

# INVITATION TO PARTICIPATE

## IN RESEARCH ABOUT AYAHUASCA

This research is intended to shine some light on how Ayahuasca is being used in North America. There have been numerous studies on Ayahuasca use in Latin America but, as yet, little is known about its use in North America.

This study focuses on how the Ayahuasca experience influences your life and how you use it in your life. The questionnaire doesn't ask about your visions when you drink Ayahuasca. Instead, it focuses on your intentions before and your experience after.

I am being guided in this research by my own personal experience of Ayahuasca. I'm a psychologist who has worked in research and has had a private psychotherapy practice for over thirty-five years. My intention is to publish the research results. This research is being conducted via personal networks of kindred spirits.

Simply place your completed questionnaires in the stamped envelope addressed to me and mail it. Your participation is completely confidential. There is no way to identify you.

Thank you for your participation.

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# AYAHUASCA QUESTIONNAIRE

## BACKGROUND INFORMATION

Are you a member of Uniao do Vegetal?  Yes  No

Are you a member of Santo Daime?  Yes  No

Are you part of a group that uses Ayahuasca on a regular basis?  
 Yes  No

Your age: \_\_\_\_\_

Your gender:  M  F

Highest level of formal education you've completed:

High School Graduate

College Degree

Master's Degree

PhD/MD/JD or other Doctorate Degree

Your occupation:

Do you have a regular spiritual discipline, something you do at least 4-5 times a week? If so, what is it?

Have you had any psychotherapy? If so, what kind(s) of therapy? For how long?

What is your religious affiliation or spiritual belief system?

Have you used psychedelics other than Ayahuasca? \_\_\_\_\_ Yes \_\_\_\_\_ No

If yes, which ones?

How long ago was your last experience other than Ayahuasca?

### **AYAHUASCA INFORMATION**

In what year did you first drink Ayahuasca?

How many times have you drunk Ayahuasca?

In North America? \_\_\_\_\_

In Latin America? \_\_\_\_\_

What were your original intentions when you first drank Ayahuasca?

How have your intentions changed over time?

### **YOUR MOST RECENT AYAHUASCA EXPERIENCE IN NORTH AMERICA**

How long ago was your most recent experience of drinking Ayahuasca in North America?

What was your intention for this most recent experience?

Where was the Ayahuasca brewed?

In North America? \_\_\_\_\_

In Latin America? \_\_\_\_\_

Did you receive dietary recommendations?

How closely did you follow them?

Did you fast? If so, for how long?

Was there any physical preparation?

Were you asked what medications you were taking?

Please describe the setting.

Was there a ceremonial ritual or prayer? What was it?

How secure and safe did you feel in the environment?

Was there a Shaman present? \_\_\_\_\_Yes \_\_\_\_\_No

Was there live music? What was it?

Was there some kind of rhythmic sound? What was it?

Did you drink Ayahuasca during daytime or nighttime?

Were you indoors or outdoors?

Were any rules or agreements presented? If so, what were they?

Were there helpers who didn't drink Ayahuasca? \_\_\_\_\_Yes \_\_\_\_\_No

What kind of interaction, if any, did you have with the leaders or helpers?

Before:

During:

After:

Was there any interaction with other participants?

Before:

During:

After:

Did participants make noise, such as emotional expressions or other sounds? If so, what?

Did participants move around? If so, how?

**AFTER YOUR MOST RECENT AYAHUASCA EXPERIENCE IN NO. AMERICA**

Was there a ceremonial/ritual closing after the experience? If so, what was it?

What did you do the following morning?

Did the leaders discuss the experience with you?

Was there group sharing time?

Was there any follow-up after that? If so, what?

Did you do anything special to integrate your Ayahuasca experience in the day/weeks following?

Have you sought professional help of any kind to help you integrate your Ayahuasca experience? If so, what did you do? How many sessions?

Do you have friends you talk with about your Ayahuasca experience?

Did you stay in touch with the people who shared the Ayahuasca experience with you? Was there a scheduled time for processing with this group?

Did you receive any messages or instructions during your most recent Ayahuasca experience? If so, what were they?

## **CHANGES AS A RESULT OF YOUR AYAHUASCA EXPERIENCE(S)**

Any changes in your behavior? If so, what?

Any changes in your use of alcohol? If so, what?

Any changes in your use of marijuana? If so, what?

Any changes in your use of other psychedelics? If so, what?

Any changes in your abilities? If so, what?

