my other two friends it was their first time and I shouldn't probably have taken I should have been a sober trip sitter but I also took some, but like the next day we just really you know analyse what, you know why they felt or thought the way they did and try to you know, reason around them when we were sober.

**Interviewer** 1:14:23

How was that trip with your friends?

**Participant** 1:14:26

Ah, it was fine. One of them. She was a lot more sensitive to the dose and she got really, really high and it was really intense for her because like, we smoke a spliff as well. Yeah, it's really cause like I guess made because I was used to it. I was like, yeah, it will be fine but then she was so sensitive to it. So, it got really intense for her. She says it wasn't a bad trip, but it was really intense. So, the way she described it to me because she was just like, zone out, I'm just like, [friend], so are you okay? and she's kind of like, how many minutes has passed? I'm just like, just five minutes. Oh my god, it's felt like years. I've seen my entire life in front of my eyes passing and like, it was like seeing this massive picture and every pixel was a moment in my life and I was feeling everything that's happened to me my entire life. At the same time, it was something she had like such an intense trip. I've never had that. I'm kind of jealous.

**Interviewer** 1:15:40

You know, A lot of it depends on your own personal experiences and physiology. So Yeah. Does sound kind of crazy, though.

**Participant** 1:15:52

Yeah cause like, for her, everything disintegrated so much. She lost sense of absolutely everything. At some point, she had to, like, confirm everything with us, was like, Okay, I'm seeing a chair. I'm here. I'm in [friends] house. You're [name] you're my friend. I'm [name]. I'm a gymnast okay, I do neuroscience. Well, she was like, like, can you confirm everything with me is so weird. Just couldn't, you know, grasp that that was her reality.

**Interviewer** 1:16:29

Kind of like well, I guess the if you get lost in re-experiencing your entire history and potential, maybe even your future. When you come back to you like, Am I really in the present now? Is this where I am?

**Participant** 1:16:41

Yeah and she had that real near-death experience. That's how she described it. I think many people use that word.

**Interviewer** 1:16:51

And what about your other friend? How were they doing in that experience?

**Participant** 1:16:56

Um, she was just worried and like, it was because I was, oh no my laptop is almost dead because she was getting a bit worried because of her situation. So, I was just like, trying to, okay, you need water, sit down, blah, blah and I was trying to calm her and yeah, I mean, she just her to pass like that. She didn't get to enjoy it because she was a bit worried but then next day, she reflected on that she was like, why didn't I let go of myself? Why didn't I just let it happen to me? I tried to control it. I you know, I worried about things and maybe that's what I should reflect on. Why I couldn't just be chill about it. So, every trip counts, definitely.

**Interviewer** 1:17:52

Would you like to plug your laptop in, I can give you a bit to do that?

**Participant** 1:17:58

Okay, I'll just leave my laptop here cause I don't know where it is. Sorry.

**Interviewer** 1:18:02

Yeah, no problems.

**Interviewer** 1:19:33

Sorry, I just sending a text to my friend. We're going to meet after the interview. So, I'm just letting them know might be a little bit later than before.

**Participant** 1:19:42

I'm sorry.

**Interviewer** 1:19:43

No, no, no, no that's fine. Not at all. It was it was a loose timing that we're going to meet anyway. So, I'm just giving him clarity, but it's not going to be exactly at 12. I never. I'm always when I plan to meet people. It's always best to give buffer room because it's like, oh, I have to be here. Unless it's like going to a restaurant or something maybe but like, if you're just going to go and hang out, it's like, oh, you know, around this time so much easier because then you've got like the transition times zone it's yeah, I'm not there, or I am there and no one's like, yeah it's fine. If you're like here on time, it's like, three minutes past what's going on.

**Participant** 1:20:20

I had a friend who spent like, a few months in New Zealand, and she always like, Oh, no, in New Zealand. The concept you know the concept of time is so different to London. They're so relaxed and slower that's how she felt compared to London.

**Interviewer** 1:20:34

Okay. I lived in London for a few months back in 2015. I think I think it was 2015 I didn't really, I wasn't working there. I was just sort of like, living there temporarily. I didn't necessarily get the vibe or less I don't remember thinking back on it of like time being sped up, but I think it depends on what you're doing because if you're busy work person who's going to get on the subway or the tube.

**Participant** 1:21:06

Yeah that once you start working like if you're in university, ehhhh time. Yeah, 2015 is when I came to the UK. I'm originally from Turkey. I came here to study.

**Interviewer** 1:21:22

You got are you, do you have residency there Now? You like living there permanently? Because Turkey, Turkey is not part of the EU is it?

**Participant** 1:21:31

No, we always wanted to, but could never be and will never be.

**Interviewer** 1:21:37

Something to do. Yeah, well, politics.

**Participant** 1:21:40

Yeah. politics, religion, population, just everything.

**Q21. Interviewer** 1:21:50

So, the next question is, are there any helpful techniques you use to navigate difficult or challenging moments during a psychedelic trip?

