17. Interview with Participant 17

**Interview recorded:** 14/02/2021 (NZDT)

**Length:** 2:57:16

**Spoken duration of interview:** Participant (74%), Interviewer (26%)

**Age (years):** Participant (35), Interviewer (30)

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

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

**Original nationality:** Participant (New Zealander)

**SUMMARY KEYWORDS**

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**Interviewer** 00:02

All right. So, before we start, the one thing that I need to do is just clarify, in terms of the scope of this study, we're looking at psychedelics and so we're trying to get you to focus in on your psychedelic experiences excluded from other drug experiences. So, the boundary of psychedelic is not particularly clear, understandably so like what drugs people consider psychedelic, whether they psychedelic like, well, they actually are psychedelics. So, just for the purposes of this study, if you when I'm asking you questions about your psychedelic experiences, if you can, I'm going to give you a sort of a list of the ones that I'd like you to include and exclude. So, in terms of the drugs that are, I would like you to include into your psychedelic experiences when you're considering it. So, of course, the classic psychedelics, so LSD, psilocybin, DMT, and mescaline but also, if you've, yeah, all the 5HT-2A agonists. Also, if you've used something like Ayahuasca or Iboga, you can include those they're psychedelic and if you've had any analogues of these drugs, if you've had an analogue of LSD, or you know, like 5-MeO-DMT where you've had multiple different kind of versions of Ayahuasca or so and, you know, so if you've had some synthetic or non-synthetic versions of these psychedelics, they're all you can just sort of treat them as sort of psychedelic when I'm asking about the questions in terms of the drugs that we would like you to try and not consider when thinking about your psychedelic experiences. The four ones, the four main ones that I mentioned here are cannabis, MDMA, ketamine and salvia.

**Participant** 01:57

Interesting I don't consider MDMA and cannabis psychedelic.

**Interviewer** 02:01

Well, some people do. So, like yeah, there's definitely that discussion like are they in entactogens they empathogens? Do they fall under, it's just labels at the end of the day, but for some people, it seems that MDMA does have like, psychedelic like qualities to them and so they sort of they might not be fully overlapping in terms of like, all the types of effects, but they overlap enough like aww yeah I would consider them maybe psychedelics and something else and I think ketamine and salvia definitely kind of ones where I think they're considered dissociatives. Although salvia might be a deliriant, I'd have to, no I think I can't remember on those but dissociation seems to be a very common experience in psychedelics, and that becomes like, Well, how do you differentiate these experiences? Like they were very mind altering and so it's like, well, that's psychedelic to me. So, just in these instances, those are those drugs were not particularly or I'm not particularly investigating or interested in even though they are interesting, just not for the purposes of this study, yeah. So

**Participant** 03:07

That's cool.

**Interviewer** 03:08

So just one, so it's for the inside of the box. It's LSD, psilocybin, DMT, Ayahuasca, mescaline, Iboga, and any of their analogues, and basically every other drug is outside of that, but the ones to note specifically would be like cannabis, MDMA, ketamine and salvia.

**Participant** 03:25

Okay, no problems.

**Interviewer** 03:27

Cool. All right. So, that's all the preamble. The first question and one more thing, if you need to go bathroom breaks, you need to stand up, walk around or something the interview usually goes till about three hours. Depending on how long it takes you to answer question, some people are slower or faster. So, it just depends on how much information there is to share. So, if you need to take breaks, toilet, all that thing, just go ahead. As comfortable as you can be.

**Participant** 04:00

Cool, man.

**Q1. Interviewer** 04:00

So, first question is why do you use psychedelics?

**Participant** 04:13

I guess I use psychedelics because they, one they almost instantly. They instantly fixed massive problems in my life and with incredible efficacy. The other is after seeing hidden dimensions or yeah, after seeing what I've seen from them, there's just something that I have to understand also, it feels like I guess it's a bit weird, but it feels like I have been on this path for my entire life if not previous lives. So, I mean, yeah, I was absolutely fascinated with the, my granddad bought me a Kiwi book, The Great brain robbery and it basically was just like a drug Bible. He was trying to scare me but I just went into chemical mechanics of it and all the street names, and I was just instantly hooked. I was just fascinated and yeah, and I think that's, I think it's possible from past life stuff. If that is a thing. The mushroom seems to tell me this.

**Interviewer** 05:49

Is there any other reasons you can think that you are involved with or use psychedelics?

**Participant** 06:07

They are incredibly fun.

**Q2. Interviewer** 06:16

Okay. Have the reasons why you use psychedelics changed over time?

**Participant** 06:26

Yeah, yes, definitely. Um, I mean, at the start, it was I don't even really remember what led me to it, but it was more just intrigue because I sort of started hearing people talking about the powerful properties of them and then, once I'd sort of, began learning about them and discovering them. It became more about understanding the nature of reality and well, yes, so I sort of went from intrigue to self-improvement because I instantly, you know, gave up drinking and became a vegetarian and, and, and that that really amazed me and the ability to change your mind and then from there into the nature of reality.

**Q3. Interviewer** 07:53

How did you first start using psychedelics?

**Participant** 07:58

Um, I first started using psychedelics quite young.

**Interviewer** 08:04

Do you know how old?

**Participant** 08:07

I probably would have been like 16 or 17 when I had my first acid trip, but it was in New Zealand didn't really have access to good drugs. So, I think now, you know, 50 micrograms tabs or something but yeah, so it was sort of around that 17 years, but I always did it with alcohol and I always woke up feeling like the world was about to end. So, kind of scared me away from the psychedelics, and then I carried on drinking. Sorry, what was the question?

**Interviewer** 08:45

So, the question was, how did you first start using psychedelics?

**Participant** 08:50

Right. Okay. Um, so yeah, it was mostly just recreation through friends when I was young but if you want to go to the last couple years, that's when I really consider myself starting to use psychedelics and that was about three or four years, three years ago.

**Interviewer** 09:33

And what, what was the motivation three years ago, to start using psychedelics more seriously than you had before? Had there been like a hiatus of use or was it just something happened?

**Participant** 09:49

Yeah, well, yeah, I hadn't used psychedelics for a long time because of the impending doom that came with drinking and acid and I blamed it on the psychedelics not realising it was the alcohol but yeah, when I was living in Vietnam, because I have suffered depression throughout my whole life and when I was living in Vietnam, I very much came close to taking my life and, and I had several weeks of severe depression and I was using alcohol to, to get out of it and then I stopped alcohol, and started smoking cannabis and that helped loads but then when I was back in Canada, I started drinking again and then I was out drinking with my brother and we just had some MDMA, just by random occurrence and I don't know what it was, but there was something that just clicked in my head and the next day, I just started researching psychedelics and I don't know why, what drove me and then as I started sort of putting more research into them, I asked my friend to get some acid and then I started playing around with that and then as soon as I had the acid, very first acid trip, I just was like, well, drinking is shit and, and then I the second acid trip, I looked at my fridge, and I looked at some beef mince that was there and I just was like, oh, god, that's the most disgusting thing I've ever seen. Never ate meat again and yeah, and so it was that that was just that me spiralling but yeah, it was just a weird, random MDMA thing that clicked in my brain.

**Q4. Interviewer** 11:58

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

**Participant** 12:14

Definitely, for me, the most valuable is perspective. Just understanding that there's, there's more to, to this world than meets the eye because obviously, everyone has shitty problems, daily problems throughout their life and then we're all day slaves, and proletarians and you know, so to, to, to meet the mystical. It gives a lot of interest to life. I also find that, like, I've always been considered, I can't I’d hate saying this, but I've always been considered an intelligent person but I feel like after taking psychedelics, my brain is just I don't know, it just feels like it's been unleashed. It's yeah. So, it feels like I have become more intelligent since taking them.

**Interviewer** 13:54

Is that is this feeling of intelligence, Is that in specific domains or across the board?

**Participant** 14:02

It's yeah, I mean, I can, like this alien information book is it speaks languages that I would never have understood before, you know, it's all just scientific language but, yeah, before, I would have really struggled to understand that, but it seems, it seems now I'm able to visualise exactly what, it feels like I can intuitively know the correct answer, which is weird and I try not to you know, I try to second guess myself because I don't know if that's even possible but yeah, I feel like I can just pick things up now and it doesn't. There's not much difficulty around it.

**Interviewer** 14:57

Is there in terms of content or information that is specifically coming from psychedelic experiences. So, alien information theory is written by a person who's obviously had a lot of DMT trips and so comes from those experiences, do you find that the same intuitive intelligence can be applied to things that people who is it has nothing to do with psychedelics, you can just understand other things better as well?

**Participant** 15:31

Oh, yeah, I mean, everyday training at work. Yeah, it seems multifaceted. It seems to be the sort of the mystical, and also the nuts and bolts. Yeah, yeah, I guess. Okay, a really good example is within, within my second harvest of cannabis, you know, just would have been six months and my growing skills are just insane. Like the second Harvest was immaculate. It was, it was beautiful and my understanding of the entire growth cycle of cannabis is, is quite amazing, even for me. Like, I'm quite amazed myself. So, yeah, it's it seems to be I'm able to just pick things up.

**Interviewer** 16:40

And that, is that something before you would have struggled with?

**Participant** 16:46

Yeah, yeah, very much. So, I've always been able to pick things up. So, just something that came across my mind then is perhaps it's just been the self-doubt has hindered me from just going out and doing what I've been able to do. So, perhaps that's the thing and I've always been able to pick things up better than most but it just seems now I can do it very comfortably.

**Interviewer** 17:18

So, is there has there been a change in your sense of self-doubt or confidence about your own abilities?

**Participant** 17:27

Huge change. Huge change. So, the first change was, I've always found it difficult to be around people. Which is why I drank a lot of alcohol because anytime and coming from New Zealand, we're all alcoholics down there. So, yeah, I think I used alcohol to be around people. I've never been that comfortable but now yeah, now I've don't seem to have any problems around people and that was most evident in my school because I started sort of taking psychedelics halfway through my school and, and particularly mushrooms and yeah, it seems the mushrooms really helped me just being comfortable around people. Being comfortable in my own skin, I guess.

**Interviewer** 18:23

And was that during that period, you will were you also drinking each time you would take mushrooms?

**Participant** 18:31

No, no, no, this this was the last three years I haven't been drinking.

**Interviewer** 18:36

Okay, so, okay, so this is the last three years?

**Participant** 18:38

Last two years. Yep. Since that first acid trip about two years ago.

**Q5. Interviewer** 18:51

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

**Participant** 19:03

I don't really have. I don't seem to have difficulty around them. Maybe physical, nausea but, but yeah, that's not really a problem. Yeah, no, I really don't have any difficulty that I can think of.

**Interviewer** 19:30

No?

**Participant** 19:31

No, no, I mean, even the challenging trips, and I haven't had many, but even the challenging ones are just fantastically rewarding in the end. Like that they teach you something.

**Interviewer** 19:46

Can you okay, and in that case, maybe if we can narrow it a little in, so it's during a psychedelic trip are there moments that feel challenging and maybe you could, is there if there is, is there like a common underlying reason why these particular experiences are challenging? Like do they share some kind of common feature?

**Participant** 20:14

No, again, like the challenging trip that I had was just because my set and setting was wrong. So, as soon as I had that, I just realised, and I decorated my room and pulled it all down now because I'm moving, but I decorated my room with wonderful tapestries and as soon as I'd done that, I've always been pretty comfortable.

