

Pharmacology Notes

pp 447-561

IV

4

The Shulgin Lab Books

Pharmacology Lab Notes #4 (1981 - 1982)

A Bit About This Document:

While undertaking the work of investigating the chemistry and pharmacology of many varied psychoactive substances, Alexander “Sasha” Shulgin kept detailed notebooks. His documentation covered not only on his own personal research, but the research of friends and acquaintances. This book, the fourth of the “Pharmacology” series, represents mostly subjective responses by Shulgin and his research group and active dose work-ups of various substances. It covers the time frame of 1981 to 1982.

The Creation of This Document:

The project to undertake the transcribing of Shulgin’s Lab Books was started in 2008 by a team of volunteers and staff at Erowid, along with members of Team Shulgin. Various books were transcribed without a clear idea of how to present the information as a final product; eventually this format was chosen and a volunteer began work assembling the document. Each page was painstakingly transcribed from scanned images. All the hand-drawn “dirty pictures” (molecule drawings) and graphs were edited from the original scans and combined with drawn-in marks, outlines, and arrows to form this searchable PDF.

Most of the names in this document have been redacted and pseudonyms put in their place. Names are presented as much as possible as they were in the original book, for example “Robert Thompson” is also “Robert”, “R.Thompson”, and “RT”. Initials are frequently used, and no two people share names or initials so the reader can keep track of who’s who. (ATS is Sasha and AP is Ann)

Words highlighted in yellow are words that the transcription team could not decipher. If you think you can help us decipher some of these words, please contact shulginlabbooks@erowid.org; we would love your help.

This document is intended to resemble the look and feel of the original lab book as much as possible; minor corrections and clarifications have been made to make things easier to read, and to better fit this format. Words created specifically by Shulgin remain as found, for example: “Tooth-rubby” to describe bruxism. Shulgin uses some shorthand throughout this book; the only shorthand we have made an effort to clarify is the use of the letter “c” with a dash above it (from the Latin word cum, meaning “with”), which had been replaced by “[with]”. Other common shorthand to note: ∴ is “therefore”, ≅ is “approx. equal to”, ≡ is “identical to”, and ≅ is “equivalent to”. Bold text represents typewritten documents that were pasted into the lab book by Shulgin, and bold italic text represents handwritten documents pasted into the book that are not in Shulgin’s handwriting. All other text is Alexander Shulgin’s.

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The original version of this document and supporting files can be found here:

http://www.erowid.org/library/books_online/shulgin_labbooks/

For any questions or comments please contact shulginlabbooks@erowid.org

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reward for return

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ex. Porfirio Swilley - 2/23/81

Salome and I took the substance yesterday. I felt that it was much more akin to mescaline than to MDA or ADAM. In all, my trip lasted four or five hours. In the early stages I felt a little body toxin and Salome developed a headache. Other than that there were no detrimental physical symptoms.

~20mg
2-CB

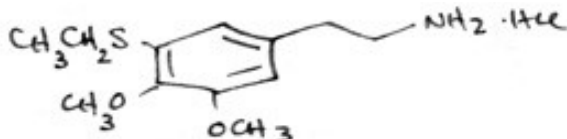
Salome did not have any appetite and I a moderate one. I felt that I was responding to my bodies need for food rather than fulfilling my gustatory sense. Sex was hot and fun but there was not the abandon or loss of self in passion that we were looking for.

This substance did not hold for us the euphoria (sense of heart, self acceptance and loss of existential pain) that we find in ADAM. The experience was instead very existential, I was very much in tune with the world, the human condition and myself. I may have even experienced a little sadness, but there was a compassionate awareness which made this perfectly bearable. I was reminded of Budda's statement that the reality of life is suffering.

There were some mild visual distortions and a little bit of fairly pale color and there was no compelling insight into depth of self as LSD. ADAM is for us still, the drug of choice unless we can mix the positive properties of each.

I hope that I have been at the least communicative, if not clear, about our experience. I feel the need to develop more precise descriptive language in this area.