**Participant** 1:22:02

Yeah, just knowing that it's going to, you know, it's a trip and it will end, is always helpful because I think because you lose your sense of time and if you're feeling a bit funny, it's really important to know that it's temporary and it will finish. That was one thing I remember talking about it when, like, those two friends who, who had their first trips, I remember talking to them a lot about my thinking processes but what did I say to them? Because they found that really, okay, because I kind of feel like I have. I have control of what I'm thinking to a degree. Oh, yes, I remember it. Okay. Sometimes, I feel like my mind starts to go in a way that I don't really want it to go and I like, I guess I'm good at noticing that before it's too late and then I just tell myself, okay. Don't go that way. Just start thinking about something else and to like to give you an example. That happened a couple of times, again, with my partner. Both times he was having a hard time. Yeah, almost like a bad trip on really feeling shit and crying. He you know, he also started seeing things negatively about us and start talking about certain things and I was like, I very immediately, I was able to just say, Ah, no, no, no, no to, both to him and to my mind, don't go that way. It's not worth it. It's not the time and nothing is going to come out of it, and I guess just being able to do that, you know, being observant to your thinking processes and I don't know, recognising being aware of it is a is a good, good way to go.

**Interviewer** 1:24:47

In terms of the content that comes up for you, I guess, especially in thought form. How much of it? I mean, not necessarily in a percentage, but thoughts change and many new associations are created, when you're experiencing that, are you taking everything as the information as being sort of correct or of importance in that moment, or as you were saying just before, some thought processes or ideas, you can see where they lead and you say, hey, it's not worth going down there is that and that's, in some sense, a form of curation of the experience, you're saying, not that not over here, let's go this way. So, I wonder in terms of how you think about what the psychedelic does for your mind, and the thoughts that spring from that experience. How do you think about their kind of validity? How do you think about the truthfulness of the experiences you're having? Is there? Yeah. How would you talk, how would you think about those or describe that?

**Participant** 1:26:04

Um, it's a very good question. Like, whatever thought that comes to my mind is something that's already there and I'm very aware of it and it's like, I have 20 things in my brain, and whatever I'm going to think is a coming up combination problem. So, even though I can have new perspectives, and obviously human brain doesn't just have 20 things, trillion things. I think I'm always aware that it's just my, you know, whatever is, in my mind, that's what it is. It's not like, I don't see it as, as the absolute truth or, I don't know. Keep elaborating your question. I'm so interested in exploring it, but I still can't figure out.

**Interviewer** 1:27:05

So the thought that I was, that I'm trying to articulate or to have you kind of address is, if some people describe psychedelics is like, allowing them to see what's going on in their unconscious mind and I don't know if you've sort of articulated that but there's a sense in which new thought forms are occurring, you describe your thought change as changing and here, you described a situation where your boyfriend was having bad or negative experience in that moment, and you decided that it wasn't worth pursuing that path. So, in some, and before, there was a sense where you described earlier in the conversation about this idea of repressing, you don't feel like you've repressed any sort of parts of yourself, which, that's why you have pleasant, enjoyable trips, you're at peace with yourself. Is that process of deciding not to go down where a psychedelic might lead you, in your mind a form of repression in that sense? Or is it is the content, is some of these thoughts, how you think about them, potentially just not reflective of your true feelings or deeper feelings about it, but it could just, you know, you can go down many versions, and they can, they're all, you know, it's sort of hard to say like, how is that a reflective of a deeper underlying issue or thought that's going on? Or is it you can decide that's not going to be what you are? And that says equally valid as going down a negative pathway?

**Participant** 1:28:52

Okay, I see what you mean. Um, yeah, I in terms of, like, choosing not to go down that path it relates to me not having a bad experience, I can't know that, but it's not something that I do often, it's just a couple of times when an external factor is being negative and like, for in that specific example, it was more about it was already something that we disagreed, even though we were sober. For instance, I would always complain about that, you know, he doesn't have as much ambition as I do, or motivation to get better as much as I do and I will always complain to him about that anyways like we would already, you know, get crossed about it in our normal life, and I just didn't want to do a similar conversation when I was on psychedelics as well, because I knew it would just make me feel even worse than real life. So, it wasn't something that I didn't know that didn't go, it will because it was something I knew. You know, I've already had that conversation. I just don't want to have it with you and I'm not going to let my mind to think about it right now. I'm just going to distract it instead. Okay, so I'm sure there is a level of like censorship, I'm doing to myself. I mean, that would explain why I don't tend to think negative things, but I don't think it's like very dominant. No, I think it's very mild.

**Interviewer** 1:30:23

Okay, that makes more sense. So, if, for example, something novel came up, but it was on the negative side of content, it's emotional, you know, valence or something along these lines. Is that something you would explore?

**Participant** 1:30:41

Yeah.

**Interviewer** 1:30:41

Is it more about the fact that it was just you've had this conversation before? You know what it's about. We just disagree and going deeper into it is not going to change which trench we fall into, necessarily?

**Participant** 1:30:55

Yeah, I think you put it very nicely. I'm more likely to recognise something if I have already thought about it or talked about it but yeah, if maybe, if it was something new, maybe I wasn't going to notice it, and I was going to explore it and then maybe it was going to be unpleasant. Yeah, I agree with you.

**Interviewer** 1:31:16

Okay but yeah, it's just interesting to try and get clarification on that.

**Participant** 1:31:23

Yeah, I mean, yeah, it makes sense. I'm not like 100% sure, but it makes a lot of sense what you say.

**Q22. Interviewer** 1:31:33

Well, moving on. Can you go could you describe any type of integration or self-reflective practices that you engage in to, to make sense of your psychedelic experiences. So, I think you've talked a lot to this. So, I don't know, you can, if there's any other ways that you perform self-reflective practices, or integration.