Any changes in your physical health? If so, what?

Any changes in your diet? If so what?

Any changes in your relationships? If so, what?

Any changes in your emotional moods? If so, what?

Any changes in your dreams? If so, what?

Any changes in synchronous events in your life? If so, what?

Any changes in your attitude toward yourself? If so, what?

Any changes in your attitude toward life? If so, what?

Any changes in your religious or spiritual beliefs? If so, what?

Any changes in your sense of being guided in your life? If so, what?

What have you learned from your Ayahuasca experience(s)?



Did you make any life changes? If so, what?

Do you feel that you have a personal relationship with the spirit of Ayahuasca?

If so, please describe this relationship?

How do you communicate?

How does this relationship affect your life?

How is this relationship unfolding?

If you're part of an ongoing Ayahuasca community or church, how do you see the community evolving or changing?

Did anyone close to you notice any changes in you? What did they notice?

Would they be willing to write a few words here in their own handwriting?

## **FUTURE PLANS**

Will you drink Ayahuasca again? \_\_\_\_\_Yes \_\_\_\_\_No

If yes, with what intentions?

If no, why not?

Would you encourage others to drink Ayahuasca? \_\_\_\_\_Yes \_\_\_\_\_No

If yes, why?

If no, why not?

## CHANGES IN YOURSELF AND YOUR LIFE

Please answer these questions based on changes you consider to be a result of your experiences with Ayahuasca. Using for comparison how you were before you experienced Ayahuasca, respond to the questions based on your present sense of yourself and your life.

*Please answer the following questions in terms of how positive or negative you feel.*

1	2	3	4	5
Very Negative	Somewhat Negative	No Change	Somewhat Positive	Very Positive

1. \_\_\_\_ My behavior has changed in ways I consider
2. \_\_\_\_ My sense of values (what is important to me in life) has changed
3. \_\_\_\_ The value I place on my experience(s) with Ayahuasca is
4. \_\_\_\_ My relationships with others have changed
5. \_\_\_\_ My philosophy of life has changed

*Please answer the following questions in terms of change.*

1	2	3	4	5
Greatly Decreased	Somewhat Decreased	Not Changed	Somewhat Increased	Greatly Increased

6. \_\_\_\_ My appreciation for life has
7. \_\_\_\_ The dynamic quality of my life has
8. \_\_\_\_ The meaning in my life has
9. \_\_\_\_ My enthusiasm for life in general has
10. \_\_\_\_ The richness in my life has
11. \_\_\_\_ The joy in my life has

1	2	3	4	5
Greatly Decreased	Somewhat Decreased	Not Changed	Somewhat Increased	Greatly Increased

12. \_\_\_\_\_ My optimism has
13. \_\_\_\_\_ My trust that everything in my life will work out all right has
14. \_\_\_\_\_ My concern with my future has
15. \_\_\_\_\_ My concern with my past has
16. \_\_\_\_\_ I feel my personal integration has
17. \_\_\_\_\_ My sense of inner authority in my life has
18. \_\_\_\_\_ My creativity has
19. \_\_\_\_\_ My authenticity as a person has
20. \_\_\_\_\_ My good-natured humor/playfulness/lightness of being has
21. \_\_\_\_\_ My self-acceptance has
22. \_\_\_\_\_ My patience/ability to tolerate frustration has
23. \_\_\_\_\_ My mental flexibility/open-mindedness has
24. \_\_\_\_\_ My self-confidence/self-assurance has
25. \_\_\_\_\_ My honesty with myself has
26. \_\_\_\_\_ My concern with thoughts/feelings about my body has
27. \_\_\_\_\_ My compassion toward myself has
28. \_\_\_\_\_ My feelings of sadness or depression have
29. \_\_\_\_\_ My feelings of anxiety or nervousness have
30. \_\_\_\_\_ My feelings of love and open-heartedness have
31. \_\_\_\_\_ My experience of inner peace (centeredness, serenity calmness, contentment) has

1	2	3	4	5
Greatly Decreased	Somewhat Decreased	Not Changed	Somewhat Increased	Greatly Increased

