

Mosina, I. & Michael, P.: **Recreational Use of Psychedelics at Music Festivals: Motivation,**

Nature of Experiences and Learnings

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Supplementary materials

Supplementary material I: Examples of challenging experiences

P22-09:

"I was at a smallish festival. We were having a great night. It was the second night. A bit later on I just looked across the tent and I saw a friend of mine and she didn't look too happy. I just felt something was wrong, so I went over and asked. And she was like "no, no, no I am fine, I'm fine". She said: "I'm just going to go back to the tent and get a coat, I'm a bit cold". She didn't come back, so I thought maybe I should go and check. So, I went and checked on her and she was like "yeah, I am fine, I just needed a bit of a quiet time, I'm just kind of relaxing". She got into the sleeping compartment of her tent. So, I stayed and chatted with her. She seemed just normal and a little bit tired. And then she said "look, I can't really deal with people at the moment, I just need a bit of chill time". I was like "yeah, no problem". So, I left her. And went dancing for a bit. And then I crashed down and fell asleep. And in the morning another friend woke me up and said "have you seen..." - the girl who I was talking about. And we couldn't find her anywhere. It was a really small festival, so we could quickly check. She wasn't answering the phone and we were obviously very worried. Eventually she did answer her phone and she was in the hospital. It was difficult to hear what she was saying, but we've managed to work out which hospital. I drove to the hospital and what had happened - she was really lucky, because she was having a drug-induced psychotic episode. And although having a great time, I think it was possibly caused by - she doesn't normally smoke weed and she did and then she had a bit of ketamine. And she became convinced that everyone was conspiring against her. She said even when I came up saying like "are you alright?", she was thinking "oh, you are in on this". When I saw her she just came back to the tent and then she just thought "I need to get out of here, they are all trying to kill me", so she left. And we were in the middle of nowhere, it was like fields. And she just went off walking. And because she was really anxious, she was taking the Xanax. She took one and then she thought "I need more". Well, it sounded like it was really bad. She took what was potentially a lethal dose. Fortunately, she had a presence of mind to phone for an ambulance. And she said that it might have been a mistake, because they might have been on this conspiracy as well, but luckily, she phoned them. And then she can't remember anything apart from waking up in the hospital. She said that when she was speaking to them, they said "walk towards this place" (some kind of landmark) and she said: "I can't, you are just going to have to find me". Thankfully they managed it. And when I saw her in the hospital, she had cuts all over, she, you know, had gone through bushes. Fortunately, she did seem like herself. Cause I was really worried on the way to the hospital, thinking, you know, what are we going to find, like a drug-educed episode, I think because she's had them before. And it really upset me for quite a while, because she could have easily died, it was really serious, it really made me question a lot of things, also doing the right thing. Could I have done more to help her? Cause I checked in on her, but I didn't know something was wrong and I probably should have done more. But she did say that whatever I would have said to her, she would have said the things that would have made me go away, so that she could escape."

P55-21:

"This was six years ago on the last day of the festival after I've been up all night, you know, a whole day and night, coming down from a cocktail of LSD and MDMA and 2CB. I probably even had a bit of alcohol in me, unfortunately. I am sure I also had some ketamine in the mix at some point earlier that night. But I had brought with me the remainder of the DMT that I had extracted years before. And I wanted to share it with some of my friends. There was like a wonderful part of the forest that we had kind of planned to sit in a circle and smoke DMT in at some point over the weekend. And I kind of doggedly chose to still follow through with that plan even though, you know, common sense would dictate (and past experience would also dictate) that you never ingest DMT impulsively, in a context where your body is still processing other drugs, and you are not rested, you are not treating it with almost a ceremonial level of respect. But I had never had any challenging experiences with DMT at that point and I'd probably smoked it over 40 times or so before that weekend. And so, I followed through with it anyway. And when I smoked it, I ended up experiencing the sky opening up above me and this group of entities taking notice of me having entered their space, and basically projected in front of me these words that said "access denied" and I watched the color and my vision fade away to monochrome. And I experienced what felt like a loss of something of precious importance to me in my mental life, in emotional life and I couldn't put my finger on what is being taken from me. I felt like I was being punished in that moment for basically moving into the DMT-hyperspace in a completely disrespectful and impulsive way. And had a brief panic attack where I hurriedly - I wasn't running, but I was like swiftly walking and hyperventilating across the campsite - until I was able to fully metabolize the remaining DMT in my system. It did leave me with a bit of residual anxiety for about 4 to 6 months afterwards, that was a very challenging experience."

P04-12:

"One was, it was at a music festival, but not like a kind of camp or anything, but similar to Notting Hill Carnival, so celebrating culture and there is also music. It goes on very very late. I'd taken some LSD, and again it was with the intention of just having fun. I think it wasn't a very good set, because I wasn't feeling great that day. I was feeling a bit insecure, a bit weird, there were some people in the group that I wasn't really - it's not that I didn't get on with them, but I didn't feel super comfortable with them and the group of friends we were in. So that was already a little bit weird. And then at the end of the night I decided to go, I think we were invited to go to like a house party. And I got my bike on the top of a very high hill and I went down the hill on LSD and fell off my bike and really really hurt myself (...) It was really confusing because initially I couldn't really work out, because everything sensory was completely distorted, so I was like: "Is my arm really swollen? Or is that just the LSD?" I couldn't see properly, and I couldn't really connect to the levels of pain because everything was so heightened. (...) There is another experience that was really challenging. So, I've gone to [this] festival, it must have been back in 2017, something like that, maybe even before, 2016. I went there with a group of friends, there were maybe 8 of us. We had some LSD. There were few of us who decided to take some. And I was there with my two cousins, my dad's side of the family. The female cousin, who I am very very close to, she'd taken mushrooms before, she'd taken some drugs recreationally before, but she hadn't taken LSD before. And her brother had never done any psychedelics and he is a year younger than us. I get on with him really well. We'd separated. We've done two different groups and some of us

have taken some LSD. And we've joined with them, and they said: "Oh, we've found some LSD too, we bought some from a guy". And everyone was like: "Ok cool, we can all go and trip together". It was the start of the evening. But then I was kind of a little bit worried. I didn't say anything, but I was thinking "mmm, I am not sure if this is the most ideal context [for the male cousin] to take psychedelics for the first time, because it is such an intense festival". And he is not someone that I feel necessarily has like... I don't know how his brain would experience it. Within an hour he started to get really really freaked out and didn't really understand what was going on. And then we worked out, because I asked [female cousin] "how much did you actually take, how much did you buy?". And they've taken something, it was really really strong LSD, and they've taken like four tabs each or something and they were really really starting to get out of it. And I was thinking: "Oh my God, I wish I'd been there when they bought it, and tell them to just take a tiny bit". Anyway, and he basically had a drug-induced psychosis and because it all happened, like, it was just getting worse and worse and there were a few of us who were helping him, and it was terrible. He just became really violent. It was really hard to control him. We went back to the tents to try and have lower stimulation and keep him kind of more safe. And he was just completely out of control. And his sister, my other cousin, she was really freaking out, cause she was tripping, but she could see how distressed he was. And we were all tripping, so it was really hard, we were kind of all trying to help, but our brains were obviously not in the right head space. And then we managed to get him to the welfare tent. But it wasn't PsyCare, it was like a general welfare, they weren't really set up to receive this kind of situation. Cause by this point we've been with him for hours, nothing was helping, he wasn't calming down, we were just exhausted. We just needed to get some sleep, so we needed to put him somewhere safe. So, we gave them our numbers and we were like: "Please, let us know, just call us if you need us to come back and help or anything". And they were like "No, it's ok". We went, got few hours of sleep and then went back to the welfare tent to see how he was doing. And they were like: "Oh, he just walked off a couple of hours ago". "Oh, shit!". And then luckily luckily my partner and I just bumped into him at the festival and he was just completely like a zombie. We managed to get him back. Luckily, the next day, one of their friends drove him home. We tried to get him to have some psychiatric help, because he was still in psychosis. Nobody was really making any moves towards that, and he didn't want to either, so it was a few weeks before he kind of came back to reality. Luckily in the end it was ok, but he could have just been in such a dangerous, he was in a dangerous situation. That was a very challenging experience, because trying to help someone through a very psychotic experience whilst tripping, is not recommended."

