9. Interview with Participant 9

**Interview recorded:** 19/01/2021 (NZDT)

**Length:** 3:46:12 (interview 3h28min)

**Spoken duration of interview:** Participant (87%), Interviewer (13%)

**Age (years):** Participant (40), Interviewer (29)

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

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

**Original nationality:** Participant (British)

**SUMMARY KEYWORDS**

psychedelics, experience, lsd, trip, thought, realise, body, ayahuasca, point, day, ideas, people, consciousness, control, drugs, anymore, bit, completely, life, fun

**Q1. Interviewer** 00:00

All right, so before we start just to frame in the question, so I'm going to be asking about your drug use of psychedelics, but I would like to clarify and define what I mean by psychedelics and what we would like you to include when answering the questions asking about your experiences using them, and essentially the drug experiences or alternative, mind bending experiences that we'd like you to leave out of that. So, to the best that you can. So, in terms of psychedelics, the main ones that we're, depending on what you've used are looking, LSD, psilocybin DMT, also Ayahuasca, mescaline, Iboga, and any of their sort of psychedelic analogues like one 1p-LSD, or 5-MeO-DMT, or I guess, yeah, I think LSD has the most sort of analogues that I've heard of but there's a few different DMT ones that people take, of course, and I think there's even some analogues of mescaline. So, if you've had, when thinking about psychedelics, it's kind of thinking in that frame of classic psychedelics. So, some people consider cannabis, MDMA, ketamine, and salvia psychedelic or psychedelic like. Depending on the dose and individual's personal, you know, reaction to those but for the purposes of this, the interview, if you would be able to exclude when I'm asking about psychedelics experiences that are primarily related to cannabis, MDMA, ketamine or salvia. So, we're just trying to focus more on the 5HT-2A to a serotonin receptor ones, although I think mescaline activates different ones. I forget the but the yeah, the classic psychedelics, so to speak. So, hopefully, that you frames the questions in that sense and so the first question is, why do you use psychedelics?

**Participant** 02:19

Currently, I use them for learning about the structure of the universe and the mind. I've had, I haven't done any large doses recently in the last few years, but I plan to basically, my next mission is to try and work on brain development, trying to fix the nerve damage in my brain, which causes my hearing loss. So, I'm actually going to try and use it in the way they use Ayahuasca to heal people's bodies, I want to try and basically my own personal experiment to try and see if it's possible physical healing through mental training with LSD and also for fun just to dance and have a good time with my friends, but the main purpose of it is to explore more parallel universes and other aspects of consciousness.

**Interviewer** 03:26

So just let you know that what I'm just writing down some notes that I can so that as we go through, I can refer back to them and it helps me think a little bit about what you're saying and it's also useful I find for the during the interview is that it gives people some space to just add more if they'd like to later on. So, if you just see me writing and something else pops up, feel free to just like add more into it and I'll just record what I guess what I think is, you know, condensing it down.

**Participant** 03:57

Yep.

**Q2. Interviewer** 04:01

So, have the reasons why you use psychedelics changed over time.

**Participant** 04:14

Yes, the first time I did it, I didn't know anything about it. It was just for fun in a club. It was a beautiful experience and it opened my mind to the possibility of other things I'd never even considered. So, initially, it was just for fun, but then, over the next couple of times I did it. I started to realise that there was more potential and so it became more of a tool of learning rather than just for fun, is a yes, it has its fun aspect as well, but it's, it's more important, I think, to use it for personal growth and collective growth of the human race as well. So, that's, that's now my main focus. Why I use it rather than just for a bit of fun in a club.

**Interviewer** 05:11

And would you the transition from that kind of original use or reasons for using was how quickly has it been stable in terms of like, once you made this transition to learning, it's, it's been that from then on, or has there been different reasons throughout?

**Participant** 05:28

There was, there was one event, which basically changed everything. I've been told by people this is, this is not possible. So, I'll tell it to you and you tell me if it's possible, I had a large bottle of LSD, and I spilt it all over my hand and I didn't think it would work because some people say you can absorb through your skin, others say you can't and so I waited for two hours and I was okay, nothing happened but I didn't have any acid left and I wanted to have a party, I was at a party in someone's house, but didn't have any left. So, I took the bottle, and I washed it in a drink, and drank the drink but instantly it touched my lips, I melted completely into nothing. So, there was obviously some combination of when some went through my skin, some went through the drink, and it was a massive, massive dose, it must have been 1500 2000 micrograms or more. I don't know it was impossible to measure it, but that moment changed my life, I realised everything, I understood the complete structure of the universe, and was able to time travel through my own life and see all the experiences that basically fucked up my whole life. You know, they were the bad things that happened to me but I also was able to see the future and I could see that it's not always going to be like this and that was the turning point that showed me that there's therapeutic properties to this to enable you to analyse your life and grow and evolve as a human and also, you know, help humanity evolve as well and it was that point where I realised that there was more to this than just a bit of fun and from that moment on, that's when I started to use it as a tool to expand my own consciousness and work on my subconscious mind to all the things that I buried into my shadow self, I was able to open all the little boxes and analyse what caused these things and when you see the whole picture of your entire life, at the same time and can travel between different times of your life, you see where all these things were guiding you to where you really wanted to go. If I hadn't ever had that experience, I never would have been here and this was, this has been my dream for 20 years and now it's actually here. To have that experience basically made everything in my mind that I thought was just a dream to make it actually real and now I like to teach people that this is possible to do and it basically gives me a way of helping other people that are in the same situation that I was in to heal themselves and become happier, healthier, better people that aren't suffering anymore. So, that's basically the experience that changed everything. From then on, it's always been my trip, so usually with other people, and I try and guide them through their experiences and help them now. So, there's a little bit more, I'm not therapist, but I'm, I have enough experience where I can help people guide them through any potentially bad experiences they might have while they're on it and teach them how to grow from any experiences that are negative. So, that's why I like to do now is one of the reasons I can't promote people to take LSD in my hotel because it's technically illegal but I can at least basically, I want to form a society with people where they can come here and talk about their experiences. In an open free environment, like we're talking now we're completely private and they can, they can discuss how they've gone through different parts of their life and use psychedelics to grow. So, basically, I'm writing a book about LSD and I want to use this hotel to basically get information from other people the same way you're doing this project to find out a bit more. I'm also using this similar kind of thing to help write this book about the benefits of these things. Rather than people talk about the negative side of things, so yeah, that's basically what I'm doing now.

**Interviewer** 10:06

Cool. Yeah. I don't see in terms of your question seems possible to me. I know of Albert Hoffman, he somehow ingested LSD. I think he thinks he got it on his finger or that he maybe he touched his eyes. So, I don't know. I'm not 100% on whether you can absorb it through skin, I think you can.

**Participant** 10:33

From the fact that it happened. Such a strong trip, I'd never experienced anything like that before and it was instantly as soon as I'd had the drink, and it doesn't work instantly. It takes time to get into your blood, it takes time to when you drink it but because I spilt it on my hand and then drunk, it was instantly there. So, the stronger the dose, the faster it hits you as well, which I've experienced it accidentally a few times. So, yeah, I don't know. If it was, all of it went through my skin, or just a little bit of a went through and then the rest of it was from the drink. I don't know but I know it was the most insane experience ever. I could literally see reality unfold, and see every thought, in my subconscious mind, live out everything. All the millions of things that happen in the background you don't normally know about, see everything, all at once in the entire universe, is was amazing.

**Interviewer** 11:33

Was it How old were you when that happened?

**Participant** 11:37

23/24 maybe I just done before, then I'd only done like one or two drops 100-200 micrograms. So, I experienced the basic, some simple effects, you know, walls you know, breathing and colours being brighter and thoughts, racing around a bit and energy and dancing and sexual energy and all these other things, but I had not experienced being out of my body and this experience took me completely out of my body, I thought I was dead. I thought it was quite scary. No doubt about it, I was scared to death, I thought I was dead but you know, once you once you leave your body and you see everything, the whole universe, the structure of all that exists, then you realise that I came to the realisation that this experience of earth is basically the same kind of feeling as a lucid dream. This is a holographic representation of your subconscious mind and that's basically what I figured out and then, using that experience, I started to research other people's experiences, and found out that I'm not the only person that thinks this and people have been discussing about this structure the universe in holographic theory for a very long time and many people have the same experiences that I had and I now try to have, I tried to work on this idea more and learn more about the structure of the universe by using psychedelics. So, that's my, my hobby basically, is exploring space, time, and consciousness.

**Interviewer** 13:34

You’re a true psychonaut

**Participant** 13:36

Yes, it's fun job. To design psychedelic festivals, it was about giving people that experience of pure love and connection and it was it was an amazing way to help people you know, is there's too much horrible things in the world to give that someone that two days on a dance floor where they just feel so magical is an unbelievable experience to be able to do that for someone. It was good. It was a good career choice to do that. Unfortunately, it was ended because I didn't make enough money to support the business. So, I had to quit doing the festivals but now build a permanent festival where it's open all year, every day available for people to come and have that experience here in a safe place and hopefully, it will give more people the ability to expand their consciousness in a safe way that's going to help them and humanity grow. We'll see. It might not work it might work. might get in trouble, I don't know. I'm speaking to a lawyer next week. So, because if it's not technically a criminal offence to have LSD here. If someone takes it in my house, it's not my problem. I don't know that they've got it. So, it might be, it might not actually be a big problem. So, we'll see. There's plenty of psychedelic festivals in the Czech Republic. So, like, obviously don't get in trouble for having people dancing in their places. So, we'll see.

**Interviewer** 15:28

Probably if you don't just cause too much trouble, they don't mind.

**Participant** 15:32

I live in the middle of nowhere. There's only 200 people in my village. So, it's quite private here. So, it should be okay.

**Interviewer** 15:41

I think sounds like a good space.

**Participant** 15:43

Yeah. It's a stunning view. I can't see any people from my house for miles and miles and miles in any direction.

**Interviewer** 15:51

Just farmland around?

**Participant** 15:52

Look out my window is just field and forest. As far as you can see. It's best location and I'm only [distance] kilometres from [location]. So, transport and shopping are really good.

**Interviewer** 16:06

People come on the weekend retreat.

**Participant** 16:08

Yep.

**Q4. Interviewer** 16:12

Okay, so what aspects of psychedelics do you find most meaningful or valuable?

**Participant** 16:22

Going outside of your ego and experiencing being more than your body is an experience that is so important for people, because this whole world locks you into your body and your mind and your senses and if you don't ever experience anything outside of that, then the world is a really horrible place for a lot of people and having a life like I had previously where it was full of fear. Every day I was I was attacked, I was bullied I was it was, it was one of those things that I wouldn't, I didn't want to get out of bed in the morning, because I knew that this entire day would just be full of hell and to be able to have an experience where I'm no longer in my body, but I'm consciously aware of everything. It frees you completely from this, basically this prison that we're kept in of our physical existence and knowing that there's something else more to existence than your brain and your body, gives hope. It gives excitement, it gives you something to think about that's more than yourself. So, I think the expansion of consciousness beyond your personal experience is such a powerful experience that everyone needs to have the right to do that and I think psychedelics would change the entire world, if more people had that experience. That's the number one reason why.

**Interviewer** 18:12

Is there any other reasons or anything else you find meaningful or valuable that might not fall under that category of experience.

**Participant** 18:27

Sometimes, it's nice just to have a little bit of acid and just relax into your body and just dance. Like there's nothing else in the world but music and happiness and people and you can just my one of my best trips was 48 hours in a festival, non-stop dancing, just had literally the most fun I've ever had in my entire life. It was the most beautiful experience and just to have that ability to feel so happy and just dance all day all night without getting tired with the unlimited energy it gives you. It just makes everything more exciting, more fun, as well as having the ability to heal you. You know, having fun is another major aspect of life. We're here to grow and learn and have fun and just experience every possible sensation and to heighten all of your senses so much is such an amazing feeling that just even on a small dose where you're not really doing any mental work, you're just there to have fun even just that experience alone is so beneficial. I think, you know, I think that, you know, that's something that more people should be able to experience. You know when you look at what's legal to do like alcohol and cigarettes, all these things they take you down so low, LSD is completely the opposite. Not only does it give you the, you know all the benefits of fun and personal growth, but you also, I don't know how to describe it, but it gives you a better connection with the people around you as well. I mean, I've had psychic events where we have had telepathic communication between people, which you think is impossible, you can’t read people's minds but then when you have that experience, you're like, hang on a minute, what else is lies? What else are we told is false, but isn't? And it basically opens your mind to all the possibilities that you were told constantly don't exist. Everything in society says this is not real and then you take LSD, and you realise that half of what you've been taught, has been a complete lie and that changes, the way the government says it changes you in negative way because you believe that, you know, once you realise the government's lying to you about that, you realise they're lying to you about a lot of other things as well and it, you lose trust in their, in their rules and control. So, for people, it's beneficial to have that experience, but for the government's they don't like that, which is one of the reasons they keep it illegal.

**Q5. Interviewer** 21:51

And what aspects of psychedelics do you find most challenging or difficult?

**Participant** 21:58

The worst part was to actually face the trauma from childhood because it's like, reliving it, for real, you're there again, in that difficult situation and that experience, you know, although in real time on Earth, it's like a 12 hour experience on LSD sometimes, but in the trip that can go on for what feels like years, and have a negative experience relived on repeat for this, you know, what seems like forever is to absolutely terrifying. So, that's where it helps having the therapist to guide you through an experience but if you're on your own, and that happens to you could be absolutely terrifying and you, you think you're going absolutely crazy but eventually, it either wears off or you face whatever the issue is, but facing it can be really hard and a lot of people have difficulty with that part of it and especially with anxiety loops, time loops that you get, time loops can be really distressing because if you're thinking about a negative thought, and that thought is repeated again, and again and again, millions of times, and you can get stuck, and it ruins the whole trip but if you learn over time to control your thoughts, maybe through meditation, or any other skills you develop, to control the way you think. You can change the experience from being in a horrible thought loop to you know, getting out a bit and progressing and evolving your thoughts but if you don't know how to do it, it can be a really difficult situation to be in. I've know I've had some great, not personally bad trips, but bad trips where people in the room have had really, really seriously, terrifying experiences and, you know, there was no, I didn't have enough experience at that point to help them because they were stuck in their own mind and there was everyone else in the room was there basically part of this experience being negative to them. So, they were, they were like experiencing in the whole room. Everyone in the room was raping them. We were all sitting on the couch. No one was doing anything to anyone but in their mind, it was absolutely terrifying for them and I've seen quite a few people have that experience. So, you know, psychedelics are not for everyone. There are there are some really potentially dangerous aspects of it, which is why I think, you know, having therapists be able to, you know, take people through their first one or two trips, and teach them how to deal with these things that come up. It should be available everywhere because the benefits, once you can deal with these negative side effects, then it helps you in the future but the way it is now there's no help available for anyone. So, those experiences, you know, someone might take it once have a really horrific experience, and never do it again, because they don't want to face what their problem was and that puts people off, and then they never have the chance to heal what was causing the problem, because they're too terrified to go back. Which is really, it causes a lot of the negative in the way people, people view drugs, always is in the media is a negative aspect, because no one wants to talk about the positive stuff and then when someone takes LSD and has a negative experience, then that also adds to that and people, you know, use this for propaganda and say, Oh, this person had a very bad trip, and you know, that acid is bad. No, it's not, it's just that person was unable to control the trip in a way that was beneficial for them. So, if they had it with a therapist, then they would be able to learn a bit more about how to basically fix their shadow mind because in your shadow, you keep all the darkness that's experienced in your life and hide it away and you never face it in your conscious mind but then when you see it all in your subconscious mind, when you're on acid, you know, there are a lot of things people don't want to see, and especially if you're if you've got a serious depression, or schizophrenia or these other problems, then, you know, you might not come back from that, you know, occasionally people do have breakdowns. It's, you know, it's not safe for everyone to do as much as they want, it needs to be controlled and taught how to do it safely. There's no physical negative side effects from LSD unless you're stupid and jump in front of a car or something. You know, a lot of people don't like the fact that lasts such a long time, which a lot of people say, Oh, I don't like it, because I was up for 12 hours. I like the fact that it's 12 hours, I'd like it to last longer but if you're not having a good time, then it's terrifying for those 12 hours, which seems like years in the trip. So, the time aspect is a big factor for a lot of people. It's why people a lot people say oh, I like mushrooms better because it's a little bit shorter but physically, it's safe. If you're in a safe place with good people, you're okay. It's just the facing of the mental problems, that is scary at the time but there's no such thing as a bad trip, if you integrate that information and learn from it and use it afterwards to help grow but if you don't, people don't have that counselling and you know, they're not taught how to use that information to go back in their life and realise that this negative experience was in some way positive because all the really bad stuff that happened to me, all had positive effects in one way or another but it's difficult to see that because you see it from the perspective of the victim when you're there, but you don't see it from the perspective of outside your own body and you when you watch it like a movie, then it gives you a different perspective and you can see how that's in a way helping you. I mean, there's times where I had a major car crash and I was in bed for three months busted neck, you know, this is not good experience but when tripping and you go back to that experience, you see why that happened and where that guided me later. Everything has been guiding me here and I didn't know that I didn't see it until I had a trip where I could go back and analyse all the different things over the last 20 years that were guiding me here. So, it takes a lot of time and it takes a lot of work personally within yourself to deal with the, you know, these bad trips as they call them. So, this is one of those things where you just need people to have enough education to know that there's these things, although they seem bad at the time. It's not always what you see what you see how you see it. There's other factors that you don't notice. I'm hoping that in the future, you know, people will be able to learn more about how this works and work on their subconscious minds, because you don't see your subconscious most of the time. So, you don't know what's happening there. So, it's nice. It's nice to have access to what you don't normally see but sometimes people don't like what they see. There are some really horrible people, and they take it and they become even worse.

