

Q1 Please give yourself a random nickname:

Answered: 78 Skipped: 0

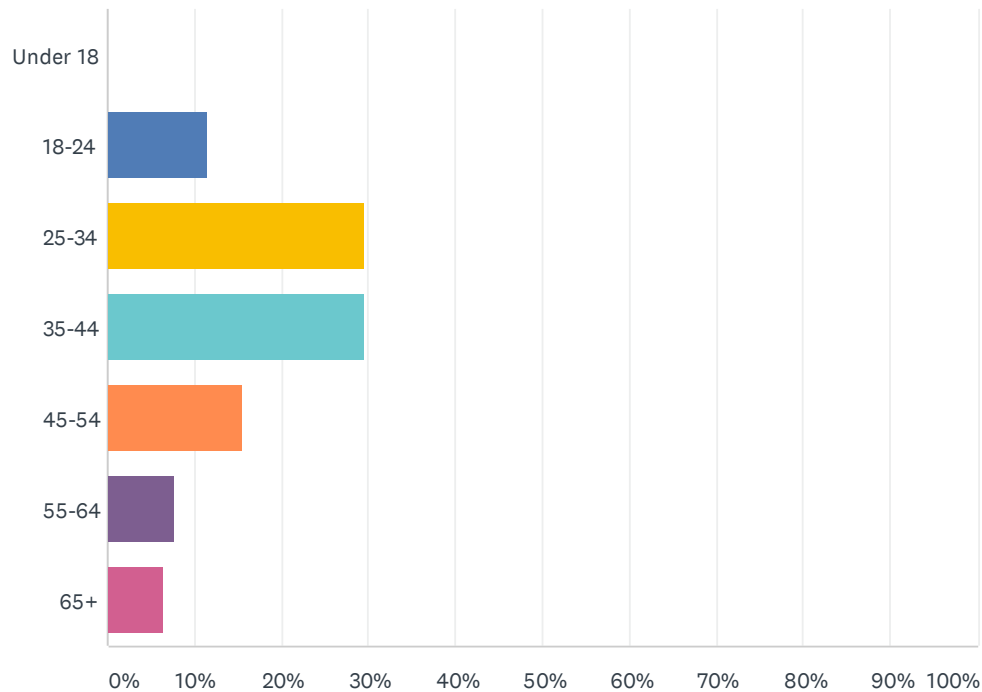
#	RESPONSES	DATE
1	set	4/1/2020 11:04 AM
2	Apple	2/23/2020 11:03 AM
3	Helicopter	2/21/2020 11:58 PM
4	Dini	2/16/2020 8:20 AM
5	suz	2/14/2020 10:54 PM
6	Herbert	2/11/2020 10:25 PM
7	k	2/11/2020 3:43 PM
8	Inner	2/10/2020 8:59 PM
9	ruby shoes	2/7/2020 5:04 PM
10	Big Woman	2/6/2020 7:06 PM
11	k	2/6/2020 3:54 PM
12	Nekodesu	2/6/2020 12:16 PM
13	screan	2/5/2020 9:40 PM
14	NAB	2/5/2020 4:42 PM
15	Gerry Peterson	2/5/2020 9:21 AM
16	Sheila	2/4/2020 7:50 PM
17	cc london	2/4/2020 5:13 PM
18	Magda	2/4/2020 12:36 PM
19	Standing Bear	2/4/2020 5:01 AM
20	Peter	2/3/2020 6:45 PM
21	Turtleboi	2/3/2020 4:15 PM
22	Cheryl	2/3/2020 3:07 PM
23	Terri	2/3/2020 1:54 PM
24	Surreal	2/3/2020 10:16 AM
25	Samisamuraij	2/3/2020 3:25 AM
26	Esaugetuh	2/3/2020 12:42 AM
27	metoo	2/2/2020 10:42 PM
28	Ines	2/2/2020 4:11 PM
29	Abc	2/1/2020 3:58 AM
30	MM	1/27/2020 2:44 PM
31	Bobby	1/26/2020 12:03 PM
32	k	1/24/2020 4:42 PM
33	Nekodesu	1/24/2020 10:11 AM
34	sisi	1/23/2020 12:40 PM
35	sisi	1/23/2020 12:39 PM
36	k	1/22/2020 3:31 PM
37	Coffin Carpet Cleaner	1/21/2020 12:41 PM

Shamanic Meditation		SurveyMonkey
38	Kalli	1/21/2020 11:53 AM
39	Graeme	1/17/2020 7:48 PM
40	smokesine	1/16/2020 1:00 PM
41	Dan	1/14/2020 3:53 PM
42	Jabin	1/12/2020 5:48 AM
43	Babushka	1/2/2020 8:21 PM
44	Fred	1/2/2020 6:06 PM
45	Nika	1/1/2020 8:23 PM
46	Jam	12/31/2019 3:40 PM
47	Random_nickname	12/28/2019 12:26 AM
48	Mia	12/23/2019 8:38 PM
49	fennee	12/21/2019 3:25 PM
50	Fabs	12/11/2019 3:42 PM
51	beelzebubble	12/10/2019 4:45 PM
52	Shamanic enthusiast	12/10/2019 1:46 PM
53	Mjc	12/10/2019 1:11 PM
54	PukiMuki	12/10/2019 11:08 AM
55	Regina	12/9/2019 7:46 PM
56	Stasha	12/9/2019 12:19 AM
57	Daliah	12/5/2019 1:30 PM
58	Lakshmi06	12/4/2019 8:19 AM
59	Tattooedjonny	12/3/2019 4:17 PM
60	Smithers	12/3/2019 1:18 PM
61	Elsa	12/2/2019 7:40 PM
62	Kalou	12/2/2019 4:39 PM
63	Hayabusa	12/1/2019 9:13 PM
64	Gumpze	12/1/2019 5:44 PM
65	Aruna	11/30/2019 7:19 AM
66	Calabash	11/29/2019 9:08 PM
67	zooka	11/29/2019 7:27 PM
68	Marcy	11/27/2019 8:14 PM
69	nisse	11/27/2019 1:04 PM
70	Fnatic	11/26/2019 3:46 PM
71	Thunder	11/26/2019 1:39 PM
72	Agape	11/26/2019 1:46 AM
73	ha	11/24/2019 3:58 PM
74	Tjofrasse	11/24/2019 2:14 PM
75	Magus	11/23/2019 10:59 AM

76	eds	11/23/2019 8:14 AM
77	maize	11/22/2019 8:50 PM
78	Cap10	11/21/2019 8:55 PM

Q2 Which category below includes your age?

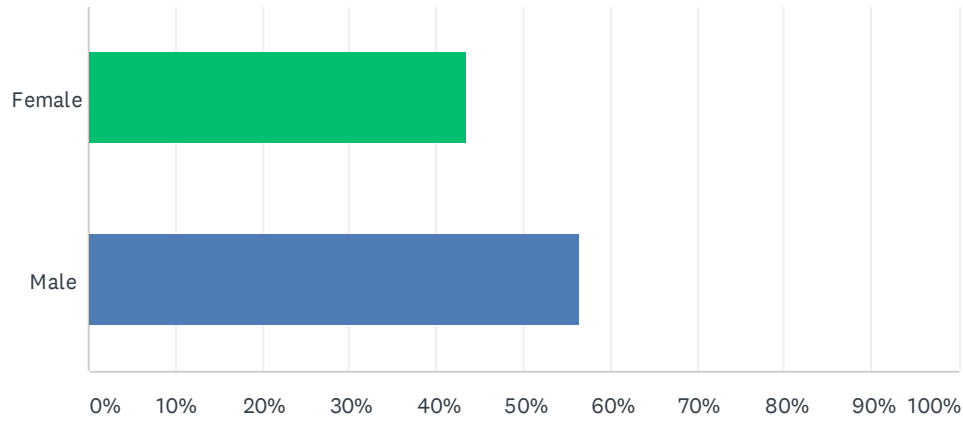
Answered: 78 Skipped: 0



ANSWER CHOICES	RESPONSES
Under 18	0.00% 0
18-24	11.54% 9
25-34	29.49% 23
35-44	29.49% 23
45-54	15.38% 12
55-64	7.69% 6
65+	6.41% 5
TOTAL	78

Q3 What is your gender?

Answered: 78 Skipped: 0



ANSWER CHOICES		RESPONSES	
Female		43.59%	34
Male		56.41%	44
TOTAL			78

#	OTHER (PLEASE SPECIFY)	DATE
	There are no responses.	

Q4 What is your current religion or belief, if any?

Answered: 78 Skipped: 0

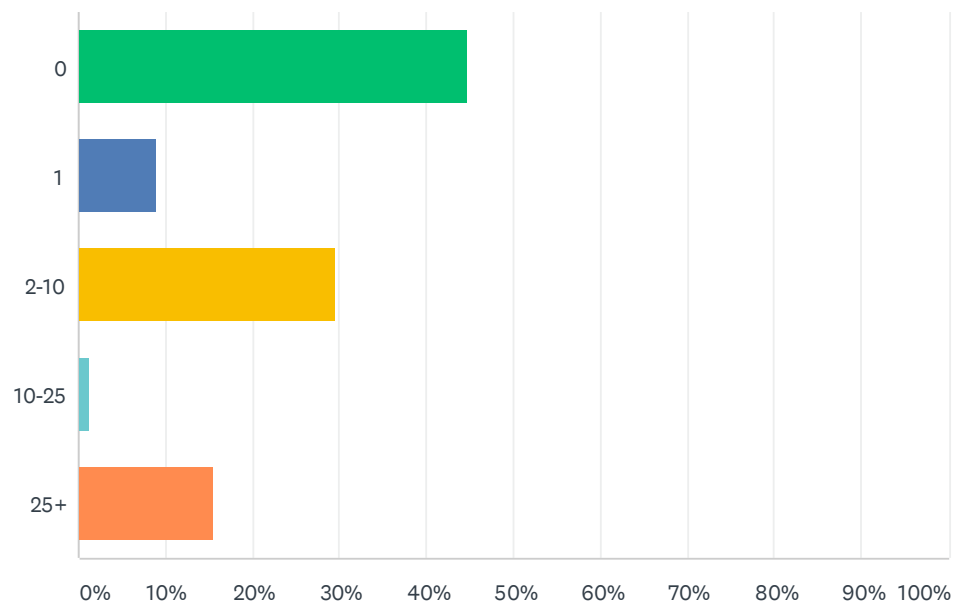
#	RESPONSES	DATE
1	Christian	4/1/2020 11:04 AM
2	Nominal Christian	2/23/2020 11:03 AM
3	Buddhism	2/21/2020 11:58 PM
4	Cause and effect	2/16/2020 8:20 AM
5	spiritualist/pagan	2/14/2020 10:54 PM
6	I believe in nature	2/11/2020 10:25 PM
7	nono	2/11/2020 3:43 PM
8	None	2/10/2020 8:59 PM
9	leaning towards Buddhism otherwise agnostic	2/7/2020 5:04 PM
10	spiritual	2/6/2020 7:06 PM
11	nono	2/6/2020 3:54 PM
12	I am a spiritual person and I believe in energy. God, the Universe, you and me are all one and the same.	2/6/2020 12:16 PM
13	atheist	2/5/2020 9:40 PM
14	Agnostic	2/5/2020 4:42 PM
15	Not bothered	2/5/2020 9:21 AM
16	Spiritual but no religion	2/4/2020 7:50 PM
17	The Universal Oneness	2/4/2020 5:13 PM
18	Agnostic	2/4/2020 12:36 PM
19	Shamanic practitioner	2/4/2020 5:01 AM
20	no religion	2/3/2020 6:45 PM
21	Love	2/3/2020 4:15 PM
22	I believe we are light beings here experiencing human life	2/3/2020 3:07 PM
23	Aim: Learning and practicing Life from an ongoing spiritual perspective.	2/3/2020 1:54 PM
24	Spiritual	2/3/2020 10:16 AM
25	Contemporary Shamanism/ Pagan/Daoism	2/3/2020 3:25 AM
26	Metaphysical Humanism	2/3/2020 12:42 AM
27	spiritual not religious	2/2/2020 10:42 PM
28	spiritual	2/2/2020 4:11 PM
29	Spiritual/scientific	2/1/2020 3:58 AM
30	Orthodox Christian	1/27/2020 2:44 PM
31	Catholic	1/26/2020 12:03 PM
32	non	1/24/2020 4:42 PM
33	I am a spiritual person and I believe in energy. God, the Universe, you and me are all one and the same.	1/24/2020 10:11 AM
34	no	1/23/2020 12:40 PM
35	no	1/23/2020 12:39 PM
36	not sure	1/22/2020 3:31 PM