P36-04:

"There is 2 types of challenging experiences for me. One of them is when the challenge comes from within myself, when it's difficult emotions and difficult situation in my life that I have to content to during the trip. And the second one is when external factors cause a challenge to unfold around me, which I have to improvise and react to, while I'm on the trip. I have found that when I had to content with my own issues, it's easier to be analytical, to take the time to perceive everything in me. When it's other people causing the challenge, it's kind of difficult, though it's easier than reacting to a difficult challenging situation, when I am not on psychedelics."

P48-18:

"Me and my ex-boyfriend, we took LSD-1CP from our neighbor, we took half a tab, I don't know how many mics that was, that kind of acid that you could like take extra, to get an extra feeling to enhance the trip. But this time it was really intense. We didn't feel anything for about 45 minutes so we took another half and then after 10 minutes the first half started to kick in and we were like: "Oh, wow, what the f..k". We were sitting by the lake, by the [stage] where you go up the stairs to the [stage], and we were sitting by that beach like "f..k, we need to leave" and then we got stuck somewhere at the smaller stage and we were just like - we didn't understand sound anymore, it was really challenging, because you get like a sensation, but you don't understand it and that was so crazy. We were just like "we need to leave the festival grounds". Then we bumped into our friend and he was totally not experienced - it was his first music festival, he was not experienced with psychedelics at all, it was kind of like he wanted to show people that he was, so some people that he met, he just got like gummi with like acid drops on them and he didn't ask how much it was. I think at the end it was like 200 mics and he just forgot how to breath. So, he was running back to camp and me and my ex-boyfriend were thinking: "Ok, this is nice, we finally get to escape the sounds and everything". And then we were like "uuii, the nature is nice, and our friend is not doing and feeling ok, we need to show him how to breathe" and we got back to the camp and breathed with each other. And there was this brief moment - I should be scared shitless, cause I am on acid and this guy is also on acid, and he is not feeling well and I was not understanding life - I was like "just breathe, this is just the way it goes" and we just took breaths with each other and at some point he recalled how to breathe again."

P69-19:

"In some ways it was unusual for doing psychedelics, because usually things look a bit brighter, but I didn't really get any colors or distortions or barely any hallucinations. But I could feel incredibly emotionally open. I would say that the trip itself wasn't bad. I wasn't feeling sad or, you know, there were other times, when I've tripped at home, where I felt like faces coming out of pictures or I felt quite paranoid or I overheard noises and felt scared. So, I didn't have that. I just felt very, yeah, just emotionally blown open. I've been going through a very difficult time at home, going through a break-up of my relationship. I think all of that came together. And I think as well my expectation, when I went into the trip, I was a bit unsure whether it was going to go well or badly. I think that probably played a part as well, that there in the back of my mind, that this might not be fun, this might not be a good time. And yeah, as I was saying, it wasn't bad as in scary. It was bad, because I think I felt out of control and I felt very very upset, quite vulnerable. And I just needed to be... I just really wanted to be sober again, basically. (...) I think a few things have come together. I've had a really really good festival. It's been generally a really important experience for me the whole weekend. I've met some lovely people, I felt really supported and had a nice time and I think it was the last day. I was aware that I was going home, back to the situation that was very unstable, being few quite traumatic weeks before that. So yeah, I think I had already, don't know how to say it, rather than I had sort of like a come-down, I guess I was on a bit of come-down from the weekend, not the actual come-down from taking drugs. But because I knew that I was going back to reality, I think this probably did enhance an emotional state that was already there that maybe I was trying to fight off a bit as well."

P33-05:

"I took a half tab of acid. Energetically I was very clear at the time, working on a lot of things. But it was also an old bottle of acid, it must have been really concentrated. Honestly, I felt as if I'd taken 10 tabs of acid. I completely left "here". I forgot that I'd even taken acid. And I forgot where I was. And I was so confused, I thought that my drug addiction had taken me to a point in my life, where I'd ended up somehow in a warehouse full of junkies, homeless people and prostitutes. To break the spell, because I was really confused, I had to say "no" to the people who were trying to look after me. In my mind they were trying to bring me into their group. So, in my mind I had to say no and walk away and that would break the spell so that I could figure out what was going on. So, they were trying to look after me and I was walking away. Nothing worked to break this spell. I think I was looping. I kept asking if I was in trouble, if I am safe, and saying I was so sorry. It was so intense for a couple of hours and then it started to break through. I felt like I was dying. I could see frequencies. That trip was mad. I could still feel it 18 / 20 hours later. I had some great chats that night though, later, towards the end of the trip. It was still one of the best trips I've ever had. Just seeing how powerful the mind is and the memories. And I think it helped me to put more layers on my theory of how I think life works and death and more life and energy. It was just a lot more layers. And the talks I had there. It was very humbling as well to be ashamed and embarrassed to be that person that needed to be looked after. I still have another half of that drop. Maybe I'll take it in a different setting though."

P55-21:

"It happened two years ago. I experienced a re-activation of my previous ayahuasca ceremony while on LSD. So, October 2019 I have had a ceremony of ayahuasca. It was my 8th time drinking that medicine and it opened up a new chapter of intense shadow work for me. I was still psychologically processing what all that entailed for me, developing a meditation practice to deal specifically with the homework that ayahuasca gave me after that. And I'm at this festival and being in a pretty good place mentally, surrounded by most of my closest friends. Nothing about the environment would have suggested to be like a trigger for a difficult experience. But I took a bit too much LSD, I definitely was a little "over-egoed" with my dosage and that was a little overconfident, based on just so many years of prior experience with it, where I felt like it was something I could always handle in any context. Each tab was about 125 mics and I had 2,5, so I had almost like around 300 mics or so, give or take how precisely I cut them in half. And the re-activation that I experienced felt very much like it had the sensory and emotional signatures of that last ayahuasca ceremony, that were frankly fairly re-traumatizing to me in that original context. And then to feel that again at a festival was incredibly overwhelming. I had support from couple of my friends. I had to sit down. We did have some harm reduction folks at the festival who I spoke with. And a friend of mine was able to obtain also a benzodiazepine. So I took a Xanax to basically attempt to abort the effects of LSD and went into a quiet space away from the crowds and the music and so on and layed down. I had the harm reduction person to speak to throughout, you know, as I was kind of navigating the experience and waiting for the Xanax to smooth it out. And ended up reaching the place of equanimity about 15 minutes after going into the quiet space, before the Xanax probably was able to kick in. That involved me making commitment to understanding the part of my shadow that was thrust in my face very violently. And it kind of like allowed me to broker a kind of piece with it. And then I was able to get back on my

feet and rejoin my friends and have a really nice night for the remainder of that day. But I was definitely humbled by it and, you know, learned, that there is really no psychedelic substance that I am immune to the effects of taking an excessive dose of, which I should know after all of my experience, but so it goes. (...) [The re-activation experience] didn't really have the same visual quality that I've experienced in ayahuasca ceremony. I didn't see this demonic entity, which is how it presented itself in the ceremony and in the subsequent dreams after the ceremony. I didn't see it as such in this context honestly, but I felt energetic quality of it that I only knew from these other experiences - from those dreams and that ceremony. I felt this kind of like electric lightning ball-type energy moving through my body and my mind, attacking my thoughts and this sort of inner narrative in my mind, that I only knew from that last experience. Maybe you could say that my mind just jumped or attributed to the same thing, could be something else, I don't know. But the phenomenological reality of it at that moment was that I experienced it, my mind jumped to interpreting it as a re-activation of that ceremony. It had a certain feeling that was very specific, that I'd only felt before in that ceremony, but the visual quality was very different. (...) [Around that time I was on the homework given to me by ayahuasca], but I was kind of afraid to go deeper into it. So, I understood what happened with that ceremony to be an introduction to my shadow. I've respected and studied Carl Jung's psychology for several years, but really had a direct experience of something I can call my shadow in that ceremony. And it presented as having a very demonic quality. And after about a year and a half of trying to tackle that through, you know, kind of, I would say more like western approaches to dealing with the distressing parts of the mind, where you try to banish them, or kind of expel them from yourself, almost like if you are exorcising a demon, I realized that the only way I could work through this was to come to really understand inside and out what this aspect of my mind is and to offer it unconditional acceptance. And that meant getting up close and personal with the most terrifying thing I've experienced in a vision before, which was in that ceremony, and I kind of started to dare into the waters of doing that with a method from a Tibetan Buddhist Lama named Tsultrim Allione called "Feeding Your Demons". I was working on this with some other aspects of my mind, like subconscious racism that I have absorbed from society and other compulsive thoughts. But I didn't feel confident using this technique with the quite intimidating demon, which ayahuasca has introduced me to, which I took to be at the core of my shadow. And then having it kind of come back to me in this context while on LSD made me realize that I had no choice but to keep going and to get to understand that fully, or else I would continue to be vulnerable to this extreme inner tension."