**Interviewer** 20:44

Well good for you \*laughs\*.

**Participant** 20:45

\*laughs\* Yeah. I'm sure I'll have troubles one day.

**Interviewer** 20:52

All right. Well, hey, no troubles is good.

**Participant** 20:56

Well, yeah, I mean, I guess I really haven't. One thing I know about my life is it's been an easy life. It's been a good life. I don't have any real emotional scars, nothing that's major. So, I don't know if that helps.

**Interviewer** 21:14

Well, just if I can tag on that, you did mention earlier that you had felt suicidal in Vietnam, was it and so, well, maybe you'd like to speak a little to what was going on there?

**Participant** 21:28

Right. Yeah, I mean, like I said, I've suffered depression, all my life and I don't know why. Although I'm starting to wonder if it's because I'd always disconnected myself from the source. So, I know like drinking a lot of alcohol throughout my entire life has not helped and I also, I'm very hermit, like, you know, I'm very comfortable just being in my own room but I think if you're drinking a lot I think it's just leads to isolation and negative thinking. So, it seems you know, fingers crossed, it seems that as soon as I stopped drinking, and smoking cannabis daily I've never had a problem with depression since. So, that's been three years now.

**Interviewer** 22:44

How much in terms of your drinking what you say it's a lot. What did it look like? What was the kind of amount that you were drinking?

**Participant** 22:54

It would always go in cycles. So, you know, I'd always reach a peak, where I could turn around and go hang on, you're going to kill yourself. At the peak, you could be looking at between like 500-750 ml of liquor a night.

**Interviewer** 23:14

Is that something like 40% level stuff or?

**Participant** 23:19

Yeah, yeah. Yeah. So, yeah, that was very heavy and that would go for maybe a period of between like six months and a year and then I would sort of realise and taper it back and then it would slowly just build up again as alcohol does.

**Interviewer** 23:46

And what would you say when you when you do the come down? What is the kind of low level of use that was like persistent but it kind of the lowest of the kind of the wave?

**Participant** 23:59

Yeah, so if it was a cutback, it would normally be a week or two, up to a month of no drinking, and then it would just become a beer, a day, a couple of beers a day a six pack a day, a bottle of wine and then into the spirits and then it seems as soon as it gets into the spirits, it just really takes off.

**Interviewer** 24:28

Okay, so in terms of the alcohol use, at the height of it, you're having, as you said, sort of 500-700 ml high level spirits per night or per day and that period might last for about six to 12 months and then at some point you recognise or you're you don't like what's going on so you go kind of abstinence cold turkey, or do you do slowly just okay and then from there builds back up again.

**Participant** 25:01

Yeah, sometimes, it depends on you know where I was at but it would normally be either abstinence or coming right back down to a beer, a couple of beers.

**Interviewer** 25:12

And do you do you have a do you know why you drank this much? Like, what was the purpose of it?

**Participant** 25:22

Well, I think I learned it off my dad, I'm pretty sure. Cause he's, again, incredibly intelligent has a very difficult time being around people, much like me, we're almost identical, actually and so I think he also used alcohol. Used alcohol to be social and be comfortable around people. I think as well, I think there's something to do with intelligence and, and the need to get out of your mind, if you know what I mean. Yeah, so I think there's that as well. Like, you know, sometimes the mind just goes so fast that you're actually physically exhausted at the end of the day and when you're drinking a drink is the only thing that sort of seems to help.

**Interviewer** 26:39

And had you? How long was the drinking? Like,over how many years did this sort of pattern play itself out?

**Participant** 26:50

Um, well, I drank ridiculously when I was young, you know, so like, 14 years old and right, up until 33?

**Interviewer** 27:26

And so that would make you 36 now?

**Participant** 27:29

35. Oh, yeah. Sorry. 32-33. Yes. No, actually, I'm just about to turn 36.

**Interviewer** 27:45

Right. It's good. I'm just the reason I sort of get a bit of clarity on that is because by understanding the type of use, and then understanding that it's shifted, it gives a sense of kind of proportion of like how impactful that change is in someone's life because one person's a lot is different to another person's a lot.

**Participant** 28:08

Yeah, yeah.

**Q6. Interviewer** 28:15

Yes. So, this next question has a couple of questions that probe into it a bit deeper but I asked a broad one, first off, just to get your sort of overview of this area and then we'll if you if you touch on some of the questions that are written to follow up, I just won't ask them and we'll just go to the ones that you've might not have touched on. So, the question is, in what ways have psychedelics affected your life?

**Participant** 28:42

Well, like I say, I'm, I'm now sober. 100%. Even the thought of alcohol makes me quiet sick. I'm vegan now.

**Interviewer** 28:59

You’re what sorry?

**Participant** 29:00

I'm vegan.

**Interviewer** 29:01

Vegan?

**Participant** 29:02

Yeah. I went from 105 kilos down to 68 in about six months and, and it was just through. Well, again, yeah. Yeah. So, so that what else? Connection with my family my mom and I, we always loved each other, but we never understood each other because I'm very much my like my dad and I think the psychedelics softened me and allowed me to get in touch, without sounding too airy fairy, but get in touch with the feminine energy of the world and my mother and my relationship is just superb now it's really awesome and I guess also yeah, being comfortable feeling more comfortable in my own skin feeling more comfortable around people, yeah and they cured my depression, that's always a good bonus.

**Interviewer** 30:59

On the depression side so you were telling me so you've finished you stopped drinking alcohol about three years ago and you attribute that to your psychedelic use and now you use cannabis each day what I wonder what's the cannabis purpose? Because you're saying here, it's cures your depression I'm just trying to get an idea of like is how much of the cure is the psychedelics and are there other aspects that are contributing to this?

**Participant** 31:32

It's a really good question. I've been trying to figure this one out. It's, well it's hard to say because feels like there's a there's two levels to cannabis use. There is the recreational use and that's, that's when you smoke it. You get really stoned and you get the munchies and you know, all the typical stoner shit, want to sit on the couch and watch a movie and you're not you're not that clear. Whereas I think if you integrate it into your life daily, all the, you know, you hear people talking about how Sativas do this and energise you and are creative. I think for the recreational stoner, they don't get those benefits but when you get to a level, like I do it, you can actually use different strains. So, I utilise four different strains throughout the day and so yeah, I, I don't know if that's what's stopping me from being depressed because what cannabis does for me and psychedelics, is they distance me. So, a really, really good example is the other day when I found out that work, we're not going to offer me that contract. I just about collapsed it almost emotionally crippled me, I was just winded and, you know, my mind started going, I was fucking, you know about to lose it and so I just, I was at work, and I just rolled a joint and walked away and then started smoking that joint and as soon as I started doing that, I was able to separate myself from the issue, and then start going into right, what do I need to do now? And that was almost sort of instant. So, so yeah, I think it's a combination of both. I think it's a combination of the psychedelics healing me because I also used to use a lot of methamphetamine and that, that strips you of your soul, basically and so I think that the psychedelics have been healing my soul and, yeah, it's the common, I think it's working in conjunction but definitely for cannabis. I'm very much You know, I think what Seth Rogen has got it right. I think just daily, for some people, daily uses is like he says, it's like waking up and putting on his glasses and a pair of shoes in the morning. That's just how he navigates his life. So, yeah, I think that's similar.

**Interviewer** 34:38

Cool. Did and in terms of the meth, was that a big thing in your life or what? Maybe you could describe a little bit about what was going on?

**Participant** 34:53

Well, again, like I said previously, I haven't had a hard life. I don't have much pain. So, I, you know, I don't know if you know much about addiction and that kind of stuff? I suppose you do but yeah.

**Interviewer** 35:10

As much as one can.

**Participant** 35:11

Yeah but I mean, you know, if you read Gabor Maté, how he how he goes into, pain.

**Interviewer** 35:21

Yeah.

**Participant** 35:21

The fundamental basis of it. So, I think for me, Boredom was my pain, which is not a big pain and then of course, the methamphetamine just creates pain in your life but again, never major pain. So, I've watched a lot of friends get heavily addicted but I was always able to pull myself out. You know, when it was starting to get a bit ehhhh, this is not good because always able to, you know, just distance, throw away my friends that did it because as soon as you have those, those triggers, you're going to do it. So, it's, you know, throw away your phone. Never contact those people again and yeah, so I was able to pull myself out of it every time but yeah, it did have big impacts on my life. Family all that kind of stuff but never ever too bad.

**Interviewer** 36:33

And was, sorry, you go.

**Participant** 36:36

I was just going to say I do wonder what it's done to me physically is a concern.

**Interviewer** 36:42

Well, you seem you seem mostly there so.

**Participant** 36:45

Mostly.

**Interviewer** 36:47

We're all a little bit crazy.

**Participant** 36:48

Yeah, yeah yeah.

**Interviewer** 36:52

The question I was going to ask is, did your, had you ended your meth use before you got involved with psychedelics or was that also something that once you started psychedelics again, that you stopped using meth as well?

**Participant** 37:11

Yeah, um, yeah, I, well. I was in Vietnam, and it's ridiculously cheap. Like 10 bucks for a gramme.

**Interviewer** 37:22

Oooh that is cheap.

**Participant** 37:23

It's insane. Yeah, it's just dangerous but, um, so yeah. As soon as I left Vietnam, well, no, I actually stopped, and sort of that, that I broke up with my girlfriend in Vietnam and I was living by myself and again, I was able to distance myself from everything and so that that gave me a few months there and then I never did it again, until recently, because I discovered the darknet and I figured it out and, again, cause meths a completely psychological trigger addiction. You know, there it was, cheap, clean, pure, I was like, ahh yeah sure I'll try North American. So, I did it once and like it was crazy. It was instantly my life started getting shit. Like No, not because of that. My theory is, is that it kind of detaches you from the universe. If you know what I will. It takes you out of the flow of the universe and so when you're detached from that, just bad things don't really seem to, bad things seem to happen. So, yeah, that was that was my last experience with that and yuck, yeah, I'd never ever do that shit again.

**Q6a. Interviewer** 38:54

Okay. So, some of the follow up questions that we haven't touched on yet. Are has your personality or identity been shaped or changed by your psychedelic use?

**Participant** 39:13

Yes. Yep. Um, I laugh. I just laugh at like loads of things. I find, I find everything a lot more humorous. A lot more fun. I feel innocent again, you know, like, I feel like I'm almost like a little kid again, like a little kid that understands the world. So, you know, I found myself like, I bought a BMX, and I BMX to work and I've never done that before and, you know, I took on my tunes, and I smoke a joint and I bike to work and I feel like I'm eight years old again, swerving down the road and so yeah, it's, it seems to just made me more excited about life. More enthusiastic, I like to converse more. It's just generally made me more positive, happy, and outgoing. More creative too. I now animate, I now make lyrics and try and rhyme over drum and base but I'm not very good because I'm white.

**Interviewer** 41:03

Never let your whiteness keep you down.

**Participant** 41:05

Yeah. yeah, we got to learn rhythm don't we? So yeah.