**Participant** 1:32:01

I just try to remember what happened in my mind, because a lot of the time is so fast, you can't keep track of it and like, if I wanted to, I would even struggle to write it down on a psychedelic trip. So, I gave up on I just tried to, like, through associations, I try to remind myself what I was thinking about and I also reflect on the emotions, it doesn't have to be a you know, kind of verbal, logical reflection, I'm just thought, Okay, what did I feel about it when I thought about that, because emotions also is a very good sign of, yeah, basically, what your feeling isn't it. Tells you what's good for you, what's not good for you.

**Interviewer** 1:33:09

So, do you would you do anything, you don't do any journaling or something like this, like writing down? Some of the experiences you had during the trip, or at the end is more than just a memory thing?

**Participant** 1:33:23

Sometimes I note down if I feel like there is something really important, but I noticed that when I do that, I just disrupt my thinking, and then things fly. I don't remember that when I try to you know, when you slow down, you're thinking sometimes it just doesn't work. So, I don't do as much journaling now.

**Q23. Interviewer** 1:33:44

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

**Participant** 1:34:01

Yeah, the positivity I get from it would last me a while. A couple of weeks, it would last me. It depends. Yeah.

**Interviewer** 1:34:23

How often do you give, generally between trips that you're taking?

**Participant** 1:34:33

I mean, it depends because like, in summer, I probably do it like once a month in winter, maybe every two or three months. It really depends. I've also done it like some a couple, maybe once or twice, I just left like 10 days or 15. Just to wait for my tolerance to come back up because we were in the Netherlands and it's like it's legal but yeah, it's usually, not less than a month. It's usually a couple of months.

**Interviewer** 1:35:08

And how when how long ago did you first, try psychedelics?

**Participant** 1:35:15

Oh, god, that was it. Maybe 2018, 17-18? Not 19, For sure because I was still doing my undergrad and I graduated in 2018. So, it will be around that.

**Interviewer** 1:35:39

Okay, so that's two to three years or so maybe up to four.

**Participant** 1:35:45

Yeah, it wasn't four, two to three, say three, say three, yeah.

**Q24. Interviewer** 1:36:00

Has how you use psychedelics changed over time? So, this is a little bit different from like, why you use but the more maybe? Where you use it, who you use it with, the way in which you use it.

**Participant** 1:36:22

Um, yeah, it did in the sense that, at first it was more about understanding the drug and its effects on myself and once I've done the experimentation bit was comfortable with the effects, then I would you know, do it with friends. Even friends like at first, there is no way I would have done it with a friend that I wasn't completely comfortable with but now I'm like, fine, because I feel that I have more of a control. I know what to expect. So, there is that and I mean, I have a feeling because like, so far, I've been doing it mostly for fun and yeah, mostly, it would always be the major reason would be fun and it's okay, I'm going to explore this a bit as well but I have a feeling in the future. Maybe I'll have a big decision to make or something to think about and I'll do in a more purposeful trip. I feel like I haven't needed it yet but that would be one way of, you know, planning for future.

**Interviewer** 1:37:30

So, do you think if you in the future did come to a big say decision fork that you had you had to make that you would use psychedelics as a tool to help you navigate that decision?

**Participant** 1:37:51

Yeah, I would be so curious to see what I think on psychedelics.

**Interviewer** 1:37:59

And what, why do you think you would do that? What, what is the benefit of using psychedelics in a situation like that?

**Participant** 1:38:10

Because my previous experiences made me realise that because I was telling you before, like confirming certain things. Now, sometimes when I'm sober, I would feel that doing x makes me happy or feels good but then when I do it on psychedelics, like, think about it on psychedelics, it's like, yeah, that is true. So, you know, if in real life, I'm struggling to decide, I would like, okay, let's see what my mind thinks, when I'm psychedelics, you know, I would be interested, like a life coach, get advice.

**Interviewer** 1:38:45

So, do you. Do you trust the experience if you come out with a sense of Oh, I really like doing that? Do you have a sense in which that's more valid, more deeper, more intense than what you could come up with, In a sober state? Is that something that for you says, like, if you if you agree with your sober state, mind and psychedelics, like that's like a double a more intense confirmation of that?

**Participant** 1:39:20

Yeah, it's just a more intense confirmation. I would never, like if I'm still doubting about a decision when I'm sober and agreeing with it or choosing something when I'm on psychedelics. It wouldn't be a decision maker. It would be, it would be a nice thing to think about, but it wouldn't be a decision maker.

**Interviewer** 1:39:39

Okay. So, it's just more evidence or support in either way.

**Participant** 1:39:46

Yeah, no, I think it would be a bit weird if I just like yeah, I'm going to have a trip and decide about this most important decision in my life. No, I would still think about it from other perspectives and talk to other people and you know do other stuff.

**Interviewer** 1:40:00

Do you or have you had an experience where you've consulted, you've used psychedelics with a particular question in mind? And it's given you a perspective that was different or contrary to what you had thought you thought when sober? And what have you, if you have what have you done with that experience?

**Participant** 1:40:29

Oh, god, I'm sure there must be some of the fact that I can't immediately think of one makes me think that there was nothing like major because otherwise I would have remembered it now but there must be some minor disagreements. I can't think of any specific examples right now.

