

#1

COMPLETE

**Collector:** Embedded Survey 1 (Website Survey)  
**Started:** Saturday, June 06, 2020 10:46:31 AM  
**Last Modified:** Saturday, June 06, 2020 10:49:17 AM  
**Time Spent:** 00:02:45  
**IP Address:** 86.185.20.223

Page 2

Q1

Please give yourself a random nickname:

Lala

Q2

25-34

Which category below includes your age?

Q3

Female

What is your gender?

Q4

What is your current religion or belief, if any?

Christian

Q5

Sometimes

How often do you meditate?

Q6

No

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

Q7

79

How focused do you feel now?

Q8

6

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

**Q9**

I understand that for the listening part

my environment needs to be comfortable, safe and  
undisturbed;

,

my body should not concentrate on digestion;,,

I need to use headphones;,,

that one soundscape contains binaural beats.

Page 5

**Q10**

70

How focused do you feel now?

**Q11**

10

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

3

In which part of the soundscape were you the most  
focused?**Q13**

13

Did you notice that one of the levels was missing? If yes,  
which one?**Q14**

No

Did you have visual imagery?

**Q15**

Please describe your experience in words:

I focused a lot at the start and then my mind wondered off to my to do list

**Q16**

0

How many shamanic journeys have you had before?

**Q17**

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

laurentia.campbell@live.co.uk

#2

INCOMPLETE

**Collector:** Link From bcmi...fstadter.info (Web Link)  
**Started:** Saturday, June 06, 2020 2:27:44 PM  
**Last Modified:** Saturday, June 06, 2020 2:29:51 PM  
**Time Spent:** 00:02:06  
**IP Address:** 2.221.149.224

---

Page 2

Q1

Please give yourself a random nickname:

Tynee

Q2

45-54

Which category below includes your age?

Q3

Male

What is your gender?

Q4

What is your current religion or belief, if any?

None

Q5

How often do you meditate?

Often,

If you meditate, please provide some details about your techniques::

Twice per day, lieing down, sometimes guided, sometimes not.

Q6

No

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

Q7

90

How focused do you feel now?

**Q8****16**

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

---

**Q9**

I understand that for the listening part

**my environment needs to be comfortable, safe and undisturbed;**

**,**

**my body should not concentrate on digestion;,**

**I need to use headphones;,**

**that one soundscape contains binaural beats.**

---

Page 5

**Q10**

**Respondent skipped this question**

How focused do you feel now?

---

**Q11**

**Respondent skipped this question**

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

---

**Q12**

**Respondent skipped this question**

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

---

**Q13**

**Respondent skipped this question**

Did you notice that one of the levels was missing? If yes, which one?

---

**Q14**

**Respondent skipped this question**

Did you have visual imagery?

---

**Q15**

**Respondent skipped this question**

Please describe your experience in words:

---

**Q16**

**Respondent skipped this question**

How many shamanic journeys have you had before?

---

**Q17****Respondent skipped this question**

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

---

#3

COMPLETE

**Collector:** Embedded Survey 1 (Website Survey)  
**Started:** Saturday, June 06, 2020 2:20:35 PM  
**Last Modified:** Saturday, June 06, 2020 3:02:16 PM  
**Time Spent:** 00:41:40  
**IP Address:** 2.221.149.224

---

Page 2

Q1

Please give yourself a random nickname:

Tynee

Q2

45-54

Which category below includes your age?

Q3

Male

What is your gender?

Q4

What is your current religion or belief, if any?

Spiritual

Q5

How often do you meditate?

Often,

If you meditate, please provide some details about your techniques::

I do both guided and non guided. I tend to do it lieing down in a comfy place and been doing it twice a day for 3 months.

Q6

No

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

Q7

91

How focused do you feel now?

**Q8****16**

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

---

**Q9**

I understand that for the listening part

**my environment needs to be comfortable, safe and undisturbed;**

**,**

**my body should not concentrate on digestion;;**

**I need to use headphones;;**

**that one soundscape contains binaural beats.**

---

Page 5

**Q10****90**

How focused do you feel now?

---

**Q11****11**

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

---

**Q12****12**

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

---

**Q13****Did not notice.**

Did you notice that one of the levels was missing? If yes, which one?

---

**Q14****Yes**

Did you have visual imagery?

---

**Q15**

Please describe your experience in words:

It took a while to settle, then i started to see imagery at level 10 onwards:

A winged animal that turned it a hummingbird with a long beak.

Then an ice breaker ship making it's way through the ice.

Then it felt like was drifting through a void of purple.

Towards then end I saw figures with their arms stretched out...almost in a crucifixion pose,but they were dancing.

Happy to be contacted

---

**Q16****0**

How many shamanic journeys have you had before?

---

**Q17**

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

tynee08@hotmail.co.uk

---



#4

INCOMPLETE

**Collector:** Link From bcmi...fstadter.info (Web Link)  
**Started:** Sunday, June 07, 2020 10:47:58 AM  
**Last Modified:** Sunday, June 07, 2020 10:50:23 AM  
**Time Spent:** 00:02:25  
**IP Address:** 2.29.126.77

---

Page 2

Q1

Please give yourself a random nickname:

Kezai

Q2

55-64

Which category below includes your age?

Q3

Female

What is your gender?

Q4

What is your current religion or belief, if any?

Buddhist

Q5

How often do you meditate?

Sometimes,

If you meditate, please provide some details about your techniques::

Breath practice. I do inner dance regularly which is a sound meditation.

Q6

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

Yes,

If yes, please specify (optional)::

Coffee 2 cups in last four hours

Q7

79

How focused do you feel now?

**Q8****13**

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

---

**Q9**

I understand that for the listening part

**my environment needs to be comfortable, safe and undisturbed;**

**,**

**my body should not concentrate on digestion;,**

**I need to use headphones;,**

**that one soundscape contains binaural beats.**

---

Page 5

**Q10****Respondent skipped this question**

How focused do you feel now?

---

**Q11****Respondent skipped this question**

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

---

**Q12****Respondent skipped this question**

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

---

**Q13****Respondent skipped this question**

Did you notice that one of the levels was missing? If yes, which one?

---

**Q14****Respondent skipped this question**

Did you have visual imagery?

---

**Q15****Respondent skipped this question**

Please describe your experience in words:

---

**Q16****Respondent skipped this question**

How many shamanic journeys have you had before?

---

**Q17****Respondent skipped this question**

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

---

#5

COMPLETE

**Collector:** Link From bcmi...fstadter.info (Web Link)  
**Started:** Sunday, June 07, 2020 10:47:58 AM  
**Last Modified:** Sunday, June 07, 2020 11:32:40 AM  
**Time Spent:** 00:44:41  
**IP Address:** 2.29.126.77

---

Page 2

Q1

Please give yourself a random nickname:

Kezai

Q2

55-64

Which category below includes your age?

Q3

Female

What is your gender?

Q4

What is your current religion or belief, if any?

Buddhist

Q5

How often do you meditate?

Often,

If you meditate, please provide some details about your techniques::

Breath focus. I also chant. I do inner dance sound meditation regularly

Q6

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

Yes,

If yes, please specify (optional)::

Coffee

Q7

74

How focused do you feel now?

**Q8****13**

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

**Q9**

I understand that for the listening part

**my environment needs to be comfortable, safe and undisturbed;**

,

**my body should not concentrate on digestion;**

**I need to use headphones;**

**that one soundscape contains binaural beats.**

Page 5

**Q10****81**

How focused do you feel now?

**Q11****13**

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

**Q12****9**

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

**Q13****2**

Did you notice that one of the levels was missing? If yes, which one?

**Q14****No**

Did you have visual imagery?

**Q15**

Please describe your experience in words:

Physically very relaxing but mind chatter was persistent. Found the levels count down distracting. The simple beat from level four on was irritating. I would say I respond better to music with drums rather than just drums. I'd add a drone to the rhythm. I asked a work related question and think I have an answer that suits me.

**Q16****25+**

How many shamanic journeys have you had before?

---

**Q17**

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

Kerryecalle@gmail.com

---

#6

**COMPLETE**

**Collector:** Embedded Survey 1 (Website Survey)  
**Started:** Sunday, June 07, 2020 4:52:40 PM  
**Last Modified:** Sunday, June 07, 2020 5:35:47 PM  
**Time Spent:** 00:43:07  
**IP Address:** 94.10.99.67

---

Page 2

**Q1**

Please give yourself a random nickname:

Picker

**Q2****35-44**

Which category below includes your age?

**Q3****Male**

What is your gender?

**Q4**

What is your current religion or belief, if any?

None

**Q5**

How often do you meditate?

**Sometimes,**

If you meditate, please provide some details about your techniques::  
Mindfulness

**Q6****No**

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

**Q7****25**

How focused do you feel now?

**Q8****13**

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

---

**Q9**

I understand that for the listening part

**my environment needs to be comfortable, safe and undisturbed;**

**,**

**my body should not concentrate on digestion;,**

**I need to use headphones;,**

**that one soundscape contains binaural beats.**

---

Page 5

**Q10****85**

How focused do you feel now?