**Q6b. Interviewer** 41:28

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

**Participant** 41:36

Um, yeah, because I'm pretty much 100% dedicated to psychedelics now. There's always been something inside of me and I'm not sure how much one can read into this but the mushrooms have been telling me that I'm a shaman. I'm a healer that have been this way before. So, so yeah. I don't know, I think I've always been heading in this direction but now after experiencing it. Yeah, I think it's really pushed propelled me into that into that, world.

**Interviewer** 42:34

And what does that look like? Like the? Are you doing things related to this now that, because you're saying that you've heard this message and has propelled you in that world? Is that, is it mostly thoughts or are you engaging in different things now that sort of express that?

**Participant** 42:53

Um, well, I'm still very much dipping my toes in the water, if you will because I think this is so much to learn first, and I've only really properly been sort of doing it for a year and a half, where I've been really, really pursuing it. The healing thing really interests me but again, like you say, you need that piece of paper for one for people to take you seriously and I know there's a lot of shamans that, that do healing but that worries me. You know, like, just because a mushroom told me I'm a healer doesn't mean I can take someone's mental capacity into my own hands. So, I would like to do something around that but I'm very careful. So, one thing is, a friend at work has just learned that they are basically terminally ill with cancer and I would like he's already sort of interested in psychedelics and stuff like that and I was thinking, you know, maybe I could just be a guide and sort of see how that went. A lot of my psychedelic sessions lately have been thinking about this and what can be done, and that's where that Exploratorium idea came from. So, yeah. Did I answer your question?

**Interviewer** 44:40

Yeah, I think. Yes. So, the question was, yeah, has your psychedelic use altered any of your long term goals or life purpose, and you sort of gave the sense that you're more oriented towards psychedelics and using them in a potential healing way and how do you do that and all the complexity that comes with that sort of path.

**Participant** 45:04

Cool. Yeah. I answered the question. Excellent.

**Interviewer** 45:11

What about any other, did you have any long-term goals before that you've dropped now that are no longer of interest?

**Participant** 45:23

No, no, I've never really been that ambitious or. Yeah, I've always been pretty happy to go with the flow.

**Interviewer** 45:33

Okay. So, would in that case, is this is this new sense of going down a psychedelic path. Is it new in the sense of having a trajectory or a direction or a kind of a long-term kind of outlook is this because you're saying you could just get kind of used to go with the flow? So, this seems to be a sort of shift in long term focus potentially?

**Participant** 45:58

Yeah, I'm still going to go with the flow but I feel like I'm, I'm heading down a path. Like, I've always felt like the universe has just pushed me in the right direction. I never seem to really put a foot wrong. Even though I've had a really esoteric life, and it's been a bit different but yeah, I've always felt like the universe has sort of pushed me in the right direction and again, with that, that MDMA which sparked the thought of psychedelics, which is weird, because I've done a lot of MDMA before and just never ever jumped into mind and so yeah, I feel like you know, perhaps I've been cruising down the stream and now I'm sort of heading into the psychedelic torrent and I'm just going to head down there but I'll still let the universe just guide me down. Yeah, I'm not setting plans in concrete. Cause who knows what's going to be in a year?

**Interviewer** 47:11

No one.

**Participant** 47:12

Yeah.

**Q6c. Interviewer** 47:20

Yeah, I guess. Yep. Have psychedelics caused you to seriously question your own beliefs?

**Participant** 47:28

Every time. Yeah, but um, but they also they yeah, they make you question everything really but then when you come back to it, you're able to integrate that and I think that's really healthy to question your beliefs otherwise you can't you're not open to other possibilities but it's yeah, it's never been a negative it's always been a positive.

**Interviewer** 48:27

Have they has the psychedelics causing you to question your fundamental beliefs, has that caused any, chaos is a word that comes to mind in your life like a sort of during the times where beliefs are more fluid and available like it could be this it could be this it could be this has it created any difficulties in your life to operate during those periods of questioning?

**Participant** 49:01

No, in fact it's, it's made it easier I've been more open to new ideas, but also not able to invest myself in them if you know what I mean. Like a lot of people jump on an idea and they're like, right, that's it. That's the way it is. Monotheism jumps to mind but yeah, no, no, it's sort of, what it has given me is the belief to believe anything and nothing at the same time, which is, I think is really, really powerful but yeah, no, that hasn't caused that much chaos, any chaos. Really.

**Interviewer** 50:00

Does that, how does that manifest in day to day life? So, because to some so here's the thought that comes to mind is like, to some degree, you have to have basic assumptions about your world, like there's a physical object and I can interact with that thing and it has certain properties, which I need to be aware of like cars move fast. If I cross road car might hit, for example, or this is how I operate a computer or this is how I open a door. Has it? Has it had any impact on day to day functioning or interacting with people in that sense?

**Participant** 50:41

No, no, it doesn't seem to affect the mechanical side of life at all. Unless, well actually probably makes it slightly more fluid.

**Interviewer** 50:58

Can you describe what you mean by that?

**Participant** 51:03

Um, it's almost seems like the mechanics of life can just be done automatically now. So, yeah, I find myself just completing daily tasks while I muse on the nature of reality or the world and its state or yeah, so I don't know it just seems to make things click a lot easier. Again, I feel like possibly it's you're connecting to the source and I wonder if that connection brings relative ease in your life as in the methamphetamine disconnecting you brings dis-ease in your life.

**Q6d. Interviewer** 52:19

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

**Participant** 52:27

Yes. Yeah, I mean, I think I can. Definitely, I know the positives that I have now. Even I hate saying them out loud but I know that I'm pretty intelligent. I know that I'm pretty charismatic. I know that I've got a decent sense of humour. Yeah, so I think it's helped me realise that I'm a good human being. Whereas I often would very much doubt that

**Interviewer** 53:11

before?

**Participant** 53:13

Yeah, yeah. Yeah, I just always doubt my myself.

**Q6e. Interviewer** 53:42

Well, you've definitely spoken to this question. As I said, sometimes it comes up but maybe if there's any other drugs that you come to mind when I ask this so the question is has your psychedelic use affected your use of other drugs? So, you've definitely covered the alcohol side of it, is there any other drugs that you would use it have changed now since your experiences?

**Participant** 54:09

um, I stopped smoking tobacco but I used the Allen Carr Easyway Method.

**Interviewer** 54:17

What's that?

**Participant** 54:19

Strangely and no one seems to know about it, but it's most effective method in the world. So, literally, he's got this method where he doesn't try and scare you or whatever but basically here we'll just remove the hooks the brain, the psychological hooks that that nicotine has, because nicotine in itself is imperceptible when you're withdrawing from it. You might feel slightly hungry or a little bit empty inside but yeah, literally you can just sit down watch this video. You can smoke the whole way through and then at the end, he says right, light up the last cigarette, and you have a cigarette and it tastes like utter shit and for some reason, you just don't smoke again. I don't know if the psychedelics have helped reinforce that, because, yeah, I'm definitely not smoking. Alcohol obviously.

**Interviewer** 55:33

Would you attribute your cannabis use to your psychedelic use? Because you described to me that as you gave up alcohol, you picked up smoking cannabis and that your alcohol use was a, you gave it up because of an experience or experiences using psychedelics like sort of an a sort of complete final sense, at least up until now, would you attribute that then the cannabis use to that transition or is that something else?

**Participant** 56:09

Um, no, I think I think that cannabis use was because I was able to give up alcohol for quite a long time when I was in Vietnam with cannabis, and then I slipped back into it in Canada, but I was able to give up alcohol for I think it was about a year, year and a half. So, so that meant that I wanted to keep doing that. Although I feel like that the psychedelics have, I guess through what they've done for me personally, in terms of understanding that I'm a good person that makes smoking cannabis a lot easier. Like, because you don't have that the negative guy in the background going hey, what you're saying is wrong or don't speak out now or, you know, the typical stoned paranoia. That's that disappears.

**Interviewer** 57:12

Did you used to have that when you smoked cannabis, prior to your psychedelic kind of shift?

**Participant** 57:19

Yeah, yeah and again, I don't know where the crossover is. I don't know. If it's just because my cannabis use became more frequent. I became more comfortable with it. Or if it was a combination of the two.

**Interviewer** 57:36

Yeah, well, life is messy.

**Participant** 57:38

It certainly is man.

**Q7. Interviewer** 57:46

So, you answered this one, when talking about your relationship with your mother. You can go into some more detail about that if you'd like or if there's other relationships you'd like to mention then go ahead. So, the question is, has your sorry, have your psychedelic experiences affected your relationships with significant others?

**Participant** 58:08

Well, yep, so obviously my mother very close. My brother and I are a lot closer. My dad and I strangely, actually, not as close but he's gone down the weird path of, you know, COVID's a hoax.

**Interviewer** 58:33

Ah, sounds like my brother.

**Participant** 58:36

Yeah, it's a weird brain virus that seems to get inside people with the YouTube indoctrination or there’s, yeah. I mean, it's so odd and my dad's an incredibly logical person, and I can't have a logical argument with him now. So, yeah, again, I don't know if it's the fact that I'm a little more psychedelic and he doesn't quite understand that even though he's had a lot of experience with psychedelics himself. I guess you forget over time. So, yeah but it's not it's not major. It's just also we haven't seen each other for two years. So, we're just talking over messenger and

**Interviewer** 59:21

Does your dad live, here in New Zealand?

**Participant** 59:23

yeah, yeah, in the Coromandel.

**Interviewer** 59:28

that would be nice to live there.

**Participant** 59:30

Yeah. Yeah. Yeah, I know right.

**Q8. Interviewer** 59:40

Have psychedelics change how you think and feel about yourself?

**Participant** 59:47

Yeah, more positive, more outgoing, more comfortable in my own skin. Feel more intelligent. Possibly feel a little more intense. That's,

**Interviewer** 1:00:07

Can you describe that a bit?

**Participant** 1:00:10

Um, if I'm to engage in like a passionate debate, I find myself getting really almost a little too intense for the opposite person. You know, what I mean, and I've always been, you know, quite boisterous and loud when I sort of get into a passionate debate but yeah, I feel that sort of increased somehow but I don't know if that's because I've got more information at my disposal. So, yeah, what else has it done? I feel, okay, so yeah, again, like, the methamphetamine. Basically, when, when that what that seems to do is and, in my mind, I wonder if it calluses the third eye, or whatever it is, but you seem to become soulless. So, I felt no connection to my family, I felt no connection to my to anything, I didn't even feel much joy in life anymore and so that seems to have, psychedelics seem to have complete or are turning that around completely. So, I feel like a softer human being.

**Interviewer** 1:01:46

So, there was a, so meth creates a sense of disconnection and psychedelics reconnects you or creates a sense of connection?

**Participant** 1:01:55

Yeah, yeah. Yeah, it feels like the dopamine makes you a shell of a person, I think you can see that and like, you know, some of the homeless that have severe dopamine addictions. They're almost sort of zombie like, and, and so yeah, I feel like, I feel like a really disconnects you and then my experience after taking psychedelics is, I feel softer. Yeah and I feel more creative, and I feel more in touch.

**Q9. Interviewer** 1:02:45

This question is also somewhat similar, but it's sort of designed to try and get a similar thing, but in a different perspective, because maybe that draws up some different ideas or associations. So, the question is, have psychedelics or no, sorry, have psychedelics changed how you view yourself?

**Participant** 1:03:19

So, the first one was how I feel about myself?

