***Into a Galaxy of Persian Rugs* - 4-HO-MET Trip report**

**Date:** May 6, 2020

**Gender:** Male

**Age:** 20

**Height:** 6 ft

**Weight:** 175 lbs

**Dosage:** 20mg

Today is a nice spring day with a bit of clouds in the sky and a gentle temperature. With such a nice day, I decided to do a little experiment. 2 days ago, I’ve received a batch of 4-HO-MET. Since I got nothing to do because of the pandemic, I thought that I might as well try it out. I have prior experience with Psilocybin mushrooms, 4-ACO-DMT, 1P-LSD, MDMA, MDA, and DXM. I also smoked my fair share of weed during the past year and a half. This time, however, I won’t be doing a standard trip. I will document the experience as it happens and give a firsthand account of the effects of this compound. I will be tripping alone in my one-room apartment with no trip sitter. This is my third trip alone, the first one being with 1P-LSD and the second with 4-ACO-DMT, so I’m not a totally inexperienced solo tripper. The room is cleared of all unnecessary objects. Like before all my trips, my mindset is a bit nervous, but still positive to go back into the psychedelic realm. I think this trip report will allow me to get a better grasp of my experience and put into words the effects that I’m feeling. For the past 2 years, I’ve been interested in different states of consciousness that one can have through the use of psychoactive substances and I love reading about other peoples’ experiences in those states, like in *The Doors of Perception* by Aldous Huxley. Now is the time to share my trip into the other realm.

**4:00 PM**: I have now taken a 20mg capsule of 4-HO-MET, my body is a bit shaky because of my nervousness, so I take deep breaths and try to calm down. ‘’*Buy the ticket, take the ride’’*. See you on the other side.

**4:30 PM:** I am now in the come up phase. I feel a slight body high and my heart is pounding. The colors are shifting. Objects are starting to move. My vision seems to be in 4K, and patterns are starting to form everywhere I look. My tactile sensations are much enhanced. Music sounds amazing. I feel so at peace with myself. I can feel the high flowing through my body. Every time I close my eyes, I see this beautiful field of intricate geometrical shapes. It’s beautiful.

**5:00 PM:** Just a moment ago, my heart was beating really fast. I don’t know why, but I was scared. I thought that I was losing it. Then, I started thinking about the people that I love and the memories that I share with them. These thoughts managed to calm me down. I think this experience is trying to tell me that I should be more grateful to the people who help in life. I don’t know if I’ll be able to apply this lesson after the trip.

**5:30 PM:** I think that I reached my peak, I will go on a walk. I feel very shaky, almost like I’m nervous. I need to move.

**6:15 PM:** I feel a lot calmer now. So yeah, I went out walking and I probably looked like the most suspicious person in the world. I was wearing a black hoodie, a black beanie, and black aviator sunglasses. I could’ve been walking with a sign written on it ‘’I AM ON DRUGS’’ and it would’ve had the same effect. The sounds of the streets were looping around my head, that was crazy. Aside from that, I still feel the same body high as before, with the nervousness in less. My head feels light, but in a good way. The visuals are less intense than before, yet they are still present. I still feel a bit tense. I think writing this report puts pressure on me. Now, I’ll probably go and play some video game or something. I forgot to mention this earlier, my mouth is very stiff, and my teeth are grinding. As I’m typing this, I can feel that I’m coming down. It took me like half an hour just to type this tiny paragraph. I don’t know what I’m writing now. I probably don’t make a lot of sense. I’m just reading what I have written while listening to music. Ok see ya.

**8:00 PM:** I came down notably by this point. The visuals are mostly gone, except for more vivid colors. I still feel a body high, but not to the extent that I felt before. Maybe I’ll take a shower after I’m done eating. I made some food before the trip so I wouldn’t have to cook during it. My legs feel very stiff for some reason, like they are restless. I’m eating very slowly as I’m reading what I have written. I’m going to take a shower now.