**Q6. Interviewer** 30:34

That's why we have a subconscious so you can put it in the closet. We'll probably come back to that, because there's a question a little bit later about techniques that you might use. So, you were talking about like anxiety, time loops, negative thinking things like this and you're saying there's some things that you can do to help get through it. So, we'll come back to that as an interesting thing. So, yeah, I think you haven't quite probably answered this one, but in what ways have psychedelics affected your life? So firstly, this is going to start broad, and then there's a few specific questions that come in the same vein a little bit later. So, I'll let you give the kind of the overview and then we'll go into a few specifics.

**Participant** 31:23

Okay. Well, the major change was fixing my depression as a kid. I, I was I was completely suicidal for all my teenage years, because school was literally hell for me. So, I, you know, basically, at the point where I started to take psychedelics, it changed everything for me in terms of hope, for the future, you know, gave me information that was hidden from society about how this whole thing works. This whole universe we live in now everything is in your own mind. This is basically like a lucid dream and we're all part of this lucid dream, we all contribute information into this holographic matrix, which we call the universe that we live in now and so by using LSD, to navigate this matrix, this time construct that we were able to go backwards and forwards at will and see past and future basically everything since my big acid trip. Everything I do all my business, everything, literally my entire life, since that moment, has been made better because of LSD, all my business all the millions of dollars that I've made has been from the information received, while in this altered state of consciousness. So, all the bad things that I was suppressing in my mind, I integrated into my life. Basically everything, everything from my childhood, I used to like magic, I use to like chemistry, I did all sorts of stuff and everything I ever did in my life. I was bullied for most people made my life hell but all the things I was bullied for became my passion became my life. Everything I do now is the same as I did when I was a kid and now it's my job, I love my life. It's amazing because the LSD gave me that vision of the future that showed me that it's possible to use these things, to have a much better life and, and to see it and experience it gave me drive and ambition and I was well I don't want to kill myself anymore because there's so much potential in this universe to create so much magic that I changed everything from that moment and all the all the ideas of products for everything I've ever have comes from tripping all the information about the structure of the universe, the all the ideas for businesses, everything literally comes from LSD. So, as a creative person, it's like unlocking a key to infinite possibility because I can see the entire universe all at once, it gives me choices, when you're a kid and you've been bullied for doing magic, and it basically, you go into your little shell and you build up defences around you and you don't want to be a part of the world anymore but then when you unlock that creative side of your consciousness, it gives you so much power to create whatever you can think of everything in my mind, I build. This is, this is now the biggest project I've ever tried to build but this is so far only 10% of what things I want to make now. So, I use LSD now to expand my creative ideas and basically build all of the, all of this crazy stuff I see I make it now and people think it's, oh, that is completely crazy, but all the crazy people are the best designers. So, when you think about all the biggest, most successful people in Silicon Valley in art, and music, they all take drugs, they all do, if they don't admit it, they're lying but they do secretly take drugs, because if every creative person has some kind of drug that they use in order to unlock their potential and I think if everyone did that, then we solve all the problems of humanity so much faster, because you've got all that data, all that raw information is there waiting for you, just to access it. So, all of these things that, you know, are terrible things for humanity right now, the way we treat the planet, the way we treat people, is just horrendous and, you know, there's so much more we can do to make this world amazing, but we don't because of capitalism, because of all these systems of control that want people to be slaves to the system, rather than be independent thinking people. I mean, because LSD makes you think it's one of those things that we need more of. We need more thinking, people just zone out and live in their own little bubble watching TV all day and go into their boring job they hate and never see the potential of their own mind because they, they never get any experience outside of their own conscious thoughts, rather than seeing/having access to the subconscious, and all the all the hive mind of humanity, we don't know, if you don't experience that, then you don't really, I didn't, I did have a lot of ideas when I was younger, but after LSD, they went into overdrive because not only do you see it, but you can experience what it's like once the future, once it's built in the future and you see the world as it will be when this new idea is actually, you know, made available to people, which is one of those, I don't know it's difficult to describe it. It's an experience that you don't get when you when you think about an invention. Like if you don't see what's going to happen with that image in the future, then it doesn't give you as much inspiration to build it as if you do when you know how it's going to affect things. So, I had a vision 2012 Olympics opening ceremony in London, four years before it happened and the technology that I invented was basically used in the opening ceremony of the Olympics. Where they did video projection onto the audience, I basically suggested that idea to the Olympic committee and they actually did it, not with my business because someone stole my idea, and used the same technology but it gave me the drive to develop the technology because I could see its potential use in the future and it was it was nice to, everyone was basically saying it's not possible you can't do this, It's a stupid idea because I'd seen it happen and then I saw it for real and then they actually did the opening ceremony at the Olympics. I saw my idea work and it was amazing. You know, but everyone told me it was crazy before it happened four years before.

**Interviewer** 39:24

All the haters.

**Participant** 39:25

Yep. The haters just so frustrating because they they've got no ideas of their own. So, every time you have an idea that's a bit different. They will tell you, you're crazy.

**Interviewer** 39:38

So, here's all the ways that won't work.

**Participant** 39:40

Yeah. Everyone is always so negative about all the ideas that I've ever had and I'm the one who's made millions of dollars from it, not them. So, I don't care.

**Interviewer** 39:50

Good for you.

**Participant** 39:54

Okay, if you're rich and successful, and you tell me it's a really stupid plan, then I might listen to you a little bit but if they're not smarter than me, or you know better at business than me, then I don't take their opinion for anything, unless they've got some kind of experience to tell me that they actually know what they're talking about. Most people don't know what they're talking about. So, I don't listen to anyone anymore. People say I'm crazy building this hotel, but I think it's amazing. I'm going to build it. Anyway, whoever, wants to come, they can come if they don't want to come, it doesn't matter. I want to specifically get the right kind of people to come here. I don't think it's suitable for general public use.

**Q6a. Interviewer** 40:39

No, you wouldn't imagine so. Um, has your personality or identity been shaped by your psychedelic use?

**Participant** 40:54

Basically, one of the main reasons that I went vegan, like seven years ago because when you connect your mind with the minds of other animals, and you can experience what it's like to be another animal, eating them is, I just couldn't do it anymore. I was 33 when I went vegan and so it changed the way I see other people and the way I see other animals and see the whole earth as a living entity, and I started to become a more kind and loving and just generally better person. When I do stuff now, I think about how it's going to impact not just my life, but the lives of other people and the lives of animals and the lives of the planet as a whole. So, this place that I'm doing now is built, you know, as sustainable as possible. I don't like the way that I used to be really focused on money. I was a business person since I was 10 years old. I've been running businesses and I was always focused on making as much money as possible without thinking about, you know, why am I wanting all this money? It changed the way I feel about life. Like, I have no desire to be multi billionaire anymore. I have no desire to have a massive company, I don't have any of this need to drive the Ferrari and have a yacht, which I was desperate to get a yacht when I was younger, I wanted to live the billionaire lifestyle, but now not interested not at all I make enough money to have a really comfortable life and I'm happy, I'm happier now earning a lot less money than I used to earn. It's also made me I don't know. It's kind of a negative reason, but I don't like people much anymore, unless they're open minded to the possibility that the way they're living their lives is really fucking dangerous and damaging to the planet and everything and so unless people are willing to accept that I don't want to I don't want to be associated with them anymore. So, I've moved my tribe as it were to the psychedelic vegan community, where people have compassion they have, you know, they care about other people, they care about other things. So, I left my old life completely behind, I don't really speak to anyone of my previous life. I have now changed all my friends. I don't have much family left with just my mom and sister who are great, but all my old friends I don't really see anymore. It's mostly it's made me a kinder, more gentle, more natural person. You know I spend my days playing with my dog and running around the forest and in fields and just being with nature now as I used to be 100% city person. I lived in London all my life and, you know, I was, you know, I was obsessed with you know, being around big groups of people and partying all the time. Now, I just want to be with nature and animals, and be in a natural environment rather than a man made one. So, in a way, it's kind of made me leave normal society completely. I have no desire to go back to normal life now. I want to be in this place where I'm away from this horrible corporate lifestyle. Every day I just chill and do what I want now. I have no need, I don't wake up in the morning for anything. I just do what I want when I want. It's total freedom. The acid taught me how to live in balance with nature, rather than abuse nature, and just take as much as possible from everything. Now, every time I do something, I think, well, how is this going to affect where I live? How is this going to affect other people and takes you out of yourself and connects you more to the rest of the planet. It's a good thing. It's a very good thing that it's made me more respectful of everything.

**Interviewer** 46:15

You were saying that before that you had a powerful trip earlier on, I think when you're when you're 22. I'm, and I'm just sort of thinking about. So, you since then, you still lived in London, and we're pursuing your different businesses that were related to psychedelic festivals and stuff like this. So, during those years, where you were business focused. Were you doing a lot of psychedelics then as well and so, is it, I wonder, is it the psychedelics that have shifted you away from focusing on wanting money or maybe that's changes, just getting older and now that you have a lot of money, you no longer need to prioritise these things like is it, yeah, I wonder how would you describe it?

**Participant** 47:14

I've used acid consistently since I first did it 20 years ago, I tried to do it once a month, at least, just to remind myself, of my ambitions and goals and gives me direction but I don't know, it's, the, acid gave me all my business ideas but at the time, I was still focused too much on becoming this mega famous celebrity designer type. You know, the next Elon Musk, that kind of stuff but I was working, sometimes 22 hours a day, I'd pass out because I was so tired and I was, at one point I was living in my factory. You know, because I would be working as I do, sometimes 48-hour shifts, building electronics and it was basically killing me slowly. It was just too much. I was trying to go too fast, too soon without learning enough in between. I didn't have enough skills at the time to become as successful as I wanted and I was picking the wrong people to work with, because they had skills that I needed but there was, there was always this underlying feeling. This wasn't quite where I should have been and I ignored that. I suppressed that in myself. I wasn't happy doing what I was doing. It was just draining me of everything draining all my money, all my time, everything. I was neglecting all the stuff that I like to do to have fun in pursuit of this career building electronics. Looking back on it now the trips in between were showing me that there was other things that I needed to change and places I should go and I didn't. I was ignoring this information and so things started to get really bad in my life. I had, It started from a major car crash, where I was unable to work for almost a year. Three months in bed and then another, you know, six to nine months in recovery and this gave me time to stop and think about what is this direction I'm going? Why am I pushing myself to the point where I'm so tired, that I crashed my car, you know, to try and go to another job to get some more money and then over the next year, I didn't stop, I went back again and I was like, No, I'm going to do this, I put too much time and effort and money into this project, I want to keep going and keep going and I kept getting more and more signs from my intuition that this was not the place to be, and eventually completely collapsed the business and I was evicted from my factory and at that point, I had nothing left, I basically spent a ridiculous amount of money building this company and in the, over the four years that I was building, this lighting company, it basically just destroyed everything about me. So, I then moved away, I moved to Spain, and basically just did nothing for a few years to fix my mind just did a few more trips to find focus find direction of where to go next and had this the next set of visions of this hotel again. So, it drove me to come here to the Czech Republic to build this place, but I didn't, I didn't know all the steps of the process, it was kind of a bit random, I'd see some visions of some aspects of it and other visions of different timelines but where I really wanted to go was here. This has been my dream for a long time, but I ignored that but then I realised that all the experiences I had in the last 20 years, were preparing me to be able to do this now. So, in a way it was, I needed that experience of all the business. You know, designing the electronics, designing psychedelic lighting systems, all this experience was necessary in order for me to build this place. So, it needed to fail, in order for me to come here, if it didn't fail, I wouldn't have been here, I never would have found this place. When you look back, you realise that, you know, all these things that happened that were bad were necessary to guide me to where I really wanted to be, which I didn't. I didn't really accept where I wanted to go at the time and now, I see it and now I know this is the right place for me because it's been in my head for 20 years now and now it's real. When you work yourself almost to death gives you a different perspective. It's like now no way no way am I ever doing that again. I will wake up when I want to wake up and I will sleep when I want to sleep not be forced to work literally every hour of the day and pass out from exhaustion. I've been in hospital multiple times from exhaustion that's no way to live. So, it's taught me to relax and just be more focused on myself and my health rather than on this pursuit of money for no real reason.

**Interviewer** 53:39

So would you say the sort of the catalyst of change was the collapse of the business and moving into the next I don't know, necessarily stage of life, but because you were sort of describing that during this period, you were doing psychedelics and it was giving you, I don't know if it was giving you messages, but you were having visions of what you might like to do, and the different negative things, but you were ignoring them.

**Participant** 54:09

I always had, in the back of my mind, there was always this, you know, feeling that there was something not quite right about what I was doing. It wasn't the path that I really needed to be on it but I just I didn't want to listen to them because I really wanted to do this project and so I kind of pushed it away, I pushed it in into my subconscious and didn't deal with it but you know, when you do that, your subconscious creates events, to guide you away from negative things that you're doing, if you don't follow that and it will create even worse ones and even worse ones and if you keep ignoring things and don't deal with it, it will eventually get to the point where you will lose everything and at that point you then sit back and you stop and relax, and you think, okay this has not worked. Why? Why didn't it work? Okay, because you were ignoring everything that all the intuition was telling you was wrong, and not following your real dream. It helped me just to stop everything and just basically, I was living in my car for a little while and so it gave me that time to think you know, what I really want to do and then I went back and thought about these original trips from 20 years ago, where I saw this massive house and I had this idea of building this psychedelic palace, basically but now I had the skills to be able to do that, from all the experience that I'd had in the last 13-14 years working in, in the clubbing industry, and music industry and lighting industry. All this experience now made this original dream possible. So, I was like, okay, let's just focus on recovering myself, like getting my health back and that's when I went vegan. I went from being completely stressed 24 hours a day, I was completely stressed to being totally, totally relaxed and I was able to then put the pieces of everything back together and grow from that experience into building what I'm building now. I think, one of the things with acid when it gives you different, it shows you different pathways that are possible, you have the choice to choose one, two, or three different pathways, and you can go from go through these experiences but overall, like if you look at, if you're able to expand enough to see your entire timeline, you can, you can pick different places where you want to go and it's easier to get there, once you've made a few mistakes and learnt things, if you don't learn anything in life, then going where you need to go, is sometimes not possible, because you don't have the skills to get there. So, sometimes you need alternative timelines to learn a few different things first, and then you're able to go to the other one where you really want to be. So, I needed these experiences, they were horrible, but at the time, I needed a push, I need something to get me out of this really stressful, dangerous situation that I was in, you know, there's no one should be working 22 hours a day, no one should do that ever, but I was forcing myself into this unnatural state because of this dream that I had and it was it was the wrong dream. It was something I still want to do now but in a different way because I develop electronics, for me basically to have fun, but I wanted to make millions and millions of dollars and sell them all over the world and have all of these have loads of people experience this technology. So, I wanted to go too fast too soon, and I threw money at it like nobody's business and it was just the wrong way to go about it. So, now I'm slowing down and going to do this project in a more planned methodical way, rather than just throw money at something I'm going to take it more slowly and use my past 40 years of life experience to create something which has the potential to self-finance the future developments, because now with the hotel money, it will give me the development money to build all the other ideas that are in my head, which is a much better way of doing it than borrowing money from banks borrowing money from investors with other problems because if something goes wrong, like you have a car crash, you're fucked, totally. It's definitely better to slow down and just take life as it comes and develop things in the right timescale for them to be developed because the products that I was developing were way, way, way ahead of their time and people weren't ready for it. Now, people are starting to get ready for what's in my head. So, that's the whole reason for the development of the hotel is to develop a funding stream for the rest of the ideas that acid keeps giving me.