**Interviewer** 1:03:22

Yeah, so. So, yes, the first one is like I have psychedelics changed how you think and feel about yourself? So maybe a contrasting idea is to think about it. The first one is sort of asking us how's it feels from within? And then how does it and then the second one, sort of asking you, if you were, looking at yourself from a third person perspective, how do you see yourself now?

**Participant** 1:03:46

Okay. Yeah, I think more interesting. Probably more confident but definitely, yeah, more, I feel I feel like I'm more of a fascinating character. Like, I feel like when people interact with me now that they're intrigued, little bit like awww this guy’s different but in a good way I feel like people respond.

**Q10. Interviewer** 1:04:35

All right. Have psychedelics provided insights into how to live life well?

**Participant** 1:04:46

Yeah, but that's so strange in the way they do it. It doesn't seem to be like a message. You know, like I didn't I didn't take acid and It was like, I don't drink anymore. There wasn't that that stark message. It just seemed to push me in that direction. Again, vegan. It just pushed me in that direction. Organic cannabis, I instantly just went straight to organic cannabis, when to start growing, which was weird because it's not cheap and even, you know, BMX thing, or yeah, it seems to just nudge you towards the right direction.

**Interviewer** 1:05:36

And is that nudging, is that a sense, if you're able to, is it a sense of some sort of outside thing kind of pushing you in that direction or is it an internal sense of you now have different desires and of what you want?

**Participant** 1:05:57

I think what it is, is, you know, a lot of the mythology of psychedelics, if you will, is that every psychedelic experience that someone's had remains in the psychedelic realm. So, that's why, you know, ketamine is empty because it's new, there's no one that's sort of been in that realm. Whereas if you go into the mushroom realm, it's full of different things and so I feel like that there is almost all of the world's history of knowledge is contained in that realm or we can have access to all of all of the knowledge of the past and I don't think it's like I say it's not like a computer where you double click on the folder and go into there, it's, it's just sort of there and when you enter that realm I think you just gain that understanding somehow. I mean, we're interconnected so whether it's internal or external it's all one in the same isn't it?

**Q11. Interviewer** 1:07:38

I'll just close the windows quickly. Stop the vehicles doing work outside. Have psychedelics shaped. Oh, hold on. Where are we? Yes, I think that yeah, sorry. No, this is right. Um, have psychedelics shaped your worldview?

**Participant** 1:08:24

Yeah, I mean by blowing it to pieces. Yeah, yep. They've definitely shaped my worldview. It's definitely a more mystical view. Definitely more open to possibilities. You know, like Graham Hancock's lost civilizations or else you know the Egyptians and alien entities, portals to space you know, I've literally opened a portal in my room to space before and so that that to me is said well perhaps interdimensional travel is possible.

**Interviewer** 1:09:22

Was that on during a psychedelic trip or while sober?

**Participant** 1:09:26

No, no no while on psychedelics.

**Interviewer** 1:09:30

\*jokes\* No no no, what if it was during sober.

**Participant** 1:09:32

\*laughs\* I wish it was sober, it’d be quiet well no actually be quite disconcerting if I was sober. Um, so yeah, yeah, I think it's showing me that this world isn't quite reality, if you know what I mean.

**Interviewer** 1:09:55

Well, maybe you want to elaborate a little bit what you mean by that, because maybe I don't know, but maybe I do?

**Participant** 1:10:02

Well, I've always understood that basically, at the heart of everything, there's just empty matter and so in a sense, nothing that's physical is actually really physical. It's just electrons vibrating at certain, certain frequencies and radi radi rar. So, I've always sort of understood that but then for psychedelics to actually rip apart, you know, the veils of reality. Has shown me just how, how malleable, perhaps, that this world could be? Perhaps, you know, maybe I'm barking up the wrong tree but yeah, it feels like yeah, perhaps that perhaps we can decode reality, or deconstruct it.

**Interviewer** 1:11:24

Well, definitely. At least one aspect of that is, you know, science trying to figure out how to create shit.

**Participant** 1:11:32

Yeah.

**Interviewer** 1:11:34

But it is and I think, as you're sort of speaking to there's also the mystical side of that.

**Participant** 1:11:39

Yeah, yeah. Hopefully one day they meet in the middle. Think we've got the capacity, but yeah.

**Interviewer** 1:11:49

Takes time.

**Participant** 1:11:51

Yeah, it takes time.

**Q12. Interviewer** 1:11:53

Have psychedelics changed your relationship with nature?

**Participant** 1:12:02

Not so much yet. I actually haven't taken psychedelics much in nature, most of it has been consumed in my room. Although, now that I'm feeling more comfortable with the use of psychedelics, and being in that in that state, I'm now more keen to venture out into nature and do a few more nature trips because I think it's important. So, not yet, not yet, but I think it will.

**Interviewer** 1:12:42

What can you maybe talk or speak to a little bit, why do you think it's important to either have a nature trip or to incorporate nature somehow into your psychedelic experience?

**Participant** 1:12:54

Well, I guess I feel like we've constructed cities and houses and rooms in a very male dominant ego masculine way. It's very logical and I don't think it's healthy for our conscious mind or our spiritual mind to be in these places constantly, surrounded by mass EMF, surrounded by noise pollution, air pollution, anger, and negativity. You know, I feel like that's that cities are quite a negative place and so I yeah, I know, that communing with nature is incredibly healthy and I think to do that in a psychedelic state, would deepen your connection with nature and I think that's incredibly healthy. Seen as nature is the driving spirit of everything.

**Interviewer** 1:14:02

Yeah, well, it's definitely important.

**Participant** 1:14:05

Yeah. Yeah. Wish everyone else would realise that.

**Interviewer** 1:14:12

Well, all in good time, I guess. You hope. So, with changing question, focus now, so we're moving more into how you use psychedelics compared to what we've just been looking at, which is sort of their effects on you and your beliefs around them and the different sort of ways in which they have affected you.

**Participant** 1:14:38

Yeah.

**Q13. Interviewer** 1:14:39

So, the first question in this line of questioning is, how do you prepare yourself for a psychedelic trip?

**Participant** 1:14:49

Okay. So, at the moment, I'm still very in an experimental stage. So, I'm trying different approaches as I go but the most successful is empty stomach. So, generally I'll fast for the day I will always turn off my screens and everything several hours before a trip. I genuinely tried to, you know, read a book and just relax and, and be as sort of low energy as possible. Entering the trip. I normally say like a little, a little speech before I go into it. I will generally set an intention. Yeah. Depending on what it is, if it's a high dose mushroom trip. Then I'll set up my room with all the basic necessities bucket in case you can't move to the bathroom because somebody's pretty stoned. So, yeah, I'll make sure that everything's accessible in terms of being able to turn on lights being able to turn on, you know, being able to access whatever is required. I also often keep around, pads, pencils, and things that I can draw with, or record ideas.

**Q14. Interviewer** 1:17:17

Where do you normally take psychedelics and why do you take them there?

**Participant** 1:17:26

Normally in my room, because it's comfortable, its familiar. I set it up to accommodate a trip. I have everything accessible, you know I have my computers and drawing pads and everything sort of set and ready to go. So, yeah, pretty much be my room but now like I say, now that I'm getting more comfortable, I'm going to try different areas.

**Q15. Interviewer** 1:18:14

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

**Participant** 1:18:19

Cannabis, nitrous oxide. Comfortable clothing, warm blankets. That's really it. Water

**Interviewer** 1:18:51

Do you have any music playing for example, do you need something like that available?

**Participant** 1:18:59

Depends, I don't actually tend to trip with music. If I incorporate MDMA with a psychedelic then I’ll, often listen to music because It's beautiful but yeah no, I generally tend not to, although I would be more keen to explore shamanic drumming and things like that, because I believe that they can bring out different states. From my understanding.

**Q16. Interviewer** 1:19:42

How do you prepare the space where you take psychedelics?

**Participant** 1:19:49

Clean, just make sure it's clean and no, no clutter. Nothing to trip over or get in your way or yeah, make sure make sure you've got in pretty decent area to sort of move around in case you get a little bit wild. Yeah, I generally tend to, I like to do it when I'm alone when I don't have flatmates in the house or whatever. Just because I feel like any outside interference can impact the trip. So, yeah, but that's about it.

**Q17. Interviewer** 1:20:50

Are there any other preparations that you haven't mentioned that you might make prior to taking a psychedelic?

**Participant** 1:21:04

Meditation. No, yeah, no meditation.

**Q18. Interviewer** 1:21:21

What are you normally doing physically during a psychedelic trip?

**Participant** 1:21:27

Mostly I lie down. Mostly I lay down. I mean, if it's really wild mushroom trip, sometimes you find yourself moving around like a like an ape. Sometimes you find yourself dancing and in fashions that you would normally not but no in generally, pretty, pretty relaxed.

**Interviewer** 1:22:14

When, are you doing, do you have a specific time of day that you're you plan to have trips normally or is it does that vary?

**Participant** 1:22:24

Yeah, again, I want to explore day trips but I don't normally trip during the day. So, I normally tend to do it on a well, definitely on a night where I'm going to have nothing the next day. Preferably two days but that's obviously not always achievable but yeah, definitely nothing the next day, and I'll tend to do it. Fairly earlyish at night, sort of so the trip goes into the twilight hours, but not all night and not take it yes, because I find if you take the trip too late, you often have a tired mind and it doesn't work as well or isn't as pleasant. So, normally around about eight to 10 o'clock mark.

**Interviewer** 1:23:22

Is when you start?

**Participant** 1:23:24

Yeah. 8pm to 10pm.

**Interviewer** 1:23:28

And there's just a question on that is do you are you using just psilocybin for these trips? Or is this psilocybin LSD, Is it all the different types of psychedelics,

**Participant** 1:23:38

All the different types.

**Interviewer** 1:23:39

All, okay, because I know LSD lasts quite a bit longer.

**Participant** 1:23:44

Yeah, yeah. When you've been using 1p-LSD and I've only been sort of really up around 100 microgram dose, so normally, that actually doesn't go it's not strong for 12 hours, like you know what I mean but yeah, yeah, normally with the acid it sort of it will wear off later, but I find as long as I'm asleep sort of before four, anything after 4pm tend to get a bit shit, ahh 4am sorry.

**Interviewer** 1:24:28

Okay and I imagine you doing these in the dark, you doing it with lights on do you do you have a preference there?

**Participant** 1:24:37

It's varied, but definitely the most enlightening has been in the dark. Particularly on mushrooms. LSD is not so much. LSD you can, is quite, almost It's more fun with lights on. Well, it is more fun than the lights on. It's not such a visual drug. It's more of a distortion but yeah, it will sort of depend on my mood really.

**Interviewer** 1:25:12

Okay. It's funny, just as a sort of maybe an aside, it's that the most enlightening trip is during the dark.

**Participant** 1:25:22

\*laughs\* Yeah, right. Nice one I didn't think about that, that's very well done. Make sure you add that in the paper.

**Interviewer** 1:25:39

Where do you find enlightenment? In the dark.

**Participant** 1:25:43

\*laughs" That's a good style of joke there you go.

**Q19. Interviewer** 1:25:47

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

**Participant** 1:25:54

Yeah, I don't like technology that much. Again, it depends, you know, a very light dose of LSD and some cartoons or something is not too bad. I can't watch people in film on psychedelics, they look very disturbing to me. I don't know what that is.