P56-16:

"It was my first time having mushrooms at a festival. I just wanted to try. I didn't want to take MDMA all 3 days. I think I just wanted to have it one day, so then I was thinking: "Ok, what am I going to combine this with?". Yeah, so I took some mushrooms. First, I was having like a super good experience. It was a huge festival, very crowded. I was feeling amazing. And then someone offered me to smoke some weed. And when I smoked the weed, the combination wasn't good. I started feeling quite bad, quite disoriented or lost, so I had to leave the stage at least. I was feeling really anxious, disorientation was the main issue, so I was trying to distract myself somehow. So it was like "ok, let's have some food, let's try to drink some water, let's drink some of this". I just had to sit down in a place where there were not a lot of people I was with. I was with my ex-boyfriend, just having some food and just trying to wait."

But time goes by very slowly, when you are having a bad trip. It was nothing major, it was just a feeling that everything is too much, and that I felt disoriented, it's hard to explain the feeling."

P01-15:

"I was on the dance floor with my partner and there was a group of people around us. And you know, in Australia a lot of women wear a lot of make-up at festivals, a lot of them have super long fake nails. And right in front of me there was this large group of people, quite a bit older than me, and they all looked just soooo fucked up, but you could tell that they are not on something like acid, you could see in their eyes that they are not there. And it kind of looked scary to begin with. You'd look at them and be like "I hope they are ok", but also "I hope I would never get to that level of so far gone". It was during the daytime, so you could see everything really clearly. And one girl, she had super long fake nails and she was dipping it into the bag for everyone to take bumps off of. And also like, you know, the very orange make up and the false eyelashes and like the sweat, just like everything combined on their face makes it look a bit grotesque. They were doing all these bumps and then the guy right in front of us, he was just like laughing and dancing. And then I saw he soiled his pants with piss. He just started peeing on himself on the dance floor. The water, or the pee, grew bigger and bigger around his denim shorts and that was at that point that my trip went south. I think I've been just too overstimulated with something unpleasant, that it shook me more than it would have, if I was sober. I actually remember it really well. I feel like I have a pretty bad memory. But that memory in particular - I remember like it was yesterday."

P39-14:

"We took the acid and left the hotel room and went on this journey throughout the city to this [festival], it took a long time and we were tripping balls the whole time. I didn't know where was up or down, because everything was changing so quickly, and it was dark and loud music and it was just like really difficult few hours. I remember [my friends] asking me: "Do you like this DJ? Are you enjoying the music?". And I was like: "I don't know. I don't know if I like it or I don't like it. I am just so focused at like trying not to lose you in this crowd of people that I don't understand what music is". But eventually it kind of lifted enough so that I knew where I was and could talk to people. And I was like "well, that was nuts". (...) That was the most difficult and intense experience, I'm totally like: "Where am I? I can't take care of myself at all-feeling". But then the LSD trip is long, so you go through a lot of different stages."

P21-12:

"I've taken the highest dose I've ever had at a festival, and it was just difficult to navigate and to know where I am, but that wasn't necessarily brought on by the setting. It was just under 800, more about 700 micrograms (...). It's tough to remember this one, because it was so intense. But you know, it was like you don't recognize anything that is in front of you, or in a distance, you are just completely in another world, and the scale of things changed completely. I was around tents or somehow in an open field and these tents just suddenly felt huge to me, I was just thinking: "Which way out of these tents?""

P54-11:

"I had several experiences, where I was put in confrontation with the border of death and suppressing it kind of, so I think maybe for "normal people" you would call it horror trips, but for me it was very uncomfortable, but I wouldn't call it horror trips, because I got a lot out of that. The experience of how uncomfortable it was in that moment, the fears I was experiencing is not in comparison with how much it made me grow and be synchronized into this reality kind of. (...) They had several constructions there, I was in one house, there was music and I was feeling really good, but then it was becoming too much, and I was even dancing for a moment, and then it was getting too hot, so I was getting outside. The stupid thing was, and I think that's why it became so challenging for me, is that half an hour later all the music stopped, it was morning. I mean being from Germany you are not so much used to that suddenly the music stops at a festival. I think it's the music that keeps me going in my trip and it keeps the light. So, there it was becoming challenging and so I was kind of by myself, even though I had an experienced person next to me, like a specialist in the drug scene about substances, and he was helping me and massaging me for a moment. Yeah, I feel like the space was narrowing and I wanted to smoke all the time, because I was feeling like I don't have an identity anymore and I am only consisting out of my actions I am doing. So, the space becomes very narrow. And then it turned out that the whole area became a part of the hallucinations, it becomes like a, because of the circumstances how it was, with all of the self-made things, it became like an end-of-time scenario, and I was confronted somehow, it felt like being in a theatre piece in a certain way. It felt like, you are like on this total internal trip. Kind of like the outside is like participating in it through the environments, but I was feeling like: "Ok, I am going to die, it will be my last death, after that I will not exist anymore", - this is how it felt. But I was keeping my trust to get through it and at some point it was dissolving that feeling and I came back to reality. I was walking for hours, always in the circle in this area and I was afraid to leave this space, because I was afraid of getting lost in Basel, but I knew I needed to move. I needed to stay in the circle."

P44-10:

"I had one slightly challenging experience at a music festival, where I had taken a big dose of acid and I really wanted to sort of connect with other people, but it was really hard, because it was very non-verbal. I waited for a very long time, and I wanted to talk to my friends, but it was just really hard to make sense of my thoughts and yeah, it was just a bit annoying for me not being able to talk to my friends. I also remember that I wanted to go to sleep at some point and I couldn't sleep, so it felt like it was really really long. So that was one of my first experiences, I think it was 150 mics. And then there was another experience that I had, it was with mushrooms. I was just really paranoid, I felt like people were watching me, that something bad was going to happen, that I was just like in the wrong place, in the wrong mind, I was aware that I was supposed to have a good experience, I had taken mushrooms before, but it was the first time that I didn't manage to think positively. I really wanted to have a good experience, but I was just really paranoid. I know it's irrational, but I was just not able to get out of it."

P06-08:

"I was very reluctant to take psychedelics, like really psychedelic ones, like full tripping at a festival, because it seems to me like that's a... You are a little bit too out of control to be among so many people and so much social expectation and stuff, so it wasn't really appealing. But then having just like a few mushrooms at [festival name] (I think the first time I actually had any psychedelics there). With mushrooms it's very possible to lightly dose yourself, to not be like you have one trip and you are f...d, that 's it, for like 14 hours. With mushrooms I feel like it's possible to tickle around the edges. But then, I don't know if you count ketamine in psychedelics or if for you if that's separate. Because I've done a lot of ketamine at festivals without having thought it through. Also, this is something that's going to make you really unable to know what's going on at all. And that's been my probably most common experience and also my most unpleasant ones. And actually I'm thinking when I say the first thing I did at festival psychedelics wise, when I was at [a festival], possibly the first I've ever went to, and I was in the stone circle field and I got asked if I want some ketamine. And I said "I don't know, what is it?". He didn't really describe what it was to me, he made me a line about thiiiiis long. I've been doing ketamine for years now, I wouldn't do a line this long, I do little bumps, you know, at the end of something. And knowing that I didn't know what it was, this asshole man gave me a whole line of ketamine. I was completely flawed by it obviously, I remember lying there on the floor. My friend's talking. "Who is this f..king woman who won't stop talking to me?" My best friend... So, because I didn't know that that was what it's gonna do, that was an unpleasant way to realize that I was kind of right that doing something so mind-altering amongst other people is not as safe as doing it with your friends in nature. (...) I think because I never took ketamine before, I really couldn't make sense of what was happening. I think in hindsight I was probably deep in a K-hole, completely disassociated. I've only got flashes of memory of that now, one of them being looking up at this girl, literally lying on the floor (I sat before), but now lying on the floor. She is looking at me and I'm looking at her just thinking: "Who are you?". I just couldn't make sense of her features into being [my best friend]."