000 Pacific Avenue SF
94115 555-1611



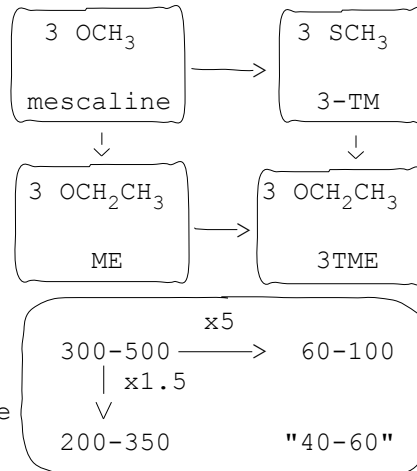
3-Thio Metaescaline

3TME

(to 476)

Roman Square

- ± 10mg 11:20AM=[0:00] ATS 3/30/81; [:30] aware; [:50] to a believable ±; [1:10] ± ? [2:30] back to baseline.
- + 16mg 8:00AM=[0:00] ATS 4/1/81; [1:00] possibly ±, maybe not; [2:00] maybe ±? [4:00] certainly nothing. All of this is distinctly less than the 10 above.
- 25mg 9:30AM=[0:00] ATS 4/3/81 slightest off-baseline if anything. probably -.
- + 40mg 9:05AM=[0:00] ATS 4/10/81 [1:20] probable threshold [1:45] to a +; [3:45] lunch [with] Robert after Budinger's odd meeting. Still +; [5:00] still around ±; [6:00] out. Strange stone, very light. On with interest. +
- +1.5 60mg 1:10PM=[0:00] 4/16/81 [:50] aware [1:20] + - very vocal - talk [with] lab students until [5:00] - through here probably 1 1/2+ [6:00] still + onto [8:00] largely clear. Marina dinner - good humored sarcasm - not under wine effect. Overall 1 1/2+
- ++ 100mg 6:40PM=[0:00] 4/18/81 subtle awareness [0:30] by [0:55] to a + [1:10] to a ++ with feeling of LSD-like action, but little visual, little fantasy. As if I were primed for something, and it never could express itself. AP well over ++, good music appreciation, very talkative, well into 2.5+ or more [4:00] to erotic - responsive, erectable, no org. possible - eat at [7:00] [with] modest hunger. good sleep - AM, ATS normal, AP still +. And extremely sleepy for 2 days following. Strange ++. Body awareness reminiscent of ME.
- ++(+1/2) 100mg 12M=[0:00] 8/15/81 AP, AG ≡, TG 60mg. Awareness at ~[:30] - slow, quiet development to [1:30]. Absolutely no physical. Extraordinary dis-inhibition with verbal play, easy self-revealing, not too much depth. AP, serious and some internal imagery. TG [with] some visual, general equation to LSD without its distraction. Little tendency to go inwards. Water colors - not painting. General plusness from 2 1/2 to 3. First believable drop at [4:00] but still 2 1/2 to 2+ at [7:00]. rather good appetite some stimulation alertness at [14:00]. AP next day slight tiredness, overall extremely well accepted, and a general consensus to repeat to confirm the antidepressant aspect of it. ATS 2 1/2. Put active dose range as 60-100mg. no, [see page 476](#)



2C-B

Fred's report
p.445

16mg 2C-B.

Peggy's report 3-11-81

The amazing thing about the experiences is what happens when you haven't had one for four weeks. The effects of our research is so great that it seems that life goes a lot smoother during and after an experience. In my own universe, it seems to last 3 weeks. I mean, the after-glow, or whatever you could name it. There must be something that happens in the body chemistry to bring this about. Whatever barriers there are to living in the bliss created by the materials, they return like always. The old shoe routine.

Then -- what a day - March 11th. Things started quietly-almost unnoticed until two hours later when things began to happen. More like LSD than anything.

A little bit of tuna fish salad, and an hour or two later a bit of 2CB to start the afternoon at 1:25 p.m. Clouds are getting more dense and it looks like a storm, but let's take a walk to check the fences anyway. So, Fred and I took a long walk, which was an interesting experience even tho cold. I was cold. Fred was warm. For a change. I noticed that I never feel flushed when I'm outside - only indoors. We found the colors to be extremely brilliant, even though it was not sunny. The stormy overcast created lovely colors everywhere. Lichen on the rocks was dazzling. We came indoors just in time to experience a light drizzle. I mean, the drizzle was outside, but we experienced it was we were coming inside. I was full of energy, quite the opposite to MDMA, which tends to bring out my lethargy. But I had more energy and was bustling around doing all sorts of things. Fred was looking out the window, watching the sun play through a hole in the clouds and I mentioned that he should be careful not to look directly into the sun. He resisted at first, but then I think he decided it was smart to have another cloud cover the sun to save his eyes. The skies were fantastic, so much was going on. Then, I saw a golden eagle fly over, and it was such a dramatic experience. I felt a presence - that I had not felt before in any experience. It was overwhelming. I tried to play it down. I could feel this presence in anything I touched and saw it in everything I could see. I knew it was all around in everything, everywhere. It was a marvelous - safe feeling. So secure. I verbalized this to Fred and he was rather surprised that I had not had this sensation before. Well, I didn't recall having the same overwhelming experience of the presence before. At any rate, in continued and everything took on greater intensity from then on. Everything was so ALIVE!