Shamanic Meditation		SurveyMonkey
37	Existential nihilist	1/21/2020 12:41 PM
38	none	1/21/2020 11:53 AM
39	transponders	1/17/2020 7:48 PM
40	Agnostic, belief in a higher power but not a traditional deity.	1/16/2020 1:00 PM
41	Na	1/14/2020 3:53 PM
42	Islam	1/12/2020 5:48 AM
43	Juramidam	1/2/2020 8:21 PM
44	Agnostic	1/2/2020 6:06 PM
45	None	1/1/2020 8:23 PM
46	Christian	12/31/2019 3:40 PM
47	Oneness	12/28/2019 12:26 AM
48	N/A	12/23/2019 8:38 PM
49	Still figuring this out. I want to expand past the limitations of belief and seek truth	12/21/2019 3:25 PM
50	Christian/Pagan	12/11/2019 3:42 PM
51	Buddhist/K	12/10/2019 4:45 PM
52	Agnostic, general spiritual believes but no religion	12/10/2019 1:46 PM
53	MA	12/10/2019 1:11 PM
54	Spiritual - not religious	12/10/2019 11:08 AM
55	Shamanic	12/9/2019 7:46 PM
56	no religion	12/9/2019 12:19 AM
57	None	12/5/2019 1:30 PM
58	Hinduism	12/4/2019 8:19 AM
59	Non traditional shamanic practitioner	12/3/2019 4:17 PM
60	Oneness	12/3/2019 1:18 PM
61	None	12/2/2019 7:40 PM
62	Raja Yoga	12/2/2019 4:39 PM
63	Pantheism	12/1/2019 9:13 PM
64	Non Religious, but tend to agree more with western philosophy around consciousness.	12/1/2019 5:44 PM
65	non-duality, buddhism	11/30/2019 7:19 AM
66	none	11/29/2019 9:08 PM
67	Buddhism	11/29/2019 7:27 PM
68	none	11/27/2019 8:14 PM
69	none	11/27/2019 1:04 PM
70	Atheist	11/26/2019 3:46 PM
71	Agnostic, belief in non-human intelligence	11/26/2019 1:39 PM
72	Pagan	11/26/2019 1:46 AM
73	Christian	11/24/2019 3:58 PM
74	Kind of pantheist	11/24/2019 2:14 PM

75	Christian	11/23/2019 10:59 AM
76	muslim	11/23/2019 8:14 AM
77	None	11/22/2019 8:50 PM
78	Muslim	11/21/2019 8:55 PM

Q5 How many shamanic journeys have you had before?

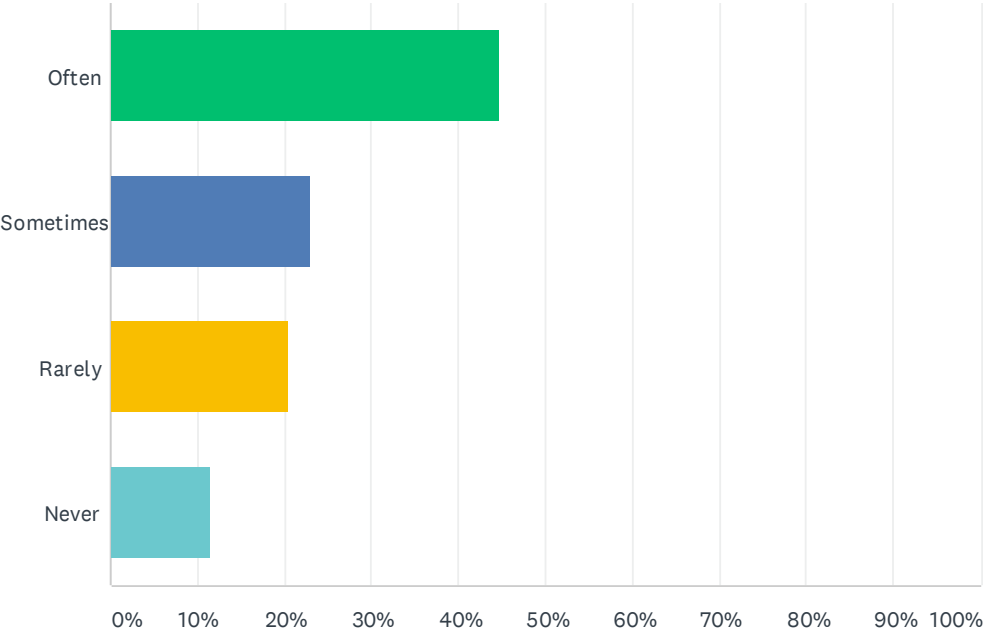
Answered: 78 Skipped: 0



ANSWER CHOICES	RESPONSES	
0	44.87%	35
1	8.97%	7
2-10	29.49%	23
10-25	1.28%	1
25+	15.38%	12
TOTAL		78

Q6 How often do you meditate?

Answered: 78 Skipped: 0



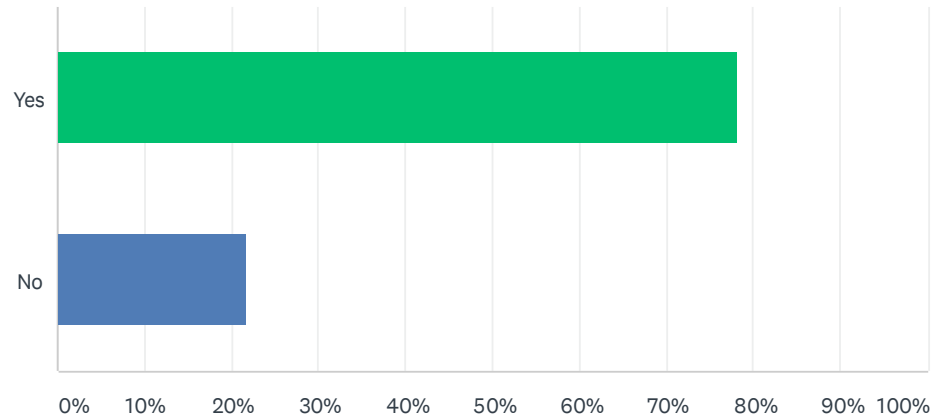
ANSWER CHOICES		RESPONSES	
Often		44.87%	35
Sometimes		23.08%	18
Rarely		20.51%	16
Never		11.54%	9
TOTAL			78

#	IF YOU MEDITATE, PLEASE PROVIDE SOME DETAILS ABOUT YOUR TECHNIQUES:	DATE
1	Guided meditations, staying in no thought space	4/1/2020 11:04 AM
2	Buddhist mindfulness and metta	2/21/2020 11:58 PM
3	guided, shamanic and sitting in the stillness	2/14/2020 10:54 PM
4	I light a candle and follow the flickering light with my eyes whilst sitting crossed-legged.	2/11/2020 10:25 PM
5	I meditate focusing on my breath, sometimes I will do "open awareness" meditations	2/7/2020 5:04 PM
6	Guided meditations and Jeff Strong's drumming meditations	2/6/2020 7:06 PM
7	I used to meditate with closed eyes, to the sound of nature. Also did some guided ones and active meditation.	2/6/2020 12:16 PM
8	mindfulness via headspace	2/5/2020 9:40 PM
9	Bubble popping thoughts	2/5/2020 9:21 AM
10	Mindfulness or yoga nidra	2/4/2020 7:50 PM
11	Scanning, Counting breaths	2/4/2020 5:13 PM
12	Observing my thoughts and sensations within my body	2/4/2020 12:36 PM
13	Sensory mindfulness meditation using nature elements	2/3/2020 6:45 PM
14	Open eye meditation, and sound healing techniques	2/3/2020 4:15 PM
15	Wim hof breathing and then deep meditation for 15 mins	2/3/2020 3:07 PM
16	It used to be daily evolving differently for over five years. 1. Audio/Visual of a spinning Mandala on a TV screen. 1. Headphones listening to meditation designed music or that with a guide or guide only. 3. Silence only.	2/3/2020 1:54 PM
17	Breathwork, visualization, guided meditation	2/3/2020 10:16 AM
18	A lot of different techniques	2/3/2020 3:25 AM
19	Sound meditation. EFT. Energy healing	2/2/2020 4:11 PM
20	Vipassana, kriya and mudras	2/1/2020 3:58 AM
21	I used to meditate with closed eyes, to the sound of nature. Also did some guided ones and active meditation.	1/24/2020 10:11 AM
22	very Basic, counting numbers,	1/23/2020 12:40 PM
23	very Basic, counting numbers,	1/23/2020 12:39 PM
24	Continuing the flow of the mind but in a deeper exploration, finding personalised reason for and from thoughts	1/21/2020 12:41 PM
25	breathing mindfulness	1/21/2020 11:53 AM
26	Normally before bed, with white noise or rainfall (soothing ambient samples). I practice breathing techniques to slow heart rate, mostly to help me sleep.	1/16/2020 1:00 PM
27	I prefer guided meditation for astral projection	1/12/2020 5:48 AM
28	Breathing techniques and trying to focus on one thing	1/2/2020 8:21 PM
29	Vipassana	1/1/2020 8:23 PM
30	I practice living meditation, where the goal is to connect to the true nature under different circumstances, eg talking, walking, reflecting	12/28/2019 12:26 AM
31	breathing meditation	12/23/2019 8:38 PM
32	To allow thoughts to occur and to sink into the current and to see what's driving the thought, the emotion, the experience	12/21/2019 3:25 PM

