

**CHARTING THE PHENOMENOLOGY OF UNDER-RESEARCHED  
TRANSCENDENTAL LYSERGIC-ACID-DIETHYLAMIDE (LSD) AND  
N,N-DIMETHYLTRYPTAMINE (DMT) PSYCHEDELIC EXPERIENCES IN  
HEALTHY INDIVIDUALS: A QUALITATIVE PROJECT**

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**Background:** While psychedelic research has focused mainly on mystical experience, other forms of psychedelically induced self-transcendence remain underexplored.

**Aims:** This project aimed to qualitatively investigate under-researched forms of psychedelically induced self-transcendence in controlled studies with LSD and DMT.

**Methods:** Two pre-existing interview datasets (>100 hours; >1 million transcribed words) from largely placebo-controlled trials were analyzed using thematic and evaluative qualitative text analysis. The LSD dataset comprised three moderate-dose conditions; the DMT dataset comprised four intravenous dose conditions ranging from low to very high.

**Results:** Two core experiential dimensions emerged inductively: (1) Integrative Ego Unbinding, in which self-transcendence occurs with an intact sense of self, versus Disintegrative–Emergent Ego Unbinding, involving disintegration of self/body in which a core (residual) self remains; and (2) Immanent versus Transcendent Unbinding. Moderate-dose LSD and low-dose DMT predominantly showed integrative and immanent forms, whereas very-high-dose DMT more often involved disintegrative–emergent and transcendent forms; intermediate doses varied more. All ego-unbinding experiences were non-negative (positive or neutral) in impact.

**Conclusions:** The findings demonstrate a core theme, under-recognized in psychedelic science, that we term the *unbounded self*: a self freed from everyday ego boundaries, connecting to immanent and transcendent domains while preserving personal being. This bridges Eastern emphases on union with Western emphases on retained selfhood in such nonordinary states, with implications for interreligious mysticism research, metaphysical interpretation, and therapy.

**Keywords:** Psychedelics, Mystical experience, Immanence, Transcendence, Neutral monism, Interreligious mysticism

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