---

**Q11****6**

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

---

**Q12****4**

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

---

**Q13****Did not notice.**

Did you notice that one of the levels was missing? If yes, which one?

---

**Q14****No**

Did you have visual imagery?

---



**Q15**

Please describe your experience in words:

At the very beginning, I was attracted to the music, mainly because it's new to me. I tried to focus on my breathing but the music was quite distracting. I then fell asleep a few times in the middle part. Towards the end, I was feeling a little bit uncomfortable due to my seating posture, so my focus shifted. Overall, the experience was similar to a mindfulness meditation. I reminded myself about my question twice during whole process.

Sorry, did not watch the introduction video.  
Say Hi to Antonia and Lucas!

---

**Q16****0**

How many shamanic journeys have you had before?

---

**Q17****Respondent skipped this question**

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

---

#7

INCOMPLETE

**Collector:** Link From bcmi...fstadter.info (Web Link)  
**Started:** Sunday, June 07, 2020 10:11:16 PM  
**Last Modified:** Sunday, June 07, 2020 10:14:38 PM  
**Time Spent:** 00:03:22  
**IP Address:** 178.43.16.126

---

Page 2

Q1

Please give yourself a random nickname:

Bartman

Q2

35-44

Which category below includes your age?

Q3

Male

What is your gender?

Q4

What is your current religion or belief, if any?

A Buddhist, Christian, Muslim Yogi

Q5

How often do you meditate?

Often,

If you meditate, please provide some details about your techniques::  
Vipassana

Q6

No

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

Q7

55

How focused do you feel now?

**Q8****6**

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

---

**Q9**

I understand that for the listening part

**my environment needs to be comfortable, safe and undisturbed;**

**,**

**my body should not concentrate on digestion;,**

**I need to use headphones;,**

**that one soundscape contains binaural beats.**

---

Page 5

**Q10****Respondent skipped this question**

How focused do you feel now?

---

**Q11****Respondent skipped this question**

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

---

**Q12****Respondent skipped this question**

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

---

**Q13****Respondent skipped this question**

Did you notice that one of the levels was missing? If yes, which one?

---

**Q14****Respondent skipped this question**

Did you have visual imagery?

---

**Q15****Respondent skipped this question**

Please describe your experience in words:

---

**Q16****Respondent skipped this question**

How many shamanic journeys have you had before?

---

**Q17****Respondent skipped this question**

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

---

#8

**COMPLETE**

**Collector:** Embedded Survey 1 (Website Survey)  
**Started:** Sunday, June 07, 2020 10:23:55 PM  
**Last Modified:** Sunday, June 07, 2020 10:54:44 PM  
**Time Spent:** 00:30:49  
**IP Address:** 178.43.16.126

---

Page 2

**Q1**

Please give yourself a random nickname:

Bartman

**Q2****35-44**

Which category below includes your age?

**Q3****Male**

What is your gender?

**Q4**

What is your current religion or belief, if any?

Buddhist Christian Muslim Yogi Mystic

**Q5**

How often do you meditate?

**Often,**

If you meditate, please provide some details about your techniques::  
Vipassana

**Q6****No**

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

**Q7****50**

How focused do you feel now?

**Q8****6**

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

**Q9**

I understand that for the listening part

**my environment needs to be comfortable, safe and undisturbed;**

,

**my body should not concentrate on digestion;,**

**I need to use headphones;,**

**that one soundscape contains binaural beats.**

Page 5

**Q10****86**

How focused do you feel now?

**Q11****8**

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

**Q12****14**

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

**Q13****Did not notice.**

Did you notice that one of the levels was missing? If yes, which one?

**Q14****Yes**

Did you have visual imagery?

**Q15**

Please describe your experience in words:

There wasn't much at first and I was rather distracted at first but as the levels moved on I found I became more and more focused and clear headed. I had just a few visuals. One was for the briefest moment but interesting. It was something like two sea horses facing each other except the faces were more human. I had this feeling as if they were from different worlds yet meeting at that moment and the lack of differences between us was beautiful. Other than that, I had some energy visuals like a purple flaming ball.

**Q16****0**

How many shamanic journeys have you had before?

---

**Q17**

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

bart@bart.ac

---

#9

**COMPLETE**

**Collector:** Embedded Survey 1 (Website Survey)  
**Started:** Monday, June 08, 2020 7:37:43 AM  
**Last Modified:** Monday, June 08, 2020 9:00:24 AM  
**Time Spent:** 01:22:40  
**IP Address:** 86.154.253.67

---

Page 2

**Q1**

Please give yourself a random nickname:

Wendysh

**Q2****55-64**

Which category below includes your age?

**Q3****Female**

What is your gender?

**Q4**

What is your current religion or belief, if any?

None

**Q5**

How often do you meditate?

**Sometimes,**

If you meditate, please provide some details about your techniques::

Following a guide such as Headspace

**Q6****No**

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

**Q7****67**

How focused do you feel now?



**Q8****13**

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

**Q9**

I understand that for the listening part

**my environment needs to be comfortable, safe and undisturbed;**

,

**my body should not concentrate on digestion;**

**I need to use headphones;**

**that one soundscape contains binaural beats.**

Page 5

**Q10****75**

How focused do you feel now?

**Q11****9**

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

**Q12****11**

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

**Q13****Did not notice.**

Did you notice that one of the levels was missing? If yes, which one?

**Q14****Yes**

Did you have visual imagery?

**Q15**

Please describe your experience in words:

My experience was colours and vague skylscapes with misty skies. When I felt most trance like (if that's what it was) I was seeing a deep purple colour. I wanted to let go into it but got distracted away from it with brief images from real life. When the sound scape included electronic type sounds I got images in my mind of paintings by Christophe Souques. These works include repeated small images on black and gold backgrounds. I sometimes look at these and think of old fashioned wireless sets with their electric wiring and soldering inside. I got a bit of this feeling from the sound scape. I was aroused / stimulated by the deep booming drum sounds. I want to explore this soundtrack more as I find it it very grounding compared with the sleep app soundtracks on the market which are too dynamic and musically articulated to be restful and mindful. Thank you.

---

**Q16****0**

How many shamanic journeys have you had before?

---

**Q17**

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

Wsweeney@hotmail.co.uk

---

#10

INCOMPLETE

**Collector:** Link From bcmi...fstadter.info (Web Link)  
**Started:** Monday, June 08, 2020 11:48:42 AM  
**Last Modified:** Monday, June 08, 2020 11:54:22 AM  
**Time Spent:** 00:05:40  
**IP Address:** 82.6.48.235

---

Page 2

Q1

Please give yourself a random nickname:

Howard

Q2

65+

Which category below includes your age?

Q3

Male

What is your gender?

Q4

What is your current religion or belief, if any?

Buddhist. Following the tradition of Thich Nhat Hanh

Q5

Often,

How often do you meditate?

If you meditate, please provide some details about your techniques::  
Vipassina - following the breath

Q6

No

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

Q7

69

How focused do you feel now?

**Q8****16**

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

---

**Q9**

I understand that for the listening part

**my environment needs to be comfortable, safe and undisturbed;**

**,**

**my body should not concentrate on digestion;,**

**I need to use headphones;,**

**that one soundscape contains binaural beats.**

---

Page 5

**Q10****Respondent skipped this question**

How focused do you feel now?

---

**Q11****Respondent skipped this question**

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

---

**Q12****Respondent skipped this question**

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

---

**Q13****Respondent skipped this question**

Did you notice that one of the levels was missing? If yes, which one?

---

**Q14****Respondent skipped this question**

Did you have visual imagery?

---

**Q15****Respondent skipped this question**

Please describe your experience in words:

---

**Q16****Respondent skipped this question**

How many shamanic journeys have you had before?

---

**Q17****Respondent skipped this question**

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

---

#11

**COMPLETE**

**Collector:** Embedded Survey 1 (Website Survey)  
**Started:** Sunday, June 07, 2020 10:10:45 PM  
**Last Modified:** Monday, June 08, 2020 3:03:21 PM  
**Time Spent:** 16:52:36  
**IP Address:** 91.110.101.22

---

Page 2

**Q1**

Please give yourself a random nickname:

Happy Cook

**Q2****65+**

Which category below includes your age?

**Q3****Female**

What is your gender?

**Q4**

What is your current religion or belief, if any?

none

**Q5**

How often do you meditate?

**Sometimes,**

If you meditate, please provide some details about your techniques::

Yoga, TM, Mindfulness

**Q6**

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

**Yes,**

If yes, please specify (optional)::

Tea

**Q7****82**

How focused do you feel now?

**Q8****17**

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

---

**Q9**

I understand that for the listening part

**my environment needs to be comfortable, safe and undisturbed;**

**,**

**my body should not concentrate on digestion;;**

**I need to use headphones;;**

**that one soundscape contains binaural beats.**

---

Page 5

**Q10****65**

How focused do you feel now?

---

**Q11****3**

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

---

**Q12****12**

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

---

**Q13****Did not notice.**

Did you notice that one of the levels was missing? If yes, which one?

---

**Q14****No**

Did you have visual imagery?