33	Binaural beats for a round 10 mins a time	12/10/2019 1:11 PM
34	I use 2 or 3 audio guided meditations every morning, for gratitude, positive & productive day (20-30mins in total). In the evening I often use a guided visualisation (15mins). I listen to over 1 hour of Heart Chakra Opening Vibrations (fairly often) & try others from time to time depending on what's happening in life such as 'Releasing the inner critic', 'Chakra balance' or 'Open heart meditation'. Also listening to talks & affirmation audios. I use dance & art regularly which are like meditations too. I often meditate on & write a 'Clarity of intention' list of my main focuses for a time, usually during a full moon.	12/10/2019 11:08 AM
35	In silence, on nature, with music, with mantras	12/9/2019 7:46 PM
36	body relaxation , 20 minute sitting meditation focus on breathing or processing emotions , events	12/9/2019 12:19 AM
37	Trying out this and that, havent found "my" technique yet	12/5/2019 1:30 PM
38	my meditation sessions usually start by focusing on the breath or a mantra or after chanting	12/4/2019 8:19 AM
39	Mostly journey rather than meditate but sometimes meditate for relaxation	12/3/2019 4:17 PM
40	I use mindfulness of breathing, general mindfulness throughout my day, moving/dance meditation, binaural beats, visualisations	12/3/2019 1:18 PM
41	traditional hindouism	12/2/2019 4:39 PM
42	Evenings, often with music. Preferably 432 Hz. Sometimes alone in nature. Other times withentheogens.	12/1/2019 9:13 PM
43	Some Wim Hoff style breathing in the morning (laid flat) followed by transcendental sat upright in armchair.	12/1/2019 5:44 PM
44	in class	11/29/2019 9:08 PM
45	Guide words from people recorded	11/29/2019 7:27 PM
46	practicing a guided meditation either Metta or Vipassanā	11/27/2019 8:14 PM
47	sitting, focus on breathing	11/27/2019 1:04 PM
48	breathwork, sound journeys, sacred medicines - "drug" induced trance, mindfulness - focus on breath	11/26/2019 1:39 PM
49	I do traditional Neigong practices as well as Metta ,and Mindfulness style meditations	11/26/2019 1:46 AM
50	mindfulness	11/23/2019 8:14 AM
51	corpse pose after yoga	11/22/2019 8:50 PM

Q7 Are you going to use headphones for the listening part?

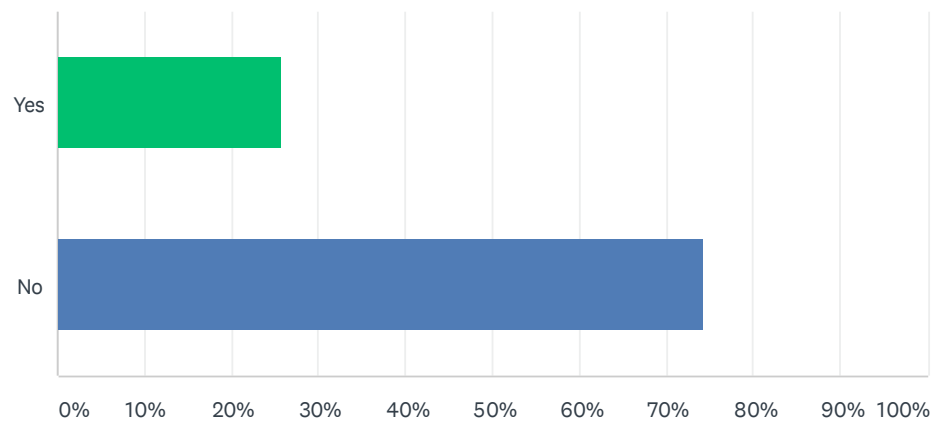
Answered: 78 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	78.21%	61
No	21.79%	17
TOTAL		78

Q8 Have you used any mood altering substances including caffeine or alcohol in the last few hours?

Answered: 78 Skipped: 0

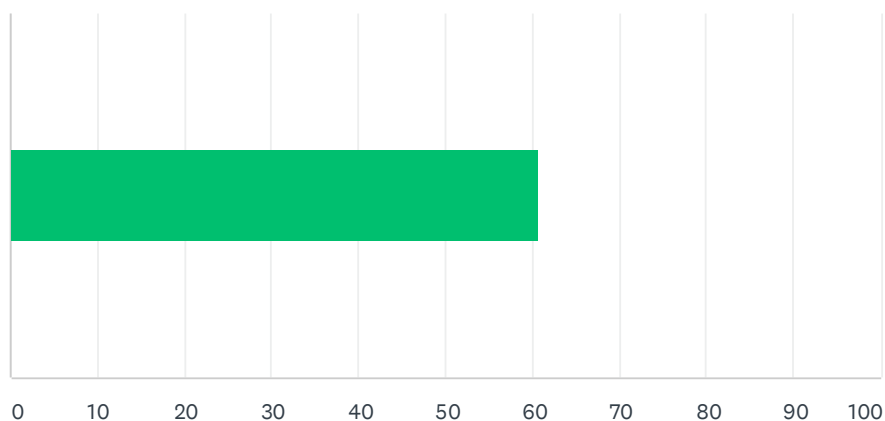


ANSWER CHOICES	RESPONSES	
Yes	25.64%	20
No	74.36%	58
TOTAL		78

#	IF YES, PLEASE SPECIFY (OPTIONAL):	DATE
1	1 weak cup of coffee	2/14/2020 10:54 PM
2	tea	2/11/2020 3:43 PM
3	I have drank tea	2/7/2020 5:04 PM
4	tea	2/6/2020 3:54 PM
5	Tea	2/4/2020 5:13 PM
6	Caffe	2/4/2020 12:36 PM
7	Coffee at 11am	2/3/2020 3:07 PM
8	Coffee	2/3/2020 1:54 PM
9	TEA	2/3/2020 3:25 AM
10	Coffee black, no sugar	2/3/2020 12:42 AM
11	Caffeine	1/26/2020 12:03 PM
12	cannabis	1/21/2020 12:41 PM
13	Cup of Tea	1/2/2020 6:06 PM
14	Caffeine	12/10/2019 1:11 PM
15	Two cups of black tea early this morning	12/1/2019 9:13 PM
16	Coffee 4 hours ago.	12/1/2019 5:44 PM
17	caffeine	11/27/2019 1:04 PM
18	coffee	11/26/2019 1:39 PM
19	Coffe, cannabis	11/24/2019 2:14 PM
20	Coffee, thc	11/23/2019 10:59 AM

Q9 How focused do you feel now?

Answered: 78 Skipped: 0



ANSWER CHOICES	AVERAGE NUMBER	TOTAL NUMBER	RESPONSES
	61	4,726	78
Total Respondents: 78			

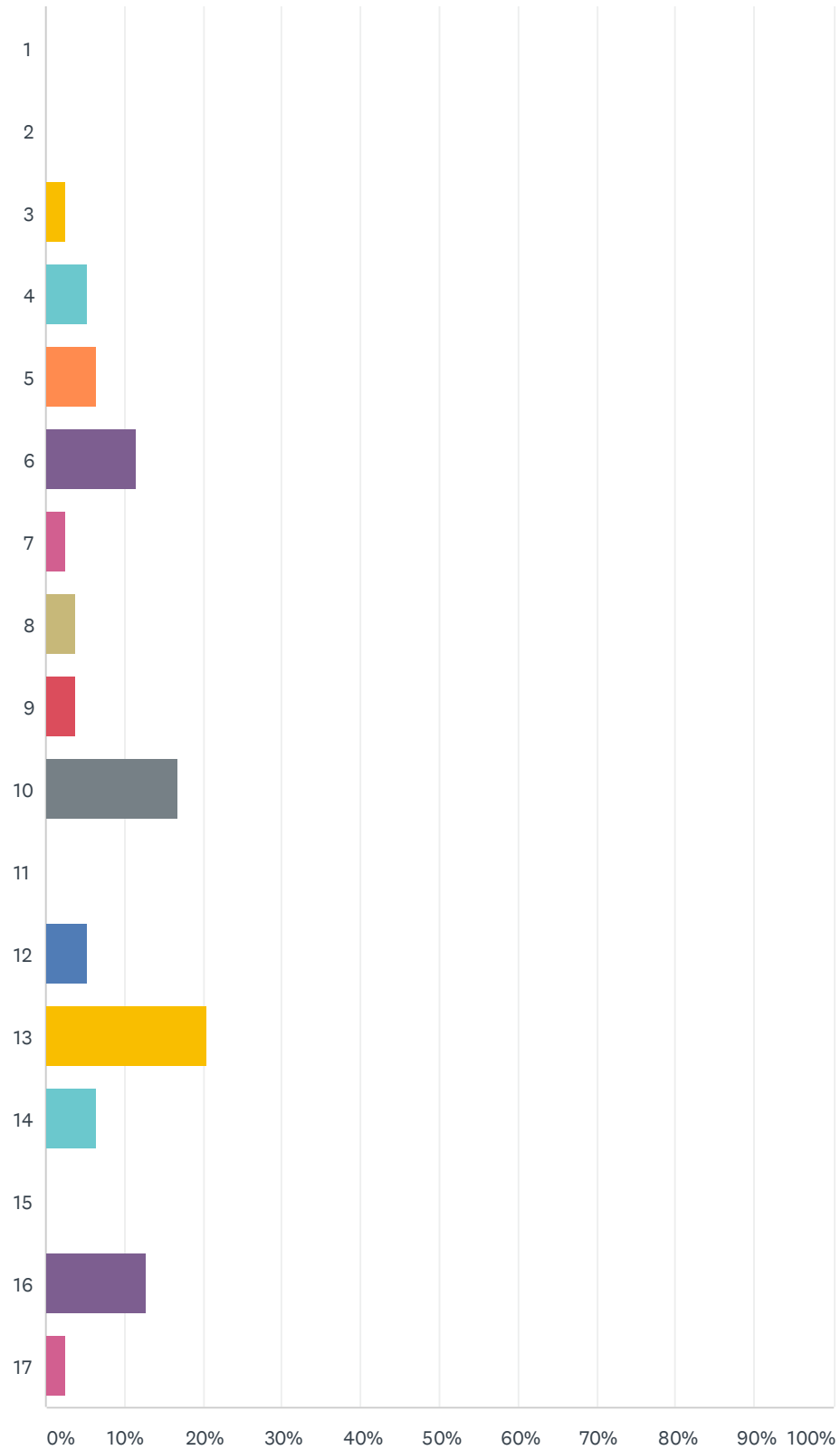
#		DATE
1	31	4/1/2020 11:04 AM
2	50	2/23/2020 11:03 AM
3	30	2/21/2020 11:58 PM
4	24	2/16/2020 8:20 AM
5	36	2/14/2020 10:54 PM
6	34	2/11/2020 10:25 PM
7	57	2/11/2020 3:43 PM
8	88	2/10/2020 8:59 PM
9	77	2/7/2020 5:04 PM
10	60	2/6/2020 7:06 PM
11	43	2/6/2020 3:54 PM
12	36	2/6/2020 12:16 PM
13	78	2/5/2020 9:40 PM
14	58	2/5/2020 4:42 PM
15	70	2/5/2020 9:21 AM
16	22	2/4/2020 7:50 PM
17	60	2/4/2020 5:13 PM
18	83	2/4/2020 12:36 PM
19	50	2/4/2020 5:01 AM
20	28	2/3/2020 6:45 PM
21	88	2/3/2020 4:15 PM
22	88	2/3/2020 3:07 PM
23	51	2/3/2020 1:54 PM
24	100	2/3/2020 10:16 AM
25	81	2/3/2020 3:25 AM
26	90	2/3/2020 12:42 AM
27	50	2/2/2020 10:42 PM
28	50	2/2/2020 4:11 PM
29	62	2/1/2020 3:58 AM
30	70	1/27/2020 2:44 PM
31	50	1/26/2020 12:03 PM
32	30	1/24/2020 4:42 PM
33	50	1/24/2020 10:11 AM
34	26	1/23/2020 12:40 PM
35	26	1/23/2020 12:39 PM
36	50	1/22/2020 3:31 PM
37	48	1/21/2020 12:41 PM

