

I went to a lot of different places. I feel like I went to the past to some of the incidents that we talked about earlier and I felt blessed.



The lights were amazing. Lots of really interesting psychedelic patterns and really interesting stuff. Some stuff I've seen before. I've been in a similar light dome. So I've experienced that and also really similar to what I saw when I was on DMT as well. And I found it really easy to just focus on that and get into deep state of meditation really quickly. I feel like my whole body really really relaxed and I think just being in this very safe energetic space, I was able to just feel really really open and really comfortable and really pleasant.



Different psycho-geometric shapes. At first it was shaped like a triangle like a Shri Yantra and then it went into like a flat oval. Then it got into a spiral. This kept going for quite some time. And once they do, I saw this white light coming down and as soon as it touched me I started rising up here. And I felt this. I was conscious enough to feel it. But I also felt like I was just in this void of nothingness and floating but there was a bang on the door something like instantly came back to here. But the geometry would not stop for the whole time. It's really lovely. I felt like I had a lot of weight off. I felt relaxed.



Wow. So beautiful. So beautiful. All these colours and patterns and wow. I had so much fun. Wow. I don't know what to say. But it's really beautiful. I've never seen so many colours before. And so bright and so clear. Wow. Amazing. So much fun. Nice. Wow. It felt like I was the Sun and the Universe and the Stars, and I saw her seed and her seed turning into a being and oh my God. Everything was so beautiful. It's so clear and wow. Yes. This could go on forever. Wow. The Sun. The massive Sun. Wow. Really nice. And these patterns. All these patterns.



The activity of the brain was full of colours and full of geometrical patterns. Like crazy strobe too ... they can move very fast. Very active. Only, I think, the last two minutes, you know it is always hard to say but, by learning the obsession, I started having dominant white colour. I found it very relaxing. And I have to say these colours kept me awake. I feel like going back to work because I can feel like a power nap.



At first, it just wasn't working. At first like I felt quite tired before I went in and it was just a complete like first time I did it, it was straight away kaleidoscopes. Like I'm tripping balls, and

this time, it just wasn't that at all and I was you know kind of wondering as to why that was. And then I decided to relax into it and it got really intense. The first track was quite dark. It was some guy repeating like "nothing is real" and like just on loop. That was really intense and it was just completely different colours because of that. It looked darker. And then there was one point when I started to feel a real strong sense of going into something deep, like a real sense of detachment and it kept building and building and building to the point where I thought I was just going to scream, like it was actually pretty scary. And it was like I was in the bridge of going ... I don't know what but going into something and I think I just like backed out because I think I got scared and just backed away from it. And then it all started to chill out again and it was really nice. And then I had about two or three more of those senses of yes, I could just feel like my body really grounded and it was like I was just slowly lifting above my body and that happens another two or three times and the last one I found a really blissful state where I felt like yes I was just ... I didn't feel like I was completely away from it. But I was definitely to another level and yes, it was really really nice.



It started with what looked like a very small fetus, like a baby. And then I saw that a few different times. And then in between there wasn't really anything just like shapes and kaleidoscopes. And then I saw like some skulls and like skull and crossbones like something that represented like poison or toxins or something. And then I saw like the baby born.