---

**Q15**

Please describe your experience in words:

My experience was very weird. I have tried different forms of meditation, over many years, but this was completely different. My head wobbled, which is fairly usual for me during meditation, but again this was different. My head movements just felt as though they were happening to me, and completely outside my control. Sometimes it was a small side to side movement, sometimes forward and back, sometimes my head went in small circles one way, and then the other, and sometimes in quite large circles (towards the end). Although I felt physically very relaxed, and my hands pleasantly numb, I experienced moments of nausea. Now I feel quite heavy and a bit nauseous. I wasn't aware of my breathing slowing down, although it might have. Usually, in meditation, I am aware of my breathing slowing considerably. I felt inhabited by the voice of the drum. That wasn't unpleasant, and I could feel it in my sternum. I was vaguely aware of you counting the levels, but didn't listen out for them.

Yesterday, I meditated to the sound of your video on youtube which was recorded at the Cambridge festival of ideas in 2019. I didn't experience nearly as intense sensations to that soundtrack: no nausea, found it pleasant, and slept like a log afterwards.

All the best with your thesis.

---

**Q16****1**

How many shamanic journeys have you had before?

---

**Q17**

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

hilly@hillyedwards.com

---



#12

INCOMPLETE

**Collector:** Embedded Survey 1 (Website Survey)  
**Started:** Monday, June 08, 2020 3:39:07 PM  
**Last Modified:** Monday, June 08, 2020 3:47:10 PM  
**Time Spent:** 00:08:03  
**IP Address:** 178.165.130.98

---

Page 2

Q1

Please give yourself a random nickname:

nmp

Q2

25-34

Which category below includes your age?

Q3

Male

What is your gender?

Q4

What is your current religion or belief, if any?

christian

Q5

Never

How often do you meditate?

Q6

No

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

Q7

51

How focused do you feel now?

Q8

9

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

**Q9**

I understand that for the listening part

my environment needs to be comfortable, safe and undisturbed;

,

my body should not concentrate on digestion,;

I need to use headphones,;

that one soundscape contains binaural beats.

---

Page 5

**Q10**

How focused do you feel now?

Respondent skipped this question

**Q11**

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

Respondent skipped this question

**Q12**

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

Respondent skipped this question

**Q13**

Did you notice that one of the levels was missing? If yes, which one?

Respondent skipped this question

**Q14**

Did you have visual imagery?

Respondent skipped this question

**Q15**

Please describe your experience in words:

Respondent skipped this question

**Q16**

How many shamanic journeys have you had before?

Respondent skipped this question

**Q17**

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

Respondent skipped this question

#13

INCOMPLETE

**Collector:** Embedded Survey 1 (Website Survey)  
**Started:** Monday, June 08, 2020 10:02:48 PM  
**Last Modified:** Monday, June 08, 2020 10:08:21 PM  
**Time Spent:** 00:05:33  
**IP Address:** 82.13.181.196

---

Page 2

**Q1**

Please give yourself a random nickname:

Barry

**Q2****55-64**

Which category below includes your age?

**Q3****Male**

What is your gender?

**Q4**

What is your current religion or belief, if any?

None

**Q5****Never**

How often do you meditate?

**Q6****No**

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

**Q7****65**

How focused do you feel now?

**Q8****3**

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

**Q9**

I understand that for the listening part

my environment needs to be comfortable, safe and undisturbed;

,

my body should not concentrate on digestion;,,

I need to use headphones;,,

that one soundscape contains binaural beats.

---

Page 5

**Q10**

How focused do you feel now?

Respondent skipped this question

**Q11**

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

Respondent skipped this question

**Q12**

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

Respondent skipped this question

**Q13**

Did you notice that one of the levels was missing? If yes, which one?

Respondent skipped this question

**Q14**

Did you have visual imagery?

Respondent skipped this question

**Q15**

Please describe your experience in words:

Respondent skipped this question

**Q16**

How many shamanic journeys have you had before?

Respondent skipped this question

**Q17**

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

Respondent skipped this question

#14

INCOMPLETE

**Collector:** Link From bcmi...fstadter.info (Web Link)  
**Started:** Monday, June 08, 2020 10:08:50 PM  
**Last Modified:** Monday, June 08, 2020 10:30:58 PM  
**Time Spent:** 00:22:08  
**IP Address:** 82.13.181.196

---

Page 2

Q1

Please give yourself a random nickname:

Barry

Q2

55-64

Which category below includes your age?

Q3

Male

What is your gender?

Q4

What is your current religion or belief, if any?

None

Q5

Never

How often do you meditate?

Q6

No

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

Q7

65

How focused do you feel now?

Q8

3

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

**Q9**

I understand that for the listening part

my environment needs to be comfortable, safe and undisturbed;

,

my body should not concentrate on digestion,;

I need to use headphones,;

that one soundscape contains binaural beats.

---

Page 5

**Q10**

How focused do you feel now?

Respondent skipped this question

**Q11**

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

Respondent skipped this question

**Q12**

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

Respondent skipped this question

**Q13**

Did you notice that one of the levels was missing? If yes, which one?

Respondent skipped this question

**Q14**

Did you have visual imagery?

Respondent skipped this question

**Q15**

Please describe your experience in words:

Respondent skipped this question

**Q16**

How many shamanic journeys have you had before?

Respondent skipped this question

**Q17**

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

Respondent skipped this question

#15

COMPLETE

**Collector:** Embedded Survey 1 (Website Survey)  
**Started:** Tuesday, June 09, 2020 11:09:42 AM  
**Last Modified:** Tuesday, June 09, 2020 11:37:35 AM  
**Time Spent:** 00:27:53  
**IP Address:** 86.8.200.110

---

Page 2

Q1

Please give yourself a random nickname:

Seal

Q2

18-24

Which category below includes your age?

Q3

Female

What is your gender?

Q4

What is your current religion or belief, if any?

Atheist

Q5

How often do you meditate?

Sometimes,

If you meditate, please provide some details about your techniques::

Guided meditation before sleep

Q6

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

Yes,

If yes, please specify (optional)::

Coffee 2hrs ago

Q7

72

How focused do you feel now?

**Q8****13**

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

**Q9**

I understand that for the listening part

**my environment needs to be comfortable, safe and undisturbed;**

,

**my body should not concentrate on digestion;,**

**I need to use headphones;,**

**that one soundscape contains binaural beats.**

Page 5

**Q10****67**

How focused do you feel now?

**Q11****8**

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

**Q12****9**

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

**Q13****15**

Did you notice that one of the levels was missing? If yes, which one?

**Q14****Yes**

Did you have visual imagery?

**Q15**

Please describe your experience in words:

Hard to focus on the sounds at the beginning, thinking lots about the question I set, then got more engaged with the sounds, imagery of many things, rainforests, water, psychedelic patterns, stress, animals being chased, processions, my own experiences. About halfway the deep sounds resonated through my body and around level 7 my hands and hips/ legs felt like they were floating. Harder to focus again nearer the end. Relief and peace at the silence of level 0.



**Q16****2-10**

How many shamanic journeys have you had before?

---

**Q17****Respondent skipped this question**

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

---

#16

**COMPLETE**

**Collector:** Link From bcmi...fstadter.info (Web Link)  
**Started:** Tuesday, June 09, 2020 12:12:11 PM  
**Last Modified:** Tuesday, June 09, 2020 12:51:04 PM  
**Time Spent:** 00:38:53  
**IP Address:** 194.35.233.126

---

Page 2

**Q1**

Please give yourself a random nickname:

Mango

**Q2****25-34**

Which category below includes your age?

**Q3****Female**

What is your gender?

**Q4**

What is your current religion or belief, if any?

None

**Q5**

How often do you meditate?

**Often,**

If you meditate, please provide some details about your techniques::

Focus on breathing And RAIN, visualisation, somatic

**Q6****No**

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

**Q7****61**

How focused do you feel now?

**Q8****12**

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

**Q9**

I understand that for the listening part

**my environment needs to be comfortable, safe and undisturbed;**

,

**my body should not concentrate on digestion;**

**I need to use headphones;**

**that one soundscape contains binaural beats.**

Page 5

**Q10****39**

How focused do you feel now?

**Q11****14**

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

**Q12****11**

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

**Q13****Did not notice.**

Did you notice that one of the levels was missing? If yes, which one?

**Q14****No**

Did you have visual imagery?

**Q15**

Please describe your experience in words:

At the beginning was focused on the sound of the drumming then as the sounds continued I felt a lot of bodily sensations and different thoughts/memories came up from when I have been meditating over the past few days. Overall it felt like a different experience from other types I have tried before - I am feeling very interested to try listening to something similar again perhaps for a longer period.

**Q16****0**

How many shamanic journeys have you had before?

---

**Q17****Respondent skipped this question**

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

---

#17

INCOMPLETE

**Collector:** Embedded Survey 1 (Website Survey)  
**Started:** Tuesday, June 09, 2020 4:34:59 PM  
**Last Modified:** Tuesday, June 09, 2020 4:40:23 PM  
**Time Spent:** 00:05:23  
**IP Address:** 81.102.239.243

Page 2

Q1

Please give yourself a random nickname:

Princess

Q2

65+

Which category below includes your age?