Shamanic Meditation		SurveyMonkey
38	40	1/21/2020 11:53 AM
39	72	1/17/2020 7:48 PM
40	71	1/16/2020 1:00 PM
41	53	1/14/2020 3:53 PM
42	61	1/12/2020 5:48 AM
43	71	1/2/2020 8:21 PM
44	47	1/2/2020 6:06 PM
45	71	1/1/2020 8:23 PM
46	51	12/31/2019 3:40 PM
47	96	12/28/2019 12:26 AM
48	16	12/23/2019 8:38 PM
49	87	12/21/2019 3:25 PM
50	65	12/11/2019 3:42 PM
51	40	12/10/2019 4:45 PM
52	30	12/10/2019 1:46 PM
53	32	12/10/2019 1:11 PM
54	71	12/10/2019 11:08 AM
55	70	12/9/2019 7:46 PM
56	76	12/9/2019 12:19 AM
57	70	12/5/2019 1:30 PM
58	67	12/4/2019 8:19 AM
59	77	12/3/2019 4:17 PM
60	77	12/3/2019 1:18 PM
61	41	12/2/2019 7:40 PM
62	86	12/2/2019 4:39 PM
63	70	12/1/2019 9:13 PM
64	90	12/1/2019 5:44 PM
65	75	11/30/2019 7:19 AM
66	60	11/29/2019 9:08 PM
67	99	11/29/2019 7:27 PM
68	66	11/27/2019 8:14 PM
69	80	11/27/2019 1:04 PM
70	64	11/26/2019 3:46 PM
71	87	11/26/2019 1:39 PM
72	50	11/26/2019 1:46 AM
73	85	11/24/2019 3:58 PM
74	68	11/24/2019 2:14 PM
75	54	11/23/2019 10:59 AM

76	79	11/23/2019 8:14 AM
77	50	11/22/2019 8:50 PM
78	86	11/21/2019 8:55 PM

Q10 Choose a number from the circle below to indicate how you feel:

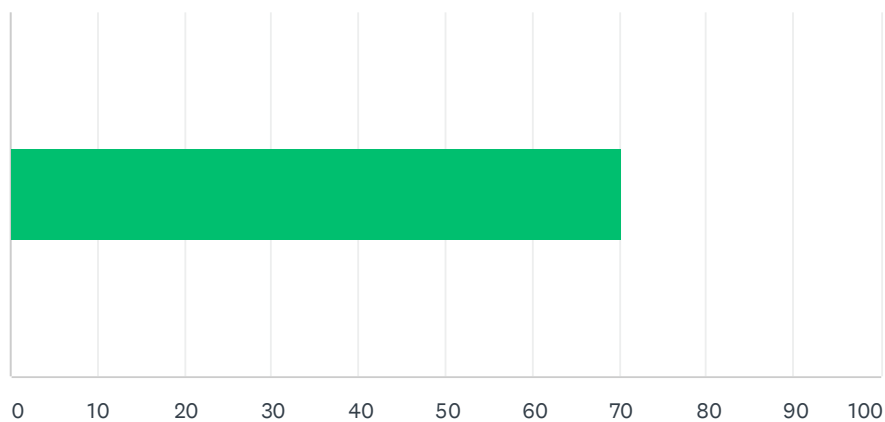
Answered: 78 Skipped: 0



ANSWER CHOICES	RESPONSES	
1	0.00%	0
2	0.00%	0
3	2.56%	2
4	5.13%	4
5	6.41%	5
6	11.54%	9
7	2.56%	2
8	3.85%	3
9	3.85%	3
10	16.67%	13
11	0.00%	0
12	5.13%	4
13	20.51%	16
14	6.41%	5
15	0.00%	0
16	12.82%	10
17	2.56%	2
TOTAL		78

Q11 How focused do you feel now?

Answered: 78 Skipped: 0



ANSWER CHOICES	AVERAGE NUMBER	TOTAL NUMBER	RESPONSES
	70	5,487	78
Total Respondents: 78			

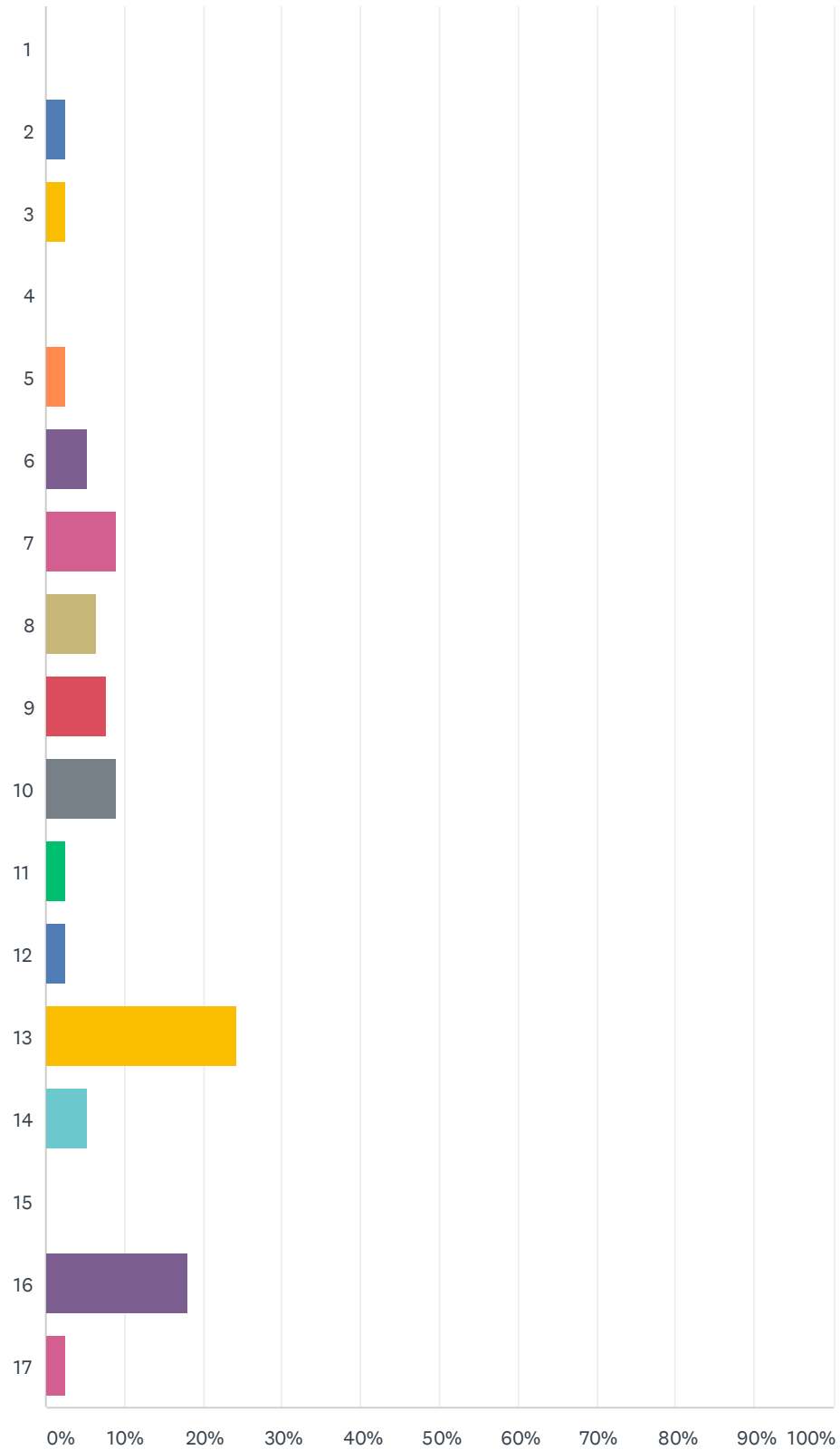
#		DATE
1	81	4/1/2020 11:04 AM
2	50	2/23/2020 11:03 AM
3	19	2/21/2020 11:58 PM
4	74	2/16/2020 8:20 AM
5	85	2/14/2020 10:54 PM
6	54	2/11/2020 10:25 PM
7	68	2/11/2020 3:43 PM
8	37	2/10/2020 8:59 PM
9	60	2/7/2020 5:04 PM
10	75	2/6/2020 7:06 PM
11	68	2/6/2020 3:54 PM
12	73	2/6/2020 12:16 PM
13	11	2/5/2020 9:40 PM
14	75	2/5/2020 4:42 PM
15	90	2/5/2020 9:21 AM
16	53	2/4/2020 7:50 PM
17	40	2/4/2020 5:13 PM
18	81	2/4/2020 12:36 PM
19	100	2/4/2020 5:01 AM
20	64	2/3/2020 6:45 PM
21	99	2/3/2020 4:15 PM
22	100	2/3/2020 3:07 PM
23	76	2/3/2020 1:54 PM
24	73	2/3/2020 10:16 AM
25	95	2/3/2020 3:25 AM
26	85	2/3/2020 12:42 AM
27	60	2/2/2020 10:42 PM
28	73	2/2/2020 4:11 PM
29	85	2/1/2020 3:58 AM
30	92	1/27/2020 2:44 PM
31	72	1/26/2020 12:03 PM
32	90	1/24/2020 4:42 PM
33	62	1/24/2020 10:11 AM
34	60	1/23/2020 12:40 PM
35	60	1/23/2020 12:39 PM
36	40	1/22/2020 3:31 PM
37	85	1/21/2020 12:41 PM

