

Supplements 1 and 2

Supplement 1: Phenomenology of the Comeup

1A Comparison with Comeup on Other Substances

Comparison between mushroom and other drug experiences reveals a particular discomfort with the mushroom come up. *“For me mushrooms are much more introspective than LSD. I like the body high, visuals, and general feeling of the way they make one trip. I even like them more than pot, which makes me paranoid. However, the only thing I don't like is the disorienting feeling during the come-up.”* (Newt, 2002). Or as firsttimer (2003) describes *“The feeling [of the come-up] felt worse than the terrible 'speed-like, nauseous, cold, icky, numb' Foxy [5-Methoxy-N,N-diisopropyltryptamine] come-up, and that caught me completely by surprise.”*

The unpleasantness of the mushroom come up surprises a number of reporters. TheoMo (2007) writes *“The come-up of the drug is nothing I had ever experienced before and it was very nerve-wracking. I kept turning to my friend S and his buddy who had brought them (both of whom have done shrooms a number of times) and kept questioning them about if what I was feeling was normal. During this time nausea kept coming and going and was adding an additional stressful sensation”*.

1B Avoiding or Waiting Through the Comeup

While some individuals are surprised by an unpleasant come up, others expect it, and share strategies for avoiding a harsh come up. For example, K (2007) says *“R suggested that we eat the mushrooms with ease, eat them slow to avoid [an] intense come up.”* daytripper (2010) reiterates, *“I was trying for the first time what my friend G termed the 'Escalator Method.' It involved taking a mushroom or two every 5 or ten minutes....Because of the dosing method, the come-up was much more gradual and comfortable.”*

References to waiting for or through the come-up are common *“I decided to wait for the come-up by playing some video games”* (Dark Evan, 2018). *“I was waiting for the come-up”* (Sejjie, 2021), or *“Trying to ignore the slight discomforting effect by scanning YouTube on the tablet.”* (Bobo, 2021), or [trying] *“To kill some time for the come-up”* (Whitewater, 2011). Another reporter recalls a pleasant wait; *“The vibes from these friends were excellent, and I allowed my mind to wander, as I waited through the come-up”* (ThreePieceSuit, 2010).

Although peak drug effects often start to emerge within an hour after ingestion, this can vary (see Fig 1). Metabolic factors and dosage can lead to variable onset latencies, and some individuals are taken aback by a slow or rapid onset. As cheekydiva (2002) reports *“BM explained that it would probably be about 45 minutes before we felt anything...About five minutes after I ingested the shrooms, I began to feel funny... There was a fluttering in my stomach, and I began to ache. By T+0:10, I was tripping. So was everyone else”*.

1C Emotional: Anxiety, Nervousness and Excitement

“Within 15 minutes, I could feel the first pangs of come-up anxiety and they were pretty strong. I reminded myself that this is normal... A few minutes later, the clothes I had hanging on the back of my door started to bother me because I felt like they looked like a person in the corner watching me. I jumped up suddenly and pulled them all down and I got kind of really annoyed about it. I laughed at myself for being weird and settled back down....I started having trouble perceiving the volume correctly. Despite it being turned down very low, it felt very annoyingly loud... When I got the sound dialed in, I laid back down and tried to relax but then the music itself started to bother me. The chord changes in the music seemed to make annoying emotional shifts and I couldn’t stand it. I felt very critical and frustrated” (windup.godzilla, 2018).”

Emotional changes during the comeup might best be described as anticipatory, with feelings of both anxiety/nervousness and excitement being common. *“+20m – I can already feel the slight nausea in my stomach and... a newly found energy coursing through my body. +40m – I sit down and just stare at the trees. The euphoria starts to kick in, and the energy is almost too much to handle as my arms and legs start to cramp. I am having a little trouble concentrating on breathing” (n3r0, 2006).* And *“It was then that all the familiar signs began, a feeling of giddiness, nausea, and excitement, all at the same time. The nausea that is sometimes experienced during come-up never really bothered me that much, usually because I was so excited for what was to come” (cargreen1, 2019).* And *“T+0:30 – Already the first affects were being felt by everyone in the room. We were chatting excitedly. There was going to be twelve people tripping gold-caps in one area. It was nuts. I could feel a strong warming sensation in my empty stomach and could feel the mushrooms working” (creatus, 2018).*

