

# Psychedelic Drugs and the Awakening of Kundalini

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## **Introduction**

The purpose of this document is to compare the effects of psychedelic drugs to the effects of what is called in the Tantric and Occult literature "awakening of the kundalini".

The comparison will be carried out in two ways. First, an abbreviated review of the literature on both [psychedelic drugs](#) and [kundalini awakening](#) will be presented. When these two literatures are placed side by side, it becomes much more apparent that there is a significant overlap between the effects of psychedelic drugs and the effects of awakened kundalini.

Second, I will present results from a [survey](#) I performed designed to compare the effects of psychedelic drugs and kundalini awakening. The survey questioned psychedelic drug users about the nature of their psychedelic drug experiences. The complete results of the survey are presented in the [Results Section](#) of this site. It is very instructive to read the responses given to the survey questions and recognize that descriptions of psychedelic drug experiences are, in many respects, indistinguishable from reports of kundalini awakening.

I invite any comments, questions and correspondence.

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## Background Information About Psychedelic Drugs

The hallucinogens are a class of molecules which, when orally ingested, create tremendous alterations in human consciousness. Some members of this family of compounds include: d-lysergic acid diethylamide (LSD), mescaline, psilocybin, peyote, and dimethyltryptamine (DMT). Most hallucinogens are naturally occurring substances which can be isolated from biological sources[1].

Our present understanding of hallucinogenic drugs is both complicated and confusing. This is due largely to the turbulent history of these drugs. Originally, they were greeted by the psychological community as a means of chemically inducing schizophrenia [2], a notion that still persists (c.f. [3]). During this initial period, these drugs were called "psychomimetic" drugs, indicating their presumed ability to induce psychosis. However, the writings of avant-garde intellectuals in the late 1950s and early 1960s painted a significantly different picture of hallucinogens, seeing in them a key to expanded states of consciousness and leading to experiences similar, if not identical to the teachings of ancient Eastern philosophy [4]. During this era, these drugs became known as "psychedelic" which literally means "mind manifesting"; in other words, the effects of psychedelics manifest through changes in the mind. Some psychologists were beginning to accept such a viewpoint as further work on human subjects progressed, revealing flaws in the logic of the psychomimetic paradigm, while simultaneously, the therapeutic uses of hallucinogens in a number of clinical psychiatric settings showed great promise [5]. Such a view, coupled with broad, positive media exposure by Timothy Leary and others led to a popular interest in hallucinogens in the mid to late 1960s, the so-called "psychedelic 60s", leading to wide spread use of hallucinogens. However, views of these drugs became ever more polarized as negative reports of LSD effects also emerged. Popular usage was met with alarmist reactions by mainstream medical and legal authorities due to exaggerated and unsubstantiated claims of dangers associated with LSD use [6]. By October of 1966, these drugs were made illegal in the United States. At present these drugs are still illegal in Western industrial nations and this has severely curtailed the scientific investigation of this class of compounds. According to Tart (1990), "basic research virtually stopped in this area in the early 1960s" [7]. This is true regarding the effects of these drugs on humans. Some animal research has continued to the present on the pharmacology and neurophysiology of these drugs. However, as of 1994, there is some good news; the FDA has approved the use of psychedelics in two human studies: one characterizing the effects of DMT, the other characterizing the effects of MDMA.

There is today a large, complex, and often contradictory, literature on hallucinogenic drugs. In this article I will try only to present a brief and highly abbreviated overview of our current knowledge about these compounds. There are two factors relevant to the current discussion: 1. conceptualizing the *effects* of hallucinogenic drugs and 2. understanding the mode of action of hallucinogens on the central nervous system (CNS). In general, it is reasonable to say, based on current evidence, that neither the effects of these drugs nor their mode of action has been successfully characterized. Let us look at each in turn.

The phenomenology of the hallucinogenic experience is extremely complex, operating, again, at physiological, sensory, emotional, cognitive, and we could say, spiritual, levels. Hallucinogenic

induced alterations are so drastic from our normal states of consciousness, that, again, we may call the state induced by hallucinogens an ASC.

The physiological effects of hallucinogenic induced ASC are reasonably straight-forward: pupils dilate, heart rate increases, breathing patterns are altered, chills and tremors are experienced, spontaneous motor motions such as dance and gestures may result, and sleeping is significantly impaired. The controversy begins when we go beyond the obvious physiological symptoms of these drugs. At sensory, emotional and cognitive levels a wide variety of conflicting reports exist. Perhaps the easiest way to conceptualize the variety of views of the effects of hallucinogenic drugs is to realize that they lie along a spectrum.

At one extreme of this spectrum, the effects of hallucinogens are viewed in a negative light and thought of as a neuropathology; sensory alterations are called 'hallucinations', emotional changes are seen to be related to paranoia and the disjointed behavior of schizophrenics, and cognitive alterations are considered to be delusions. Thus, to some, all alterations caused by hallucinogens are considered subnormal or pathological.

At the opposite extreme of the spectrum, hallucinogenic effects are viewed in a positive light and associated with super-normal alterations in sensory, emotional and cognitive effects. The hallucinogen effects are associated with Eastern philosophy: LSD and related compounds can induce mystical experiences. They also enhance creativity, enhance the operation of the mind and emotions, and produce effects highly therapeutic for the psychological growth of the individual.

All views of hallucinogenic effects fall somewhere on this spectrum. Some of the reasons behind such a seemingly disparate range of views on the nature of hallucinogenic induced ASC are: the differing paradigms of various groups of researchers (i.e. psychomimetic verses psychedelic), different criteria used to define alterations in emotional or mental function, whether or not the researchers themselves have actually used hallucinogenic drugs, and wider societal and philosophic assumptions that affect researcher motives. Also, basic problems of scientific method come into question when attempting to ascertain hallucinogenic phenomenology. Yensen (1984) argues that because of the extreme effects of hallucinogens the standard double-blind protocols used in assessing most drugs simply does not apply to hallucinogens [8] This is because the researcher will always know which group has been given hallucinogens because it is obvious as to which subjects are affected. This is in contrast to say, studies of a blood pressure medication in which placebos and treatment groups cannot be distinguished by obvious means.

So, being cognizant of the spectrum of views of hallucinogens, can we at least saliently outline the effects of these drugs on humans? Obviously we cannot, for any view we take will fall somewhere on the above spectrum. It is inevitable that subjective value judgments enter into the assessment of the effects of hallucinogens. However, admitting to inevitable value judgments, some things can be stated.

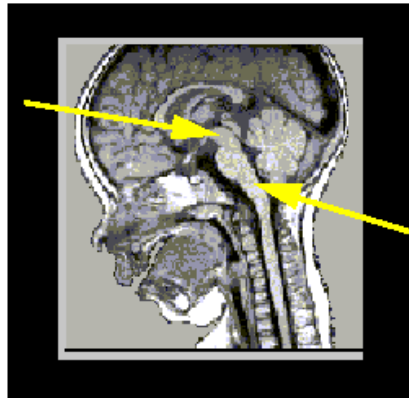
For one, these drugs do cause the perception of some type of visual imagery - hence the name hallucinogen. The imagery itself is very difficult to describe in words: often fantastic, intricately beautiful and highly dynamic images of highly colored geometric patterns are superimposed over

one's vision, and such imagery becomes massively intensified when one closes their eyes ([Click here to see an example](#)). Such imagery also possess the property of "things within things within things" as found, for example, in a fractal [9]. Walls, floors and other objects appear to "breathe". One perceives "trails" on moving objects, which are similar to the appearance of motion under a stroboscopic light. In spite of all these visual alterations, most of the time, the subject's normal vision still functions and these images are overlaid over the normal visual perceptions. There may be alterations in hearing and body sensations as well. In general, there is a heightening of sensory perception which are overlaid with some type of new imagery (i.e. a "hallucination") not of sensory origin.

At emotional and cognitive levels, hallucinogenic users become much more introspective and turned inwards on critical self-reflection. There may be loss of ego boundaries. Thoughts of profoundness and transcendence may occur. There is increased spontaneous free association, there may be either a lessening or heightening of concentration. There is a shift from logical, linear thinking to holistic intuitive thought. These are only some of the emotional and cognitive effects of hallucinogens.

One would think that perhaps with a knowledge of the mode of action of hallucinogens, that this would clarify the nature of their effects. It is known that hallucinogens chemically resemble various neurotransmitters. For example, LSD resembles serotonin [10] (also called 5-hydroxytryptamine [5-HT]) and mescaline resembles norepinephrine. Serotonin is an important neurotransmitter in various brain regions, and its source comes from neurons located in the brain stem, in clusters of neurons called the raphe nuclei [11]. The raphe nuclei are known to play an important role in regulating autonomic nervous system activity, regulating sleep-wake cycles, and states of arousal [12]. Evidence indicates that LSD alters serotonin neurotransmission, but the details are complicated by the fact that there are several types of serotonin receptors and LSD interacts differently with each. These serotonin receptors are distributed in a complex fashion throughout the brain, further complicating our understanding. It is also known that LSD has an effect on the pathways of nerve conduction of the eye. This is probably an indirect effect of LSD, mediated by its complex effects on neurotransmission in general. LSD decreases the response of a visual relay center known as the lateral geniculate nucleus (LGN) located in the thalamus [13,14]. The retina of the eye sends its nerve impulses to the LGN. The LGN then relays its signals to the occipital cortex which is also known as the primary visual cortex (also called Area 17). What LSD does is decrease the responsiveness of the LGN to input from the retina. Other hallucinogens affect the hypothalamus and its regulation of hormones [15], or affect dopamine systems [16] or the norepinephrine system of the locus coeruleus [11].

Location  
of Lateral  
Geniculate  
Nucleus



General  
location of  
Raphe  
Nuclei

Now, how well do these actions help explain the effects of hallucinogens? The complex, and mostly unknown, effects on brainstem neurotransmission likely mediate both the physiological and psychological changes seen when on hallucinogens. However, hallucinogens that produce very similar psychological effects show significant differences in modes of action on neurotransmission, meaning that the neurochemistry of hallucinogenic effects is probably mediated through redundant and complex pathways. [17]. Regarding visual hallucinations, theories ranging from changes at the LGN to changes in the visual cortices have been proposed. In general, it is safe to say, and has been said quite recently[8,18], that the mode of action of hallucinogens is still not understood. This is really no surprise when we consider 1. how complex are the systems being affected by hallucinogenic drugs, and 2. the function of the brain in mediating higher cognitive function is still incompletely understood. Since hallucinogens affect higher cognitive functions so drastically, perhaps it is a case of putting the cart before the horse to expect our current knowledge of the action of these drugs to explain how they create cognitive alterations in humans. Quite the contrary, it seems very reasonable to suggest that an understanding of the mode of action of hallucinogens on higher cognitive function could reveal much about the brain's role in cognition.

In the [Discussion](#) section of this report I will offer some speculations about the mode of action of psychedelic drugs in the human brain based on the profile of psychological effects of these drugs, taking into account some of the most recent findings about brain function and psychology. Finally, let us keep in mind that the purpose of this report is to suggest that psychedelic drug effects are similar to the Tantric notion of awakened Kundalini. The main idea here being that as we unravel the "hows" of psychedelic drugs, we may also be unraveling the "hows" behind Kundalini Yoga.

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9. Alan Watts says this (see 4 above) about acid hallucinations which sounds very much like he is describing fractals. Furthermore, check out his connection between the images that one is perceiving and the idea that one may be actually **watching** their own brain at work:

*"Closed-eyed fantasies in this world (of ones hallucinations) seems sometimes to be revelations of the secret workings of the brain, of the associative and patterning processes, the ordering systems which carry out all our sensing and thinking. ...they are for the most part ever more complex variations on a theme: ferns sprouting ferns sprouting ferns in multidimensional spaces, vast kaleidoscopic domes of stained glass or mosaic, or patterns like the models of highly intricate molecules, systems of colored balls, each one of which turns out to be a multitude of smaller balls, forever and ever Is this perhaps, an inner view of the organizing process which, when our eyes are open, make sense of the world even at points where it appears to be supremely messy?" (parenthesis mine)*

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## About Kundalini



*The Caduceus is taken in Tantra as a symbol of the ethereal channels through which the kundalini ascends to the higher chakras.*

## Kundalini

The phenomena of kundalini awakening is a concept derived from Tantric yoga and is part of a rich theory describing what is usually termed the "human subtle anatomy". The idea of "subtle anatomy" is that there are aspects to human anatomy that are *not* physical and that cannot be perceived with the physical senses. Included here are ideas of chi and prana (also called "vital energy" or "etheric energy" by Western authors [1]), meridians (which are the basis for acupuncture [2]), nadis, chakras and kundalini. Kundalini is a component of the human subtle anatomy [3]. According to Tantric theory, and bodies of thought derived from it, there is within the subtle body, in a region corresponding to the base of the spine, a latent "energy" - the kundalini- that, when brought into manifestation confers both enlightenment (i.e. mystical experience) and a variety of psychic powers to the aspirant [4].

The idea of kundalini is almost always discussed in the context of the chakra system. The chakras are revolving vortexes, depicted as flower-like in appearance, at specific locations along the spinal axis within the subtle body [2,4]. For our purposes here it is enough to say that awakening of the kundalini means the progressive ascent of the kundalini through each of the chakras, heightening the activity of that chakra and conferring expanded abilities (i.e. psychic powers and states of health) associated with that chakra. The topic of the chakras, their description, anatomy and functions is complex and the interested reader can consult a number of valuable references on chakras and kundalini [1-4] for further information.

The manifestation of the kundalini is called the "awakening" of the kundalini to stress that it is latent and must be made active. The traditional means by which kundalini is awakened involve a variety of yoga exercises passed down through the centuries including specific breath exercises and purificatory rites [5, 6]. However, it is also known that acts such as falling or getting hit on the head may trigger spontaneous kundalini awakening [4], and as well, *certain drugs are known to mimic aspects of the kundalini experience* [4]. This idea that drugs may mimic kundalini is of course the central thesis of this report.

The phenomenology of awakened kundalini is listed in [Table 1: Effects of Kundalini](#) [based on White (1990) and Mookerjee (1986)]. Kundalini awakening encompasses the whole gamut of personal human experience: there are alterations at physiological, sensory, emotional, cognitive and spiritual levels. The changes produced by awakened kundalini are so drastic from our usual states of consciousness that it is reasonable to say that a person undergoing awakened kundalini is experiencing an altered state of consciousness (ASC). The person is undergoing a variety of physiological alterations including sensations of shivers or tremors moving up and down the spine, displaying spontaneous motor movements in the form of dance, hand gestures, or *asañas* (sitting postures practiced in Hatha yoga), experiencing spontaneous alterations in breathing, may spontaneously cry or laugh (usually unassociated with emotional reactions) and is also experiencing alterations in perception of body temperature. At the sensory level, both audio and visual hallucinations or visions are prominent including visions of extremely beautiful and dynamically moving geometrical figures. Also, kinesthetic and somesthetic sensations (i.e. sensations of body motion and body position, respectively) may be altered such that the person perceives themselves as very large or very small. Emotionally, the person is experiencing extremes of emotions: usually either pure bliss and ecstasy or extreme fear. Empathy with others is substantially enhanced. Drastic cognitive alterations also occur. The mind and thought process accelerate greatly, the scope and depth of the thought process expand tremendously and even ordinary objects and events are perceived to have tremendous scope and consequences. Direct intuition completely supersedes ordinary logical thinking and questions that come into the mind are directly answered with clarity and conviction through heightened intuitive processes. As well, a variety of psychic powers may potentially manifest including visions of past lives, clairvoyant visions (which could be classified as visual hallucinations), and clairaudience (audio hallucinations), amongst others.

Finally, the supreme manifestation of kundalini awakening, and the formal and proper goal of the practices leading to kundalini awakening, is the experience of enlightenment, also called *satori*, cosmic consciousness, or the mystical experience. Enlightenment is a direct apprehension of the unity of the cosmos, a direct apprehension and identification with the transcendental essence of life and consciousness. Its essence is a "direct knowing" and a clear comprehension into "the scheme of things". Enlightenment has been an aspect of Eastern religious thought since the beginning of known history and plays as central a role in Tantric theory as it does in any other aspect of Eastern thought.

The list in the [Table: Effects of Kundalini](#) presents a broad overview, or composite, of the phenomenology associated with kundalini awakening. It is important to point out that not all of these effects will necessarily be experienced by one undergoing kundalini awakening, and that

the effects that do manifest are highly dependant on the internal psychological and emotional needs of the individual.

It is clear that the awakening of the kundalini is not a series of a few small alterations in consciousness, but involves a global transformation of the entire person. The resulting state may be properly called one of *hyper-awareness*. As such, the fact that the kundalini experience exists at all indicates that *we are dealing with an emergent property, or quality of consciousness, that results from a hyper-activation of all the systems of the body and mind*. This is not a state familiar to most people. It is not even a state familiar to most people who practice kundalini yoga. We are thus dealing with an altered state of consciousness that occurs relatively infrequently. The implication here is that, if indeed the kundalini experience is a hyperactive state of awareness, then we cannot rightly judge it by criteria used to ascertain our normal and usual states of awareness. In other words, to attempt to understand the kundalini experience, we are forced to go beyond our ordinary notions of consciousness and human nature. If we do not, then we miss the most significant aspects of the kundalini phenomena.

It should be explicitly stated that the stages leading up to kundalini awakening, as well as the experience itself, may potentially be very painful and even harmful to the individual. All texts on kundalini yoga warn of these dangers [3-6]. The purificatory rites and practices are considered an essential aspect of kundalini yoga and cannot be lightly dismissed. The logic of Tantra is that the body, emotions and mind must be properly purified before attempting to awaken the kundalini, for if not, the unpurified body and mind of the person present obstacles to the kundalini itself when it is awakened. The kundalini however will "burn" through these obstacles if present and cause severe pain to the individual at either physical, emotional or cognitive levels. Thus, as enticing as the kundalini experience may sound, it is not something one can casually seek out unless the necessary preparation is undertaken, or unless one decides beforehand to be prepared to suffer the consequences that may come with attempting to tap into the kundalini. As we will see below in tying together kundalini with hallucinogenic drug effects, such consequences usually manifest as the exposure of deep seated emotional scars and the psychological catastrophe of having ones cherished beliefs destroyed before oneself, and possibly, the destruction on one's sense of self (ego loss). In all of these cases, the circumstance is cathartic and related to the kundalini burning away unnecessary residues from consciousness. Though painful, such experiences in the long run are highly therapeutic.

Now, certain Western thinkers, most notably Carl Jung,[7] have looked to these ideas of subtle anatomy, including kundalini, as aspects of the unconscious mind, and as symbolic representations of aspects of the human psyche [8]. Other Western authors have taken the opposite tact and seen Tantric claims of kundalini in purely physical terms. Models have been put forth to explain kundalini in purely physiochemical terms, as for example Bentov's model of "physio-kundalini" [9] (more about this idea in the [Discussion](#) section).

Valid as such lines of thought are, they detract from the literal nature of Tantric descriptions. The Tantric teachings are not intended to be symbolic, nor are they describing only physical realities [5]. This author takes a more middle of the line approach and suggests we accept Tantric claims at face value before judging them as either merely symbolic or purely physical phenomena. When we take Tantric claims at face value, and compare these to the known effects of

psychedelic drugs, it becomes obvious that the Tantric claims are indeed quite literal. Whether the effects of kundalini (and by extension, psychedelic drugs) are 100% caused by the action of the nervous system remains to be seen.

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## Summary of Effects of Awakened Kundalini

Rows marked \* correspond to [Psychedelic Drug Effects](#)

<b>Physiological</b>
<b>A. Efferent - Somatic Motor</b>
1. Spontaneous performance of asañās (postures) even if the aspirant knows no Hatha yoga. (1,2)
2. Spontaneous twisting and/or revolving of the body and limbs, dance-like gestures. (1)*
3. Spontaneous movement of hands in formal Indian dance patterns. (1)
4. Trembling of the body (1)*
5. Utterances of deformed sounds. (2) Spontaneous chanting, singing or vocal noises. (1)
<b>B. Efferent - Autonomic</b>
1. Constriction of breathing. (1)
2. Automatic breathing of various kinds. Temporary stoppage of breath.(2)
3. Spontaneous laughter, tears of joy. (2) Automatic/involuntary laughing or crying. (1)*
4. Alterations in sexual desire (e.g. see Gopi Krishna's writings)*
<b>C. Afferent (Sensory)</b>
1. Sensory hallucinations: audio, visual, gustatory and olfactory. (2)*
2. Audio hallucinations: humming, rushing water, tinkling, bell sounds, etc. (1)*
3. Closed-eye perceptions: dots, lights, flames, geometrical shapes, pure white light. These may be perceived as visions of saints or deities. (1)*
4. Feelings that the body has become extremely huge or small (1)
5. Creeping sensations in the spine (1)*
6. Tingling sensations through the body. (1) Itching or crawling sensations under the skin. (2)*
7. Sensations of heat or cold. (2) (1)*
<b>Emotional</b>
1. Extreme feelings of ecstasy and divine bliss. (2)*
2. Extreme feelings of fear. (2)*
3. Enhanced sense of empathy (2)*
4. Loss or dissociation of emotions (2)*
<b>Cognitive/Spiritual:</b>
1. Recall past lives. (2)*
2. Enhanced intuition and psychic powers (siddhis). (2)*
3. Feelings of unseen guidance and protection. (2)*
4. Emptying of the mind. (1)*
5. There is an experience of being a witness in the body. (1)*
6. Questions may arise in the mind and be spontaneously answered (revelation or enhanced insight). (1)*
7. The hidden meaning behind the (Indian) scriptures are revealed. (2)*
8. Mystical experience (1),(2)*

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## Psychedelic Drug Survey

### Introduction

During September and October of 1994, I posted a [survey](#) to various newsgroups on the Usenet (alt.drugs, alt.rave, alt.psychoactive and alt.drugs.psychedelc) asking people about their experiences with hallucinogenic drugs. Here I would like to share, as was promised, the results of this survey.

I have previously posted a [short text file summary](#) of the results of this survey to the Internet. This Web site contains much more information than the short text file. In particular, the full text response of all survey respondents is reported here ([See Results Section](#)). Therefore, this site provides a unique opportunity for others to evaluate the raw textual data first hand in an organized format. This will allow the reader to come to their own conclusions, which may be very different than those I have come to which are stated in the Discussion section of this site.

At the time of posting the [survey](#) I stated that my intention was to show that there is more to the effects of psychedelics than merely inducing hallucinations and delusions, as is currently believed in the medical and psychiatric community (many notable exceptions notwithstanding!). Thus, I will now state that the purpose of this survey was to test the following hypothesis:

**The effects of psychedelic drugs (e.g. LSD, mescaline, peyote, etc.) are similar to the effects of a phenomena known in esoteric literature as the Awakening of the Kundalini.**

The idea of kundalini derives from Tantric yoga and refers to a supposed "energy" that lies latent in average people at the base of the spine. By practicing specific yogic exercises, one supposedly can "awaken" this kundalini, which in turn leads to severe alterations in consciousness including the onset of psychic abilities and possibly conferring enlightenment. These Tantric ideas have also been adopted by certain Western occult traditions throughout this century.

However, what strikes me is the overwhelming similarity between reports by people who have undergone kundalini awakening and what occurs to people who have taken psychedelic drugs. According to Tart and others, both of these states can be considered altered states of consciousness (ASC). However, accounts of the subjective nature of both these ASC show that the phenomenology of both states overlap to a considerable degree. (see Background). The logic of the survey design was to recruit respondents experienced in psychedelic drug usage and determine if they have experienced some of the effects, listed in the [Table Effects of Kundalini](#), associated with kundalini awakening when under the influence of psychedelic drugs. Therefore, all survey respondents were psychedelic drug users. No attempt was made to recruit people who may have experienced bona fide kundalini awakening because of the relative rarity of this occurrence here in the West.



## Psychedelic Drug Survey

### Methods

A survey consisting of 38 questions related to the hallucinogenic drug experience was posted to the Internet. Specifically, the survey was posted to the following four newsgroups on the Usenet: *alt.drugs*, *alt.rave*, *alt.psychoactive* and *alt.drugs.psychedellic*. These groups are dedicated to discussions amongst drug users and posting the survey in these forums ensured optimal responses.

Demographic data was incorporated into the survey to obtain a respondent profile. Usage questions were asked to gauge the length of time and general experience of the respondents. One question was asked about nonhallucinogenic drugs, and that was if the respondent used nonhallucinogenic drugs. The remaining survey questions focused on the effects of hallucinogenic drugs on the users. The effects fell into 5 categories: physiological (motor and autonomic efferent), sensory, emotional, cognitive and spiritual. Nineteen of 28 questions referred specifically to effects of awakened kundalini (for details see in Table 1: Effects of Kundalini). The remaining questions were specific to the hallucinogenic experience and served as an internal control to check reported drug effects against published effects. There was no mention in the survey of kundalini. As far as respondents were concerned, they were solely reporting on their hallucinogenic experiences. In this sense, the survey hypothesis was blinded to respondents.

Completed surveys were received through the author's e-mail address and the data entered into a database (Microsoft Access, ver 1.1) where results were tabulated. For statistical analysis, yes/no questions were treated as a poll and the 95% confidence interval associated with percentiles calculated based on the final number of respondents (n=61). Statistical tests of independence were performed on 2x2 combinations of demographic data with psychedelic effects. All variables tested showed statistical independence. That is to say, there was no statistical evidence that any reported psychedelic effects were dependent upon such demographic factors as age, sex, or length of time using psychedelic drugs (not shown). However, such tests of independence were only marginally valid because of the relatively small sample size.

# Hallucinogenic Drug User Survey

by Don DeGracia

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*Web Site: [Collected Writings of Donald DeGracia](#)*

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NOTE: This survey was posted and run during Oct-Sept of 1994. It is no longer being run. **Do not send responses to this survey to the author.** The full text of the survey is included only for purposes of data presentation.

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## PURPOSE:

The purpose of this survey is to compile statistics about the experience of hallucinogenic drug users. Furthermore the author is interested in showing that the effects of so-called "hallucinogenic drugs" are more than mere "hallucinations" as current medical and legal authorities would lead us to believe. All you people out here on the NET can do a big service by sharing your experiences in a candid way so we can try to dispel the misinformation that exists about hallucinogens.

## WHAT TO DO:

What to do is easy. Simply fill in the below survey and return it to the author's e-mail address. PLEASE: RESPOND TO THIS SURVEY AT THE ABOVE E-MAIL ADDRESS. DO NOT POST YOUR RESPONSES ON THE NEWS GROUPS WHERE YOU OBTAINED THIS SURVEY.