Shamanic Meditation		SurveyMonkey
38	70	1/21/2020 11:53 AM
39	83	1/17/2020 7:48 PM
40	90	1/16/2020 1:00 PM
41	50	1/14/2020 3:53 PM
42	65	1/12/2020 5:48 AM
43	100	1/2/2020 8:21 PM
44	67	1/2/2020 6:06 PM
45	80	1/1/2020 8:23 PM
46	71	12/31/2019 3:40 PM
47	54	12/28/2019 12:26 AM
48	43	12/23/2019 8:38 PM
49	94	12/21/2019 3:25 PM
50	80	12/11/2019 3:42 PM
51	99	12/10/2019 4:45 PM
52	56	12/10/2019 1:46 PM
53	51	12/10/2019 1:11 PM
54	60	12/10/2019 11:08 AM
55	85	12/9/2019 7:46 PM
56	83	12/9/2019 12:19 AM
57	75	12/5/2019 1:30 PM
58	41	12/4/2019 8:19 AM
59	80	12/3/2019 4:17 PM
60	83	12/3/2019 1:18 PM
61	50	12/2/2019 7:40 PM
62	95	12/2/2019 4:39 PM
63	90	12/1/2019 9:13 PM
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65	98	11/30/2019 7:19 AM
66	80	11/29/2019 9:08 PM
67	98	11/29/2019 7:27 PM
68	40	11/27/2019 8:14 PM
69	80	11/27/2019 1:04 PM
70	80	11/26/2019 3:46 PM
71	56	11/26/2019 1:39 PM
72	50	11/26/2019 1:46 AM
73	50	11/24/2019 3:58 PM
74	20	11/24/2019 2:14 PM
75	68	11/23/2019 10:59 AM

76	83	11/23/2019 8:14 AM
77	61	11/22/2019 8:50 PM
78	73	11/21/2019 8:55 PM

Q12 Choose a number from the circle below to indicate how you feel:

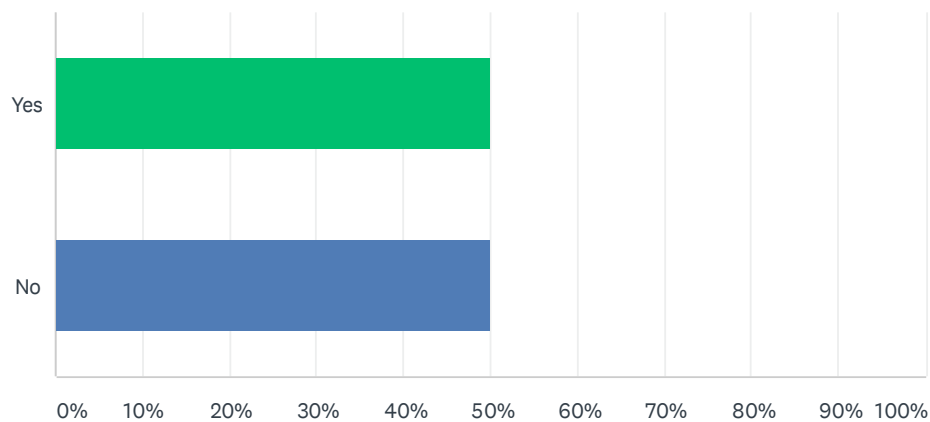
Answered: 78 Skipped: 0



ANSWER CHOICES	RESPONSES	
1	0.00%	0
2	2.56%	2
3	2.56%	2
4	0.00%	0
5	2.56%	2
6	5.13%	4
7	8.97%	7
8	6.41%	5
9	7.69%	6
10	8.97%	7
11	2.56%	2
12	2.56%	2
13	24.36%	19
14	5.13%	4
15	0.00%	0
16	17.95%	14
17	2.56%	2
TOTAL		78

Q13 Did you receive any clarification on your question?

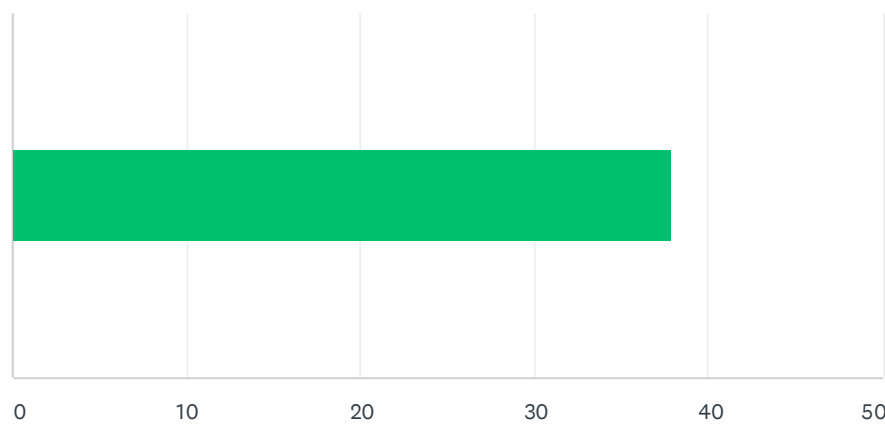
Answered: 78 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	50.00%	39
No	50.00%	39
TOTAL		78

Q14 How easy was it to focus on the most repetitive, monotone rhythms?

Answered: 78 Skipped: 0



ANSWER CHOICES	AVERAGE NUMBER	TOTAL NUMBER	RESPONSES
	38	2,951	78
Total Respondents: 78			

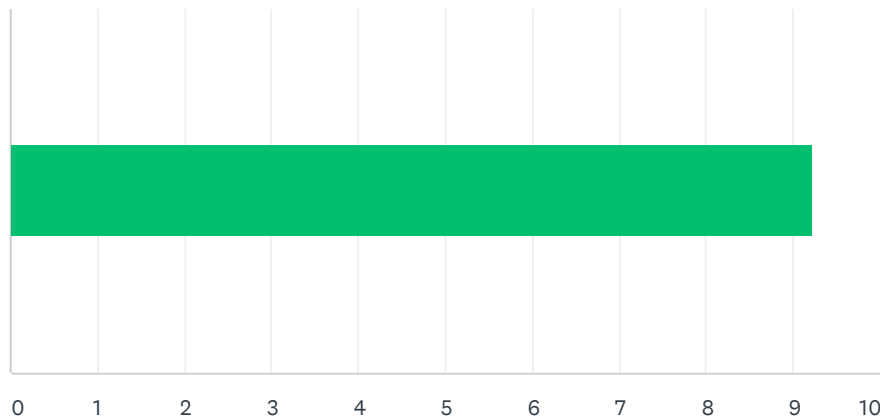
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3	85	2/21/2020 11:58 PM
4	92	2/16/2020 8:20 AM
5	31	2/14/2020 10:54 PM
6	63	2/11/2020 10:25 PM
7	70	2/11/2020 3:43 PM
8	55	2/10/2020 8:59 PM
9	29	2/7/2020 5:04 PM
10	14	2/6/2020 7:06 PM
11	50	2/6/2020 3:54 PM
12	16	2/6/2020 12:16 PM
13	11	2/5/2020 9:40 PM
14	20	2/5/2020 4:42 PM
15	10	2/5/2020 9:21 AM
16	47	2/4/2020 7:50 PM
17	64	2/4/2020 5:13 PM
18	27	2/4/2020 12:36 PM
19	66	2/4/2020 5:01 AM
20	16	2/3/2020 6:45 PM
21	55	2/3/2020 4:15 PM
22	24	2/3/2020 3:07 PM
23	25	2/3/2020 1:54 PM
24	24	2/3/2020 10:16 AM
25	90	2/3/2020 3:25 AM
26	15	2/3/2020 12:42 AM
27	38	2/2/2020 10:42 PM
28	27	2/2/2020 4:11 PM
29	21	2/1/2020 3:58 AM
30	10	1/27/2020 2:44 PM
31	35	1/26/2020 12:03 PM
32	70	1/24/2020 4:42 PM
33	64	1/24/2020 10:11 AM
34	26	1/23/2020 12:40 PM
35	26	1/23/2020 12:39 PM
36	85	1/22/2020 3:31 PM
37	30	1/21/2020 12:41 PM

Shamanic Meditation		SurveyMonkey
38	60	1/21/2020 11:53 AM
39	98	1/17/2020 7:48 PM
40	12	1/16/2020 1:00 PM
41	17	1/14/2020 3:53 PM
42	70	1/12/2020 5:48 AM
43	18	1/2/2020 8:21 PM
44	43	1/2/2020 6:06 PM
45	60	1/1/2020 8:23 PM
46	50	12/31/2019 3:40 PM
47	19	12/28/2019 12:26 AM
48	21	12/23/2019 8:38 PM
49	0	12/21/2019 3:25 PM
50	14	12/11/2019 3:42 PM
51	78	12/10/2019 4:45 PM
52	0	12/10/2019 1:46 PM
53	27	12/10/2019 1:11 PM
54	47	12/10/2019 11:08 AM
55	20	12/9/2019 7:46 PM
56	90	12/9/2019 12:19 AM
57	40	12/5/2019 1:30 PM
58	28	12/4/2019 8:19 AM
59	25	12/3/2019 4:17 PM
60	14	12/3/2019 1:18 PM
61	60	12/2/2019 7:40 PM
62	0	12/2/2019 4:39 PM
63	10	12/1/2019 9:13 PM
64	0	12/1/2019 5:44 PM
65	5	11/30/2019 7:19 AM
66	50	11/29/2019 9:08 PM
67	14	11/29/2019 7:27 PM
68	65	11/27/2019 8:14 PM
69	21	11/27/2019 1:04 PM
70	46	11/26/2019 3:46 PM
71	28	11/26/2019 1:39 PM
72	79	11/26/2019 1:46 AM
73	60	11/24/2019 3:58 PM
74	20	11/24/2019 2:14 PM
75	28	11/23/2019 10:59 AM

76	90	11/23/2019 8:14 AM
77	1	11/22/2019 8:50 PM
78	34	11/21/2019 8:55 PM

Q15 In which part of the soundscape were you the most focused?