Sometimes anxiety and excitement are felt simultaneously or in cycles. As daytripper (2020) describes *“I can already feel my skin getting sensitive and a mild sense of euphoria. I would’ve preferred to lay down but I figured I will forget the groceries if I don’t act now. As I get up and start trying to fit the groceries in my small-ish fridge, I get some nausea and it’s making me anxious. It was really difficult but I made it. For some reason I thought that I “have” to put them all in place before I can go the bathroom. I run into the bathroom and instantly throw up. As I’m throwing up, I’m thinking “finally something different” and I smile. For some reason I am happy but I feel weirded out by that thought. “This is a good sign” I think to myself. I start washing my teeth and tell myself that self-help will be the theme of my trip”.*

The last quote speaks to a common observation that emerged in our analyses, namely that anxiety and excitement during the comeup precede self-reflective and therapeutic experiences on psychedelics.

1D Physical: Nausea, Tension, Tingling, Shaking...

“Suddenly I got a quick, powerful rush of 'NO!!!!' I went to the bathroom, stuck my fingers down my throat, got a small gag reflex, but I could not throw up. My stomach was feeling very sick, and I was cold and shaking....My legs felt tense and I tried to relax. I retreated downstairs to the privacy of a couch and bright light to try to sort out what was going on. My

body felt terrible and I was aware of my breathing, and felt like I needed to take large, deep breaths to stay alive”. (firsttimer, 2003)

Nausea in particular is common during the mushroom come-up (see fig 2 and 4), as well as after oral ingestion of other classic psychedelic 5-HT_{2A}R agonists (Breeksema et al., 2022). Individuals’ report *“A slight creeping stomach discomfort which I credit to the nausea”* (Bobo, 2021), and *“Almost immediately my stomach felt pretty fluttery”* (TheoMo, 2007). However, it is worth noting that nausea symptoms tend to resolve as peak effects begin to occur. For example, IDoExist (2012) reports that *“We laid back against the couch and waited for that feeling... That feeling is the comeupI was feeling a bit sick from all the chocolate, and I was worried that I would start tripping and vomit everywhere and be stuck in a sick hell for the whole day. But suddenly, it was easier to forget about my stomach. Things were starting to shift, the rainbow filter in front of my eyes got more intense”*. A report by capgras (2021) adds *“I constantly felt like the energy that had built up inside of me needed to be released somehow, and for a while kept thinking I needed to vomit. It turned out I just needed to burp a lot, as each time I did it felt like an immense relief”*.

Various bodily sensations including changes in perceived weight, tingles, energy, and feeling uncoordinated are mentioned. One individual noted *“I felt a weightlessness not too dissimilar from a mild weed high.”* (Sejjie, 2021) Another reports *“Feeling lots of energy tingling in different places around my body”* (Yuri_gagarin, 2009). Another says *“I get off my bed and immediately notice motor function has gone out the window. I am wobbling like I’ve spent the last hour downing shots and can just about stagger to the trash can by my desk at the other side of the room. I feel the tingles and vibrations.”* (Bobo, 2021)

Feeling cold, sweating and yawning are also mentioned and might reflect engagement of thermoregulatory cooling mechanisms (Gallup and Gallup, 2008) as has elsewhere been related to the hyperthermic effects of stimulants (Gallup & Gallup, 2020). *“After some thirty minutes, I felt the first, steadily increasing effects. One of the harshest come-ups in my tripping career so far. I couldn’t get comfortable regardless what I tried, was freezing and sweating at the same time but surprisingly, there was almost no anxiety”* (seebueb, 2017). And *“My body was starting to feel heavy, I was yawning every two minutes and felt really sleepy, my heart was starting to race a little bit”* (tavares oasis, 2018).