**Interviewer** 1:40:52

That's all right. The major ones I think the what we're looking for, firstly, like the highest peak of the mountain.

**Participant** 1:41:04

And I tend to remember the positive things. I like forgetting negative things. Life is too short. You know, our memories are limited.

**Interviewer** 1:41:14

Yeah, lets bias ourselves to a positive frame of life. Might as well.

**Participant** 1:41:19

Yeah why not.

**Q25. Interviewer** 1:41:27

Yeah, I think that's okay. What do you think is the core? So firstly, for you personally, not necessarily. Any things that you've read about other people's experiences. This is just for you. What do you think is the core psychedelic experience?

**Participant** 1:41:49

Hmm. I would divide it into two, like one experience being like, you know, just being in nature and what you feel about it, and the other experience would be the people. What do you feel about them? I wouldn't be able to choose one over the other. I don't know is that like too, too vague answer? Do you want to keep challenging me?

**Interviewer** 1:42:32

No challenges, only questions. Okay, I'll try and get some clarification there. So, the question, one alternative phrasing to the question so it gives a bit more context to it is what is unique or special about psychedelics for you? Which is supposed to be similar to the idea of what's the core psychedelic experience for you? And so you gave me two answers you said you split them into this nature in relation to I guess how you think about or see or experience nature and in how you also that with people. What is that thing with nature and what is that thing with people that you would like are you able to give that more elaboration describe what you mean by how it affects nature and how it affects people?

**Participant** 1:43:22

Yeah. Okay really difficult to put into words and not being native [English speaker] doesn't help. Okay, even though I do enjoy that perspective change not what I don't even know what's that feeling I get about you know, when I'm with those people it's just um oh god I just in general I just feel really so sorry not happy but maybe like accepting or maybe words like being as one when I'm in terms of the person like the other person it's just maybe it doesn't feel like it's such a different person anymore. You just make a better connection maybe you can make better empathy with them. I don't know it's just so difficult to say. Cause like in nature, I definitely felt that classic feeling of oh being one with nature. You know, I literally felt like once I will just be lying on the grass and I felt like I melted and mixed with the soil. You know, I can explain that but with people I find it more difficult because. I don't know, I guess I just feel like they're my twin sisters or something. I don't know.

**Participant** 1:45:17

I guess another thing I really like is just generally appreciating everything around me. I really like that feeling. It makes me really happy about what I have, whether it's the relationships I have, whether it's that it's the stuff I own, or the decisions I made or my career I am. I just appreciate everything. You know, you don't feel like Oh, I wish it was like this. You're just really happy that you got that, and nothing else matters and psychedelics. Yeah, I seek that feeling. I'm sorry, I don't think I can put into words how I feel about people.

**Interviewer** 1:46:11

That's I think you've given a lot there like, especially because you're talking about feelings. So, many, there's only so many words, we have for feelings and I think, you know, words are just placeholders for experiences, they're not the thing that they signify. So, when you say a feeling and you describe, feeling more accepting or being as one or doesn't feel like the other person as other as they were before.

**Participant** 1:46:43

Yeah.

**Interviewer** 1:46:44

It all gives us sort of, you might not be able to say directly what that feeling has been definitely gives a sense of like, what's going on there and that's as good, you know, a bunch of words, it's like, converging on the experience and helps to set the outline and then it's kind of at least differentiates it from other types of feelings that might not fall nicely within our understanding of like, the shared similarities between those words. So, I actually think you did a good job there.

**Participant** 1:47:15

Okay, thank you.

**Q26. Interviewer** 1:47:26

Can you describe your most challenging or negative psychedelic experience?

**Participant** 1:47:37

Most challenging, I say most challenging was when my friend was having an intense time, because I felt I was very proud of myself. I wouldn't have guessed that I would do so well, when I was like, out of my mind but I guess adrenaline does that because I could like, hear my heart pounding. Boom, and in my head, just like, okay, either adrenaline come on negate the effects of those, you know, psychedelics. So, yeah, it's just, I felt an intense feeling of responsibility because I knew they trusted me, cause I have done it before. I knew, you know, the science behind it, so to say and, yeah, but she was having a negative experience. I was like, perhaps it's helped that I was also high because as I told you, before, you just made me become more empathetic because you think faster, or, you know, make better connections, you can understand the other person better and she would ask me very difficult questions when she loves trying to make sense of her surroundings and who she is, for instance, she would say, [name] tell me who I am, and how do you answer that question. Especially when you know that the other person is under stress and anything you say, might send them to somewhere negative in her mind. So, like, I remember really like concentrating to pick the right words making the right sentences and like, kind of structuring them I want to go with that answer and I just remember it being a bit stressful and then it's so funny and they had chickens and they had to send to bed and it was dark, okay, they started like really stressing about the chickens in the garden that I had to go by myself in the back and send chickens to their bed.

**Interviewer** 1:49:48

Oh, you had chickens out the, your backyard or at their place?

**Participant** 1:49:52

Their place. Cause she started really stressing about them, like, oh no.

**Interviewer** 1:49:58

I'll look after the chickens.

**Participant** 1:50:03

I would say that was the challenging experience.

**Interviewer** 1:50:06

Do you think you did a reasonable job at managing or guiding or helping them through their first experience?