**Q6c. Interviewer** 1:00:06

Have psychedelics caused you to seriously question your own beliefs?

**Participant** 1:00:16

No, to any real extent. I've never been a religious person or anything like that. So, having the God consciousness experience didn't change my belief system I was, I guess I was more atheist before LSD and now I'm what's called Hyperian. I don't know if you've heard of Hyperianism.

**Interviewer** 1:00:40

I think you might be the I remember having a look through and seeing hyperian, I was like I've never heard of that and I had a look what it was, a little bit.

**Participant** 1:00:49

Yeah, it's basically a group of people that use psychedelics to basically evolve the human mind, to create a better earth and that's basically what I do now. I help other people to learn and grow and use psychedelics to learn and grow myself to help make this world a slightly nicer place than it is now. So, in a way that the LSD just reinforced my existing belief systems like I had ideas about how the universe worked because I studied quantum physics and things like that I understood about the nature of matter and stuff and then I realised that you know, the more you try to look at something, the less, you can see. When you look at an atom and you go down, so you know, realise an atom is 99.999% nothing and then you look at everything else. Again, there's nothing there and you realise that solid, physical reality doesn't actually exist. So, it basically just taught me more to research these mathematical concepts, but it didn't, it didn't really change. It's not like I was Christian and then suddenly became atheist or anything like that. It definitely made me believe more in metaphysics, in the psychic abilities and things like that. I've always been fascinated by that as a kid, doing magic was such a cool job where you can bend reality to convince someone that they've seen something impossible. So, this has always been an interest of mine since I was born, basically. So, now I can use LSD in a different way to create real magic, not pretend magic, you can actually do real things with this stuff.

**Q6d. Interviewer** 1:03:04

What about your understanding of yourself has that changed due to your psychedelic experiences?

**Participant** 1:03:13

Definitely has enabled me to accept myself. Growing up, I had all these things in my head that I didn't understand and all of society says these things are bad and you think you're a bad person. There's nothing bad, I mean I'm a nice person, but the way society, you know, I grew up as a gay kid and so back in the 80s, it was just not that accepted anywhere. You couldn't talk about it in school or anything like that. So, just from that alone was enough mental trauma of thinking that my entire existence was basically hated by everyone. So, it enabled me to accept myself for who I really was and know that I'm not some crazy freak, some monster, you know, that everyone seemed to believe that I was. You know, so it taught me to love myself more and to accept who I am and not be scared of who I am. So, now I don't care who knows who I am, what I do. You know, I don't have any fear of anybody anymore. I tell everyone, you know who I am and if they don't like it, they can fuck off and they don't need to be a part of my life. You know, I don't hide anything anymore. It has made me, it's made me happier in my own skin, you know. I don't feel like fear anymore. of people finding out oh he takes drugs or he's gay or whatever else they want to be pissed off about it, their opinion doesn't matter. All the matters is that I'm healthy and happy and share that health and happiness with other people.

**Q6e. Interviewer** 1:05:22

Has psychedelic use affected your use of other drugs?

**Participant** 1:05:30

Definitely, before LSD, I hadn't tried LSD, but I'd taken lots of other stuff beforehand, and I was literally partying 24 hours a day, all day, every week, just not sleeping for five days. I just quit university, I was a complete mess. I was, just for two years, non-stop parties take so many drugs, I mean, at that time, I didn't care if I lived or died, it didn't matter to me, I was just wanting to have fun because my whole life before was so shit that I wanted to just be free and just dance and just be happy for a while and then I had that huge acid trip and it kind of got me to assess my behaviour a little bit and realise that, you know, I was using these other substances as an escape from dealing with the thoughts in my head because although I did have a lot of benefits from MDMA, it didn't have the same healing effects that LSD had. It enabled me to be happier in myself, but it didn't give me the ability to heal what was caused by the previous trauma in the rest of my life and so after I had that huge acid trip, it calmed me down a little bit. I still partied, I still do other stuff, but not anywhere near to the extent that I was doing it before because like, before, because I didn't care if I died from a drug overdose or anything like that. It was, it didn't really bother me, if I die I die, it's okay, no problem but then, because I had the visions of the future and how good life can be in the, you know, from the LSD visions, it just showed me that, you know, these substances are fun, and they're helpful, but you don't need to do them all the time. So, after that big trip, it did reduce the use of other things quite significantly, but I still use them, I still use other stuff now but it's now you know, once or twice a month, rather than 50 times a week, you know it's definitely showed me that there's more to life than just escaping your thoughts you can use drugs in a more constructive way. Rather than rather than escaping your problems, use them to grow and learn, and have fun, still use them for fun but now, I respect them a lot more than I did when I was younger. That's also the fact that I'm getting older now. Rather than, you know, being a 20-year-old who just finally discovered, you know, MDMA for the first time. It was fun, then it was going crazy to do it all the time but now, it's just not something I need to do as much as I have felt I needed to do it before.

**Interviewer** 1:08:46

So would you attribute the sense of having a future potential or vision as a large part of what shifted away from this, let's say, maybe potentially self-destructive behaviour of using large amounts of drugs continuously, because you didn't care that whether or not it harmed you was when did it become actually, if I want the future, I actually care about how I get there.

**Participant** 1:09:19

I had no ambition, no drive, no, nothing. I didn't know what I wanted to do. I was basically my whole life before I wanted to be a chemist and I started [college name] and I was doing quite well and, you know, the fact that I'd got into one of the top universities in the world was really cool. Considering the amount of abuse I had at school the fact that I was still able to be successful was good, but it got to the point where I was like, I don't see a future in this career, as a chemist. I like chemistry but as a as more of an interest hobby, not as a job and I just was looking at, you know, what kind of future will I have If I continue this degree for five years? Or maybe even, you know, do a PhD after, you know, how many years of study am I going to put into this? And what future can I have from that massive investment of time and money and it just ended up, I almost had a nervous breakdown for the amount of work overload to try and complete the course, and also have a job at the same time to pay for everything, you know, I'm going to leave here with massive, massive debt and what life am I going to have to? Sit in a lab all day playing with stuff. Okay, that's, you know, it's quite fun but do I want to do that every day for the rest of my life? And I just, at that point, I started taking ecstasy, and I was looking at all these different things, thinking, I don't want this life, I don't want to be stuck in a lab for the rest of my life earning a pittance of money, while a pharmaceutical company makes hundreds of billions of dollars a year. I don't want to do that, but I didn't know what I wanted to do. So, I ended up quitting university and then just went on this rampage for years. Just taking every possible substance, but not LSD, because I was terrified of it. From the propaganda and everyone, but then I was like, you know, maybe it's not actually as bad as everyone else says. So, I took it, and that was like, okay, there is something else here. There is something more than what I've been told exists and it was at that point where it started to give me information about ways to make money. By using all of the things in my life, that I was bullied for. Everything about me, was able to be transformed into something that was fun for me to do, and also a career to make loads and loads and loads of money. So, it was the point where I was like, okay, there's, there's something else that I can do with my life, that's totally different to what my last 15 years of school was working towards, they don't even need any of this information. All this stuff I learned at school was pointless. At that point, I taught myself how to do web design, photography, video production, started my own media company, and used the money from media company to start the lighting design company and all this, all this information all came from this from these first few trips. So, basically, totally transformed everything that I was going to be to everything I really wanted to be, but didn't really know, because I wasn't able to access my subconscious mind and at that point where I could, I could see, okay, this is I can use everything I've been hated for to have a fucking amazing life and so I did it and I started my own business again after, you know, I had businesses when I was a kid up to the from 10 to 16. I was running my own businesses, but then I was focused on school too much, you know, I was doing my A Levels and university and everything that I that I was passionate about, was put to one side and I was focused purely on education and it was the wrong path for me at that time and I wasn't ready to accept it. That it wasn't where I wanted to be but then the MDMA kind of gave me not the same drive that LSD did, but it taught me to think about life in a slightly different way to realise that where I was going wasn't really where I wanted to be but then, you know, after the two years of really, really intense drug use, then the LSD basically was like, Okay, this is where you need to go now and it took me on a different journey. So, that's where I am now.

**Q7. Interviewer** 1:14:34

Have your psychedelic experiences affected your relationships with significant others?

**Participant** 1:14:40

I've only had one relationship. That was, it was a really weird experience because we we'd met, been like kind of half dating for like two weeks and then my dad threw me out of the house, I was homeless and so I moved in with him and so we were kind of thrown together in a really difficult situation and, and he had a lot of problems as well from past abuse and stuff, he was homeless when he was 17 kicked out by his family. So, we kind of had a lot of things in common at the time. We basically, we were both the same party animals, though, we literally just partied all the time. House parties, lots, and lots of drugs, lots of psychedelics, lots of lots and lots of clubbing experiences like that but eventually ended because he ended up having a baby with somebody else, which is a little bit inappropriate. So, it didn't really, the psychedelics didn't affect us in a negative way, but the it just it helped me in a way to accept the fact that it was the wrong place to be. Like it didn't ruin the relationship in any way he ruined it, by his behaviour, his behaviour was totally out of control, he had serious issues. Probably shouldn't have lasted eight years, but you know, by the time I'd been there for four or five years, it was felt like I was kind of trapped in that relationship anyway, so I didn't really want to just end it, but then he ended it by getting a girl pregnant. So, that was that and since then, I haven't been in a relationship the last 11 years and when you when your trust is completely destroyed by someone, it's hard to make that connection again, with someone else. So, what I find acid is very good for relationships, because it enables you to communicate on a different level completely. Especially, you know, if you're both on it you can have a psychic connection, it can enhance relationships in a really good way but only if you're both in the same kind of mental state, if one is not committed to a relationship the same as you, then it's not going to help but if you are both in the same kind of wavelength, it can help build a better connection. That experience basically just killed all my trust in people. So, it'd be nice to finally have some kind of connection again with someone else but it's hard to build that trust again. So, I don't know if I ever will have another relationship but yeah, that's the only one I ever had.

**Interviewer** 1:18:10

And what about other significant relationships like with family or friends?

**Participant** 1:18:16

Drugs destroyed my relationship with my dad completely. He disowned me told me he wished I was dead. literally for him It was the worst possible thing that someone would take drugs but because it was so beneficial to my mental health, I was, like no way am I letting this man who was complete, bastard for my whole life. Let him tell me that I can't fix what's going, a lot of damage that he did to me. Fuck off. So, I'll say no, I'm going to live my life. I'm old enough now that you can't tell me what to do. So, I left. I didn't speak to him again until he died. So, my mom's cool. She doesn't like drugs, but she understands that you know, it's who I am and I'm not going to change because someone tells me I can't do it. My sisters cool I don't really have any other family. So, yeah, it was it was a horrible experience when your dad tells you he wishes you were dead, just because of you the way you live your life. Yeah, he hated I was gay, he hated that take drugs, he hated everything about me. It was great while I was a kid and he could say Oh, yeah, look, look at my son. He's the famous magician. He's the famous business person. He's doing all these wonderful things and all this time. He was like, yeah, look how wonderful he is. As soon as I decided to have my own life and wanted to do things for me. He hated it. When he lost his control over me. Then it was it, it was the end. So, I don't know. Yeah, he was a horrible person. I don't have any nice memories of him.

**Interviewer** 1:20:02

Growing up?

**Participant** 1:20:02

Yeah, I don't have any, I don't have, all the memories I have are bad ones. I don't remember the times where it was like, oh yeah dad, let's go do this and have you know have some fun and play and stuff. He was he was working all the time he was a workaholic. He had his own company. So, he was working. He was like I was working, I worked 20 hours a day, sleep at work, that kind of stuff. So, I virtually never saw him as a kid. You know and when I did see him, he was tired and slept in his chair, was grumpy the whole time. It was never there playing with me, it was basically me, my mom and sister. You know, I didn't have much interaction with him anyway and then things got worse and worse. Eventually, my mom left, and my sister had left. So, it was just me and him and at that point, it was inevitable that there was going to be some kind of big fight and then I left and that was it. Yeah, he never said to me, you know, I'm proud of you. What you've done is amazing, you know. I was quite famous when I was doing this lighting design, I was on TV. Made a whole TV show about me and I would hear that he would talk to his friends and say, oh look, this is my son that what he's doing is amazing, but you'd never say anything to me about that. He would never be like, wow, this is really cool what you're doing. He never supported me in any business ever. It was just not very nice man in general. When he died, I wasn't exactly missing him.

**Interviewer** 1:21:18

And has since he's died, has there been any change towards feelings towards him through your psychedelic use? You know, a lot of people talk about, you know, resolving traumas or difficult problems they have with different people has that has anything changed in that regards from your use?

**Participant** 1:22:14

I understand things from his perspective now why he doesn't like, why he was so anti-drugs and so, I don't think I'll ever forgive him for basically telling me that he wished I was dead. I mean what a horrible thing to say to your son, okay, kick me out, kick me out of the house, whatever but don't tell me you wish I was dead. That's really fucking cruel thing to say to your son. He cut me out of his inheritance he cut me out of everything. It was, you know, it was a really horrible experience. I don't know if I'm, if I'm ever going to be like truly, you know, resolved on this issue. Like, you know, I understand that. It was necessary in a way for him to kick me out because it pushed me in a better direction because I wasn't. At that point, I wasn't doing anything. I had no job I was, I was sitting at home, I was writing music, basically and he didn't see that as a job. You know, I was just on a computer, I was learning about web design and stuff. I was teaching myself various things, but he never saw that as doing anything, you know, I wasn't going to work anywhere, you know. So, him kicking me out forced me to focus 100% on getting a job, because I needed a source of income and within a few weeks of him kicking me out, I was making more money than I've ever known in my life. So, it was a catalyst in a way to get me to find a path that I was happy with and, you know, I was quite lost at that point. I'd quit university was just I was just trying different things, but I had no focus, no drive to go anywhere. I didn't know what I wanted to do with my life. So, it was good in a way that there was that push. You know, I had to start fending for myself that I couldn't rely on dad to pay the bills anymore. You know, I had to pay the rent and I had to pay the bills, I had to buy food I had to have some kind of income. So, it was it was the major kick that started my most successful business, but I don't think I'll ever really think you know that it was he was doing it because he loved me he was doing it because he couldn't stand me he wanted me out. He wasn't kicking me out to help me. He was kicking me out because he hated me. So, you know it's not something that I was thinking Oh yeah. You know I'm glad you did it. I love him, you know, I'm happy, forgiving, no, not like that. I don't think I ever will. Maybe in the future will feel better but still quite angry about what he did. The way he did it not exactly what he did but the way he did it was just too cruel, and he'd always been like that anyway, so it was not like it was, all of a sudden, he became an asshole because of drugs he became, he was always an asshole. Drugs was the catalyst that ended it completely.

**Q8. Interviewer** 1:25:45

You've spoken to this, so we can move past it if you don't think you have any more to add, but have psychedelics changed how you think and feel about yourself?