P28-06:

[Pharmahuasca in capsules, "too many MAOIs", 200mg]. "The experience was extremely intense. It would have been very challenging, were it not for my friends around me, sober or let's say mildly tripping friends to hold space for me and to make sure that I was literally held - they were touching my body, because my everything was vibrating, my legs, my jar, my eyes - everything. Physically, my body was going through a huge energetic release, which I have experienced before on Ayahuasca on the biggest dose that I've ever done, in Peru (...) It was of that magnitude. I purged 6 times, I was going through DMT-like visions with closed eyes, with open eyes the whole forest was alive, the trees had eyes everywhere. (...) Extremely challenging, mostly on the body. The visions and everything, you know, because of the experience with psychedelics, even the malicious ones, even like demonic figures and stuff like that, I was just admiring the fact that "wow, look what is happening here visually" instead of getting sucked into the perceived negativity of the vision. At some point I remember there was a tree covering me, sort of like an interesting shape. And a part of the tree felt like, I was visualizing it as a spirit just circling above me. And initially I imagined it as angry and malicious and pissed off that I am not respecting the medicine and just doing pharmahuasca at a festival. But then I decided that it is just here to protect me and I am

being paranoid and it just turned benevolent from there on after. It lasted full 4 hours with an afterglow of 2 hours, during which and after which I felt fantastic. Also physically. Every micro tension I had in my body, which I didn't even know of, was released. But I am really grateful for having my friends around me.”

Supplementary material II: Examples of enjoyable experiences

P39-14:

“...this was so Australian. There, people really take ownership for all these sub-events inside the festival, that have nothing to do with the festival planners, so just like "we are gonna do this". So, someone has created an event on Facebook to smash shapes – which, shapes are a snack, like a chip – that, at a stage, at a certain time, and there were like thousands of people that have responded to this event on Facebook. And I didn't even know what shapes were. So, there were like 25 of us and we all took a tab of acid and walked over to the “shapes event”. And there were people who had made their whole outfit of shapes prints and then people had a cheese board with shapes on it and then people started to smash them up and just getting so silly. It was the funniest thing. And then of course we started tripping too at the same time. I went back to Australia later that year and [my friend] picked me up from the airport and she brought a box of shapes, and she was just holding it over her head just like a sign, you know, how you would put someone's name when you pick them up.”

P01-15:

“It was just [my partner and I] tripping. I mean I know that there are other people tripping at a festival, but it's always easier to travel in a pair as opposed to a large group, when you are tripping. So, him and I were just sticking to each other. And we would try to find people. And we figured out that when one of us would kiss each other's forehead, which is not something that we did really regularly, like when you kiss around the third eye, it feels like it connects your souls in a way. And I never read about the connection of the third eye, but when you get a kiss there, especially from a loved one, I mean I really only do this with [my partner], it feels like it is giving you life and giving you energy from one to another. And this is something that I can feel throughout my whole body, particularly on acid, and it's a very magical experience that we like to do as much as we can. But we often forget about it when we do trip, but yeah, the forehead kiss is a special one.”

P55-21:

“At this point it's probably like 25 times over the last 14 years that I've taken psychedelics in a festival setting and only two experiences were challenging ones, everything else was mostly on the enjoyable spectrum and a few kind of poking into transcendent. And the ones that have been enjoyable have certain things in common, so I'll just kind of describe an archetypal one. I find that particularly if I've combined LSD with MDMA or benzofuran, like 5-MAPB, something serotonergic with LSD, that I can access this mental space, where while I am dancing, all manner of subconscious material in my mind is coming up for me to observe and I automatically meet it with this stands of like unconditional self-compassion. So, a lot of stuff is coming up and I am just forgiving myself, sending myself love, somewhere really deep in my mind while I am dancing. And this is happening almost like an automatic process while I am tuned into the music and the physical social environment around me. And like anything that is coming up, that might be challenging, is sort of like released through my body's movement. So, it's very cathartic and therapeutic. And I tend to also have these, sort

of like visual symbols that I'd see that sometimes look like... I don't know... I've seen some Sanskrit letters, I've seen some Egyptian letters before, sometimes it looks like something from a language I don't know. When I see these things along with hazy-type objects, it always coincides with being in the space of deep self-compassion and presence. When I reach these places, I feel like I am doing good housekeeping in my amygdala and hippocampus. Like I am doing something to re-program my mind's stored emotional memories, which have many years of pain, suffering, rejection and grief, into a place that starts from more joy and self-love. And then outside, you know, when I am not dancing, like step out and get some fresh air, and in that kind of place, in that mental space, I am a lot more extroverted and almost mischievous with my humour, doing more word play and just having more fun communicating, cause I am quite introverted. LSD in particular tends to bring out like a playful childlike side of me that can leverage my adult intelligence and it's something I wish I had more contact with in my day-to-day life, but yeah, it's those two elements that make me repeat the experiment once a year continually.”

P13-20:

“I think most of my stories are quite enjoyable and it's mostly related to music and how I experience music on psychedelic substances. I would rather say they are quite repetitive, because it is always the same motivation why I do take psychedelics in musical settings. And there are 2 main factors I would say. One is how I enjoy music and the second would be the sensory expansion in general, but most of all how I feel my body react and how I feel connected to my body itself. So, I would say rather worldly experiences and how I feel the connection with my friends and the people surrounding, and the beauty of the world, so yeah, I think it's quite the same every time. It's not really something... I think it's the appreciation you achieve with the help of the substances. (...) If I would have to pick: the festival [name], which is a techno festival, taking place in Germany and well, it was rather I think a spontaneous decision to take acid at that moment. Because the weather was quite bad. And we had actually a group of friends and already decided not to take any substances, because, you know, everything doesn't really seem to be perfect to have a nice experience. And somehow we were on the stage itself. And I think it was like a common decision at the same time. We looked at each other and it was like "ok, let's maybe take acid". So basically after dropping the acid I don't really know how much time did it take to kick in, the weather, as expected, really went crazy and, well, it was just the worse that you could expect if you would say: “Well, I am not going outdoors”. And I just remember that nothing really mattered, because in everything that there was, I could just see beauty. And it just felt like everything is happening for the first time. And how we are like meeting each other for the first time, in a completely, well I wouldn't say a different environment, but everything was like new. It was like this sensation of a heavy rainfall as if I was experiencing rain for the first time, as if I was experiencing cold for the first time, as if I was seeing my friends from a very different angle for the very first time. Just realizing how much love there is and everybody just radiating that love. Because, of course, due to the weather circumstances the festival had gone a bit empty. But the people who were there, they were really in for it, you know? And you could really see and feel the love for the music, for each other and in such a pure and natural way. I think this is one of the experiences that will stay with me forever.”

P18-01:

[LSD, 110 mics + sipping throughout the day on 300 mics dissolved in 1l of water)]. "I remember coming up on the acid and I sat down. And it made my body feel very very heavy. I felt like I was stuck and I didn't want to ask people to move, so I was sitting on the bench and there were people either side of me. Behind me there was a wall and in front of me a table. I didn't move for 6 hours, but the people around the table did and they all kept coming back, being under the influence of the same substance. They kept calling it "the safe space to come back to" and it made me feel very maternal and suddenly very responsible for these people. And it made me feel this very gorgeous kind of family dynamic. Every time they came back for their water bottles, their smokes, or that kind of thing, I just felt this deep rush of love for this person because they came home. That's how I was viewing it - they kept coming back home to me. And every time they came back it was like the world got brighter, colors moved more, music seemed more enjoyable and I just wanted to stay at home with them forever in that kind of sense."