**Participant** 1:50:18

I think so, cause in the next day because we talked a lot about it. You know, she said very positive things and she was very grateful for what I said to her and like, even my other friend because she was also stressing, and I will say something so if you are this person, you did this for that. You're amazing. I love you for that and then other people love you for this and then like my other friend who would cry because of suddenly because like the emotions, you know, fluctuate a lot from like, not so stressed to suddenly so happy Oh my god, she's coming back. So, I think I did a good job. Yeah. I was proud.

**Interviewer** 1:51:05

Yeah, well, does sound challenging. Was that on LSD or on mushrooms?

**Participant** 1:51:12

Yeah, it was mushrooms.

**Interviewer** 1:51:14

Well at least it wasn’t 12 hours.

**Participant** 1:51:18

Not only did a funny thing we tried to do brew but didn't realise.

**Interviewer** 1:51:24

Oh, mushroom tea.

**Participant** 1:51:25

Yeah, we didn't realise we didn't properly boil the kettle. So, the first time we brew it, it didn't like take all the psilocybin out of the mushroom. So, not much happened. Oh, shit. Did you boil the kettle? And it's like no, no, oh shit It was just warm. So, then we rebrew it and then that second dose doesn't really hit them and not me. Yeah, that was it.

**Q27. Interviewer** 1:52:04

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

**Participant** 1:52:11

Hmm. I'd say it's difficult because there are two, two of them comes to my mind but I think the second one comes to my mind, because it was a lot more recent and that one was just like, when we were camping in Wales, and we're in a nice location and with a very high dose of mushroom, I just had a great time, it was just so good. Everything about it was amazing. Oh, I don't know what to say. It just like, ahhh so good. Just really happy. The other one was, it was memorable, because, when I was a student, I would go home, maybe throughout the whole summer holidays. So, like, I wouldn't be able to see at the time, my boyfriend for three months. So, it was like, at the end of that period that I came to the UK and then like, the next day, with an LSD trip, and it was a beautiful summer day and, and you know, it's just like the next day we were together after three months of separation. So, you know there were already so many positive emotions about it and psychedelics made it so intense and so that was really memorable.

**Interviewer** 1:53:47

Is this going home to Turkey?

**Participant** 1:53:50

Coming from Turkey to here?

**Interviewer** 1:53:52

Oh yes. Okay. So, did you in that situation, had you done LSD the day before in Turkey and then arrived in the UK?

**Participant** 1:54:00

Oh, no, no, no, I didn't do anything in Turkey no. It's just like three months. You know, in Turkey. I don't have access to drugs, just alcohol. So, it was just after three months of holiday. I just came to my student house here that I live with my boyfriend at the time and then yeah, it was just like the moment of, you know, yay we got together again and then and then again, I remember having sex. It wasn't a very high dose and it was just really pleasant, and I remember like feeling so intense. I haven't felt anything like that in my entire life and it was just so intense. I was so intense that I didn't know how to react, and I would just cry while having sex. I know, when I was getting that I would just cry because, you know, everything was so intense.

**Interviewer** 1:54:59

A bit of a vibe killer?

**Participant** 1:55:03

No, no, no. Crying of happiness, It's just like excess emotions. It's like they don't fit in my brain anymore. They had to come out through my tears.

**Interviewer** 1:55:12

It's like leaking emotions.

**Participant** 1:55:14

Yeah. So, that was very memorable. I don't think I'll ever, ever forget that.

**Interviewer** 1:55:19

Okay, so just to clarify, so I sort of understand that when you came home, and you had been away from your boyfriend for a long-time you guys did psilocybin or LSD within the first day or two or when you met, and that's part of that. All the positive emotions and then on top of that the heightened experience from a psychedelic trip?

**Participant** 1:55:44

Exactly. Yeah, exactly. I don't I think it was LSD, but I'm not sure I don't remember.

**Q28. Interviewer** 1:55:58

We're getting near the end, we've got about nine questions and the last two are quite, usually short. So, probably about seven about seven questions when we're done. If you have ever experienced ego death, could you describe what it is like?

**Participant** 1:56:26

I'm not sure if my ego was completely dead but that second memorable moment I was telling you about when we were camping in Wales and doing a high dose of mushrooms. We were like, you know, on the fields outside our tent, and I saw cows and other animals and sheep, I think it's Wales. I just, you know, felt like an animal, I guess, and I just felt like, Okay, I'm I just didn't feel like they were animal and I was a human. It was just like, they're all the same. We're all living things in one way or another having different, you know, consciousness or different mental processes but I, you know, I just felt like I belonged there, just because I was a living thing. Whether it's grass or cow doesn't matter, just a living thing and I didn't feel like it was me being there. Just like this. I don't know how I can tell the way I see the cows and I remember looking at their eyes, I'm like, Yeah cow.

**Interviewer** 1:57:45

Is there, so a few sort of, I can pull out a few threads there. Was there an, during that experience, was there still a sense or how much of a sense was this, that you had an identity of your past experiences your personal, who you are as an individual and goals, desires, dreams, the things that you associate with your identity and who you are. To what degree was that sense of identity still intact in that moment?

**Participant** 1:58:24

This was a duration. Again, we were with another friend, we were three people. So, my partner and friend and I felt a similar thing towards people as well. So, it was it was like, not having an identity. I I'd say that's why it's like ego death because you don't think about your past your future, or anything or who you are. It's just everything you see, including people you just see as equal but maybe the reason why you see is equal because you don't have something to compare anymore. You don't have that sense of me. Or my identity. So, I think yeah, that's why it was like ego death.