Answered: 78 Skipped: 0



ANSWER CHOICES	AVERAGE NUMBER	TOTAL NUMBER	RESPONSES
	9	720	78
Total Respondents: 78			

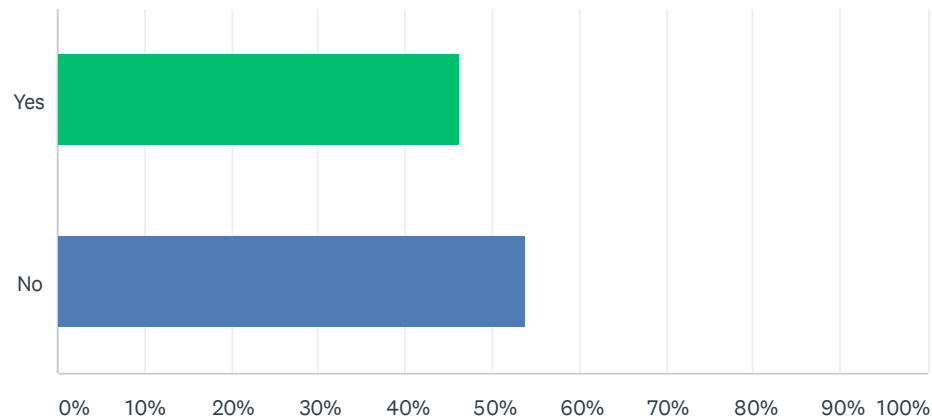
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5	9	2/14/2020 10:54 PM
6	0	2/11/2020 10:25 PM
7	12	2/11/2020 3:43 PM
8	11	2/10/2020 8:59 PM
9	13	2/7/2020 5:04 PM
10	15	2/6/2020 7:06 PM
11	12	2/6/2020 3:54 PM
12	12	2/6/2020 12:16 PM
13	12	2/5/2020 9:40 PM
14	13	2/5/2020 4:42 PM
15	10	2/5/2020 9:21 AM
16	6	2/4/2020 7:50 PM
17	2	2/4/2020 5:13 PM
18	8	2/4/2020 12:36 PM
19	7	2/4/2020 5:01 AM
20	13	2/3/2020 6:45 PM
21	16	2/3/2020 4:15 PM
22	11	2/3/2020 3:07 PM
23	8	2/3/2020 1:54 PM
24	11	2/3/2020 10:16 AM
25	11	2/3/2020 3:25 AM
26	5	2/3/2020 12:42 AM
27	11	2/2/2020 10:42 PM
28	8	2/2/2020 4:11 PM
29	12	2/1/2020 3:58 AM
30	12	1/27/2020 2:44 PM
31	14	1/26/2020 12:03 PM
32	15	1/24/2020 4:42 PM
33	6	1/24/2020 10:11 AM
34	4	1/23/2020 12:40 PM
35	4	1/23/2020 12:39 PM
36	9	1/22/2020 3:31 PM
37	6	1/21/2020 12:41 PM

Shamanic Meditation		SurveyMonkey
38	12	1/21/2020 11:53 AM
39	14	1/17/2020 7:48 PM
40	12	1/16/2020 1:00 PM
41	13	1/14/2020 3:53 PM
42	13	1/12/2020 5:48 AM
43	10	1/2/2020 8:21 PM
44	13	1/2/2020 6:06 PM
45	6	1/1/2020 8:23 PM
46	13	12/31/2019 3:40 PM
47	13	12/28/2019 12:26 AM
48	12	12/23/2019 8:38 PM
49	13	12/21/2019 3:25 PM
50	12	12/11/2019 3:42 PM
51	11	12/10/2019 4:45 PM
52	11	12/10/2019 1:46 PM
53	12	12/10/2019 1:11 PM
54	3	12/10/2019 11:08 AM
55	11	12/9/2019 7:46 PM
56	10	12/9/2019 12:19 AM
57	4	12/5/2019 1:30 PM
58	11	12/4/2019 8:19 AM
59	0	12/3/2019 4:17 PM
60	11	12/3/2019 1:18 PM
61	2	12/2/2019 7:40 PM
62	9	12/2/2019 4:39 PM
63	13	12/1/2019 9:13 PM
64	5	12/1/2019 5:44 PM
65	13	11/30/2019 7:19 AM
66	0	11/29/2019 9:08 PM
67	3	11/29/2019 7:27 PM
68	4	11/27/2019 8:14 PM
69	10	11/27/2019 1:04 PM
70	11	11/26/2019 3:46 PM
71	10	11/26/2019 1:39 PM
72	8	11/26/2019 1:46 AM
73	8	11/24/2019 3:58 PM
74	1	11/24/2019 2:14 PM
75	10	11/23/2019 10:59 AM

76	14	11/23/2019 8:14 AM
77	8	11/22/2019 8:50 PM
78	15	11/21/2019 8:55 PM

Q16 Did you have visual imagery?

Answered: 78 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	46.15%	36
No	53.85%	42
TOTAL		78

Q17 Please describe your experience in words:

Answered: 78 Skipped: 0

#	RESPONSES	DATE
1	I had an imagery that included various types and forms of light, also sculptures that reminded me of Stonehenge, a feeling of depth of time and experience.	4/1/2020 11:04 AM
2	It was harder to focus from Level 6 to 2, as I had to turn the volume down to be able to concentrate. I am very sensitive in my hearing and I cannot bear it for much longer in a loud environment. I struggle to concentrate on one thing. Before I know it, I was thinking from A - B - C - H. I had a lot on my mind, so my thoughts processed super fast.	2/23/2020 11:03 AM
3	I had to stop the music at 7 minutes, it was really annoying. None of the drum beats seemed to be at all rhythmic, someone was talking, and it was too irritating to continue.	2/21/2020 11:58 PM
4	Why chaos within and around me - where is it coming from? What I experienced was , it was very hard to withdraw from everyday thoughts and clear the mind and focus which might be due to no experience at meditation. I have done this meditation several times and finally I think I started to sense impressions that felt were messages. The last couple of times people and situations came to mind and I realize they are all related to betrayal. Where I betrayed people with or without being aware of it at the time. Some of them I have long forgotten, they came up now one after the other. Even from nursery at the age of 3, also with people I have not seen or thought of for decades and even family members who I talk to regularly but I forgot about those situations when I did not help them or hurt them. Had a strong feeling that whatever allows these situations happen should be not part of me and causes me difficulty to identify with my own past. Not sure about the next step, but I will definitely make time for meditation thanks to this experience. I hesitate to mention this, but... whenever I hear a number now, the countdown from the meditation keeps repeating in my mind. A silly example when a shop announces to open till 4, my mind will keep repeating level 4 and starts counting down with the same tone as in the meditation. Every time someone else mentions a number. Thanks for the experience!	2/16/2020 8:20 AM
5	Can not draw as it was a moving feast of visions and landscapes/ scenes all seemed about equal in importance and changed as rhythm changed especially from about the half way mark when visions speeded up - feel I was deeper by then would love a copy of this meditation to experiment further with under different circumstances and see how it changes	2/14/2020 10:54 PM
6	During the beginning, I could follow the rhythm quite easily and felt my body loading up with energy/vibration. I felt my energetic field in front of me activating, as if it was being pushed from behind, in a calm fashion. After level 8, I felt my mind drifting away and it became increasingly difficult to stay focused. I could feel the energy that built up during the first half disappear and only come back slightly here and there. At times, my patience was strained and I felt like opting out sooner, but I'm happy I had the strength to carry on until the end. The outcome was positive though, even though I feel more tired, the edginess and discontent I was carrying with me throughout the day have been calmed a bit, which feels nice. Or more - I am accepting more that my energetic disbalances today have occurred and that pain is not a punishment. Something I have been working on for a while, but the outcome of this meditation acted as a small reminder of this, coming not from an intellectual level but from an emotional level.	2/11/2020 10:25 PM
7	The tea I had was not too strong, but I feel that it has made me a bit tense. I listened to the soundscape in an open space with many students around my talking, working on computers. This might not be a good idea, I should find a better place. In general it does not disturb me that there are many people around me however some of the sounds people make are unexpected and loud. I was thinking quite a lot about the future, nothing really remained from those stories in my memory. Towards the end the flashing images became a bit more fluid, however, I didn't not see many clear shapes structures for a while. One thing that was continuous was the purple colour. It was just in patches at the beginning, however, later it came out of a mouth (female) as if it was smoke. I tried to see different colour but could not really. There was a time where I felt as I could lift this colour and see underneath where it was light blue. There was a house, that reminded me of a presshouse close to where the almond trees are. The almond trees were purple as well. No real answer.	2/11/2020 3:43 PM
8	Intense experience with moments of feeling like accessing to another realm. Just instantly and without continuation. My brain was softly active deepening into the questions but without any deep insight into them. The intensity by the end has become slightly uncomfortable as I was getting more sleep. I felt my mouth really dry by the end, giving me a somehow uncomfortable feeling with a slight headache.	2/10/2020 8:59 PM
9	I used this shamanic journey to visit with my 4 spirit guides for help with my guiding question. While I feel that I did receive help with it, I found it difficult to focus on the journey. My thoughts	2/7/2020 5:04 PM

kept intruding and my mind wandered many times. I know that this is a normal part of the meditation experience and was disappointed that my focus was not better. It was very easy to remain focused on the most repetitive beat and the other sounds did not seem to be too distracting, if at all. However, I found the voice announcing the different levels to be distracting and I found myself feeling rushed/agitated to move along with the shamanic journeying. It was not a relaxing, "go with the flow" type of journey that I have experienced in the past.

10	Tired, fell asleep through most of it. Probably would like to try this again. I did enjoy the additional sounds and beats that were intertwined with the shamanic drum beat.	2/6/2020 7:06 PM
11	Sitting in a noise library, the headphones are noise cancelling, but some laughter and noise still came through. It did not bother me much. But I would not say it was an undisturbed environment. It was easier to focus on the most monotone parts towards the beginning. The questions was the same as last time, what is moving in the journeys that seems to be out of my control, something alien. This time I didn't manage to create a fluent narrative where this 'alien' could turn up. Most images were flashes and they most of the time did not relate to each other. Sometimes I felt that I am falling asleep, then I had flashes again. But I didn't want to fall asleep so got back into a more alert state. I certainly feel more alert, more relaxed, and a bit more focused as well. Pleasant.	2/6/2020 3:54 PM
12	It was a bit hard to focus because I started to have this urge to cough. After a while it was ok but I wasn't focusing on the most monotone rhythm but rather on a more complex one. I saw this person I know and remembered a time we shared together although it was not exactly related to my question. Towards the end, the focus was on the monotone but suddenly it was too loud and it threw me off so I was not focused anymore. At a certain point I felt like dancing. I thought I got some clarity on a subject but not exactly on what I wanted to know. Maybe I wasn't clear on the question. Before I started I was split between two questions, maybe that's the reason. I think I need time to process and to interpret the journey. I enjoyed this experience and will do it again.	2/6/2020 12:16 PM
13	I felt like I was forcing questions though my mind to start with and not letting go. there were a few points where I felt unsure of myself, and some points where i wasn't thinking of anything, and sometimes where is was very focused on the drums or thinking about the test in general	2/5/2020 9:40 PM
14	At first, it took me a while to fully relax, but towards the end I felt a peaceful calm and felt I was floating above sand	2/5/2020 4:42 PM
15	Focused on anxieties and how to overcome them Planned my day Planned my food	2/5/2020 9:21 AM
16	My mind felt clearer, my mood lifted and I got a message to dance more often.	2/4/2020 7:50 PM
17	I felt very immersed in the sound. It was enjoyable. Then I think I gradually dozed off, or perhaps began dreaming. I can't recall the dreams but it felt like I had nodded off. At that point the rhythms were a bit annoying, I felt like I wanted to escape them. I became clear again and tried following the rhythm but kept thinking about how long was left and feeling a bit impatient. On waking I felt tired but in some ways lighter. Thanks you!	2/4/2020 5:13 PM
18	I was walking towards the meadow to house in the mountains to meet my Spirit Guide. Then we went through the white tunnel to the pine forrest. It wasnt very dense so the sun was shining through the trees. I meet my higher self, had a talk, then we come back to the mountain house. On the way back i stood under the crystal clear waterfall.	2/4/2020 12:36 PM
19	I was taken to the Amazon rain forest I was sitting in a bit with a shaman. He didn't speak until almost the end when he told me I was a shaman and to listen to my inner voice. To focus more and things will become clearer.	2/4/2020 5:01 AM
20	uplifting experience	2/3/2020 6:45 PM
21	Incredible experience and sound meditation. Have done 18 Ayahuasca ceremonies almost a decade ago now I was transported back into those ceremonies, I could sense how powerful and profound my experience would have amplified with this... total body visceral experience. Truly divine frequencies. I am an intuitive sound healer, and what's amazing is the ability to deeply ground specifically through drumming, theres really no comparison. This recording done in the style of different levels is very intriguing. Whoever created this you onto something BIG. I'm willing to connect in any way~ Blessings of Transformation, ~Rolie O'Donnell	2/3/2020 4:15 PM
22	Watching my thoughts, experiences in desert conditions and psychedelic snakes wrapping their bodies around my body. Very stimulating and relaxing at the same time. I loved it thank you	2/3/2020 3:07 PM