If you would like to send an accompanying letter outlining your hallucinogenic drug experiences in more detail, please do. Please note, your honesty is absolutely essential to the success of this survey.

**ALL RESPONDENTS WILL REMAIN COMPLETELY ANONYMOUS!!!**

I have nothing to do with the law. I am not affiliated with any legal authorities or medical or educational institutions or anything like that. I am simply attempting to do independent research through the internet.

The survey should take about 30-60 minutes to complete depending on the degree of detail your answers entail. An option is provided at the end of the survey for respondents to describe things they feel are important about the hallucinogenic drug experience that were not included in the survey questions.

Also, on a problematic technical note, since this posting is being sent and received through a mail-gate way that can only handle 50 kB per message, if your response is greater than 50 kB, please carry it over to a second e-mail or you will get truncated!

Thank you!

## THE SURVEY:

### A. Demographics

1. Are you male or female?

2. Your age is between:

- a. 0-13
- b. 14-18
- c. 19-25
- d. 26-30
- e. 31-40
- f. 41-50
- g. 50 or older

3. What country are you from?

### B. Usage

4. Which hallucinogenic substances have you used? (and by hallucinogen I mean: LSD, mescaline, DMT, psilocybin, mushrooms - please specify which.)

5. How long have you been using hallucinogens?

6. How many times have you used hallucinogens?

- a. 1-5 times
- b. 6-10 times
- c. 11-20 times
- d. 20 or more times

7. How frequently do you take hallucinogens?

- a. a couple times a year
- b. a couple times a month
- c. a couple times a week

8. When on hallucinogens, how much do you usually take? (i.e. 2 hits of mescaline, 1 gram of mushrooms). Please list all relevant dosages.

9. Do you use other, nonhallucinogenic drugs? (Such as pot, cocaine, etc)

10. How would you compare hallucinogenic substances to non-hallucinogenic substances? (Simply write a short - a couple sentences - description please).

### C. Hallucinogenic Effects

11. Do you hallucinate visually? (yes or no)

12. If yes to question 11, please choose what you see from the following list:

- a. trails
- b. things "breathing" (such as walls, furniture. etc.)
- c. vivid and moving color patterns behind closed eyes.
- d. see faces, weird creatures, bodies in paneling, carpeting, etc.
- e. things take on a chalky appearance
- f. paisley looking shapes
- g. other (please specify - take as much space as you need)

13. Do you laugh a lot when on hallucinogens? (yes or no)

14. Do you have audio (sound/hearing) hallucinations? (yes or no)

15. If yes to 14, please describe these.

16. Do you often experience sensations of chills or vibrations coursing through your body when on hallucinogenic substances? (yes or no)

17. If yes to 16, please describe where these chills seem to be occurring (on back, arms, etc)

18. Do your thought patterns change when on hallucinogens? (yes or no)

19. If yes to 18, please describe how your thought patterns change. (Take as much space as you need to do this)

20. Do your emotions change when on hallucinogens? (yes or no)

21. If yes to 20, please describe what happens to your emotions.

22. Have you had anything akin to a religious experience when on hallucinogens? That is, do you experience a deeper sense of unity with things, have some apprehension of God, or get insights into the nature of things? Please specify yes or no, and describe such insights please.

23. Does your sense of who you think you are change when you are on hallucinogens. If yes, please specify how your identify changes when on hallucinogens.

24. Do your senses appear to mix when on hallucinogens? (i.e. can you hear sights or smell sounds, etc.) (yes or no)
25. If yes to 24, please specify what sensory mixings you have experienced.
26. Can you concentrate or focus your thoughts when on hallucinogens? (yes or no)
27. Does your ability to concentrate change throughout the course of a single buzz? (If yes, please specify to the best of your recall)
28. Are you more or less horny (i.e. sexual) when \*peaking\* on hallucinogens?
29. Are you more or less horny (i.e. sexual) when \*coming down\* from a hallucinogen buzz?
30. Have you ever had an out-of-body experience when on hallucinogens? (yes or no)
31. Does your empathy (which is the ability to relate with others, to sense their emotions) with others increase when on hallucinogens? (yes or no)
32. Do you become fidgety when on hallucinogens? (yes or no)
33. Is it difficult to fall asleep when on hallucinogens? (yes or no)
34. Do you become cold and clammy when on hallucinogens? (yes or no)
35. Has your use of hallucinogens made in any long term changes in your personality? (i.e. increased your insight, made you more empathic. made you more scatter-brained, etc.) (yes or no)
36. If yes to 35, please specify the long term changes you have undergone from using hallucinogens.
37. Has your use of hallucinogens made you more or less spiritual, or not affected your spirituality at all? (answer: "more" or "less" or "not affected")
38. If you have experienced anything at all of significance while on hallucinogens that this survey has not covered, please describe it now. Take as much space as you require. Attach an associated e-mail if you prefer.

The survey is now complete. I thank you all for you time responding to this. I will post results here in the appropriate newsgroups within a few months, after compiling and analyzing the results.

Don DeGracia

## Results: Overview

The menu of choices in the left frame links to all of the tables of results in the survey. Below are brief descriptions of each category, along with links to the respective data.

Please note that almost all of the raw data of the survey is available on this site. This allows the motivated reader to analyze the data by their own criteria, which may or may not be different from that which I have used.

Of particular significance is that **all** of the textual responses provided by respondents (who I also refer to as "Subjects" or "Ss") is provided in full. This textual data is extremely revealing and the reader is encouraged to browse the Ss comments. As far as I am aware, this site is the only source available for comparing in great detail, the opinions of 61 people about their psychedelic drug experiences.

### Demographics

Sixty one people responded to the survey (n=61); 15% were female, 85% were male. The age distribution and distribution by country is shown in [Respondent Profile](#). Clearly, this demographic data shows that roughly 60% of respondents were male, college-age students from the USA. The other 40% of respondents represent the countries of Northern Europe, Australia and Canada with only very minor representation in the Far East. These demographics are no surprise considering the nature of the survey. However, they are significant to the study in regards to applying statistical assumptions, for any use of Gaussian statistics assumes a random sample, and, given the demographics of this study (i.e. mostly college age students) one might argue that this data set does not reflect a truly random sample of hallucinogenic drug users. This is probably true. Another factor biasing the sample is that all respondents were computer users and this in itself implies certain socioeconomic and perhaps even intellectual biases.

### Usage

Polydrug (i.e. used more than just hallucinogenic drugs) users constituted 95% of the sample. 58% of respondents used hallucinogenic drugs more than 20 times. Respondents seem roughly equally distributed regarding length of time using hallucinogens based on a 1 and 5 year distinction. Half of the users take hallucinogens "a few times a year", the other half take them "a few times a month". Usage statistics are shown in the [Usage Table](#).

The most prominent hallucinogen used was LSD (95%), followed by psilocibin-containing mushrooms (82%), with smaller use of mescaline (18%) and peyote (13%). 45% reported using "other" hallucinogens and these ranged from morning glory seeds, MDMA (3,4-methylenedioxymethamphetamine - "ecstasy") to relatively obscure compounds such as DMT (dimethyltryptophan). Thus, overall, the respondent sample was relatively experienced in hallucinogenic drug use. Subjects use of other drugs, including their comparisons of psychedelic and nonpsychedelic drugs is given in the [Other Drugs Table](#).

## Physiological Effects

Respondents were asked 4 questions that pertain to physiological alterations during the course of a psychedelic drug experience. In the context of the survey, "physiological" referred to somatic and autonomic motor function. These included questions about:

- How psychedelics affect sleep
- [The occurrence of spontaneous laughter](#)
- Whether or not they get fidgety
- How psychedelics affect their sexual drive, both at the peak of the drug experience and as the drug effect wears off.

Physiological results are summarized in the [Motor and Autonomic Effects Table](#). Clearly, sensory, emotional and cognitive functions are neurologically based phenomena, but these latter were separated out for closer analysis.

## Sensory Hallucinations (The special senses)

Respondents were asked four main questions about their sensory perceptions under the influence of psychedelic drugs. These included:

- [Nature of visual hallucinations](#).
- Occurrence and nature of [auditory \(hearing\) hallucinations](#)
- [Synesthesia](#), which is the mixing of the senses
- Occurrence of somatic perceptions, including [chills and vibrations](#) and alterations in perception of [body temperature and skin quality](#) ("cold and clammy")

## Emotional

Subjects (Ss) were asked: (1) about how [psychedelics affect their emotions](#), and (2) how [psychedelics affect their empathy](#) with other people.

## Cognitive

Psychedelic means "mind manifesting" ( [Click here](#) to read the original article in which Humphrey Osmund coined this term). Subjects were asked questions about the effects of psychedelic drugs on their mental and cognitive behavior, including:

- Effects on [thinking](#)
- Effects on [personal identity](#)
- Effects on [ability to concentrate](#)
- [Long term changes in personality](#) resulting from using psychedelic drugs

## **Spiritual and psychic**

As the main hypothesis of this survey is that the effects of psychedelic drugs are similar to Kundalini awakening, and as Kundalini awakening is seen by Tantric and Occult practitioners as a spiritual experiences, it was important to gauge the effects of psychedelic drugs on the spiritual life of the respondents. Many authors (such as [Alan Watts](#)) have recognized the spiritual dimension of psychedelic substances ([Click here](#) to go to a list of articles about Psychedelics and Religious Experiences). The contribution of my work is to associate the spiritual dimension of psychedelic drugs with Kundalini awakening. Subjects were asked if (1) psychedelics have had an [effect on their spirituality](#) and (2) if they have even had what they consider to be a [psychedelic-induced spiritual or religious experience](#). Since Tantric sources claim that awakened kundalini confers psychic abilities, one question was also asked about the occurrence of [psychedelic-induced out-of-body experience](#).

## **Summary of Results**

All of the numerical results are presented in . [The Summary of Numerical Results Table](#)



## Psychedelic Survey Results

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### Respondent's Demographic Profile

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Number of Respondents = 61

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Gender of Respondents

Male	Female
85 %	15 %

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Age Distribution of Respondents

Age Range	Percent
14-18 years	6.6 %
19-25 years	62.0 %
26-30 years	20.0 %
31-40 years	9.8 %
41-50 years	1.6 %

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Distribution of Respondents by Country

Country	Percent
Australia	8.2 %
Canada	13.1 %
Finland	3.3 %
Ireland	1.6 %
Netherlands	3.3 %
Sweden	1.6 %
Thailand	1.6 %
United Kingdom	8.2 %
United States of America	59.0 %

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Respondent Profile By Subject

Subject ID	Sex	Age	Country
1	m	14-18 years	USA
2	m	19-25 years	USA
3	m	19-25 years	USA
4	m	26-30 years	USA
5	m	31-40 years	UK
6	f	19-25 years	USA
7	m	19-25 years	Netherlands
8	m	14-18 years	UK
9	f	19-25 years	Canada
10	m	26-30 years	USA
11	m	19-25 years	USA
12	m	19-25 years	USA
13	m	19-25 years	Finland
14	m	19-25 years	Thailand
15	m	26-30 years	UK
16	m	19-25 years	Australia
17	m	26-30 years	USA
18	m	19-25 years	USA
20	m	19-25 years	Australia
21	f	31-40 years	USA
22	m	19-25 years	USA
23	m	19-25 years	USA
24	m	26-30 years	Netherlands
25	m	19-25 years	Australia
26	f	14-18 years	Australia
27	m	19-25 years	Australia
28	m	19-25 years	USA
29	m	26-30 years	USA
30	f	14-18 years	USA
31	m	19-25 years	UK
32	f	19-25 years	USA

33	m	19-25 years	Canada
34	f	19-25 years	USA
35	m	19-25 years	Ireland
36	m	19-25 years	Canada
37	m	19-25 years	Canada
38	m	19-25 years	Canada
39	m	19-25 years	USA
40	m	31-40 years	UK
41	m	19-25 years	USA
42	m	19-25 years	USA
43	m	19-25 years	USA
44	f	26-30 years	USA
45	m	19-25 years	USA
46	m	26-30 years	USA
47	m	19-25 years	Finland
48	m	19-25 years	USA
49	m	26-30 years	Canada
50	m	19-25 years	Sweden
51	m	26-30 years	Canada
52	m	31-40 years	USA
53	m	19-25 years	USA
54	m	26-30 years	USA
55	f	19-25 years	USA
56	m	19-25 years	USA
57	m	19-25 years	USA
58	m	31-40 years	USA
59	m	26-30 years	USA
60	m	19-25 years	USA
61	m	31-40 years	CANADA
62	m	41-50 years	USA

## Psychedelic Survey Results

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### Ss Hallucinogenic Usage

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Questions:

5. How long have you been using hallucinogens?

<b>Less than 1 year</b>	<b>29 %</b>
<b>1 to 5 years</b>	<b>33 %</b>
<b>Greater than 5 years</b>	<b>37 %</b>

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6. How many times have you used hallucinogens?

<b>1-5 times</b>	<b>5 %</b>
<b>6-10 times</b>	<b>18 %</b>
<b>11-20 times</b>	<b>18 %</b>
<b>&gt;20 times</b>	<b>58 %</b>

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7. How frequently do you take hallucinogens?

<b>A few times per week</b>	<b>1.7 %</b>
<b>A few times per month</b>	<b>49.0 %</b>
<b>A few times per year</b>	<b>49.0 %</b>

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Usage Data per Subject

<b>Subject ID</b>	<b>5. Time using (years)</b>	<b>7. Frequency of use</b>	<b>6. Number of times used</b>
1	0.5	(b) a couple times a month	(c) 11-20 times
2	3	(a) a couple times a year	(d) 20 or more times
3	1	(b) a couple times a month	(d) 20 or more times
4	10	(a) a couple times a year	(d) 20 or more times
5	24	(b) a couple times a month	(d) 20 or more times
6	4	(b) a couple times a month	(b) 6-10 times

7	4	(b) a couple times a month	(d) 20 or more times
8	1	(b) a couple times a month	(c) 11-20 times
9	1	(a) a couple times a year	(b) 6-10 times
10	5	(a) a couple times a year	(b) 6-10 times
11	3	(a) a couple times a year	(b) 6-10 times
12	ns	-	(d) 20 or more times
13	1.5	(a) a couple times a year	(b) 6-10 times
14	5	(b) a couple times a month	(d) 20 or more times
15	8	(a) a couple times a year	(c) 11-20 times
16	1	-	(a) 1-5 times
17	8	(b) a couple times a month	(d) 20 or more times
18	1	(b) a couple times a month	(b) 6-10 times
20	8	(a) a couple times a year	(c) 11-20 times
21	3 times total	(a) a couple times a year	(a) 1-5 times
22	8	(b) a couple times a month	(d) 20 or more times
23	3	(b) a couple times a month	(d) 20 or more times
24	1	(b) a couple times a month	(d) 20 or more times
25	1	(b) a couple times a month	(c) 11-20 times
26	3	(b) a couple times a month	(d) 20 or more times
27	4	(b) a couple times a month	(d) 20 or more times
28	4	(a) a couple times a year	(c) 11-20 times
29	10	(a) a couple times a year	(d) 20 or more times
30	2.5	(b) a couple times a month	(d) 20 or more times
31	3	(a) a couple times a year	(b) 6-10 times
32	1	(b) a couple times a month	(c) 11-20 times
33	1	(a) a couple times a year	(b) 6-10 times
34	1	(a) a couple times a year	(a) 1-5 times
35	0.75	(b) a couple times a month	(b) 6-10 times
36	7	(a) a couple times a year	(d) 20 or more times
37	0.83	(b) a couple times a month	(d) 20 or more times
38	3	(a) a couple times a year	(c) 11-20 times
39	1	(a) a couple times a year	(b) 6-10 times
40	22	(a) a couple times a year	(d) 20 or more times
41	6	(a) a couple times a year	(d) 20 or more times
42	7	(b) a couple times a month	(d) 20 or more times

43	5	(a) a couple times a year	(d) 20 or more times
44	5	(a) a couple times a year	(d) 20 or more times
45	4	(b) a couple times a month	(d) 20 or more times
46	10	(c) a couple times a year	(d) 20 or more times
47	1.5	(b) a couple times a month	(d) 20 or more times
48	4	(b) a couple times a month	(d) 20 or more times
49	17	(a) a couple times a year	(d) 20 or more times
50	6	(a) a couple times a year	(c) 11-20 times
51	17	(a) a couple times a year	(d) 20 or more times
52	7	(b) a couple times a month	(d) 20 or more times
53	3	(b) a couple times a month	(c) 11-20 times
54	14	(a) a couple times a year	(d) 20 or more times
55		(a) a couple times a year	-
56	1	(a) a couple times a year	(c) 11-20 times
57	5-7 years	(b) a couple times a month	(d) 20 or more times
58	17 y	(b) a couple times a month	(d) 20 or more times
59	14 y	(a) a couple times a year	(d) 20 or more times
60	2 y	(a) a couple times a year	(b) 6-10 times
61	15 y	(b) a couple times a month	(d) 20 or more times
62	28 y	(b) a couple times a month	(d) 20 or more times

## Psychedelic Survey Results

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### Ss Use of Other Drugs and Comparison to Hallucinogens

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Questions:

9. Do you use other, nonhallucinogenic drugs? (Such as pot, cocaine, etc)

Percent Yes	Percent No	Margin of Error
95.0 %	5.0 %	+/- 7 % (n=61)

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10. How would you compare hallucinogenic substances to non-hallucinogenic substances?  
(Simply write a short - a couple sentences - description please).

Subject ID	9. Use of Other Drugs?	Which Other Drugs?	10. Compare hallucinogens to other drugs
1	Yes	pot, alcohol	They dont compare...Hallucinogens are far better than any non- hallucinogen.
2	Yes	pot, meth, cocaine	More intersting - and more draining.
3	Yes	pot	I consider pot hallucinogenic, but it only "became" hallucinogenic after I started using REAL hallucinogens (LSD). And I don't think I can answer this question in a couple of sentences, because LSD and pot differ greatly in many ways.
4	Yes	pot	A hallucinogenic substance is one that effects thought, in my opinion. I would consider pot by the way a mild hallucinogenic substance, because distortions of perceptions occur.
5	Yes	-	Hallucinogens are a completly different kind of buzz not to be taken lightly usually in a planned way and only when I am in the right mood other drugs I use much like I woud have a beer to get whatever effect I require at the time. The phsycaedelics are much more of a roller coaster you can't be sure where you end up as regards

			mental effects
6	Yes	pot	much more time consuming, more fun, it affects you the next day. I prefer all to alcohol cause that just makes me nauseous
7	Yes	pot, ecstasy	Psychedelic drugs give me the idea I can learn something from them; it's not just a nice feeling- they can let you discover new things about yourself.
8	Yes	An occasional spliff or an E	With non-hallucinogenic substances I feel that i have a normal view of the external world but only with different emotions and sensations.
9	Yes	pot	A lot more energy, no munchies, much happier. VERY different perspective on things. Most pure and innocent "happy" feeling. :)
10	Yes	pot, liquor	Like the difference between sex and accounting.
11	Yes	pot, liquor	hallucinogens are incomparably better because not only are they entertaining and mind-expanding, they are the only way to see what it's like to be someone, something else, if only for a short while.
12	Yes	(in past) cocaine, pot, hash	hallucinogenic drugs are more cerebral, you actually think, and think hard. Non-hallucinogenic drugs are physical, you feel, and feel hard.
13	Yes	Alcohol and cocoa	Hallucinogens make me feel I'm changed in a way. I'm more open to myself - my secret expectations of myself come true. And my feelings are amplified, when I'm happy, I am VERY happy and on the other hand when I'm down, I'm very depressed and anxious. Non-hallucinogenic substances just change my mood and make me more open to others - and more "closed" to myself.
14	Yes	pot	There is no comparison. I use pot recreationally, but psychedelics are something I take very seriously as tools for inner spiritual grown. Psychedelics are not "party" drugs
15	Yes	Marijuana (twice a month), ecstasy (six times a year), amphetamines (twice a year)	More interesting and varied in their effects but can be a little overpowering and harder to control, so less suitable for recreational social use. Fewer physical effects and side-effects.
16	Yes	Pot , Guanna	There is more of an elevating feeling with other

			types of drugs. Trips seem to me to be just a visual experience.
17	Yes	pot	Insightful and enlightening.....wonderful not stupifying like alcohol.
18	Yes	pot	non-hallucinogenics, in my experience, seem to merely modify metabolism rather than expand consciousness.
20	Yes	pot, liquor, MDMA	Ummmm. Hallucinogenic substances are less likely to give you a purely hedonistic experience. Not always the case however, and I don't always find pot or MDMA hedonistic
21	Yes	liquor	far more interesting and fun - I would like to try them again - although I have heard that they are far more dangerous to your brain's chemistry - far more risks involved with them.
22	Yes	pot, liquor, cocaine (tried it)	Well, where I find pot and alcohol to be good "recreational" drugs, giving a "party" feeling, and usually OK for most people in a social setting, hallucinogens need to be taken a bit more seriously. Meaning that while I would offer just about anyone a hit from a joint, or a beer, I wouldn't casually pass out acid to people if I didn't know they could handle it. Don't get me wrong, I have had a lot of fun on acid, and in the right conditions a trip can be a real recreational time, but also it can be used as a powerful tool to explore the psyche.
23	Yes	pot, ephedrine	i have found generally that i enjoy LSD much more than any other illicit drug i have taken. the effects are more pleasant, and condusive.
24	Yes	pot, liquor	difficult to say. I like them both, but have come to see LSD as a very heavy experience. I don't use it anymore. The fun ended after a very intense bad trip. I just couldn't enjoy it anymore. But it's like comparing apples and oranges, i.e., you can't.
25	Yes	pot	The mental, philosophical, and spiritual effects are more pronounced on hallucinogens, whereas body (physical) effects are the most noticable on other drugs.
26	Yes	-	Typically with hallucinogens it is more of an event. You might use speed to enhance something else, whereas a trip is an outing in



			<p>itself. Thus it is much less of a lifestyle drug.. Also more fun.. More mind altering, less real than normal upper/downer type drugs.. and less addictive.</p>
27	Yes	weed (rare) liquor, nitrous	<p>This is an incomplete question, you have not specified what you mean by 'non-hallucinogenic substances'. I have assumed that you mean recreational (not necessarily illegal) drugs. This is like asking what is different about carrots and computers. Hallucinogenic drugs (henceforth referred to as HD) will warp you perception to a point where objectivity is not guaranteed. With all this in mind: I find HDs much more interesting than non-HDs, for the reason that I get a lot more *long-term* nterest out of the experiences that they can ring. I have had a broad range of chemically mind-altering (not nec. hallucinogenic) experiences, and while many of them are enjoyable for the duration of the effect, they leave me with little to consider. I have also experienced some not-so-pleasant physical and emotional effects from other drugs, for example amphetamines (which I now loath) gave me heart palpitations, MDMA gave me sleeping disorders. Both left me depressed and irritable for the few days preceeding the ingestion. no HD (with the exception of utopia which left me depressed) has given me these effects. HDs also increase my awareness, especially of music. Whilst under the influence of a HD, I notice a lot more detail, more 'fine-structure' in the things that I normally take for granted, simple things like trees, clouds, doors, running water appear to take on a 'something extra', which on closer examination is only an increased appreciation of the objects detail. This is in contast to amphetamines/dope/tranquilisers which *reduce* the depth and detail of my perception.</p>
28	Yes	pot	<p>I would say that a hallucinogen has a longer lasting effect, and should be expected to last up to 16 hours depending on the dosage.</p>
29	Yes	pot	<p>Non-hall subs are for body and physical stimulation. Hall-sub's are stimulus for the mind and body to a different degree. The potential for what ones mind can do under LSD is</p>

			monumental. One can just watch the colors and party or experience complete ego loss. Once ego loss occurs everything is crystal clear
30	Yes	pot	I much prefer hallucinogens, because there is nothing better than hallucinating. Besides, it makes me feel cleaner, and I think really cool things.
31	Yes	pot, speed	Less intense. Less rich an experience; cannabis is nice, speed is pretty squalid.
32	Yes	pot, liquor, speed	Hallucinogenics are more clean, more clear, i feel more in control than on other drugs
33	Yes	pot, alcohol, caffeine	I find that the hallucinogenic substances (excludingdiphenhyramine, which induces a dream-like state) increase my insight into my surroundings. I also find this to some extent with pot, and even high doses of caffeine (actually the caffeine induces paranoia, but this can be seen as insight as well), but alcohol is just a numbing effect, think less, reason less, do less.
34	Yes	pot	Stronger mood-altering sensations--visuals, change in way things in environment sound, feel, taste, etc.
35	Yes	pot	Triping is a better experience, but a bit risky for regular use. Pot is safe enough to use on a regular basis, so I suppose I prefer pot.
36	Yes	pot, hash	More mind expanding, as opposed to sense numbing (like alcohol)
37	Yes	pot, hash	Pot yes, others no. Pot, as previously said, is a regular experience for me (share a couple of grams with friends on the weekends, generally, nothing REALLY heavy). However, I have on occasion smoked huge amounts of pot or hash, and have had some very real hallucinations - both the fractal patterns I usually get on acid, and the holly-wood type hallucinations where I will see something that's not there. Generally my use of pot isnt' for hallucinogenic purposes tho, I usually just use it because it's fun. (Lately, however, I have been combining pot and alcohol - 2-3 shots of hard liquor, wait for that to set in, then smoke a gram or so. I do this for a strange feeling it gives me, sort of a terrifying whitenoise-in-my-head. Hey... I enjoy it ;) Hmm, I guess I