I felt alive; I felt wonderful Fred was going through some of his negative stuff, I think. Later on I got out the copy of the PROPHEET and began to read from the page I happened to turn to: Joy and Sorrow. And it was so right on. I cried, reading it to myself. And then I read it to Fred and cried again. The tears came easily and I cried for quite a while, reading some more from THE PROPHEET.

I said to Fred, "I feel like calling Sasha, is it possible?" And he said, "Of course it's possible, just pick up the phone." That provoked a belly laugh and I had a laughing jag for a while. Everything seemed funny at that point, sort of like a marijuana jag. We both laughed. I thought it was so clever of Fred to say that it was possible, and that all you had to do was pick up the phone. He reminded me that he was full of funny sayings like that, and all these years I never noticed. It was hilarious for a while. Then we quieted down and played some music, which was delightful to listen to. Some Chopin, some Debussy, and then Poulenc. We talked about Sasha and felt his presence in the room. We called twice but no answer.

After a nap on the sofa, some scrambled eggs in the dining room, we finished packing, cleaned up the kitchen and took a shower and went to bed.

Next day we drove to L.A., and had a fantastic four-day weekend there.

2C-B

EXPERIMENT WITH 2-CB

25mg 2C-B

Date: March 30, 1981

Subjects: Fred and Peggy

Place: Lone Pine Residence

Background: The experiment on March 11 was such a huge success that we planned to repeat it. Since I wanted to learn more about this material, I planned to try a higher dose. We thought we would explore the format of taking it early and staying in bed. We started a little later than originally planned, as on awakening, I felt I had to complete some chores before I would be comfortable with the experiment.

8:02 A.M. Start, Peggy ingests 16 m.g., I take 25 m.g., both on empty stomach. We stay in bed.

8:42. I feel very strongly. It is coming on much faster, with much more intensity than last time. Peggy is having visual enhancement. We get up to go to the john, and find that we are extremely cold. It is hard to get warm even with the electric blanket. This the coldest we have ever been in an experience. We are reminded of Aaron Gates' "psychedelic cold" he always used to experience.

9:00. I am very intoxicated. We change to a warmer bedroom, still sharply feeling the cold. We have a very good talk together. I begin to feel heavily drawn to an inward experience. Feel extremely tired, like there's nothing to do but let go. Becomes very unpleasant. I search for source of pain - go back in time to see if something happened to me. Feel enormous pain of indecision -- I draw myself out between alternatives, suffering excruciating pain, as if on purpose. Run across a profound fear of death, and pain of death. Looking at it the pain subsides, consciousness moves on. It feels right to flow with experience, to focus on the subject until I achieve understanding. I have to admit I'm a coward, and let the experience flow on.

10:00. Peggy goes to the bathroom, doesn't like what she sees in the mirror. I think she looks great, very alive. I tell her so, I am curious how I look. I go to look for optically ground mirror we used in the foundation. Don't know where it is. Impulse is to ask Peggy, but am aware I have shut off operation of my memory by relaying on Peggy. I search diligently, unsuccessful. I finally tell her. She goes right to it, extracts it from a place I carefully searched. I look in the mirror to see if I am truly the cause of my pain, how I do it. I sense this self-involvement is the cause of much of my pain -- I need to be open to and relate to others. I become aware that God will lift all this suffering from me if I ask Him. It seems wrong to do so -- do I prefer to understand? Then I realize that I strongly feel that there must be a price to pay. I look -- there is no price. It is a free gift. This is incomprehensible to me. How can you give without expecting something in return? The beauty and wonder of it is marvelous. I ask to be free, but perhaps not wholeheartedly, as the pain subsides only slowly. Peggy and I talk. I tell her there are many times I don't like her, which is quite a blow to her. We talk about the freedom of discussing our feelings with each other. She understands, and about 80% accepts. I tell her that I feel less blocked from her than the previous experience, in spite of my negative dives.