**Participant** 1:25:59

Just what I've said previously, I now know who I am happy with who I am, and I don't feel any fear of being who I am anymore. I would always hide everything. I lived a life where I was always pretending to be someone else because I was terrified for what people would do if they found out. I got bullied for wearing glasses, I bullied for being fat, I got bullied for doing magic, I got bullied for being clever. Everything about me I got bullied for and the last thing I wanted to do was say aww actually I'm gay. It was not possible to accept that at the time. So, it definitely made me love myself more than I ever thought was possible.

**Q9. Interviewer** 1:26:58

And just a different way of coming at the question but have psychedelics changed how you view yourself?

**Participant** 1:27:16

It's a different feeling when you, it gives me a feeling of power. Like, I always felt like I had no control over anything. I had no way of expressing myself, I had no way of controlling anything in my life and psychedelics have taught me that I have unlimited power in my mind to be who be whoever I want, create whatever I want. It changes the way I feel about future hope and changes the way I respond to the events of my past. Like when I experience something now, I don't feel fear of anything. I don't hate myself anymore. I used to hate everything about myself, because everyone bullied me for who I was, and it made me hate everything about me, but it wasn't until I could see things from a different perspective that I started to feel happy about who I was. It changes everything when you when your mind expands to the entire universe, and you feel connected to absolutely everything that exists all at once. It makes you feel like God. In a way. A lot of people have this God experience. They don't understand it but for me, it feels completely real. Like it completely when I when I'm on a massive trip, 1000 microgram trip. I feel like I'm God, I can build universes with thought, to have that power. To have that just even if it's not real, it doesn't matter if it's real or not. Just to have the experience that you can build an entire universe just makes you feel amazing. When you come back into your body, you bring back, you don't bring back all the information because it's not possible to contain all that information in your brain but you still have memories of these things and it just makes you feel better about all of life. You know, it makes the suffering. feel like, it's like a lesson. If I didn't have the suffering, I wouldn't have learned something from that. That's enabled me to have a better life or it enabled me to help another person have a better life because these bad things that happened to me taught me so much that I can now give that information to someone else and help them fix something in their life. That makes me feel better about those negative things happened to me. I don't look at these negative things now as you know, I don't look at them as bad in the way that I did before. Right before I was, you know, if something bad happened to me, it was just bad, there was no positive side to any of it. Now I can see things from multiple perspectives from my perspective, from the perspective of someone else, and from the overall out of body perspective of watching it as a movie. So, it changes the way you feel about all the experiences in your life, good and bad. You don't you don't focus so much on fear, anxiety and stress and depression, you focus more on, you know, how is this helping me in a way. So, it's, it's definitely helped me a lot to deal with the past problems in a constructive way.

**Q10. Interviewer** 1:31:09

And have psychedelics provided insights into how to live life well?

**Participant** 1:31:18

It's definitely given me inspiration about how to be more connected with people and in an environment. I'm healthier now, I used to be really, really obese as a kid and the drugs helped me care more about my physical health, my mental health, care more about the health of the people around me. So, I share knowledge I have people don't always listen to my knowledge. At least I try to help people if they take my information and use it in a beneficial way or not. It doesn't matter to me that at least I've given them something that they can use to improve their lives but, you know, most people don't listen, because they're all trapped in their own little world. They're own little ego and they don't want other people, other people telling them how to make their lives better and they, a lot of people are negative towards advice, which is really sad, in a way, you know, when you experience so much benefit from something. Like, for example, when I went vegan, I had a health problem that I had from entire life. 25 years of pain, every day, is one of the reasons I was I had such a horrible childhood is every day, I just had suffered so much pain, and no doctor could ever help me and when I eventually went vegan, the pain disappeared and it's gone almost completely from making me suffer every day for the last 25 years. It got to the point where I live normal life now. I don't have any pain anywhere and when I tell people this story, oh, bollocks, vegan, that shit doesn't do anything. Like well, I had 25 years of suffering, which is gone now and that's because I changed my diet and, you know, LSD was one of the reasons why I eventually changed my diet and so its affects all sorts of different parts of your life. It's not. It's not just in the mental side of things, it changes things physically, in you as well.

**Q11. Interviewer** 1:33:44

Have psychedelics shaped your worldview?

**Participant** 1:33:54

It's basically confirmed all the ideas of how society should work, but doesn't, like, you know, we will live in this horrific world of war and suffering and poverty and hunger and all these horrible things that shouldn't exist and LSD shows you a different way that life can be but because the world is controlled by psychopaths, it's never going to change unless the people demand the change and I think psychedelics have the power to do that and to create a better society, which is why I'm part of Hyperian movement, because that's what we're trying to do is create a society where people are not living in fear and suffering and pain and hatred and all these negative emotions that is just everywhere now, especially now with COVID and all this horrible, you know, lockdown stuff and everyone's getting depressed and losing their jobs, and it Is the world is really fucked up right now we need something to kick people out of this horrible situation and I think psychedelics can do that, can make the world a more loving and kind and inspirational place where people can become themselves and self-actualize all of their dreams into reality but because people are so focused on trying to survive, they don't have that ability to think about what they want to do in life, because they're so focused on trying to be alive and LSD gives, or you know, or Ayahuasca or mushrooms or whatever psychedelic drugs you take, all have a similar effect, in the way they make people more connected to their environment and to other people and that's the way we should be, we should work together to build stuff we shouldn't be fighting each other all the time, it's such a horrible place that we've ended up in for no reason, other than these fucking weird laws against psychedelics that started 50 years ago, you know, like imagine how much humanity could have evolved in the last 50 years, if people were able to expand their consciousness? What inventions we could have, we could solve hunger, we could solve the water problems, we can solve global warming, we can solve all these things and people don't want to go to war when they're tripping. You know, they love each other, they don't want to fight. You know, all these things can be fixed with psychedelics and so, you know, having them restricted the way they are and regarded as the most evil substances on earth is just ridiculous. You know, we need them to snap us out of this place we've built, this prison we're in now.

**Q12. Interviewer** 1:37:22

Have psychedelics changed your relationship with nature?

**Participant** 1:37:26

Yeah, definitely. I now, I'm quite happy to go out into a field and forest and spend all day just out, one with nature. Rather than living in a horrible city, I can't stand cities anymore. I have to be surrounded by trees and plants and now, also because I'm vegan, I don't kill any animals, anywhere, I care about the environment a lot more now. You know, I'm basically this place I'm going to build as a self-sustaining, building with all its own electric production and water recycling and food production, everything in a natural way as much as possible. Before I didn't really think about the environment too much, you know, I was, I did a bit recycling here and there, you know, but I didn't think about the way my life had impact globally, like I thought, you know, it was it was more of a self-centred person. You know so long as I was okay, it didn't matter about everything else but now, in my actions, have consequences, you know, if I'm buying plastic products, and you know, they're all going into the environment and destroying natural environments, I feel bad about this, you know, this, you know, so I try to live in a more ecological way, more sustainable way.

**Q13. Interviewer** 1:39:31

So, the questions are changing direction slightly now and we're going to be looking at how you use psychedelics and some getting more into the practice and the ways in which you use them. So, away from sort of more lofty ideas that say about how it's affected your life and stuff like this. So, the first question is, how do you prepare yourself for a psychedelic trip?

**Participant** 1:40:02

Because I've got so much experience, now I don't really do any specific things to prepare, other than making my space, comfortable and clean, making sure that there's no unfinished jobs that I would think about too much in the trip, you know, for example, if I, if I've got an important thing to do, I make sure I've done that first, before I start the trip, so that I don't have to worry about, oh, I'm going to have to do this and it will take over the trip and ruin things. So, I just make sure that my environment is clean and tidy, and I've got no important things to do. I don't really do any preparation mentally anymore, because I've had so much experience that I don't really need to, every trip is amazing. So, I don't need to like focus on it good intentions and making sure I'm not worried about stuff because that doesn't really bother me anymore. So, it's just, it's more of the environmental thing, set and setting. The mindset is always in a happy place now, so I don't have to worry about bad trips anymore. I don't remember the last time I had a bad experience. So, it's just more of an environmental thing, making sure that things are clean and tidy and I've got food and drink ready to go and set playlists for music and visuals and just generally make the environment warm and comfortable and safe and if I'm with other people make sure that they're also you know, prepared for the experience, making sure that they haven't got anything that they're worried about at the time. Most of the time I do it on my own. So, that's not usually a problem.

**Q14. Interviewer** 1:41:51

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

**Participant** 1:41:57

It's always at home now because I live in the middle of nowhere. I feel comfortable and safe here. My house is designed for LSD, every room is full of art and lighting and all the entertainment system is all integrated. So, every room is basically the same visual, same music, same lighting system. So, wherever I go in the house, I have a controlled environment. The main room I like is my cinema. So, I have a fully interactive lighting, basically it's a whole club that I built. So, I can set a playlist of music and visuals and sitting there and go wherever my mind wants to go. Sometimes I'll just dance for the whole day. Sometimes. If it's someone else there maybe have sex all day, whatever I feel like doing at the time I just go with the flow and yeah, I don't do so much now in public, I used to do it in clubs but obviously that's not possible anymore because the clubs are closed. I haven't been to a festival for a long time I like festivals for tripping, but now it's, I'm going into a new era of psychedelics now, I want to actually go in with intention of exploring the entire cosmos, I want to expand my consciousness and learn more about the structure of reality and the structure of the mind and all these things are more of a scientific approach rather than just take it and just go with the flow I want to use it in a more structured way to try and as I said earlier to try and potentially maybe fix my nerve problem in my ear and also you know learn more about the God consciousness aspect of it, take a pretty massive dose and just go to the top level that I can get to in consciousness and have as many experiences there as possible to learn as much as I can now.

**Q15. Interviewer** 1:44:34

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

**Participant** 1:44:40

My favourite toy is what I designed mainly for my electronics company it's basically a dance toy that reacts to your motion. So, when you dance, it creates colours and patterns based on how you move. So, the whole the whole thing is basically created live from your mind as you dance, and I always like to have these to play with because I like dancing when I'm tripping and dancing with this toy is the most fun I've ever had in my life. It is such a cool toy. I really need to build this toy again but this time in a in a, in a better way with all the knowledge that I've had previously. So, I still have one that works. So, when I'm tripping, I always have that to dance with. I always have playlists of music and visuals ready. So, I don't have to mess about with my computer.

**Interviewer** 1:45:36

Like just curiously would you be able to show me it? I wonder?

**Participant** 1:45:42

I don't know where it is right now. Maybe it's in here. I don't know where I've put it.

**Interviewer** 1:46:10

That's all right then.

**Participant** 1:46:13

If I find it, I'll, I can show you, I tidied up recently and I put everything away. Oh,

**Interviewer** 1:46:28

That's all right.

**Participant** 1:46:30

Some other time.

**Interviewer** 1:46:40

Is there any other items? Or is the dance toy, the main thing that you like or need?

**Participant** 1:46:47

I don't really need anything else. I sometimes I'll go for a walk in the forest and stuff, but I don't really need anything with me. Always, always keep some kind of phone or torch so I can see in the dark if I'm going somewhere but that's about it. Really, I don't need anything else. I used to like glow sticks but made this toy, so I don't need glow sticks anymore. Dancing is my main interest when I'm tripping because it kind of puts me in a meditative state where I'm able to control my mind in different ways when I move, and it also helps burn off energy because acid gives you a shit tonne of energy.

**Q17. Interviewer** 1:47:42

I think you've answered that one. So, are there any other preparations that you make prior to taking a psychedelic that you might not have mentioned so far?

**Participant** 1:47:57

Not really, just clean house and make sure I've got important jobs as the main things is the last thing you need when you're tripping is messy house because all the dirt just becomes 3D and lifts off the floor and moves around the room and is also dangerous if you trip over stuff on the floor. So, make sure everything is clean and tidy. That's the only thing I do. Problem with now I have is heating because my house is absolutely massive and freezing cold. So, I have to make sure that I've got plenty of wood prepared ready for the heating so I don't have to chop wood while I'm while I'm wasted so I could just load the fire but your basic house maintenance things that I just make sure I have prepared. Lock my car keys away somewhere \*laughs\*. So, I don't let's go for a drive. Yeah, no, not a sensible thing to do.

**Q18. Interviewer** 1:48:56

So, what are you doing, normally, physically, when you're tripping on a psychedelic or having a psychedelic experience?

**Participant** 1:49:07

Usually either lying on my bed, watching my lighting stuff, and just going where my mind takes me or I'm dancing or having sex is the main three things that I like to do. Sex on acid is amazing. If you can find someone who also is on acid, it's incredible but it's not something I do very often because I don't have anyone to have sex with but normally, it's just what I might watch movies or watch visuals or music or dance or go to the forest or something like that, play with my dog. In the past, I mostly take acid in clubs. So, that was basically always just dancing I rarely do clubbing anymore. Don't need I've got my own club. There's no need to go out anymore. When I go out to clubs it's as always boring and horrible people music is shit so might as well just dance my own house.

**Q19. Interviewer** 1:50:25

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

**Participant** 1:50:31

I make sure my turn my phone off, because phone calls are really distracting, and can be really weird. If you've talked to someone on a phone when you're tripping. Wow, it's such a strange experience, you get all these weird time echoes and stuff. It's quite, quite, quite disturbing and also, I can't read my phone either. There's no point. So, I turn it off, make sure that somebody, one of my friends or something knows that I'm going to be tripping so that in 12 hours or so they can check on me and make sure that I'm not dead or something had accidentally killed myself in the kitchen by trying to cook dinner or something stupid, or set my house on fire or that kind of stuff. So, always make sure that someone knows, knows that I'm going to be doing it. Just as safety precautions.

**Interviewer** 1:51:20

Okay, so you actually, every time you trip, you let someone friend or somebody know that you'll be doing that.

**Participant** 1:51:27

I always tell someone so that, you know, there’s never been any issues ever, but you know, just in case, it's good to let someone know because I mostly trip alone. That, you know, if I did do something really stupid, and you know, fall down the stairs or something like that, break my leg and I can't get up then so good to have someone to come and check on me make sure that I'm okay. Haven't been any problem so far but it's always a good idea. If you haven't got a trip sitter or friend with you, it's always sensible to let someone know, especially if you're going to a really big trip, you're going to do a huge right 1000 microgram dose or something like that, it's things can get a little bit wild. It's always good for a backup plan.

**Q20. Interviewer** 1:52:26

Is there anything special you do after a psychedelic trip, or as well in the sort of near, after you've kind of come, had the main trip and you're like close to baseline and you're, you know, coming to the end?

**Participant** 1:52:40

Just relax and cuddle my dog and go to sleep. If sometimes it takes a while to go to sleep, so watch a few movies or something like that. Just because by that time, I'm pretty tired because of all you know if I’ve been dancing all day. It's nice to just relax without tripping anymore but you can't sleep. So, watch TV series or movie or something like that just to relax and chill and maybe think if there was anything specific in the trip that is triggered me to think about something maybe I had an idea in the trip that I'd like to work on. So, I might you know, go back, and think more about that idea that I've had while I've still got still got it in my memory, maybe take notes. If it was especially if it was an invention for something I might draw some picture or something to remind me when I wake up that I had this idea because sometimes you forget, especially when you once you've gone to sleep, you may or may not remember stuff as much detail. So, if it gets to the point where you can work a pen and paper is good to draw some notes if it's something you specifically want to remember. Most of the time I just chill and relax.