			<p>somewhat already answered this one in my previous answer. There is no comparison. I've been smoking pot lately because acid is increasingly hard to get, and hey... pot's better than nothing. But, as far as enjoyment (and I have a very strange opinion of enjoyable, I like the world-fuck - as a friend puts it) as well as insights and interesting experiences, LSD and Mushrooms are the best.</p>
38	Yes	Pot, alcohol, caffeine, nicotine	<p>Non-hallucinogenic drugs are relaxing, while hallucinogenic drugs are exciting and stimulate thought.</p>
39	Yes	pot	<p>much more fun and euphoric</p>
40	Yes	-	<p>Hallucinogenic substances affect my perception and cognition Others affect my mood &amp; level of arousal (eg amphetamine, cocaine, alcohol, etc) Cannabis &amp; MDA/MDMA I would class as psychedelics &amp; would group with the Hallucinogens.</p>
41	Yes	VERY rarely pot, occasionally alcohol	<p>Much more entertaining, interesting, and educational</p>
42	Yes	pot	<p>Well as far as pot goes, I think it is an enormously effective tool for quieting the mind and instilling appreciation for beauty in a spiritual sense. While I think Psychedelics are extraordinarily spiritual, their effects are more like removing input filters off the consciousness. They allow your mind to become aware of more of the world and sometimes even act in place of a spiritual teacher. Pot is more of a private prayer while psychedelics are like going to church. As for other non-psychedelics I dont think they compare much at all. They harm the body and the soul and have little, if any teaching value.</p>
43	No	-	<p>I prefer terms like entheogenic and psychedelic to hallucinogenic. All drugs change the way your mind and/or body works; entheogens change you in such a way that you think and feel things that you would ordinarily never think or feel.</p>
44	Yes	pot	<p>Hallucinogenic drugs effect my equilibrium and my cognitive thought much more than non-hallucinogenic, therefore, I use pot daily, whereas acid I only do on occasion. I am in control much more with pot than acid or mushrooms. They give</p>

			me more of an experience than a high.
45	Yes	pot	There's almost no comparison. Other drugs get you high, but you can have mystical experiences on hallucinogens.
46	Yes	pot, liquor, cocaine, etc.	hallugenic drugs work at the higher mind level. Non-H drugs work more at the physical/emotional layers.
47	Yes	hash, liquor	Alcohol - Legal, makeUdumb, nothought, but pleasant.
48	No	-	I would say that pot is the closest experience to a hallucinating experience I've had on a non-hall. drug. Hallucinogens are what I call, "REVELATORY"--there is a sense of revelation and understanding.
49	Yes	-	hallucinogens are for special occasions-birthdays, New Years, etc. marijuana is for everyday use-it allows relatively normal functioning in society
50	Yes	Marijuana a couple times a week, MethAmphetamine a couple (once or twice maximum) times a month. Poppers (Amyl Nitrate) sometimes. Hasch sometimes.	Answer: "Hallucinogenic" substances puts you in contact with your "self", I find them great for contemplating life-questions and such. I use non-hallucinogenic substances mostly for fun, or for a specific task (Like using Meth when I want to work for a long time without losing concentration).
51	Yes	-	hallucinogens are for special occasions-birthdays, New Years, etc. marijuana is for everyday use-it allows relatively normal functioning in society
52	No	-	All of the drugs mentioned in question 9 CAN be somewhat hallucinogenic if taken in sufficient quantities, however, they still produce considerably different effects. Drugs classified as classic hallucinogens (such as acid, peyote, etc.) produce an opening up of the perceptics, particularly vision and hearing. Colors are extremely vivid and intense. The colors "perceived" are many times colors not found in the "real" world. You could call them "electric" or "psychedelic". Occasionally, particularly with LSD, they is a blending of sight and sound to the point where sounds have form and color and light has a definite sound to it. I don't know how else to describe it. Like other drugs, there is a distorting of time sense, but with "true"

			hallucinogens, "time" may disappear altogether. You are only aware of the now moment and can't consistently access memories of other "moments" or times. Consequently, conversing and "normal" linear logic-based thinking becomes rather difficult at times. Also, drugs such as pot and opium tend to be more body oriented than mind oriented. With hallucinogens, the principal effects are on mind and awareness even though some body effects, such as queesiness, can be experienced.
53	Yes	pot, cocaine, methadrine	There is some basis for comparison with weed. I think deeply while on either acid or weed, the difference being in the intensity and duration.
54	Yes	-	hallucinogens cause much more profound cognitive changes than any of the other class of drugs
55	Yes	pot	ACID AND SHROOMS LAST 10 TIMES AS LONG, MUCH MORE INTENSE, MESSES WITH YOUR MIND MORE
56	Yes	-	The difference would be like describing to a blind man what it is like to see--it is almost a new sense. Other drugs reduce thought and make you feel dizzy, euphoric, and 'fucked-up'. Psychedelic hallucinogens are more of a mental experience, which can provide much positive insight if used responsibly, with friends, in a positive setting. So many people take LSD, mushrooms, or MDMA at a party, just to have fun I guess. They watch hallucinations as if they were watching television. I am sad when I see people tripping and not understanding the potential they have to bring freedom and wisdom into their lives after the drug wears off. Drugs like opiates, stimulants, etc. provide a temporary state of total power, of overcoming one's short-comings. The feelings vanish when the drug wears off. One is left once again trapped in life with painful knowledge of their inadequacies. Psychedelics can, with the proper preparation, setting, and motivation, put one face to face with themselves, and solve the inadequacies. For example, before I ever tried MDMA, I was very introverted, to the point where I was actually afraid to touch people or to be touched. I learned how to express the feelings

			I had suppressed for so long, because for a few hours, my ego was turned off and my whole consciousness was all that remained. All the walls I had built up all my life were suppressed, and once one learns what love is, one never forgets. The euphoria of the drug has passed, but I am no longer self-conscious and oppressed by my own mind. I truly wish that everyone who ever takes psychedelics can achieve such happiness in their new, post-session lives through the positive, responsible use of psychedelics.
57	Yes	pot, cocaine, speed	hallucinogens seem to make me more aware of my total surroundings rather than just one aspect.
58	Yes	Marijuana - we call it "Santa Maria" and avoid all use of street slang, like "pot." We smoke in silence, always concecrating the smoke, and listen in order to learn.	non-hall. tend to be less profound, less of a connection with the infinite, but still useful if used right
59	Yes	pot	hallucinogens tend to wake you up, to a more subtle reference of reality. where, other drugs tend to put you to sleep.
60	Yes	-	hard to describe. not as enlightining(sp). not as spiritual.
61	Yes	-	I HAVE USED A GREAT DEAL OF POT AND HASH, AND SOME COKE, IN THE PAST. I DON'T ANY LONGER BECAUSE I CANNOT CONTROL MY USE OF THEM. (ADDICTIVE PERSONALITY) THUS THE MOST SIGNIFICANT COMPARISON FOR ME IS THE LACK OF ADDICTIVENESS WITH HALLUCINOGENS.
62	Yes	marijuana, wine, coffee	hallucinogens are much more interesting, take more energy, have unique and useful long-term effects.

## Psychedelic Survey Results

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### Motor and Autonomic Effects

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Questions:

28. Are you more or less horny (i.e. sexual) when *\*peaking\** on hallucinogens?

More	Less	Other
34 %	42 %	23 %

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29. Are you more or less horny (i.e. sexual) when *\*coming down\** from a hallucinogen buzz?

More	Less	Other
23 %	59 %	13 %

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32. Do you become fidgety when on hallucinogens? (yes or no)

Yes	No	% Error (n=61)
69 %	31 %	+/- 11 %

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33. Is it difficult to fall asleep when on hallucinogens? (yes or no)

Percent Yes	Percent No	Margin of Error
92.7%	7.3%	+/- 7% (n=61)

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34. Do you become cold and clammy when on hallucinogens? (yes or no)

Percent Yes	Percent No	Margin of Error
40%	60%	+/- 12% (n=61)

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Autonomic Effects: Raw Data by Subject

Subject ID	28. Sex Peaking	29. Sex Decline	33. Difficulty Sleeping?	34. Cold or Clamy
1	less	less	Y	N
2	less	less	Y	N
3	more	less	Y	Y
4	less	less	Y	N
5	more	more	Y	Y
6	more	more	Y	Y
7	more	less	Y	N
8	more	less	Y	Y
9	other	less	Y	N
10	less	other	Y	N
11	less	less	Y	Y
12	less	less	Y	Y
13	other	other	N	Y
14	less	more	Y	N
15	less	other	Y	N
16	other	other	N	N
17	less	less	Y	N
18	more	less	Y	N
20	less	less	Y	Y
21	less	less	Y	Y
22	more	more	Y	Y
23	less	less	Y	N
24	less	more	Y	Y
25	more	more	Y	N
26	less	more/no di	Y	Y
27	less	more a bit	Y	N
28	less	more	Y	N
29	less	more a bit	Y	Y
30	less	both	Y	N
31	less	no diff	Y	N
32	depends	depends	Y	N
33	less	less	Y	Y
34	more	more	Y	N
35	no answer	no answer	Y	N



36	less	less	Y	N
37	more	less	Y	N
38	more	more	Y	Y
39	less	less	Y	N
40	more	more	N	Y
41	less	less	Y	Y
42	both	both	Y	N
43	less	more	Y	Y
44	less	less	Y	Y
45	less	more	Y	N
46	less	no diff	N	N
47	depends	depends	Y	N
48	more	less	Y	Y
49	no diff	no diff	Y	N
50	less	more	Y	N
51	no diff	no diff	Y	N
52	less	less	Y	N
53	more	more	Y	Y
54	less	more	Y	Y
55	less	less	Y	N
56	less	less	Y	N
57	less	less	N	N
58	depends	depends	Y	N
59	less	more	Y	N
60	neither	more	Y	Y
61	less	more	Y	Y
62	less	less	Y	N

## Psychedelic Survey Results

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### Spontaneous Laughter

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*Question:*

13. Do you laugh a lot when on hallucinogens? (yes or no)

Percent Yes	Percent No	Margin of Error
70.9%	29.1%	+/-11% (n=61)

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Some respondents voluntarily offered comments:

Subject ID	13. Laughter?	Laughter - Text
11	Y	depends. it's different every time.
21	Y	yes, first trip - all I did was giggle and laugh second trip was a little different - alternating laughing and crying over and over round and round - like hysteria.
22	Y	Well, not spontaneously. Things often seem absurd, and it is easy to see humor in things which you had never thought of before.

## Psychedelic Survey Results

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### Auditory Hallucination Data

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Questions:

14. Do you have audio (sound/hearing) hallucinations? (yes or no)

Percent Yes	Percent No	Margin of Error
54.1%	45.9%	+/- 13% (n=61)

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15. If yes to 14, please describe these.

Subject ID	14. Auditory Hallucinations?	15. Auditory Hallucinations - Text
1	Y	Often, music will sound much louder than it actually is
2	N	Not hallucinations as much as inability to tell the source of sounds, or put them in their proper context. A bird's song could be something very strange.
3	Y	YES!!! And in case you're interested, my audial hallucinations sometimes don't go away. One time I tripped, then the next weekend I smoked a lot of pot and I started hallucinating audially, and it was much worse than when I was tripping. When I woke up the next day, the audial hallucinations were still in my head. Eventually, though, they went away ...You know, buzzing, talking, just WEIRD sounds.
4	Y	only on DOM , Mindless gibbering. A cacophony of sound
5	Y	echoes it's hard to describe the difference between hearing ordinary reggae and dub reggae if you know what i mean
6	N	-
7	N	-
8	Y	Sounds sound like ambient soundscapes. sort of echoey and misdirected.
9	N	-
10	Y	Echoing, mostly, sometimes words sounds backwards. Sometimes higher level, words transposed
11	Y	not so much any clear "noise" or "sound", but a mixing of vision, smell, hearing, touch, and imagination

12	Y	The most memorable was whenever I took acid I noticed the sound of gusts of winds blowing, but no leaves on trees, tec. were moving. This was always with me when I dropped acid.
13	Y	High beeps in my ear. I believe this is due of high blood pressure, but can't be sure.
14	N	-
15	N	-
16	N	-
17	Y	Often music in the wind, sometimes voices.
18	N	-
20	Y	enhancement of sound, synaesthesia with visual sensation phasing/flanging normal speaking sounding like gibberish
21	N	-
22	Y	Music sounds very weird. Sometimes I hear strange oscillations, but usually I find that I "notice" ordinary sounds much more, like the sound of the refrigerator or heater coming on, or the noise behind a piece of recorded music.
23	N	closed ended questions are difficult in this case. no i don't hear anything that isn't there but music sounds better, different. well, the music seems hightened, "trippier". i seem to hear more, and i seem to get more of the meaning of the music.
24	N	-
25	N	-
26	Y	only heightening of sounds and distortions of layers of sound- like someone sitting next to you talking seems a mile away, or really loud music seeming faint.
27	Y	Have you ever heard the sound effect called flanging? if not, go to a music shop and ask to hear one of their audio effect processors flange a simple sound. this is the closest I can come to expressing the effect. When the experience is more intense (i.e higher dose) the effect may sometimes resolve into discreet echos. a side note: flanging is (technically) achieved by mixing a delayed ('echoed') signal with the original signal. The longer the delay, the lower the pitch of the 'flange' until the delay time becomes long enough to be percieved as a seperate 'echo'. Draw your own conclusions.
28	N	-
29	Y	Not necessary halls, but hearing is crystal clear. One can make out lyrics that were only noise before.
30	Y	sometimes I hear more, or everything is clearer, and I can pick out each individual sound
31	Y	yes, in the sense that music is not how I remember it. It comes imbued with odd effects and echoes and the time scale it happens

		over seems much longer.
32	N	only when i combined nitrous with LSD
33	N	-
34	N	-
35	Y	The origin of a sound moves around. And as it flies past my ear the doppler effect makes it high pitched.
36	N	-
37	Y	When I do, they are often of voices screaming or crying - sort of a random mess of people in agony and screaming. I also often get earscolding voices, and even just random bits of everyday sentences. They are primarily female voices. Actually, I don't get them very often while on drugs, but usually when I'm very very tired, or in the sort of hallucinatory threshold between consciousness and sleep.
38	Y	whispering voice, voices yelling from a distance, bells, ringing phones My hearing is super-sensitive when on hallucinogens.
39	N	-
40	N	-
41	N	-
42	N	-
43	Y	Spurious buzzes and other noises, sound speeds up and slows down, subtle changes in general perception, etc.
44	N	-
45	Y	There's generally a flanged buzzing sound, but on stronger doses I can hear entire works of rather intricate ambient "space music." On one of my recent higher doses, I noticed that I liked the song that was playing, so I went to the CD player to see what was playing, and the CD player wasn't even on.
46	Y	Not so much hallucination as it is distortion of what the real sound was.
47	Y	For example strange music, or extremely good music (strong groove) that is felt in whole body. Echoes (of real non-echoing sounds), sounds mutate.
48	Y	Sounds become "bouncy"; silence reveals a buzzing sound, like a bee flying behind your ear
49	N	-
50	Y	Answer: Sounds (especially music) sound much more 3D-like. i.e. I can follow a single instrument or a tone on its way through the room. Most of the time I can watch all sound as if the sound-waves were visible.
51	N	-

52	Y	You bet. All the time. Mostly music. Sometimes I'd hear things that went with the visuals, like the sound of a train, or the sound of these funny brightly colored bouncy "spring people."
53	Y	Mild distortions of sounds I hear (cars, animals, voices, etc).
54	Y	distortions in things I hear that sound like its flanging or echoing. This is rare
55	N	-
56	Y	I get a phased/flanged effect, or everything sounds far away sometimes. Sometimes, you listen to music you have heard before, and it sounds like nothing you have ever heard.
57	Y	many times visuals seem to be triggered by the audio, have heard voices when no one else was around
58	N	-
59	Y	my name being whispered, sounds like i'm hearing it in my left ear
60	N	-
61	Y	THE SOUNDS ON A RECORD SLOWING DOWN SLIGHTLY. AN INCREASED ABILITY TO SEPERATE INDIVIDUAL INSTRUMENTS PLAYING SIMULTANEOUSLY. HEARING MORE DEPTH IN BIRD CALLS. IN GENERAL, A MELTING OF MANY DIFFERENT SOUNDS WITH A DISTORTION OF THIER DISTANCE.
62	N	some auditory distortion on mescaline

## Psychedelic Survey Results

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### Sensations of Chills and Vibrations

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*Questions:*

16. Do you often experience sensations of chills or vibrations coursing through your body when on hallucinogenic substances? (yes or no)

Percent Yes	Percent No	Margin of Error
75 %	25 %	+/- 11% (n=61)

17. If yes to 16, please describe where these chills seem to be occurring (on back, arms, etc)

Location of Chills/Vibrations	Percent (n = 46)
Chest	1.8 %
Limbs	1.8 %
Spine/Back	49.2 %
Whole Body	19.3 %
No Response	24.6 %

The following are the Respondent's answers to question 17. Column 4 is my categorization of the respondent's answer.

Subject ID	16. Chills	17. Chills Locations - Ss Textual Responce	Chills - Catagorized Locations
1	Yes	in my ears and my back	spine/back
2	Yes	Yeah,I tend to shake when on mushrooms, and if the acid has a lot of impurities I can feel it rush through my entire body.	whole body
3	Yes	My whole body. Since it feels so much like a wintery chill, my friends and I call them "acid chills" because they only happen on acid.	whole body
4	No	-	n/a
5	Yes	all places but if you concentrate on them from solor plexus spreading out	whole body

6	Yes	whole body quivers superslow	whole body
7	Yes	chest	chest
8	Yes	Up my back and neck	spine/back
9	No	-	n/a
10	Yes	Don't remember	n/a
11	Yes	usually all over, esp. in the gonads, stomach, chest	whole body
12	Yes	This is actually what interested me in spiritual concerns. When I was on acid I dn't feel specific body parts after a while, I felt more like a mental cube. (this is as best I can do with limited language to explain.) The "cube" that "I" was would be vibrating. (Sound nuts, but oh well)	whole body
13	Yes	It feels if they are coming in at front of my body and going out at the back. But this is very hard to describe. Maybe I don't remember it weel, there was much more to pay attention to.	torso
14	Yes	Along my spine	spine/back
15	Yes	Spine-tingling chills and vibrating fingertips and toes	spine/back
16	Yes	from body all over	whole body
17	Yes	Up the spine and into the neck and head.	spine/back
18	No	-	n/a
20	Yes	back and arms	spine/back
21	No	-	n/a
22	Yes	Usually in the spine. They are real minor though. Its like, I notice the air blowing on my skin much more than normal.	spine/back
23	No	-	n/a
24	Yes	everywhere it decides to occur.	jerk
25	Yes	Spine,often alteratig with a warm liquid feeling	spine/back
26	Yes	spine mostly.	spine/back
27	No	-	n/a
28	Yes	IN MY MID TO LOWER BACK. ARMS SOMETIMES	spine/back
29	Yes	Lower Back, toes, feet, head	spine/back
30	Yes	arms, through my shoulders and back	spine/back
31	No	-	n/a
32	Yes	they occur as flowing throughout my body, it is energy	whole body
33	Yes	through the whole body, mostly torso	spine/back
34	Yes	hands and arms	limbs
35	Yes	Chills start at base of neck and filter out to my fingers. Sometimes my knees buckle.	limbs



36	No	-	n/a
37	Yes	Usually the "typical" (for me) goosebumps sensation, arms, legs, torso, and back. More of an excited "speedy" vibrating kind of "chill" than a feeling of cold. I also get an unbearable tingly-aching sensation in the middle of my back, which I usually associate with feelings of pure rage, or terror. I can often "tune it out" though.	spine/back
38	Yes	start in legs, travel through torso, then down arms	spine/back
39	Yes	limbs and back	spine/back
40	Yes	chills -- whole body (from waist up?)	whole body
41	Yes	Body-wide, typically, but centering on arms, shoulders, and head.	whole body
42	Yes	They start in the lower back and extend out to every limb of my body.	spine/back
43	No	-	n/a
44	Yes	from my neck, down my shoulders and back.	spine/back
45	Yes	Often down my back	spine/back
46	Yes	in the back from the bottom up	spine/back
47	Yes	-	n/a
48	Yes	Rushing up from my feet to my head and back down.	whole body
49	No	-	n/a
50	No	-	n/a
51	No	-	n/a
52	Yes	When they did occur, it was up my spine all the way to the top of my head and they were really intense. They tickled to the point of giddiness. They were like funny vibrating chills. They'd make my body go limp once they reached the top. It felt wonderful.	spine/back
53	Yes	On thighs, calves, shoulders, lower back.	spine/back
54	Yes	sweep over torso area, originate at base of spine	spine/back
55	No	-	n/a
56	Yes	I have experienced this with MDMA and yohimbe, a spirit energy lighting up my skin. Sometimes when I listen to music that I am really into, and is very symbolic to me, I also get this effect. I call it mind-orgasm, because it is an orgasm, but non-sexual./// Chills and vibrations run along my spine, back, genitals, and across my arms.	spine/back
57	Yes	along spine, seems to be caused by drainage of spinal fluid	spine/back
58	No	-	n/a

59	Yes	hairs on arms standing up chills on back of neck, spine, shivers	spine/back
60	Yes	arms and body just generally cold	n/a
61	Yes	THE CHILLS ARE LOCATED IN MY BACK. VIBRATIONS APPEAR TO BE MUSCULAR AND ARE LOCATED MOSTLY IN MY LEGS AND PELVIS. IN MY JAW AND FINGERS AS WELL.HE CHILLS ARE LOCATED IN MY BACK. VIBRATIONS APPEAR TO BE MUSCULAR AND ARE LOCATED MOSTLY IN MY LEGS AND PELVIS. IN MY JAW AND FINGERS AS WELL.	spine/back
62	No	-	n/a

## Psychedelic Survey Results

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### Psychedelic Induced Synesthesia

#### Mixing of the senses

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*Questions:*

24. Do your senses appear to mix when on hallucinogens? (i.e. can you hear sights or smell sounds, etc.) (yes or no)

Percent Yes	Percent No	Margin of Error
54.1%	45.9%	+/- 13% (n=61)

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25. If yes to 24, please specify what sensory mixings you have experienced.

Subject ID	24. Synesthesia	25. Synesthesia - Textual Responses
1	Yes	Ive seen sounds
2	Yes	I've never experienced this per se - what I do experience is that every object seems to have a certain "frequency" - a certain vibe that I can tune into, which isn't simply a color, taste, sound, or whatever, but a combination of all. Take that how you want.
3	No	SOMetimes I have difficulty determining which sounds, sights, and smells are "real", but I've never really seen sounds or heard colors. I think that's a mundane way of describing the hallucinogenic effects of LSD.
4	Yes	Only on DOM, Saw music coming out of speaker.
5	Yes	seeing sounds
6	No	-
7	Yes	Visions moving on music rhythms
8	Yes	I was watching a cyberdelic video and i could feel the strobe coming out of the screen, i sometimes can feel music as well.
9	No	-
10	Yes	I just remember noticing the fact of it, but not details.
11	Yes	-
12	Yes	this is always said by people, Its more like your thinking and imagination

		is set on a different RPM. Like your given 10 thoughts in the space of 1. (This is with acid) You will take a look at something and your mind will hit it a 10 different angles, and youll find yourself getting caught up in several tangents of creativity. This is why I think people say "Wow, that seemed like that movie took a year", because if you speed up the perception, "time" seems to slow down.
13	No	-
14	No	-
15	No	-
16	No	-
17	Yes	I tasted a watermelon colored sunrise.
18	No	-
20	Yes	yes, to some extent. mainly sensation and internal 'visions' become mixed. mainly auditory becoming visual
21	No	-
22	No	Well, not exactly. I find that I might be thinking about what a color would sound like, but never actually hear it.
23	No	-
24	Yes	Music becomes visual or tactile. That's all I have experienced
25	No	-
26	Yes	colours take on taste and smell - but only perceptually.
27	Yes	*only with my eyes closed* I have 'seen' music. It appeared as fine pattern of primary colours, spinning and morphing (to use a buzzword) along with the music.
28	Yes	You can see sounds, and feel music. I taste what I smell, and hear what I see.
29	No	-
30	No	-
31	Yes	sounds provoke colours
32	No	-
33	Yes	see and feel (physically) music
34	No	-
35	No	-
36	No	-
37	No	The only thing even minutely resembling a 'mix' of senses, would be the way my CEVs (closed-eye-visuals) respond to music, but that's not really a mixing of senses per se, rather more like the perception of one sense responding to what is perceived by another one.

38	Yes	I've seen music as a vivid kaleidoscope, voices as everchanging ripples of sand on a beach. Once, on 4 hits of acid, I had cartoonish sound effects that went along with every action I saw.
39	No	-
40	Yes	I know that I said no, but, during peak experiences all my senses merge. Thus, although I cannot say that eg I smell sounds, I can say that I can't distinguish sound from smell from touch, etc.
41	Yes	I have, on occasion, seen smells and smelled colors.
42	No	-
43	Yes	-
44	Yes	I see sounds sometimes, like noises effect my vision.
45	Yes	I've heard sounds corresponding to visual stimuli, and have had visual hallucinations change to music.
46	No	I dont think I have Each of my perceptions sensitivity is increased enhacing the combination of senses.
47	Yes	I have always perceived music/sounds as (geometric+visual) shapes and forms. Substances amplify this.
48	Yes	Sounds take on unusual characteristics: taste, smell, etc.
49	Yes	seeing music
50	Yes	Answer: Anything that I can imagine, if you concentrate it's all possible. :-) Smell, taste and feel sounds, colors and other peoples thoughts. Hear colors.
51	Yes	experienced. seeing music
52	Yes	The only mixing I recall was sounds took on visual images that would transform all around me, and images had sounds like actual physical objects would. Many times these sounds were "musical" and very pretty.
53	Yes	I almost answered no to 24, but I remembered seeing sounds. I do not "see" them per se, but percieve them as patterns of graphs, much like the Predator's speech-analyzer in his helmet (that's the best analogy, but the patterns I "see" are horizontal and also change color and are solid, not like the patchy patterns of the Predator). In a nutshell, I perceive sounds as something that can POTENTIALLY be seen and that I am familiar with, but do not see in front of me at the time.
54	No	-
55	No	-
56	No	It would be so nice to taste colors or see sounds manifest. I cannot say I have experienced this.
57	Yes	can see and feel sounds
58	No	-

59	Yes	tasted lightning once, but the way I saw it, not really a direct experince of taste... an indirect visual taste experience
60	No	music can affect my visuals but i never see anything different than is already *there* it just makes things swirl more etc. i never had smelled a sound or hear a sight.
61	No	-
62	Yes	Sounds (at least music) drives the visual patterns, to some extent.

## Psychedelic Survey Results

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### Visual Hallucination - Text Responses

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Questions:

11. Do you hallucinate visually? (yes or no)

Percent Yes	Percent No	Margin of Error
96.7 %	2.3 %	+/- 4 % (n=61)

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12. If yes to question 11, please choose what you see from the following list:

Type of hallucination	Percent
trails	91.8 %
things "breathing" (such as walls, furniture. etc.)	78.7 %
vivid and moving color patterns behind closed eyes	93.4 %
see faces, weird creatures, bodies in paneling, carpeting, etc. (Visual Illusions)	60.7 %
things take on a chalky appearance	34.4 %
paisley looking shapes	52.4 %

Click here to see [Visual Raw Data](#) by subject.