Q3

Female

What is your gender?

Q4

What is your current religion or belief, if any?

Christiam

Q5

Sometimes

How often do you meditate?

Q6

No

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

Q7

50

How focused do you feel now?

Q8

10

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

**Q9**

I understand that for the listening part

my environment needs to be comfortable, safe and undisturbed;

,

my body should not concentrate on digestion,;

I need to use headphones,;

that one soundscape contains binaural beats.

---

Page 5

**Q10**

How focused do you feel now?

Respondent skipped this question

**Q11**

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

Respondent skipped this question

**Q12**

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

Respondent skipped this question

**Q13**

Did you notice that one of the levels was missing? If yes, which one?

Respondent skipped this question

**Q14**

Did you have visual imagery?

Respondent skipped this question

**Q15**

Please describe your experience in words:

Respondent skipped this question

**Q16**

How many shamanic journeys have you had before?

Respondent skipped this question

**Q17**

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

Respondent skipped this question

#18

INCOMPLETE

**Collector:** Link From bcmi...fstadter.info (Web Link)  
**Started:** Tuesday, June 09, 2020 6:28:13 PM  
**Last Modified:** Tuesday, June 09, 2020 6:30:56 PM  
**Time Spent:** 00:02:42  
**IP Address:** 82.6.48.235

---

Page 2

Q1

Please give yourself a random nickname:

Jools

Q2

65+

Which category below includes your age?

Q3

Female

What is your gender?

Q4

What is your current religion or belief, if any?

Nothing specific

Q5

How often do you meditate?

Sometimes,

If you meditate, please provide some details about your techniques::

Mindful breathing

Q6

No

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

Q7

60

How focused do you feel now?

**Q8****16**

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

---

**Q9**

I understand that for the listening part

**my environment needs to be comfortable, safe and undisturbed;**

**,**

**my body should not concentrate on digestion;;**

**I need to use headphones;;**

**that one soundscape contains binaural beats.**

---

Page 5

**Q10****Respondent skipped this question**

How focused do you feel now?

---

**Q11****Respondent skipped this question**

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

---

**Q12****Respondent skipped this question**

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

---

**Q13****Respondent skipped this question**

Did you notice that one of the levels was missing? If yes, which one?

---

**Q14****Respondent skipped this question**

Did you have visual imagery?

---

**Q15****Respondent skipped this question**

Please describe your experience in words:

---

**Q16****Respondent skipped this question**

How many shamanic journeys have you had before?

---



**Q17****Respondent skipped this question**

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

---

#19

INCOMPLETE

**Collector:** Link From bcmi...fstadter.info (Web Link)  
**Started:** Wednesday, June 10, 2020 7:23:08 AM  
**Last Modified:** Wednesday, June 10, 2020 7:25:07 AM  
**Time Spent:** 00:01:59  
**IP Address:** 31.54.85.133

---

Page 2

Q1

Please give yourself a random nickname:

Azureblue

Q2

55-64

Which category below includes your age?

Q3

Female

What is your gender?

Q4

What is your current religion or belief, if any?

Buddhist

Q5

How often do you meditate?

Rarely,

If you meditate, please provide some details about your techniques::

Breath

Q6

No

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

Q7

14

How focused do you feel now?

**Q8****6**

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

---

**Q9**

I understand that for the listening part

**my environment needs to be comfortable, safe and undisturbed;**

**,**

**my body should not concentrate on digestion;,**

**I need to use headphones;,**

**that one soundscape contains binaural beats.**

---

Page 5

**Q10**

How focused do you feel now?

**Respondent skipped this question**

---

**Q11**

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

---

**Respondent skipped this question**

---

**Q12**

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

**Respondent skipped this question**

---

**Q13**

Did you notice that one of the levels was missing? If yes, which one?

---

**Respondent skipped this question**

---

**Q14**

Did you have visual imagery?

---

**Respondent skipped this question**

---

**Q15**

Please describe your experience in words:

---

**Respondent skipped this question**

---

**Q16**

How many shamanic journeys have you had before?

---

**Respondent skipped this question**

---

**Q17****Respondent skipped this question**

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

---

#20

INCOMPLETE

**Collector:** Embedded Survey 1 (Website Survey)  
**Started:** Wednesday, June 10, 2020 7:32:30 PM  
**Last Modified:** Wednesday, June 10, 2020 7:37:32 PM  
**Time Spent:** 00:05:02  
**IP Address:** 95.96.106.50

---

Page 2

**Q1**

Please give yourself a random nickname:

hb

**Q2****35-44**

Which category below includes your age?

**Q3****Male**

What is your gender?

**Q4**

What is your current religion or belief, if any?

no

**Q5****Rarely**

How often do you meditate?

**Q6****Yes**

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

**Q7****39**

How focused do you feel now?

**Q8****10**

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

**Q9**

I understand that for the listening part

my environment needs to be comfortable, safe and undisturbed;

,

my body should not concentrate on digestion,;

I need to use headphones,;

that one soundscape contains binaural beats.

---

Page 5

**Q10**

How focused do you feel now?

Respondent skipped this question

**Q11**

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

Respondent skipped this question

**Q12**

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

Respondent skipped this question

**Q13**

Did you notice that one of the levels was missing? If yes, which one?

Respondent skipped this question

**Q14**

Did you have visual imagery?

Respondent skipped this question

**Q15**

Please describe your experience in words:

Respondent skipped this question

**Q16**

How many shamanic journeys have you had before?

Respondent skipped this question

**Q17**

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

Respondent skipped this question

#21

**COMPLETE**

**Collector:** Embedded Survey 1 (Website Survey)  
**Started:** Wednesday, June 10, 2020 7:55:08 PM  
**Last Modified:** Wednesday, June 10, 2020 7:58:19 PM  
**Time Spent:** 00:03:10  
**IP Address:** 86.1.189.15

---

Page 2

**Q1**

Please give yourself a random nickname:

ted

**Q2****35-44**

Which category below includes your age?

**Q3****Male**

What is your gender?

**Q4**

What is your current religion or belief, if any?

not

**Q5****Sometimes**

How often do you meditate?

**Q6**

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

**Yes,**  
If yes, please specify (optional)::  
tea**Q7****29**

How focused do you feel now?

**Q8****6**

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

**Q9**

I understand that for the listening part

my environment needs to be comfortable, safe and  
undisturbed;

,

my body should not concentrate on digestion;,,

I need to use headphones;,,

that one soundscape contains binaural beats.

Page 5

**Q10****36**

How focused do you feel now?

**Q11****2**Choose a number from the circle below to indicate how  
you feel:**Q12****6**In which part of the soundscape were you the most  
focused?**Q13****Did not notice.**Did you notice that one of the levels was missing? If yes,  
which one?**Q14****Yes**

Did you have visual imagery?

**Q15**

Please describe your experience in words:

jo

**Q16****2-10**

How many shamanic journeys have you had before?

**Q17****Respondent skipped this question**Please add your email address if you'd like to be updated  
on the outcomes of this survey (optional):



#22

**COMPLETE**

**Collector:** Link From bcmi...fstadter.info (Web Link)  
**Started:** Thursday, June 11, 2020 2:17:46 AM  
**Last Modified:** Thursday, June 11, 2020 2:50:55 AM  
**Time Spent:** 00:33:09  
**IP Address:** 108.16.208.205

---

Page 2

**Q1**

Please give yourself a random nickname:

NF1

**Q2****45-54**

Which category below includes your age?

**Q3****Male**

What is your gender?

**Q4**

What is your current religion or belief, if any?

Hindu

**Q5**

How often do you meditate?

**Sometimes,**If you meditate, please provide some details about your techniques::  
mantra meditation**Q6****No**

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

**Q7****71**

How focused do you feel now?

**Q8****8**

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

**Q9**

I understand that for the listening part

**my environment needs to be comfortable, safe and undisturbed;**

,

**my body should not concentrate on digestion;;**

**I need to use headphones;;**

**that one soundscape contains binaural beats.**

Page 5

**Q10****40**

How focused do you feel now?

**Q11****10**

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

**Q12****9**

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

**Q13****2**

Did you notice that one of the levels was missing? If yes, which one?

**Q14****No**

Did you have visual imagery?

**Q15**

Please describe your experience in words:

The drums were novel and mostly pleasant to listen to. Some interesting patterns played through the various levels. Toward the very end though they became monotonous and not as appealing.

**Q16****0**

How many shamanic journeys have you had before?

**Q17**

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

subbarao@computer.org

---

#23

COMPLETE

**Collector:** Embedded Survey 1 (Website Survey)  
**Started:** Friday, June 12, 2020 9:28:54 AM  
**Last Modified:** Friday, June 12, 2020 10:30:40 AM  
**Time Spent:** 01:01:46  
**IP Address:** 86.138.17.214

---

Page 2

Q1

Please give yourself a random nickname:

Hobbes

Q2

45-54

Which category below includes your age?

Q3

Female

What is your gender?