**Q21. Interviewer** 1:54:09

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

**Participant** 1:54:16

The most challenging moment I had was when I was swirling in a vortex of light and colour and just thought I was dead and I had a soft toy, which was a soft toy dog and I was cuddling this dog and it helped me connect more to reality because I was because I was losing everything. The whole room I was in the people I was with they were not there anymore. My body wasn't there anymore. I couldn't. I had no connection to anything. I was completely out of body, but I could still feel this dog and it helped me not feel alone in a way. So, I have loads of Teddy's everywhere, I am a 40-year-old with massive teddy bears all over the place. They're fun to play with when you're tripping. So, I was always do that if I'm feeling a little bit worried about something, if I'm especially if I'm on my own, and there's no one there to help me to talk to, it's nice to either be with my dog or be with these teddy bears as a way of grounding myself. Sometimes you get stuck in thought loops, which can be really annoying. So, I've kind of trained myself to snap out of these loops a little bit, can't really describe how I do it, because it's different every time depending on what I'm doing what the thought loop is, but quite often helps to change environment. So, if I'm in the bedroom, I'll move to the living room or to the club or maybe even to the gym, sometimes it's fun going to the gym on acid but, you know, I don't really have negative thought loops much anymore. I had an experience in a club, which was quite interesting, I took, I didn't have any acid left. So, I scraped the label off the side of a bottle, which obviously had some drip down and soak into the label on the bottle, didn't know how much it was. So, I scraped it off and at 15 minutes, I was completely fucked in a club with 2000 people and I just, I had no idea where I was for five hours, I was unable to control my body or anything, I just could stand there and just like a zombie, in my mind, I was in my house and all these people were in my house. So, what the fuck are you doing in my house, eventually, I started to remember I had arms and legs and then basically, I put all of my power into dancing. Dancing is how I control trips. It's a way of focusing, the amount of energy and power you get from acid is quite overwhelming, sometimes especially on a massive dose and that energy has to go somewhere. If it doesn't go into movement, it will go into thoughts that you don't want to have. So, trying to move is very important, I think when you're in a state of anxiety, because it gives you a chance to burn off that extra energy. So, that's one of the reasons I invented this toy this dance toy is because it makes dancing fucking amazing. So, I always, if I'm feeling a little bit awkward, and there's some things I'm thinking about, I don't want to think about I just focus on dancing, and it gives me some more control over my mind and eventually, you know, enables me to calm down a little bit and focus on other things I want to think about instead of this negative things. So, especially in a club, where you've got loads of people, you really paranoid about being arrested, and all these other things, you know, because you're doing something totally illegal, you don't know, if you're going to get taken to prison or whatever else. So, there's a lot of fear, based around the it being illegal, which is the major negative aspect of it is the fact that it's illegal. If you get caught, you can seriously fuck up your life. Not because you're doing anything bad, really, but because society thinks it's bad. So, these, these negative aspects of the fear of doing it in public, can cause a lot of problems with the paranoia. So, that's why I always focus on visuals and dancing and try and burn off the energy. So, I don't think too much about those things.

**Interviewer** 1:58:59

You were saying before, currently your interest in it is to go deep and find out about the structure of the mind and the universe and things like this. Is that process more of an internal sort of being still going into the mind aspect of it? Or are you doing that even when you're dancing? Is that part of how you explore this? Or are they somewhat separate?

**Participant** 1:59:27

It's a new thing I'm trying to do now. So, I'm not quite sure how I'm going to approach it. The plan is to each month take a bigger and bigger dose each time to test basically what effect it has 100 microgram, 200 microgram 300 400 500 600 up to whatever it goes to eventually and see Is there a limit? For me Is there a maximum dose that beyond that? Nothing more interesting happens. At what point does it get where I am able to have that expanded consciousness beyond the house beyond the planet? What point does it become universal consciousness? And at that point is try to access information about how the body is constructed because the body is a hologram within the mind. So, you're able to manipulate your holographic body in that state. Is possible to fix problems, or is it not possible to fix problems? Is there some method you can use to regrow nerve tissue like a lot of people say on Ayahuasca, you can do that. They've tried it on Ayahuasca or LSD, but I'm curious now to see if it's possible or not but because I've got no one to ask how to do it, I have to figure it out myself. So, that's part of the experiment is to see if there's a way to access knowledge about how to rebuild the hologram here.

**Interviewer** 2:01:06

And is a big focus of that fix the hearing on your right ear?

**Participant** 2:01:12

Yeah, like I said it was. It's a pretty horrible thing to, to deal with to lose, you know, half of your function of something that you love, I love music. So, music sounds really weird to me now. No, doctors can help me everyone said, it's dead. Nothing we can do and I don't listen to doctors anymore because they told me that I'd be in pain for my whole life but going vegan fixed that and so I'm wondering you know, if they're wrong about that, are they wrong about my hearing as well. So, I'm now going to experiment and see if it's possible or not, I believe it is possible. So, it's one of those things that you just don't know, until you try. So, I don't know how I'm going to approach it, I'm probably just going to lie on my bed and relax, just have you know, chill out music and some gentle lighting just to keep the environment in a nice way and then see if there's ways I can access information or not but it's kind of a trial and error thing, you know, is this going to work? Is this going to work? I haven't really got a structured plan of how it's going to work. I'm just going to try different things and visualise nerve regrowth and stuff like that. Yeah, it'd be interesting project, then I don't know what, what it will show me but I've never done it in a in a specific structured way before, you know, testing certain doses and specific amounts of meditation and stuff during trips, I've never tried to do anything specific. I just usually go with the flow and just have fun and go where the acid takes me and then experience time and space and stuff, but never really gone with a specific intention. That's was quite so focused on doing one thing. So, we'll see what happens. I will let you know if it works.

**Interviewer** 2:03:18

Yeah, well, that sounds interesting. You should definitely, I think, be systematic about like writing down the things that you tried and how they whether they worked or not, because that would be at some point, you know, if you get to a point where you heal your hearing that would be useful information for people who will be like, a person was able to do it, and here's the notes about the process and then there might be something, you know, that's, that's an area for someone else and research might be like that might be useful, because repatterning of neural connections for, you know, fixing certain issues with hearing.

**Participant** 2:03:56

There's lots of research now about neurogenesis on psilocybin and other things. So, it definitely sounds like it's plausible, that it's possible to do this but obviously, I don't know anyone that has these skills. You know, maybe I can find a shaman in Peru that says, Yeah, I can fix your hearing and then we spend three months in a jungle, drinking Ayahuasca every day, but I don't know if that's really what I need to do or not. So, I'd like to try it myself first and if I don't have any success, then speak to someone who might know more than me, but I like to learn stuff myself, rather than rely on someone to teach me because the thing with psychedelics is. It's hard to teach someone because it's all in your head, what you experience is unique to you. So, you can have as much experience as you like, but you're not in someone's head. So, you know, having a therapist there, talking to someone through a psilocybin trip or something like that they're starting to do now. They can help you, guide you a little bit and, you know, but they can never be in your perspective, they never see what you see, it doesn't matter how many electrodes, they stick on your head and how many MRI scans, whatever they do, they can only know so much. So, you really are on your own in psychedelics, anyway.

**Interviewer** 2:04:38

Well your brains got something like 100 billion neurons plus other cells and each of those have, I think, on average, like 1000 or so connection. So, you're looking at a trillion synaptic connections all sort of firing in a very complex temporal pattern and all the different systems talking to each other and yeah, it's not, you have to be it to experience it of course. The MRIs and brain scans, you know, they're very crude, measures of brain activity like that's, you know, if you're talking about even just small regions of the brain, you're talking about hundreds of millions of even billions of connections all simultaneously doing something, and they matter like the individual connections and how they talk to each other those matter. That's what creates it. So, we're not there yet but maybe someday we'll have very precise neuroscience that's like, you know, maps your entire brain structure. Down to, you know.

**Participant** 2:06:35

One day, we're getting there. Technologies expanding very quickly. So, who knows, in the next 10 years. If enough people take more LSD. Invent all these new toys. Come on, I can't be the only one inventing toys, we need more.

**Q22. Interviewer** 2:06:54

Could you describe any type of integration or self-reflective reflective practices that you engage in to make sense of your psychedelic experiences? if you engage in things that you would classify as such.

**Participant** 2:07:14

The time control aspect is great, I love being able to go back through your whole life and see your future life and see the experiences again and then when you come back out of the trip, you can reflect on what you saw, what you experienced from your position now, rather than when you have an experience at six years old, you have an experience of a six year old, but if you go back to that experience, as a 40 year old, you have a totally different mind now to how you were then and so you can see these things in a different light and it definitely helps. If you I kind of I sometimes draw timelines and stuff and analyse what happened in my life at certain times that guided me to where I am now and I can trace things back to when I was six years old that if I didn't do that, when I was six years old, I wouldn't be where I am now and I make these connections and it helps me to, to see the whole picture of my life as to why I'm doing this, why this happened to me, and how I can use this information to make the rest of my life more interesting. So, having these time travel events is one of those things that when you're doing it in the trip is hard to focus on, on what's happening but when you come out of the trip in and you go back and you remember these events, and put the pieces of a puzzle together kind of you work out what these things have taught you and how they've guided you and all these things, and how it's helped you become a better person, or how it's helped you learn something, how it's helped your family or how all these different benefits it has. It's nice to see in the trip everything happening, but then come out of the trip and then analyse it in a way you know in a scientific way like go back and say I like this experience, you know, was the key reason why I'm happy now like this thing that this decision that I made. There's been so many points in my life has been a decision one way or another way and I always chose the craziest path like when I was 16. I moved to America on my own I went to high school there for year, just for fun, and the connections I made there totally changed everything. If I hadn't have done that, then, you know, I wouldn't have been where I am now. So, when you when you trip and you can go back to these experiences and analyse them, it helps you be more confident in the fact that these decisions were what you needed to do at the time and sometimes you made decisions and they're not quite right for you at the time you have a bad experience from the decision you made but when you look at it from the complete perspective, then you see, okay, this wasn't a good experience at the time but now that I know, what that experience guided me towards I realised that I should have done that, at that point, even though it was stupid. So, it helps you in a way to deal with these experiences in a way that, it's difficult to explain all these things. It helps you to get focus basically on how you feel during a time where something important has happened, where specifically when it's a bad thing has happened but now you go back to it, analyse it, you feel it's okay, now I can accept what happened to me, I accept, this thing I did was bad, or this experience I had was bad, but it's not actually bad now, because I've learned from that mistake, I've become a better person because of it and you can then build all these things into your future life and it just helps. It helps you in a way as a guide of how to become better, more yourself, rather than what society wants you to be.

**Interviewer** 2:12:14

Is it your experiences, reflecting and using psychedelics and going through these sorts of self-reflective and going through your timeline and re-experiencing old memories. You talk about it as an increased level of say self-acceptance, and also of it seems of an acceptance of prior experiences and you can see how they've led to where you are, is, is there a sense now that any experiences you have, even if in the moment, they seem bad. That that has maybe like it's leading to something else later on, I guess, this sort of ability to accept the present as well.

**Participant** 2:13:07

I don't try to control things so much now. I basically, I'm more of an intuitive person now. When I found this place, so I at the time, I had no money. I just been made homeless. I had no thoughts of buying a massive house and building a hotel. This is just not part of my current thoughts. I was just thinking of how to recover from what happened previously but something in my mind told me go and look. Go and look at some websites for houses. I was like there was not much point, but I trust my intuition. So, I went on a website and I looked for some properties and I saw this place and I was like No way. This place is amazing. Like this is okay, let's go and look at the house. So, I had no money no way of buying it. no possibility of mortgage nothing. I went to look at the house and it was completely fucked. Like completely it needs so much work. It was ridiculous but I was like I need this house, this is the house I've been dreaming of for my whole life, but I had no money, no way of buying it and so I was like, I have to stop them from selling it. So, I managed to find a tiny bit of money for a deposit and as I can I pay a deposit you take it off the market and in two months, pay the bill. Not knowing how to pay the bill. I was like fuck it I'm going to do it anyway, because even if I lost the deposit, it wasn't a huge amount of money was like it was like 300 pounds or something. It was nothing. So, I wasn't scared to lose the deposit money. If I couldn't go through with the purchase. So, I reserved the house, and then told my sister found this amazing house. It's 20,000 pounds. She's like, What? How have you found a house for 20,000 pounds and I was like I did it's fucking amazing and I need this house and she's like okay, I'll buy it for you. So, my sister bought the house for me because it was, it was relatively small amount of money compared to buying a house in England. So, she helped, she gave me the money to buy the house. I had no money to fix the house or anything but I had it and it was mine and it just sat there for six months not doing anything, couldn't do anything with it and then, I had all these plans of what I was going to do with it, but it wasn't till I did another trip and I managed to construct the entire place in my mind and I knew exactly what I was going to build and then all the pieces just fell into place and all this money started appearing that I had no way of making and all of a sudden, I'm living in this house, and it's almost finished and it's my dream house and if I hadn't followed my intuition at that point to look on that property site, I never would have found it and I wouldn't be here now. So, it teaches me to not worry about how I'm going to do something, I worry about what I'm going to do, and I let the how I'm going to do it figure itself out. My subconscious works on the how I work on what I want. My subconscious works on how to get it and it seems to just get it now, without me trying too hard. You know, some people call it a law of attraction and stuff. There's lots of different ways of analysing how these things work but now I just trust, I trust myself by if I want something, I figure out how I'm going to do it, I plan things in a bit more detail but I don't focus too much on the end result I focus on each day. Just do what I can do this day to help towards my future goals, but I don't plan too much detail of everything of you know, I used to try to plan everything to the last possible detail for years in advance but then then something will go wrong. Other things will go wrong, and things just wouldn't work properly. So, now I'm more relaxed about everything, you know, I know I'm okay, I've got I've got an amazing house, I've got food on the table, I don't have to worry about anything. So, I can relax and just go with the flow now. So, it puts me more. The interesting thing about time is all the construction of mind. Though we don't, we experience time, but time doesn't really exist. Everything that exists is only now and we move from parallel dimensions, which gives us an experience of time but what's important is what you do now in your conscious waking state. What you do next month, it doesn't really matter what you're going to do next month, you do what you do today tomorrow you do what you do that day and next day you do that we do that day as long as you've got some image in your mind of where you want to be. Doesn't matter exactly what you do each day to get there long as you're doing something towards getting there. Most people have a dream I want to do this but they don't do anything about it each day so they never get their dream so I just make sure that every day I do something that helps towards where I want to be so maybe something very simple like just do one little job in the house or do some work to make some more money to pay someone else to do the work on the house. I don't worry anymore though. I've been homeless twice, it teaches you that you can survive without anything and you lose fear. Because people live in the state of fear too much and they're worried about if I lose my job I'm screwed it's going to destroy my life and then they lose the job because Coronavirus destroyed their business and they're completely fucked and they they're terrified that they're not going to be able to do what they want but I don't have that fear anymore because I know it's not that bad. You lose everything it's possible to come back from this. It's not the end of everything. So, don't worry about the future anymore. Don't worry about what happened to me in the past live each day now, do what I want and be happy.

**Q23. Interviewer** 2:20:06

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

**Participant** 2:20:20

There is a little bit of an afterglow I feel a bit more warm and happy about the future. I do LSD roughly once a month gives me time then to work on what I experienced, and make changes in my life that the acid shows me that I need to change or anything like that but it's not, there's not many major physical feelings or anything like that, I just feel a little bit happier and warmer and it does definitely affect my creativity a little bit more, my ideas come more easily, you know, in the week or so after tripping. That's what I like the most about is the creative side of things because it gives me the ability to see and experience what's in my head, not just see it in a vision, but actually experience it, which makes it more real and then I use my skills to actually make it real. So, I'll do a trip, and then the next couple of weeks I'll work on those things that I've seen to, to actually make them actually happen. There's no point having dreams if you don't actually build them.

**Interviewer** 2:21:54

No, well, then they're just cathedrals in the mind.

**Participant** 2:21:58

Yeah. So, I like to actually make what I see and that takes time. So, that's another reason to not do it all the time because constantly doing it, then you're going to constantly be thinking of too many new things, and you don't have the time to actually make the new things and if you do it too often it doesn't work anyway. So, I learned that after doing it too much, it just the stops working. So, once every four weeks is going to maximum. Really, otherwise, unless you've got unlimited amounts of it, then yeah, okay, you can do it more regularly than that just take more, but I don't have unlimited supplies. So, it's better to take it once a month and just use it in a more structured way to create what you see.

**Interviewer** 2:22:47

And how long has it been this sort of once a month pattern.

**Participant** 2:22:53

It's recently has not been very regularly because I haven't had enough supplies to do it that regularly. So, it's kind of a bit more scattered now. Or when I have it, I do it but when I don't have it, I don't do it. It's been less regular since I left England because it's harder, it's harder to find it now, I had regular supplies when I worked in the industry, it was a no problem to have as much as I want, but now it's harder. So, I just I do it less often, but I try to make better use of it when I do it, so I don’t waste it. I'm trying to get enough to do this experiment. It's going to be, it's going to be a lot. When you're doing one, two and three is okay, when you start getting five to six, seven each time it starts get expensive.