**Interviewer** 1:26:25

Is that at any dose?

**Participant** 1:26:29

Yeah, yeah, it seems to be and I haven't interacted too much with people mostly because of, I was a little bit paranoid, although I have become slightly more comfortable sort of seeing people in that state. Anything else that I avoid interacting with? Yeah, no, mostly just technology and reality and reality. Don't want to be like popping off down to the bank or something like that.

**Interviewer** 1:27:15

Yeah. So, would you include Do you avoid other people is that it's like, something that you would say?

**Participant** 1:27:30

I tend to, but recently, I've been on my trips, I've been thinking about having people with me, because I think, I think now I can sort of help other people because I've got a few people around me that need a bit of help. So, you know, like my brother, with his drinking, I'd really like to just do some psychedelic sessions with him. So, yeah, I think it will come.

**Interviewer** 1:28:12

Have you done, you spoke that you originally when you're sort of using recreationally when you were younger, that you were doing you know, low doses with alcohol and that was in a social setting. Has since you've come back in the last three years is this mostly or only a solo thing doing it by yourself?

**Participant** 1:28:33

Very much so, yeah. It's very, very personal. Yeah, because I feel like if you're alone, you can be yourself completely and again, a lot of the psychedelics have been exploring myself and growing to understand myself. So, yeah, for me, doing it alone has been important but now that I'm sort of reached I guess level two. Yeah, I feel like I can sort of start maybe incorporating other people in and that could bring a new dynamic and would help.

**Interviewer** 1:29:15

Oh, that'll definitely bring a new dynamic don't worry.

**Participant** 1:29:18

Yeah, I know, slightly concerning.

**Q20. Interviewer** 1:29:25

Is there anything special you do after a psychedelic trip?

**Participant** 1:29:32

Um, well, the next the next day, I mean, cannabis is integral to the integration. So, yeah, I'll often have quite high dose edibles and I'll make sure that the day is very calm. I'll relax in bed and maybe watch some football. Not really excite myself too much and give myself a bit of time to think about everything that had gone on before, yeah.

**Interviewer** 1:30:21

As a as a sort of question there. Are you during your psychedelic trips? Are you combining, one: If you do, how sort of often, are you combining it with cannabis with nitrous oxide? Because you're saying these are sort of important things to have with you?

**Participant** 1:30:38

Yep. The cannabis, yes, I mean, 100% I don't do edible cannabis now before trips, because it's too heavy. So, you feel quite a big muscle load, if you will but the nitrous oxide nitrous oxide is like a break emergency kind of tool because if you're ever feeling uncomfortable, it will take you to a level 10 trip and then back down and it seems that once you've experienced the level 10 everything is okay again. So, it's actually a really useful tool in that regard but I try not to use it much because it's a it's got a high redose. Like you'll find

**Interviewer** 1:31:46

you'll want to do it again?

**Participant** 1:31:47

Yeah, it's got a very Yeah, it's got that mechanism and so there have been nights where I have ended up in a nitrous loop but in terms of what nitrous can do with psychedelics is just some of the most mind blowing things I've ever seen and that portal in my room was on 4-AcO-DMT [analogue of psilocybin] and a nitrous hit and that was just insane It was exactly like you would think a portal into space. It had the air rushing into it and you could hear it go [sucking sound] and it was space and I've also had an experience where I had a nitrous hit and I could see in my peripheral vision a glowing light and I had a glass door and as you can see it and then I looked in the glass door lo and behold fucking beam of light from heaven or whatever was going down through my ceiling around in the shroud of my head. Now, it wouldn't have been weird if I hadn't seen it in my you know if I just seen it in the glass door I could have written it off as you know, visual or whatever but the fact that it was also in my peripheral vision made it really amazing. So, yeah, nitrous oxide has its place but I think it can also be quite unhealthy.

**Interviewer** 1:33:21

So, would with cannabis is that just because you say you sort of use it daily or multiple times a day, is that just something that goes any goes with any experience or do you have a special use during a psychedelic trip with cannabis?

**Participant** 1:33:36

Yeah, um it depends like I was saying before how I can use cannabis to manipulate certain states so again, I can use my cannabis to regulate my trip a little bit. So, you know if I find myself getting excitable, I could have an indica and sedate me. I use Indica afterwards to help me to sleep but then I find in the actual trip in the peak of it, I find I don't actually smoke cannabis at all. So, it's sort of helps me into the psychedelic phase really comfortably and if need be during the psychedelic phase, but normally it's just before and after and it just seems to help make everything comfortable and easy to sort of integrate into reality.

**Interviewer** 1:34:48

Okay. Do you as a as an aside. Does cannabis when you smoke it during the come up or near the peak or a bit after the peak does it amplify the trip does it increase the intensity?

**Participant** 1:35:03

Not for me but that's because I, I don't get stoned anymore, if you will but that's why I didn't do don't do edibles, because I felt that they affected the trip and I didn't think feel it was that positive. It almost sort of made it a little less clear.

**Q21. Interviewer** 1:35:48

Are there any helpful techniques you use to navigate difficult or challenging moments during a psychedelic trip? So, I think you mentioned just one before, which was the nitrous oxide but do you have any other things that you use or do?

**Participant** 1:36:07

Yeah, just the mantra that this is just in your head because, you know, from what I understand, is just in your head, and me may be wrong but yeah, it's just reassuring yourself that no real harm can come from this. Which is why I tried to stick with the classic psychedelics and nothing that has a quite a high lethal dose. That way, you're sure because I think one of the worst psychedelics experiences that I have was with the NBOMe which was sold to me as LSD and, and yeah, and then just, I could if I could feel it wasn't LSD, and everything was wrong and then my hands started getting pins and needles and I'd known about NBOMe beforehand. Like I'm going to overdose on this shit, and that perpetuated something quite uncomfortable

**Interviewer** 1:37:39

Yeah. easy to see how those quickly spiral into an unpleasant experience.

**Participant** 1:37:44

Yeah, yeah, so, but it taught me one find a really reliable source, which I've done. So, and buy a test kit. Luckily, in Canada, they have an awesome company, where just go down the road, it's free. They'll test anything you got on the spectrograph.

**Interviewer** 1:38:07

Nice.

**Participant** 1:38:08

Yeah. So, so that's another thing as well test everything and then you've got no worries.

**Q22. Interviewer** 1:38:19

Are there any noticeable change? Oh, sorry. Actually, no it's not that one., it's the one before that. Could you describe any type of integration or self-reflective practices that you engage in to make sense of your psychedelic experience?

**Participant** 1:38:34

Yeah, I'm quite a disorganised person regardless, so it's something I want to do better but I've got, you know, like a little journal that I keep, I've got pads that I can draw with even if it's just writing down some on the computer on a notepad and saving the file but yeah, yeah, I'd like to figure out better ways, so I can maximise the information but no, no, it's mostly just sort of the psychedelics or the trip will sort of give me a bit of insight into something and you know, sort of pursue it for a little while and learn about whatever it was.

**Q23. Interviewer** 1:40:00

Are there any noticeable changes in how you, sorry, yeah. Are there any noticeable changes in how you think or feel and the days or weeks following psychedelic use?

**Participant** 1:40:13

Yeah. Yeah. Everything is more vibrant, more peaceful, more congruent. Everything just seems quite easy and quite beautiful, like, especially with mushrooms. There's something about mushrooms that, yeah, they seem to connect you with the source or whatever it is, but yeah and a very good example of that is I've done quite a lot of mushrooms, and then I've given it a break for about six months, I didn't do any psychedelics, just because you seem to get to a point with psychedelics where you don't carry them on, but over that six months, I just felt like, you know, everything started winding up, winding up and getting faster and a little more tense, and everything seemed to just start getting a bit more hectic and then I did another mushroom, good mushroom trip and, again, calm and everything slow, back to peaceful, yeah, so.

**Interviewer** 1:41:54

little more unwind or unwound.

**Participant** 1:41:57

Yeah, yeah, I mean, just seems a little more relaxed, and, I don't know, it slows the pace of life down a bit.

**Interviewer** 1:42:07

What is your sort of pattern of use over the last three years in terms of using psychedelics? Is that a, you know, how often? So how frequently and what sort of dosages do you look at when you're when you're doing this? I guess it's dependent on a few factors but I wonder if you can describe what it's been like?

**Participant** 1:42:27

It's very much so It depends on what the drug is, you know, LSD, I don't tend to like to do high doses, they're quite challenging. I find that LSD is quite an intense, high mushrooms, high doses. Five grammes plus.

**Interviewer** 1:42:53

Is that every time or do you do you do smaller doses, depending on what you want to be doing?

**Participant** 1:42:59

Strangely I don't actually enjoy lower doses of mushrooms. I don't seem to enjoy that effect. I like it when they just show you insane things. What else? Okay, so my, my pattern of use was sort of, as I learned about things, it was just what can I get? And let's explore the shit out of this because I'm that kind of person and so it was pretty frequent and quite high doses and combining things and experimenting and, and stuff like that. Now that I've gained an understanding and found what I really enjoy, and it's a lot more measured, I got myself scales, which are a lifesaver. So, I'm able to properly measure out doses and yeah, so it's all very controlled now.

**Interviewer** 1:44:30

And how often would you use nowadays?

**Participant** 1:44:35

Um, now I tend to use it, almost like a tool. Where I know, you know, like LSD will help me sort through my mental shit. If I have to. The mushrooms, mushrooms I probably use as frequently as I can, but I tend to do three to four weeks between because obviously with psychedelics, you can't use them constantly because your tolerance builds too much. So, so yeah, at the moment, I'd probably be once a month.

**Q25. Interviewer** 1:45:48

What do you think is the core psychedelic experience? And just to package that a little bit, that's for you. So, if there's obviously a lot of people who have you, you've read a lot of other people's experiences, but what is for you, the personal, like the core aspect of psychedelics, the thing that another way of asking it is, what is unique or special about psychedelics for you? So, it sort of tries to get in on the, the that idea.

**Participant** 1:46:23

Okay, tell me if I'm off track here, but for me, the core experience of psychedelics is, is it's travel, basically, very much like travelling to another country, broadens your perspective and understanding of the world and humanity and the likes of that. Psychedelics, without having to jump on a plane, take you to another, another world and within that world, there seems to be defined cultures and certain things that I think, again, broaden your horizons and perspectives and give you a deeper understanding of the world. Does that answer your question?

**Interviewer** 1:47:20

Mhmm.

**Participant** 1:47:28

It's a perspective broadener if you will.

**Interviewer** 1:47:43

The classic saying like, mind expanding.

**Participant** 1:47:48

Yeah, consciousness expanding, yeah.

**Interviewer** 1:48:03

And then inside of that, this idea of travel, and broadening your perspective, is there a, is there a fundamental experience that sort of epitomises, I think that's the right word where it's sort of like, captures that experience or that that idea that you're trying to convey there. Is there like one, one experience within the psychedelic repertoire or range of types of things you can experience that captures that?