Q4

What is your current religion or belief, if any?

Lapsed Christian

Q5

How often do you meditate?

Sometimes,

If you meditate, please provide some details about your techniques::

Mindfulness meditations

Q6

No

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

Q7

68

How focused do you feel now?

**Q8****6**

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

**Q9**

I understand that for the listening part

**my environment needs to be comfortable, safe and undisturbed;**

,

**my body should not concentrate on digestion;;**

**I need to use headphones;;**

**that one soundscape contains binaural beats.**

Page 5

**Q10****64**

How focused do you feel now?

**Q11****13**

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

**Q12****9**

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

**Q13****Did not notice.**

Did you notice that one of the levels was missing? If yes, which one?

**Q14****No**

Did you have visual imagery?

**Q15**

Please describe your experience in words:

Relaxing experience. Felt mildly happy about halfway through. Mildly irritated and impatient at about Level 4 and 3. Better by end of recording

**Q16****0**

How many shamanic journeys have you had before?

**Q17****Respondent skipped this question**

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

---

#24

INCOMPLETE

**Collector:** Embedded Survey 1 (Website Survey)  
**Started:** Wednesday, June 10, 2020 5:37:04 PM  
**Last Modified:** Friday, June 12, 2020 4:22:44 PM  
**Time Spent:** Over a day  
**IP Address:** 78.105.80.44

Page 2

Q1

Please give yourself a random nickname:

Eagle

Q2

45-54

Which category below includes your age?

Q3

Female

What is your gender?

Q4

What is your current religion or belief, if any?

none

Q5

Rarely

How often do you meditate?

Q6

No

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

Q7

55

How focused do you feel now?

Q8

6

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

**Q9**

I understand that for the listening part

my environment needs to be comfortable, safe and undisturbed;

,

my body should not concentrate on digestion;,,

I need to use headphones;,,

that one soundscape contains binaural beats.

---

Page 5

**Q10**

How focused do you feel now?

Respondent skipped this question

**Q11**

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

Respondent skipped this question

**Q12**

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

Respondent skipped this question

**Q13**

Did you notice that one of the levels was missing? If yes, which one?

Respondent skipped this question

**Q14**

Did you have visual imagery?

Respondent skipped this question

**Q15**

Please describe your experience in words:

Respondent skipped this question

**Q16**

How many shamanic journeys have you had before?

Respondent skipped this question

**Q17**

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

Respondent skipped this question



#25

**COMPLETE**

**Collector:** Embedded Survey 1 (Website Survey)  
**Started:** Friday, June 12, 2020 3:44:24 PM  
**Last Modified:** Friday, June 12, 2020 4:24:56 PM  
**Time Spent:** 00:40:31  
**IP Address:** 78.105.80.44

---

Page 2

**Q1**

Please give yourself a random nickname:

Hare

**Q2****Under 18**

Which category below includes your age?

**Q3****Male**

What is your gender?

**Q4**

What is your current religion or belief, if any?

Atheist

**Q5**

How often do you meditate?

**Sometimes,**

If you meditate, please provide some details about your techniques::

Close my eyes and focus on my breathing

**Q6****No**

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

**Q7****37**

How focused do you feel now?

**Q8****6**

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

**Q9**

I understand that for the listening part

**my environment needs to be comfortable, safe and undisturbed;**

,

**my body should not concentrate on digestion;;**

**I need to use headphones;;**

**that one soundscape contains binaural beats.**

Page 5

**Q10****50**

How focused do you feel now?

**Q11****7**

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

**Q12****16**

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

**Q13****15**

Did you notice that one of the levels was missing? If yes, which one?

**Q14****No**

Did you have visual imagery?

**Q15**

Please describe your experience in words:

I found it really hard to stay still, the sounds made me want to move. I shook like I was shivering and I was distracted trying to find regular patterns in the levels i.e. did the volume/time between increase/decrease. Also it said to make sure my tongue was relaxed and that just made me realise wherever it was in my mouth felt wrong

**Q16****0**

How many shamanic journeys have you had before?

---

**Q17**

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

ellsjdw@gmail.com

---

#26

COMPLETE

**Collector:** Link From bcmi...fstadter.info (Web Link)  
**Started:** Friday, June 12, 2020 1:43:18 PM  
**Last Modified:** Saturday, June 13, 2020 12:35:41 AM  
**Time Spent:** 10:52:23  
**IP Address:** 92.10.137.142

---

Page 2

Q1

Please give yourself a random nickname:

Speigeleintropic

Q2

35-44

Which category below includes your age?

Q3

Female

What is your gender?

Q4

What is your current religion or belief, if any?

N/A

Q5

How often do you meditate?

Often,

If you meditate, please provide some details about your techniques::

Focus on breath and allow thoughts to unfold like a film credit, with no investment. When I get lost in thought, I come back to breath. Rinse and repeat. I sit nightly for 20mins before bed.

Q6

No

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

Q7

87

How focused do you feel now?

**Q8****13**

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

**Q9**

I understand that for the listening part

**my environment needs to be comfortable, safe and undisturbed;**

,

**my body should not concentrate on digestion;,**

**I need to use headphones;,**

**that one soundscape contains binaural beats.**

Page 5

**Q10****98**

How focused do you feel now?

**Q11****6**

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

**Q12****7**

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

**Q13****6**

Did you notice that one of the levels was missing? If yes, which one?

**Q14****No**

Did you have visual imagery?

**Q15**

Please describe your experience in words:

The main sensation was of my body being weighted down. By 15 my chest had sunk down. Electrical pulses rushing up my body from 8 down. Had to work to stay with it as so intense. Felt myself drifting into thought as often happens in meditation. Soundscape was a good anchor when this happened. 2 - 0 came from nowhere. Feels like I 'left' / ejected before a message was revealed.

**Q16****2-10**

How many shamanic journeys have you had before?

---

**Q17**

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

hibs0053@gmail.com

---

#27

INCOMPLETE

**Collector:** Embedded Survey 1 (Website Survey)  
**Started:** Sunday, June 14, 2020 12:32:13 AM  
**Last Modified:** Sunday, June 14, 2020 12:52:18 AM  
**Time Spent:** 00:20:04  
**IP Address:** 2.122.72.107

---

Page 2

**Q1**

Please give yourself a random nickname:

Random nickname

**Q2****18-24**

Which category below includes your age?

**Q3****Male**

What is your gender?

**Q4**

What is your current religion or belief, if any?

Christian

**Q5****Never**

How often do you meditate?

**Q6****No**

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

**Q7****51**

How focused do you feel now?

**Q8****16**

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

**Q9**

I understand that for the listening part

my environment needs to be comfortable, safe and undisturbed;

,

my body should not concentrate on digestion,;

I need to use headphones,;

that one soundscape contains binaural beats.

---

Page 5

**Q10**

How focused do you feel now?

Respondent skipped this question

**Q11**

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

Respondent skipped this question

**Q12**

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

Respondent skipped this question

**Q13**

Did you notice that one of the levels was missing? If yes, which one?

Respondent skipped this question

**Q14**

Did you have visual imagery?

Respondent skipped this question

**Q15**

Please describe your experience in words:

Respondent skipped this question

**Q16**

How many shamanic journeys have you had before?

Respondent skipped this question

**Q17**

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

Respondent skipped this question



#28

COMPLETE

**Collector:** Embedded Survey 1 (Website Survey)  
**Started:** Monday, June 15, 2020 9:56:26 AM  
**Last Modified:** Monday, June 15, 2020 10:39:55 AM  
**Time Spent:** 00:43:29  
**IP Address:** 80.5.219.219

---

Page 2

**Q1**

Please give yourself a random nickname:

mura1

**Q2****35-44**

Which category below includes your age?

**Q3****Female**

What is your gender?

**Q4**

What is your current religion or belief, if any?

no religion

**Q5****Rarely**

How often do you meditate?

**Q6****No**

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

**Q7****94**

How focused do you feel now?

**Q8****17**

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

**Q9**

I understand that for the listening part

my environment needs to be comfortable, safe and undisturbed;

,

my body should not concentrate on digestion;,,

I need to use headphones;,,

that one soundscape contains binaural beats.

Page 5

**Q10****95**

How focused do you feel now?

**Q11****11**

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

**Q12****11**

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

**Q13****Did not notice.**

Did you notice that one of the levels was missing? If yes, which one?

**Q14****Yes**

Did you have visual imagery?

**Q15**

Please describe your experience in words:

I really liked the sound. I was worried about it finishing. I wanted that to last longer. At times I imagined I was moving/dancing to the rhythm. At one point I saw a purple spot disappearing like water in the drain. it kept reappearing. The colour change to orange eventually. My mind kept drifting to some moments from past. I feel a bit sad actually - not sure if because the sound has finished or because of the memories that came back to my mind. At one point I couldn't work out the position of my hands. They were folded on top of my stomach but I kept thinking about how and couldn't quite feel their position. I am eager to try this again.

**Q16****0**

How many shamanic journeys have you had before?