1E Immobility and Isolation

Oftentimes the bodily sensations mentioned above are accompanied by a desire for stillness, and individuals become immobile. As Ethan (2020) reports, *“Trip starts coming on, manifesting itself as a slight euphoria in my chest and bodily heaviness, with 15 minutes. After 30 minutes or so I turn off the lecture. I sit in bed on my back with my head propped up for a while, being as still as possible. I find that this eliminates the come-up nausea almost completely in my experiences with the mushroom”*.

Another individual reports *“Psilocybin is one of my favorites substances, yet both the come-up and the come-down can be uncomfortable. Anyway, oddly enough, most of what we both felt for the first hour or so was just lethargy”* (Samwise, 2021). Mundane (2010) adds, *“I*

start feeling that weird come-up feeling (the one that makes me want to curl up into a little fetal ball until it passes)”. The desire for stillness during the come-up is often accompanied by distortions in perception, as well as confusion and social discomfort.

Andrew (2020) writes *“The come-up occurred very quickly now, as the shadow of my hand against the yellow notepad began to blur with the paper. It was very difficult to write, so I decided to lay down on the couch. At this point, the familiar nausea began to kick in, which was more pronounced than usual. I was able to handle myself without throwing up, but the body load throughout the trip was quite uncomfortable, and I had difficulty sitting still in an effort to relax. In any case, I lay down on my back and began to stare at things; taking in my surroundings.”*

The following account provides a nice description of social discomfort leading to a desire for solitude, and the resulting comfort that this solitude elicits. *“So, we finished eating them around 9:00pm. By 9:15 I noticed a definite mood lift. By 9:30 I was shroom-buzzed. A couple of my friends were hanging out in my room and I soon found this hard to deal with because 1) Their conversation seemed very chaotic, and 2) They kept cranking up my stereo. I normally find shroom come-ups to be a little difficult, and this was no exception... their conversation and laughter was only making me uncomfortable. I knew what I had to do...I excused myself and went up to my room to be alone. I sat down on my bed and felt so much better to be in a calm and peaceful environment. I felt the waves of relaxation and release wash over me. Ahhhh, this was just what I needed... to live in a more relaxed state, and at a slower pace. I spent some time melting into my sheets and enjoying the visuals”* (bluedolphin, 2005).

1F Cognitive-Perceptual: Distortion, Disorientation, Detachment and Confusion

Cognitive-perceptual distortions, disorientation, detachment and confusion are common during the mushroom comeup. Pala (2003) reports a perceptual blurring of vision *“All I was experiencing was the sensation that my contacts were fogging over, and it was making everything hard to see, as if I was looking through a blurred window”* (MartyrSyndrome, 2021). Another individual reports *“I started noticing after around 20-25 minutes that the slime was overwhelmingly beautiful and so sparkly!! From there I became giggly and felt a little ...disoriented, but I was able to converse with my friend”* (goon, 2019). One individual relates the disorienting mushroom come-up to a salvia divinorum experience *“T=0:20-0:30 ... I had returned to my laptop and was speaking to my friend A – who also expressed surprise at the swift come-up – by the time the effects started to set in properly. They seemed very salvia-like at first in the way that salvia often appears to exercise a sort of force on my typing, seemingly compelling me to write certain things and omit others. I also felt heavy, thirsty and disoriented, again similarly to after taking salvia, and the bizarre sense of not-quite-identifiable familiarity was nearly identical”* (SoaV, 2008).

Experiences of detachment, loss of normal cognitive functions, and mental fragmentation are also noted *“About (t+0:30), the six of us piled into a car to drive and smoke a couple of bowls. I’d started to feel the first signs of the come-up: the hollow, breathy feeling inside my chest, a detachment from my surroundings, a decreased ability to form complex sentences”* (Sisyphus, 2009). Or as Black6 (2018) reports for a third party *“The beginning of the experience*

was full of an odd, detached anticipation for the participant. During the come-up he described his body/head feeling crowded with little entities in a small sense of confusion. Like a bunch of people on an elevator excited to get about their work but not sure what they exactly need to do and the doors hadn't opened yet. He gave the impression that it was crowded, but not in an uncomfortable way".