23	Imagery started at level 6: A colorful sirs sirapi with fringe dancing swaying around. Imagery about at level 4: A real fine grid like matrix, top to bottom, side to side. Level 3 & 2: Drifting off, almost like out of body experience. No drawing will be forthcoming.	2/3/2020 1:54 PM
24	It was initially too intense for me. I listen to more subtle tones in the morning. As it progressed I settled in. My imagery looked like I was witnessing small volcanic eruptions from an overhead view. The color was indigo.	2/3/2020 10:16 AM
25	Visions of a sunset setting in the desert like atmosphere a bit like Grand Canyon. I Tranceformed to a eagle and scored threw the sky's towards the sun. With a message saying and repeating, follow the path you are on, The read road and the sun. A lot of shifting colors of the Rainbow after the flight. I do quite a bit of journeying with my own drum or rattle and sometimes use binaural beats as well. The irregular patterns definitely deepened the experience. Beautiful journey. Thank you ☺☺	2/3/2020 3:25 AM
26	I clearly saw an ancient Chinese Warrior in full armament. He was not threatening; nonexpressive. I sensed he was at peace which I thought was strange since he was ready for battle.	2/3/2020 12:42 AM
27	Very pleasant. Actually enjoyed the rhythm. :-)	2/2/2020 10:42 PM
28	I suffer from a severe eczema which got worse yesterday and to-day and my face is burning badly. I felt veru bad to-day. I asked what it was about. The first I saw was a white dove. Then I saw myself as a knight with wings tearing of his masker. Then I saw the flame of a dragon. then I saw myself as a blond woman dressed in white (I'm more dark haired) Threatened. I saw a fire and some people dancing around like making wheel figures. Then I lost concentration. I asked myself if it was just wishful imagining... Than I saw or rather felt a big bird. Then I asked if a course I'm busy with now is worthwhile and I saw the man whose teaching it's about, dancing with me around the fire. Then I wondered if I could be released from this bad skin desease I have for months now. So I don't know if I got some answers	2/2/2020 4:11 PM
29	Difficult at times, it took a while to settle into a peaceful state while listening. Afterwards I feel more focused and calm.	2/1/2020 3:58 AM
30	I was slightly nervous in the beginning, partly because I wasn't sure I would be able to follow the whole twenty minutes of the "journey" without getting distracted by external factors. Despite my initial denial to let myself focus properly on it, the repetitive percussion sounds had a hypnotic effect on me and after the first five minutes, I started getting more relaxed and receptive to the experience. I didn't experience a specific visual imagery rather than images of events that occupy my mind in general or of people from my personal circle and everyday life. I did think of a specific question that I had difficulties explaining or finding the source of the problem, but the relaxing effects of the "journey" had a rather positive effect on me, helping me analyse it from a different perspective. Between the third and the fourth quarter of the soundscape (14-15mins) I had become very relaxed, focused and kind of lethargic but not tired. By the end of this listening experience I was feeling very lethargic and I had a rather heavy head but since I still had some chores to do, I chose not to sleep, it took me however quite a while (an hour) until I feel ready to continue with my work.	1/27/2020 2:44 PM
31	I found it somewhat difficult to focus on the rhythm first, but it got easier about half way through. I was seeing memory fragments from my childhood. It felt shorter than 20 minutes.	1/26/2020 12:03 PM
32	I listened to the current remix in Reaper. This of course did not help to let go the analytical thinking. I was sometimes thinking about volume levels in the mix. But in general it was a pleasant trip, that was not deep. The visual narrative was rarely continues for longer than a few seconds. At the beginning it was always me who initialised the images. I thought it might help to get back to where the most powerful journeys have ended, so I summed them up. I only started considering the questions when the music has already started. And I changed my mind a few times because I realised I know the answers to most of the questions I am asking. I know the next stop in for instance becoming healthier, in the doctoral study, ... so I thought I am going to ask for clarification on whether external beings to my 'consciousness' can enter the journey or not. I only felt towards very end that there were images, shapes, two beings that I didn't 'create' - one was dark with two red or blue eyes. First I thought this might be something 'bad', but it didn't feel bad. Then at the very very end I saw someone in front of me holding something like a ball full of light - like an energy ball, perhaps a bit like a blue planet, the Earth. The face of this person was covered by the ball, most of the times. But this person sometimes checked my face, so I saw it's face - it was Wando, and he was smiling at he - saying something like, I am	1/24/2020 4:42 PM

here and I like you. This somehow felt very emotional and strong and definitely not initialised by me on purpose. When I wrote the last two sentences it made me feel like crying, but happy.

33	It was a bit hard to focus because I started to have this urge to cough. After a while it was ok but I wasn't focusing on the most monotone rhythm but rather on a more complex one. I saw this person I know and remembered a time we shared together although it was not exactly related to my question. Towards the end, the focus was on the monotone but suddenly it was too loud and it threw me off so I was not focused anymore. At a certain point I felt like dancing. I thought about some friends I should visit. I got some clarity on a subject but not exactly on what I wanted to know. Maybe I wasn't clear on the question. Before I started I was split between two questions, maybe that's the reason. I think I need time to process and to interpret the journey. I enjoyed this experience and will do it again.	1/24/2020 10:11 AM
34	At the beginning of the sound experience i was feeling unsettled and nervous, the music was a bit scary and very intense, but gradually i began to feel grounded and Secure. the music gave me visions of Sea, Bird, Woodland, and a Seaside cave that my shaman friend in Wales once showed to me, it was blocked by giant stones and nobody knows what is inside. But I saw it this time in my visions. It was a cave full of shining rubies and on a Golden chair a baby was sitting. he ran out and rushed to the Sea, caused a huge wave, a giant blue whale came out and Waves throwing thousands of red medusa in the air. at the beginning of the Journey I saw bird flying, then pierced by an Arrow, but it continued flying and leaves the Sky a long splendid Rainbow.	1/23/2020 12:40 PM
35	At the beginning of the sound experience i was feeling unsettled and nervous, the music was a bit scary and very intense, but gradually i began to feel grounded and Secure. the music gave me visions of Sea, Bird, Woodland, and a Seaside cave that my shaman friend in Wales once showed to me, it was blocked by giant stones and nobody knows what is inside. But I saw it this time in my visions. It was a cave full of shining rubies and on a Golden chair a baby was sitting. he ran out and rushed to the Sea, caused a huge wave, a giant blue whale came out and Waves throwing thousands of red medusa in the air. at the beginning of the Journey I saw bird flying, then pierced by an Arrow, but it continued flying and leaves the Sky a long splendid Rainbow.	1/23/2020 12:39 PM
36	I found it difficult to focus on the most monotone parts of the drumming (the digital shaman), I often found myself listening to the real drummer, the one who plays a real instrument. It's more exciting and perhaps I wanted to be excited. I had some images in my head, they were often movie like, not animation or, but somehow real life like. There were people in familiar rooms. The vision that stayed with me for most of the time was a purple patch in a dark background. It after a while looked like someone's hair in a very saturated image.	1/22/2020 3:31 PM
37	Constant and driving, although thoughts came, they were revealed not different, but almost from a different perspective creating a shorter journey to connect to those thoughts.	1/21/2020 12:41 PM
38	I found it difficult to relax and focus completely but that may be due to time and place. Overall the experience was calming and immersive and my focus improved. I did not have any visions as I was busy trying to relax.	1/21/2020 11:53 AM
39	Awesome, Shamanic Journey. check out what I'm up to on www.vimeo.com/friendshipcube	1/17/2020 7:48 PM
40	I carry a lot of stress and anxiety with me most days, it's normally quite passive unless I focus on the issues making me stressed. I found the lower frequencies of the performance quite 'grounding' - if I were to use a metaphor, with my eyes shut, normal meditation requires me to find a way to 'navigate' my state of mind. With what I call a 'ground', it's normally something familiar or static that I can use as a guide-rope to follow through my meditation or experience. It can pull you forwards, or you can follow it passively. With the lower frequencies of the drums, I find that richer, fuller frequencies on the lower end of the spectrum are what resonate with me best - particularly towards the last third of the performance, I could feel the speed of the drums directly pulling me faster through my trance. Oddly enough, normally when I meditate I try to slow things down to calm myself, but the frantic drumming sped things up, and still helped to calm me down, which before listening I would presume would only make my thoughts race faster.	1/16/2020 1:00 PM
41	Fell asleep	1/14/2020 3:53 PM
42	firstly I am not used to with shamanic meditation, so it is quite difficult for me to adjust myself with the music, after sometimes when it is okay then I feel relaxed. But the answer which i seeked was unanswered.	1/12/2020 5:48 AM