**Participant** 1:48:41

Well, I mean, any journey into the DMT realm is obviously going to broaden your perspectives but in terms, I guess, it's a guess it's the fact that with a lot of them, you know, so like last night, I again, had 4-AcO-DMT and some mushrooms and a little bit of nitrous oxide, and to be able to stare at your ceiling and watch a void open up into a world of geometric patterns and colours and, and it's deep, you know and it's just layered on top of your reality and I think that alone shows you that that there's a lot that we don't know and I think that's quite humbling, if you will, and I think that's the case with any travel. You go places and you realise that you don't know a lot and then we also learn a lot as well.

**Q26. Interviewer** 1:50:11

So, the next two questions are going to ask about specific experiences. So, one of them, I'll read both of them to you first before we go into them. So, the first one is, can you describe your most challenging or negative psychedelic experience? And the second one is, can you describe your most memorable or life changing psychedelic experience? And so, for some people, those are overlapping experiences. For others, people have quite different, you know, a very challenging one and a very life changing or positive, however, they sort of conceptualise what it meant to them. So, I just put that forward beforehand, because sometimes people want to speak to two different trips, but they don't realise that because if I don't let them know, there's two questions that they, they answer it with one experience, whereas they're like, oh, there was a few that were actually kind of relevant. So, I just put that first forward. Also, some people don't really have challenging trips, so they don't really have much to speak to there either. So, firstly, if you have had one, or one that you would classify as such, can you describe your most challenging or negative psychedelic experience?

**Participant** 1:51:30

Two spring to mind. If I could. So, the first was the alcohol and acid combined when I was younger, and how much that affected me and it's not, It's not until now that I've realised how much how much of a lesson that was because now coming back to it from a psychedelics point of view, I was able to realise that was the alcohol that made me feel that way and that experience was quite enlightening.

**Interviewer** 1:52:14

Was that a singular experience or is that across the experiences when you were using psychedelics and drinking alcohol?

**Participant** 1:52:21

No, that was just specifically one time where, because when I would drink, go a little bit crazy and then I'd drink on acid and then it would be real crazy.

**Interviewer** 1:52:35

Little more than a little.

**Participant** 1:52:36

Yeah. So, I, and I would always wake up in the morning regardless, wake up regretting the night before and I think the compounding of the acid, because now thinking back on it, I sort of liken psychedelics to like booting up your computer, you know, you're opening everything up and then alcohols like pulling the fucking plug out of your computer as its booting. That's my analogy of psychedelics and alcohol is, you know, one's opening up your, your central nervous system and everything and ones depressing it, which I feel was two contrasting things that are quite damaging. So, yeah, it's having that experience, and then having a later clean, psychedelic experience, and being able to understand it from that perspective, is where the learning came in. Okay, I don't know if that answered the question but.

**Interviewer** 1:53:45

I think you said you had two, that you were thinking of.

**Participant** 1:53:49

Yeah, the other one was more just of a basics of psychedelics kind of lesson. So, I was quite enthusiastic and hadn't had any bad trips or anything and I was like fuck it throw caution to the wind and that's when I had that weird acid that I bought that I think was NBOMe. I just moved into my room and it was stark white. Everything was just drab and not very pleasant and I had a flatmate at home and you know, this trip came on and I started feeling really fucking horrible and I realised I can't get out of my room because this is a flatmate here that doesn't understand psychedelics and to see me in that state would be quite disconcerting for her. So, I was stuck in this stark white room and then of course, all the NBOMe things started happening and so yeah, really, just sort of spiralled out and it was just a basic lesson of right, set and setting is really Important, knowing that, you know not to have flatmates around, and so I can move about the room or move about my house. So, yeah, that was more just a basic understanding of psychedelics.

**Interviewer** 1:55:14

Can you go into a little more detail what, what was going on subjectively? Was it, what, what were the things going on in your head? What were the feelings you were experiencing? And how did that cause, why did that become challenging? Or what was negative about that?

**Participant** 1:55:32

Um, it kind of, well, because it was a stark white room because I was stuck in there. It began to feel very maniacal. Almost like, in like a strait jacket, if you will, like and then I don't know if it was NBOMe, if it was just my head, but then the physical sensations, the pins and needles in the extremities, and yeah, just odd sensations around the body but I don't know if that was just a mental projection, if you will and just a general feeling of being trapped, which is quite a horrible feeling when you're in a psychedelic state. Yeah. So, that that was the difficulties. Feeling trapped in a little bit insane and possibly, like you're about to overdose.

**Q27. Interviewer** 1:56:56

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

**Participant** 1:57:04

Again, if I may there's two N, N-DMT,

**Interviewer** 1:57:11

So just normal DMT?

**Participant** 1:57:13

Yeah, yep. I just went round to my weed dealers house, actually in Australia, about seven years ago, and I had no interest in psychedelics, or I didn't even know what it was and he said, Oh, do you want to try this DMT? I'm pretty open, I was like yeah sure.

**Interviewer** 1:57:37

Did you know what it was at the time?

**Participant** 1:57:40

No, no, I I'd heard about it. In my younger days, and but never really grasped the concept of it, or, you know, I didn't really have an idea, no and then just that shift from this reality to that reality is just one of the most eye-opening things that you could possibly ever come across. It's just so different and so that, I think, possibly planted the seed and then the next one was my first really high dose mushroom trip and, you know, I looked down the spiral of time, and I watched people's going about their daily lives, and I was a god, at one point wielding blue and yellow celestial balls of energy. You know.

**Interviewer** 1:58:53

Sounds alright.

**Participant** 1:58:54

Yeah, it was really, really empowering. Like, you know, I even felt large, like I was looking down on everything. Yeah, I can't put my finger on why it's so amazing but it was. Yeah, it just showed me that there's a lot of interesting information out there and, and a whole new world to be explored.

**Interviewer** 1:59:30

And was that the trip that led to giving up or stop using alcohol?

**Participant** 1:59:41

No, no, it was the LSD that did that. Very light doses of LSD, maybe 80 micrograms.

**Interviewer** 1:59:52

Okay.

**Participant** 1:59:58

Yeah, you know, the mushrooms sort of came later after delving into the psychedelic world and obviously Terence McKenna his take on everything

**Interviewer** 2:00:14

Good old Terence, he's dead, but his ghost in the machine lives on.

**Participant** 2:00:20

It certainly does mate, actually literally does haven't they built an AI machine that

**Interviewer** 2:00:26

I haven't heard of this.

**Participant** 2:00:28

You haven't heard of this? There's an AI machine that basically you can ask it questions and based on all of Terence McKenna's lectures and writing and it will answer as Terence McKenna, it’s a machine learnt AI.

**Interviewer** 2:00:46

AI machine TK, I have not heard of that. That is something I will look up.

**Participant** 2:00:52

Yeah mate. I mean, it comes up with absolute dribble but some of it sounds quite amazing.

**Interviewer** 2:01:17

And on the high dose mushroom trip, was it was it simply the trip itself that was very memorable or were there some consequences in your life that followed from that, that make like, give it more of a umph lets say?

**Participant** 2:01:38

Um, I think that that feeling of being a celestial being has made me often wonder if we're not somehow, you know, a thought that occurred to me as if there was to be an celestial being a God, if you will, what would be one way that you could trap it? Because obviously possible to trap a god right? The only way that I could see that you could trap it is by basically running it in a simulation that tricks it into thinking it's just a human. So, you know, it made me wonder if perhaps we are something else. That's just being trapped in this world. Is one sort of thing that gave me, I guess it just gave me a sense of wonder. Showed me that, you know, perhaps there's remote viewing perhaps there's ESP. Perhaps all the things that the crazy people talk about, Isn't so crazy.

**Interviewer** 2:03:09

Time will tell, I think.

**Participant** 2:03:13

Yeah.

**Interviewer** 2:03:19

Okay. Had there been a sense before of being. So, you sort of mentioned in what would you consider the challenging trip was that feeling trapped in your room and I just it comes to mind that the opposite of a very memorable, not necessarily positive trip, but very memorable is the sense of being a celestial being, like a very large larger than normal reality life, like being, is that is there is sort of, they seem like the opposites to me a little bit like being a celestial being is like not being trapped, versus being trapped as sort of unpleasant. Is there? Was there a sense beforehand, that you were limited in some way or like life was very limited? Has there been a sort of change of that perspective or that feeling even?

**Participant** 2:04:28

I've always felt trapped by the system that we live in. I think that's also contributed to depression along the way. Even though I didn't know it. I've always had an inherent understanding that working a 40 Hour work week, is inhuman. It's not what we should be doing. It's just ridiculous. Giving up fucking two thirds of our life to work that's not right especially menial work that yeah, so yeah, I guess I've always felt trapped by the system I guess now I feel I still feel trapped by the system I feel I can manipulate it a little bit better.

**Interviewer** 2:05:27

so, you have more control?

**Participant** 2:05:41

Yeah, as much as one can have controlling the system that we have, yeah. Yeah, perhaps that that celestial being the powerful feeling of being that somehow sticks with you stuck with me.

**Q28. Interviewer** 2:06:30

So, if you have ever experienced ego death, could you describe what that experience was like?

**Participant** 2:06:44

I don't know if I have experienced ego death. I yeah, I haven't had a trip where I can categorically say that was ego death. I've reached states of peak ecstasy, wonder amazement, states where I feel complete absolution of anything but I can't categorically say that it was ego death.

**Interviewer** 2:07:27

Okay. Could you then, can you, could you describe or define what, what you think characterises ego death? Like what is the necessary experiences or non-experiences going on to that kind of define the boundaries of what ego death is?

**Participant** 2:08:00

From my understanding, obviously, we've got an egoic mind and a controlling systematic, logical mind that controls most of us day to day. So, my understanding is that you through normally high higher doses of psychedelics, you reach a point where either A you feel that you're going to physically die, and through experiencing that you're, you in a sense, feel death, which destroys your ego and yeah, that's basically my understanding is, is it's a breakdown of the, of the egoic identity of oneself.

**Interviewer** 2:09:14

So, two follow up questions I have with that is have you during your psychedelics experiences ever had the experience of no longer having a physical form?

**Participant** 2:09:37

Yes, but it was fleeting. Not, not majorly No, not nothing. I can be like, Yeah, I was, you know, in a different dimension. I mean, even on DMT You're still aware that you've still got physical sensation, if you will. Even though mentally your realm is completely different and so in that sense, I don't feel like I was an out of body experience.

**Interviewer** 2:10:18

Okay? And what about identity? So, one thing you described, there is ego death to you, your understanding of it as like a breakdown of egoic identity.

**Participant** 2:10:30

Yeah.

**Interviewer** 2:10:30

Have you had experiences on psychedelics, where you've lost the sense of who you are, your history, your experiences, your memories, your goals in life, things like that, you that sort of together kind of constellate you know, who you are as an identity, identified person, let's say,

**Participant** 2:10:57

Yep, um, I guess. For me, I've never really held a firm identity of who I am, or, you know, what I'm doing, I've never been that certain, or I've never you know, I've never been a sportsman or, or, you know, one of these. So, I've never had really that identity. So, I guess more psychedelics have, have done that, but not, not in one instance, where I've gone on that that's changed there, or that's changed there. It's just been through the psychedelic experiences, that it's that it's broken down what I was before, and sort of allowed me to reshape myself into a, into what I am now and I think it continues to do that. So, maybe, one day, I'll have a very high dose and that will break it down completely but, yeah, no, I haven't experienced that as my identity has changed due to this one trip.