P17-03:

[LSD] "Being really silly in the woods and just allowing yourself to be really silly. And I can't even fully remember what we were silly about, but there was just lots of laughter and that sense of togetherness and really bonding with people. I've had lots of bonding experiences on acid."

P33-05:

"There was a set that played that night that was for tripping people, I think. The way they used the lights, the way they used sound. They just stopped and brought everybody down, using the lyrics. You looked around and could see people crying. I was crying, my friends were crying, because they were just really talking about how society has become. And at that point they would really get you on a level and get you to feel however you wanted to feel and not worry about what other people are doing and what they think of you. It's ok, just carry on, they were really reassuring. And then they used the base to really push this through your body and they used the lights, like bright white light shining at you. At that point they were raising the energy. And then it was a massive party after that. It was really mad. Just mad."

P21-12:

"What I remember is looking at things really closely, you know, changing how close you get to certain objects and changing the scale of what you were seeing. I was really close to a tree and I was looking at it from different angles and really closing my eyes and going up and down. Yeah, it almost felt like I was flying over something, I was seeing these, I don't know how I can describe it, like civilizations or cities or something, or like you know a landscape within that tree. That's quite a visual thing I remember. It was at a festival, I was at a stage and not paying attention to the music, but doing that."

P28-06:

"I accidentally overdosed on LSD, but it was glorious. (...) I was thinking I was taking 1200 mics, and I have taken that much before, but when I started coming up, I noticed that it was way more than that. Turned out it was around 1,5mg. During the peak I also did MDMA on top of LSD, which was a beautiful combination and that was probably one of my peak experiences of the summer. (...) It was incredible visually, music felt amazing all over the body and we were surrounded by friends of ours (...) and we were surrounded also by people we don't necessarily know, but we keep seeing them around at the festivals anyway, you know, we'll see, we'll smile. Maybe we don't know each other's names. (...) I felt immense gratitude for this community-like, tribe-like situation."

P31-07:

[LSD] "One time there was this one song with the lyrics about us being all one, and just a soul, being. I was with my girlfriend, and we were hugging each other. And it felt like we were morphing together in a beautiful union. It felt like we have a very special relationship, but also with others, so present. And we were laughing a lot, I can't remember exactly what we were laughing about, just checking out the bread and some of this is just so random and funny, like what are we humans even doing here."

P06-08:

"The first year I went to [festival name], it was a really really good group of people, really incredible. And I had this bottle of LSD that was basically finished. And the dropper wouldn't get to the bottom of the bottle (not long enough), so with a needle we were trying to drop the needle drops one drop at a time into a bottle of water so that we can count. And in the last second I go and just [accidentally] push it, and I'm like "uh, mistreat". We knew roughly how much was in there, but now we suddenly lost count of the last squirt. So, we added more water to it and then we were taking like 1 ml bits at a time and keep drawing a sign on our arms, so that we knew how many we've had. So, what we managed to do was to find a dose of LSD, each of us, to the precise point that felt good in a festival with other people around you. You don't just suddenly come up and you are like "oh shit, I am way too tripping to be in a crowd" or be like "aaaa, it wasn't enough". We kept putting like tiny tiny layer more on top. And I've reached this point where I felt wonderful, incredible in my body and so happy to be where I am, listening to the music that I am listening to with the people that are here. It was definitely one of the best days of my life."

P54-11:

"In 2017 I was at [festival name] and I took a cocktail. I think I started with speed, I was going on with some acid, maybe half a tab or something, and then later some ecstasy, and then later I took I think 2 packages of mushrooms. Because it was already several hours ago that I took the acid, I took a lot, because I wanted to have a trip and I was knowing you have like a tolerance time. And then it was really interesting, because I was dancing on the dancefloor and somehow, I realized suddenly, I had this illusion, this sensation that the time is working somehow differently really close around me and I realized I can move my body almost without resistance in space, so it felt like I can move as fast or as slow as I wanted. Dancing

and also jumping really from one beat, like to be really creative with the body parts and things like that so... And then I was playing for several hours with this state and then it developed that I could like get into this state and get out of it. And if you explain it with words, it's difficult because at the end you use the body the same way when you describe it with words, but like at the end, what is the difference - you have a thought or creative vision and the body is changing according to that, so it's not like you just do it, I don't know, it's difficult to explain. So, it's like, it's more, you steer the body from a different place. And also, at some point when I was playing with this state, I was going in and out, when I was closing my eyes, I had this visualisation above my head, like two columns, egg-shaped and inside you have two bubbles rising up and they were meeting at the top. My body was making wuuuuup and I was in that state. So, in this state it felt like my body is more a spaceship than I am the inhabitant of this body. When I was walking, I was like steering this space more from this space above my head. So, I was like "ok, I want to do this" and my body was doing that, and I even almost didn't feel like walking, but floating, because my body was feeling a bit different. It felt like there was not much resistance of physicality. Of course, there is gravity of earth holding me back, but in movement itself, it was like I was using no energy. That's the thing. There was no resistance, because I was feeling I was using no energy. I was feeling like I am connected deeply to the space and that's why there is also no loss of energy."

P04-12:

"There is a group of friends that I tend to go to festivals with, they are very lovely, kind of creative, fun people, very loving and very safe. And there was a time when we went to one of our friends doing like a Tibetan dream workshop, so it was like an hour of explaining around lucid dreaming. And we've taken some mushrooms before, and it was a really great experience. (...) It was really fun to be there in an altered state. And when he finished the workshop, we were all really proud of him and we spent a long time just, I don't know, there was a drumming circle, so we started just dancing in the drumming circle. And there was one point when we sat down, and we were just laughing and laughing. And I can't even remember exactly what it was about. We were laughing for a very long time and being really childish and really silly and it was just such a positive experience, it felt very free and very kind of loving and light."

P69-19:

"I've taken mushrooms, it wasn't particularly psychedelic, so I've been taking other things, like MDMA and I think I've maybe taken cocaine as well. And I just had most amazing time dancing with a few friends. And it kind of lasted... it felt like you just couldn't put the time on it. It felt like it was going on forever. And I felt really in the moment, really carefree, I didn't have any anxiety. Cause I have lots of anxiety about dancing and I have some anxiety about being at festivals actually. And I felt that that completely went. I was really in the moment, really, really enjoying music. I was enjoying looking around at everybody else. I felt very connected to the crowd, I felt safe. I felt quite responsible, and that we were all there, having a good time, but we were also all looking out for each other. Yeah, that was a very special moment. I guess even if it wasn't particularly... I have taken mushrooms, but it wasn't particularly trippy, I think they've maybe enhanced things and really helped appreciating the

setting, appreciating the trees, appreciating music and the people as well. That was just really fun happy time.”

Supplementary material III: Examples of mystical experiences

P06-08:

“I had another experience, also in the stone circle field at [festival name], but many years later, when I've been doing ketamine all night with my friend, it was the Wednesday night before the festival has even properly started. And then we bought a balloon from somebody in the field, just before it was going to light. And it turns out the combination of ketamine and a balloon, completely mind-blowing. We had a shared out-of-body experience, we rose up above the field, and we are looking down over the site, like looking across at each other and just this most incredible floating flying feeling and then we came back from it, we sat up and looked at each other. “Did that just..? Yea.” We had a totally shared vision experience, whatever you want to call it.”

P18-01:

[LSD, 110 mics + sipping throughout the day on 300 mics dissolved in 1l of water]. “When I eventually moved from the bench, there was a light show. And, ok, this is going to be really difficult to describe. I was sitting there and there were these lights and there was beautiful music. And the substance was obviously altering the way I perceived everything and I felt it very physically. One of my past memories came to me - I don't know why it started connecting with the lights. And the lights started taking on representations of, I don't know, I felt like I've found answers in them, they described to me why family dynamics were the way they were and why I had turned out the way that I turned out. It was like if I was having all of these epiphanies all at once and I became very very overwhelmed. I started to cry, but it was with happiness, because it felt like I was figuring out the puzzle that I haven't solved before. And then it actually shifted and it became quite melancholic, because it made me feel as if there was a connection. I can't quite describe how it went through, but it made me feel that there was an element of God within every person. So, I had this realization that we had a lot more power than what we granted ourselves and we didn't give ourselves enough credit. And that power was a small piece of God within each of us. And that meant that we were the ultimate God within our own world. So, what I allowed to happen, I could also un-allow. In that same sense, my friend, who has also a piece of God within him, he is that God within his own world. It made me feel like we are connected to the universe. Like there wasn't a God in the sense of religion, it was just raw energy, that universal energy.”