**Q17**

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

sfacerova@gmail.com

---

#29

**COMPLETE**

**Collector:** Embedded Survey 1 (Website Survey)  
**Started:** Monday, June 15, 2020 10:46:47 AM  
**Last Modified:** Monday, June 15, 2020 11:25:24 AM  
**Time Spent:** 00:38:37  
**IP Address:** 86.137.203.80

---

Page 2

**Q1**

Please give yourself a random nickname:

Sunshine

**Q2****45-54**

Which category below includes your age?

**Q3****Female**

What is your gender?

**Q4**

What is your current religion or belief, if any?

Christian - church of England

**Q5****Never**

How often do you meditate?

**Q6****No**

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

**Q7****50**

How focused do you feel now?

**Q8****10**

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

**Q9**

I understand that for the listening part

my environment needs to be comfortable, safe and undisturbed;

,

my body should not concentrate on digestion;,,

I need to use headphones;,,

that one soundscape contains binaural beats.

Page 5

**Q10**

80

How focused do you feel now?

**Q11**

16

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

**Q12**

10

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

**Q13**

Did not notice.

Did you notice that one of the levels was missing? If yes, which one?

**Q14**

Yes

Did you have visual imagery?

**Q15**

Please describe your experience in words:

Heavy sinking body

Light head

Light even though my eyes are closed

Eyes feel like they have more space in my head

Not really imagery but light, and sometimes with a tunnel effect - none of the normal red black of my inner corporeal experience with my eyes shut

Breathing slowing and shallow

Almost forget to breathe

Aware that breathing is originating from the muscles in my stomach

Wonder what it would be like to just stop breathing

**Q16****0**

How many shamanic journeys have you had before?

---

**Q17**

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

Sarah.strachan@student.anglia.ac.uk

---

#30

INCOMPLETE

**Collector:** Embedded Survey 1 (Website Survey)  
**Started:** Friday, June 19, 2020 10:03:57 AM  
**Last Modified:** Friday, June 19, 2020 10:25:45 AM  
**Time Spent:** 00:21:48  
**IP Address:** 90.248.233.96

---

Page 2

**Q1**

Please give yourself a random nickname:

AI

**Q2****18-24**

Which category below includes your age?

**Q3****Male**

What is your gender?

**Q4**

What is your current religion or belief, if any?

I believe in the nature of the mind, very close to Buddhist philosophy

**Q5**

How often do you meditate?

**Often,**

If you meditate, please provide some details about your techniques::

I do 2 different techniques, the first one is called Vipasana Meditation in which I sit in a relaxed position with eyes closed and observe the rise and the fall of the belly, in that particular meditation nothing is a distraction, any thought, feeling, emotion etc is welcome, by the time I catch myself not observing the belly I get back into that observation and it goes on and on like that for an hour. The second one is called Zazen and it is zen meditation in which I sit in front of a blank wall staring with the eyes half closed and keeping the body movement to a bare minimum. It is amazing to notice how many hallucinations and thoughts the mind projects in order to prevent one from just doing nothing for 30 minutes.

---

**Q6****No**

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

---

**Q7****100**

How focused do you feel now?

---

**Q8****14**

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

---

**Q9**

I understand that for the listening part

**my environment needs to be comfortable, safe and undisturbed;**

**,**

**my body should not concentrate on digestion;,**

**I need to use headphones;,**

**that one soundscape contains binaural beats.**

---

Page 5

**Q10****Respondent skipped this question**

How focused do you feel now?

---

**Q11****Respondent skipped this question**

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

---

**Q12****Respondent skipped this question**

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

---

**Q13****Respondent skipped this question**

Did you notice that one of the levels was missing? If yes, which one?

---

**Q14****Respondent skipped this question**

Did you have visual imagery?

---



**Q15**

Respondent skipped this question

Please describe your experience in words:

---

**Q16**

Respondent skipped this question

How many shamanic journeys have you had before?

---

**Q17**

Respondent skipped this question

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

---

#31

COMPLETE

**Collector:** Link From bcmi...fstadter.info (Web Link)  
**Started:** Friday, June 19, 2020 10:26:29 AM  
**Last Modified:** Friday, June 19, 2020 10:59:04 AM  
**Time Spent:** 00:32:35  
**IP Address:** 90.248.233.96

---

Page 2

Q1

Please give yourself a random nickname:

AI

Q2

18-24

Which category below includes your age?

Q3

Male

What is your gender?

Q4

What is your current religion or belief, if any?

I believe in the nature of the mind, very close to the Buddhist philosophy of life

Q5

How often do you meditate?

Often,

If you meditate, please provide some details about your techniques::

The first technique is called Vipasana in which I sit with my eyes closed observing the rise and fall of the belly, in that meditation nothing is a distraction, no thought or feeling or emotion, the second one is called Zazen in which I sit in front of a blank wall staring it with my eyes half open for 30 minutes

Q6

No

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

**Q7****100**

How focused do you feel now?

**Q8****14**

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

**Q9**

I understand that for the listening part

**my environment needs to be comfortable, safe and undisturbed;****,****my body should not concentrate on digestion,;****I need to use headphones,;****that one soundscape contains binaural beats.**

Page 5

**Q10****100**

How focused do you feel now?

**Q11****9**

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

**Q12****0**

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

**Q13****2**

Did you notice that one of the levels was missing? If yes, which one?

**Q14****No**

Did you have visual imagery?

**Q15**

Please describe your experience in words:

I usually meditate in silence without music but if I was to use music I would prefer a sound that doesn't have a beat into it, a more ambient soundscape. I kind of struggled to meditate with the rhythmic beat on and I felt it more as listening to music instead of meditating.

---

**Q16****1**

How many shamanic journeys have you had before?

---

**Q17****Respondent skipped this question**

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

---

#32

**COMPLETE**

**Collector:** Embedded Survey 1 (Website Survey)  
**Started:** Saturday, June 20, 2020 1:14:49 PM  
**Last Modified:** Saturday, June 20, 2020 2:49:57 PM  
**Time Spent:** 01:35:07  
**IP Address:** 86.1.189.15

---

Page 2

**Q1**

Please give yourself a random nickname:

A

**Q2****25-34**

Which category below includes your age?

**Q3****Female**

What is your gender?

**Q4**

What is your current religion or belief, if any?

None

**Q5**

How often do you meditate?

**Rarely,**

If you meditate, please provide some details about your techniques::

Drifting away in noises, in a crowd...

**Q6**

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

**Yes,**If yes, please specify (optional)::  
one sip of my husband's coffee**Q7****25**

How focused do you feel now?

**Q8****3**

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

**Q9**

I understand that for the listening part

**my environment needs to be comfortable, safe and undisturbed;**

,

**my body should not concentrate on digestion;**

**I need to use headphones;**

**that one soundscape contains binaural beats.**

Page 5

**Q10****40**

How focused do you feel now?

**Q11****10**

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

**Q12****12**

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

**Q13****Did not notice.**

Did you notice that one of the levels was missing? If yes, which one?

**Q14****Yes**

Did you have visual imagery?

**Q15**

Please describe your experience in words:

Until level 9: Dark jungle: a noisy party at night, dangerous, black snake, another party full of green and red lights across a lake

Level 8-6: falling in the lake but still moving towards the party across, emotional, struggling, flying out finally

Falling asleep after level 6

Level 1: waking up in a cave, bright day light around from a big opening above, dessert? beach?

**Q16****0**

How many shamanic journeys have you had before?

---

**Q17**

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

antonia.wuyanxi@gmail.com

---

#33

INCOMPLETE

**Collector:** Previous Group (Web Link)  
**Started:** Tuesday, June 23, 2020 10:29:08 PM  
**Last Modified:** Tuesday, June 23, 2020 10:34:50 PM  
**Time Spent:** 00:05:42  
**IP Address:** 158.148.98.66

---

Page 2

**Q1**

Please give yourself a random nickname:

Sunni

**Q2**

45-54

Which category below includes your age?

**Q3**

Female

What is your gender?

**Q4**

What is your current religion or belief, if any?

None

**Q5**

How often do you meditate?

**Often,**

If you meditate, please provide some details about your techniques::  
Vipassana

**Q6**

No

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

**Q7**

49

How focused do you feel now?



**Q8****13**

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

---

**Q9**

I understand that for the listening part

**my environment needs to be comfortable, safe and undisturbed;**

**,**

**my body should not concentrate on digestion;,**

**I need to use headphones;,**

**that one soundscape contains binaural beats.**

---

Page 5

**Q10****Respondent skipped this question**

How focused do you feel now?

---

**Q11****Respondent skipped this question**

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

---

**Q12****Respondent skipped this question**

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

---

**Q13****Respondent skipped this question**

Did you notice that one of the levels was missing? If yes, which one?

---

**Q14****Respondent skipped this question**

Did you have visual imagery?

---

**Q15****Respondent skipped this question**

Please describe your experience in words:

---

**Q16****Respondent skipped this question**

How many shamanic journeys have you had before?