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Textual Descriptions of Visual Hallucinations by Subject:

Subject ID	12g. Textual Responses: Other Visual Hallucinations
1	I tend to see auras around people where the colors coincide with what feelings I have for them. For example -- If I have good feelings towards them, then i see brightly colored haloes around them, but on the other hand, if I dislike them, then the haloes generate a blackish color and feelings of hat red toward the person.
2	God, I've probably seen all of these at one time or another. Mainly, I see the best patterns in things that are repetitive and generally uninteresting, such as wallpaper and carpet. I've never done them in an outdoor setting (only either at home or in a club) so I've kinda missed out on that. I've never really seen any "real" hallucinations except for when I (stupidly) took a bunch of Merazeine, which is a deleriant, not a hallucinogen.

	Mostly what I see are distortions of reality, but not purely fictitious forms. My favorite thing was always to close my eyes and just see amazing visions. After a while I couldn't tell whether my eyes were even open or closed.. I'm sure you know that feeling.
3	All of the above, and then some! The only "other" than I can think of is one time I saw little green men darting around the room, behind furniture and such. And I only saw their movements, they were quick.
4	Patterns become evident, such as a grid pattern that was part of the carpet, but it becomes much more pronounced. The book <u>Essential Substances</u> has a listing of the most common patterns and I find it to be quite accurate. Colors also become more intense.
5	All of the above but in regards to patterns they all seem in some way associated and seem to link across cultures celtic and arabic scrolls similar to south american decorative patterns repeated again in roccoco and art nouveau patterns etc also images of cogs chains mechanical links diagramatic patterns molecules and cuitcuit boards
6	every thing is made up of these purple and green paisley shaped things. everything. I look at my wall, and I know its white, but it isn't when im tripping I've seen flames in my carpetting when i'm peaking on lsd, my vision gets distorted, kind of like looking through a lens(?)
7	energy fields surrounding people
8	-
9	-
10	mandalas, triangles
11	usually all over, esp. in the gonads, stomach, chest
12	I once would swear that I heard the sound of the universe while on peyote. And while on acid I would often take a small 'trip' into a picture, a television show, etc. There are many stories like this if you want more I could supply.
13	a. trails - once c. vivid and moving color patterns behind closed eyes. - once when falling asleep e. things take on a chalky appearance: Once my vision went to bubbly grey-and-white porridge and i could only see normally in a very small hole in the centre of my vision field. This only lasted for a couple of minutes. g. other (please specify - take as much space as you need): Once green and red patterns of carpet went into circular movement.
14	-
15	-
16	-
17	Celtic patterns, fractals, animated objects (like cartoons).
18	-
20	Changes in light and colour (flux) inner visions overwhelming exterior visual sensation
21	complete visions inside of a circular kind of window the edges of which expand out



	forever but with less detail - all the interest and action and detail remains at the center of the circle (mandala- like) was playing with some plaster sculpture at the start of the trip and the plaster seemed to be moving and melting and breathing saw "the devil" - inside of a mandala, among many many other things
22	YES YES YES - very paisley, lacey shapes
23	once saw the lights on top of a building swirling colors. usually things seem to take on a crisper, more beautiful appearance, especially nature. ie clouds trees colors
24	-
25	-
26	constant patterning on everything. warping.
27	breathing: better described as 'rippling', yes.
28	-
29	Fire, Angels, Demons, Naked figures, the whole world violently shift, plants alive, anything is possible you can see whatever you want to. You can control everything you see and manipulate IF you want to.
30	-
31	-
32	-
33	-
34	-
35	I can levitate items in front of me. Simply throw my show into the air and it floats there. I can also dissolve the universe by rolling my eyes in my head.
36	-
37	The main hallucination I get is a fractal pattern somewhat resembling frost crystals on a car window, and at the same time, the 'branches' of the frost-like pattern, or snowflake, always have a skull/bones sort of appearance. Always. I see these patterns overlaying everything -well, not so much overlaying, as just being there. This is very hard to explain. Basically, everything I look at will form a part of this pattern in some manner. I could look into a room, and find that the couch, chairs, television, carpeting, ceiling-patterns, etc, all fit together into the bizarre frosty-fractal-bones pattern. The couch might be, for example, one of the skulls in this pattern, the chairs might be bones... It's a very personal thing and I suppose I cannot even hope to explain it with much accuracy. I've never once had a "realistic" hallucination (ie, something besides patterns, or color changes, or morphing/breathing), although occasionally I will "imagine" something and "believe" it to be there, without actually seeing it. For example, once I was looking at a sketch a friend had made of several skulls (for an anthropology class), and saw, in my minds eye, these skulls all zooming towards me from all different directions. I couldn't actually see them, but I believed they were there nonetheless. The other interesting hallucinogenic effect I get is perceiving people as various different things, or seeing whatever part of their body they are currently using become very suited to whatever task they are doing. For example, a friend was cleaning up his table,

	and suddenly he simply became a "maid" or "mother/housewife" happily cleaning away, his hands starting to resemble feather dusters (resemble, didn't actually see dusters). Another time, our regular acid dealer had come over and started doing lines of coke (this scared the hell out of me, as it was only my second trip and things were hard enough to deal with, without someone doing a hard drug which I had never been in contact before in my life, and was somewhat anxious about), and his nose became absolutely huge, because I noticed him sniffing and blowing his nose constantly. I've also seen people start to resemble toads, or elves, or whatever. Often I'll stand in front of a mirror and watch myself morph into various different things - a king, a bandit, a businessman, etc. I'm rambling, and I'm sure you have other responses to go thru, so...
38	spiderweb consisting of millions of star-like objects
39	visions of events and people behind closed eyes
40	people trembling dirty walls have depth about 6 inches to 1 foot a "super 3d" effect looking at vegetation (eg grass) close up things shooting across field of vision, whole visual field brightness & colour fluctuations (period a few seconds) on largish dozes of MDMA/MDA multiple "freeze-frame" of moving objects. stringy stuff -- mainly around my head the "toytown" effect - everything is skewed, looks like it was carelessly moulded from plasticene - unpleasant effect. multiple copies of things eg roomful of copies of a friend's smile - neutral effect cracks appearing in the visual field - often seems to split into about 5 parts. Harbinger of a big trip. once (on mushrooms + LSD) entire visual field overlaid with a fine gauze - a mosaic sort of effect. "movies" unrelated to current surroundings running in parts of visual field usually only when severely frightened -- helicopters, swat teams, that sort of thing. Also friends who were not there -- this last more like the collages below. complete loss of vision accompanied by "symbolic" images. Examples - spheres withing spheres, writhing toothpaste, complex erotic collage (MDMA+LSD), complex violent collage - claw, teeth (took this to be birth) coloured pulsating stuff (stimulated by eating an orange) generalised weird "stuff" - like a substance or medium. Hard to describe & not only visual but all senses, usually has some sort of relation to what was last happening.
41	-
42	-
43	others as well, of course. Too varied and indescribable to list, really.
44	Things seem to come "alive" all around me. It's as if the world wakes up, and my eyes become engulfed in all of the sights and sounds.
45	-
46	-
47	Visions of incredibly large spaces, of "other worlds", thought process almost completely visual(ized), things(real) transmulating into other (unreal)things, difficulties in focusing (LSD),... Cannot read books - letters running around pages.
48	Ghost-like visions, true borders are not easy to define on people, buildings, etc
49	-
50	Answer: all of the above, and "real" hallucinations at larger doses, such as beautiful

	sceneries, starskies, the room that I'm in becomes a jungle or an arctic landscape and so on. Sometimes when I close my eyes I can see complex networks, or some kind of huge matrix.
51	-
52	I have seen many, many patterns and shapes, but more of the mandala variety. Very intricate and perfectly symmetrical patterns of unbelievable beauty and clarity. Occasionally I would see what you could term "Renaissance works." Statues, etchings, or paintings of great detail and beauty in granite mountains, or on land formations, in clouds or the grain of wood. Sometimes these things would appear in total darkness where there were no "real world" templates to permutate into the other images. Also, at times, entire "worlds" or "rooms" of incredible grandeur and immensity would appear. Sometimes with beams of golden light shining in through huge stained glass windows on the ceiling onto marble or fine wood floors. The rooms would have huge columns with incredible carvings flowing up and around them to the ceilings. It was truly awe inspiring and beautiful. I felt at the time that these were actually places and I was actually there. It was amazing. One thing that was interesting during one of these "room" visions was that I jumped up on my feet and began running around the room, leaping and turning and jumping to the most beautiful music. It was very baroque. Very European and very haunting. Then suddenly I realized that I must be OBE because my physical body was lying inside a sewer pipe about 3 feet in diameter and there was no way in hell I could be doing what I was doing. (We used to do Acid in the sewers. It was an incredible place to trip! So you don't worry: they were actually runoff drains that ran throughout the city for draining off excess rain, so they were usually quite clean. You could go for miles and miles underground and end up just about anywhere. It was a real magical adventure.....then. Not sure I'd do that now.)
53	A note of clarification: a and c on acid every time, b once (last weekend, it was a bathtub), d only on jimsonweed
54	see things that look like tree branches, after images, green and purple things, there are numerous layers to my hallucinations
55	I CAN SEE THE PORES IN MY FACE, AND THE SKIN LOOKS LIKE IT'S MOVING* *I ONCE SAW A GIRAFFE IN THE PARK IN THE TREES*
56	Computer graphic-like light objects, made of pixels. Also, Aztec and Mayan codices are a major theme. I do not take visuals seriously because they are only a manifest of the subconscious mind juxtaposed with the normal scanning pattern of reality. The Tibetan Book of the Dead calls this state Second Bardo. Actually, an ideal experience for me no longer involves hallucinations, because First Bardo transcendent states are healthier, more insightful, and will affect you forever. To exist without an ego, only a clear, rational, awakened mind, which is unformed and an intangible but intelligent void, is true liberation. One can tap into the subconscious mind in such a state.
57	-
58	indescribable
59	yes, infrequently//i see faces and creatures all the time anyway (w/out) where i am has a lot to do with it

60	trails, paisley looking shapes, breathing, faces etc. (not every time but i do see these things but not always during the same trip)
61	I SEE PATTERNS ON FLAT, WELL LIT SURFACES. VERY SIMPLE LINES IN THESE PATTERNS (REPETITIVE), BUT I CANNOT SEE A DEFINITE REPETITION AS IN WALLPAPER. ANOTHER WORDS, THE DIFFERENCE IS VERY SUBTLE. AS WELL, EACH TIME I TRIP, INSIDE OR OUTSIDE, I SEE WHAT IN SHORT COULD BE DESCRIBED AS TRANSLUCENT TURBULENCE. THIS IMAGE DOES NOT PASS THROUGH OBJECTS...OR EFFECT OBJECTS. IT APPEARS TO ME AS A GASEOUS SUBSTANCE THAT SWIRLS AROUND IN THE AIR. TRANSPARENT, BUT WITH LITTLE AREAS SHINING WITH THE COLORS OF THE SPECTRUM ON IT. I USE THE WORD TURBULENCE BECAUSE IT APPEARS TO MOVE WITH THE DYNAMICS OF SOMETHING HUGE.
62	low doses give patterns; straight lines with LSD, curved with psilocybin. higher doses give arabesque architecture, intricate machinery, complex pictures visuals are usually driven by music

## Psychedelic Survey Results

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### Visual Hallucination - Raw Data

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Question:

12. If yes to question 11, please choose what you see from the following list:

- a. trails
- b. things "breathing" (such as walls, furniture. etc.)
- c. vivid and moving color patterns behind closed eyes.
- d. see faces, weird creatures, bodies in paneling, carpeting, etc.
- e. things take on a chalky appearance
- f. paisley looking shapes
- [g. other \(please specify - take as much space as you need\)](#)

Raw Data:

Subject ID	Visuals	Trails	Breathing	Colors	Illusions	Chalky	Paisly
1	Yes	Yes	Yes	Yes	Yes	No	Yes
2	Yes	Yes	Yes	Yes	Yes	Yes	Yes
3	Yes	Yes	Yes	Yes	Yes	Yes	Yes
4	Yes	Yes	No	Yes	No	No	No
5	Yes	Yes	Yes	Yes	Yes	Yes	Yes
6	Yes	Yes	No	Yes	Yes	No	Yes
7	Yes	Yes	Yes	Yes	No	No	Yes
8	Yes	Yes	Yes	Yes	No	No	Yes
9	Yes	Yes	Yes	No	Yes	No	No
10	Yes	Yes	Yes	Yes	Yes	No	No
11	Yes	Yes	Yes	Yes	Yes	Yes	Yes
12	Yes	Yes	Yes	Yes	Yes	No	Yes
13	Yes	Yes	No	Yes	No	No	No
14	Yes	Yes	No	Yes	Yes	Yes	No
15	Yes	Yes	Yes	Yes	Yes	Yes	No
16	Yes	No	No	Yes	No	No	No
17	Yes	Yes	Yes	Yes	Yes	Yes	Yes

18	Yes	No	No	Yes	No	No	No
20	Yes	Yes	Yes	Yes	No	Yes	No
21	Yes	No	Yes	Yes	No	No	No
22	Yes	Yes	Yes	Yes	Yes	Yes	Yes
23	Yes	Yes	No	Yes	No	No	No
24	Yes	Yes	Yes	Yes	No	No	Yes
25	No	No	No	No	No	No	No
26	Yes	Yes	Yes	Yes	Yes	Yes	Yes
27	Yes	Yes	Yes	Yes	No	No	No
28	Yes	Yes	Yes	Yes	Yes	Yes	Yes
29	Yes	Yes	Yes	Yes	Yes	Yes	Yes
30	Yes	Yes	Yes	Yes	Yes	No	Yes
31	Yes	Yes	Yes	Yes	No	No	No
32	Yes	Yes	Yes	Yes	No	No	No
33	Yes	Yes	No	Yes	Yes	No	Yes
34	Yes	Yes	Yes	Yes	No	No	No
35	Yes	Yes	No	Yes	Yes	Yes	No
36	Yes	Yes	Yes	Yes	Yes	No	Yes
37	Yes	Yes	Yes	Yes	Yes	Yes	Yes
38	Yes	Yes	Yes	Yes	Yes	No	Yes
39	Yes	Yes	No	Yes	No	No	Yes
40	Yes	Yes	Yes	Yes	No	Yes	Yes
41	Yes	Yes	Yes	Yes	Yes	No	No
42	No	No	No	No	No	No	No
43	Yes	Yes	Yes	Yes	Yes	Yes	Yes
44	Yes	Yes	Yes	Yes	No	No	Yes
45	Yes	Yes	Yes	Yes	Yes	No	Yes
46	Yes	Yes	Yes	Yes	Yes	Yes	Yes
47	Yes	Yes	Yes	Yes	Yes	No	Yes
48	Yes	Yes	Yes	Yes	Yes	Yes	Yes
49	Yes	Yes	Yes	Yes	No	No	No
50	Yes	Yes	Yes	Yes	Yes	Yes	Yes
51	Yes	Yes	Yes	Yes	No	No	No
52	Yes	Yes	Yes	Yes	Yes	No	No
53	Yes	Yes	Yes	Yes	Yes	No	No

54	Yes	Yes	Yes	Yes	Yes	Yes	Yes
55	Yes	Yes	No	Yes	Yes	No	No
56	Yes	Yes	Yes	Yes	No	No	Yes
57	Yes	Yes	Yes	Yes	No	No	Yes
58	Yes	Yes	Yes	Yes	Yes	No	No
59	Yes	Yes	Yes	Yes	Yes	Yes	Yes
60	Yes	Yes	Yes	No	Yes	No	Yes
61	Yes	Yes	Yes	Yes	No	No	No
62	Yes	Yes	Yes	Yes	Yes	No	Yes

## Psychedelic Survey Results

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### Psychedelic Induced Emotional Changes

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Questions:

20. Do your emotions change when on hallucinogens? (yes or no)

Percent Yes	Percent No	Margin of Error
80.3 %	19.7 %	+/- 10% (n=61)

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21. If yes to 20, please describe what happens to your emotions.

Subject ID	20. Emotional Changes?	21. Ss Responses About Hallucinogen Induced Emotional Changes
1	Yes	I become more melancholy in my feelings.
2	No	Not really.
3	Yes	Again, they are "amplified". If I am in love with someone, I feel infinitely more in love with them. If I have been hurt by a person, I feel REALLY hurt. Sometimes I feel a lot closer to my parents while I'm tripping, but I think that is an individual characteristic of me -- I can't say that EVERYONE loves their parents.
4	Yes	kinder, gentler. More curious. Loving. DOM had the experience of all emotions at the same time.
5	Yes	They sort of wash around it's like they are going through the whole gamut of available feelings all of them intensified with strong doses of LSD and Psylosibin they usually end up as a great undirected love just loving everything
6	No	-
7	Yes	Beauty intensifies, feeling of one-ness with everything
8	Yes	First i usually am happy, then i chill and admire the beauty of the world, then i ask a lot questions, and then i might get depressed.
9	Yes	Much more intense and extreme. But it is usualyy extreme HAPPINESS which is great!
10	No	No, same emotions, just a little more scary, sometimes.
11	Yes	they get accenuated. whatever they are, raised and more out of control,



		especially the "base" emotions of fear, lust, hunger, wonder
12	Yes	There were some emotions that I had that I have never experienced since. The most memorable was a fear of never being "normal" again. Or literally not coming down.
13	Yes	No, just enhance or go deeper
14	Yes	My emotions tend to get amplified, and tend to get on a roller- coaster where they may change very frequently.
15	Yes	Can get very tearful and sentimental, but also happy and full of existential joy.
16	No	-
17	Yes	Depending on what is going on in my life at the time, I may have intense emotions, often something I need to work out or resolve in my life at the time. Once resolved I find deep inner peace.
18	No	-
20	Yes	may become more paranoid or anxious or may become very peaceful all emotions may be amplified
21	Yes	yes. was kind of hysterical - see above - laughing and then crying - round and round - filled with wonder - felt love but no sexual desire really
22	No	Hmmm... usually there is so much thinking that I don't really have "time" for emotions....
23	Yes	well if i'm sad i get happy almost 100% of the time i am really happy when i am tripping usually though, i am in a good mood going into the trip, so there isn't much of a change, just get happier
24	Yes	They become amplified, or sometimes disappear (which is very weird)
25	Yes	I become more peaceful, more accepting of the nature of things. I also become more assertive when I feel that compromising, opportunistic or other behaviour I find offensive is exhibited.
26	Yes	it depends on environment. usually overreaction to whichever emotion is prevalent in the surroundings- especially paranoia.
27	Yes	I have had several 'bad-trips' where I felt inferior, useless, and impotent to change my situation. This was a long time ago, though. In my more recent HD experiences I have noticed little emotional change.
28	Yes	I am always Happy when on Hallucinogens
29	Yes	you are without an ego. Without an ego your emotions are wide open.
30	Yes	more intense
31	No	-
32	Yes	they are more intense
33	Yes	*I become more conscious of the emotions that I have, and they seem more appropriate.

34	Yes	more euphoric
35	Yes	I often get paranoid, particularly when there are non-trippers around. Generally though, when I am with friends who are tripping, I get a nice
36	No	-
37	No	Unless you consider terror/paranoia an emotion, they remain essentially the same (tho, of course, responding to the various weird things my senses pick up, distort, and throw at me)
38	Yes	The logical and emotional parts of my mind seem to operate independently of each other. My logical self can see my emotional self objectively, as a separate entity. My emotions seem to stabilize to a constant level of happiness most of the time.
39	Yes	either really happy and thoughtful or paranoid(rarely)
40	No	-
41	Yes	Generally much more excited, jovial, and fun to be around.
42	Yes	They are intensified and experienced more clearly. It becomes alot more clear what causes each one.
43	Yes	Everything I can imagine, and then some. In other words, I experience a wide range of emotions, with great intensity.
44	Yes	My emotions are under a magnifying glass. If I feel fine, I feel wonderful. If I am around negative areas (dirty areas, bad areas of town) I become very paranoid and very, very scared. I can't control it until the drugs wear off. It's like I either see God and Mother Nature, or I see a demon.
45	Yes	They diminish in intensity. Often I get to the point that I don't even have emotions, in the regular sense.
46	Yes	Let's say amplified not changed. a lot has to do with the emotional state prior to trip.
47	Yes	Intensities change - Also (this goes for hallucinations too) whn on certain substance people pay attention to feeling (Im feeling like that) or perceptions in very special way - normally some emotions or perceptions might go unnoticed, but when on halluc! nogens U scrutinise (I do that) everything.
48	Yes	I become nostalgic (especially about family), I cry.
49	No	-
50	Yes	Answer: Most of the time they will be stronger. Both the positive and negative emotions. Most of the time strong negative emotions hardly occur at all, unless I'm in the wrong set or setting.
51	No	-
52	Yes	Emotions become more obviously related to the projection and subsequent interpretation of the experience going on. They become

		almost fluid and real in the sense that you can almost see and touch them. They have a definite, what appears to be "objective", reality and it becomes a "world" overlaid what we call the physical that you can more clearly observe and interact and create with vs. just a hypothetical abstractive label of different classes of behaviors observed in people (the textbook psychologist models.)
53	Yes	I feel a sense of power due to heightened awareness, which makes me feel supremely confident due to the improved perceptive abilities this heightened awareness gives me. While coming down, I feel as if I have just returned from a long journey with my trip-buddies, and I feel a sense of melancholy because I miss them (when they go home). Also, when I trip at raves I feel a deep affection for all those who are sharing my experience (hence, I like to dress raver all the time now).
54	Yes	I become paranoid sometimes. Extremely elated when peaking. Emotions are much more appropriate and "crisp".
55	Yes	IT SEEMED LIKE A 'BONDING' EXPERIENCE WITH MY FRIENDS
56	Yes	MDMA has shown me love everywhere. LSD, psilocybin, harmaline, and yohimbe had little to no direct effect on emotions. Some of the things I realized while tripping did cause emotional change, but it was an intellectual effect, while MDMA just spontaneously causes them to happen.
57	Yes	seem to be consitantly more happy and carefree
58	Yes	ditto
59	Yes	Absolutely - I can step outside them I can step outside and laugh at my own emotions they become absurd in the aspect that I seem to be so concerned about things that don't even really exist, except for in my mind
60	Yes	the first bunch of times it seemed that i would be very depressed or down after a hard trip. usually i experience the extreme of the emotion. very happy or very confused etc.
61	Yes	I BECOME MORE SENSITIVE TO EVERYTHING...NOT JUST MY EMOTIONS. BUT WITH REGARDS TO MY EMOTIONS THE MOST OBVIOUS THING IS WHEN I LAUGH IT FEELS LIKE THERAPY...A GREAT RELEASE. WHEN I'M GOING THROUGH A NEGATIVE SITUATION...IT IS FAR MORE PAINFUL EMOTIONALLY THAN IF I WAS STRAIGHT. EITHER THAT OR I'M NOT FEELING HOW PAINFUL IT REALLY IS WHEN I'M STRAIGHT. ASSUMPTIONS ASIDE, THEY DEFINITELY ARE EXAGERATED IN COMPARISON TO BEING STRAIGHT.
62	Yes	Often feel the experience, and/or everyday objects, are more important or significant. Sometimes have feelings of paranoia, or pronoia [feelings of conspiracy in my favor]. Often feel joyful, estacy, in harmony with

		everything.

## Psychedelic Survey Results

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### Psychdelic Induced Changes in Empathy

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*Question:*

31. Does your empathy (which is the ability to relate with others, to sense their emotions) with others increase when on hallucinogens? (yes or no)

Percent Yes	Percent No	Margin of Error
75.4 %	24.6 %	+/- 11% (n=61)

Subject ID	31. Alterations in Empathy?	Ss Textual Responces - Empathy
1	Yes	-
2	Yes	It's too easy to see through people on LSD. For example, if I see someone who takes a lot of care in their appearance (clothes etc.) I see a really insecure person. I can't do it around a lot of others!!
3	Yes	DEFINITELY YES
4	Yes	yes, very very much so. To the point that a group doing hallucinogens can experience the same exact hallucinactions. In fact, when someone is doing hallucinoginc drugs I have seen their hallucinations when sober. This has been reported by many people. In fact S. American Shamans report the ability to make others hallucinate when under the influence of drugs.
5	Yes	-
6	Yes	yes (i think so - i could be wrong)
7	Yes	-
8	Yes	only with fellow trippers
9	No	-
10	Yes	-
11	Yes	-
12	Yes	-
13	No	-
14	Yes	-
15	Yes	Sometimes, but not to the same extent as MDMA.

16	No	-
17	Yes	Sometimes
18	Yes	-
20	Yes	on LSD it tends to decrease others, it increases
21	No	-
22	No	Actually, it seems harder for me, it is easy to get what someone is saying confused, to take it to literally (or not literally enough) and body language gets all confused. At the same time, I find that a group of people will all "hit on" the same idea at the same time, which is really weird.
23	Yes	-
24	Yes	-
25	Yes	-
26	No	no if anything the reverse
27	Yes	I find it much easier to relate (and converse) with others who are similarly effected. As to people who are 'straight' I am somewhat less empathic. I see a lot of problems as insignificant and ephemeral, and I think to myself "In about one week you won't even remember this so-called problem, so why worry about it".
28	Yes	-
29	Yes	-
30	No	-
31	No	-
32	Yes	-
33	Yes	-
34	Yes	-
35	Yes	yes, but nat as much as when I'm Eing.
36	Yes	-
37	Yes	-
38	Yes	-
39	Yes	-
40	No	-
41	No	-
42	Yes	-
43	No	sometimes
44	Yes	-
45	Yes	-

46	No	Empathy is a tough one I never really grasped what it is. I am usually to fried to deal with the inter personal kind of things. I do feel connected to others and appreciate their place in my world.
47	Yes	-
48	Yes	At least it feels like I do.
49	No	-
50	Yes	-
51	No	-
52	Yes	It used to definitely improve sensitivity. Now I think I've surpassed that even without the aid of drugs.
53	Yes	Yes, to an extreme degree.
54	Yes	-
55	Yes	-
56	Yes	-
57	Yes	-
58	Yes	-
59	Yes	-
60	Yes	-
61	Yes	-
62	No	Somewhat with MDMA only

## Psychedelic Survey Results

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### Psychdelic Induced Changes in Identity

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*Question:*

23. Does your sense of who you think you are change when you are on hallucinogens. If yes, please specify how your identity changes when on hallucinogens.