1G Questioning Thoughts and Ruminations

While it is difficult to capture the structure of thought with descriptive statistics, phenomenological analysis suggests that the resolution of anxious ruminations in the comeup often coincides with ensuing peak experiences in which problems begin to resolve. For example...

"Intrusive thoughts started to enter my head. 'Is it going to get more intense than this?' 'What if I start causing S to have a bad trip?' 'What if I start freaking out and S doesn't know what to do?' 'What if we really should have had a proper trip sitter who was going to stay completely sober?' These thoughts were fleeting but fairly consistent. As we were fully at the peak of the come-up I began to feel what I can only describe as a sense of 'otherness'..It was this strange feeling that helped me to realise that a lot of the intrusive thoughts I was having was my own body trying to 'pre-empt' having a bad time. Almost like a protective buffer. The more I thought about this, the more I felt it was ridiculous that I should be creating worries for myself. Then it hit." (capgras, 2021)

Note here the psychological experience and interpretation of the comeup. First, we see a string of worries or anxieties, then a sense of 'otherness', and then a realization that leads to peak experience.

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Supplement 2. Phenomenology of the Comedown

2A Positive Emotions

Positive emotions are common in the comedown. In contrast to the anxiety and excitement of the disorienting come up, or the awe-inspiring peaks of psychedelic experience, the denouement of the psilocybe mushroom experience is often characterized by a sense of peace, cathartic release, contentment and relaxation (although as we shall see later, lingering and unwanted excitability characterizes a minority of comedowns).

Words such as smooth, soft, mellow, comfortable, relaxed, nice, satisfied, joy, bliss, peace, pleasant, playful, and grateful can be found in case reports. One individual sums up his experiences *"The comedown was always amazing- with flashes of emotions, great releases of tears of sadness and joy."* (rmatrix, 2018). Dante (2019) describes a similar cathartic release *"When I get back to myself, I just lay there, upside down in bed, tears running down my face, with an extreme feeling of bliss...The comedown is very nice. Giggling, crying and feeling very satisfied, though left with a new respect for the power of the mushrooms."* (Dante, 2019).

Several reports refer to a pleasant calming of an excited mind. *"The come-down lasts approximately 3 hours. Firstly, I feel an overwhelming sense of calm...My thoughts had previously been fast-paced and sporadic but were now refined and mellowed.."* (Exedelic, 2013). Shags the Hyde (2013) describes *"a wonderfully relaxing come-down [and] After that... a deep, satisfied sleep"*, and bluedolphin (2005) recounts *"an extremely religious and healing experience... and with no anxiety or nausea!...The comedown was very smooth, and by midnight I was left barely feeling the effects of the shrooms, but still slightly tuned in to the slightly stimulating God-energy and feeling like I had just been blessed by the universe."* Shantanu (2019) likewise describes the mellowing of a god-encounter experience *"15:00 the sweet come-down phase. I still feel very near to God but it has become playful now."*

Descriptions of a soft, gentle and comfortable comedown are very common. *“The come-down was very soft.”* (Amino, 2019) *Coming down on mushrooms was a very gentle comedown, it was like being stoned but with more energy.”* (Soundgardener, 2007) And *“the comedown was very comfortable and enjoyable.”* (Ricky Bobby, 2020). *“The comedown is very pleasant. I feel very comfortable on the couch, it appears to be soft and made of fur (it's a leather couch)”* (zeta, 2005). *“The come-down was very mellow and easy... (vulpine, 2000).*

A sense of gratitude (implicit or explicit) is also conveyed *“A recurring mushroom theme for me seems to be gratitude; on a trip comedown, I feel so grateful for the simple things in life often taken for granted, such as food and drink.”* (shroomster, 2018).