---

**Q17****Respondent skipped this question**

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

---

#34

**COMPLETE**

**Collector:** Previous Group (Web Link)  
**Started:** Wednesday, June 24, 2020 3:29:32 AM  
**Last Modified:** Wednesday, June 24, 2020 4:00:40 AM  
**Time Spent:** 00:31:07  
**IP Address:** 116.250.219.249

---

Page 2

**Q1**

Please give yourself a random nickname:

Suz

**Q2****65+**

Which category below includes your age?

**Q3****Female**

What is your gender?

**Q4**

What is your current religion or belief, if any?

spiritualist

**Q5**

How often do you meditate?

**Often,**

If you meditate, please provide some details about your techniques::

variuos - stillness, sitting in the power, journeying, emptyness

**Q6****No**

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

**Q7****54**

How focused do you feel now?

**Q8****10**

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

**Q9**

I understand that for the listening part

**my environment needs to be comfortable, safe and undisturbed;**

,

**my body should not concentrate on digestion;;**

**I need to use headphones;;**

**that one soundscape contains binaural beats.**

Page 5

**Q10****77**

How focused do you feel now?

**Q11****16**

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

**Q12****9**

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

**Q13****Did not notice.**

Did you notice that one of the levels was missing? If yes, which one?

**Q14****Yes**

Did you have visual imagery?

**Q15**

Please describe your experience in words:

began very jumbled / bubbly feeling then after a time moved quiet deep started to lighten when rythem changed to steady heavy beet surrounded in healing blue colour then kept coming back lighter to the end. Definately feel better than when commenced more in balance and centred energy

**Q16****25+**

How many shamanic journeys have you had before?

---

**Q17**

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

walking\_s\_mac@activ8.net.au

---

#35

**COMPLETE**

**Collector:** Previous Group (Web Link)  
**Started:** Wednesday, June 24, 2020 7:15:42 AM  
**Last Modified:** Wednesday, June 24, 2020 8:30:18 AM  
**Time Spent:** 01:14:35  
**IP Address:** 91.163.204.99

---

Page 2

**Q1**

Please give yourself a random nickname:

lamayuru

**Q2****45-54**

Which category below includes your age?

**Q3****Male**

What is your gender?

**Q4**

What is your current religion or belief, if any?

close to buddhism and non-duality

**Q5**

How often do you meditate?

**Often,**

If you meditate, please provide some details about your techniques::

I am just open to everything like mindfulness

**Q6****No**

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

**Q7****70**

How focused do you feel now?

**Q8****17**

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

---

**Q9**

I understand that for the listening part

**my environment needs to be comfortable, safe and undisturbed;**

**,**

**my body should not concentrate on digestion;;**

**I need to use headphones;;**

**that one soundscape contains binaural beats.**

---

Page 5

**Q10****90**

How focused do you feel now?

---

**Q11****7**

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

---

**Q12****5**

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

---

**Q13****Did not notice.**

Did you notice that one of the levels was missing? If yes, which one?

---

**Q14****Yes**

Did you have visual imagery?

---

**Q15**

Please describe your experience in words:

At first, I was planing in the space for a long time, then I arrived on a planet, which looks like the moon.

There were some beings, I walked with them and went down to a big cave, where there was a lake, I swimmmed in the lake with strange fishes.

Then I suddenly arrived in a place very green with a lot of grass, I could see also mountains, I was meditating there, humans arrived and meditate with me. After a while we all danced around a fire. It was symbolizing the union of appearance and vacuity. Then I traveled newly through the space to arrive in my room.

For the final minutes, I was just listening without new visualisation.

For the question I choose, I have had an answer, not precise, but a direction which I will perhaps follow.

---

**Q16****2-10**

How many shamanic journeys have you had before?

---

**Q17**

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

laurentmonnot@yahoo.fr

---



#36

COMPLETE

**Collector:** Previous Group (Web Link)  
**Started:** Wednesday, June 24, 2020 12:29:55 PM  
**Last Modified:** Wednesday, June 24, 2020 12:55:06 PM  
**Time Spent:** 00:25:11  
**IP Address:** 86.149.197.132

---

Page 2

Q1

Please give yourself a random nickname:

Monica

Q2

35-44

Which category below includes your age?

Q3

Female

What is your gender?

Q4

What is your current religion or belief, if any?

Jedi.

Q5

How often do you meditate?

Sometimes,

If you meditate, please provide some details about your techniques::

All sorts - buddhist etc

Q6

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

Yes,

If yes, please specify (optional)::

Decaff coffee, so low amount of caffeine

Q7

34

How focused do you feel now?

**Q8****6**

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

**Q9**

I understand that for the listening part

**my environment needs to be comfortable, safe and undisturbed;**

,

**my body should not concentrate on digestion;**

**I need to use headphones;**

**that one soundscape contains binaural beats.**

Page 5

**Q10****50**

How focused do you feel now?

**Q11****9**

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

**Q12****11**

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

**Q13****Did not notice.**

Did you notice that one of the levels was missing? If yes, which one?

**Q14****No**

Did you have visual imagery?

**Q15**

Please describe your experience in words:

At times it felt really good, like flying along with the music and then sometimes my thoughts took me out of it.

**Q16****1**

How many shamanic journeys have you had before?

**Q17**

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

susannahquinn@gmail.com

---

#37

COMPLETE

**Collector:** Embedded Survey 1 (Website Survey)  
**Started:** Friday, June 26, 2020 10:58:12 AM  
**Last Modified:** Friday, June 26, 2020 11:53:15 AM  
**Time Spent:** 00:55:02  
**IP Address:** 90.129.209.247

---

Page 2

Q1

Please give yourself a random nickname:

Tjofrasse

Q2

35-44

Which category below includes your age?

Q3

Male

What is your gender?

Q4

What is your current religion or belief, if any?

Sort of like Spinoza

Q5

Never

How often do you meditate?

Q6

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

Yes,  
If yes, please specify (optional)::  
Coffee

Q7

90

How focused do you feel now?

Q8

15

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

**Q9**

I understand that for the listening part

my environment needs to be comfortable, safe and undisturbed;

,

my body should not concentrate on digestion;,

I need to use headphones;,,

that one soundscape contains binaural beats.

Page 5

**Q10****20**

How focused do you feel now?

**Q11****17**

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

**Q12****0**

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

**Q13****Did not notice.**

Did you notice that one of the levels was missing? If yes, which one?

**Q14****No**

Did you have visual imagery?

**Q15**

Please describe your experience in words:

The answer to my question came immediately, because I realized I already knew it. I felt happy and knew what things I want to pursue more. I had lots of associations and my thoughts ran freely. I tried to get back to just focus on the music occasionally. I felt surprisingly sleepy. Now my body feels very relaxed and heavy. The journey brought things I knew to the surface with more clarity. It was a very pleasant experience and I feel refreshed but also a bit disoriented, like the subconscious has been stirred up and I need to digest the experience a bit. And I look forward to all sensations the day will bring and the path I will pursue in the future.

**Q16****1**

How many shamanic journeys have you had before?

**Q17**

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

Nelsadgendor@hotmail.com

---

#38

**COMPLETE**

**Collector:** Link From bcmi...fstadter.info (Web Link)  
**Started:** Friday, June 26, 2020 11:58:03 AM  
**Last Modified:** Friday, June 26, 2020 12:00:31 PM  
**Time Spent:** 00:02:28  
**IP Address:** 90.129.209.247

---

Page 2

**Q1**

Please give yourself a random nickname:

Tjofrasse

**Q2****35-44**

Which category below includes your age?

**Q3****Male**

What is your gender?

**Q4**

What is your current religion or belief, if any?

Sort of like Spinoza, pantheism

**Q5****Never**

How often do you meditate?

**Q6**

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

**Yes,**  
If yes, please specify (optional)::  
Coffee**Q7****90**

How focused do you feel now?

**Q8****15**

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

**Q9**

I understand that for the listening part

my environment needs to be comfortable, safe and undisturbed;

,

my body should not concentrate on digestion;,

I need to use headphones;,

that one soundscape contains binaural beats.

Page 5

**Q10****30**

How focused do you feel now?

**Q11****17**

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

**Q12****3**

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

**Q13****Did not notice.**

Did you notice that one of the levels was missing? If yes, which one?

**Q14****No**

Did you have visual imagery?

**Q15**

Please describe your experience in words:

The answer to my question came immediately, because I realized I already knew it. I felt happy and knew what things I want to pursue more. I had lots of associations and my thoughts ran freely. I tried to get back to just focus on the music occasionally. I felt surprisingly sleepy. Now my body feels very relaxed and heavy. The journey brought things I knew to the surface with more clarity. It was a very pleasant experience and I feel refreshed but also a bit disoriented, like the subconscious has been stirred up and I need to digest the experience a bit. And I look forward to all sensations the day will bring and the path I will pursue in the future.

**Q16****1**

How many shamanic journeys have you had before?



**Q17**

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

Nelsadgendor@hotmail.com

---

#39

COMPLETE

**Collector:** Link From bcmi...fstadter.info (Web Link)  
**Started:** Friday, June 26, 2020 4:06:06 PM  
**Last Modified:** Friday, June 26, 2020 5:00:05 PM  
**Time Spent:** 00:53:58  
**IP Address:** 139.47.23.156

---

Page 2

Q1

Please give yourself a random nickname:

Spiralkit

Q2

25-34

Which category below includes your age?