32. \_\_\_\_\_ My feelings of positive emotions (love, joy, gratitude, appreciation, contentment) have
33. \_\_\_\_\_ My feelings of inspiration have
34. \_\_\_\_\_ My feelings of anger (bitterness, hostility, scorn) have
35. \_\_\_\_\_ My feelings of guilt have
36. \_\_\_\_\_ My experiences of joy have
37. \_\_\_\_\_ My sensitivity to the needs of others has
38. \_\_\_\_\_ My desire to serve others has
39. \_\_\_\_\_ My tolerance toward others has
40. \_\_\_\_\_ My expression of hateful feelings toward others has
41. \_\_\_\_\_ My expression of loving feelings toward others has
42. \_\_\_\_\_ My empathy and sensitivity to others' feelings has
43. \_\_\_\_\_ My negative expression of anger (ridicule, expressed irritability) has
44. \_\_\_\_\_ My social concern/compassion has
45. \_\_\_\_\_ My concern about vulnerable people has
46. \_\_\_\_\_ My sense of reverence has
47. \_\_\_\_\_ My sense of being in the here and now has
48. \_\_\_\_\_ My appreciation for the whole of creation has
49. \_\_\_\_\_ Time I spend in quiet meditation or prayer has
50. \_\_\_\_\_ My sense of the preciousness of life has
51. \_\_\_\_\_ My experience of the profound sacredness of life has
52. \_\_\_\_\_ My belief in some form of continuance after death has

1	2	3	4	5
Greatly Decreased	Somewhat Decreased	Not Changed	Somewhat Increased	Greatly Increased

53. \_\_\_\_\_ My apprehension about my own death has
54. \_\_\_\_\_ The importance I place on my spiritual and/or religious understandings has
55. \_\_\_\_\_ My experience of the sacredness in daily life has
56. \_\_\_\_\_ My experience of a deeper sense of gratitude for life has
57. \_\_\_\_\_ My sense of a personal relationship with the God of my understanding/ultimate reality/a higher power has
58. \_\_\_\_\_ My feeling of connection to the God of my understanding/ultimate reality/a higher power has
59. \_\_\_\_\_ Spirituality as a central part of my life has
60. \_\_\_\_\_ My sense of emotional support from my prayer and/or meditations has
61. \_\_\_\_\_ My desire to be closer to the God of my understanding/ultimate reality/a higher power has
62. \_\_\_\_\_ My sense of being on track in my life has
63. \_\_\_\_\_ My feeling of being at home in the universe has
64. \_\_\_\_\_ My sense that all of life is interconnected has
65. \_\_\_\_\_ My sense that there is an order to the universe that transcends human thinking has
66. \_\_\_\_\_ My belief that there is a higher plane of consciousness or spirituality that connects all people has
67. \_\_\_\_\_ My feeling of an emotional bond with all of humanity has
68. \_\_\_\_\_ My experience of synchronous events in my life has
69. \_\_\_\_\_ My ability to be at home in the present moment has

1	2	3	4	5
Greatly Decreased	Somewhat Decreased	Not Changed	Somewhat Increased	Greatly Increased

70. \_\_\_\_\_ My experience of emotional closeness to someone who has died has
71. \_\_\_\_\_ The time I spend for my devotional life has
72. \_\_\_\_\_ My sense of having a calling in life has
73. \_\_\_\_\_ The importance I place on traditional theological formulations to express spiritual insights has

*Please answer the next questions in terms of how strongly you agree to the following statements.*

1	2	3	4	5
Strongly Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Strongly Agree

74. \_\_\_\_\_ I have learned something useful from my Ayahuasca experience(s).
75. \_\_\_\_\_ I feel that I now know a new dimension of life.
76. \_\_\_\_\_ I am convinced now in retrospect that I encountered ultimate reality in my Ayahuasca experience(s) (that I 'knew' and 'saw' what was really Real).
77. \_\_\_\_\_ I now feel that the meaningfulness of my Ayahuasca experience(s) is beyond words.
78. \_\_\_\_\_ I now feel that my life has taken a definite change of course because of my Ayahuasca experience(s).

*Please answer the following questions according to how strongly you feel.*

79. \_\_\_\_\_ My experience(s) with Ayahuasca has/have been

1	2	3	4	5
Very Meaningless	Somewhat Meaningless	Irrelevant	Somewhat Meaningful	Very Meaningful

80. \_\_\_\_My experience(s) with Ayahuasca has/have been?

1	2	3	4	5
Very Insignificant	Somewhat Insignificant	Irrelevant	Somewhat Significant	Very Significant

81. \_\_\_\_My sense of personal well-being and life satisfaction has changed due to my experience(s) with Ayahuasca

1	2	3	4	5
Very Negatively	Somewhat Negatively	No Change	Somewhat Positively	Very Positively