11:00 A.M. We move into the living room and continue our discussion. We are still very cold. The sun is just beginning to shine through the living room windows. I light a fire. We talk some more, put on some music -- the new jazz flutes record. It is delightful music -- Peggy sees everything dancing. I feel my experience peaking out, and am not so intoxicated.

12:20 P.M. I am beginning to feel volition. Instead of just being carried away by the experience, I feel I can begin to be in charge. I focus on love, and everything begins to light up beautifully. Euphoria begins to grow within. It is as though God's love is flowing in, healing everything. I feel great. The phone rings. I answer it and handle it well. He had called a couple of hours earlier, but we didn't answer, as I didn't feel up to it and suspected it was him. (Bill Hoffman, our contractor, whom I wanted to come over to look at a sewer installation for our new caretaker.) He then wanted to know if we knew Reagan has been shot. Peggy and I were stunned. We turned on the TV, and got caught up with the news. It was still uncertain how badly everyone was hurt. I felt a tragic sadness that this could happen, and felt the extreme urgency of making it possible for more light to come into the world.

We went back to our experience, and the euphoria began to grow steadily in me. Peggy was having lots of ups and downs. For me, the euphoria and afterglow were not nearly as pronounced as the previous experience. I had hoped that using more chemical would produce a deeper, cleansing effect. Instead, the opposite was true, and internally I felt more foggy. We took a walk around the property. It was a clear sunny day, and the strong winds of the morning, carrying dust, had subsided, and it was very pleasant out. I was feeling little effects by now, but the euphoria was growing. We found a pool full of mosquito larvae. I got some oil and put on it, then we went for a run, had a refreshing shower. By now it was 3 p.m. We had scrambled eggs, which tasted marvelous and really hit the spot. Then we went to town on some errands, saw Peggy's mother. We are both feeling very well, with an excellent decent, great after-glow. We're hungry again. Came home to a snack, quiet evening of music and writing. The outstanding feature of the afternoon and evening is that we conversed more thoroughly and meaningful than ever.

2C-B

Fortunately we have the chance to work our negative feelings out, with the use of substances provided by a genius chemist. We can look at them and try to find out where they come from and how to handle them. Or we can just look at them and try to love them, as the Zen Buddha.

The beauty of this material is its smoothness. No affect except an occasional eye-darting for me. Appetite good, no anorexia. Everything tasted marvelous but the inner self said don't over-eat, so we ate modestly.

Sleep was delicious. Very sound, very peaceful. This morning I feel really good, with no drug after-effect at all. Plenty of energy and still no great appetite for over-eating, which has happened in the past after a day of limited intake.

Next time Fred and I will try the same amounts and plan to be in the same space when the sensuous feelings arrive.

Peggy

P.S. Fred likes me once again, and I'm awfully glad for that. I was beginning to get a Charlie Brown complex.

April 5, 1981

TS

12:33 PM 150 mg MDE
2:45 PM 50 mg Supplement

+2 - +3 4:00 ... Very stoned, there was some nausea in the beginning of the experience. After alert the onset was very rapid. I found it very difficult to concentrate on what I was thinking or saying simply due to the extraordinary nature of coming on to this material. I had been drinking brandy the evening before and attribute most of my discomfort in the first hour to the previous evening.

At the four hour point: there is noticeable jaw clenching and rice crispies in the ears. This is a meditative material not unlike MDMA except there is more difficulties in forming words (not mental but physical). There is a problem in focusing eyes, what I want to call 'eye romp'. In the first few hours there was occasional vertigo, or a light-headedness.

Monday 6/81: Anorexia continues, well beyond what I would consider my normal. My reflections on Sunday.... Sunday at appx. 8:00 PM (still + 1.5) had about 5 Oz. of red wine, I had increased eye discomfort. I should have taken more notice. Left farm at 10:00 PM, still +1, taken home and had about 1 oz. of brandy. Had increasingly uncomfortable eye romp. My right eye was almost unconscious.

Monday 6/81 evening: still no appetite, ate the piece of poppy seed cake more from habit than desire. I feel hungry, but avoid the kitchen

Wednesday 8/81: MDE is not a therapeutic material in itself. The onset is too rapid and spectacular, perhaps too distracting. The physical intrigue of being obviously very stoned is too pronounced. As far as the positive aspects which could be used in working with this material: there are here the quiet interlude moments within oneself to contemplate the loss or gain of self esteem (like MDMA, no recrimination). What I would like to call certain-certainties within the self. Something is happening that is not going to be defined by any correlation of the group. It may become as valuable as MDMA as a tool, but it was, for me, much more difficult to communicate.