2B Returning from a Hard Journey, Relief and Emotional Release

In keeping with our overarching theme; the temporal trajectory of the psychedelic experience, it is noteworthy how a number of individuals describe the comedown as a return from a challenging journey. *“I felt as if I had gone to Mordor and back, or climbed Mt. Everest, in the sense that it was the single best, and most defining experience of my life, but it's something that I do not want to do again for many many years.”* (FromMississippi, 2011) Or as Intrepid Traveler describes (2012) *“Euphoria overwhelmed me. I was all the way back, back from a journey of a lifetime, and my eyes began feeling heavy. I said to my friend ‘I’m back, and I’m back because of you.’ Then my eyelids dropped, and I lived the first night of my life knowing what lies on the other side.”* (Intrepid Traveler, 2012).

A sense of victory and relief may be associated with this return to baseline. Sarah (2005) writes *“I had a typical come-down experience, though I didn't feel depressed or sad. I felt like a survivor. I felt like I had escaped the abyss, the place where I tangled with madness and came out victorious.”* Or *“I finally began to relax... Everything is going to be ok, and everything is going to be normal. It was like no ‘comedown’ I had ever experienced.* (D, 2006). And *“When I got back in the room, I was feeling the ‘waves’ of the come-down and realized I had been tripping for a very long time....I felt at peace with everything, and was very relieved to be back.”* (DMon19, 2010).

However, the period of time that it takes to fully return and grow from a trip may far outlast the acute subjective effects of the mushroom experience. For example, Poimandres (2019) writes *“Coming down off the trip, I felt like I had finally done it and that I had broken my mind and killed my psyche. Indeed, it has taken me about 5 months so far to get back to normality, the slowest come-down ever. I have to say, though, that it has been a process of growth and learning as much as a painful progress of reclaiming and retrieving the shattered pieces of my soul.”*

Several individuals acknowledge challenges but nevertheless desire further trips in the future *“There were aspects of the trip that weren't ideal, but I've learnt from them. My next trip will be very different, but I won't ever forget this trip, a great introduction to psilocybin.* (zeta, 2005). And *“My anxiety appeared to have died down slightly, so I long to trip harder again....My hands are starting to return to normal. Everything seems... peaceful. I wish to trip longer at this point, ironically, because I experienced the worst panic attack ever when I first*

started.” (StrangeDaze, 2015). Others express ambivalence about the end of such an intense but beautiful experience *“It felt good to be coming down. I was extremely relieved for the rush to subside, but extremely disappointed to feel I was being distanced from nature.”* (zackmann, 2019).

2C Focus, Mental Clarity, Flow and Beauty

The confusion that characterizes the mushroom comedown subsides in the comedown, yielding to a compensatory (or comparative) perceptual acuity and mental clarity. For example, consider these three accounts: *“I remember distinctly seeing a cyclohexane attached to a histidine floating upward into the ceiling. And this compound was not hazy, it was there. I saw it clear as day. It was beautiful...Reality continued to come back into focus”* (FromMississippi, 2011); *“Every fifteen minutes or so, I felt an element of the confusion subside. I began ‘understanding how to be of our dimensional world’ more and more. This was a very happy reassurance that I would return to normal, so I crawled into bed.”* (Intrepid Traveler, 2012); *“My room was no longer alien to me. It was time for ‘me’ to come home to my body. As time passed, I could focus again”* (Ockham, 2020).

In two cases, a flow-state is described in conjunction with synchronous movement. *“With my eyes closed, I felt uncoordinated and kept tripping over myself, but with my eyes open, I felt very strong and fast, dancing better than I have in a while”* (MaybEtard, 2006). Serena (2019) describes a similar experience *“After that I picked up my hula hoop and had some music on the computer speakers and literally became one with my hula hoop. Complete state of flow. It was like it was a part of me it felt lighter than usual and so effortless. I had an EPIC time hula hooping. It was absolute freedom I simply didn’t care about anything else I did it for about an hour and wish I had that feeling all the time while doing it! I barely dropped it or faltered once and it felt so good!”*.

