

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.

Rachel Harris
4 Skyfield Drive
Princeton, NJ 08540
609-466-3302
RachelHarrisPhD@comcast.net

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