**Interviewer** 2:12:10

Okay. What about so not as strong as say, like an identity that is given to you socially, like you're a boxer or you're a politician, or you're a computer scientist or something, but in terms of simply just who you are as in life experiences and memories, like my name is [name] and I grew up here and these are my parents and these are my I remember, you know, this is where I grew up and these were my friends sort of thing have you, did you have you ever lost the sense of having that sort of form of identity just like your bibliography a little bit like your auto biography life?

**Participant** 2:12:54

No, no, everything's remained. Yeah, I'm still [name]. Yeah, I feel like I'm probably more who I was originally. Before life and its experiences.

**Q29. Interviewer** 2:13:47

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

**Participant** 2:13:55

Yeah, yeah. One like I was very against, monotheism and organised religion originally and I'm still against the idea of the institution but I feel like there's, before I used to look at, like I was always quite spiritual. I always believed in the metaphysical and other dimensions and the holographic nature of reality and things like that but I was quite selective, if you know what I mean. So, now I am open to listening to everything and sort of using the collective information to create a more unified theory. So, yeah, I think it's made me more open to new ideas and opposing ideas.

**Interviewer** 2:15:32

What about just as an aside, you mentioned earlier that your father's sort of got into the conspiracy theory thinking. Is that something that you would also say you are equally open to in terms of information or are there some things which you would regard more highly is kind of accurate or true, and things that are less so?

**Participant** 2:16:00

Um, I, and this is, again, something that's happened since psychedelics is, I have learnt, or I believe now that you can't believe anything, if you know what I mean, like, no matter what, and even your own experiences can often be skewed. So, yeah, I feel like I'm less inclined to believe firmly in something. Sorry what was the question again?

**Interviewer** 2:16:45

So, the question was sort of a follow up. So, you were saying just before that because it was, so the original question was asking about spirituality and religion and had that changed and you and you were talking about, you were kind of originally against monotheism, still against the sort of institutionalisation of that but you're now more open to listening to, to the collective points of view and coming to a sort of maybe a broader understanding of a thing that's being discussed or talked about, or whatever and I, and it clicked in my head, I was like, it's sounds. If you're open to more, you know, you're willing to listen to you said, you're basically willing to listen to anybody. I was. near the beginning of the conversation, you also talked about how your dad had got into conspiracy theories and so I was curious, whether the openness or the level of sort of willingness to listen to and consider the information that sort of seems to stem from conspiracy theory, world view, I don't even know how to describe it, like the mass of people in that sort of echo chambery type situation. Are you, are you also open to listening to that or is there some degree to which use you kind of rank information in terms of its value or validity?

**Participant** 2:18:17

Yeah, I use logic and intuition, to sort of formulate my own opinions. You know, like, COVID is a hoax. At the very beginning, I was like, you know, maybe, and then I just saw the global, you know, just the amount of people involved to have a hoax that size is just ludicrous. So, you know, I'm open to ideas, but I'm not easily influenced if you know what I mean, I because I don't like to believe in anything now. I'm able to take information in and I'll be like, yeah, that little bit works with this and this theory, and I can make a sort of theory about life but like you said before, it's just a theory. So, yeah, yeah, I feel it's I'm open to all information but I will still debate it and I'll still make my own sort of theory out of out of it all. So, I don't feel like I'm indoctrinated easily.

**Interviewer** 2:19:42

Okay and your own beliefs. Do you do you, do you would you say that you have beliefs or that it's, it's just like, how you feel at the time maybe or what you're thinking about that moment?

**Participant** 2:19:57

Yeah. No, just to entertain you know, like I have, I have a sort of basic running theory, which is, you know, mostly to do with psychedelics and how our consciousness is, is broadcast to us from some other place. So, when we change the psychedelics, we just basically shifting frequencies, you know, things like that but again, I'm able to look at it and go, could just be a lot of shit. So, so I have beliefs, but they're not firm. Yea they are very malleable.

**Interviewer** 2:20:44

Do you draw a boundary, so I think we touched on this earlier as well, like there is we yeah, I think as well, when we're talking about beliefs. So, you sort of said, you tell me if I'm wrong here that the looseness or the ability to which you can be open with the beliefs doesn't affect your mechanical interaction with the world. So, there's, there's some degree of like, belief in behaviour. So, like, you know, that a certain thing is going to, you have an expectation, like, here's a box, it's a very big box, it's probably going to be heavy. It's not like it's an interdimensional thing I can pop in and something random and crazy is going to occur like, are you able, I don't know if you're able to, but is there sort of boundary where this sort of freedom to be open to ideas hits this sort of thing, which says, actually, no, these things I need to remember, or these things are real, so to speak, because if I if I, if I question these beliefs, like does gravity exist? That's not super helpful when you're, if you're on the top of the building or something, I think, if I jump, I might go upwards?

**Participant** 2:21:59

Yeah. Well, I mean, No, I'm not. I'm not going to. I'm not going to just not believe in believe in the fundamentals of, of our reality. Even though, a part of me wonders that if we weren't taught these boundaries, whether we would still have them, is the fact that, you know, we have all these boundaries, because we're taught, you know, that's red, that's green, you know. So, part of me wonders if we didn't learn in that capacity, but learned pure creative, purely creatively, whether we might have a different reality. Sure, I mean, but no, in terms of basic mechanics of life, I'm still very much a normal human being.

**Interviewer** 2:22:57

So, would the domain of openness, is that limited to ideas about like ontological epistemological stuff? So related to the how reality came about whether or not gods or other universes exists sort of like metaphysical ideas or does that also, and potentially, I guess, ideas on consciousness, so how the mind as you're just saying, Are you being transmitted to like the body as a receiver or the brain as a receiver. I'm just trying to, I'm just wondering, thinking, or waiting for something to come up in my mind, that seems like is there any other actually scope of areas where one can be open to ideas? Does that does that go into also things related to, morality and things to do with sort of what's right or wrong in the world? How to how to be for example, so what are

**Participant** 2:24:03

Yeah, yep. Yeah, I mean, I feel I feel like we're living the wrong life. I feel like we've chosen the wrong path and I, you know, I'm more of the opinion that humans should be getting stoned out of their head. Humans should be having, you know, wild wonderful sexual relations and humans should be free to just create and explore life and so, so yes, it's challenged my fundamental belief in our society and our culture and, you know, things like marriage, which to me is just ludicrous to think that your meant to be with one partner for your entire existence. It's just it's completely against nature. Yet we're just that's the done thing. That's what we're taught. We're just told right marriage, wife, baby, house, job, and that's wrong. So, that is challenged. Yeah, although I've already felt that before.

**Q30. Interviewer** 2:25:29

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

**Participant** 2:25:35

Yes. Yeah. That DMT trip. As soon as I had that DMT I felt like that's what happens when we die. Just that seemed like the most logical choice. Yeah, yeah, pretty much, pretty much that it's shown me that there's more of a chance that there's something else then just dirt and worms, basically. It's obviously if I it's hard to say this, but I feel like if I was faced if someone said you've got six months to live, I don't feel like I would be that upset. Like it would be upsetting it'd be like, I'm not going to live a full life and my family and that kind of thing but I feel like where we go next is probably more going to be more reality than what we have here.

**Interviewer** 2:27:10

And just to clarify these the questions like about death, for example, I imagine again, you hold these ideas loosely like this is you as you say, like, you're open to the ideas your there might be something after death, but at the same time, you like, who knows?

**Participant** 2:27:29

Could not be yeah sure. Yep, yeah, some people say head towards the light. Some people say that's a soul zapping EMF machine that traps your soul, that keeps you perpetuating in this realm and don't go towards that light.

**Interviewer** 2:27:42

They trapped you.

**Participant** 2:27:44

Yeah, yeah, the trick. I'm, you know, 99% certain that there's not going to be a god sitting there going, Hey, you did this. You bad bastard. You did this, nope, you're not going to get into heaven. That to me seems stupid. I mean, I'm sorry if you're religious, but I don't know. It just seems illogical for God to care really what we did, especially if he created us and so yeah, I have a theory, but it's not, that's what's going to happen.

**Interviewer** 2:28:23

Tiny humans trying to use their logic to understand God.

**Participant** 2:28:28

I know right. If it turns out we we're the gods all along.

**Q31. Interviewer** 2:28:33

Yeah. Well, we've definitely spoken to this site. If there's if there's something that comes to mind that you feel like if I didn't touch on that, mention it, but I this questions written in the way that once I read it, you'll sort of understand that it's more of a secular question. So, it's like a sort of mirror of the religious spiritual one but it's, it's designed in case that doesn't elicit the same response, like someone might not think of how they think about the world or themselves as spiritual, but they might entertain it as a metaphysical kind of more like a theory idea, which is not a spiritual, because they have an aversion to that maybe. So, the question is, have psychedelics changed any fundamental beliefs about the nature of reality?

**Participant** 2:29:28

Well, yeah, just that it's possibly not reality, is really it.

**Interviewer** 2:29:47

No more needs to be said, I think that basically underpins everything.

**Participant** 2:29:53

It's quite an encompassing one isn't it.

**Q32. Interviewer** 2:30:03

Have psychedelics changed your outlook on life?

**Participant** 2:30:12

Yeah, yeah. Now I feel like no matter what, it's not really that bad. You know, there's obviously going to be troubling times and stuff but in the grand scheme of things, there's not that much to worry about. It's also made me feel like humanities on its path, or nature is on its path, regardless. You know, I used to think humans had a very determining factor in the outcome of the history of time but I don't think we do. I think we're quite inconsequential. I think we're just a part of what was and what is always going to happen. Yeah. So, I guess in that regard, that makes me feel pretty calm about life, even though it's an insane world we're in right now.

**Interviewer** 2:31:35

So, is that, is that the last sort of comment you made, is that a deterministic sort of idea, like there's a singular path that the universe is on and it plays itself out or is it not that is it more open?

**Participant** 2:31:56

Um, yeah, I feel like it. I feel like it is. I feel like it is singular path, but I don't know if I'd frame it like that.

**Interviewer** 2:32:11

How would you frame it?

**Participant** 2:32:20

Well, yeah, I guess it is a single path. I mean, my theory is, and it's very much based on Terrence Mckenna's is theory, that there's the attractor, you know.

**Interviewer** 2:32:34

The singularity?

**Participant** 2:32:35

The singularity, yeah because it seems that in very high doses, you travel very much towards something and then when you reach it, it seems to be the source of everything. So, in my mind, that would sort of make sense if that was the path we're on is heading towards that, that singularity, or the source of all information but then I wonder if it's perhaps a loop. Perhaps we're attracting towards the singularity and then we're thrown out of it and that's the big bang again. You know what I mean.

**Interviewer** 2:33:22

It's like getting, like planets rotating around the Earth. It's like, oh, we're always falling towards it, but never getting there.

**Participant** 2:33:28

Yeah, exactly. Yeah. So, so yeah, I'm not sure it's, um, but I feel like we're heading towards something like that and I think psychedelics have given me that or exacerbated that. They haven't given me that. I've always felt it but they've exacerbated it.

**Interviewer** 2:33:58

One question I had on follow up was, you said that one of the things that it's changed your outlook related to is that reality is not that bad and I just wonder if you could maybe elaborate a little bit or explain, like, what is it about your psychedelic experiences that have led you to this kind of feeling or conclusion?