P33-05:

“When my body is moving in flow to the music, somehow knowing what is coming up next with the little sprinkles in the psy trance. I know my body is shaking stuff out, that being stuck energy or memories or whatever - some of the dance moves are so much like you are connecting with God, it's so spiritual, it's so special, so cool. I feel still a bit weird talking about such things because of my upbringing. There are just so many synchronicities, so many coincidences happening at these festivals and I am so aware of them. Just little things, like wanting to see someone and you don't know where they are and then they are around the corner. Or wanting something and then it being given like very quickly. Or silly little games, little happenings.”

P31-07:

“When [me and my girlfriend] were morphing together, that was mystical to me. I am generally consciously inviting mystical experiences. Especially when I do take a little bit more. Or when I do let myself fall and not so much focus on dancing itself or people, but rather close my eyes and go inward. And then these experiences just happen. Sometimes it's a feeling or an insight, or sometimes it's almost like a conversation, assessing my life, I often do that, kind of, with an outside view, almost zooming out. It's not like booom and God is there - these experiences I rarely have at festivals, probably due to the low dosage, I rather have them in other settings and with the intention of those experiences.”

P44-10:

“I never felt like - oh, I just met God. But I've had moments at festival settings, where I could feel that I have reached a place in time and space that was very different from my normal sense of time and space in reality and it did feel like there was another dimension. And I think it increased my thoughts on spirituality and philosophy, and life and death. Cause dying, I don't know, I just felt like there was other state of being possible and I think it just opened my mind to other concepts of time and space in a spiritual way.”

P01-15:

“The more in nature, in the middle of nowhere, you are, I feel that this creates the mysticism for me and also if you trip in a big group, it connects you all together. I feel like it brings you, and I, when I refer to drugs, I pretty much only refer to acid, because this is the one I take most frequently, it takes you back to a state of being that doesn't care about what you normally care about on the day-to-day basis. And I feel like what you do care about is like your deeper connection to people, being kind, being generous, sharing, having a good time, making sure you really want other people around you to feel as good as you do, emotionally. And I feel like - does this count as mystical?”

P04-12:

“I feel like I had one this summer at a festival, where again I'd taken some acid, and it was just, and it wasn't a big dose or anything, but there was just this really really strong feeling of, yeah, for me I am feeling a lot of love for humanity and it was at the point where everyone was dancing and really enjoying the music and it felt again very free and connected, feeling really safe. It was a really nice environment, like the festival, everyone there was friendly. Yeah, just having a very very strong feeling of love for humanity, because I think sometimes I find it's easy, to kind of feel quite despairing sometimes, if you read the news, or just see so many cruel things happening in the world. You know, and just being in the context, where I just felt a lot of love for strangers, yeah, that felt very mystical and very connected, quite profound actually.”

P56-16:

“For me being able to be in the present moment, feel connected with myself and what's going on around me and lose track of time and space, and being very connected with the

music - for me that is somehow a mystical experience that might be very hard to reach in life, no matter how much meditation I do, how much I go to nature, how many practices I do, something that I can only get with psychedelics. From my perspective that is quite mystical in my life. And I am also not religious, but also having this feeling that there is something bigger and more magical than yourself, I find that mystical. And also sometimes, maybe at the beginning, when I started taking MDMA properly, by that meaning the doses that they are using for therapy, I took it at festival setups. The amount of love that I could feel - for me that was mystical as well."

P70-22:

"You know, when you've gone through an entire night of not sleeping and things like that. And it's time sort of just to enjoy the morning, the sunrise is a special thing. And I remember particularly this one changa trip I had, it was revelatory. Honestly, I felt like I was in God's vagina, it was just the most amazing experience. It was at the moment when the sun was shining over the forest and I was just "oh my God", I knew at that time I would never get an experience like that, just so precious and so personal as well. It was not something I wanted to talk to people about. I just knew, it was me and mother nature just having this connection. That is not like a sociable experience, it just pulls your heart's strings at the place that you don't know you even have strings and I didn't quite realize that there even is a place. It opened me up - is what I am saying, made me softer and a lot more gentle with people as a result. And instead of being like in anguish at times, I found just peacefulness."

P48-18:

"I am already super sensitive to energy. I remember getting to [festival name] this year and I was sober as well, but also on psychedelics, I just lay down on the ground and I just feel like I am a 6-year-old again, just laying on my mother's lap and I just feel that connection, almost like trying to pull me into the earth, like mangle it with their energy, it's like magic, it's amazing. I think that everything is such a mystical experience, also light, sunshine, the people there, the beautiful people there. I don't know I had so many mystical beautiful experiences at music festivals, especially on psychedelics and they just enhance everything. They make everything which is normal just not normal anymore, just amazing, I love it. I don't think I could ever quit psychedelics, if I could say that."

P55-21:

"I've not intended to pursue like a plus 4 Shulgin level experience in a festival setting, apart from that one time when I took DMT. So, I haven't really been particularly inviting of an immersive mystical experience in that setting, because I find that those generally take me out of my present sensory experience and I want to be there then, at the festival, and not sort of like off in some imaginary realm or experiencing myself merge with infinity. But to the extent that having that kind of catharsis and emotional re-programming happening while I am dancing on LSD and MDMA, to the extent that that's yielding these moments, where I am completely forgetting who I am and losing my self-awareness and being in this really strong flow state, that happens routinely, those nights when I do that. And I would say that's mystical."

Supplementary material IV: Life-changing experiences

P18-01:

“Before this experience, because of everything I have been going through, I've been relying on quite a lot of people for emotional support. I kept feeling guilty about taking up emotional space. In that moment, that I just described to you, I felt like I was accommodating everybody else and one person did mention to me, he said: "do you think that you are the glue holding this family together?". And they called me "the matriarch". And it made me feel very maternal and very warm and very loving and it was really nice and a great boost for my self-esteem. When I came away from the festival, I felt like I've experienced a lot of healing, I've just been with such wonderful people, I felt very loved, and I felt like I gave them a lot of love as well. When I came back into my life, work and social life, it made me want to start giving back that emotional space that everybody has been giving to me, so I became more proactive in communicating with my friends, making sure they are ok, paying attention to the details - in the body language, the language they were using when talking to me about how they were feeling, because I wanted to be I suppose kind of like that maternal figure that I felt at the festival.”

P18-01:

“I had a really really great experience with ketamine (...) So, it was like an overhead light projector, and they had cooled oils on the screen that they would move through it and it projected it out to us. If you were looking at it completely sober, they were just blobs on a massive screen and the music was kind of going along with it, so that the way that the oil would move is it would move with the music. With the ketamine that I had taken, as I was viewing it, my interpretation of it was... I... I had a very very difficult relationship with my mom for a very long time. And when I was watching this show, these blobs started representing core events in my mom's life, that explained so much, and I also cried at that - that was probably the first time that I had a really emotional reaction to a drug experience. I came away from it still sobbing, because I felt so much grief for my mom. And I didn't actually want to come away from that. I wanted to grief for her, because of the stuff that she'd experienced and what I'd kind of assumed from this light show. After that our relationship was just amazing. I was so much more patient with her, so much more understanding with her and I became really supportive, and it actually healed our relationship, because I wasn't speaking to her, I wasn't seeing her or visiting her or anything like that and that's to this day (and that's been about 8 years ago). It went from almost no contact to I see her 3 times a week now and we have a great relationship, so that was incredible.”

P33-05:

“I was working on communication and boundaries and authenticity, but also there's been a lot coming up about relationships and how I relate to guys and how they relate to me. At [festival name] there was a moment, where I was at the [psy trance] stage since midday, we dropped acid and stayed until 8 p.m. We danced for a bit and then we really got into the trance bit, where we just sat on the hill, just going through it. We sat there for hours, it must

have been, but it was like a convey of different guys that would come and sit next to me and would either try it on or trying to chat. And it was so funny, because I didn't really feel like talking to all of them. I am not mean. And it's not personal. We can sit here in comfortable silence, but I am not going to "change me" to "please you". And it was a really interesting moment. There was this guy, who was just talking shit basically and I could see it, so I pointed it out. And it was ok, no one got hurt or upset. Sometimes if I am not centered, I find it really easy to come off center. Then I can care too much for people-pleasing. I really was trying to work on it. That was an interesting afternoon, I felt really secure with myself."