43	I had s question about whether I should go on a trip which would have had consequences in my workplace. At first some very scattered and confused thoughts then saw the eagle which is a thing with me at the moment and got a very clear response in The form of a traffic sign.much more clear and definite at the end	1/2/2020 8:21 PM
44	I chose a difficult question which I am stuck on, and was not expecting any straightforward answer. For most of the time I just listened to the beat and had no thoughts about my question at all, it did not even enter my head. I had no visual imagery, just a blank state of mind, occasionally interrupted by random thoughts. Occasionally I felt impatient for it to end. The at about level 3 I started thinking about my question, not intentionally, I just found that I was focussing on it. And then right at level 2 or so I had some clarity as to what I should do next to try and answer my question - so not an answer in itself, but a bit of insight. I felt quite calm when it finished.	1/2/2020 6:06 PM
45	Relaxing, powerful, hypnotic	1/1/2020 8:23 PM
46	I think I was initially stressed beforehand so struggled to get into the experience til the end. My mind does feel clearer, but I didn't feel calm, but more like I wanted to do more physical movements and be out doors. I do feel slightly less stressed however, but worried that the 20 minutes was keeping me away from being productive in other areas	12/31/2019 3:40 PM
47	The imagery was mainly of tribal dancing. Figures of people dancing to the beat. Overall it was a positive experience. The first part felt uncomfortable, a bit dark. As it went on the drumming began to feel more positive and comforting to me.	12/28/2019 12:26 AM
48	It feels very heavy now, after the experience, but also very grounding. During the experience I could fully focus on the specific (mostly bass) rhythms but also found myself slipping away to my everyday thoughts. It was easy to follow the narrator's voice and bring myself back to the experience. Levels 3-2-1 felt almost vibrational and on the level 0 I felt a huge relief and could really sense my breathing and my body expanding. I didn't receive the answer to my question because I forgot about it during this experience.	12/23/2019 8:38 PM
49	I normally listen to non pulse ambient music when I meditate to music. I found this to be very hypnotising in the sense that my whole body was flowing in time with the pulse. My whole body feels very relaxed. I'm finding it a bit jarring typing and thinking. I feel like I've sunk beneath the strong current and that everything around me is so peaceful. It is what it is. Thank you for this experience. x --Harry	12/21/2019 3:25 PM
50	I was calm and relaxed throughout the experience, but I felt my body relax more noticeably around level 5 or 4. I felt that my body had become very heavy and my visual, inner self had become lighter and more vivid.	12/11/2019 3:42 PM
51	Moved me from jittery to focused/attentive to calm. I found the drumming similar in a way to Peyote Drumming. Initially kept trying to over analyse, is this drum synthetic/made made, played or programmed, what kind of delay etc. Really wasn't focusing on the content to begin with, but focused on the aural architecture, it was only later in the levels I started to go beyond a superficial set of thought patterns, and go with the music, mind calmed, but became more attentive, more present. I wondered about the question, and got an answer almost immediately, may mean it wasn't a complex/deep question, or I already knew the answer to it. Fun, would buy the album, wouldn't mind a drop or two though.	12/10/2019 4:45 PM
52	Very enjoyable - and much easier to focus then when I do traditional meditation. Very easy to let go of words and get into a different brain state.	12/10/2019 1:46 PM
53	I remembered times gone in a vivid and emotional way Saw colours, mainly purple but some blues and greens as well. I missed the part about asking a question - sorry. So I just enjoyed the experience. I lost awareness of the descending numbers around level six and was consciously aware again just before the end	12/10/2019 1:11 PM
54	I was a little tired but focused enough when I started so found myself dozing a couple of times. I forgot to focus on a beat/rhythm so I had to repeat it, but I did find a better question I wanted clarity on. I dozed again in the second time but managed to bring back focus to the rhythm I was following quite easily. I was very focused at both the start & lead up to the ending. I got a suggestion for a solution/practice (to my question) through thought rather than visual (although I did get a quick flash of an image of a routine plan but not with clarity, more a suggestion that came along with the thought.), so I'll be starting on that today. It was very relaxing, I do love drumming so it didn't annoy me at all. I'm possibly sleepier now, but being hungry or not having	12/10/2019 11:08 AM

had tea yet is likely part of that. I quite enjoyed it & would like to try it again at different times of day. I'd probably also use it if I was struggling to sleep or wanted to dream.

55	I wanted my ancestors to talk to me or give me a message. They told me to run to dance. Dancing would give me visions and answers. In my life, I did what I had to do. I felt that my heart was trying to soften, less wary. Sometimes sounds would arise from me, even anger. In the end, I seemed to be on a wave, had even become a rising wave.	12/9/2019 7:46 PM
56	By following the rhythm my body began relaxin and opening. I have had some difficulties with relaxing the muscles around my eyes. My jaw relaxed very easily. I don't recall hearing or noticing the changes in levels until I reached level 7 when I have had an experience of deep focus and an experience of entering myself . Some images appeared and related to shelves full of books, papers with written words and a tree. After that many times the image of a tree appeared returned along with many faces of women, some of my relatives , friends, women I don't know and then a tree again. At the end I had an image a silhouette of woman dancing to the rhythm like in trans. With getting down with levels my body relaxed more and focus return to noticing myself and my body in this process.	12/9/2019 12:19 AM
57	The rhythm helped to come back to the focus when thoughts were coming to the mind. I felt warm and welcome in this mindspace, i didnt have to push myself to stay there, i simply returned there when the mind was wandering off. Thoughts regarding my question plopped up, they might help to find the answer.	12/5/2019 1:30 PM
58	The drumming was very strong, especially in the belly and the heart region. It still feels like all cells are shaking. The announcements of the different levels were a bit irritating, they attracted the mind to grasp them. Personally I had problems to let go completely. I realized that I have a mistrust towards experiences coming via the Internet. Also using the headphones created a physical discomfort around the head. Whenever I managed to make abstraction of these two discomforts there was just the sound. Thank you....:-)	12/4/2019 8:19 AM
59	In the beginning there was a lot of REM activity. I began to feel myself floating and eventually realized I was gently floating in space. It felt expansive. There was an obvious change to the beat at one point and this changed my point of reference to my experience. Still floating in space but my focus was now on the area directly around me and in front of me. I could "see" way out in front of me. My sense of movement also shifted to moving forward at a faster pace. I noticed the REM seemed to have calmed down, but exactly at what point I can't say. I had the "image" of a broken skeleton appear. When asked about this I was told it was me. When asked for clarification I was told because I had been sick for several days with the flu that I needed to rebuild my energy body. Made sense to me at the time. This all took me to about 18 minute point where I felt I had gotten everything I was going to get and came back. I just want to add because of the changing patterns of the drumming I don't think this would not work for me as a sonic driver for shamanic journeys. As a aid in meditation it was interesting, although I usually meditate in silence. Hope this helps you.	12/3/2019 4:17 PM
60	I liked the rhythm, it kept the mind focused. I felt relaxed and alert during.	12/3/2019 1:18 PM
61	Nearly fall asleep	12/2/2019 7:40 PM
62	I am well used to this kind of music for I am a Shamanic practitioner as well. The rhythm is interesting , a mix I guess with traditionnal drumming and multi dimensional music. I think you could do better, the voice saying the level could be changed, and the transe induced is too shallow. Thank you for your research	12/2/2019 4:39 PM
63	I do not have the capability to make a drawing at the moment, but my visuals can best be described as squiggly horizontal white lines as well as occasional mandala patterns.	12/1/2019 9:13 PM
64	Maybe i'm too close to it somehow, a great piece of drumming all throughout and rather distracted me from having a journey as such, instead it made me think a lot about the rhythms and how they are reminiscent of the early kraftwerk/Organisation stuff which again I'm all too close to because of how i'm also playing these same kind of things in my music. One thing ive been thinking about very recently is Norman R Bergrun's book: The Ringmakers of Saturn but again found little room to think about these things.	12/1/2019 5:44 PM
65	Here is the description of my visualisation : I wa climbing a very big mountain for a long time, then many other people joined to climb the mountain ; after a long time, we arrived on a plateau where there wa already a lot of animals and other people. We sat together around a fire, then listning the drums we dance for a while. We sat once again around the fire and then it was like	11/30/2019 7:19 AM

an union of all our consciousness, a dissolution of our bodies to become just one consciousness. For all the final part it was only clear consciousness without new visualisation.

66	It was fantastic. I did exactly according to the requirement(I lay down with a my headset in a very quiet environment) . However, I fell asleep and I slept for 2 hours. That's true meditation, in my superficial understanding.	11/29/2019 9:08 PM
67	I felt that I ride a camel in the desert with a group of camels and some people to some mysterious kingdom.	11/29/2019 7:27 PM
68	Beautiful music, very scenic and lively. Certainly felt accompanied at some level. The beat blended with the imagery so at times I wasn't following the monotone part as consciously but had a feeling I'm locked in a rhythm just fine. Hence allowed myself to just be and my mind wandered. Because my question was tied around the particular location, a flashing image of the sun above the water with a permanent black eye in the middle kept on flashing up, Its present somewhat latched onto the sound of the drums continuously, which followed by its decline as the drums appeared to change the rhythm. Interesting :)	11/27/2019 8:14 PM
69	the journey was very pleasant. nice form and easy to get 'into' the rhythm. though afterwards i didn't feel much difference. about as calm as before.	11/27/2019 1:04 PM
70	At beginning my mind is like a thunderstorm. Not sure I was doing it right. Until lvl 12 I was more focused on my heart beats later I started to be more relaxed and enjoyed the trip. Great sounds and your voice is very calm.	11/26/2019 3:46 PM
71	I entered with quite some focus, found the beat and had a moment of calmness, thoughts reduced, then I became drowsy. At one point I had some little inner light patterns going on, but very brief. I "woke up" - became less drowsy and even opened my eyes, just a tad before your level 1 and 0 words... I felt heavy and calmy sedated for a moment. Now I feel relaxed.	11/26/2019 1:39 PM
72	I felt an almost immediate shift into a light altered state. I tried to work with the state, but found the music to be too jarring/busy to work with. I also found myself finding the music to be unsettling/uncomfortable to sit with	11/26/2019 1:46 AM
73	It was very interesting. Thank you. I'm very grateful for sharing it with me.	11/24/2019 3:58 PM
74	I was a little tired and stoned, and the room was warm from the fire. I was listening to the rythm and thinking that it has an effect on me. I am not sure how it happened but I must have dozed off. I was inbetween sleeping and awake for a while. I remember seeing very clearly trees without leaves against the sky on a grey autumn day. Much like today. At first I didn't know if what I saw was real but then I remembered where I was and that my eyes were closed. After I enjoyed the rythm for a while and the journey was over. Will go again sober and rested some other day.	11/24/2019 2:14 PM
75	My anxiety is on a fluctuating graph pumping in my head and the sound beats my anxiety with a stick to straighten them out so it does not have the same dispersion but rather in one line. State of mind is a little bit better as the feelings easy up around half way through the journey.	11/23/2019 10:59 AM
76	it's a bit weird at the begining because you pick up so many sounds from a different directions, and you got distracted by that. But as the beat slows down I can feel calmer and calmer	11/23/2019 8:14 AM
77	enveloping - the rhythm helped to sustain focus and reject distracting thoughts.	11/22/2019 8:50 PM
78	For someone who is not into meditating, it was difficult to focus. I felt that I became quite sleepy at the end. The voice was also a bit disturbing to me.	11/21/2019 8:55 PM

Q18 Please add your email address if you'd like to be updated on the outcomes of this survey (optional): **REMOVED by KH**

Answered: 57 Skipped: 21