

Hey.

I usually don't post to the internet, but this is just too important. I set up this website as it may just help others in my position, and there really needs to be more research done on this subject.

What follows below is a journal of my progress & experiments in [Psychedelic Therapy](#). I'll update this post as I make further progress.

TL;DR: I removed many aspects of autism and literally fixed my brain! I can now understand emotions & social interaction

In no particular order: <https://youtu.be/BfMRu3dhuJc>

- Depression eliminated
- Emotional ability installed (!)
- Discovered my own identity
- Discovered & can now feel emotion in music
- Discovered friendship

- Removed many of the aspects of autism
- Can now read emotions in others perfectly
- Understanding of emotions in the eyes / facial expressions
- Personality type changed from [INTJ](#) to [ESFP](#)
- Massive improvements in self-confidence
- Able to chat about literally anything until 3:00AM, no longer lecturing people!
- Able to be more "doing" instead of "waiting for"
- Able to be more "being" instead of "doing"

- Able to go out alone, anywhere, even in Amsterdam Centraal to buy lunch!
- Stress and worry greatly reduced
- Not stressed by other people's issues, can now help them and not run away
- No sensory overload whatsoever (Noise, smell, busyness etc)
- I looked at myself in the mirror and for the first time ever, didn't hate what I saw
- I know I'm not shit – Shit's happened, there's a difference!
- I can now help others with their issues, be their support

- Able to now steer consciousness around, can literally turn off tickling for example
- Got rid of past life of computer repair & gaming
- Thought processing changed; I no longer have to always finish tasks etc
- Processing words as a sentence not on their own
- Conversation flow is now natural, no more planning sentences or scripting
- Understanding of humor / making & understanding jokes
- Understanding of sarcasm & double-meanings

- Understanding of non-verbal communication
- Better sleeping & waking up schedule
- More energy than ever before
- Physical discomfort doesn't ruin the day like it used to (hayfever etc)
- Constant headache I've had since 2016 has gone entirely
- Can now almost turn off all logical thought and just "be". Mindfulness maybe?
- Able to shift my focus on demand, literally steer the trip

- Able to speak my mind, no more filter or blocking on my words
- No longer need any sort of routine or plans
- No more faking anything or trying to be someone I'm not
- Can now do natural non-forced eye contact with anyone

- I don't glitch/get stuck on my words nearly as much and don't mind when it happens
- Able to initiate conversation with anyone (waiters, barman, random people etc)
- I don't mind waiting for others to finish their meals before leaving
- Natural tone of voice, no longer monotone

- Able to respond to spontaneous conversation/interaction naturally without stress
- Improved posture – No longer staring at the floor
- Lack of proximity to assistance in public
- Negotiating through crowds doesn't bother me
- Able to interrupt people appropriate for the situation
- Making and taking non-planned phone calls
- Reduced taste sensitivity overload
- Completely honest to myself
- Less continually stressed by life (more “neutral” than “bad”)
- Can now do socializing, for real!
- Able to use social constructs naturally (suggested lying to my mother about flights to spend longer in Amsterdam)

Any **one** of those would be a *life-changing event* prior to all this, and those are just the ones I've been able to *notice* in the **~4 months** since I first took Psilocybin.

The potential of this really is beyond words.

Please spread this knowledge and make others aware of Psychedelic Therapy, this can help so many other people like myself.

List of everything that's changed since I took Psilocybin only 11 times a few months ago. ([Read the full story here](#))

If you have any questions you can contact me on Telegram via:

[@TheRealAlyx](#)



Or on Twitter at:

[@realXeroxAlto](#)



I'm available for any questions / interviews etc, and would love to spread the word about Psychedelic Therapy.

Seriously

~Alyx

Welcome to the blog of a human with Asperger's Syndrome who took a lot of Magic Mushrooms and started on his journey of self discovery



Here are the parts of my story in linear reading order:

[Part 1: Psilocybin \(Magic Mushrooms\) and Aspergers Syndrome – Life changing](#)

[Part 2: Psychedelics & Autism – 1 year on](#)