**Interviewer** 1:59:17

Okay. Was there a during, during that moment, or other moments that you've had psychedelics on? Have you ever had the experience of your I actually think you did describe it before but an experience of your body disappearing? So, losing the sense of having a physical form?

**Participant** 1:59:39

Yeah, totally. A couple of times it happened in the bed as well, like doesn't have to be in nature. I just sometimes feel like I melt. You know, I'm not like a tangible thing anymore and one time, it was also I basically lost sense of like, things. So, I was trying to cross a stream and I fell in it and it was like, it was cold and, like, my legs got wet as well and to my friends, I remember my friend saying like, Oh, [name] like your wet you're going to get cold. Let's go back to tent. So, you can change into dry socks or whatever shoes and trousers and I just remember feeling, I don't feel wet I don't feel anything. It just feels normal and like, even when I was changing, I knew I removed my foot from a wet shoe. I would still double check my sock, like, is this wet? It doesn't feel wet, I would just, is this wet? And it's like, yes. Okay. Okay. So, I don't know, I just, yeah, sometimes I just lose some senses. They just don't. I just don't feel them and that's weird.

**Participant** 2:01:09

And I also felt like, so we were all like sitting on the grass and I remember seeing my legs and it just didn't feel like they were mine. It was something sitting there. I said, oh, oh, yeah, that's my leg. Yeah, it's mine. I don't know. I guess it's also because I'm quite flexible and I sometimes sit in funny positions. So, sometimes, I don't know. My leg is somewhere unusual. So, like, it's like, oh, Oh, shit. That's my leg.

**Interviewer** 2:01:47

Yeah, like when you're, sitting next to somebody and you touch it. You're like, I can't feel my touching my own leg or arm you like that's not yours. There was a question that I had in mind while you're talking but I let it go. As I was listening

**Participant** 2:01:51

Oh no.

**Interviewer** 2:02:09

No, there's questions galore, don't worry, you can't ask them all.

**Participant** 2:02:14

Maybe it will come back later.

**Q29. Interviewer** 2:02:16

Maybe oftentimes, it does this sort of like big loop, and then come back in later. Have your experiences with psychedelics affected your spiritual or religious beliefs?

**Participant** 2:02:31

No.

**Interviewer** 2:02:32

No?

**Participant** 2:02:32

I don't think no. I never believed in anything. I never felt like, I want to believe or felt spiritual about things.

**Interviewer** 2:02:50

How would you if you do describe your spiritual religious orientation?

**Participant** 2:02:59

Um, I mean, I don't always like saying, I'm atheist, but I don't think I'm agnostic either and maybe the reason why I don't want to label myself as atheist because of some of the negative connotations and when I say negative, like, I don't know, some people see it in very strict ways but I basically don't believe in a creator. Let's put it that way. No, I don't possibly believer Oh, there is maybe some mysterious creator then I don't know, I don't know, if you want to call it atheist call it atheist, I think that will be the closest thing.

**Interviewer** 2:03:40

Okay and those are just stayed the same throughout your experiences?

**Participant** 2:03:45

Yeah, yeah.

**Interviewer** 2:03:48

Oh, I think that's what popped back into my mind. We've talked a lot about some of the experiences you've had, or how they've affected you and some of the different experiences you've had with your trips. In terms of physical sensations, such as or visual experiences, like what you talked about it changing a lot of your, your thought chain, but is there a large degree of perceptual change? So, do you get highly visual experiences? Is there a lot of emotional, physical body sensations? I wonder if you could give a little information on the types of sensory experiences that are going on for you?

**Participant** 2:04:39

Mm hmm. Okay, um, I'll just like go through all the usual senses, I guess. In my trips are usually very, very visual. Like I wondered if it was related to me having a very visual memory, because my partner is a classical musician and his primary sounds that he use is his ears and he's a very verbal thinker and he always gets less visuals than me. So, I always wondered that. Yeah, not for me the visuals get intense. That's why I really like it. So, in terms of hearing, what happens is, when I try to talk, my voice sounds like it's not mine. In fact, ewww is that how I sound ewww, and then I also feel like, because my, my thinking gets really fast. My speaking feels really slow and, and the speed I speak and speed I think don't match and I end up not being able to speak much. I start a sentence and when my brain is its fifth sentence, I just failed to complete that sentence verbally. In terms of taste, I just can't eat any complex tastes or processed stuff. Like I wouldn't. I love ice cream, but I can't eat ice cream. When I'm high on psychedelics, it just feels so weird. You know, it's the way I feel like my temperature sensation gets affected a lot. I mean, I can still hold things and feel the pressure and I can a lot of the time feel pain, but it's also reduced but I feel like the temperature gets affected a lot because like when I eat ice cream in my mouth, it just feels like warm ice cream but still solid, like cold but I don't feel that coldness in my mouth. Or like, you know, when I was wet because I was in the stream. I did not feel cold. Um, what else? So, with senses, vision, taste hearing,

**Interviewer** 2:07:14

Can you feel warmth? In that case as well? Is it mostly towards the cold spectrum? Or is it also you can't feel heat in the same way as well?

