

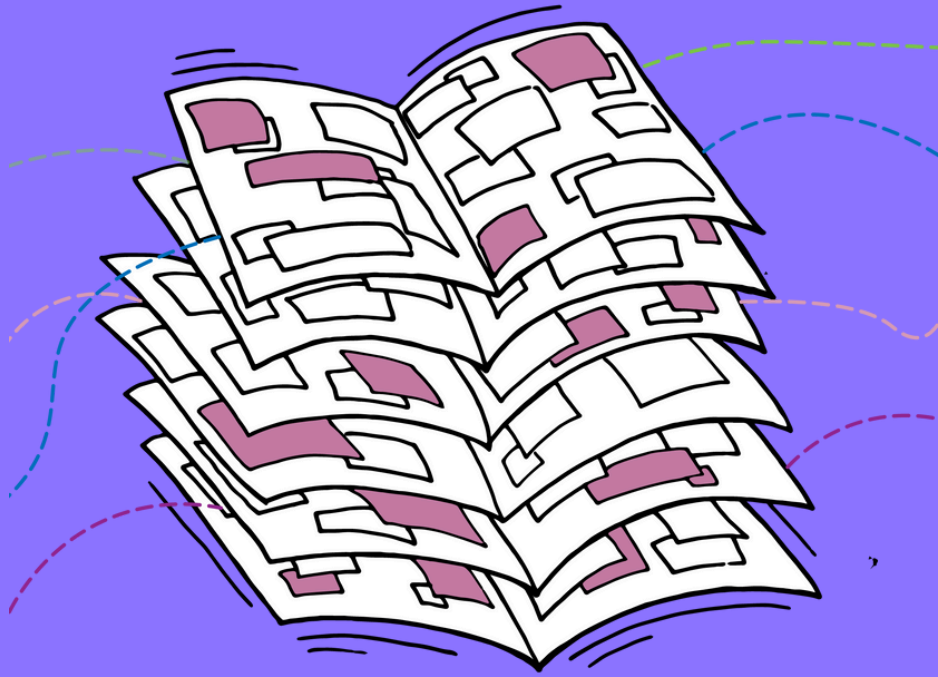
# UNITY PROJECT:

# WHAT TO EXPECT ON YOUR DOSING DAY

Unity Project | Subjective effects of DMT



# Table of Contents



INTRODUCTION PAGE 2 | PREPARATION PAGE 3  
| SET UP PAGE 4 | COME UP PAGE 5 | PEAK PAGE  
6 | DESCENT PAGE 7 | CONCLUSION PAGE 8

# Introduction

---

This booklet is designed to provide you with some essential information about the potential subjective effects you may experience during your dosing session.

Throughout the study, our team of experienced researchers and medical professionals will prioritize your comfort and ensure that you are well-informed about the process. We encourage you to read this booklet thoroughly and ask any questions you may have before proceeding with the study.

During your infusion, we will use Electroencephalography (EEG), a non-invasive method that measures the electrical activity in your brain. A specialized device will be used to record these signals. This procedure is entirely painless and will not cause any discomfort.

In the following pages, you will find information about the potential subjective effects of DMT and the safety measures we have in place to support you throughout the study.



**You will wear an EEG cap (like the one pictured here) throughout your infusion.**

# Preparation

In the mini prep course, we've shared several tools and exercises to help you get ready for your infusion of DMT, lisuride, d-cycloserine, or a placebo solution. We hope you've found some of these grounding exercises helpful. It's a great idea to keep practicing them in the days leading up to your session, and even after the infusion. These exercises can be really useful not just before, but also during and after your session.

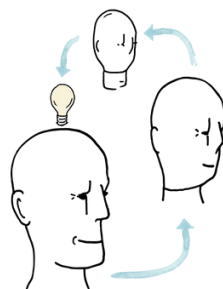
When you're practicing, try to think about your upcoming infusion. Imagine how these exercises might help you stay grounded and calm during the experience. This can be a great way to mentally prepare yourself for what's ahead.