P31-07:

"Finding out more of what I like and need in my life and consciously seeking that. Also having stronger boundaries of where I don't want something, not so susceptible to group pressure so much anymore. Maybe because this innate self-worth has risen through these experiences and I think this is almost the key, when you break it down to everything, probably that: self-love and -acceptance. And even bigger than that, even this kind of acceptance: You know how this connection to the spiritual world, where it doesn't matter at all in a way, you know? Like this planet is dying, but who are we to know if this is even bad? And in the same time it matters so much. And here in this world, in the realms where I am most of my time anyways, I do all that I can to avoid that suffering or limit suffering of the earth, people, myself, animals. And I am kind of accepting this paradox."

P06-08:

"Because it's at a festival, it happens to be, that there is lots of your friends that you are doing the psychedelics with. And although I often trip with like a couple of friends, to have a whole group of you, I can see the energy. And being in community with people doing that and seeing that energy is like one of the things that reminds my eye how to see energy, so that I can continue to [do so] outside of when I am actually tripping. Some of the experiences with some of the people that I love most in the world to be there together or like really just loving the music, the people, really being in the present moment with their senses. It shows me like... yeah... this!"

P55-21:

"There is one night that I can point to, where while I was dancing and taking in the music, I sort of spontaneously started to experience in the back of my mind emotional recollections of my ex-partner, who was very emotionally abusive for about 4 years of our relationship. And in that moment, this was the first time that I felt really that I could meet these memories without having resentment or self-defensiveness. I had a moment of sort of like taking her perspective and being able to sort of like see the blind spot, that I had been missing and to be able to forgive her and sort of like begin to let go of the burden of that resentment. It definitely changed the quality of the friendship that we were re-building and it allowed me to let go of some resentment and empathic blocks that I had been holding on to at that time."

P48-18:

"I think it was the second time I took acid and I also took ketamine, which is not the drug for me, and I think I took a bit too much. I couldn't walk back to my camp. My colleague let me into his hammock. But he is like a very tall person, and I was in his sleeping bag, like in a cocoon, and I just couldn't get out of there physically, emotionally, mentally and energetically. I was just stuck there, you know. And at some point, I just saw like triangle-shaped thinnies, like the patterns, I was looking at the trees, I was thinking about life and I could think about so many things in a third-person-perspective, so like if they were not my problems anymore, look at them objectively, without all the emotions attached to them and see things for what they are. And I think one of the biggest things that I realized was that I need to be single again, that my relationship was not working out for a year and I was there with my boyfriend at-the-time. When I realized that we had this big talk planned for the day after and I was also with this in my head and I was just looking at that like "why was I avoiding him, being on vacation for three weeks and also on the festival grounds?" and I was intuitively and almost like unconsciously, but also consciously avoiding him, not being near him and just feeling that I needed that space. And at some point I was on acid and also ketamine laying in that hammock, I was like "I need to break up with him, I do, I really need to break up with him, I need to move right now, it's not working out for me anymore, I need to let go of so much, I need to enjoy so much more. And the aftermath of all that acid that week - just the day after I was dancing half sober, half still on acid and a bit of ketamine and I was crying my heart out. Also dancing on psychedelics, if I do that, also sober, but on psychedelics I process everything. I cry, I laugh, I just feel that energy flowing and then really see that emotion as just energy in motion and just really let all that stored trapped energy out. I don't know. It's been such a life-changing thing for me. Because I don't think I would have had the balls and the perspective to do that without acid and not be afraid of it. Because there was so much fear attached to that decision and because of acid I could just let that fear go and look at it objectively, as if friend would be asking me "What should I do?" - "Break up"."

P69-19:

"I think the bad trip that I described was life-changing in some ways, because I was with people that I didn't know very well, who are now sort of my best friends, who have been incredibly supportive to me, when I was going through this difficult time. Yeah I guess it has been life-changing in ways. Because it did make me... the experience has stayed with me, it definitely has informed some of my decision-making in sort of days and weeks after the event. I came back from [festival name] with a real sort of renewed sense of self and purpose. So yeah, I think actually yeah, even though it was quite negative, and I found it very upsetting, it probably has had a positive effect that I haven't reflected upon until now."

P24-17:

"Recognising that everything is connected with each other, I mean I read a lot in literature about this and somewhat also believed that everything is connected with each other, but I didn't really feel it. And in this experience is where I really felt this connection. And also felt that I wasn't connected with myself for a while and that I am getting back to myself now. And of course, this is one of the main things I took with me when I got out of the experience

and travelled back home. Because since then I am much more aware, also taking care much more of nature and everything what is around me and I also cherish things or nature much more. I really do practice a better connection with myself, so that I feel not only myself better, but everything around me. Because as soon as I feel myself more, I am able to feel others or my surroundings better, you know what I mean?"

P01-15:

"Especially when there is like a body of water, I definitely remember viewing the water as something that truly cleanses you. And I think it has to do a bit with my cultural background too, because Thailand has the water festival, and the water is known to be something that cleanses you for the New Year. But when I look back on my experiences in general, I just think of that landscape of all of the eucalyptus trees, and you know the sun setting with the sparks of light shining through the trees. When I first moved to Australia, I didn't understand the beauty in the scenery at all. I thought everything is dry, everything is not green, it's like a brownish colour. And it was only after I started taking psychedelics at music festivals that I started to understand the beauty and how, also like the fact that everyone is on stone land, and it's land that they don't really know how to take care of - you see the bush fires all the time in the summer. I've read books where it goes into like how Australia used to look before, before it was taken by the white people. They were so careful with burning the trees, like on purpose, starting their own fires to prevent the wildfires starting, so I understood that there is the place where all this stuff survives and yeah, just started to see the beauty, which is why I have this tattoo. It's a eucalyptus branch. I don't know if you've seen an indigenous flag in Australia. It has the red earth on the bottom half, the yellow sun and the black sky to represent the aboriginal people. And I made it a red sun instead of the yellow sun, because I always thought California is covered with eucalyptus trees. But they are only native to Australia. What a coincidence, and I really started to see their beauty at music festivals. They are my favourite tree."

P56-16:

"Somehow any substance that I take, takes me to some realisation about either that is related to what is going on in my life at the moment or in the past. I can give a very silly example. I had a fight with my sister a couple of years ago and we didn't talk in one year. And it was at the festival and all of a sudden, I thought about my sister, and I had this revelation, I understood why we had this fight and why we grew apart. I saw the situation from a whole different perspective and after that I reached out to my sister after one year of not talking and we talked. After that we had the best relationship ever."

P04-12:

"For me the moments have been around "life is short", "it's important to just let go and have fun" and obviously it's not possible to have fun all the time, but introduce some lightness into life and colour and creativity and love. I think it always comes back to this feeling of love that's so important. So, spending time with people I love and make space for that. I can't right now think of any specific moments, but it feels like a whole string of moments, where it's just around kind of a repeated message of "let go", feeling safe, feeling loved. And that

being in the festival context, where there aren't all the distractions of kind of everyday life, work or responsibilities. I think there is something about taking psychedelics at festivals where it is completely hedonistic, but in this sort of positive way, where you can completely let go, which is lovely.”

P21-12:

“Maybe a very fundamental thing of just being able to find joy in everything, so to say. It's this "anything can make you happy" sort of attitude I guess or a way of thinking from those experiences I've had at festivals and also not at festivals, but I've had many of them at festivals. It's just you could always look at situation in a different way and somehow make it ok.”

Supplementary material V: Survey questionnaire (content-related part)

This last section is designed to gather information about the use of psychedelic substances at music festivals. Please only share your experiences for this and no other type of settings (—> NOT what you might have experienced during an Ayahuasca ceremony in the Amazons, etc.). Please fill out the questionnaire if you had AT LEAST ONE experience of taking psychedelic substances at music festivals.