Percent Yes	Percent No	Margin of Error
60.6 %	39.4 %	+/- 12% (n=61)

Subject ID	23. Identity	23. Ss Textual Responces about Identity Changes induced by Psychedelics
1	Yes	yes. I think that I am many different people.. from being a little boy to a scared old man, I have many alter egos when Im tripping
2	No	-
3	Yes	Yes, I feel "detached" from my "self". I feel a difference between my physical earth body and my "self" body -- which I think is my soul.
4	No	Not at all. If it did I wouldn't have a sense of myself. I believe that what is truly myself is immutable and throught the use of alter states of conciousness (not just drugs) that one can find that which is unchanged and realize ones true self.
5	No	no
6	No	-
7	Yes	yes; in a normal state of mind I know I am mentally connected with the world, and that there's more than material- on hallucinogens, I feel, experiance it.
8	Yes	I view myself and then i think about my future as a lifeform.
9	No	-
10	Yes	I get a stronger sense of accomplishment and realization of where I am in life. I realize things are going much better than they often seem, (at least in the areas in which they are going well). This sense of well- being and 'allright-ness' can last for weeks or months. Sometimes there is a realization of the things that I'm not doing right.
11	Yes	yes, it gets very confused, and i care less "what" or "who" i am, and just "am"
12	Yes	yes, I knew that I was a soul in a body, not just a body.



13	Yes	Yes, during tripping I have asked myself questions like: Is it REALLY me who is tripping, this must be someone other? But it is me after all :). I remember that I have taken substances wich make me feel that way.
14	Yes	Sort of. I still feel the same person, but am more aware of my place within the larger picture.
15	No	The fundamental changes in visual perception sometimes tend to isolate my mind from the physical body, and this can occasionally be unpleasant.
16	No	-
17	Yes	My identity doesn't really change, but I can see myself in a truer light.
18	Yes	no, though I sometimes make realizations about myself.
20	Yes	yes, self is placed into a state of grace - 'time out' from reality. external ties are loosened, responsibilities relaxed. child-like state often ensues -- joy, play
21	No	no, I think I was pretty clear on who I was during the trip - but just realized a lot of things - and felt enlightened by it.
22	Yes	Well, basically, to me it seems like, its not as important to "be someone" when I'm tripping, I can just "be".
23	No	no, i am always just me just a happy me
24	No	I become this incredibly sexy goddess :-) No, seriously, no real personality changes. I am still myself.
25	Yes	Not anymore. At first, my identity changed with hallucinogens. After tripping more often, I found this identity more relevant, so my "straight" identity has become the hallucinogenic one. It involves more compassio, determination, more conscience.
26	No	-
27	No	(see 'bad-trips' mentioned under question 22)
28	No	NO. I think I just accept who I am better than when I am not on a hallucinogen. Although I don't feel I need a drug to accomplish this. A good walk in tyhe woods can do the same thing.
29	Yes	-
30	Yes	I am more confident and am more aware of my abilities
31	No	-
32	Yes	only very slightly, and i carry those over into post trip life.
33	Yes	I see myself more clearly, with personal biases removed, and can see silly quirks and drives which seem natural normally. I then realize what is really me, and come to an acceptance of this.
34	No	-
35	No	Not really. I realise that I have changed since I started tripping. I am more aware of my sorrounding. And I am closer to nature. I find myslef talking to trees and hugging them while tripping.

36	Yes	Yes, I gain a deeper sense of unity with things (to borrow your words), and I get a better feeling of my role and place in the grand scheme of things.
37	No	It doesn't necessarily change, it just becomes more enhanced. If I'm feeling particularly insecure, I will become 100x so when on acid. If I drop acid while feeling very confident about myself, I'll become overconfident and feel like superman.
38	Yes	Yes, I am so honest with myself when on hallucinogens that I cannot sustain the usual filter that shields me from seeing my flaws. I am self-critical when tripping, but use this process to better myself instead of simply spiralling into a bad trip.
39	No	-
40	Yes	yes. See above. Basically my sense of self as a thing with continuing existence is eroded & sometimes almost destroyed. (Of course it may be completely destroyed sometimes, but I could hardly experience that!)
41	Yes	Yes. I typically get very ego-centric, and much more confident of myself. I also tend to jokingly refer to myself as "The Emperor of California."
42	No	No. It is just reaffirmed in my consciousness and made clearer.
43	Yes	-
44	Yes	Yes, I begin to focus on who I am in context of the world and I wonder if I am truly a good person. I seem to dwell more on what is not good about myself than what is good.
45	Yes	Yes. My normal external personality disappears and I'm just left with the underlying personality.
46	No	-
47	Yes	LSD and psilocybine take very often my illusions (sometime very harshly) of my self away - they show me what I really am.
48	Yes	I begin to realize that I'm only part of the natural world--it's very humbling.
49	No	-
50	Yes	Answer: yes. I feel a stronger connection with everything and everyone else. Sometimes, although not very often, I feel totally released of every bit associated with "me". At those times I don't have an ego at all (I think), but I'm part of "everything", or more: I am everything together with everything else.
51	No	-
52	Yes	This is somewhat difficult to explain accurately so someone else will get it, but I will try. Yes, the sense of self completely changes. Normally, I have a kind of self-image that is "pasted", as it were, over my face and to some degree my entire body and maybe even what I would call my space. I can't seem to separate this image from what I would later (while tripping) call my real self. Acid makes the false image self go away; completely if you take enough. What is left is not a thing or an emotion or an image or a mental

		<p>picture or a memory or even an idea. It is a function. A process of some sort. An aspect of Life that could be described as a function of something "larger". And therefore, it appears that it is not really "separate" from that something else. Like the function of a knife - cutting something - is not, in fact, separate from the knife itself. The function may or may not be in use at the moment, but it is potentially NEVER separate. See what I mean? The function in this case appears to be simply - awareness. It doesn't have any mass, it doesn't occupy any space, and it's not located in any timeframe. And it is aware of being aware. It does seem to have an "apparent" location from which to view things, but that location seems to be arbitrary and to some degree (while tripping) under the awareness function's control. If I had to use other terms to describe it, I would say that I feel like a 360 degree, 3D sphere about the size of a basketball, like a bubble of some sort, except that I'm concave instead of convex (I'm inverted - I stick in "somewhere" instead of sticking out into the physical world), and I'm sucking in the perceptions (all levels of perceptions) all around me. And they feel like they are actually going "through" me (like I'm a portal) and then going somewhere from there. I know it sounds weird, but that's what it feels like. This was always very clear to me every time I tripped.</p>
53	Yes	<p>Yes. I see myself not as an isolated individual, but as the 20th-century descendent of the proud warrior culture of the Rajput and Kashmiri princes of what are now India and Pakistan on one hand, and of the mighty Ani-Tsalagi, or Cherokee Nation, on the other. Thus I am given a heightened sense of who I am. Also, I feel proud to be a human of this earth, and I feel that because of the actions of "pioneers of the mind" such as myself and all others who use acid and other hallucinogens in a responsible way that our species is destined for greatness beyond our wildest imaginings.</p>
54	Yes	<p>Yes, my ego crumbles and I become God.</p>
55	No	-
56	Yes	<p>Whether aware of it or not, your normal ego--that part of you that you think is who you are--vanishes, is turned off. What is left is a functioning mind that is no longer blocked by the normal constraints. I have shared things with people while tripping, which I suddenly realized I was never consciously, but unconsciously aware of, until that point. The last time I took acid, it was actually quite awful, because of all the strychnine. I was in such pain, and at a party where everyone was very asympathetic. For a few weeks after, I did not know who I was, and I was very sad. I felt like no one could ever understand me (growing up in a small, conservative town, I had always been different and misunderstood) until I read the Teachings of Buddha, which offered me a way out of this judgement trap. Moving to Austin, I have met caring, understanding people, many of whom have been to the same psychic places I have, and can see me for who I am. I don't think about who I am anymore. It really doesn't matter, because 'I' am going to be here anyway. I look outward now, to all of those around me.</p>

57	Yes	I have been able to identify myself as a necessary part of a greater whole of experience, and have been able to carry thios over from non-ordinary reality into ordinary reality.
58	Yes	Feel more of a child of God, more "right" in my position in the universe, more of a sense of mission and purpose. Sometimes they are especially useful during a turning point in one's life.
59	Yes	I wear a smile on my face, not a frown. life becomes a joke that I finally get.
60	No	i don't think so.
61	Yes	YES. MY IDENTITY(PERSONALITY) IS MORE AT EASE. MY EVERYDAY INSECURITIES ARE LESS SO ON HALLUCINOGENS. CONFIDENT.
62	Yes	Sort of; sometimes feel reality is much wider than we realize, and the actions we take in consentual reality (work, play, etc.) are more part of a play or process or training (or something); the mundane results of these actions aren't as important as the attitude? something? (words for this kind of thinking haven't been created yet...)

## Psychedelic Survey Results

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### Changes in Cognition: Concentration

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Questions:

26. Can you concentrate or focus your thoughts when on hallucinogens? (yes or no)

Percent Yes	Percent No	Margin of Error
80.3 %	19.7 %	+/- 10% (n=61)

27. Does your ability to concentrate change throughout the course of a single buzz? (If yes, please specify to the best of your recall)

Percent Yes	Percent No	Margin of Error
69 %	31 %	+/- 18% (n=61)

Subject ID	26. Concentrate?	27. Changes in Concentration?	27. Respondents Textual Comments about Concentration
1	Yes	Yes	yes. The things I concentrate on change
2	No	No	-
3	Yes	Yes	Yes. Sometimes I get lost in small whirlpools of worry. When I realize that I am worrying too much about something -- needlessly -- I have to dig myself out of the whirlpool.
4	No	No	-
5	Yes	No	my ability to concentrate doesn't change my wish to goes out of the window though
6	Yes	No	-
7	No	Yes	yes; worsens, I'm trying to change this
8	Yes	Yes	Depends on how far i am into a trip and whether i am enjoying it.
9	Yes	No	
10	No	Yes	With difficulty. Yes. Can't specify
11	No	Yes	on mushrooms: no. on LSD: sort of.. all depends on the input. i reverberate in it. yes... it becomes more

			difficult as the peak approaches, then after the peak, there is usually a mental feeling of tiredness, so the mind wanders very little, happy just to "be", and enjoying the fresh feeling of the real world.
12	Yes	Yes	yes, there are points in which I would drift off, and then points where my thoughts are very clear, even more mentally clear than when sober. This is particularly true about mushrooms.
13	Yes	No	Yes, but with effort and not for a long time. Changes: Yes, at first three hours I'm quite restless, but when the trip hits on, I have many many things to think of and none cannot be thought thoroughly, though repeatedly.
14	Yes	No	-
15	Yes	No	-
16	Yes	No	-
17	Yes	Yes	Yea, but it's not often easy.... Yes, it seems to be due to a pre-occupation with another thought. I can't focus on another thought when I'm still exploring the possibilities of another one.
18	Yes	Yes	yes; Sometimes, when ending a trip, I am left with a lot of discordant mental energy and find it difficult to concentrate. Other times I feel very
20	No	Yes	yes at the peak it's often pretty hard to concentrate
21	Yes	No	yes, but didn't really want to - was too fascinated by the visuals/don't think so, don't know
22	No	No	If I try, but its hard. I'd never want to go to work on acid or anything, its too much "work" to concentrate, and takes all the fun out of it. Well, its hardest during the peak.
23	Yes	Yes	yes at the beginning of the trip i have no problem concentrating, then during the peak i have less ability to concentrate, the severness of which depends on the dose i have taken. and then after the peak i regain more of my ability to concentrate.
24	Yes	Yes	usually, yes, but sometimes it is damn hard. well, as the buzz wears off, it gets easier to concentrate, although if I'm tired (i.e. it's late at night) it gets

			harder i.s.o. easier.
25	Yes	No	-
26	Yes	Yes	yes, easily/ yes- at the peak it is fair to say that concentration is not easy.
27	Yes	No	This, in most cases, is pretty random. I can sometimes focus, I sometimes have difficulty. An exception to this is in a crisis (or perceived crisis) where I am always able to focus.//not really, except in 'crisis'
28	Yes	Yes	Yes. The longer the "trip" the easier it becomes to focus.
29	Yes	Yes	Yes, for instance, tripping to a pink-floyd song. I just realized something very deep, but then in the after the song there is a great sigh of someone letting out all their breath. At that point i could not remember my thoughts.
30	Yes	Yes	yes, the earlier in the trip the more I can concentrate on visuals, but later in the trip mind trips are easier to concentrate on
31	Yes	Yes	yes. A wave of extreme sensory distortion is accompanied by mental disorientation which gradually makes way for a focused mental state.
32	Yes	No	-
33	Yes	Yes	I can manage to concentrate, but it's very hard to hold onto trains of thought, and thoughts diverge very easily, and the original train will be hard to regain. As I get later in the 'buzz' the length of time I am able to hold a thought increases.
34	No	Yes	improves as it wears off
35	Yes	Yes	Sometimes time slows down. What I think is really happening is that my mind is racing so fast everythign else seems to be slower in comparison. The fact that I can still follow my racing mind is proof ( for me) that my concentration has increased considerably.
36	Yes	Yes	Yes, the buzz comes and goes in waves of lucidity and chaos.
37	Yes	Yes	At first, no, but more recently I have been able to manipulate the "trip" and to some extent, even the closed-eye hallucinations. // Hmm. Of course it does - the peak, is, as expected, when concentration

			becomes the most difficult.
38	Yes	Yes	Yes, I can concentrate to a greater degree than when straight.//My ability to concentrate is proportional to the high (at peak I have greatest concentration).
39	No	No	sometimes //
40	Yes	Yes	yes. While peaking my ability to concentrate is zero. At other times it varies. I've found that concentrating while coming up (eg reading) reduces the strenght of a trip. I've found that, even on a big trip I can improve my ability to concentrate by balancing being too relaxed against being too tense. This is handy for dealing with the horrors.
41	Yes	Yes	Yes, with effort.//Yes -- typically more difficult during the peak.
42	Yes	Yes	Yes. Sometimes I am forced to examine my karma and soul and come to terms with my past and future actions before I can regain control of my focus. Other times I am led on a mystical journey by an outside force that seems to have complete control over my focus. I am led from one point of focus to another with little choice on my part.
43	Yes	Yes	-
44	No	No	Yes. You peak after four hours, then it slowly fades down.
45	Yes	Yes	I can get the strongest focus while peaking.
46	Yes	Yes	Yes really hard to explain because it's so dependent on quality and emotional state
47	Yes	Yes	Yes it varies lot during a "buzz" and varies a lot in different "buzzes"
48	Yes	Yes	Yes; During a PEAK I feel relatively lucid, but as I'm coming down I realize that my thoughts were incredibly disorganized and this becomes apparent as they become clearer--my ability to remain intent(focused) decreases.
49	Yes	Yes	yes, but with considerable difficulty// yes-most difficult when peaking
50	Yes	Yes	Answer: yes. But it differs a lot from time to time. It all depends on the surroundings and how you feel yourself.
51	Yes	Yes	yes, but with considerable difficulty//yes-most difficult when peaking



52	No	No	Poorly.//Oh yes. During the peak period, thinking is almost impossible. It's a curve moving upwards from normal thinking, to experiencing only, back down to normal thinking again.
53	Yes	Yes	Yes, to an extreme degree.//As far as I know, it stays phenominally high until I have been coming down for about 2 hours, after which it stays higher than normal but less than while peaking for the entire time I still taste the acid in my mouth.
54	Yes	Yes	Depends on the drug but can generally concentrate perfectly well.
55	Yes	No	I HONESTLY CANNOT REMEMBER, GOOD QUESTION
56	Yes	Yes	Yes, an example would be difficulty in concentration at the onset of the effects of psilocybin or lysergic compounds. The way to deal with this is to meditate, or think of nothing, see without looking for anything.
57	Yes	Yes	yes, somewhere around my peak I can REALLY focus my thoughts
58	Yes	No	probably not
59	Yes	Yes	yes. i just forget to do certain things, or i get a hole in my short-term memory
60	Yes	Yes	yes. i find that when i start to trip my thoughts race and i can't concentrate on anything, but then i've never had to. after it comes on i get used to it and adapt
61	Yes	Yes	YES. THE MORE HIGH I AM THE BETTER I CAN CONCENTRATE. AS I COME DOWN, SO DOES MY ABILITY TO FOCUS ON AN IDEA, OR AN IMAGE, OR A MUSICAL PIECE.
62	No	Yes	For brief periods only; internal mind activity is distracting. 27. Sure, it's harder with higher doses and during the middle peak time.

## Psychedelic Survey Results

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### Psychedelic Induced Changes in Thought

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Questions:

18. Do your thought patterns change when on hallucinogens? (yes or no)

Percent Yes	Percent No	Margin of Error
93.4 %	6.6 %	+/- 6.0 % (n=61)

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19. If yes to 18, please describe how your thought patterns change. (Take as much space as you need to do this)

Subject ID	18. Change in Thought	19. Change in Thought - Textual Responses
1	Yes	Everything I think seems to make much more sense than it does when im not high...Thoughts become more vivid, and answers to problems that Im thinking about always present themselves to me.
2	Yes	I get really paranoid around a lot of people - the same goes for marijuana. I can't fool myself into thinking someone cares about me if they don't - what are normally just menial social interactions with acquaintances take on a whole new meaning. Also, I find it impossible to really hate anyone on these substances, because everything in the world seems so ridiculous and stupid.
3	Yes	Well, I could probably write a book on this subject, so I'll be brief. My thought patterns *do* change, but in a limited way. For instance, I don't become a drooling clueless freak, rather, my regular-life thought patterns are more or less "amplified" to acid thought patterns. Much faster, clearer, crispser, no bullshit. I'm always able to think about what I want to say BEFORE I say it, which is something I can't always do in real life.
4	Yes	many thoughts start connecting. Ideas flow at an enourmous rate. Sorting through them all the next day for the gems in the garbage is time consuming. But I come up with some of my most creative stuff and far reaching thoughts under the influence. Seeing through everyday patterns of behavior and viewing oneself in a meta format also occurs. Paranoia can also happen in which one believes that everyone is looking down, or watching, etc.

5	Yes	This is really hard to describe thoughts don't seem to be controlled, ideas spring to mind that are unrelated yet if I concentrate I can keep a train of thought going
6	Yes	god, i wouldn't know how to explain. I can give you an example: I was starting to have a bad trip onsd once (I got out of it) and I became convinced that i would always be tripping and i would never be able to communicate with my friends or family again unless they were tripping It's like a separate world, but the same physical space. Perceptions are totally different.
7	Yes	Hard to create/remember long thought patterns, time distortion
8	Yes	I ask a lot more questions about reality and myself.
9	Yes	much more abstract. Thoughts come together joining things (ideas) that normally wouldn't be associatd with each other.
10	Yes	Everything is non-linear, and much more 'important'. Solutions to global problems seem clear.
11	Yes	a lot more random, exploring forgotten or undiscovered neural pathways, often jerky or confused, inability to concentrate at will and hold a thought, or complete a task
12	Yes	All that I know is that during an extensive "trip" It was very easy to understand schizophrenia, because at times your patterns of thought could change at the flip of a coin. Very moody. And the change literally hits you like a wave.
13	Yes	think repeatedly of same things. This is no good, when I'm thinking about negative things, or things that straight me thinks are negative. I'm more open to influences and can't decide for sure what I want.
14	Yes	Pretty much impossible to describe. Sometimes my thoughts become more "cosmic", other times I tend to look inward and examine myself objectively. I tend to connect things that I normally wouldnt think of as being related.
15	Yes	Often find thoughts get trapped in a short circular fugue, need to consciously break this by changing environment. Free-association is enhanced and new links are made between randomly-occurring thoughts, although these links are often very hard to remember after the trip.
16	No	-
17	Yes	I think quicker, more clearly. My thoughts are profound and wise, understanding what is going on in my life and on the planet.
18	Yes	i tend to be filled with wonder and marvel for the things I encounter, both inside and outside my head. (to a greater degree than usual)
20	Yes	scattered, unable to focus attention may obsess about certain thoughts alternatively may find clarity and depth, but usually in a non- reflective state.

21	Yes	yes, I had no experience with bhuddist ideas - a complete virgin to that - but came out of the lsd trip with a completely new and deep understanding of the meaning of reality, the "yin yang" of everything. understood why the buddha laughed and everything - things I had no idea about before.
22	Yes	Pretty hard to describe. I tend to have a large number of disconnected thoughts, wthe juxtaposition of which is often very profound. Some things seem more "important". One thing I notice, with the mile-a- minute thoughts, is that it is hard to remember all of them. I will have a real convoluted, branching, "chain" of thoughts, reach a very profound conclusion, just to have someone say something to me that interrupts me and makes me forget the whole thing. And then I'll think about what it was, trying to remember, and go off on another tangent. Its real easy to get distracted.
23	Yes	lets see, sometimes my mind just goes on it's own tangents and i forget where i am, like a real intense daydream. then i snap back into reality this is usually at the most intense part of the trip. otherwise i seem to me philisophical, reflective, and empathetic it feels like i have more understanding, and get some really good insights. instead of most drugs (like pot or alcohol) which clouds your mind, LSD seems more to open different pathways of thinking, a total conciousness.
24	Yes	they become focused on more metaphysical aspects of life as opposed to mundane matters like 'I have to pay my rent'.
25	Yes	Loss of ego, transcendence from learned behaviour patterns. Increased interest in form, meaning, relationships, function, as opposed to objects, surface detail, description
26	Yes	there is a feeling of heightened awareness, clarity of thought. You tend to feel more like what you are thinking is important, "revolutionary".
27	Yes	As previously mentioned I percieve 'things' in much more detail. Another effect is that I (simultaneously) percieve the 'thing' upon which my attentions are focused as part of a much larger pattern. Strange, sometimes inapropriate, associations will come to mind when thinking.
28	Yes	I generally tend to like wandering and taking in as much as I can through all my senses when I am doing A Hallucinogen. It unshackles me from the standard bounfdarys I set for myself in daily life. However, I have never done anything dangerous... Like running in a road, or climbing crazy heights. I act mostly normal , but like to walk and experience.
29	Yes	Mental capability is lucid and finite like never before. True sense of being connected with the universe and mankind, of the ages gone by. There are different levels of travel. One cannot just jump to the higher levels of traveling.
30	Yes	it is a completely different mind set. I go deeper into subjects that I normally would ignore
31	No	-

32	Yes	i have a more open mind, etc.
33	Yes	My way of looking at things seems to back out of my situation, and I look at things objectively, from an outsider point of view. This vantage could be from outside my own social group, my culture, my demographic, western society, even human society and human existence. I loose the desire to acheive pointless goals, and cease to care how I appear to others in their TV set lives (yes, I know, very Leary-esque). I also fail to see a real point to my life, and for that matter, human existence as a whole.
34	Yes	far more erratic--scattered, but not wholly different than normal.
35	Yes	sometimes I spend hours thinking on trivial matters, with some very intense ideas on concepts on these. More often I find myself thinking about life, the universe and everything.
36	Yes	I am going to answer here anyway, because while my thought patterns do not change, in the sense that i do things that are totally uncharacteristic of me, I do often have profound insights and clarity of thought.
37	Yes	Complete insanity/schitzophrenia. My mind becomes unglued, I become paranoid, and my thoughts become fractured. Sometimes I will have several thought processes occuring at once, sometimes I will be in a void completely devoid of any thoughts whatsoever (ego-loss). Primarily I find myself getting in arguments with myself, a common example would go along the lines of: "oh fuck I took too much acid" "no! no your fine!" "no i took too much, i'm losing my fucking mind" "no! your fine!" "no! fuck! Yes! No! Argh! Acid! NO!! Fine!! OKAY!" This continues building up intensity and momentum until it feels as if every braincell in my head is screaming a highpitched terrifying scream. I usually only have one or two occurences of this "i took too much acid, and I'm never coming down" experience in a trip. Usually the "arguments" are over much more mundane things, such as what a friend is currently doing, or why something looks the way it does, etc.
38	Yes	My mind seems to think faster. I reach amazing conclusions about the universe, but can't slow down my mind long enough to write or speak my thoughts before more flood into my mind. Both exhilarating and frustrating.
39	Yes	much more aware and enjoying mother nature
40	Yes	I'll describe only larger doses. I lose all sense of who I am, what my place is in the world, and what the world is. I can become confused particularly when returning from a state of near total dissolution -- eg more than once I have been tripping alone & got the idea that we all take turns to be things, eg cups, shoes, etc. Once I was terrified that it was my turn to be a cup which was full of tealeaves & disgusting. I felt that this was because I hadn't made a good job of being me. I often get seriously paranoid sometimes thru circumstance, sometime through guilt. Examples being driven on a motorway the motorway was the game with losing meaning

		<p>something incomparably worse than death. We had to get off. We were a team, we'd done it before. Getting off meant descending to a world and adopting new identities. If we screwed up, we might be in a bad position eg Bosnia, a bad time, etc. In one trip I was clear that I constructed everything -- I knew my memory was faulty &amp; terrified that the world would fade as I forgot things. I was scared to open any book on my bookshelf in case the pages were blank. Once a friend and I thought we'd left a juggling ball in the park. We thought that *that* meant that we'd killed another friend through our carelessness I can summarise this without more stories -- a sense that the "real" world is an illusion -- ephemeral and easily lost.</p>
41	Yes	<p>I feel much more intelligent -- it's like someone's greased up the ol' synapses. I also tend to dwell on paranoia and delusion of grandeur (but both in a fun way, usually). I really grok the SubGenius.</p>
42	Yes	<p>I become much more aware of the natural world and the energies that extend through everything. Sometimes I can hear people's thoughts and I am always more sensitive to the way others are feeling. On some trips, I am completely taken over by a seemingly outside force and taken into the spirit planes to be taught a lesson. Other times it is more subtle and the lesson simply appears as a reoccurring thought throughout the trip. On trips where I remain in my body my thoughts proceed almost as normal but are enhanced by a greater awareness of the world and a greater understanding of reality. I often lose all reference to myself and become simply one point of awareness in the universe. These effects always remain with me afterwards to a degree but to a diminished extent. I hope this makes sense as I find it hard to describe the effects even when I am experiencing them let alone now.</p>
43	Yes	<p>This could fill a book, but basically my thoughts seem to flow more quickly than usual, and with much more complexity. Often I end up following chains of thought to arrive at unlikely conclusions...</p>
44	Yes	<p>Depending on the situation, I think the way my feelings make me think: scary thoughts, thoughts of beauty... etc.</p>
45	Yes	<p>If I'm doing very physically oriented things, my thought capacity decreases. If I get relaxed, I start to think very profoundly and have amazing insights. I also get new perspectives on things that I probably wouldn't have thought of otherwise.</p>
46	Yes	<p>For simplicity sake, I have broken trips into three categories: First is the Power Rush Trip. where some visual H's occur, but more a feeling of synchronicity with everything. Also, strong unity felt between tripee and the surroundings. Feeling of some how emanating this incredible energy which holds our multiverse together. Second is the White Rabbit Trip where H's are more prevalent. This kind of trip has longer stages of paranoia and fear this is also the melty-drippy-where am I-where am I going kind of trip. Having fun but freaking timid as a bunny. Third, is the</p>

		<p>Illuminati Trip. This trip involves strong feelings of knowledge and WISDOM, The De'Ja Vu experience is likely to occur with this kind of trip. The difference between power rush and illuminati is this : The power rush deals with feelings of energy flow. The illuminati deals with feelings of enlightenment.</p>
47	Yes	<p>Completely new viewpoints (in problem situations for example as if viewing a labyrinth from above). Disruptions. Mystic, almost religious interferences of something (my guess is material from unconsciousness)...</p>
48	Yes	<p>I feel more in tune to body language and gestures, I skip thoughts when I try to relate them as if the other person understands (usually they don't). My thoughts are sped up to an amazing speed--it's how I describe "tripping" because I can focus on a thought, then focus on the fact that I'm focused on another thought and so on..</p>
49	No	-
50	Yes	<p>Answer: Normally you just look at things from one point of view, after you've taken a hallucinogen drug you look at things from most points of view. All normal values gets scrambled, perceptual resistance weakens.</p>
51	No	-
52	Yes	<p>I felt in some strange way that I was actually using the overall thought mechanisms much closer to the design specs (if there are any!), even though "rational" thought was highly inhibited. A higher method of more direct experiencing was evident. Thoughts were not normally survival oriented or even mechanism (both physical mechanisms like locks/keys or mental mechanisms like analysis of behaviors etc.) oriented. They were configured around high emotions and aesthetics most of the time unless something pressing was introduced from the environment, like needing to move out of the way of an oncoming car or someone expecting an answer to a question and the like.</p>
53	Yes	<p>When on acid (my drug of choice) I see patterns in my behavior and in behavior of other people that may not be clear to me non-altered. Also, I look at an object and see not only the object, but the historical course of events that has caused that object to exist in our time in the form it is in.</p>
54	Yes	<p>Mind moves very quickly. Scope of my thoughts expands way beyond what they ordinarily are. Connections between normally unconnected thoughts occurs. Self-insight deepens massively.</p>
55	Yes	<p>I WOULD OFTEN THINK I WOULD NEVER COME DOWN AND GET PARANOID</p>
56	Yes	<p>They have drastically, and possibly still do, but to a much lesser extent if at all.//It is really hard to answer this. When I was inexperienced, I would look at myself, other people, and reality in new, sometimes pleasant, sometimes unpleasant ways. Psychedelics will change the user forever. However, I am not sad, because any experience you have changes you. I am more creative, insightful, and unconventional in my thoughts now,</p>

		even when I am not tripping. I can function in society, because it is a necessary game to play in order to find fellowship with other people. Now, I try to not think anything when I am tripping, as the Tibetan Guide suggests. I can experience little to no change in thought patterns if I am aware of the mind-within-the-mind (Buddhist concept) and can then control it.
57	Yes	Thoughts happen faster than i can assimilate them and speak about them
58	Yes	that's not very describable
59	Yes	The closer you get to things the further away they become. Distorted sense of time & space.
60	Yes	somtimes it is hard to put what i have to say into words. i am not always sure i can say things so others can understand me.
61	Yes	IN SHORT...THEY BECOME MORE FOCUSED. ALTHOUGH I CAN LOSE A "TRAIN" OF THOUGHT VERY EASILY. LIKE MY PREVIOUS DESCRIPTION OF SEPERATING MUSICAL INSTRUMENTS, I CAN ALSO SEPERATE IDEAS, THEREFORE BEING ABLE TO FOCUS ON THE "BIG PICTURE" BETTER. I ALSO SEE MY "SELF" MORE CLEARLY.
62	Yes	(wish I had a few days...) Many connections made, sometimes between numbers, word spelling, and semantics. Thoughts appear to run faster and have more complexity. Time slows down. Often appear to be on the edge of the universe (or of reality), helping to create it. Sometimes think I am being taught or tested. Sometimes get "stuck" in thought patterns, such as left-brain busywork.