I think it would be valuable to try an experiment wherein subjects would take 120 mg MDMA and at supplement, take a threshold level MDE. Would MDMA be dominant to the MDE? I think a nice compromise could be found between these materials. The ease of communication with MDMA should be combined with the sedative and quiet introspection found in MDE. The question is, at the supplement point of MDMA, what amount MDE should be used.

I would like to try an experiment with 120 mg MDMA followed by 50 mg of either MDMA or MDE at supplement, but without knowledge of which was taken.

Highlights: MDE is a very stoney material, probably 150mg is too high a level, for serious work, should be used at 120mg like MDMA. Extremely prolonged anorexia, about 70 hours, although this could have been my problem. Pronounced physical, eye romp and light-headedness, but this may be due to too high a dosage. There may be some evidence of antagonistic reaction between MDE and alcohol. All in all a very good experiment... thank you.

April 19, 1981

REPORT WITH EXPERIMENT WITH 2-CB

Date: April 12, 1981

Place: Shulgin Farm.

Subjects: Uma, Jacob, Sasha, Ann, Peggy, Fred

Dosage: Peggy 16mg; Uma, Jacob and Fred each 30mg; Ann and Sasha each 25mg

Start: 11:30 A.M. The onset seemed much more rapid than the time Peggy and I had taken the same amount a month previous. In about 20 minutes, the effects were quite noticeable, with the onset of energy and enhancement of beauty. These effects continued to increase. However, the full beauty and appreciation of those around me was somewhat marred by a draggy feeling I developed. This seemed to center around a feeling of lack of any worthwhile accomplishment in Lone Pine and a disappointment that not more was developing in the experience. I had hoped there would be more exchange between Jacob and Sasha, since Jacob has always been so curious in our previous experiments.

After about 40 minutes, there was a strong urge to get horizontal. It took about two hours for the draggy feeling to begin to let go. In the meantime, I had some very interesting discussions with Sasha, and felt my mind was working quite creatively. I dearly love these interchanges when my mind is clear enough to function properly. Like when Ann and I had some long talks which I found very fruitful. I felt her to be very insightful, and appreciated the opportunity to discuss and look at some of the things we were talking about. The discussion of the acceptance of negative feelings was particularly helpful, and contributed a lot more comfortably dealing with such feelings afterwards.

Things went quietly until about 4 p.m., and then the euphoria began to set in more firmly. The remainder of the day and evening were delightful, with much deep, warm feeling, interesting exchange, and deep appreciation of all the persons present. The descent with this material is the smoothest of any I know. It was hard to leave our good friends. The drive home went quite well.

The most remarkable part of this experience came in the days following. There was continuing euphoria, a remarkable feeling of being at peace and a strong inner confidence, which made the days flow beautifully. The enhancement of beauty remained almost at the level of the experience itself. In retrospect, the day has been much more significant than was apparent at the time.

MDMA.REPORT OF EXPERIMENT, APRIL 17, 1981

Place: Quinn's home in Santa Cruz

Subjects: Peggy, Fred, and Quinn, my son

Background: Quinn had been very disappointed when we had not had an experience together when we were last in Santa Cruz in January. He had benefited a great deal from our experience in Lone Pine, as had our relationship, and was looking forward to another. I had offered my opinion that he would find it much more valuable to share these experiences with Zabrina, since Zabrina didn't wish to participate as long as she was nursing little Xavier, I thought it would be better to wait until Zabrina could join us. This time Zabrina made it clear that there were no obstacles in her communication with Quinn, that she got a contact high from us having the experience, and knowing how badly Quinn wanted it, hopes we would proceed.

2:49 p.m. Started experience, all taking 120 m.g. of MDMA. By 3:15, we are all feeling pretty well into the experience. A nice, gentle, warm glow develops, and continues to grow stronger. Everyone's face lights up, grows softer. Peggy is exquisitely beautiful, Quinn glows. We have a marvelous, warm interchange.

4:22. We all take 40 m.g. supplement. I had noticed a slight jaw clenching just before the supplement. The experience continues in the same vane, with warm wonderful feelings. Little Xavier is clear as a bell, a very loving child. He seems to know where we are all at. We listen to music that Quinn wants us to hear. The experience continues beautifully.