6. How many psychedelic experiences at music festivals did you have so far? *Mark only one oval.*

- 1-10
- 11-30
- 31-60
- >60

7. With which substances involved? *Tick all that apply.*

- LSD
- Psilocybin mushrooms
- DMT
- Mescaline
- Ibogaine
- 2C-B
- MDMA
- Ketamine
- Cannabis
- Other: _____

8. Please name the festivals at which you had psychedelic experiences: _____

9. How many % of the psychedelic experiences stayed in your mind as “challenging” (for examples please see the next question)? *Mark only one oval.*

- 0%
- <10%
- 11%-30%
- 31%-60%
- 61%-90%
- >90%

10. Unless 0%, did you go through any of the below during the “challenging” experiences? *Tick all that apply.*

- Unpleasant disorientation
- Anxiety
- Physical discomfort
- Extreme physical reactions (shortage of breath, increased heartrate, headache, vomiting, etc.)
- Feeling trapped
- Being stuck in a loop
- Feeling of losing your mind
- Feeling helpless
- Dark thoughts (e.g., nothing makes sense)
- Thoughts related to hurting yourself or others
- Panic attack
- Reliving birth trauma
- Experiencing collective pain, suffering, "weltschmerz"
- Recalling and / or re-experiencing previous traumata
- Facing dark, possibly repressed, memories
- Paranoia
- Experiencing reactions such as mania, delusions, and / or psychotic episode
- Perceiving dark energies

- Encounter with dark entities
- Other: _____

11. Unless 0%, would you conceptualize your “challenging” experience as a “spiritual emergency”? *Mark only one oval.*

- Yes
- No

12. How many % of these experiences stayed in your mind as “enjoyable” (for examples please see the next question)? *Mark only one oval.*

- 0%
- <10%
- 11%-30%
- 31%-60%
- 61%-90%
- >90%

13. Unless 0%, did you go through any of the below during the “enjoyable” experiences? (Multi answers possible). *Tick all that apply.*

- Experience of amazement
- Feelings of tenderness and gentleness
- Experience of ecstasy
- Feelings of joy
- State of bliss
- Sense of awe or awesomeness
- Experience of (unconditional) love
- Having fun
- Extreme laughter
- Deeper connection with friends
- Deeper connection with the surroundings
- Epiphany moments
- Re-defining the self
- Perceiving positive energies
- Encounter with light beings
- Other: _____

14. How many % of these experiences would you consider to be “mystical” (for examples see next question)? *Mark only one oval.*

- 0%
- <10%
- 11%-30%
- 31%-60%
- 61%-90%
- >90%

15. Unless 0%, did you go through any of the below during the “mystical” experiences? *Tick all that apply.*

- Internal unity (e.g., feeling that you experienced eternity or infinity, freedom from the limitations of your personal self, experience of pure being and pure awareness beyond the world of sense impressions, of oneness in relation to an “inner world” within, of the fusion of your personal self into a larger whole, of unity with ultimate reality, etc.)
- External unity (e.g., experience of oneness or unity with objects and/ or persons perceived in your surroundings, of the insight that “all is One”, awareness of the life or living presence in all things, etc.)
- Noetic Quality (e.g., gain of insightful knowledge experienced at an intuitive level, certainty of encounter with ultimate reality, etc.)

- Sacredness (e.g., sense of being at a spiritual height, of reverence, feeling that you experienced something profoundly sacred and holy)
- Transcendence of time and space (e.g., loss of your usual sense of time, of space, of usual awareness of where you were, sense of being beyond past and future, being in a realm with no space boundaries, experience of timelessness, etc.)
- Ineffability (e.g., sense that the experience cannot be described adequately in words or that you couldn't do justice to your experience by describing it in words, etc.)
- Other: _____

16. Do you have experience with mixing substances? *Mark only one oval.*

- Yes
- No

17. If yes, what other substances would you consume during the psychedelic journey? *Tick all that apply.*

- Mix of diverse psychedelic substances
- Alcohol
- MDMA / Ecstasy
- Speed
- Cocaine
- Ketamine
- Cannabis
- Mephedrone
- GHB / GBL
- Nitrous Oxide
- Other: _____

18. Based on your experience, which substances would you never mix again?

19. What would typically be your primary motivation for taking psychedelics at music festivals? *Tick all that apply.*

- Have fun
- Enjoy the visuals
- Connect to / explore the outer world
- Connect to / explore the inner world
- Get high
- Heal
- Learn and grow
- Feel the intensity
- Experiment with psychedelic substances in a non-judgmental environment
- Join my tripping friends
- Other: _____

20. What would you normally do to prepare for a psychedelic journey at a festival? *Tick all that apply.*

- Set an intention
- Design a ceremony
- Meditate
- Set up a homebase
- Analyze the setting & orientate myself
- Align with friends
- Work out substance timing / dosing strategy
- Test substances I am intending to use
- Nothing

- Other: _____

21. What are your favourite activities during the journey? *Tick all that apply.*

- Chilling
- Connecting with the music
- Dancing
- Being in nature
- Connecting with other beings
- Venue walk-around & adventures
- Closing the eyes and going within
- None
- Other: _____

22. Which art forms are you typically engaging with during your psychedelic journeys at festivals? *Tick all that apply.*

- Music
- Art installations
- Visionary art exhibitions
- Theatre
- Live performances
- Immersive participatory art projects
- Nature
- None
- Other: _____

23. Which role(s) do these art forms play during your journey? *Tick all that apply.*

- They are fun to explore
- They trigger emotions
- They essentially determine how my experience is going to be like
- They are the reason for me taking psychedelics at festivals
- None
- Other: _____

24. What do you typically do for the integration post experience? *Tick all that apply.*

- Summarize experiences by telling friends, writing a diary, etc.
- Expression through diverse art forms (painting, music, dancing, sculpting, etc.)
- Different forms of bodywork
- Different forms of energy / release work
- Diverse types of breathwork
- Work with archetypes
- Meditation and other spiritual practices
- Integration circles
- Therapy
- None
- Other: _____

25. Have any of the experiences induced by psychedelics contributed to a change in your worldview and / or behaviours in any way? *Mark only one oval.*

- Yes
- No

26. If yes, please specify. *Tick all that apply.*

- Heightened empathy & non-judgmental behavior towards others
- More mindfulness towards the animal kingdom
- More mindfulness towards the plant kingdom

- Better waste management
- Re-evaluation of consumer behavior
- Healthier diet
- Success fighting addictions
- Increased self-awareness and thus self-care including physical exercise
- Implementation of mindfulness and or other (spiritual) practices
-

27. Are you familiar with the PsyCare and Harm Reduction welfare services / what they offer? *Mark only one oval.*

- Yes
- No

28. Have you ever used the services of the PsyCare and Harm Reduction welfare organisation music festivals? (E.g., PsyCare UK, ZENDO, Kosmicare, Eclipse, Sonar, etc.). *Mark only one oval.*

- Yes
- No

29. If yes, have you found the service to be helpful? *Mark only one oval.*

- Yes
- No

30. How important is the availability of safe spaces at music festivals in your opinion? *Mark only one oval.*

not important at all <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9 <input checked="" type="radio"/> 10 very important
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31. Which advice would you give your fellow music festival goers with regards to taking psychedelics in a music festival setting?

32. Anything you would like to share in addition?

Supplementary material VI: Consent form

Dear participant,

This qualitative interview aims to gather data for a research project on the use of psychedelics at music festivals. The results shall be used for a [...] as well as other related publications.

The interview will be audio-recorded for future reference; the recording supports respective processing and aggregation of the results.

The questions are of descriptive nature. They focus on your personal experiences and therefore may bring up traumata and/ or cause a change of the emotional state. You may pause or end the interview at any time.

Furthermore, please be informed about **your rights**:

- Confidentiality (your data will be used exclusively for this research project);
- Anonymity (when processing your data, no identifying material or information will be used);
- You can withdraw from the interview at any time (there is no obligation to answer any question you are not willing to);
- You can withdraw your data at any time (even after the data collection has been completed);
- You have the right of protection from any reasonable harm in relation to the research project.

In case of any questions, please feel free to reach out any time via XX@XX

THANK YOU very much for your participation, it is very much appreciated.