## Psychedelic Survey Results

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### Long-term Effects of Psychedelics on Ss

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Questions:

35. Has your use of hallucinogens made in any long term changes in your personality? (i.e. increased your insight, made you more empathic. made you more scatter-brained, etc.) (yes or no)

Percent Yes	Percent No	Margin of Error
80.3 %	19.7 %	+/- 10% (n=61)

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36. If yes to 35, please specify the long term changes you have undergone from using hallucinogens.

Subject ID	36. Longterm Changes -Textual Response
1	from using hallucinogens. Ive become more focused on my thoughts
2	THIS is very difficult to say. I think it was more the fact that I was the type of person who would try something like that than just the fact that I did it that made the change. As far as my cognitive abilities it hasn't affected them at all, for the better or worse. One thing that I have noticed is that about any music I listen to on LSD (which is my chief focus since it's been 90% of my trips) ends up becoming a favorite thing of mine. Before I used LSD, I had a lot of teenage angst and I could only listen to fast, aggressive music. I think LSD saved my life sometimes because of this, because music is such a huge part of my life and I ended up getting into a lot BETTER music because of LSD.
3	You're asking me to sum up hours of psychic journeying on hallucinogens. I can't do it. But I will say that I think my life has improved overall since I began using hallucinogens, AND that it's getting better all the time.
4	More empathic, less concerned with image and status in society
5	I don't know my personality developed while I was using them
6	i don't know
7	Probably changed my outlook on life/death, what we are (more than a physical body)- I guess.
8	i know who i am and where i am going.
9	I think that they have increased my insight to what I want out of my life. Maybe

	convinced me not to strive for the usual consumeristic goals and focus just on happiness.
10	Yes. I think I realize I can affect the world more directly, can change things to be what I want. Some insights have had long term, useful effects, including useful insights to my research.
11	more calm, introspective, willing to consider the crazy point of view.
12	I was raised Southern Baptist, very close minded. I am very open- minded, I meditate regularly, and REALLY believe in God now. But, I don't try to shove any doctrine down anyone's thought. (as far as I'm concerned all religions that respect people are valid) Even not believing in God is ok, my philosophy is basically that everyone has a path, let them walk it.
13	I now realise how small portions of myself I have acquainted myself with and how weak I am mentally to see such vast changes in myself.
14	It has made me more empathic and spiritual, and made me realize the oneness and divineness of all things, and made me more aware of my inner thought processes.
15	I don't think so. It's hard to isolate changes caused by drug experiences from changes caused by life experiences. In the balance I would have to say no.
16	-
17	It has opened my mind to thinking beyond what "appears" to be reality. I'm a better person in many ways. Intelligence, wisdom, self- realization.....
18	I have become more interested in subtle, ethereal feelings and concepts
20	hard to say. there's no control group. it's made me more skeptical of reality perhaps I'm more humble perhaps I'm more attent to inner qualities than external ones perhaps I'm less materialistic (was I ever?)
21	definitely increased my insight into life, people, everything - improved my understanding of other people dramatically. I did develop a form of schizophrenia two years later which I passed through and recovered from. That was not induced by drugs - but by isolation and psychic experimentation - I don't know if the lsd trip could have been something that caused the schizm - probably played some part in it. I still want to take another trip - but only when it "feels" safe and right and my body is in perfect health.
22	I would say that it really has added perspective, more than anything else. "weird" things don't faze me, "I've seen worse". I tend to think about things more, rather than write them off. I would say I have grown from the experience, and if I had the chance to do everything over again, I would definitely do it again.
23	yes as i have stated it has made me more empathetic,and has given me insights i feel i may have never attained
24	The ability to relate to other people has increased.Also, it has made me more aware of the importance of love, peace, nature, friends etc.
25	More empathy with other people, creatures and plants, more motivation, greater inspiration and creativity.

26	I think I get bored more easily, am less satisfied with life, feel like something is missing. Also being in the drug market changes the way you approach people, it makes you less trusting.
27	I am a little less empathic to 'minor' problems (see q.31), e.g my girlfriend getting annoyed about being stuck at a red light. I am still empathic with regards to 'more major problems'. I am more open to new ideas, new forms of expression. I can percieve music in much more detail. I have become somewhat more 'philosophical'
28	MAde me more in touch with nature
29	Yes, I am much more emphatic and harmonious. Clearer perception of reality. Non-aggressive.
30	hmm.. maybe more aware of certain aspects of myself
31	-
32	more open minded and relaxed
33	I would be inclined to say yes to 35, but that may be a logical Post Hoc ergo propter Hoc, meaning that I am also young, and expanding my experience so these insights may be natural with wisdom of age, etc.
34	-
35	Yes. I think I'm more open minded. Taking the first trip was something in itself. Being able to say to myslef that I am doing something that socociety condemns, because I want to and because I feel it's right for me was a major influence on my personality. It wasn't a rebelious thing, it was an ability to think independently. I see myself as being more appreciative of the basic things in life.
36	How can you judge this!!! I have changed dramatically in the last seven years, but i have also grown up a lot, learned a lot, travelled alot, met alot of interesting new people, seen lots of interesting things. In the coarse of my life mushrooms have been a small part, and it is impossible to say what role they have played. If I had to i would say that pot and mushrooms have given me the advantage of seeing the world from an altered perspective which has made me more open minded. On the other hand travelling can do the same thing...
37	It's actually made my head alot clearer (Tho I've never been diagnosed, I'm pretty sure I am mildly schitzophrenic - since well before hallucinogens entered the picture - and lsd seems to have gotten rid of it, for the most part). I've also noticed that I've become alot more confident, and alot more capable of making decisions.
38	They've made me more open-minded, empathic, more easy-going, more comfortable with my own identity,, more aware of my animal nature.
39	feel more at peace with myself
40	have more empathy with the mentally ill & religious freaks:-) More empathy with people where life is cheap. Made me more open minded about some things. As for the other stuff, how could I tell?
41	Since I started using at a formitave age of 14, I belive my use of LSD has enhanced the creative process used in writing and thinking. If I had never used acid, I would be a

	very different (and probably not quite as interesting) person today.
42	They have made me more aware of my own inner spirituality and have put me in tune with the chi energy of the universe. They have allowed me to simply flow with the world rather than plan ahead and fight the course of events. They started my path towards enlightenment and have kept me following that path. Sometimes when I am getting caught up in one particular problem in life they get me to see past it and allow me to learn what is needed to move on.
43	Greater understanding in general; broader life experience.
44	I have a better appreciation of nature and God.
45	After the first time I tripped, I realized that there were many more dimensions to myself than were at first obvious. It also got me interested in OOBES, the nature of reality, the nature of consciousness, and the universe.
46	No for a while I may have thought so but I'm the same old
47	1 insights about me the society music (as art).. everything. LSD and Psilocybine have, this is my own perception, an afterglow of few weeks during which I feel "scatterbrained" or "weird" etc.
48	from using hallucinogens. As stated above I feel as though people understand what I'm saying before I say it which leads to confusion (scattered thoughts) but I feel an increased awareness of the "Other World".
49	-
50	Mainly positive changes. Slight paranoia after the first couple of times I used hallucinogens. Increased insight, enhanced understanding of other people. A more intense feeling of unity with me and the universe, mother earth and nature.
51	-
52	For a while it completely screwed up my memories. I was so scatter-brained it was scary. I went from being a very good student (4.0) to a near failure. At one point I could no longer tell the difference between dreams and reality. I couldn't even remember if I ate breakfast, let alone what I had if I did. I'd get days, months, even years all mixed up. There was no reliable linearity to my memories anymore. This is the main reason I stopped doing psychedelics. I've talked to other people that used to do high dosages, as well, and they had experienced similar effects. Luckily it doesn't appear to be permanent, as I'm back to normal now. It took a couple of years, though. The one positive change is that I was able to find out by direct personal experience that there is a world (or worlds) very different than the one we normally live in that exist for sure and might hold unbelievable possibilities for those persistent and brave enough to attempt to enter them in a more natural and responsible way. I've come to realize that drugs are a very good introductory experience, but a dead end street as far as being able to stably enter, operate in and sustain these states (worlds).
53	I am much more alert and aware of my surroundings. I am also able to read emotions and intentions of those around me with much greater ease. My ability to endure emotional and physical hardship has gone up tremendously, and I am much more capable of giving up pleasurable activities in order to fulfill my responsibilities in

	school and at work. In addition, I have found an inner wellspring of emotional and spiritual tranquility that makes it much easier for me to accept the strange mix of races (Cherokee, Irish, Punjabi, Kashmiri) that I am made up of. Finally, I have come to enjoy a much greater appreciation for things that most people take for granted, such as my family, the food I eat, and the bed I sleep on, to name a few.
54	Hallucinogens have freed up my personality, making me a much more natural person. I am much more in tune with myself, Nature and the motivations and emotions of other people. I have learned to see "color" in all of life.
55	-
56	My thoughts seem to work differently--sometimes I go almost entirely on insight and creative thought. My mental capacity and intelligence have not been compromised in any way. I have become more artistic, innovative, unconventional, and enlightened through past use. I am reaching a point where I only want to take psychedelics only a few times a year because I have seen reality in so many different ways I am still figuring things out. I have this desire to help others become happy and enlightened with me. I try to be open and real with everyone--I don't become involved with game-existence, and I see people around me for who they are. I think that some people are living on lower levels of existence, such as trying to control others, or trying to better themselves for selfish gains. I do not hate these people. I could not bring myself to attack anyone violently, unless the conditions were very extreme. I think that some people are simply unaware of what we as a species could achieve--total and unconditional love and empathy--if we all got to the level where games, classes, societies are not important and everyone sees everyone else as they truly are. Psychedelics are very misunderstood by these people, because psychedelic drugs have been abused by foolish, misguided users and a few rare cases have been blown out of proportion to generalize about a class of substances which could benefit humankind. Possibly, there are those who are so tied to game-existence that they work to keep psychedelics illegal and misunderstood in order to perpetuate their power in society. Name a government that would like to give up control and let enlightened people live in peace. If a very large number of people achieved liberation, those in power would have no power, as those enlightened could find happiness without needing material wealth or other game-traps and that is very frightening to them. I see reality in a different way than before I tried hallucinogens. I find that at will I can look at things from different perspectives. Another long-term effect is the more vivid, lucid experience of stimuli around me. I can truly enjoy an orange or a good conversation as much as anything else.
57	more insight, possibly more scattered brain but I feel that is due to pot
58	calmer, more humble and willing to learn, stronger and more prepared for the inner battles we all face.
59	maybe more relaxed, tend to appreciate the illusory nature of reality
60	i don't know if it is that alone or if other things are a part of it also. i have gotten quieter. i used to very talkitive and happy go lucky. now i just don't care about a lot of things and i don't like bug social event (i.e big keg parties where i don't know anyone. i used to love them) maybe i've just grown up a little

61	THE SPIRITUAL PERCEPTION I MENTIONED PREVIOUSLY.
62	don't know (how could I tell?); probably increased awareness and insight.

## Psychedelic Survey Results

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### Ss General Comments on Psychedelics

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*Question:*

38. If you have experienced anything at all of significance while on hallucinogens that this survey has not covered, please describe it now. Take as much space as you require. Attach an associated e-mail if you prefer.

Subject ID	38. Any Other Comments?
1	Just a feeling of 'timelessness'
2	-
3	Yes, I have, but for the purposes of this survey (and because I am at work right now) I can't really answer this question fully. I hope my responses help your survey, and I'm sorry it's so messy, I filled it out online. :) Please feel free to e-mail me if you have any other questions. I don't mind.
4	The effect of other people experiencing the hallucinations of some on drugs is the oddest thing. I have seen it happen several times.
5	-
6	Hallucinogens help you notice nature, the beauty which we often are too busy to notice. They force you to notice it.
7	-
8	I once broadcasted, quite painfully, to what i thought to be an alien prescence.
9	The first time that I tried acid was the happiest time of my life. I have never felt more purely and innocently happy in my whole life. Definitely a very enjoyable feeling! Mushrooms have also caused the same sort of feeling. But, I just wasn't to tell you about my one and only BAD experience with hallucinogens. I was travelling in asia and took what I thought were mushrooms (later people have told me that the effects i had sounded like peyote, but I really don't know). At first nothing happened then about 2 hours after eating them all depth perception was lost: i would reach for my glass and my hand would go tight through it. I wasn't feeling very well and wanted to go to sleep. I thought I had gone directly to bed when I woke up the next morning. But then I heard from other people that what I ACTUALLY had done was take off all of my clothing except my underwear and dance half naked on the beach and raod for a few hours "as if I was swimming" to quote what I was told. Needless to say, this is not something I would normally do and I have absolutely no recollection of it. All through the next day i was vividly hallucinating, even up to 30 hours later when I went to sleep the second

	<p>night. At the time it wasn't worrying- i found the hallucinations interesting to look at and all i really thought was "i guess I won't be able to drive any more with all of these hallucinations" but I wasn't really too concerned at all. Only after it was all over did it start to bither me a bit...just thinking to myseelf " i was FUCKED UP" I never want to do THAT again!!!! But that definitely hasn't stopped me from taking hallucinogens. Since then I have taken lsd again and had quite a good time. Just some advice: don't do mushrooms on or near Lombok in Indonesia!! ( I took them elsewhere in south-east asia and they were fine...if anything too weak.)</p>
10	<p>Tactile hallucinations. Edges of things seem much sharper or pointier than they really are. A TV remote with slightly rounded plastic buttons (that still have edges, though), feels like its made of glass. Things in the world are divided into the itchy and soft - it's either really, really annoying, or really, really nice. Squinting (reducing light input to eye) increases visuals. The slight streaks of light give feedback to create more complex images. Much like feedback in video. Short term memory is nil. I remember being in the park on a coolish day, but warm in the shade. When my friend and I sat down in the shade, we would get too chilly and start walking. When we got warm, we'd sit down. When we got too warm, we'd start walking again. After 3 or 4 iterations of this we realized that the problem was shade vs. sun.</p>
11	<p>besides seeing "the Light"??? no, that's as heavy as it got. but it doesn't HAVE to be GRAND, or SPIRITUAL it's fun, period!</p>
12	<p>When I look back on my experiences, I now notice quite a few correlations between chakras, OBEs, and other spiritual events. At the time I was using, considering my religious background these things frightened me beyond all comprehension at times. It wasn't until last year that I started reading about chakras, etc. that I recognized all of the sensations. One thing to keep in mind, LSD doesn't run the trip your own mind does. LSD merely kicks off your own brain or whatever, there is not enough of a chemical to run your nervous system to accomplish all of these events that people experience for up to 12 hours. Anyway, I'm glad I don't do these things anymore, especially because no one needs drugs to get the same effects, i.e. meditation, OBEs and the like.</p> <p>See ya</p>
13	-
14	-
15	<p>An appreciation of the potential richness of vision and perception, and the fragile nature of the brain's chemistry.</p>
16	<p>I felt very warm when starting the trip and then felt sick when I was tripping</p>
17	<p>Like I said, it would take volumes. Most of it is simply re-affirming much of many centuries of wisdom and philosophy about who were are and why we're here. I haven't got it all figured out yet, but it's going to be a fantastic life trying to do so</p>
18	-
20	-



21	-
22	Good luck Don.
23	-
24	-
25	Sorry, I don't really have time to write much, but I will say that at times I have had premonitions of events which have later come true. I believe a greater sense of intuition is responsible for this. -David
26	-
27	Can you please mail the results to me? I will be most interested.
28	-
29	-
30	-
31	yes. Extreme mental clarity after a trip. A totally calm state.
32	i like to work with energy when tripping, you can experience something similar to tantric sex and work with your body energy, it is a wonderful thing.
33	It seems to me that I can see through others and see their motives, ideas, drives, etc.
34	-
35	Hands sinking through walls.
36	I wonder if you have tried any yourself. I found the survey very narrow and frustrating. Were you really trying to gather information, or were you simply trying to confirm your own beliefs? The problem with statistics and surveys is that they are pre-biased by the way the questions are worded (especially if the way you must answer is constrained). You would perhaps learn more by reading one of the many books that already exist on the subject.
37	Hmm, well besides the significance of being trapped in an elevator with a friend for 2 hrs while peaking, no. (Literally 2 hrs, checked with the maintenance guy who finally got us out. Do you have any idea as to how long 2 hrs feels when peaking? An eternity, stuck in a teeny room with someone... eek). The other thing that wasn't mentioned in here that I think deserves some mention is the "flashback" phenomenon. I have not had any "flashbacks", but I have noticed the commonly reported "permanent" (tho mild) tracers (trails as you call them). I've also discovered that I have the ability to "turn off" certain filters, and allow everything to morph as if I'm on acid (tho not as intensely), for a short period of time. Also, my dreams are a lot weirder, and when I'm very tired, just waking up, or falling asleep, I see patterns behind my eyelids, a sort of tunnel-vision kind of effect where red&blue "static" transfers across my field of view, and shadows on the walls morphing around like crazy when my eyes are open. One may wonder why someone who has obviously noticed SOME permanent effects from LSD use would even consider doing it again; the reason is, that I have found that I have remained just as functional and intelligent as always, and that these effects do not have any impact on my life whatsoever, and are easily ignored. Mind you, the above is all made up. It's not as if I'd ever consider doing something illegal like possess marijuana

	or LSD. ---- schitzo@foul.cuug.ab.ca
38	Time distortion is very common for me. Perhaps it's because my mind is going faster, and it creates the illusion of time moving slower. My first mushroom trip (1/8 oz.) revealed to me that there is an infinite amount of time between any two instants. I also have the distinct feeling that everything is "fake". I feel like I'm on a set for a movie or TV show. Both these illusions are creepy, but enjoyable just because the sensations are new.
39	-
40	I have never been more frightened than on LSD. I consider this to be significant. Part of the attraction of acid is avoiding or dealing with this fear. However, it now seems that there's continuity between my trips (the big ones) -- I seem to run variants of the same trip every time. This is a concern to me partly because it's often terrifying, and I think dangerous, and partly because it's a rut -- I could be missing out on lots of other kinds of trips. I don't see me shaking it off until I am bold enough to step through the gateway I mentioned above. I know experienced users who have sworn never to touch LSD again as a result of a series of "bad trips". They have been reluctant to talk about the exact nature of these trips, but have hinted at recurrent nightmarish trips that were becoming too real and starting to intrude into their normal lives. On a more upbeat note I have experienced an apparent complete mind union with others several times. On one occasion the other person reported the same experience. I have experienced this same thing with people who *weren't* there also. I believe this extreme version of improved empathy with others is illusory.
41	This survey did not cover bad trips. I was arrested once on acid, when I had a psychotic episode (injured a cat and two friends). I believe this is careless of the author -- reading this survey, there is no indication whatsoever of possible negative effects of LSD, mushrooms, PCP, etc. I hope this is remedied in future releases. LSD is suspected to have the ability to "trigger" psychosis, schizophrenia, and manic-depressive disorders, in the short or long term. I believe I am a victim of this sort of triggering (though only short term). I wish you the best of luck in your research. Please don't get shutdown. (And you might want to note, in your survey, that you whole-heartedly do not recommend the usage of controlled substances, for legal purposes. I'd appreciate going on some mailing list of people who will receive a final product from you, bearing the fruits of your survey.
42	SEX: That depends on the trip. Sometimes I am completely immersed in my partner's energy even to the point of the merging of our souls. I have been out of body and dancing with her soul. Sometimes it is just a complete attunement to her energy that even extends to a complete telepathic link of feelings and thoughts. On other occasions there is nothing sexual involved at all.
43	I think that the intellectual and philosophical benefits have been very crucial to my life. I am glad that I have been able to experience the incredible variety of things that I have. Good luck with your research.
44	sex: I am horny, but I do not wish to have sex (it is too busy, plus it's not that much fun. Too much thinking going on).// AOT: I have bonded with friends during my trips. We all have a sense of family when we trip together, and therefore have made closer

	friends as a result. We all have felt, at one time, that we know exactly what each of us are thinking, so it is almost like we're psychic. Afterwards, I am MUCH more in tune to how I feel around other people, as if I were still tripping, but not really.
45	-
46	Dude i could have writtn more but i ahve work to do. You caught me good time i just saw the DEAD last night , tripped and had a blast.
47	he whole experience is to very great degree indescribable..iti
48	The out-of-body experience was enough to knock me into silence. I had such a profound understanding of my mind that I couldn't think properly for a day or two. I'm finally getting to understand (3 months later) what I "saw". I believe it was the closest thing to what people refer to as god--I can understand how "miracles" happened in Biblical times.
49	-
50	Answer: One of the first time I used LSD I dropped almost 4 hits. When I was peaking I went into another reality totally. It was another life, I was much older, 30-40 years old maybe. I had a wife and kids and i lived in another land. This life was completely normal, nothing weird at all. I remember that I did all the usual stuff a person does, i.e. going to the bathroom, eating, sleeping, but I don't remember any details. This "other" life seemed to go on for years, and I had forgotten about my "real" life completely. Then suddenly one day while I was walking home from work, I heard a voice speaking out my name, I looked all around me but no one was there. Then suddenly, snap! I was back in the sofa that I'd been sitting in when the trip started, I asked my friend (I understood that it was his voice I was hearing) how long I'd been "gone", he said: "Gone? You just seemed to be concentrating on something for a few seconds." That's when I realized how powerful hallucinogens can be, years of time can be experienced within seconds, you can jump between other realities, other lives. Communicate with other entities. Everbody should have the opportunity to try it. /Hope I was of some help to You!
51	-
52	SEX: I wasn't horny at all. I tried sex a couple of times on LSD, but it was pretty weird. It seemed very animalistic and I was quite detached from the whole process. It always struck me as a strange thing to do. Playing trumpet was the same way for me. I thought "Why would I want to stick this cold piece of metal on my lips?" It was so strange. And these things didn't seem weird at all (in fact that's pretty much what I used to do most of time) when I was straight.//
53	You have put together an excellent survey, and have covered all that has happened to me of lasting significance. Thank you.
54	-
55	-
56	Sex 1: I would have to say that the primal urge to copulate is not increased at all, but rather there is desire for close physical contact and warmth. Mating is a beautiful expression of this but is not really necessary, as all stimuli, for me, anyways, seems just

	<p>as estatic and beautiful during a psychedelic experience (after having tried MDMA).</p> <p>Sex 2: When I am coming down, I usually just want to talk, because it provides comfort when returning to game existance.</p> <p>FIDGETY: I usually like to have something to do. I need to dance or give someone a back rub or do something that involves physical movement. Swimming is also a good release of this energy. (but have someone watch you).</p> <p>SLEEP: This is all dependent on the chemical substance rather than the mental states. LSD, MDMA, and Yohimbe will keep you up all night. LSA (Woodrose, Morning Glories), psilocybin, and for me, harmaline, are all sedative in nature, and I have no problem at all sleeping once the peak effects have passed.</p>
57	<p>Sex: 28. Depends on the drug, yes for DMT, No for LSD and shrooms</p> <p>29. Depends on the drug, yes for DMT, no for the others</p> <p>I am glad to see this type of survey and would truly appreciate hearing about your findings. Also i would like to refer you to the writings of Carlos Casteneda, specifically the book "The teachings of Don Juan; a Yaqui way of knowledge." i fell you might be able to gain insight from an anthropological point of view.</p>
58	<p>I have found my life's mission, my comfort, and my support system. I've learned about love, strength and God. Still, I've really only just started. I have a strong religious freedom issue now. Please e-mail me if you want more information on our religion. I'm writing a book, and preparing tapes of the ritual music, which is very powerful.</p>
59	<p>i had a girlfriend who got horny as hell no, i just get too much in my mind, have too much fun, it's a mental drug for me</p> <p>sexual) when *coming down* from a hallucinogen buzz? oh, yeah, if i don't watch it i'll fall into a deep, gloomy despair//obe: only sleeping, high on mushrooms, i flew out of my skin, pretty early in the night, i looked back and could see my skin</p> <p>fidgety ? (yes or no) no, but i have to shit a lot (something you might consider asking about in your survey, i think it's nearly universal)</p> <p>Final comment : yes, many things, i realized the significance of the moment, even when you're staring at the flakes on the wall, things become alive for the first time, as if being born again into the light of the new day.</p>
60	<p>sex: i don't really thing about it while peaking, i've never been around a female while tripping either i plan to however. &lt;&gt;Final comment: i know my answers are a little vague but it is hard to ask questions about an event that differs for so many people. if you have any more ?'s for me, i would love to answer them. again sorry for the answers but i did the best i could.</p> <p>good luck :)</p>

61	I BELIEVE IT HAS SPEEDED UP MY ARTISTIC PERCEPTIONS OF COLOR; LINE; AND SOUND.
62	yes; have learned: Everything is connected Nothing we do is more cosmically important than anything else

## Psychedelic Survey Results

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### Psychedelic Drug-induced Religious and Psychic Experiences

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Questions:

22. Have you had anything akin to a religious experience when on hallucinogens? That is, do you experience a deeper sense of unity with things, have some apprehension of God, or get insights into the nature of things? Please specify yes or no, and describe such insights please.