As we reflect on what the DMT experience might be like, it's important to acknowledge how varied it can be. DMT is a very powerful hallucinogenic drug, and its **effects are brief yet intense**. This often leads to a dramatic and sudden shift in perception and state of mind, unlike anything most people have ever encountered.

For some, this experience is **incredibly meaningful**. It can offer profound insights about oneself and the world, and many describe it as one of the most significant experiences of their lives. However, it's equally important to recognize that this isn't the case for everyone. Some people might find that their experience with DMT **doesn't feel profound at all**. It may seem unremarkable or completely different from what they expected.

Being suddenly immersed in a drastically altered psychological space can be **disorienting**. It might feel as though the familiar ground beneath you has shifted unexpectedly. But, by understanding what might happen, staying open to the experience, and knowing how to manage any difficult emotions or thoughts, you'll be better equipped to navigate any challenges.

Remember, there's a **whole spectrum of experiences** with DMT, and all are completely valid. Whether your journey is deeply meaningful, surprisingly mundane, or somewhere in between, it's all part of the diverse tapestry of responses to this unique substance. We're here to support you through every aspect of your experience, whatever form it takes.



# Set-Up

---

Upon your arrival for the session, we will begin with a friendly conversation about your current state of mind and well-being. We will review some of the exercises you learned during the preparation program and address any questions you may have to ensure that you feel completely at ease and well-informed.

To start, we will ask you to complete a few questionnaires and perform some simple computer tasks.

When you are ready, our study doctor will insert a tiny tube, called a **cannula**, into your non-dominant arm. This cannula will be used to administer the study solution, which may contain DMT, lisuride, d-cycloserine, or a placebo. Please note that there is a 25% chance that you will receive DMT.

Before beginning the infusion, we will remind you to relax and take a deep breath. Once you are ready, we will initiate the **10-minute infusion**. It is essential that you remain as still as possible during this time to ensure clear readings of your brain activity.



**A pump like this will be used to infuse the substance into your non-dominant arm over a 10-minute period.**



As the DMT starts to work, you might feel a strong **buzzing or 'rushing' sensation**. Some people compare this to the feeling of being shot off in a rocket. This sensation can be **exciting** for some, but it might make others a bit **anxious**. If you feel anxious, try to slow down your breathing. Remember, this intense feeling is normal and will only last a short time. The 4-6 breathing exercise we practiced on Day 2 of the course could be really helpful here.

During the initial stages, as DMT begins to interact with your brain's **serotonin receptors**, many individuals report a profound sense of relaxation and a feeling of **heaviness** throughout their body. This sensation is often accompanied by **auditory changes**, such as a ringing sound or a different perception of the noises in your surroundings.

You may also notice that your **breathing feels different**. However, rest assured that you can breathe easily and normally. If needed, you can utilize the 4-6 breathing technique that you learned during our preparation program, which can be particularly helpful in this situation.

As the levels of DMT increase, you might begin to notice **colors and patterns** behind your closed eyelids. These 'visuals' are a common occurrence, but they are not experienced by everyone. Your experience may differ from others, and some individuals may not perceive these visuals at all, instead encountering different sensory experiences or none at all.

During this phase, you may experience a **wide range of emotions and bodily sensations**. Some individuals might find themselves drifting towards vivid, colorful experiences, while others might encounter more subtle, introspective feelings. It is not uncommon for some people to feel as though they are moving towards an expansive space or even a sense of nothingness.

All of these experiences, whether they involve vivid imagery, emotional journeys, or a tranquil descent into stillness, are valid and welcomed. We encourage you to embrace your unique journey, knowing that **there is no 'right' or 'wrong' way to experience this infusion**.

Throughout this process, it is important to remember that you are in a **safe environment**, surrounded by professionals who are dedicated to your well-being. We are here to guide and assist you, ensuring that your experience is as comfortable and positive as possible.