Descriptions of highly enjoyable and beautiful perceptions abound. Trie (2020) writes *“Even though I would’ve had benzos handy, I didn’t want to take them. Even for sleep, the sight was just too beautiful to stop it. As an alternative, I just opened all the curtains and marveled at the beauty of the city lights while slowly dozing off into a well-deserved sleep. I don’t remember dreaming that night.”*

In these reports we also observe an appreciation of the sensory details of one’s environment. For example, shroomster (2018) reports *“Nature truly was a wonder to behold. So wonderful that now, 5 hours in and decidedly on the comedown, I still wasn’t ready to leave ‘the natural world.’ ...The sky looked strikingly close, like the oval roof of a planetarium just thirty feet or so above our heads...We stared up at the moon until we had cricks in our necks, then went back inside. A delicious aroma greeted us; Albus was cooking. To my relief, inanimate objects in the cluttered living room had stopped crawling, though the sensation persisted in my periphery. The sight of a clean counter and washed dishes nearly moved me to tears”*.

Even mundane habits and experiences are appreciated and intensely pleasurable. *“I spark up my cig and sigh. ‘Ah, nothing better on a comedown than a nice, warm cig’, I think to myself”* (Dim-Lit, 2010). Or *“Music never seemed that remarkable”* (zeta, 2005).

2D Social Enjoyment and Repair

While clarity, flow and beauty reflect a relative absence of the distortions and confusion of the comeup, social enjoyment and repair reflect a relative absence of social apprehension and disconnection. Consider first two examples of enhanced social connectedness in the comedown. *“We sat there, talking about our trips and watching the sunset reflect off the clouds. Mostly, though, we just sat there silently...I said to them, ‘I’m going to miss you guys.’ I meant it like I had meant few things in my life. I felt a tear streak down my cheek, and wiped it away quickly. It wasn’t a tear of sadness, I was quite content at the moment. It was just a little outlet of all the emotion that had coursed through my body all that day”* (91, 2003). Swami (2018) adds *“In time, we all hugged and said our goodbyes. We had all shared a true moment together. A moment that lasted for hours, and would resonate in our hearts for the rest of time.”*

A desire to engage in social repair is evident in the following accounts. *“I went on AIM where I had a chance to speak to some people I still had issues with, and with one of my closest friends. I was able to resolve those issues quickly and parted ways with some people. Me and my close friend chatted on some good things and ended up parting with mutual affirmations of love. Which was great. I fell asleep within a few minutes of lying down and woke up 12 hours later, feeling great.”* (MaybEtard, 2006). And *“I sat down on the bed once more and pulled out some pictures on my phone of my man and family and thought about how much I loved them and basically had a moment and cried from appreciation and sent them all texts saying I loved them and made plans to visit”* (Serena, 2019).

2E Non-reactiveness

Individuals’ report being unbothered by normally aversive experiences during the comedown. Notice the immovable sense of calm and security portrayed in the following account. *“One of the greatest parts during the entire trip was the comedown, which lasted from 7-9 o’ clock. While sitting and talking at the train station, I felt such a great sense of calmness and clarity with both myself, and the world around me. Both in body and mind, I felt completely rejuvenated. I felt so much more satisfaction in just sitting and talking with friends, and enjoying the beautiful weather (which lasted for several weeks after). My mom called again, and I remembered that I had forgotten to call. She was extremely pissed, having found out I was not actually sleeping over, but I was in such a great mood I merely accepted it and agreed it was really stupid of me. She told me I was grounded, and by now, that didn’t matter much....I was not worried the least bit about my mom being pissed....Once home, I relaxed, and enjoyed myself. I felt incredibly safety and security, as well as overwhelming happiness and acceptance”* (Psychopsilocybin, 2010).

2F Resolutions, Inspirations and Insights

Resolutions for living better and how to approach psychedelic experiences in the future are common. Ben (2016) writes *“But for sure I’m going to increase my practise of yoga and take care more and more about the words I use and try to love people as much as possible. This is the only way for me to have a good life.”* Ockham (2020) adds *“To me, it was worth being sober for the trip, and I will remain sober until I decide to trip again. Long term sobriety allowed me to*

fully experience all aspects of a mushroom trip. And with such detail and clarity!"