Percent Yes	Percent No	Margin of Error
86.9 %	13.1 %	+/- 8.0 % (n=61)

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30. Have you ever had an out-of-body experience when on hallucinogens?

(yes or no)

Yes	No	% Error (n=61)
40	60	+/- 12 %

Subject ID	22. Religious Exp?	22. Religious Experience - Textual response
1	Yes	yes..It seems that when Im tripping, everything is interconnected with eachother, and nature seems to be a check-and-balance sort of deal.
2	No	Nope - my conclusion is that there's nothing there.
3	Yes	Yes, and I can't describe it. Basically, I became "God" or whatever it is that makes up "God" -- OR I had an increidbly strange god-like hallucination. Previously, I was an atheist. Now, I believe in "God" or something like God. And I have been provided with lots of "insight" into the "nature" of things, but I am very skeptical of everything so I don't believe much ...
4	Yes	That everything we do is interconnected in subtle and indirect ways. God is present as a mysterious force present in everything. I feel much more empathic towards nature and the natural world.
5	Yes	Yes With LSD and Psylosibin in strong doses an overwhelming feeling of

		being part of everything from stars to the earth under your feet a very strange feeling of being personally inconsequential but at the same time part of a much greater thing
6	No	-
7	Yes	yes. One night everything went 'normal', until at one time I had a very strange experience of time; moments seemed to be disconnected from each other, and all these moments seemed to happen at the same time. I <u>knew</u> this, it was a unquestionable fact, I was shocked and at the same time another part of me looked at the situation in total rest (my friends trying to help me because I acted strange, while I couldn't be reached because I was mentally elsewhere). I had some aftershocks of panicking that night, I didn't really become the old one that night.
8	Yes	Yes. all the time, the most vivid one was when i took 3 tabs of very strong acid and i felt as if i was in a whole kind of unity with the world and how it works, and that i knew who we were. Another time i completely knew what i wanted to do with my life.
9	Yes	errr...yes, but I wouldn't call it religious as it has nothing to do with organized religion. But sometimes you realize what is REALLY going on in the world and what you should do about it. I have acted on some of these "insights" and actually think they HAVE improved my life. I guess the insights are involved with thoughts to do with "wow...this world is really fucked up...all these people running around in a ratrace buying things to decorate their lives with-- i want NONE of that! "
10	Yes	Yes. God is apparent, like I have His home phone number, but I don't have any overriding need to call Him or anything.
11	Yes	once when i ate half an ounce of shrooms, i saw a tunnel of light. as i was peaking, i had to concentrate, and had the feeling that i had to "hold on for dear life", and resist the light. i knew that if i gave in and relaxed my hold, i might never come back, but become insane, or dead. talk about religious experience!
12	Yes	Drugs convinced me that there is a God, and that there are souls. Its very hard to explain my experience with this but there was a sound that I heard and I know that that sound was the universe. (wierd I know)
13	Yes	I didn't consider it religious, even though I am quite religious. I felt unity with my surroundings and everything seemed to be in harmony. The funny thing was that I couldn't convince others... all seemed so suspicious.
14	Yes	Yes. I often feel more at one with all things while tripping. Everything around me takes on a spiritual dimension, and I see the divinity in them.
15	No	Only in a mild way, in terms of realizing the connectedness of nature and people, and I believe I have always felt this way even before experimenting with drugs.
16	No	-

17	Yes	Yes, but it would take volumes of text to describe.
18	Yes	yes, I sometimes meditate while on psychedelics, and feel a sort of communion with consciousness outside my own. Not godlike, just the rest of the world.
20	Yes	er.. yes deeper sense of transpersonal existence, pervasive positive presence awareness of the void, the boundaries of human experience discovery of ontological qualia nothing 'spiritual' in a God-sense
21	Yes	yes, already described partly. not a christian religious experience per se - but a wholistic one. Although I did see "the devil" and wondered about that -
22	Yes	Well, I get this profound feeling constantly. Its like, you'll look at your little finger, and thats profound. You'll take a shit and think about how profound that was, and think about how it relates with modern culture and the situation the world is in... When I was doing a lot of acid we would try to do things to stimulate that. We would go to concerts and get blown away by the music. We would go downtown, and go up to the top of the buildings, just to look down 75 stories. We would go wandering in the woods, or on the beach. Really, I think the real understanding comes the next day. You have a chance, after sleeping on it, to sort out the noise from the real info, assimilate it and learn from it.
23	Yes	yes, as i have explained before i feel closer to people, nature especially, it's very spiritual, it has changed me, it has made me more accepting, and more caring
24	Yes	The closest I came to that was my bad trip, in which I nearly believed the devil was out to get me. That also meant there was a God. Since then, I do beleive in things unexplainable. Before that, I was a rationalist. The insight I gained was that there are things that cannot be explained and have to be accpeted at face value. (Which is not to say that you can't *try* to understand them)
25	Yes	Yes, although I would not call it religious. To me, it is very spiritual to transcend life, the body, culture. I feel a part of universal energy.
26	Yes	On mushrooms- yes. A feeling of being one with the environment, being friends with the plants and (to a lesser degree) the animals around. Detachment from humanity. No religious experience. LSD- no, some revalation, but little else.
27	No	-
28	Yes	I came to realize that everything around me is alive and real. That nature is the truest power that exists, and that man made things all eventually crumble and leave us, or destroy the earth which gives us life.
29	Yes	Yes, I have allready touched on these. One cannot put these into words.
30	Yes	I am now atheist due to a lot of what I've experienced. I also feel closer to nature



31	No	-
32	Yes	yes, i figure a litle something about myself everytime.it helps me see my beliefs and my feelings
33	Yes	When pondering the above (Q. 19) idea as to a point to life, I realized that there was no point to individual life other than satisfaction of the individual. The main purpose of life is existence of the species as a whole, and this concerns only the species and it's co-dependents. The human race is no different than a bacterial culture or a mould, and it expands on it's media (earth) as mould on bread, spreading. The individual is no more important than the individual bacterium, etc. except to individuals and others concerned with individuals. And all our drives are associated with the growth or maintenance of the culture.
34	No	-
35	Yes	I had an out of body experience. il was lying on a bed with a friend watching the patterns my hands were making. I suddenly started to float up ( I tough I was levitating) but when I looked down my body was still there.
36	Yes	Yes, but it would take too long to go into any more detail then you have given.
37	Yes	Yes.. Too numerous to mention here (and I have already proven myself to be very wordy ;). Alot of insights regarding the nature of reality, our place in the world/universe, how insignificant and trivial alot of my and societies problems really are, and especially I have discovered how completely unimportant material possessions, status, money, etc, really are. I suppose these are fairly typical opinions of LSD-users though, or at least - the stereotypical acid user.
38	Yes	Yes, all 3. It's as though the drug allows me to convert any object or system of objects into an abstract containing the essences of the objects. This "pure" vision enables me to more clearly recognize the connections between everything in the universe. Upon witnessing these interactions, the intelligence behind everything is evident. I then see god as the union of all the matter/energy of the universe with all the intelligence that governs the interactions. Once I adjust to this mode of thinking, I seem to have little difficulty solving problems involving logic. I also seem to have far greater perception of external influences (such as the emotions of others).
39	Yes	yes- feel closer to God and meaning of life
40	Yes	yes -- see 19. The first time I experienced dissolution -- vision went, sense of me as separate from the world went -- I said "what is this?". A voice (a friend) said "This is existence", & I thought "wow, *this* is existence" -- it seemed like was seeing through a veil to the true reality of things. Now, a particular trip that I often get is that this world is constructed and unreal -- there is another *real* world, not as cosy as this one, where what I am is transparent to all. This (the normal) world is a copout & there will be a

		<p>payback. The trip includes the idea that acid is the key -- that I can be catapulted into a different world thru its use. The upside is that that I've experienced an apparent union with elements of that other world.</p> <p>However, there is a threshold that it seems that I could cross to the full experience of that other world. I have never had the courage to cross it.</p>
41	Yes	<p>Yes. I've had one bad trip -- I heard voices around me, which I believed were akin to angels and demons. I also remember "getting" the scheme of things, and seeing the relationship between everything (but could not, for some reason, communicate it to others, out of dread). I believed, also, I was reliving a vast number of past lives in intensely quick succession. Another time, I experienced the End-of-the-World, as described in the Book of the SubGenius.</p>
42	Yes	<p>Yes. They run the scope of the spiritual spectrum. I have experienced unity with the universe. I have been led on mystical voyages through the spirit world. On other occasions I have simply been overwhelmed by a state of bliss and divinity. The one thread that seems to be common to it all is an awareness of my own personal connection to the divine realms. That is that true spiritual power is found within rather than bestowed upon us by some outside force. It starts with the realization that all is as we perceive it and that no true harm can befall us in this life. We are eternal souls playing a game with ourselves to enrich the fabric of the universe. The most pronounced effect is a greater awareness of and sensitivity to energy fields.</p>
43	Yes	<p>Basically, yes, although I would say that my spirituality differs from that of most people.</p>
44	Yes	<p>Yes, I believe that if everyone in the world took acid and went out into the forest for a couple days, they would have a greater respect for God, nature, and especially life. I see the beauty of nature and what God has created. I become more thoughtful into why we are here.</p>
45	Yes	<p>Yes. I've had an OOB while on lsd (as you know), and I've gotten a much better perspective into the nature of my inner self, as well as the nature of consciousness.</p>
46	Yes	<p>This is the BIG question. yes to all sub-parts. Some trips have the synchronicity, when everything clicks together things happen at the right place at the right time. Others, are like you are an illuminati and can behold the simplicity of life and have experiences well beyond the scope of visual and other physical perception. I have experiences where I felt I was the center of my multiverse and the abstractions of emotion and interpersonal relationships comprising that multiverse were an outpouring of my soul which just so happens to be OUR collective soul. I suppose this could be my God experience. i don't really know what you about "apprehension of God. My trip exp's have convinced me that there is a Godhead composed of individual components representing every facet of the multiverse. Everything is connected =&gt; God is ALL, You are God, All is God, You are All, kinda thing.</p>

47	Yes	Something like that - LSD has brought on several times a "superbrainsyndrome" - my intelligence seems to experience a steep rise. Also feeling of unity with nature. And mystical experiences of something looking after you...
48	Yes	YES!! I especially feel this on mushrooms. Once during an outta body experience I saw a place that I could only explain as the place where god resides.
49	Yes	yes, but they are impossible to put into words
50	Yes	Answer: yes. The first times I used hallucinogens I got very occupied with the connections of time, events, persons, life, death, universe. And was able to get a very vivid picture of how "everything" works. That we're all "one", and that life never ends, only changes form. That's the idea of God to me, everyone and everything is God. Since then I've been trying to figure out more details, more ways of "moving around" in the universe while under the influence of LSD.
51	Yes	yes, but they are impossible to put into words
52	Yes	Yes, a few times. Most of time I felt much more connected with the world around me and some inner world of sorts that emotions belonged to, for example. But, as to a sense of God or a Supreme Being or Infinity or something along those lines, very rarely. I had one occurrence that was in that category: I took a tremendous amount of windowpane. We drove up to the mountains and decided to trip at this picnic area called Doc Longs. I always thought that was a funny name, like something out of Alice in Wonderland. The clouds were incredible. I was tripping really heavy and we decided it was best to go our own ways until later as talking was totally out of the question. So, I laid down on one of those concrete top picnic tables and just looked at the clouds. I think I told you about this in that other message I sent you. Anyway, the concrete felt cold and amazing. The clouds were equally incredible. They formed every imaginable shape from beautiful flowers and people's faces to demons and other assorted nasty things. Then a mandala of incredible complexity came in from the sides of my vision and I "rose up" into it and became merged with it. I could not think at all. It was powerful and beautiful beyond any words. I knew the significance of it and how the "world" as we know it related, but unfortunately not when I came down. After a while I have no more memories of what I experienced as I sort of "died" as a separate observer and I really don't know what happened "after" that. When I woke up it was dark and I was still lying on the table. It was 8-9 hours later! I felt very good and glad to be here and had a "sense" that I had been privy to something special and wonderful, but could not for the life of me remember what in the hell it was really all about. Oh well.
53	Yes	Yes, every time I do acid it is a deeply spiritual experience for me. I feel as if I walk in the presence of the Creator for the entire time I am altered. This creates a close bond between myself and my trip-partners. My friends and

		I know what the other is going to say long before the words are spoken, akin to telepathy. Communication with animals, especially dogs, also takes on this aspect. All things assume their proper place in the heirarchy of the world, and the teachings of my mother's people make perfect sense; indeed, all things on this earth are related, including the non-living things. All have in common the life-force endowed upon all things by the Creator.
54	Yes	Too many to tell!
55	No	NO, THAT HAPPENS WHEN I'M STONED
56	Yes	I will attempt to describe the spirituality I have gained through psychedelic experiences. It is very hard to put into words, and I hope you can make sense of it. I feel a sense of unity with all living beings, and I have felt the transcendent states of ego-loss, and of the unfathomable unformed universe. I do not know if there is a god or not, as I have never felt or met with his or her or its prescence. It is a possibility that such a concept exists, however. I have overcome the fear of death by experiencing ego-loss, while maintaining consciousness. The psychedelic experience is, in many ways akin to death and rebirth. Consciousness is an ever-present energy, which expands to great lengths and eventually retracts to nothing, just as the universe does. (Tibetan lamas and astrophysicists somehow have the same underlying idea) I don't want to claim that I am a great buddha or christ or saint because of this--it is something everyone must one day face. I am not perfect, I have desires, and I still experience pain and suffering occasionally. But, I also experience pleasure and happiness. I want to live a simple, joyous life, shared with friends, while always aware and awake to higher planes that exist. In other words, I am still young, and am somewhat tied to life-games. But realizing my spiritual potential, I may someday let go and become completely liberated.
57	Yes	yes, I feel that, especially with shrooms, there is a force outside of myself that is controlling what happens around me but not to me. I have learned to control and play with the trip, although I usually prefer to not dwell upon what it I am doing within the environment of the "non-ordinary reality". I have noticed that when a group of people are on shrooms together, they seem to have some outside interference in the trip, ie, there is a definite simultineaity between individuals of perceptual and actual experiences.
58	Yes	Definatly. I've learned quite a bit about the nature of God, and the universe, and other divine beings. This is why I continue to drink our sacrament.
59	Yes	yes, every time I have the sense of interconnectedness, that we all belong to something greater than we could possibly imagine.
60	Yes	yes. i somtimes realize an event or occurences that are happening and how they will change my life e.g. my cousin going to jail and i found my natural mother (i'm adopted) it came to me that a very important person was leaving me while another important person was coming into my life.

61	Yes	YES. A FEELING OF UNITY IS THE KEY THING. NO THOUGHTS OF A GOD. AND MANY FLEETING INSIGHTS. BUT THE FEELING OF UNITY, WHICH I HAD ALREADY BEEN DEVELOPING, CAME TO A PEAK WHILE TRIPPING. ONE TRIP IN PARTICULAR WAS FILLED WITH AN OVERWHELMING REALIZATION AND HAPPINESS OF UNITY. TO ME, THIS WAS THE DAY I FOUND MY SPIRITUALITY...AND REALIZED HOW IMPORTANT IT WAS FOR ME TO HAVE A SPIRITUAL CONNECTION, TO FEEL I'M A PART OF SOMETHING WONDERFUL. MY GOD HAS NO FACE, IT IS ALL THINGS. BUT IT IS HARD TO IMAGINE THAT ALL THIS COMPLEXITY WASN'T CONTRIVED, OR PERHAPS JUST, INTENTIONALLY INITIATED.
62	Yes	Yes, often feel a closer connection with the conscious universe (God?), and always have many insights; often the feeling that I'm doing the right things and am on the right path, a validation. Sometimes I experience a white light, which feels deeply spiritual.

## Psychedelic Survey Results

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### Effects of Psychedelics on Ss Spirituality

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*Question:*

37. Has your use of hallucinogens made you more or less spiritual, or not affected your spirituality at all? (answer: "more" or "less" or "not affected")

More Spiritual	Less Spiritual	Not Affected
71 %	3 %	26 %

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Raw data for question 37:

Subject ID	37. Spirituality	Spirituality - Textual Responses
1	less	-
2	not affected	-
3	more	-
4	not affected	-
5	more	-
6	more	-
7	more	-
8	more	-
9	not affected	-
10	more	More, but it's not terribly important
11	not affected	-
12	more	-
13	not affected	-
14	More	More. Much much more
15	Not affected	-
16	not affected	-
17	More	-
18	more	-

20	-	it has affected it, but none of those three answers are appropriate.
21	more	-
22	more	-
23	more	-
24	more	-
25	more	-
26	not affected	-
27	more	-
28	more	-
29	more	more, especially in future travelling
30	not affected	-
31	not affected	-
32	not affected	-
33	more	-
34	not affected	-
35	more	Yes. I'm starting to move my beliefs towards paganish beliefs.
36	-	I have always searched for meaning in the spiritual realm, and hallucinogens possibly opened my eyes to new possibilities. So no more or less, but changed.
37	not affected	-
38	more	-
39	more	-
40	more	-
41	less	-
42	more	-
43	not affected	-
44	more	-
45	more	-
46	more	-
47	not affected	-
48	more	much more spiritual (almost a zealot!)
49	more	-
50	more	-
51	more	-
52	more	-

53	more	-
54	more	-
55	more	-
56	more	-
57	more	definitely more spiritual but not in a religious sense
58	more	-
59	more	-
60	-	spiritual meaning in GOD, no
61	more	-
62	more	-



## Summary of Numerical Results

Note: Rows marked \* correspond to [Kundalini Effects](#)

Category	Psychedelic Drug Effect	Yes	No	Error
Physiological				
*	1. Chills/Vibrations	75%	25%	+/-11%
<b>Location of Chills/vibrations</b>	Chest	1.8%		
(n = 46)	Limbs	1.8%		
(no error included)	*Spine/back	49.2%		
	*Whole body	19.3%		
	Not specified	24.6%		
*	2. Spontaneous laughter	70.9%	29.1%	+/-11%
	3. Fidgety	70.9%	29.1%	+/- 11%
	4. Difficulty falling asleep	92.7%	7.3%	+/- 7%
*	5. Cold and clammy	40%	60%	+/- 12%
*	6. Sexual desire during course of drug experience (more/less/other)	34% MORE	43% LESS	23% OTHER
*	7. Sexual desire immediately after the drug experience (more/less/other)	23% MORE	59% LESS	13% OTHER
Sensory				
*	1. Visual hallucinations	96.7%	3.3%	+/- 4%
<b>Nature of visual hallucinations</b>	Trails	91.8%		
(n = 59)	Seeing objects "breath"	78.7%		
(no error included)	*Closed eyed imagery	93.4%		
	*Seeing of faces and landscapes in objects such as paneling or carpet	60.7%		
	Things take on a chalky texture	34.4%		
	Seeing of paisley shapes	52.4%		
*	2. Audio hallucinations	54.1%	45.9%	+/- 13%

*	3. Mixing of sensory modalities (synesthesia)	54.1%	45.9%	+/- 13%
Emotional				
*	1. Alterations in emotions	80.3%	19.7%	+/- 10%
*	2. Increase in empathy	75.4%	24.6%	+/- 11%
Cognitive				
*	1. Alterations in thought	93.4%	6.6%	+/- 6%
*	2. Alterations in personal identity	60.6%	39.4%	+/- 12%
	3. Can you concentrate when on hallucinogens?	80.3%	19.7%	+/- 10%
*	4. Has taking hallucinogens created long term changes in your personality?	80.3%	19.7%	+/- 10%
Spiritual				
	1. Out-of-body experience induced by hallucinogens	39.3%	60.7%	+/- 12%
*	2. Have you ever had spiritual or religious experiences on hallucinogens?	86.9%	13.1%	+/- 8%
*	3. Has use of hallucinogens made you more or less spiritual or not affected (N/A) your spirituality?	71% MORE	3.4% LESS	26% N/A

# Discussion

## 1. Numerical Data

The data in this [survey](#) essentially replicates aspects of previous work on the effects of psychedelic drugs [1]. This data, when compared to the effects of awakened kundalini (see the Table: [Effects of Kundalini](#)), shows definite overlap between these two altered states of consciousness. Some of these effects occur with high frequency. For example, 75% +/-11% of respondents reported feelings of chills and vibrations. Within this subset, 49% directly reported that these chills or vibrations occurred on the back or along the spine, thus describing a prominent feature of the kundalini experience; chills and vibrations along the spine. In the theory of kundalini yoga such sensations are associated with the ascent of the kundalini through the chakra system (see the [discussion about Kundalini](#) for more details).

Other psychedelic drug effects corresponding to kundalini awakening reported with high frequency are the following: spontaneous laughter (70.9% +/- 11%), visual hallucinations (96.7% +/- 4%), alterations in emotions (80.3% +/- 10%), increased empathy (75.4% +/- 11%), alterations in thought processes (93.4% +/- 6%), changes in personal identity (60.6% +/- 12%), long term changes in personality (80.3% +/- 10%), and explicit spiritual experience (86.9% +/- 8%). The textual question responses revealed that changes in these categories closely resembled kundalini based experiences (see below).

When asked if the use of hallucinogens [has made the person more or less spiritual](#) or if the drug has not affected their spirituality, 71% of the people said 'more', with 26% saying the drug has not affected their spirituality. This question of course also relates the mystical aspects of psychedelic and kundalini experiences.

A number of other kundalini associated phenomena were reported by respondents with less frequency including: alterations in perception of body temperature, alterations in sexual desire, audio hallucinations, and synesthesia (mixing of senses). These factors were at or below the 50% frequency. Regarding synesthesia, what was reported most was that visual hallucinations seemed to follow or be induced by music to which the respondent was listening.

It is interesting to note that roughly 40% +/- 12% of respondents reported having an out-of-body experience (OBE) while on psychedelic drugs. This frequency surprised even the author, for OBEs are not usually associated with psychedelic drugs. Based on conversations with one respondent reporting psychedelic induced OBEs (p-OBEs), it is clear that these have a different nature from "regular" OBEs, the latter being associated with dreams and sleep [2]. The p-OBE appears to involve the complete absorption of the subject in the content of the visual imagery and is characterized by a relatively formless and ineffable set of experiences. This is in contrast to "regular" OBEs which are essentially lucid dreams and contain well defined content and environments and can usually be expressed in words effectively [3]. Thus, this author suggests that OBEs induced under psychedelic drug inebriation are different in nature from "regular" OBEs.

Taken as a whole, this polling data strongly suggests that the effects of psychedelic drugs are very similar to those of awakened kundalini and that it is reasonable to compare these two ASC. An important implication of the idea that psychedelic drugs and awakened kundalini display overlapping phenomenology is that, by furthering our understanding of the physiochemical action of psychedelic drugs on the body and brain, we may also discover the physiochemical changes associated with awakening of the kundalini.

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# Discussion

## 2. Hallucinogenic Effects: Textual Analysis.

To minimize the distortions that arise from asking simple yes/no questions, respondents were allowed to freely comment on a number of questions in a textual format. In particular, questions related to the following hallucinogenic effects were allowed textual responses: [changes in thought](#), [changes in emotion](#), [spiritual experiences](#), [nature of sensory mixing](#), elaboration on [visual](#) and [auditory](#) hallucinations, [alterations in personal identity](#), and [long term effects](#) of using hallucinogens.

Now, it is in this data that the complexity of the hallucinogenic experience and individual differences become apparent. The reader can view individual textual responses at their leisure elsewhere in this file. What will be outlined below is my attempt to find generalizations to the various textual responses. No numerical analysis of textual data will be presented. The reader is invited to attempt to find their own generalizations in the textual data, and these may or may not agree with what I present below. If you are so inclined, please write me to discuss any thoughts you may have about the data or ideas presented in this report.

### A. [Changes In Thoughts](#)

This was one of the most complex categories in terms of textual analysis. It was discovered that respondent comments could be broken down into four main sub-categories:

1. changes related to *how* the mind operates,
2. changes in the *content* of thoughts,
3. changes related to emotion and thought, and finally
4. an 'other' category was devised to account for anything that did not fit the previous three subcategories.

*Changes reported in the operation of the mind.* This included: increased speed of thought, increased clarity of thought, increased scope or depth of thoughts, increased spontaneous associations or insights, increased complexity of thoughts, onset of what one respondent termed a "meta-sense" which is the ability to "step outside of oneself", inability to hold or recall thoughts of greater complexity, and alterations in patterns of attention.