**Participant** 2:07:24

Um, it depends on what like, how much I'm into the trip because at first it fluctuates a lot. I feel cold and hot and sometimes, like if I'm under the sun, that I would get hot too quickly but yeah, I guess it's mostly cold. Yeah.

**Interviewer** 2:07:48

Okay. Sorry, you were carrying on with your all your senses.

**Participant** 2:07:58

So, what have I got left?

**Interviewer** 2:08:01

We've done visual voice. Taste and temperature. So, I guess there's smell and maybe

**Participant** 2:08:14

Where my body parts are, that was one of them.

**Interviewer** 2:08:17

Yeah, proprioception.

**Participant** 2:08:19

I know. I lose that completely. It's gone. So, funny. I think because of that, you know that you're walking becomes a bit funny, too. If you're too hot, you just feel like you're mad. In terms of smell? Um, I don't know, because it's really related to taste. So, I don't really know. I didn't pay particular attention.

**Interviewer** 2:08:52

Maybe it's something you can do in the future. See if your smell senses changed.

**Participant** 2:08:57

Yeah.

**Q30. Interviewer** 2:09:00

Okay, cool. Where are we, have psychedelics change how you think or feel about death or the process of dying?

**Participant** 2:09:14

Um, I think it definitely made me feel like more at ease about it. Made me, not realise because you know that dying is you know, part of living it's a process like you know, it happens basically, if you live you die. It's just like, really accepting that at an emotional level. Yeah. It has I think I would. It wasn't like I was scared of death because like when you die, you don't feel anything, why would you be scared? It's just I'm more fine with if I die, I die. I sometimes find myself thinking about my parent’s death when I'm high and, yeah, I think, thinking about it when I'm high. Makes me feel more prepared for it when it happens in real life. I think

**Interviewer** 2:10:30

So, are you parents alive at the moment or have they,

**Participant** 2:10:34

Yeah.

**Interviewer** 2:10:34

or are they dead. Okay. Well death is like the ultimate trip, I think.

**Participant** 2:10:47

Yeah. No, I, I really hope that, you know, the use of psychedelics for palliative care will be available very soon.

**Interviewer** 2:10:58

Mmhmm mmm.

**Participant** 2:11:01

Really important to be, you know, okay with your death.

**Interviewer** 2:11:04

Yeah. Well, that's, that's one of the major areas where they've done the stuff on the anxiety and the depression is palliative care for people with cancer and life-threatening illnesses. Which is really good. I think it does. Yeah because that's a very difficult place for people to be in, especially if they're not in the have this sort of acceptance of that experience that's going to, you know, they resist dying up until the last moment it's going to be very traumatic, I think, especially for the people around them.

**Participant** 2:11:44

Yeah, also, like, whatever time they've got left, it will just make it more unpleasant, because you'll be worrying about it the whole time, instead of enjoying what you got left, I think.

**Interviewer** 2:11:58

Yeah, so that would be cool to see, that expand and actually become helpful for people.

**Participant** 2:12:08

Yeah, hopefully soon.

**Q31. Interviewer** 2:12:13

I guess that this question is more secular version of the spiritual question, but people answered in different ways but have psychedelics changed any fundamental beliefs about the nature of reality?

**Participant** 2:12:32

I mean, what will be the sort of fundamental beliefs we've got about reality?

**Interviewer** 2:12:36

So, some people's sort of ontological or epistemological, original position of the universe is God created it, and then everything sort of happened. Whereas a secular person who doesn't believe in God is going to find it very hard to buy into that story. So, there's going to be other explanations that we use, such as the origin of the universe might be the Big Bang, for example, we have a scientific materialistic description of as far back as we can get to describe what we think we what we thought happened. However, people who don't necessarily believe in mainstream religions have their own, they might have their own particular spirituality, or they might have latched on to a number of different or created their own understandings or stories about sort of what is the fundamental, what is reality, essentially. It's a very kind of loose and open question, but you know, why is there anything rather than nothing? What what's the, maybe some people say? What's the purpose of life? Or what's the? Why does consciousness exist? It depends on where people start with the particular questions but it is sort of those questions that, in terms of fundamental is like, underpin a majority or all of the experience that you have and it's sort of like a basic assumption, you start with whether, you know, you don't necessarily know it's true or not, but you just, that might be like, your basic assumption about how everything operates, or how it all came about, if that helpfully gives a bit more context to what the question is trying to ask.

**Participant** 2:14:26

Yeah, no, it does. Um, I mean, I don't think it did. I always, I mean, like, I don't know, cause I never, as you say, I never believed in a creator, that hasn't changed. I'm like, yeah, as long as you know, the evidence, supports the fact that big bang happened, and I believe in that, and I never knew and I guess we'll never knew what existed before, or if anything existed before Big Bang and if it didn't happen But it's just, I was always a very that these are the questions that we'll never have an answer and I guess, again, I don't know if it's the fact that I'm just me being growing up. When I was young, I was very frustrated at that, at that sort of thing. Just not having answers. I like asking questions and, as I say, I mean, the opposite. Just being on psychedelics brings me to the future, I worry though about those things even less. I'm just like, you know, when I'm on psychedelics, I just realised what matters is now and I don't get the feeling of like, Oh, this minimal exists because I don't know, it's designed to be like that it has a meaning in life. For me. It's just like, Oh, this is all nice. I don't know, like chaos, entropy, kind of there's a balance in it and it's dynamic and I just appreciate it as it is. I don't think that's changed really.