When the drug reaches its peak, things might get really interesting. You could **see, hear, and feel things that aren't actually there**, but they might seem very real. You might have totally new thoughts, see indescribable things, or feel like you're in a completely different world.

It's also possible to feel **disconnected from your body**. You might even feel like your body has disappeared and merged with the environment around you. These 'loss of self' feelings can be startling, and some people worry they've gone too far or changed their brain in some way. But don't worry – **these feelings are temporary**. No one has ever died from DMT, and there's no risk of overdose in this controlled setting. Though your thoughts may feel unusual, everything is only temporary, and you'll return to normal once the drug wears off.

We can't predict exactly how you'll experience the infusion, but whatever happens, we encourage you to **approach it with curiosity**, even if it feels unpleasant. Remember, you are safe, and we're here to guide and support you through this unique journey. All experiences, no matter how unusual or unexpected, are welcome.

If you start to worry or have unsettling thoughts during the experience, try to just notice them without judgment. **Remember, these thoughts are caused by the drug and they will pass.** In preparation, you might find it helpful to practice observing your thoughts, just like we did in the guided meditation on Day 3. Recall the mantra: 'in and through.' You can revisit the preparation course anytime to practice this meditation.

Many people notice that their **sense of time changes** during a DMT trip. It could feel like the experience lasts much shorter or longer than the actual 15 minutes, or you might lose track of time completely. This is a normal effect of the drug, and remember, the effects will fade within about 25 minutes after the infusion starts.

While not everyone may encounter this phenomenon, it's not uncommon to **interact with 'entities'** during your experience. These might be animals, aliens, or other kinds of entities. They might seem intimidating at first, but remember, they're just creations of your mind influenced by the drug. They can't harm you. In fact, they might have something to teach you. Approach them with curiosity. A good question to ask might be, 'What can you show me?'

Some people **re-experience past events or emotions** while on DMT. There are anecdotal reports of past emotional traumas resurfacing, although this hasn't been widely observed in scientific studies. This is one reason why we asked you about any past traumas or mental health issues before participating. If such memories or feelings come up, remember you are in a safe space, and this feeling will pass when the drugs have worn off.

The **emotional tone of your experience may vary significantly**. Some individuals may find themselves in states of euphoric bliss, enveloped in a warm, joyful light. Others might delve into more introspective or somber realms, confronting feelings of solitude or existential contemplation. It is important to note that these darker, more introspective experiences, while challenging, can offer profound personal insights and opportunities for growth.

In terms of **content**, experiences can range from vivid and rich to minimal or even void-like. You may encounter entities or presences that feel immensely wise or comforting. These encounters could be visual or purely sensed, offering interactions that are deeply meaningful and transformative. Conversely, some experiences are characterized by an **absence of content**, leading to feelings of floating in an expansive void. This space can evoke a sense of deep peace or serve as a canvas for introspection and self-reflection.

Your **sense of self** may also undergo significant changes during the peak of your DMT experience. Some individuals experience a dissolution of ego, feeling a profound sense of oneness with the universe or a loss of personal boundaries. This sensation can be liberating or disorienting, depending on your perspective and mindset. Others might undergo a transformation of self, feeling as though they are someone or something else entirely, experiencing life from a completely different perspective. This shift in identity can offer valuable insights and new ways of understanding the world and your place within it.

We invite you to approach every aspect of your experience with **openness and curiosity**. Whether you find yourself journeying through a kaleidoscope of visuals, conversing with entities, or floating in the stillness of the void, each moment has the potential to offer something valuable and meaningful.

During your experience, remember to utilize the tools and techniques you have learned, such as focused breathing or the mantra "**in, and through.**" If confronted with challenging emotions or sensations, gently asking yourself, "**What can you show me?**" can help transform your perspective, allowing you to embrace the experience as an opportunity for growth and understanding.

Throughout this profound journey, it is essential to keep in mind that you are in a safe and controlled environment, surrounded by a supportive team dedicated to your well-being. Your experience, no matter how varied or unexpected, is a valid and important part of this process.