This data indicates that hallucinogenic drugs can trigger a hyperactive mental state in which many aspects of cognitive function appear to be enhanced. And actually, from the textual analysis it is clear that not only are the normal functions of the mind enhanced but, in this hyperactive state, new properties of the mind emerge such as the "meta-sense".

*Changes in the content of thoughts.* These were the following: perception of unity, increased insight into the processes of nature, increased self-reflectiveness and self-understanding, realization of the ineffable, realization of the irony/absurdity/meaninglessness of life on a grand scale, disenchantment with conventional values, ideas of the illusory nature of reality. Some respondents reported increased paranoia.

What is interesting here is the general similarity of these thoughts to ideas expressed in Eastern philosophy, especially yoga, Hinduism, Tantra, Buddhism, etc. These respondent comments clearly support the contention of thinkers such as [Alan Watts](#) or Timothy Leary and many others who have drawn parallel to the hallucinogenic experience and Eastern philosophies. Thus, the changes in the content of thought appear to be quite similar to those that occur under conditions of enhanced kundalini. For example, in the Table [Effects of Kundalini](#) it is said that during kundalini awakening "the hidden meaning behind the (Indian) scriptures are revealed". Clearly we are observing here psychedelic-induced mystical experiences.

*Changes related to emotion and thought.* What respondents reported here were the following: paranoid thoughts, enhanced sense of significance and importance to thoughts, enhanced empathy (which one respondent called "telepathy"), all of which would direct thought processes. Regarding the idea of enhanced sense of significance or importance of thoughts, it's important to point out that rarely did this involve egoistic or narcissist elements when reported. Instead, the significance of the thoughts tended to result in a humbleness of the person and a sense of the greatness of the world and of existence. In general, emotional effects on thought had to do with the effects of the extreme emotional amplification caused by the hallucinogen (see below) and its subsequent effect on thought processes.

*The "other" sub-category.* Reported were the following: enhanced creativity, ego-loss or loss of sense of self, the ability to look at situations from multiple perspectives simultaneously, the emergence of novel and alternative perspectives on situations, a sense of abstractness of everyday objects and events, more "open minded", increased questioning, and a greater "direct" apprehension of things, sense that all things - both inanimate and animate - are alive.

In general, it appears that psychedelics can enhance creativity, but not in the conventional sense of artistic creativity, but a type of creativity that allows one to look at things in a new way. One might call this an *adaptive* creativity; neuropsychologists refer to this as *divergent thinking*. Also, the diminishing of the sense of one's own self-importance and ego boundaries appears to occur fairly consistently. Both of these observations have been made in connection with psychedelic drugs [1].

We will see that all four of these sub-categories tie in closely with textual reports regarding the other psychedelic effects.

## **B. Changes In Emotion.**

Alterations in emotions reported by respondents include the following: euphoria, paranoia, amplification of emotions, emotional feeling of "openness" to things, loss of emotions, dissociation of thoughts from emotions, enhanced empathy.

Overall, the consensus amongst respondents was that hallucinogenic drugs amplify emotions so that whatever one is feeling at the moment becomes much, much more intense. However, in seeming contradiction to this, many respondents also reported loss or dissociation from emotions, and this appeared to be closely related to the "meta-sense" described above (i.e. the ability to mentally "step outside of oneself" and conceptualize oneself from novel perspectives). Clearly, these emotional changes are similar to those reported by people who have undergone Kundalini awakening.

It appears that there is a synergistic effect occurring during the hallucinogenic experience. Enhanced self-insight reveals deep seated emotional patterns, perhaps unconscious or taken for granted, patterns from which one is dissociated during the drug experience. Because of this dissociation, one can obtain novel perspectives of oneself and obtain new self insight, perhaps overcoming what were previously unconscious hindrances. Clearly this is a therapeutic process. Again, for most average drug users this may be a cathartic process, painful at first, but with repeated drug experiences, and the time in between to integrate whatever insights were retained from the experience, the potential for self growth is very great. And of course, such a process ties into the theories of kundalini in that kundalini is seen as a "fire" which burns away unnecessary residues from consciousness, be these hidden emotional blockages or poor beliefs and attitudes. It appears that hallucinogenic drugs are triggering off a very similar cathartic, transformative phenomena.

### **C. Spiritual Experiences.**

When asked if subjects had ever had anything akin to a religious experience the textual responses, taken in conjunction with the descriptions of changes in thought and emotion begin to reveal a consistent world-view, again, one highly similar to Eastern teachings such as the Upanishads for example. This is a very interesting observation when you consider that the vast majority of survey respondents were from Western industrialized nations (see [Subject's Profiles](#)). Is it possible that the roughly 87% of survey respondent reporting explicit spiritual experiences were students of Eastern philosophy? Though the survey design made no attempt to check for this data, it is highly unlikely. It seems more reasonable to believe that whatever psychedelic drugs are doing to the psyche is very similar to the results of Eastern yogic methods, again supporting the contention that hallucinogenic effects may be closely related to kundalini phenomena.

The "spiritual" experiences reported by hallucinogenic users were very similar to changes in thought content described above. These were: realization of the interconnectedness/unity of things, recognition of balance and harmony in nature, realization that absolute truth is ineffable (not expressible in words), identification with and direct apprehension of a transcendental force (which many respondents explicitly refused to call "God" though other were comfortable to use this term), insight into the nature of things, openness to nature, new self-insight, sense of purpose in life, transcending the pressures of society, psychic and occult experiences (seeing past lives, having OBEs, etc.), sense of profundity, apprehension of ephemeralness/illusory quality of existence, sheer bliss, death and rebirth experiences.

Of course, not all respondents reported all of these types of spiritual experiences. Some people reported quite negative experiences, though some considered them spiritual nonetheless. Also, interestingly, a number of respondents explicitly stated that their spiritual experiences had nothing to do with religion and many of the people drew a clear line between religion and spirituality.

Again, the spiritual experiences reported by the survey respondents are incredibly similar to Eastern teachings which see all nature as a unified diversity of living existence, that see reality as illusion (Maya), that teach that supreme truth is ineffable. Again, it is very unlikely that all survey respondents reporting spiritual experiences were students of Eastern thought, especially given the age bracket of the majority of respondents (19-25 years). Only two respondents made any statement about Eastern thought. One referenced Buddhism, saying:

"I had no experience with Buddhist ideas - a complete virgin to that - but came out of the LSD trip with a completely new and deep understanding of the meaning of reality, the "yin yang" of everything. understood why the Buddha laughed and everything - things I had no idea about before."

The other, the only one of all 61 respondents who explicitly stated the ideas underlying the survey, said:

"When I look back on my (LSD) experiences, I now notice quite a few correlations between chakras, OBEs, and other spiritual events. At the time I was using, considering my religious background these things frightened me beyond all comprehension at times. It wasn't until last year that I started reading about chakras, etc. that I recognized all of the sensations."

This person then went on to point out how the hallucinogenic itself becomes immaterial after a point. It serves only to "kick off your brain or whatever" and the rest is up to the individual. This is very similar to the Buddhist idea that Buddhism itself is merely a boat to get from the shores of ignorance (avidya and maya) to the shores of enlightenment (nirvana). Once one reaches the shore of enlightenment, one no longer needs the boat (and to finish the metaphor, once one gets to the shore of enlightenment, the whole notion of the shores and the passage from one to the other becomes meaningless) [9].

#### **D. Alterations In Personal Identity.**

Clearly this category ties in both with cognitive changes - for one's identity is a subset of the content of one's mind - and the above mentioned spiritual experiences. The types of changes in identity mentioned by respondents were: detached, as if a witness observing oneself from the "outside", many people spoke of simply feeling more confident of themselves, some described a state of simply being without all the trappings of their everyday life (which is another way of describing the detachment or meta-sense), many saw themselves as a soul quite distinct from their body, some identified with being a transpersonal force operating through the body, others saw how they fit into the larger scheme of life, a few reported the catharsis of critical self-reflection. A passage from one respondent aptly describes the alteration in identity under hallucinogenic drugs:



"This is somewhat difficult to explain accurately so someone else will get it, but I will try. Yes, the sense of self completely changes. Normally, I have a kind of self-image that is "pasted", as it were, over my face and to some degree my entire body and maybe even what I would call my space. I can't seem to separate this image from what I would later (while tripping) call my real self. Acid makes the false image self go away; completely if you take enough. What is left is not a thing or an emotion or an image or a mental picture or a memory or even an idea. It is a function. A process of some sort. An aspect of Life that could be described as a function of something "larger". And therefore, it appears that it is not really "separate" from that something else. Like the function of a knife - cutting something - is not, in fact, separate from the knife itself. The function may or may not be in use at the moment, but it is potentially NEVER separate. See what I mean? The function in this case appears to be simply - awareness. It doesn't have any mass, it doesn't occupy any space, and it's not located in any time frame. And it is aware of being aware. It does seem to have an "apparent" location from which to view things, but that location seems to be arbitrary and to some degree (while tripping) under the awareness function's control. If I had to use other terms to describe it, I would say that I feel like a 360 degree, 3D sphere about the size of a basketball, like a bubble of some sort, except that I'm concave instead of convex (I'm inverted - I stick in "somewhere" instead of sticking out into the physical world), and I'm sucking in the perceptions (all levels of perceptions) all around me. And they feel like they are actually going "through" me (like I'm a portal) and then going somewhere from there. I know it sounds weird, but that's what it feels like. This was always very clear to me every time I tripped."

Clearly, as stated above, the hallucinogenic state is a drastic alteration from ordinary awareness. Again, it appears that latent properties emerge from the experience. In the case of identity a "stripping" of outer thoughts and beliefs seems to occur with concomitant awareness of an essence that is behind or underneath the surface personality. The person relates to this "deeper self" as either a soul or a nonphysical essence. This is very similar to the Eastern equation that Atman (the inner most soul) is Brahman (the transcendental source of creation). Apparently, the direct apprehension of this fact is available under the influence of hallucinogens, similar to the state of awakened kundalini, further reinforcing the similarity of the two states.

### **E. LongTerm Changes**

The category of Long Term Changes was essentially redundant. Textual data stated here only reflected what was described in changes in thought patterns and spiritual experience. However, three different attitudes emerged from this category: 1. Some respondents explicitly stated that hallucinogenic drugs indeed had substantial long term impacts on them, generally making them more open and accepting, more in touch with nature, and less preoccupied with social pressures of status and wealth. 2. Others made the point that they couldn't determine what effects hallucinogens had because they saw whatever changes they had undergone in the long term as part of their maturation process and they did not want to commit to saying to what degree hallucinogens played a part in this. 3. Finally, there were some who said hallucinogens had no effect on long term changes in their life.

## F. Elaborations on [Visual](#) and [Auditory](#) Hallucinations and the Nature of [Sensory Mixing](#).

Respondents were given the opportunity to elaborate on their sensory hallucinations, audio and visual, as well as the mixing of their senses. Regarding audio hallucinations very few respondents reported actually hearing things that were not there (5 out of 61). When they did, these were described as "hearing soft, whispering voices saying unintelligible things ", "hearing the blood rush in my ear ". Much more often, respondents reported distortions of their regular hearing. These may be thought of as *auditory illusions*, by analogy to *visual illusions*. One subject described it as a "flanging effect" (which is a sweeping "motion" superimposed over what one is hearing). Others stated that the clarity of their hearing was improved, being able to pinpoint music in a much more precise way. In general, audio hallucinations were not nearly as prominent as visual hallucinations.

In terms of sensory mixing, almost predominately what was reported was the seeing of music. Again though, this was not synesthesia as is normally understood. Only 2 people reported literally seeing music. The rest who commented stated that music seemed to direct what was seen, or that the music and their visual hallucinations were synchronized. On the basis of this textual data, the author presumes there must be occurring a secondary auditory effect following primary visual alterations. Furthermore, somehow, there must be occurring a neurological "locking" of vision and hearing, or a coupling of these systems. It is known that an area of the brainstem called the *superior colliculus* contains body centered topographical maps of visual, auditory and somatic space. It may be that psychedelics are altering neurotransmission in this brain region leading to a type of synesthesia which locks auditory perceptions to visual sensations. Other sensory mixing reported were tasting sights or touching sounds.

Finally, almost all respondents (96.7 % 3%) reported [visual](#) hallucinations. Clearly these drugs have a major effect on visual systems. The textual data asked for elaboration on any other visual hallucinations. Reports ranged from seeing pure white light, to seeing imagery of gothic cathedral like structures, to seeing webbing or highly colored, moving geometric patterns. Two respondents reported seeing the content of their normal vision outlined by green and purple, transparent structures. Others reported perceiving a "bubble" around them as if space itself could be seen, or as if one was moving through some kind of medium. Some respondents reported a circular pulsating motion to their vision.

In terms of reports of kundalini awakening, many of these psychedelic-induced visual hallucinations are very similar. However, to this author's knowledge, no systematic attempt has been made of categorizing the sensory alterations associated with kundalini awakening. Nonetheless, from personal reports of those who have undergone kundalini awakening as shown in the Table [Effects of Kundalini](#), it is clear that the sensory distortions and hallucinations are very similar in both states.

As stated in the [Background Discussion about Psychedelics](#), it is known that psychedelics disrupt visual input pathways. How such a disruption could lead to the visual imagery perceived during psychedelic drug experiences is currently unknown.

Finally, mention should be made of the types of psychic experiences reported by respondents. As stated, OBEs were reported with relatively high frequency, though again, these probably are of a different type from "ordinary" OBEs. Past life visions were described by the subjects and this very effect is described by those undergoing Kundalini awakening. Heightened telepathy was reported, which may be a result of the increased empathy occurring under psychedelic inebriation. Of course, no provisions were made to check the validity of these claims. People were simply taken on their word in the context of the survey and the author has little reason to doubt the veracity of people's reports. It is of interest to note that patients with damage to the right temporal lobe have reported occurrences similar to typical psychic experiences, such as *deja vu* and the sensing of the presence of others. The existence of "psychic abilities" is not, in general, taken seriously by scientists. However, what is recognized by psychiatrists and medical professionals are a variety of so-called "pathological" psychological states. Again, we run into the problem of paradigmatic differences: what one person calls a "psychic ability" another person calls "mental illness". I would simply like to point out that these are probably both referents to the same phenomena and that much could be gained if all parties involved loosened up their thinking and allowed these various viewpoints to merge.

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# Discussion

## 3. Implications of Sensory Alterations

Aside from the mystical aspect of the psychedelic experience discussed above, which has been well documented [10] (see also [Psychedelics and Religious Experiences](#) at the Psychedelic Library), even if not accepted by mainstream intellectuals, the other important aspect of the textual data involved alterations in sensory modalities during the hallucinogenic experience. It is in terms of the sensory alterations, the so-called "hallucinations" created by these drugs, where the idea of tying kundalini to these drug effects is potentially a novel idea with important implications for the study of psychology and parapsychology. In short the idea is this: it is claimed that awakening the kundalini leads to the manifestation of psychic powers (called siddhis in Yoga philosophy). Now, *if* it is true that hallucinogenic drugs mimic kundalini phenomena or possibly even stimulate the kundalini itself, then the critical implication is this: *the so-called "hallucinations" of the hallucinogenic drug user are not hallucinations at all but are manifestations of siddhis or psychic abilities.* If this is a true statement, or an even close to true statement, then the consequences and implications are overwhelming, especially for the science of parapsychology.

Let me be clear here; I am not saying that hallucinogens enhance psi, as some parapsychologists have attempted to measure. The Western concept of "psi" is much different from the Eastern concept of siddhis. I am saying that hallucinogens awaken the kundalini and in doing so confer siddhis (or psychic abilities) which were only latent prior to the drug triggering them off. Thus, the visual "hallucinations" of the hallucinogen user are actually rudimentary forms of clairvoyance (corresponding to activation of the third eye chakra), the audio hallucinations are rudimentary forms of clairaudience (corresponding to activation of the throat chakra), the enhanced empathy is in reality the activation of the heart chakra, and the mystical experience induced by hallucinogens is the activation of the crown chakra conferring enlightenment, which is the end goal of kundalini yoga and all the yogas. Similar parallels can be drawn between chakra activation and all the effects experienced under hallucinogenic drugs.

Again, the implications of this possibility are astounding in terms of developing an *empirical* program for studying the mechanisms operating within our consciousness. First, such a view provides a consensus for viewing the effects of mind altering substances. The effects of these drugs correspond to the effects of awakened kundalini. Second, that a drug can confer siddhis indicates that there is a physiochemical basis for the siddhis, including enlightenment itself. This fact in itself would allow parapsychology to enter the realm of neurochemistry and biology in general. Furthermore, it shows to the Western mind that there is indeed a factual basis for Eastern teachings, a basis not discordant with Western scientific methods. As well, it forces the Western mind to more literally accept Eastern teachings. Finally and most important, such a connection forces the Western mind to expand its views of what the brain and body are, what their latent potentials are and to realize that this "machine" called the brain and body has within it marvelous potentials yet to be rediscovered by modern civilization, though known by past ages. Much more evidence from history can be drawn to support this logic, but again, must be deferred to stay within the scope of this paper.

The astonishing implications do not stop at simply equating hallucinogenic effects with kundalini and siddhis in general, for the question arises as to the nature of the content of these perceptions, these so-"hallucinations". Again, the term "hallucinations" explains nothing for it only begs the question as to the mechanisms behind the so-called "hallucinations". It is amazing to this author that professionals in fields relevant to the action of hallucinogenic drugs (i.e. neuroscientists, psychologists, medical professions) do not ask these questions. They are not even curious about it. In this regard, current ideas and smug misconceptions in these fields clearly stifle the profundities implicit in the mode of action of these drugs. In part this is perhaps due to the utter lack of experience of these people with altered states of consciousness of any kind. However, lack of experience of something that is there to be experienced is no excuse. The Church discovered this some 400 years ago when it failed to look through the newly invented telescope. Today, hallucinogenic drugs are a "telescope" into the inner realities described for centuries in the East and in other cultures as well.

Clearly these "hallucinations" are perceptions of some sort and the crucial questions are: what is it that is being perceived? How is it that these perceptions arise? In the most general sense we are dealing with perceptions **not** grounded in sensory input. But do these perceptions exist solely in the brain? Are they created by the brain? Is it possible that these perceptions may come from beyond the brain and its neural circuitry? At present such questions cannot be answered with any certainty, and given the utter lack of research in these directions, it is unlikely that answers are forthcoming. However, today's technology could shed substantial light on these questions. The means are within our grasp, all we need is the curiosity and desire to tackle these questions.

A second line of thought involves the nature of the imagery perceived both during kundalini awakening and during hallucinogenic drug experiences. Just what is this imagery? Where does it come from? There are many common themes to visual imagery in both these altered states, particularly the seeing of [highly dynamic intricate color patterns](#). This author suggests that, in part at least, *these images are direct perceptions of the internal structures of the person's tissue*. Far fetched as this sounds, others have made exactly this claim (such as [Alan Watts](#)) and it is by no means an original thought of this author [\[11\]](#). In other words, those amazing color patterns the yogi or hallucinogen user are seeing are the chemical reactions and electronic conduction occurring somewhere in that person's tissue. Such a thought is also highly consistent with occult literature that speaks of astral planes of dynamic color and of astral bodies filled with colors that indicate emotional states [\[12\]](#).

Most likely, the color patterns observed during closed eyed imagery in these altered states are direct visual perceptions of the release, binding and metabolism of neurotransmitters, the conduction of electricity through nerve cells, and perhaps even blood flowing through the vasculature of the brain.

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# Discussion

## 4. Common Mechanisms?

The similarity of the psychedelic and kundalini experiences suggests common, or at least overlapping mechanisms of action in both these ACS. Aside from the phenomenological evidence that these two states are qualitatively similar, is there any other evidence in support of the similarity of these two states? Consider the following evidence:

1. Hallucinogens alter neurotransmission at the brainstem. As stated in the Psychedelics Background Section, psychedelic drugs resemble specific neurotransmitters. The nerve cells which release these neurotransmitters are located in the brainstem and basal forebrain. These nerve cells have widespread and diffuse projections through the entire neuraxis. It seems reasonable to postulate that, in general, psychedelics alter these brainstem neurons in a very drastic fashion, which in turn alters the entire nervous system. This is not an unheard of possibility in that it happens each night when we sleep. Sleep is caused by changes in the behavior of the brainstem and basal forebrain cells and it is a drastic alteration in human consciousness.

2. It is also known that kundalini yoga is based primarily on breathing exercises. The centers that regulate breathing (pneumotaxic and apneustic centers) are also located in the brain stem in areas intimately involved with widely projecting systems mentioned above [7]. In particular, there is a region called the *nucleus of the solitary tract* (NTS), which is a central control region for the autonomic nervous system. The involvement of the NTS may account for the very similar autonomic changes occurring with both psychedelics and kundalini awakening.

3. It is a relatively common experience amongst psychedelic users to feel sensations of pressure at the back of the neck during the drug experience.

4. From the survey, 92.7% +/-7% of respondents reported the inability to fall asleep when on psychedelics, as well as other unusual autonomic nervous system activity, thus further implicating brain stem functional alterations.

All of this points to something of great relevance going on in the brain stem. The "trigger" region in the nervous system for both the exercises of kundalini yoga and for generating psychedelic effects appears to be clusters of nuclei closely linked in circuits in the brain stem. Changes occur in the brain stem and propagate throughout the entire nervous system, leading to the drastic alterations in consciousness characterized by these two ACS.

It is known that brain stem arousal pathways form diffuse connections to the higher brain centers, and the activity of these pathways is widely believed to be responsible for the sleep/wake cycle. It may be that both psychedelics and kundalini refer to a state of hyperactivation of these brain stem pathways leading to a hyperactivation of higher brain centers. In other words, the psychedelic state and the state of awakened kundalini may refer to a state of *hyper-awakeness* as determined by increased brain stem activation of higher brain centers. Such a state may actually trigger off the same mechanisms that lead to dream formation yet under



conditions where the rest of the brain is fully awake and active. It is probably fair to say that the ASC produced by both psychedelics and kundalini awakening is a third major state of consciousness, distinct both from normal sleep and normal waking consciousnesses.

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### References for Discussion Section

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## Conclusion

If indeed the contention is true that the psychedelic drug induced state is similar to the state of aroused kundalini, this has many implications. The most important implication in this author's opinion is that if psychedelic drugs can cause symptoms of kundalini awakening, then there must be a definite biological basis for the kundalini phenomena. Physical models of kundalini have been suggested such as Itzhak Bentov's model of the micromotion of the body. This model postulates that various body structures can potentially form resonant oscillators with each other leading to the production of increased magnetic currents in the cerebral cortex [1, pp. 316-340]. Bentov correlates this enhanced electromagnetic action in the cortex with kundalini release.

To this author's knowledge this model is only speculation and also suffers the weakness that it ignores standard neurophysiological observations of brain function. Other authors have suggested a number of neurologic and physiologic correlates with the state of awakened kundalini, including models based on the limbic system, the sensory cortex, and even the phenomena of kindling [1, pp. 298-310]. However, none of these alternative models match the phenomenology of kundalini awakening as much as the psychedelic experience does. Thus, the mode of action of psychedelics may overlap considerably with the causative mechanisms behind the awakening of kundalini.

Clearly, psychedelic drugs can serve as a reasonably reproducible tool for the study of altered states, though the action of these compounds in the nervous system is only incompletely understood at present and consensus as to the nature of psychedelic effects is lacking. Comparing kundalini awakening with psychedelic effects is a step towards alleviating this lack of consensus about the nature of psychedelic effects - or at least helps expand the game field of ideas that we can use to conceptualize the psychedelic experience.

If the connection between psychedelics and kundalini is valid, then it is expected that the physiological changes associated with both states will be similar. Thus, by using psychedelic drugs as a "model system" of kundalini awakening, and determining the mode of action of psychedelics, we may come to understand, at least in part, the physiological changes associated with awakened kundalini. Such work promises to unravel the biological correlates of the siddhis (or psychic powers) and the process of enlightenment associated with kundalini awakening (and the psychedelic experience). What this means is the possibility of joining parapsychology and the study of paranormal and esoteric states of consciousness to the rest of the world of accepted science, in particular neurobiology. To bring the study of the so-called paranormal into the fold of the accepted scientific disciplines is no trivial feat; psychedelics offer such a tool if used reasonably. Furthermore, the introduction of Eastern concepts related to kundalini yoga into a neurobiological framework could serve to enlarge the Western view of the potentials of the human brain and mind.

### References for Conclusion Section

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## A Depiction of a Visual Hallucination



This is my attempt to visually depict what a psychedelic hallucination looks like. As anyone who has ever seen such images can tell you, they are extremely complex, extremely beautiful, and extremely difficult to capture. As well, they move incessantly. The image above is only a very crude and static representation of what this imagery looks like.

The particular imagery I've attempted to depict above is what is known as a **closed-eyed hallucination**. That is to say, if you shut your eyes when on reasonable doses of psychedelics, you may see something like the above image.

There are a few features I've tried to capture in the above image:

- A sense of "electric-ness". Which is to say, the images can appear to have a very electric quality to their appearance.
- A tremendous contrast in colors. Colors range from very deep dark black to the most intense and vivid of shades. There are also very subtle differences in hue, which I have not really depicted well above.
- A general lack of form. Closed-eyed psychedelic hallucinations do not have well defined edges. They are extraordinarily complex, and they may suggest a variety of things (such as webbing, gothic or baroque cathedrals, multitudes of bodies intermingled in impossible ways, etc.), but in fact, the images don't really have edges. This is quite significant in terms of ascertaining the origin of this imagery. Because it is now known that Area 17 of the brain (the primary visual cortex) is involved in edge detection, it may be that this imagery is generated beyond Area 17. The fact that this imagery possesses color and

motion clearly implies the involvement of both the main higher order visual processing pathways involving the temporal lobe (color and form) and the parietal lobe (motion).

- There is a circular symmetry to closed eyed hallucinations, similar to cyclopean vision. This I have very crudely depicted above.
- There is a definite sense of depth and of "things within things within things" to closed eyed hallucinations, which I have tried to depict above.

Here are some points of departure for obtaining more information about both psychedelic drugs and about Kundalini. As well, there is a list of links to my other writings available on the Net.

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## **Links to other sources about Psychedelic Drugs**

[The Psychedelic Library](#) - Excellent source of many writings by some of the foremost thinkers about psychedelic drugs.

[Hyperreal Drug Archives](#) - tons of info about all kinds of drugs including psychedelics.

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## **Links to other sources about Kundalini**

[The Kundalini Resource Center](#)

[Information about Kundalini and Vibrations](#)

[More Kundalini Links](#)

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## **Links to other writings by Don DeGracia**

I have recently collected all of my writings on one page. [Click here to go there.](#)

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