ThreePieceSuit (2010) *"decided on not tripping again, at least for some time. I was confident in my own ability to limit myself, and I was in no rush to map this new realm."*

Several individuals report an inspiration, insight or realization *"The come down also gave me some feelings on music to play that I have always been hesitant to. I decided to play an album by Cloud Cult called Light Chasers. Wow, in listening and reading the lyrics I got to integrate those things and felt ecstasy in that realization"* (rmatrix, 2018). And *"We felt like the whole thing was so powerful that every person should try mushrooms at least once in their life, and it could change the world in unimaginable ways"* (Ricky Bobby, 2020). Serena (2019) adds *"After that decided to wind down and eat some more blueberries and listen to Alan Watts before bed. Love Alan Watts... that guy had it all figured out. Very inspiring and nice to listen to during an introspective comedown."*

2G Talkativeness, Dubious Ideas, and Expansive Mood

Philosophical musings and talkativeness are common during comedown. For example, Marty (2002) reports *"We had a bit of a comedown conversation about philosophy and how amazing it is that we are here. We talked about how great mushrooms are and how astonishing it is that a fungus that came from the ground can bring such feelings of joy and happiness to us."*

A more noticeable pressure to talk, accompanied by elevated mood, is reported by Jon (2021) *"I babble incessantly about music, the future, how Europe is different—all in all, an ecstatic come-down...Psychologically, I felt "refreshed" or "reborn" and kept rambling about how "young" I felt...I felt like I'd lost track of my previous identity and been thrown back into it from another angle, ready to work on things yet again. The feeling persists even as I write this (five days later), and I feel very happy with the experience."*

Other writings reveal fast-paced thought accompanied by an elevated spiritual mood. Note, for example, the rapid sequence of revelations conveyed in this excerpt *"Written at the end of the trip "This is an incredibly fascinating species. My god. Having been raised and brought up within its society has been an incredible experience. But that is what life is, an experience, it is pure, and continuous until death. Death ends the experience and takes the experiencer back to the all aware god. God is infinite. God is eternity. Eternity is not a concept understandable to human beings. We just can't. We name things simply because we try to quantify our own existence, try to explain why, try to give meaning to our seemingly dull lives. Life is not dull. Life is the greatest trip of them all, because it is so filled with experience. Life is pure experience."* (MaybEtard 2005).

Repetitive thinking with elevated mood is reported by Phoenix Huxley (2018) *"I danced under the moon with great joy to the rhythms of Tupac's 'killuminati' album. I truly felt alive, for the first in a long time. And I no longer wanted to despair, I didn't want to lose touch, I wanted to be, a part, a living -breathing and beautiful part of the world, a world that loves me. Throughout the night I had a constant thread of thought that would relate to the indigenous people, the ones who have used older, more sustainable technology. Truly believing that they understand these things, and that we the white people are actively destroying the world."* (Phoenix Huxley, 2018)

In some reports, attention becomes focused on ideas of dubious value. For example, Dandy Lion (2019) makes “*A map - during the come-down, I left myself a treasure map, to try to return to the “Dorado, city of gold”. But I also doubted the value of a map - the map is not the territory, and experiences aren’t pills to be swallowed*”.

A lingering excitability and irritability can in some cases lead to difficult comedowns. As one individual reports “*We sat there for most of the come-down, contemplating the meaning of our existence. It's hard to remember, but I think we came to the conclusion that 'we are nothing' and that God is responsible for everything. The worst part of this experience was trying to sleep. It was horrible. I laid there for hours, tossing and turning, trying to sleep, but my mind would not slow down and decrease the rate at which thoughts came.*” (Hard Harry, 2020)

Two individuals also reported an absence of positive emotions following elevated states. Rocket (2009) reports “*I had a zillion epiphanies that night, as well as a few interesting visuals I didn't mention (clock melting off the wall, etc). I did not keep track of time but the come-down happened after approximately 6 hours. It was gradual but I quickly recognized reality when I reached it, and boy, was it unpleasant. Colors were dull, things irritated me, I was bored and uninterested.*” Or as IDoExist (2012) reports “*The mood was completely opposite of what it had been earlier -- no longer warm, fleshy, orgiastic bliss -- now cold, mathematical emptiness.*”

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