**Q25. Interviewer** 2:24:03

What do you think is the core psychedelic experience? And that's more personally based so for you what's the what's the core aspects of or psychedelic experience for you?

**Participant** 2:24:17

The most important for me is the out of body experience leaving the physical reality completely and just totally free to travel anywhere in the universe is the most insane thing but when you experience it, it's like wow, okay. This is what we are. We are amazing. We have this ability to do anything, travel anywhere and we're locked in this body all the time without this. Most people don't even know they have this power and LSD gives you that information that you are more than what you think you are and to have that experience, even just once, where yourself is completely dissolved, where ego death or whatever they call it but It's, that is the key experience for me that made me completely fall in love with LSD, because nothing else I ever had had that effect of basically making me a universe, an entire fucking universe. You know, you live your whole life in this body with just what you can see and touch and hear and it's such a limiting place to be and unless you're some monk who's trained for years and years in meditation that you can get to this state of mind, without help to have a shortcut that shows you this as possible, Is such an eye opening experience that, you know, that's, the main reason why I like it so much. It gives you the experience of being a god. Even if it's only temporary.

**Interviewer** 2:26:16

Is that something you commonly experience when using psychedelics? Or is that maybe limited to the higher dosages? Like how often are you having that?

**Participant** 2:26:24

I don't normally take enough. Yeah, I've only maybe had it about six or seven times where I've taken enough to get to that point. I've only had one major trip where I was the entire universe, but that was on that time I spilt it on my hand and drunk the bottle. I drunk bottles quite regularly but the trouble is that you never know exactly how much it is, so it's hard to guess what the dosage is but, you know, as well, another reason why I do the experiment is to see what dose causes what level of consciousness expansion. So, you know, I guess you know, it's definitely less than 10 times I've had that full out of body experience. Most of the time is just smaller doses, like 200 300 micrograms but when it gets the 600 700, it starts getting really interesting.

**Interviewer** 2:27:28

So, on the on the more common dosage of the two to 300. What, what would you say is the most common experiences you're having then? Or the, because you describe the most important, or potentially the most, the core aspect Is this sort of out of body experience my mind expansion becoming God or the universe, but you've only had that a few times, but you've used it many more times. So, I would assume there's something there that attracts you to it. That isn't this whole thing but there are other aspects that are also important.

**Participant** 2:28:04

Yeah on the lower doses It gives me all the creative ideas, I still get some time aspects. I'm not completely out of my body, but my mind is able to travel but I'm still aware of my body at that point. I've had trips out in public, where I've gone through the evolution of my genome, like from beginning of life on earth, all the way through billions of years of evolution to the point I am now and this was a conscious experience that I had while walking around Kew Gardens in London. So, time travel aspects work on lower doses, where you're where your mind is able to wander to different places, but you're still in control of your body, you can still walk around and dance and see the world but if you close your eyes, you can see other places too. That's the most common experience that I have. Most of the time, I'll just dance around and or walk around in nature and just experience whatever feelings and emotions come to me at the time. Quite often, it's just a case of relaxing and letting the acid take you on its own mission where it wants to show you stuff rather than try and go anywhere specific. So, and at those doses it really boosts the creativity side of things. You know, I have all my ideas at those levels. When in the higher doses I don't have any. I'm not thinking of ideas and things like that. I'm just focusing on the fact that holy shit, I'm like, I'm totally fucked here right now I'm out of my body. I'm on this adventure in the universe and I don't know what the hell's going on in my actual body. So, those experiences are kind of scary in a way because you, there's always that little bit of anxiety in the back of my mind is that have I gone too far this time? Is this the time that I lose my mind and go crazy? I never do, I always come back but it is always that little thought in the back of my head when those huge doses Is this the day I've done too much? So, it's fun to do them occasionally but it's not nice to have that experience all the time. So, I like the smaller doses where it's more beneficial to my life in general, like having those mind bending experiences where you become a universe is fucking amazing but I don't need that all the time, I've had that a few times, it's not something I feel the need to go and experience multiple times. Having the smaller doses means that I'm more in control of everything. So, I'm able to use it in a more structured way I can think about where I want to go, rather than just be on a rollercoaster ride through hell, it gives me the ability to choose where I want to be and experience what I want to see and things like that and use it for the ideas for new inventions and stuff like that.

**Interviewer** 2:31:28

On the time travel aspect is this thoughts mostly, or is there a lot of visual content that comes along with this is it like sort of an internal movie going on, so to speak?

**Participant** 2:31:43

It's kind of like a movie, yeah. You, you can have some physical sensations of being in these experiences again but quite often, it's more of an observer, you're not there actually interacting in these in these timelines, but you're there witnessing the timelines again, It's like, you're going back in memory, and reliving an experience from external perspectives. So, you can see the scene from outside yourself rather than in your brain in the memory because if you go back in your memory, you go back and you experience it from your point of view from that time, but if you go back on acid, sometimes you were able to be out of your body and witness your own self interacting in that environment. So, it gives you the ability to have that experience again but from a different point of view, which is not your own. As you are when you're six years old, or 10 years old, you see that from your view now from your however old you are now when you go back and see that experience, so you see it from all your life experience, included. Whereas if you go back in a trip where maybe you're under hypnosis or something and you go back to a past memory, you relive that from the point of view of yourself at that time, and not from yourself now. So, that's kind of how I describe it a little bit. It's hard to talk about time travel in a way because this defining the language to describe it is quite difficult. I've spent 20 years trying to decode these trips into language that people can understand.

**Interviewer** 2:33:30

I think you're doing a good job.

**Participant** 2:33:30

Use a lot of metaphors and stuff. You know, when I talk about the universe being the lucid dream, people that don't understand what that means, but it's not a lucid dream, but it's a metaphor to describe kind how it feels in a way. Your true self exists outside of space time and this space time construct is in your mind. It's not, we're not you're not really asleep dreaming, because you don't really exist. You're mathematical construct, which creates a hologram experience. So, this experience now is, in a way a simulation and matrix if you want to use those analogies. You know, when you say we're in a simulation, people think about video game but so we're in some kind of computer. So, it's not like that it's not a computer somewhere that's simulating earth It's just that it's just a way of trying to get people to use their current experience of life. You know because people understand games. So, when you talk about life as being a video game, they can relate to it a little bit more and it's helped some people to understand a little bit about how it works, but then they take it too literally and then they will say oh well it's just a computer game. No, not really. It's just a way of, you know, describing it but

**Interviewer** 2:35:05

it's a metaphor.

**Participant** 2:35:06

Yeah. It's a complicated metaphor, but it definitely is my, my best way of describing it is a game simulation where we're basically controlling our character, this body that I have now is a character that I've created in my mind, that is playing out this life as me, in order for me to gain experience and knowledge to grow as a mind and when this body dies, I'll build another body and go have a different experience somewhere else and again, and again over eternity, and I've existed forever and can't ever die. So, here each experience gives a little bit more experience to the hive mind to the global, universal consciousness, God consciousness, whatever you want to call it. Each person contributes towards this hive mind, all of our experiences over billions of years of, you know, basically, your consciousness evolution really, in the beginning, it was unconscious mind, the universe was unconscious, and we're now becoming self-aware and now we're becoming self-aware, we can take consciousness to the next level and higher and higher until we become ultimate consciousness but this is a process it can't happen instantly. It needs experience and learning.

**Interviewer** 2:36:44

I would wonder, from your description of sort of the God consciousness or the consciousness that exists out of space and time, if, from if that if you can say from that perspective, that all permutations or manifestations of any form of reality must have happened already from its perspective, because, if you, like time, in some sense, you know, if times a loop, if times linear, whatever, like, It all happened simultaneously for it. So, in some sense, you pop into it as a human being, and are aware of, or experience time in a linear fashion, but from the perspective of a global consciousness, outside of time and space mind, it's like, the story is already written and all the stories are already written by the idea that consciousness evolves, it already has evolved.

**Participant** 2:37:49

Yeah, going through the timelines of my life is really cool to see all these experiences and realise that there was something guiding me that I was not consciously aware of, it was my subconscious guiding me and when you realise that, we have freewill to an extent, but this freewill is actually controlled externally not by your conscious mind, your freewill is controlled by your subconscious. So, although you know people say I have the free will, I can drop this and smash this whenever I want, or whatever but when you do scans of the brain, you see the brain activates before you are consciously aware that you're going to do something, this signal comes from somewhere else, it comes from your higher mind, not your conscious mind and your conscious mind is created by your subconscious and your higher mind and so in a way, you have some control over what you do but in the grand scheme of things, you are kind of following your subconscious plan. You can give your subconscious more hints about things that you'd like to do but you don't really control your subconscious. Most of the time, unless you take psychedelics, you don't have access to your subconscious very easily, unless you're very good at meditation and the other ways of accessing it that are not drug related but once you have access through drugs, it gives you a lot more freedom to control what timelines you want to go into. I find it's a very freeing experience because you no longer a robot drone being led through your life, you can actually have more control over what you do by accessing your subconscious, which most people don't do.

**Interviewer** 2:39:57

Well, if they don't do it, it's all part of the plan anyway, I guess.

**Participant** 2:40:01

Exactly, some people are not ready for this information, this information will be scary to a lot of people. When I talk about this to the people who are not in the psychedelic community, they think I'm absolutely crazy. So

**Interviewer** 2:40:13

I think it's definitely understandable from people who haven't had experiences that might tend to allow one to accept such ideas or are not super philosophically or deeply spiritual or even, maybe even I think, deep physics might give Inklings towards people about thinking about things like this, but people haven't considered that it can be very paradigm shattering maybe, like it doesn't fit in the model of how they see the world.

**Participant** 2:40:47

It is so many people are trapped by religion, that when you say that you're God, you've had an experience of being God, they're like, impossible. It is possible, lots of people have this experience, but then they think you're some kind of devil or something. One of the biggest problems with the world is religion. It's done so much damage to people's minds. I think all people should be allowed to experience what it is like to be a god. Like, then you'll realise that these crazy religions are really damaging to people's entire lives, I mean people. Many people die, because of fighting from one religion against another. Yeah, how many people don't live their lives the way they want to live because they're shamed by their religion, how many, you know, especially gay people, most religions think we're absolute demons. So, it has done so much damage to millions of millions of people and psychedelics are the cure. That's reason why they're illegal.

**Q26. Interviewer** 2:42:08

Can you describe your most challenging or negative psychedelic experience?

**Participant** 2:42:16

The most challenging one was when I first had that massive trip where I spilt it on my hand, and I thought I was dying because it was the first time anything, before then I'd had a one or two trips about 200 micrograms was like the biggest dose I'd ever had and so having that massive kick was just like, holy shit, I'm dead. I literally just killed myself, I had no concept of the room I was in or anything, the people I was with, it was all gone. I was just in a swirling light vortex. Spiralling down into what I assumed was hell or something. It was complete fear, 100% fear. I thought, you know, this is it, I'm dead. There's no coming back from this and then it was, I don't know, I was maybe in this state for five, six hours, it was horrible. It felt like eternity, there was no concept of time, time didn't exist at all, but it was so much information, just unloading into my brain about how the universe worked and eventually, I managed to learn to speak again, and move my body around a little bit. I just kept running around the house, ripped off all my clothes and threw my stuff everywhere and just shouted it's just an idea, it’s just an idea basically trying to convey what I was thinking that this entire universe is in the mind. There's no such thing as physical reality. This trip was telling me this, it was trying to show me the structure of the universe and It was just so much overload of information that I just couldn't deal with it and it was terrifying. I don't think anyone should have this experience unplanned. Like if you're going to take that amount of acid, you should know what you're getting yourself into, don't do it accidentally \*both laugh\*. So, eventually, I started to regain some ideas of structure and I was able to move between parallel universes and realise that our experience of time is basically we're just moving through different planes of reality, different parallel universes, their movement through those universes, is what gives us the illusion of time. All these places already exist. So, I started to go backwards and forwards through these parallel universes and experience time travel and after a few hours of being absolutely terrified to death, then I started to get some structure and learn more about it, but those first few hours was absolute hell. Yeah, when you think you're dead you know you've done too many drugs. I've never done DMT and Ayahuasca, but people say you have similar feelings of dying when you're on those. What did you think of Ayahuasca? Did you feel like It was some kind of death experience? A lot of people report it when smoking DMT, but I haven't read much about Ayahuasca.

**Interviewer** 2:45:44

No, I don't think I've ever had enough that I would feel as if I'm dying and yeah, I have, at least I haven't I haven't had, I haven't had an experience where I was like, Oh, this is this is a this is where I'm dead or going to die but also, it's potentially the Ayahuasca that I've used, I don't think has necessarily very high amounts of DMT in it. I'm not 100% sure on this, but either my brain chemistry is unable to have highly visual experiences, which I doubt, I think, potentially, what's more likely is that I have more heavier Ayahuasca in terms of the vine, like the banisteriopsis Caapi, rather than a lot of chacruna DMT content. So, my experiences with it haven't been super visual, and but have been very thought focused. So, they're psychedelic, there's definitely psychedelic to it. It's just like, it's very transparent, like, not low res how to how to say sort of non-intense visuals to describe it.

**Participant** 2:47:05

It doesn't get much more intense than the entire world disappearing, and you float around in the universe. That's about as far as it goes, I think I don't know, I don't know how much for more fucked you can get.

**Interviewer** 2:47:17

Yeah, I've always found with the use of Ayahuasca is it is very hard to actually get out of your body personally, because there's a lot of physical sensations that are going on that that come along with it and so it just makes it very hard to get into a state where you can wander off, let's say and go into the spaces there's always for me, it's there's always pains that are coming up. Sometimes it's you know, you might be that you feel like you need to vomit, or you got to go toilet. Or there's just, you just feel uncomfortable. There's like a pain in the tummy somewhere and you got to move around, or you just feel different aches and pains in different areas. This is for me personally, so I don't know. It's very difficult for me to have a moment where I can just sort of lie there peacefully without my body being like, hey, hey, hey, hey, you can feel me You feel me You feel me. So, but I don't know if that's just the particular Ayahuasca that I use.

**Participant** 2:48:24

Problem with Ayahuasca is when you if you're in the middle of a jungle, you have no idea what doses you're actually getting, because I'm a more of a scientist, I want to know how much I'm taking of something. So some random brew made it a pot in the jungle, you don't know what you got.

**Interviewer** 2:48:40

\*laughs\* Well, that's part of the adventure.

**Participant** 2:48:42

Yeah, but from a scientist point of view, it's too random for me to know. I want to know, I'm taking this many milligrams or this much harmala or whatever, combination, so I'd much rather make it and to know, okay, we're going to have 100 milligrams DMT and 50, milligrams harmala and what does that do? Okay, I'm going to take 200, DMT, 150, or harmala, what does that do? And test all the different combinations possible to see you know what has the most beneficial effect. You know, is it better to have low harmala and high DMT or low DMT High Harmala? Who knows?

**Interviewer** 2:49:24

And it's probably dependent on you personally, as well as your own biochemistry.

**Participant** 2:49:29

And also I think your prior experience of other psychedelics might influence your ability to control the trips. If you've already learned how to control it on LSD, maybe it's easier than to use the Ayahuasca in a more structured way, rather than just be on a roller coaster like some people seem to be on.

**Interviewer** 2:49:52

Well, that's, people talk about that is, especially in the clinical stuff is like this idea of letting go and of not trying to control the experience. I understand that and I think one of the difficulties with that, that idea is that if you have letting go is okay in situations where you're in a safe environment, and even potentially you have people around you who are keeping an eye on everything, so you can let go but, it's very hard to be both the, if you're doing it by yourself, the person who lets go, and the person who's keeping yourself, you know, giving you a sense of safety and ability to let go at the same time, it's like, well, the whole you know, you can't exactly just let go, because we'll who's going to look after this bit? So is it going to be a high level of like, trust and expectation, it's going to be fine.

**Participant** 2:50:59

And the problem with Ayahuasca, with the purging and the potential diarrhoea and stuff, you can get really messy if you're on your own. It's definitely something that would need, at least as a sitter or someone there to hold the bucket.