**Participant** 2:34:24

Again, I think it's that feeling that this was the way it was meant to be, even though it's really fucked up but I think, yeah, I think we're heading on that path and so that to me, makes me feel a little more comfortable that because you know, climates turned to shit. There will be no economy anymore. Blah, blah, blah, blah, blah. All of that is, if it's meant to be there, then, you know, we can only do what we can to affect it, if you know what I mean. So, it's kind of made it. So, the scope of the world isn't on my shoulders but I'm still able to take action to contribute towards making the world a better place.

**Interviewer** 2:35:24

And with that, I wonder to just to have a theoretical head, let's say I like to go into theories for sure. Does have that sense of destiny, that the sort of the way that it is the way that it was meant to be. Does that also encompass people, so are conscious agents like ourselves also, kind of just playing themselves out or is there a sense in which there is, I guess the question is, like, free will in some sense. Is there a capacity for people to change the predestined trajectory of the universe or is that simply just the universe still just playing itself out?

**Participant** 2:36:10

Um, yeah, it's, it's, um, it's quite a head scratcher that one. I feel like I feel like it's playing itself out. Like. So, a really good example of this, to me would be the Mayan calendar. Now everyone thinks one that's the end of the world that is predicting, but it's not. It's only predicting the end of an era. Now, my basic theory is, is that because the church and scientists have adjusted the Gregorian calendar, to be how it is, I wonder if our calendar and the Mayan calendar has been out by eight years because basically, the Mayan calendar predicts a entering of a new era and that era is the high consciousness era, because the Mayans consider consciousness like a, like a bell curve, basically and so we go through periods where we're lower consciousness and higher consciousness, and we've been in the lower consciousness, masculine egoic mind era, which is every facet of society. So, and now, you know, it would seem to me the most logical date, for some reason would be December 21, 2020 because it's a double-digit year it's, it's, it's also when Jupiter and Saturn aligned the two biggest planets in our solar system on the zero-degree axis. It's literally known as the Age of Aquarius in astrologers’ terms, which is the Age of Enlightenment or the golden era. So, to me it seems congruent that we're now entering this prediction of the Mayan calendar and then prediction is that we now enter a higher consciousness period which is now why we are why you see the psychedelic explosion and why you're seeing Wall Street breakdown and why you're seeing the American government breakdown and why you're seeing banking Institute's break down and people rallying against war and inequality and all these masculine egoic things we've inflicted on world. So, yeah, I think, I think that is a trajectory that we've been on and I think it's a unified consciousness fields that will just see us slowly become more conscious beings and, and I think we are starting to see that you know, people don't like guys driving around in loud fucking fast cars just look like you're wasting earth's resources and why don't you share your money you prick, you know? So, there's that that kind of idea of the male dominant masculine seems to be breaking down. So, yeah, I think that's why it's, it's happening and will happen in that way.

**Interviewer** 2:39:39

Do you know just because I've definitely heard these ideas float around in the psychedelic community a lot. Do you know when the or what year this sort of officially use we swap from the, into the age Aquarius from the previous zodiac sign, which I actually don't know what it is, but do you know?

**Participant** 2:39:59

Last year.

**Interviewer** 2:40:00

Oh, we swapped last year, it was 2020 was it that was when it transitioned?

**Participant** 2:40:04

Yeah, December 21 2020 and that was the that's the solstice, Winter Solstice or whatever and yeah, it was the, the time that we saw the two planets align, which only happens very, very infrequently and yeah, just seemed very coincidental that it was December 21st and, to me, a slight miscalculation of calendars would be a logical sort of thing to happen. Especially because the Mayans seem to be seem to have a lack of celestial understanding of, of the world. Whereas we, we have a scientific understanding.

**Interviewer** 2:41:02

Well, maybe just throw it in there. Maybe they just didn't have accurate enough instruments to be able to precisely measure it out.

**Participant** 2:41:11

Yeah, yeah possibly but I don't know, man, I think they may have access have had access to stuff that we didn't have, you know, like, if you, if you look at the Egyptian pyramids, the way they built those is just, we could, I don't know if we could do it. With the instruments that they had back then, it was just, you know, the precise locations to do with the frequency of the earth and certain rotations, and the way that they devised is just incredibly accurate. So, yeah, I'm wondering if they may have had better access to technology than we did?

**Interviewer** 2:41:53

Well, maybe we are in an age of lower consciousness. Look at all these backwards societies.

**Participant** 2:41:59

Yeah. We think we are advanced

**Q33. Interviewer** 2:42:08

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

**Participant** 2:42:22

The breakdown of the ego because even if you don't experience ego death, it breaks, it breaks down your ego. So, yeah, I think as soon as we lose the masculine, dominant ego, sort of drive, I think we're all become better human beings.

**Interviewer** 2:43:06

Do you have, do you have any sort of more concrete ideas of like in what ways psychedelics might be integrated or come into society?

**Participant** 2:43:20

I think it's going to be a natural progression, I honestly think even though I hate it, I think that the way it's progressing now with, you know, scientists and pharmaceutical companies and corporations and money, I think that's the only way that we'll see it become standard or become accepted and I think you're seeing that, as every state in America starts to legalise these kind of things. So, yeah, even though I think it's a soul sucking thing, I think that is a natural, that's a good thing and then once I think it's sort of in the consciousness of the world, and it's understood that it's not an evil, and we start removing some of that, brainwashing propaganda, which I think is naturally happening. Yeah, I just think being able to discuss it openly and that sharing of ideas will intrigue people. Yeah. So, I'm not sure there's a concrete way just to get it into society but I think just humans because we have naturally, in my mind, we need to be doing stuff and we have been doing this stuff since the beginning. I think we'll just naturally gravitate towards it, especially as we enter that higher consciousness era.

**Interviewer** 2:45:21

I wonder if you would if I can just ask you, do you, do you see it somewhat as like a Trojan horse? Because I think you mentioned earlier, like, the idea that there's no way in which it can kind of be held, I think, like this psychedelics. In some sense in which, and you tell me if this doesn't sound right to you, but like, the containers that you try and put it into society with will break apart, because it just can't handle the thing that is trying to kind of maintain that or contain it.

**Participant** 2:45:58

Exactly, I 100% believe that. One, because when you start, well, it seems the science is telling us, it seems that once you start fixing people, they seem to stay fixed, which already breaks one of the pharmaceutical containers. I also think that the beauty of them is if money people get involved with them, naturally, the money people will end up taking them and I think that will stop the money game. If you know what I mean, like, if you were to give every billionaire in the world, a high dose of psychedelics, and every president, I think instantly you would see a global shift. So, I think that, that going into those hands will break the money paradigm and yeah, I think naturally, they'll come in containers, like you say, and they will unleash themselves because you can't contain psychedelics, not to be contained. It's just humans trying to control something, again.

**Interviewer** 2:47:23

Do you think overall, that would be a good thing for society?

**Participant** 2:47:34

Yeah, yeah. Anything that helps break down what we have now is a good thing. Yeah, I mean, even this is I say it with the utmost empathy for people that are going through stuff, but even just something like Coronavirus, which is breaking down large parts of society. I think is beneficial. You know, Terence McKenna once said that there's no birth without pain and bloodshed, and discomfort. So, as we get born in this new era, there's going to be discomfort, and then there's going to be pain and so yeah, I think anything that breaks down society is a positive.

**Q34. Interviewer** 2:49:00

Have psychedelics shaped your view of humanity's future?

**Participant** 2:49:14

Kind of, I guess I've made a little list fatalistic. I still think there's one or two ways we're going and it's either extinction or transcendence but, I can't it hasn't given me a solid definitive idea of which way we go.

**Interviewer** 2:49:45

Could they be the same thing?

**Participant** 2:49:50

Well, yeah, extinction of the human body and, and transcendence of human consciousness. Yeah, sure.

**Interviewer** 2:49:59

Because you mentioned before this, this idea or potential that you've had an experience of being a celestial being or a felt sense of what that might be like and that maybe the human form is a celestial being a god type thing, being trapped in a human form. So, in from that perspective, the extinction of the human form would actually be the liberation of the Celestial being that is continuously trapped in different human forms.

**Participant** 2:50:32

Yeah, yeah. Well, yeah, maybe it is just that our simulation sort of runs down to a point or someone clicks and goes hang on a second, this is all wrong and then and that, and it breaks down or who knows, it's very difficult but yeah and that's, that's a possibility.

**Interviewer** 2:50:58

And what do you have any sense of this idea between transcendence and extinction, in your head, where we're heading? Like, do you have you got more weight towards one or the other?

**Participant** 2:51:17

I'd like to think that humans will figure it out, when we're really faced with, you know, potential extinction. Given our current state, I'm not sure we'll pull it off in time is the thing but, again, I'm not sure that even if it was a global, catastrophic sort of event, I still think humans would survive in some capacity. Yeah, I mean, but there's the other possibility that we'll upload our consciousness into the digital realm.

**Interviewer** 2:52:16

Go one more layer deep.

**Participant** 2:52:20

Well, I mean, yeah, the, the complexity theory seems to state that, that robots or AI, has risen as a natural extension of evolution. Even though it's at the hands of us, it's still a new sort of lifeforce. So, yeah, yeah.

**Interviewer** 2:52:45

I think, yeah, I can see the analogies there between like, going from amphibia, like, water-based creatures to land based creatures. I mean, that's pretty massive transition. I mean, it's still biological, but in some sense, like, it is this massive shift and from biological to machine, it can be, one can see it as, how you describe it, like a natural evolution of just what's going on.

**Participant** 2:53:11

Yeah, yeah. I mean, like I say, sort of, everything's really an extension of whatever this driving force nature, whatever you call it, seems to be sort of some kind of push from whatever and, yes, everything that's complexifies out of that is a is a natural extension. So, even though it's synthetic and made by us, it's still a natural progression. Whether they'll replace us or whether we will combine, who knows?

**Interviewer** 2:53:51

Yes, well, those are those are the fantasies that we watch on TV nowadays.

**Participant** 2:53:56

Yeah, I know right. It sounds like an episode of black mirror.

**Q35. Interviewer** 2:54:03

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

**Participant** 2:54:12

Take it, do them. My advice would be learn first, understand what they do mechanically. Understand dosages, understand the specific effects of any psychedelic you're considering. Especially for your first time always take them with a clear mind and a happy heart. If you want to use a sentence, but yeah. Be around the right people, the right place, and don't overdo it for your first time. Don't drink. No alcohol.

**Q36. Interviewer** 2:55:42

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

**Participant** 2:56:03

No, no, I think I'm pretty happy.

**Interviewer** 2:56:08

Yeah?

**Participant** 2:56:08

Yeah.

**Interviewer** 2:56:09

All right.

**Participant** 2:56:10

Yeah. I feel like we got through a good chunk.

**Interviewer** 2:56:16

Is there anything that you thought you were kind of expecting you might be asked during the interview that didn't come up?

**Participant** 2:56:28

Ah, I was I would have thought there maybe had gone a bit more into specific psychedelics and their specific effects but that's, that's about it because I, I feel like every single psychedelic has, has its own little unique property and its own place in approaching certain problems and state of mind.

**Interviewer** 2:57:11

Let me chuck off the record.