Q3

Male

What is your gender?

Q4

What is your current religion or belief, if any?

Not religious

Q5

How often do you meditate?

Sometimes,

If you meditate, please provide some details about your techniques::

Sitting in Sukhasana pose, closed eyes, controlled breathing, focusing on an anchor.

Q6

No

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

Q7

77

How focused do you feel now?

**Q8****10**

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

**Q9**

I understand that for the listening part

**my environment needs to be comfortable, safe and undisturbed;**

,

**my body should not concentrate on digestion;,**

**I need to use headphones;,**

**that one soundscape contains binaural beats.**

Page 5

**Q10****93**

How focused do you feel now?

**Q11****16**

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

**Q12****8**

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

**Q13****Did not notice.**

Did you notice that one of the levels was missing? If yes, which one?

**Q14****Yes**

Did you have visual imagery?

**Q15**

Please describe your experience in words:

Meditative, tranquil, focussed. That was how I felt after experiencing the journey. It started with me focussing on the content of the sound. As the soundscape progressed my focus shifted from the track to the closed eyed visuals. They were quite abstract, fractal, sometimes taking the same of leaves. I'm not good at drawing otherwise I would've shared them. The rest of the journey was a shift of focus between the visuals and my journey question.

**Q16****0**

How many shamanic journeys have you had before?

---

**Q17**

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

ankitmalik.spiralynk@gmail.com

---

#40

**COMPLETE**

**Collector:** Link From bcmi...fstadter.info (Web Link)  
**Started:** Saturday, June 27, 2020 4:09:44 PM  
**Last Modified:** Saturday, June 27, 2020 7:01:20 PM  
**Time Spent:** 02:51:35  
**IP Address:** 86.1.189.15

---

Page 2

**Q1**

Please give yourself a random nickname:

Aa

**Q2****25-34**

Which category below includes your age?

**Q3****Female**

What is your gender?

**Q4**

What is your current religion or belief, if any?

Spiritual

**Q5****Sometimes**

How often do you meditate?

**Q6****No**

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

**Q7****9**

How focused do you feel now?

**Q8****4**

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

**Q9**

I understand that for the listening part

my environment needs to be comfortable, safe and  
undisturbed;

,

my body should not concentrate on digestion;,,

I need to use headphones;,,

that one soundscape contains binaural beats.

Page 5

**Q10****39**

How focused do you feel now?

**Q11****9**Choose a number from the circle below to indicate how  
you feel:**Q12****3**In which part of the soundscape were you the most  
focused?**Q13****Did not notice.**Did you notice that one of the levels was missing? If yes,  
which one?**Q14****No**

Did you have visual imagery?

**Q15**

Please describe your experience in words:

Sorry

**Q16****1**

How many shamanic journeys have you had before?

**Q17**

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

antonia.wuyanxi@gmail.com

#41

**COMPLETE**

**Collector:** Embedded Survey 1 (Website Survey)  
**Started:** Saturday, June 27, 2020 10:19:04 PM  
**Last Modified:** Sunday, June 28, 2020 12:01:05 AM  
**Time Spent:** 01:42:01  
**IP Address:** 88.11.145.226

---

Page 2

**Q1**

Please give yourself a random nickname:

eu

**Q2****35-44**

Which category below includes your age?

**Q3****Female**

What is your gender?

**Q4**

What is your current religion or belief, if any?

in energy

**Q5**

How often do you meditate?

**Often,**

If you meditate, please provide some details about your techniques::

Integrated Amrita Meditation (IAM) Technique created by Amma

**Q6****No**

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

**Q7****84**

How focused do you feel now?

**Q8****13**

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

**Q9**

I understand that for the listening part

**my environment needs to be comfortable, safe and undisturbed;**

,

**my body should not concentrate on digestion;;**

**I need to use headphones;;**

**that one soundscape contains binaural beats.**

Page 5

**Q10****80**

How focused do you feel now?

**Q11****17**

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

**Q12****10**

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

**Q13****Did not notice.**

Did you notice that one of the levels was missing? If yes, which one?

**Q14****Yes**

Did you have visual imagery?

**Q15**

Please describe your experience in words:

on the upper left side i saw the stars moving in circles in a dark sky.  
After a while on the upper right side i saw a dot of white light

**Q16****1**

How many shamanic journeys have you had before?



**Q17**

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

pia.alejandra.galvez.lindegaard@gmail.com

---

#42

INCOMPLETE

**Collector:** Link From bcmi...fstadter.info (Web Link)  
**Started:** Sunday, June 28, 2020 11:51:24 AM  
**Last Modified:** Sunday, June 28, 2020 11:57:37 AM  
**Time Spent:** 00:06:12  
**IP Address:** 81.106.228.117

---

Page 2

**Q1**

Please give yourself a random nickname:

Jam

**Q2****25-34**

Which category below includes your age?

**Q3****Male**

What is your gender?

**Q4**

What is your current religion or belief, if any?

christian

**Q5****Never**

How often do you meditate?

**Q6****No**

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

**Q7****50**

How focused do you feel now?

**Q8****6**

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

**Q9**

I understand that for the listening part

my environment needs to be comfortable, safe and undisturbed;

,

my body should not concentrate on digestion,;

I need to use headphones,;

that one soundscape contains binaural beats.

---

Page 5

**Q10**

How focused do you feel now?

Respondent skipped this question

**Q11**

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

Respondent skipped this question

**Q12**

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

Respondent skipped this question

**Q13**

Did you notice that one of the levels was missing? If yes, which one?

Respondent skipped this question

**Q14**

Did you have visual imagery?

Respondent skipped this question

**Q15**

Please describe your experience in words:

Respondent skipped this question

**Q16**

How many shamanic journeys have you had before?

Respondent skipped this question

**Q17**

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

Respondent skipped this question

#43

**COMPLETE**

**Collector:** Link From bcmi...fstadter.info (Web Link)  
**Started:** Sunday, June 28, 2020 11:58:00 AM  
**Last Modified:** Sunday, June 28, 2020 12:24:35 PM  
**Time Spent:** 00:26:34  
**IP Address:** 81.106.228.117

---

Page 2

**Q1**

Please give yourself a random nickname:

Jam

**Q2****25-34**

Which category below includes your age?

**Q3****Male**

What is your gender?

**Q4**

What is your current religion or belief, if any?

Cristian

**Q5****Never**

How often do you meditate?

**Q6****No**

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

**Q7****50**

How focused do you feel now?

**Q8****6**

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

**Q9**

I understand that for the listening part

my environment needs to be comfortable, safe and undisturbed;

,

my body should not concentrate on digestion;,,

I need to use headphones;,,

that one soundscape contains binaural beats.

Page 5

**Q10****64**

How focused do you feel now?

**Q11****5**

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

**Q12****9**

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

**Q13****Did not notice.**

Did you notice that one of the levels was missing? If yes, which one?

**Q14****Yes**

Did you have visual imagery?

**Q15**

Please describe your experience in words:

Visions of dancing or combat

**Q16****2-10**

How many shamanic journeys have you had before?

**Q17****Respondent skipped this question**

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

#44

COMPLETE

**Collector:** Link From bcmi...fstadter.info (Web Link)  
**Started:** Friday, June 26, 2020 12:15:11 PM  
**Last Modified:** Tuesday, June 30, 2020 7:20:37 AM  
**Time Spent:** Over a day  
**IP Address:** 94.6.206.72

---

Page 2

Q1

Please give yourself a random nickname:

Elizabeth

Q2

35-44

Which category below includes your age?

Q3

Female

What is your gender?

Q4

What is your current religion or belief, if any?

None

Q5

How often do you meditate?

Sometimes,

If you meditate, please provide some details about your techniques::

If I meditate it will be guided meditations recommended to me, so I don't feel like I really have a "Technique"

Q6

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

Yes,

If yes, please specify (optional)::

1 x coffee

Q7

85

How focused do you feel now?

**Q8****13**

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

**Q9**

I understand that for the listening part

**my environment needs to be comfortable, safe and undisturbed;**

,

**my body should not concentrate on digestion;,**

**I need to use headphones;,**

**that one soundscape contains binaural beats.**

Page 5

**Q10****91**

How focused do you feel now?

**Q11****16**

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

**Q12****10**

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

**Q13****Did not notice.**

Did you notice that one of the levels was missing? If yes, which one?

**Q14****No**

Did you have visual imagery?

**Q15**

Please describe your experience in words:

I usually have a difficult time meditating. It's hard for me to stop having thoughts while attempting to meditate and when I do have them, I try to notice them and let them pass without engaging in them. But this meditation was marginally different - I found it deeply relaxing and my mind was more engaged with the beats and far less distracted by the thoughts trying to intrude. I have never done shamanic journeying before but have friends who do it regularly and after this experience, well I am thinking about what more I could discover. It's inspired me at the very least to explore more in the world of binaural beats.

**Q16****0**

How many shamanic journeys have you had before?

---

**Q17****Respondent skipped this question**

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

---