# Descent

As DMT is rapidly metabolized by the body, any intensity you experience will very quickly start to wane, and you will find yourself drifting back towards baseline over the next **5-15 minutes**.

During this descent, you may find yourself instinctively trying to assign words to, mentally rehearse, or even hold on to certain aspects of your experience at the peak.

While this is a natural response, we encourage you to **continue paying careful and curious attention to your sensory landscape even as the intensity starts to subside**, as there is still plenty more to be observed and experienced.

## Post-DMT

The entire session will last approximately one hour, after which you will have the opportunity to relax and **discuss your experience** with a member of the UNITY team.

When you feel ready, we will begin an **interview** to gain a deeper understanding of your experiences in the scanner, from the beginning to the end of the session. This interview may involve both **speaking and drawing**, as we attempt to learn more about what you saw, felt, and experienced during your journey.

We want you to feel comfortable throughout the conversation, so we will let you set the pace. The interview can be as long or as short as you like, depending on your preferences and comfort level.

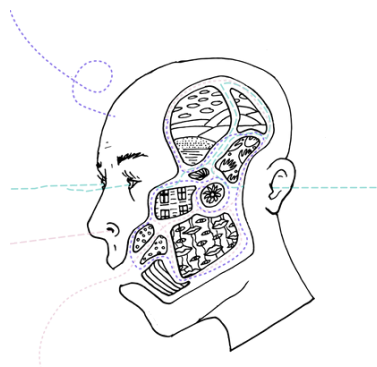
We understand that sometimes sharing these experiences can feel a bit **awkward or make you anxious**. We want to assure you that there's absolutely nothing to feel embarrassed about. Our researchers are very experienced in listening to all kinds of experiences and will not judge anything you share.

But remember, **you're in control of how much you share**. If there are parts of your experience you're not comfortable discussing, that's totally okay. You can share as much or as little as you feel comfortable with.

When you're telling us about your experience after the infusion, one of our researchers will be creating a **visual timeline for you**. They'll use both words and pictures on a piece of paper to map out your journey. The start of the line signifies the moment your infusion started, and the end represents when the session finished. We'll add notes and images along this line that capture the memorable moments you describe from your infusion.

This timeline will then become a helpful tool for the last part of our session together. We'll ask you to use a computer to illustrate how certain feelings changed in intensity over the course of your infusion. For example, you might draw lines on a chart to show how aware you were of the room around you.

At the start, you might feel very aware of the people near you or how you're sitting in the chair. As the infusion continues, this awareness might fade away, and then return towards the end. It could look something like a wave, rising and falling over the course of your experience.





# Conclusion

---

As you approach your DMT experience, remember that the relaxation and breathing exercises you've been practicing are great tools to help you stay calm. These techniques are useful not just for the DMT session, but also if you're in the non-psychoactive drug or placebo groups.

If you encounter experiences or visions that seem negative or unpleasant, remember that it's often **our reaction or judgment** that labels them as such. Try to adopt a non-judgmental mindset and simply observe what's happening. It's interesting to note that sometimes, the most challenging experiences turn out to be the most rewarding and insightful ones.

Once the effects of the DMT start to wear off, we encourage you to stay **still and calm as we finish up the recording**. This could be a great time to practice a Body Scan, like the one you learned on Day 4 of the preparation course. It's a simple, soothing exercise that can help you reconnect with your body and ease back into your regular state of mind.

Feel free to **bring items that help you feel relaxed for your session**. This could include a pen and paper, a scent that makes you feel grounded, or any other objects you like. We also suggest wearing comfortable clothes to ensure you feel as relaxed as possible.

**Take a moment to think about everything we've talked about. If there are any questions or anything you're curious about, jot them down. We're here to answer all of them.**

**When it's time for your infusion, we'll make sure to go over these questions with you. We want to take all the time you need to feel safe, ready, and fully prepared for this experience.**

UNITY