**Q27. Interviewer** 2:51:15

Yeah, yeah. So, that's. Yeah, from my experiences, it's been very difficult to have one, an intensive enough experience where it feels like you know, you kind of you're moving changing realities. For me, it's always been I'm in reality, but I'm definitely on a different wavelength. My thought processes are certainly significantly altered, and how I think about things has changed and different ideas come in and certainly my emotions, and my experiences like that change, and my sensations in my body have changed a lot but it's, yeah. Personally, very difficult to escape the body during those because the body is just becomes even more emphasised than normal, not less. I don't know if this this is this, you'd answer this with the same experience, but because I have them both, like can you describe your most memorable or life changing psychedelic experience? For me I imagine it's the similar one.

**Participant** 2:52:21

Yeah, that was the biggest change in my life, because it's the first time I actually experienced the time travel aspect and the God consciousness aspect of it, which are the two most important parts of it for me. So, yeah, that's definitely the, the most important experience. I had many other ones. I mean, one of the coolest ones where I time travelled through my DNA development over billions of years. That was really cool. When you realise you're immortal, and you've existed forever, then you've got no fear of death anymore, which totally changes your view on life. You know, eventually this body will give up and so what? okay, I get another one, start a new life somewhere else. Yeah. It'd be nice if it was easier to retain the memories of the other lives but it would also be quite awkward if you had all your memories from 10,000 previous lives all in your head at the same time we have enough to deal with, with conscious thoughts of this life. So, in a way, it's nice to have access to it occasionally, but not all the time. Which is why I like the fact that you take LSD and you can go back in these experiences, live them again and remember what you know, when you know, you know, everything already. It's just a case of experiencing it and like, we're here for feeling, there's a reason we have a body with senses, because we are here to feel stuff. It's a different experience, knowing something in your mind and feeling it in reality. Your brain creates your body in order to feel and to explore, be really boring if all you did was exist and knew everything all the time. Like you had no, no physical experience of anything.

**Interviewer** 2:54:14

Well, that's God consciousness isn't?

**Participant** 2:54:16

Yeah, it's kind of boring. Like, I don't know if I want to stay in the God consciousness all the time. Like, what would you do? Like everything? What's the point, there's no fun in that.

**Interviewer** 2:54:29

Obviously, not because here you are.

**Participant** 2:54:32

Because here I am, yeah. Some people say, Oh, I want to stay in that state of mind. If you wanted to stay in that state, of mind you would, but you don't you keep making new bodies all the time. So, you obviously you may like that experience for a short period of time, but not forever. It's nice to change and do other things. It'd be the same as lying in a bed. Forever for your entire life. Not doing anything. not moving. Just thinking about stuff. It's a bit boring. Like I want to actually do stuff.

**Interviewer** 2:55:06

Arguably that could be the, you know, metaphorically what's going on right now. You know, this is, as you said a lucid dream.

**Participant** 2:55:14

Yeah, I may well be asleep somewhere and thinking about this in a dream, yeah. Who knows really? We can think of these ideas, and we can discuss these ideas, but no one really knows what happens when you die or anything, you know, you can think you know, and you can have all these ideas and experiences of what it's like, but you know, you don't really know. So, you can only make ideas about it. I've been watching a show on Netflix called surviving death it's really interesting about near-death experiences and they will basically describe DMT every single one of them describe DMT. I read the spirit molecule, and all of them there, they will describe near death experiences as being the same as DMT. So, it kind of shows me that, you know, this world we go to, is the world. What happens when you die. So, that's why I believe that what you see when you're tripping is more like what it's like when you die and then you choose another body. When you when this one doesn't work to come back to you go into the next one.

**Interviewer** 2:56:25

But we don't know, I guess so. Yeah, it all could just be story.

**Participant** 2:56:29

People will say, Oh, you can't prove it. I know I can't prove it. I can't prove anything. I can't prove anything I ever say but it happened to me. I had this experience and I tell you what this experience was, whether you believe it or not, is completely up to you. Like I can only describe in the best language I have what happened to me and if you want to believe it, great. If you don't want to believe it, I don't care. Like, you know, if you want to use the information that I've given you and it helps you in your life to make your life better then awesome. If you think I'm crazy, I don't care. Okay, I'm crazy. Bye. I don't need to talk to you about this anymore. So, yeah, I don't care if people think I'm mad. I probably am. Maybe I've done too many drugs now and that's it, I'm just completely crazy and everything I say is all some wild fantasy in my head.

**Interviewer** 2:57:22

Well, I definitely find people who would say that for sure. That you like not to be unfair, but that you know, the types of things you're talking about here are exactly what would fall into a category of crazy person did way too many drugs and now believes in God consciousness.

**Participant** 2:57:43

I read the DSM for fun and so what mental disorder do I have today? and I'll look up something you know, yep, got those symptoms, those symptoms, those symptoms of Yeah, okay, I have this disorder, or this disorder it's funny. I don't care what people think if you think I'm mad, okay, I'm mad. I have fun. I love my life. So, if people think it's crazy that I have a fun life, then okay. You continue your shitty job doing everything you hate and hating everything in your life and I'll just continue having fun. Okay.

**Interviewer** 2:58:17

Joke's on them.

**Participant** 2:58:19

Exactly.

**Q28. Interviewer** 2:58:21

So, I think this is kind of redundant question, but I'll ask it just to get your clarification, but do you think you have ever experienced ego death?

**Participant** 2:58:35

Yeah, definitely. That was the time where I was, I became God was the first time I had it, but it's been a few times since then, as well, where I've been out of my body. I hate the term ego death it's terrible. The ego doesn't die. Your ego can't die, until you die. It's just a temporary break from your ego.

**Interviewer** 2:59:00

Ego holiday maybe?

**Participant** 2:59:01

Yeah, ego holiday is good. Dissolving your ego temporarily or something like that. Oh, I want to kill my ego. No, you don't because then you wouldn't exist. So, don't kill your ego. You just need to learn to like not let your ego make too much of your decisions. You need to also access your higher mind not just your conscious mind because the ego is your conscious mind. You want the conscious mind, you need your conscious mind, otherwise you wouldn't exist, or you'd be a vegetable, or you'd be dead, but you don't want to be controlled by it. You want to have freedom to go between different levels of consciousness. Ego consciousness is an important part of who you are, but it shouldn't be all that you are. Your subconscious is a big part of you, and it drives everything. Everything you see is made from subconscious mind. Everything you touch isn't actually there it's a hologram made of subconscious thought but when you only think about ego mind and you think oh yeah, this table is real, this table is here this body is all I am, everything in my mind is generated by my brain is a horrible way of seeing life. So, having that experience where you are not in your body anymore, you are not in physical reality anymore is one of the most important things anyone should ever experience because it takes away all your fear of death, it takes away a lot of suffering, it takes away so many things that make people's lives hell and when you have that one little experience, yeah, one day where you're not in your body anymore, but you're not dead. You're still consciously aware of stuff but you have no body, you have no room, you have no earth anymore, you're just consciousness existing somewhere. It's definitely one of those experiences that 100% change you forever, if you have it.

**Interviewer** 3:01:08

Although I think some would still explain that as brain activity, it's like, it's just, it's more, it just shows the complexity and capacity of the brain to produce very otherworldly experiences.

**Participant** 3:01:28

Yeah, people can describe it in many different ways, but, and the closest you can get is near death experience where the brain has no activity anymore and people come back from that and describe exactly the same thing. So, when I was reading a lot about near death experiences is when I was able to understand my experience a lot more. That other people, millions and millions and millions of people have near death experiences and they all describe almost exactly the same thing as tripping. So, it showed me that it's not simply brain neurons firing because these people were brain dead. They had zero oxygen to their brain for a long time, some of these people, but yet they came back and, you know, some of them took a long time to physically recover from it but they do recover from it and they retain memories of this experience, which is exactly the same as DMT. When I was reading about that, it kind of validated my experience a little bit more.

**Interviewer** 3:02:40

I'll let you know at the end, but there might be an interesting podcast you would like to listen to, because I think it's in the vein of these sorts of ideas that you might find interesting to listen to but we're getting close, we've got about six questions or so six or eight questions, and then we're done.

**Participant** 3:03:01

Okay.

**Q29. Interviewer** 3:03:08

I think I'm just looking through, I feel like we've definitely touched on a number of these. So, I'll ask them but if you just want to be like, yeah, I think you've answered that, then I'll just go to the next one and but if there's anything you would like you think there's additional to add to it that the question kind of pulls out when I ask it. So, originally, you said, you were talking about when asked about your, if it changed any beliefs, you said it didn't really change your religious beliefs because you said you kind of more atheist before and now Hyperian, but have your experiences with psychedelics affected your spiritual or religious beliefs. I think you said confirmed.

**Participant** 3:03:55

It's confirmed my, I've always been a scientist. So, I've never believed in this magical religion kind of thing but I was a bit more I was always a bit more spiritual than religious but I had no experience to back up what I was thinking, I had never been out of my body and experience being a consciousness, disconnected from a body or anything like that. So, having the experience of LSD basically confirmed that what I thought was the case, it more likely is what I was thinking before I am an external mind controlling a body, not a body that has a mind generated by a brain. It confirmed to me that this body exists in the mind of me, not the other way around. So, it didn't make me believe in religion it didn't make me not believe in religion because I never believed in it anyway. I've always been quite anti religion because growing up gay and all the religions, hated gay people, fuck you religion, fuck all of you and so I was never indoctrinated into the any of this. it was lucky but my family, we're not religious, no one in my family was religious, but they were spiritual. My Nan was a medium. So, I grew up with stories of spirits. So, actually, having experiences related to mind and spirit was definitely, you know, pushing me more towards that kind of area than to the religion side of things. You know, even when you experienced being God, like, it doesn't mean that there is a God, there is a biblical God, if the biblical God exists, he's a fucking psychopath and I don't want anything to do with him. So, if it means that I'm going to go to hell and not have to go and see God, then great, I want to go to hell, because he sounds like a real asshole. You know killing millions of people, just because they didn't do what they were told, fuck off. You know, religion is evil. So, yeah, it didn't really, it just confirmed that, I was right, what I was believing before the acid.

**Q30. Interviewer** 3:06:25

Okay and have psychedelics changed how you think or feel about death, or the process of dying?

**Participant** 3:06:34

I used to, I was always, you know, suicidal as a kid, because of my life being so much so hell but then, after this ego death experience, it showed me that I can't die. I'm an immortal consciousness, it doesn't matter if I have a body or not, I'm still going to exist. So, I had no fear of death anymore, and no longer desired to kill myself because what's the point, there's no point, if I kill myself, I'll just start again from zero. Just start in a new body as a baby, then I'll have to go through all that shit again, because I didn't learn those lessons from that experience, the first time around. So, if I kill myself when I was 15, I just have to start the process again, learn all those horrible lessons again, until I learned what they were trying to teach me. So, it made me not fear death, but also, you know, not want to die anymore. I wanted to experience everything possible to experience in this body before I die of whatever natural causes I die from, you know, there's been a few times where I've had close calls where, you know, I crashed my car, and I was this close to dying, but I didn't die. There was obviously there was something more I needed to do in this world and here I am building this place to help other people also deal with whatever mental, physical issues they have and hopefully my stories can inspire people to grow and become better people, happier people. So, I have work to do still so, I no longer I don't worry about it and don't even think about it anymore. Which is really, it's nice to not want to die every day. Horrible when you wake up in the morning, and all you think about is alright, this day is going to be really fucking shit. I'm going to have to spend the whole day just wanting to die. That's no life. Why should anyone have to do that? Because other people are such assholes. No one should ever force a kid to feel like that. What kind of psychopaths you have to be to push someone to that point and not care. Like I carry weapons to school to defend myself from these fucking psychopath kids and nobody ever helped me ever. No teachers, please. Nobody ever helped me. I was completely alone and this, why would you want to live like that? So, I didn't want to live. Add to that the pain I suffered every day from this, I don't know what caused some injury or some, I don't know some infection, but every day was suffering all day every day. Was fucking horrible but now, it's amazing. Now I love everything about life. It's good.

**Q32. Interviewer** 3:09:49

Have psychedelics changed. I mean, you you've kind of just described it, but have psychedelics change your outlook on life?

**Participant** 3:09:58

I'm definitely more hopeful now of living a life that I enjoy because as a kid, I had no enjoyment of anything apart from what I did on my own. Like, you know, when I was learning magic, and when I was running my own businesses and stuff, these are things I really love to do. Anytime I was involved with other people, it was fucking shit and I hated everything but now, you know, this, the world hasn't changed much in the last 40 years, people are still assholes but now, I have the ability to not care so much about it because I live in the middle of nowhere, there's no people here. So, I can choose the people that I interact with in a much more controlled way. If I don't want to see anyone, I don't have to see anyone. So, it gives me the ability to do what I want, when I want and be in a controlled environment where I'm happy with what I do, and there's no fear, there's nothing to worry about people are here people are not here doesn't matter to me, you know, total freedom now to feel however I want to feel, you know, much better life.

**Q34. Interviewer** 3:11:31

Have psychedelics shaped your view of humanity's future?

**Participant** 3:11:41

It definitely gives you visions of how good things can be, but people are still locked in this weird mindset of competition and fear and all this. It's always this constant. I don't know. We have so much potential that's not being used. Humanity is so powerful when we work together, and you can see these visions of what things can be but they're not like that and they're not going to be like that in any foreseeable future. Unless we actually start real fucking doing something about it but it's too slow right now, the development of people is too slow. We've been stuck for the last 50 years not really going anywhere. We're evolving technologically but we're not growing socially. There's been very slow changes in you know, racism and homophobia, sexism, and all these other horrible things that we do to each other and why do these things still exist? Why are people still brutally racist to the fact that they'll kill someone for being a different race or someone will get killed because they're transsexual, or killed because they're gay? Like, what the fuck is wrong with people come on. Like, you know when you see what possible utopia we could have. With psychedelics where everyone lives, the life where they are happy. They've got everything that they need. They don't have to worry like, Oh, am I going to have food today? Because we teach people how to grow food. We teach people how, not to be fucking greedy as well. I mean, capitalism is one of the most destructive forces on earth. If control and you know, destroying people's freedom, doesn't need to be like that we have enough resources on earth for everyone to live in abundance, but we don't let that happen because these psychopath billionaires that run the world now, control everything and until we get rid of that system, we can't evolve as a race. So, that's what we do with Hyperianism is to try to create this new world where everyone is safe. Everyone has what they need. Everyone can live the life of their dreams rather than the life where they just survive. Most people are in the survival state, which is no place to be. What fun is that? What's the point in living life where all you do every day is try not to die. Like, it should be fun. You know, okay, the billionaires have all their fun but what about the other 7.8 billion people that are suffering, you know, it doesn't need to be that way. I think with freely accessible psychedelic counselling where people can go and do it in a safe place. Would change the world in a few years. Yes, definitely. One of the biggest crimes against humanity is to restrict these substances.