**Interviewer** 2:16:07

Okay.

**Participant** 2:16:07

Um, yeah. I don't think so. Yep.

**Interviewer** 2:16:14

Yep, no problems. It's not everyone. You know, some people I think, go, who use psychedelics in a spiritual way, you know, that's going to be a big part of their experiences contemplating these really deep, long lasting, probably unknowable questions that you, you can create a theory and try and talk about it, but it's maybe as abstract or speculative as another one but people still might latch on to those ideas, because that for them as gives their understanding of the world a structure that helps them make sense of what's going on and some people don't, and that's perfectly fine. So, that question is just to ask those people who do whether, how it's changed.

**Participant** 2:17:05

No, it's interesting. I always found that, like, interesting that, you know, spirituality was a big thing with psychedelics, because I never felt it and I can see why people would feel like it. Like, I can see the potentials in the sense that like, because everything seems so valuable and nice, and you like it and it seems like you know, there is value in everything but again, you know, it exists in your mind, doesn't it?

**Q32. Interviewer** 2:17:37

Well, one, so I think one example where, to me it make sense, is people talking about their smoked DMT experiences and going and having these very otherworldly experiences as if they've been transported into another dimension, or into another realm of reality and how people make sense of that experience. It goes, so is there, am I travelling to another dimension or is that all in my mind or like, how do they make sense of it? That can really go deep in terms of like how one fits that experience into their understanding of reality and so, psychedelics, I think, are can tend in that direction to depending on the intensity of the experience and the content that one has, it may or may not cause a questioning of those really fundamental aspects, like, especially depending on the types of experiences you've had. Yeah. So, if it hasn't, that's fine. That's good. We'll move on. Have psychedelics changed your outlook on life? So, this is slightly different from the worldview. It's more like your personal outlook about your future, or the future even of friends and family or larger scale, but it's like the, maybe it's asking a little bit about the emotional experience of how you feel or think about the future. Yeah.

**Participant** 2:19:09

I mean, as I said before, I definitely felt that feeling of bringing, you know, psychedelic experience bringing me closer to the present and enjoying the present more and just genuinely being more accepting and understanding the meaning and value of everything or everyone. What else would it be? I think those are the main things in terms of like very general outlook.

**Q33. Interviewer** 2:19:57

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

**Participant** 2:20:08

It will be in a few ways because currently, it's mostly for to, like to improve your mental health. It's like more related to mental health but I would like to see it, not only to try to fix something on the negative side, but I like to see it as something as more casual or something that's just improving what's already there, it doesn't have to be like the, you shouldn't have to have a mental health problem or have PTSD to be able to access or, you know, justify your psychedelic use, I think it's very valuable tool to just, you know, discover your mind, you're thinking as a healthy individual, I think everyone would benefit because we know at the end of the day, what it does is to make you reflect about everything about your life, doesn't it, just having that different perspective makes you reflect, and I think everyone would find it helpful and I don't think like all psychedelics will make everyone I don't know, more liberal, loving, you know, it's just, it will amplify whatever, you know, whoever they are. So, I don't think I have the aspirations of like Timothy Leary in the 60s, but I think still that everyone would benefit of lots of reflection.

**Q34. Interviewer** 2:22:04

Yeah, this this question is normally for those people who think a lot, not saying that you don't, but people who are big use the psychedelics and think kind of big picture with them a lot. So, the question is have like, have psychedelics shaped your view of humanity's future?

**Participant** 2:22:26

No, I don't think so.

**Q35. Interviewer** 2:22:36

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

**Participant** 2:22:48

I guess it's taking all the harm reduction advice into account.

**Interviewer** 2:22:55

What would those be? What would harm, what harm reduction advice would you give?

**Participant** 2:23:02

For like, first time people like?

**Interviewer** 2:23:06

Early first-time early beginners.

**Participant** 2:23:10

I mean, just doing it at a place you feel safe because having that is very important, or whatever is going on, if you know you're safe, it doesn't mean it's going to pass but if you don't feel physically safe or in a comfortable environment, then those variables, will contribute. Definitely doing it with other people. I think that's really nice. Listening to music, it’s interesting how your hearing just become so you know, like, just music feels more intense. Emotions feel more intense. I find interesting. Why it doesn't happen to other like taste like, it doesn't feel better. Why not? Feels music feels better. Anyways. What else? I mean, the rest is just like, you know, ahh have your layers be prepared to be cold and that. Oh, don't mix it with alcohol and other drugs. If you can have a trip sitter, if you can plan your trip or eat well afterwards or sleep well, take your the what was the supplement 5-TP, 5-HP, 5-HP? [5-HTP] Was it the precursor of serotonin?

**Interviewer** 2:24:43

Yeah, yeah, the precursor of tryptophan, I think

**Participant** 2:24:47

Yeah. Yeah, that's, I guess, don't overdo it. Yeah. Give yourself time. Reflect on your experience. Like all the cliche advice.

**Interviewer** 2:25:02

Yes, well, that's why it's, you know, it gets so cliche because everyone says it. So, maybe you should listen.

**Participant** 2:25:07

It works, yeah.

**Q36. Interviewer** 2:25:12

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

**Participant** 2:25:24

Nothing I can think of, I think your questions were very thorough

**Interviewer** 2:25:30

Alright well, I will stop the recording.