**9:00 PM**: (I wrote something at that time. However, it was totally irrelevant to the trip, so I removed it.)

**Next morning:** I woke up with a slight headache, so it took an acetaminophen tablet in the hope to ease the pain. It didn’t work so far. It’s not the first time that this happened to me. I also felt this the morning after my first mushroom trip. You can almost call it a psychedelic hangover. Now, allow me to give you a clearer view of what happened yesterday. After I took the pill, I started playing *Super Smash Bros Ultimate* on my Switch while I waited for the drug to kick in. I was nervous, as I didn’t know how I would react to this new drug. I think that trying on my own a substance that I’ve never used before was the first mistake made on my part. After maybe 15 minutes, I started to feel the familiar body high and my visual acuity increased. I stopped playing and started to listen to some music. I put on my psychedelic playlist and zoned out into the other side. The come up was very quick. I haven’t eaten since morning, so the pill must’ve been digested immediately. I felt like I was on a rocket ship going straight to the moon. It was probably the fastest come up that I’ve ever experienced. The body high kept increasing, then the colors started to shift. I looked at my armchair and saw a Persian rug pattern on it. Not long after, the furniture in my room started to wobble. The perspectives were twisted and the wood pattern on the floor was drifting. I started to write the perceived effects on my laptop, but I would soon find this task to be increasingly difficult, as the screen and the letters on the keyboard began to move. It was very hard to focus on what I was writing because of the crazy thoughts going through my mind. After I was done writing, I closed my eyes and began to look at the colorful geometrical patterns moving inside my head. I felt as if I was floating through infinity. When you are in that state, the grounded reality starts to matter less and less, as you are more and more in touch with your spirituality. This is when your ego is dissipating, it can feel like you’re losing your mind. This can be very scary, especially when you are alone. I started panicking a bit, my heart was beating hard, like it was going to jump out of my chest. My visuals were getting darker. I feared that I might be going through a bad trip. So, I started to take deep breaths, remembering myself that I need to ‘’let go’’. I then remembered that tripping is all about perception. I was perceiving the trip negatively, as I was only focusing on the fact that I was alone in my room, tripping balls like the loser I was. With that in mind, I began focusing on the positive aspects of my life, like my loving family and the friends who I had great experiences with. That made me feel much better, but I still had a tense feeling. This was probably because of the stimulation that 4-HO-MET gives, an aspect that differs from the stoning effect of psilocybin and 4-ACO-DMT. I got up and started to pace back and forth in my apartment, thinking that I should go on a walk. I went to the bathroom and looked at myself in the mirror. My eyes were wide open, with the pupils extremely dilated. My face was morphing as I kept staring at it. I looked like someone who was tripping hard. My hair was all crumpled, I looked fucked. So, I get into my crackhead attire and looked myself in the mirror once more. I burst out laughing. I looked like a Top Gun version of the Doomer Wojak (See image below). Even though they looked ridiculous, I had to put the sunglasses on, as I knew my tripping eyes would draw too much attention. I was a bit anxious about going outside, because I knew there would be a lot of people walking around, since there is nothing else to do during the pandemic. I went outside and immediately noticed the auditory hallucinations. The sound of the streets was very distorted, like it was doing loops around my head. It almost sounded like something you would hear in a Jimi Hendrix song. As I kept walking, I began to feel increasingly paranoid. I thought that people were staring at me because of my strange look, and also laughing at me because I was walking around alone on drugs. I tried to ignore the bad thoughts while I kept walking. The weather was very nice, and the scenery looked so vivid and colorful. After 30 minutes or so, I finally got back to my apartment block. Much to my disarray, I saw a white SUV with red and blue lights flashing on top of it. Oh fuck, it was a cop car! I was scared that someone might have told them that they saw a dubious individual, wearing all black, walking on the streets while tweaked out on drugs. Luckily, the car turned into another driveway, so I knew I was safe. I entered my room and felt immediately relieved. I continued to write this report while listening to some music. After this, the trip was much more relaxed. I played some video games, had diner, took a shower, and finished writing my initial thoughts. I took a small hit of weed and drank a few shots of whiskey. The weed hit right the spot, increasing some of the cognitive effects while keeping it cool. I then chilled out while watching a movie and went to bed. I had a bit of trouble falling asleep, but I was expecting it as my thoughts kept racing through my mind. Eventually, I fell into slumber.

**Afterthoughts:** Overall, I would say that this trip was probably one of the least enjoyable experiences with psychedelics that I had so far. The effects were comparable to 4-ACO-DMT, but with a speedier aspect to it. The visuals were more colorful, with warmer colors that can be comparable to acid visuals. The drifting textures and the geometry were faster moving, rather than the mellow flow of psilocybin and 4-ACO-DMT. Like I mentioned earlier, the body high feels much lighter and stimulating, almost in between acid and mushrooms. This is great when you’re outside walking, however, it can feel a little irritating when you’re just sitting down. Although the psychedelic cognitive effects are still present, yet they feel much less imposing than the absolute feeling of oneness with nature that mushrooms give or the intense introspection that 4-ACO-DMT gives. I think that if I’d taken more time to prepare myself mentally before the trip, I would’ve had a better experience. I was way too nervous at the start and wasn’t able to calm myself down before the drug kicked in. I just had an ominous feeling that I shouldn’t be tripping. Maybe that’s because humanity is facing one of its worst calamities right now. I could feel the menacing vibes in the air. It’s my second trip since the pandemic started, and I felt similarly during the first one. To conclude, I think that 4-HO-MET is a great substance to do a more active experience with some good friends, like going to a show or a party. It almost feels like a hybrid between acid and mushrooms, with the duration of the latter. I wouldn’t recommend doing this substance alone like I did, just wait until the pandemic is over and get together with some friends to try it out. If you’ve read this far, thank you for indulging my bad writing, I hope that this trip report was insightful.



Top Gun Doomer