

Methylcybin (4-HO-MET) becomes significantly stronger the more one uses tryptamine molecules. 10mg of 4-HO-MET can vary from a light dose to a strong dose depending on one's sensitivity to the molecule. In other words 10mg of 4-HO-MET is equal to a true 70mcg - 175mcg dose of LSD in terms of potency based on one's sensitivity to the molecule.

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4:30pm - My friend, 1, and I drive to a large nature park and walk to a hidden area to meet up with our friends.

4:40pm - I consume ~12mg of pure 4-HO-MET. As I have used tryptamine molecules many times this is a strong dose for me, roughly equal to 165mcg of LSD in terms of intensity. 1 consumes 50mg of pure 4-AcO-DMT, roughly equal to 250 - 300mcg of LSD in terms of intensity.

~ 4:55pm - One of my friends, 2, rolled a joint. He offered to let me smoke some of the joint so I sat down on a log with him and smoked down the joint.

~ 5:00pm - I have a warm glow throughout my body; similar to the classic tryptamine feeling but not as generic as 4-MeO-MiPT or 4-AcO-DET for example. 4-HO-MET is indeed like a more recreational version of mushrooms (4-HO-DMT). With a less intimidating and serious yet still psychedelic headspace, while being more visual.

~ 5:10pm - I am having direct visual breathing partially causing shapes to expand inwards and outwards. Visual geometry with eyes closed is level 3 and occasionally level 4. Appearing as Intricate vs. simplistic, Algorithmic vs. abstract, Synthetic vs. organic, Structured vs. unstructured, Multicolored vs. monotone. The joint we were smoking is now done.

~ 5:10pm contd. - With eyes open my vision has symmetrical texture repetition and distinct visual tracers. The headspace is profound, relaxing, & stoning; while also being somewhat stimulating and fast-paced in a manner similar to LSD or 2C-B. Consisting of thought connectivity/acceleration (my thoughts felt like a chain being pushed downstream), novelty enhancement (everything felt more interesting), empathy-affection and sociability enhancement, level 2 unity & interconnectedness (unified with and identifying with the external environment, but not the people within it).

~ 5:15pm - My friend, 3, gets out of his hammock and lets me get in. 1 grabs my portable speaker and starts playing Paper Mache Dream Balloon by King Gizzard and the Lizard Wizard. Inside the hammock I begin to experience changes in felt bodily form. I'm experiencing level 3 unity & interconnectedness whereby I can feel and see with eyes closed my body expanding, contracting, and folding in on itself across my perceivable

surroundings which I am interconnected with. 1 switches the music to Disc 2 of Converting Vegetarians.

~ 5:15pm contd. - Visually I am having level 4 geometry, with eyes closed the geometry is bright indescribably complex geometric patterns and fractals fully filling my visual field. I am having fully defined internal hallucinations as well, consisting of memory replays from before I got in the hammock and indescribably complex objects among the geometry. I am now done with onset of effects (15 - 40 minutes).

~ 5:45pm - The comeup (30 - 60 minutes) is over around this time, with the peak beginning to start around this time as well. Smelling the smoke from our fire causes me to have a fully defined internal hallucination of a ----- at the voyagers national park I went to ----- . I go between this hallucination and level 4 - 5 geometry.

~ 6:00pm - I'm now having level 8a geometry. I can see how the grammatical structure of french and english is stored and related in my mind.

~ 6:10pm - I am now feeling level 4 unity & interconnectedness, as if the boundaries of my body have been blasted to infinity.

~ 6:40pm - I get out of the hammock and sit down under the tarp with 1. As I'm walking I have distinct visual morphing. 3 tells us that he is going to the entrance to get water. I ask to use his nintendo switch and start playing Super Mario Odyssey, the immersion enhancement makes the game surreal. The headspace has become a bit daunting and intense but nothing bad

~ 6:50pm - 3 gets back

~ 7:10pm - 3 decides to head out brining his nintendo switch with him. Leaving 1 and I their alone. We decide to chill in the forest for a bit longer before going back over to my house. The rain begins to drizzle which had been going on and off all day long. Luckily we have our tarp to stay under

~ 7:35pm - 1, and I go walking around one of the trails in the nature park while playing tame impala on my portable speaker.

~ 8:15pm - We go back over to my house.