**Q35. Interviewer** 3:15:18

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

**Participant** 3:15:32

Try to go in from, do as much research as possible first, about what the potential is for improving your life, like if you're suffering from, you know, some aspect of your mental illness or something, try to find stories from people, like me, or other people who have used them in a constructive way to help themselves get better, and to help their lives improve and go initially going with intention like this, I'm taking this for a reason. That could be just for fun it could be but know why you're taking it because these things are extremely powerful. You don't want to just play with it, without knowing what you're doing, because that's when problems happen. The first time I did it, I didn't know anything about it, and it was really stupid. Knowing what I know now. 100% I would have done it in a different place with different people different time with different intention. Also make sure that you've got the right people around you, if you're in an environment where you're surrounded by complete assholes, your family is horrible, your friends are all not supportive and not happy and friendly. Wrong people to do acid with. So, definitely find the right place the right time and the right people to do it in a safe way where you're not going to have some stupid accident. My first trip I was on the London underground, not the best place to be tripping. 100% not the best place. You know, I was in a club and the club closed and I was still tripping because obviously it lasts frickin hours and I didn't know how long it lasted or anything. So, it was a really bad place to be for your first ever trip is in [location] and I was in the underground trying to go to another part of London end up sitting in a pub all day building Lego. It was cool when I got to the pub, but the transition between was really scary. So, yeah, really need to try and understand what's going to happen. I mean, obviously each experience is personal to you but there are a lot of aspects which are commonly experienced by everyone. So, you need to know what's going to, like if you take with one tab you the chance of you having a seriously bad experience are quite low. If you take five or six or 10 in one go, you're going to really seriously risk fucking yourself up. A friend of mine who had never done any acid before, and he took two really strong tabs for his first ever time not knowing how much milligrams they were or anything. So, he had a really seriously bad time and he didn't like it at all, he says, I'm never doing it again because he did it the wrong place, the wrong time, the wrong acid, the wrong experience. So, I've said I've tried to explain to him, you need to do it with the right people in the right location and the right intention and you can, you will have a much better time than if you just do it randomly without any plan and not knowing what you're doing. He understands now that the way he did it was not ideal. So, hopefully if he does it again, he'll think more about what he's doing and where he's going to go and then maybe this time, he'll be able to have more of an enjoyable experience because there's no education for people of how to do it safely or what to do if something goes wrong is the biggest problem because if you're say you're in a room and there's five people they're all tripping and one person is having a seriously freak out trip like my friend who thought we were all raping him. What the hell do you do? I didn't know what to do. I called one of those drug helplines that we had in London, and said my friend is really freaking out. He took some acid and he thinks we're all raping him and he's running around with a knife trying to kill people, what do I do? And they're like, are you joking? I was like na, I'm serious, I fucking need some help, please, what do I do? No, no advice whatsoever, it's just lock him in a dark room. That's not going to help. So, there's just no, there's no support there. Which is why I think, you know, it should, I don't think it should be freely available in the shops like it is with alcohol, you know, but we shouldn't be penalised for wanting to take it but I do think that there should be some kind of training first, you know, I mean, because I'm a scientist, I do research and things before, I'm going to take them, but most people are not even close to thinking about things in that way but there needs to be some education. That's not just fear mongering, you tell people, what's going to happen to you, how you're going to feel and what to do if things get bad and so you can reduce harm by not, you know, risking having bad trips, or ending up running in front of a bus or some stupid things like that, you know. So, yeah, I am a member of hundreds of psychedelic groups on Facebook and I always if people ask questions, I always try to give them as much advice as possible to help them with whatever their problem is but when you're just relying on people talking to each other about it, and there's no centralised education, that's telling people the truth, then you asking for trouble. So, I always, if I'm taking something new, I'll research it as much as possible first, read, try not to read government propaganda websites, read actual trip reports from people, you know, read books about it, read, learn as much as you can, before you go there because the more you know, the more chance you have of using it in a safe and beneficial way. These are things extremely powerful. So, if you do it wrong, you can seriously fuck yourself up. So, you know, it shouldn't be one of those things that you just do. Oh, let's just do acid today on a random Friday night at the pub, you know, this is not how it should be used. You know, have, take it for fun, as you know, if you want, you know, but also take it for reason. Take it for creativity, take it for fixing problems in your life, take it for something that's going benefit you and other people. Don't just take it because it's there. You know, don't just say, oh, someone just randomly offered it to me. I'm just going to do it because my first trip. My friend was just like, Yeah, do a tab and I was like, Okay I'll do a tab. No, it was really stupid to do that. So, yeah, people really need to know what they're getting themselves into because these things are too powerful to just play without some kind of knowledge first. Imagine if someone didn't know what they were doing. They took 1000 microgram hit. You know, that's seriously going to cause them potentially forever life changing problems if they don't understand what's happening. I knew someone that took 10,000 micrograms, maybe even more moving. 20,000 he was fucked for four days.

**Interviewer** 3:23:43

Back to normal now?

**Participant** 3:23:45

As normal as he was before, I think, I don't know. He was a little bit crazy before.

**Interviewer** 3:23:51

Well you'd have to be to take 20,000 micrograms.

**Participant** 3:23:54

Yeah, he had a bottle of liquid that was 1000 micrograms per drop, and he spilt it on the table when he was measuring out some drops and he just licked it off the table.

**Interviewer** 3:24:08

You don't want to waste it.

**Participant** 3:24:11

He's like it's okay, it’s okay and I didn't see him for four days. He came back. So, yeah, don't do that.

**Q36. Interviewer** 3:24:22

Yeah. Well. Are there any final thoughts or comments you'd like to mention before we conclude the interview?

**Participant** 3:24:36

I've said quite a lot. Is there anything else I haven't said that I think is important? One important thing really is to not listen to the fear mongering stuff because if you go into a trip with all these bad ideas that are, I'm going to have a bad trip, or I'm going to jump out the window and kill myself all these bad things that apparently happen. If you think in too much about those things, then if you get stuck in a mental loop, thinking about these negative propaganda things, then it's really going to mess with your ability to use it properly. So, I had massive fear, for years about LSD, because all these stories, and every single one of them was a lie and I was, I missed out on so much experience that I could have had from fear but you do it, you do a normal dose in a safe environment, the chance of having a bad experience is very, very minimal. I mean, physically, it's not dangerous at all. It's just if you can't deal with the mental aspect of it, but it wears off, you know, eventually, you know, it may take 12 hours, but it wears off and you're back to normal. So, long as you don't let fear win, then you likely to have a good time, if you take a large dose, okay, you might access your shadow self, and end up with memories you don't want to repeat but that's showing you that because you need to deal with it. So, again, don’t be scared of a bad trip, because bad trips, are not bad, really, they're there to teach you something about an experience you had in the past, that's having an effect on your life. Now, that is not necessarily beneficial for you anymore. So, if you can face what happened to you in the past, and deal with it, then you're able to then let go of that and move on and grow as a person without this weight on your shoulder just dragging you down and making your life hell, when you are able to deal with these things, these experiences are there to teach you something, learn that lesson and then you're free from that experience. So, although you know, bad trips can be really, really distressing but at the end of the day, it helps you to, to live a better life after it, even if during it is a really awkward, uncomfortable experience. Especially if you've had childhood trauma, I mean if you were raped as a baby or something like that, and you then go back and relive it. I mean, that's not exactly a nice experience for anyone to have to do again and if that happens in a trip where you're in a mental loop, and it happens to you a million times on repeat, then yeah, that's a seriously fucked up situation to have to experience but if you're able to integrate that, and grow from it, then it will help in the future.

**END OF INTERVIEW**

**Interviewer** 3:28:06

One thought I had, while you were talking about that, is this. A lot has come up during this conversation and other ones is the and I think throughout psychedelic conversations, you know, across the internet and in person is this idea of facing the shadow or coming to terms with past traumatic experiences or experiences that have haunted people, you know, are causing current issues because they have been unable to accept them or forgive people or, you know, whatever the nuanced experience for them is but one thing that is emphasised as well as one question that sort of arises for me, and I don't know if you have an answer to it, but how can you tell when going into a particular traumatic or negative imagery or experiences on a psychedelic is actually going to be a positive thing in the end? Because you're talking about there are these dangers of taking too much and having significantly negative experiences that don't get integrated and catalysed and only cause more issues in a person's life. So, how does how do you how do you think people are able to differentiate or tell I'm focusing like I'm having a negative thought loop or experience and actually if I let this play out, it's only going to be where it's going to be majority negative and is not going to be a good thing for me verse Actually, this is something I need to go into and I need to deal with, you know how to how does one weigh up?

**Participant** 3:29:58

It's really difficult. It's very personal to people. I can only comment from my own experience, but when you relive something that's really bad. At the time it's traumatic but when you come out of the trip, and you've relived it constantly for hours and this trip, and you realise that, you know, this experience, okay it was terrifying, but you're okay now, like, you're not, you're not physically injured, you're not mentally injured more than you were before. So, in a way, it kind of helps you realise that this experience was just an experience. It's not, it's not actually real because this whole experience of existence is in your mind, this is a holographic projection of consciousness. So, in effect, what you what happened when you have a bad experience, it's your mind, and the mind of the other person that's doing whatever bad thing to you and it sounds really fucked up, but this is how I see it. There's an agreement between these two minds, to have this experience, because the person experiencing the negative side of it, and the person doing the negative thing, there's a reason why this experience happens. You don't know why it's happening at the time but because your mind exists in all time at once. You know, this is going happen to you and you want this experience in order for you to experience this, whatever it is, in order for you to know what it feels like to have this experience, not everything is going to be fairies and nice things happen to you. You know, there's going to be bad things but when you see it externally, and you're able to be in the mind of you and the be in the mind of the person who is doing whatever bad thing. You when you realise that it's all you because you are God consciousness, you are everything. The experience doesn't seem that bad because it was you asking for the experience. Okay, it's terrible, someone dying of cancer. I'm not going to ask to die from cancer, why would I do that? Okay. Everyone has to die from something, everyone has to have bad things happen to them but when you realise that this is all a simulation game, it doesn't matter anymore. If someone does something bad to you, okay, it physically hurts because you have a physical body in this hologram construction that you build but this is just a construction, it's not real. It's an experience. You're not your body, you're your mind, your body is in your mind. So, these the negative things you experience are all in your head. I'm not saying you imagine if this person is not actually killing you, or raping you, or whatever else they are, this thing is happening but it's happening in a simulated game world where you and your character are fighting against each other or whatever, then so some people will say that this is madness, like to see it from that point of view but until you have a lot of LSD or something else It sounds completely crazy but when you have tripped and you have felt this experience and seen the reason why you had the experience, it definitely helps you to deal with what happened in a more positive way. It's difficult to for most people to understand that but I think it definitely helps when you see it from that perspective that you are the only person that exists in your reality. All the other characters are in your mind. So, the person attacking you is you. So, nothing really bad ever happens to you, in a real sense, it's all you having experiences that you need, or want to experience.

**Interviewer** 3:35:19

So is this, this seems similar somewhat to things I've read and heard about in terms of the Buddhist idea, and how mind is the ground of being and stuff that might be just as sort of a different way of describing a similar aspect but when you're talking about, you not being harmed, you're referring to the God conscious mind level of not being harmed, not necessarily the individualistic, I'm a singular person being raped?

**Participant** 3:35:51

If you purely exist in your body and your own brain, and something's happening to you, you think it's happening to your body, but when you're able to come out of your body and experience from your higher mind, it gives you it you know, then that although this is happening, it's not real, you know, because your body is inside your mind, the person, the other people are also in your mind. Although minds can communicate with each other, I don't know, how many people use this term is it like a soul agreement, you agree to have this experience with this other person and from the experience, you'll learn something, you will, you will learn something. Whatever experience you have, whether it's good experience or a bad experience, it teaches you something about yourself or the universe or something, there's a lesson in every single experience, you just have to understand that these are all just lessons, that negative things, positive things, it's all a balance of life. Not everything's always going to be perfect because if everything's perfect, you don't learn anything, you already are perfect what is there to learn? So, having a negative experience is more beneficial than having positive ones because it teaches you a lot more about yourself and about people and about life than positive experiences do. So, some people have a lot more positive experiences than negative ones. Some people have a lot more negative ones than positive ones but at the end of the day your body exists for however long you're here for. You'll learn whatever you need to learn in that time and then you'll go into the next one, you'll learn something from that one. Not every experience is about learning for you. Maybe your experience is about learning for the other person, or your family or something, maybe as a child, you get cancer and you die at five years old. You know, would you choose to die at five years old? Well, maybe you did. Maybe your consciousness wanted that experience and because of that experience, medicine develops a new technology that is going to save future children, you know, all these possible realities exist and, you know, going through these experiences when I was watching a programme the other day about children who are dying of cancer, and they've been told they're all going to die, there's no nothing medicine can do anymore and so they start taking cannabis oil because of last resort because they're going to die anyway and they get better and they're cured. Four out of five children in the programme are completely healed one of them died but as a result of that, that experience that negative experience of living with cancer as a child is now helping more people because now more people now know that there's possible of a cure from using cannabis and those are the things you have to look at things from a bigger point of view and not just think about. Okay, this is horrible. I'm suffering. You know, this is bad, but what possible benefits are coming from that experience? It was it was horrible, busting my neck and a car crash but you know, I don't look at that and think, Oh, this was a negative experience because it did so many good things for me. Although it was fucking horrible for the year that it took me to recover it. You know at the end of the day looking back on it, at the time it was terrible but now, looking back on it's okay, I accept what happened. It doesn't affect me negatively anymore. So, you know, integrating these experiences and recovering from trauma is not easy and I don't want people to think that LSD is a quick fix and all of a sudden, you'll be cured of all these problems you've experienced in the past, it takes time and work and that's why people need to combine it with therapy, potentially, if they've got serious, you know, things that have happened to them, you know, I had to do it on my own, because I there was no one to talk to, you couldn't go and get LSD therapy anyway. Like now It's starting to open up a little bit for psilocybin therapy and there are some underground LSD therapy places and Ayahuasca places coming up, but these weren't really that available you know, and they're still really restricted. So, you have not much choice now but to do it on your own, which is hard. So, we need people that are trained in this, they can guide people through these experiences. The trained therapists can help people with post-traumatic stress and depression all these other things but instead of just masking it with antidepressants, and all these other pharmaceuticals that don't actually cure anything, they just, they just mask whatever symptoms you've got, don't go into the root cause of anything but if you're going to just like, the problem with most of medicine is not treating the cause of the disease, it's treating the symptoms of diseases. As one of the reasons I got out of medicine, because I didn't want to work for an industry that wasn't actually interested in curing people, they were just interested in maintaining disease long enough that they can take more money, and not actually cure anything, which is a horrible way to live. So, that's why I do what I do now is so I tell people my story, and hopefully that they can use that information, whether they, you know, actually do acid and help themselves or not, at least having a positive story that someone has had benefit from something and gone through serious, serious mental illness and come back from that without pharmaceutical drugs ever. Then it gives hope for people that there is another way there's not just antidepressants that you get stuck on for life and you get addicted to and can't ever come off if you do you get suicidal, what the fuck is that about? You know, what are these, what are they poisoning people with all this stuff, when there's something completely nontoxic, that has amazing benefits if used correctly. Yeah, these things, you know, such a simple experience of just going outside your body for a few hours, is one of the most powerful things you can experience. You know, it's okay, I get it there it can be dangerous and scary, but the risks are so minuscule compared to the benefits and they say there's no medical benefit whatsoever. high potential for abuse, bollocks, they're not addictive. For a start, you can't get addicted psychedelics, it's not possible, because they just stop working if you take them all the time. There's no craving to do it again and most people will take one and they don't really want to do it again for quite a long time because it's quite an intense experience. It takes time to adjust to there's virtually no physical harm whatsoever, unless you do something stupid, like jump off a building. Okay, you're just stupid. Don't do it in a high-rise building. Don't jump out the window. Lock the fucking window. So, you know, all these negative things they talk about are so rare and so limited. That, you know, the potential for change in so many millions of lives is amazing, but they just won't let it happen because they make hundreds and hundreds of billions of dollars from antidepressants by keeping these people locked in this prison of their mind. Wow what a fucked-up world that is.

**Interviewer** 3:44:27

Well from what you were describing before, if the state of the world is that each person makes a soul contract about what they want to experience in life then a lot of people have made soul contracts that they want to take antidepressants and people said alright, we'll do it then. That's what you want.

**Participant** 3:44:48

Yeah because they don't know any other way. I would never take an antidepressant. Doesn't matter how fucked up I was. You I would never take them because you see, so many people just have their lives destroyed by them. Okay, they provide benefits for a few people but in clinical studies, most of them have not much more benefit than placebo anyway, so most of the people will actually get better because they think they're getting better. Everything's in your head and the placebo effect is massive. You know, some people say that my LSD trips are placebo, I didn't actually trip it was all in my mind. I was like, Yeah, okay, you weren't there, bro. You weren't there. You could tell me that. All you want but unless you were in my head, you have no right to tell me what I saw, or what I feel.

**Interviewer** 3:45:50

Well, that's very, I think, comprehensive and those, those are all the questions that I had in terms of pre-planned, pre-planned and some spontaneous. So, there was one, I don't know if you need to go there was one or two things I wrote down that I would like to come back to, but not recorded in the interview because they're not relevant to it. So, I don't know. Let me just stop the recording. There.