5:20. We take some dried mushrooms that Quinn has prepared, approximately 1-1/2 grams for Quinn and I and a little less than 1 gram for Peggy. In 30 minutes, we are well into the mushroom experience. There is a very smooth transition, and a feeling of new, released force, with hallucinations and feelings, easy interchanges, beautiful music. While there are marvelous effects, I feel a kind of drawn out thinness as opposed to the deep euphoria of the MDMA, and which I had been experiencing the previous week. Quinn is very alive and full of ideas.

5:30. Zabrina is hungry, and we go out to a place near the beach. She is the only one that wants to eat. We go into a little Mexican place. I am a little uncomfortable with the people and the smells. I notice that Zabrina is a gay, bright shining light compared to the other people who appear wrapped up in themselves. We sit on a bench and watch the water and the moon playing behind the clouds. It is a dramatically beautiful scene and I feel great peace. We then go to a park where there is a farewell party for one of Quinn's friends. There are magnificent trees in the park. My perception is crystal clear. We go inside where a rock band is playing. They are remarkably good, playing as one person. I suggest they don't play as loud, which helps a lot. We very much enjoy dancing, letting go to the music. We go home and retire about 11:00 p.m. to a wonderful night's sleep. Here again, although the experience was totally comfortable, the afterglow of the next several days was even better. I felt something of a lid on this experience as there are still some things I need to resolve with Quinn. I am much aware of our similarities, and need to run the show (I let him conduct it as he wished, not always with full hearted cooperation) and know there are some places that I have to ease up on him and appreciate more. All in all, we ended up in a very good place.

Beginning -

*Losing come up type controlling self
try to maintain - talk on phone
become more come uppey-
fear incipient nausea - no not nausea
loss of consciousness (can't spell)
death-
fear - need for Sasha - but embarrassed to
admit.
Relax into death thru it into
pronounced erotic feelings-
Shame
determined not to full display-
do tell - wonder if appropriate
when over at first relieved that
nothing even worse
Then despair that these things ever
happened-
feeling of being damaged- damaging
life, others-
Later still feel glum. wonder what's
real
Hard to acknowledge need for ann -
sasha-*

WORD/THOUGHT (MDMA)

Words will not take
their places
with my thoughts.
They survive as exiles,
beachcombers
of the mind-scape.

How do we make sense of us...
have we tamed ourselves
only to seek a finger grip?
The past called up
bears only fleeting semblance
to sorrow.

How an intent, wailful
siren tightens a rope
around the city.
The solitary voice,
darkness and despair
sings
there still is time,
there is time.

Mar 10, 1981

REPORT OF EXPERIMENT WITH 2-CB

Date: May 3, 1981

Place: Home of Vanessa and Ivan, Los Angeles

Participants: Vanessa, Ivan, Uma, Jacob, Peggy and Fred

Dosage: Vanessa, Uma, and Peggy took 16 m.g., the rest of us took 20 m.g.

11:39 A.M. Start. Vanessa on empty stomach, the rest of us with light breakfast 2 or more hours earlier.

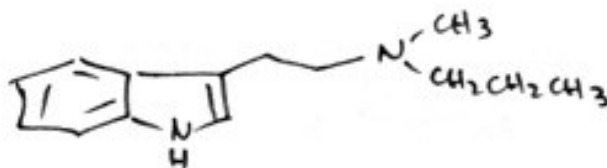
12:15 P.M. We are getting into it. Vanessa notices things standing out more. I can sense energy coming from Vanessa, and experience slight nauseousness. Peggy feels fabulous, Uma and Jacob good, Ivan heightened excitement. We go outside and look around the beautiful garden. Everything is fresh and alive outside, but lower temperature starts to bring people down, so we return inside.

12:52 I feel some nauseousness, a pull to withdraw. We are all quieting down. Ivan noticed he can make the flowers on a table pulsate. He puts on some music.

1:20 We are listening to Tchaikovsky's 2nd Piano Concerto. Peggy goes into very profound experience, a powerful breakthrough. She is reminded of her father, a musician, who died when she was 10. She is deeply moved, remembering him, their closeness, the loss, and goes deeply into the meaning of the music -- the deep feeling of life, what the composer felt and expressed. She sees how alike she and I are, feeling the same rejections, having the same needs, sees me as a romantic Russian. She cries deeply, and is full of joy. We are very, very close. It is probably the most powerful experience Peggy has had. We are all moved with her. Ivan has been greatly moved by the music, identifies with it, finds himself the conductor and is very taken up by the music.

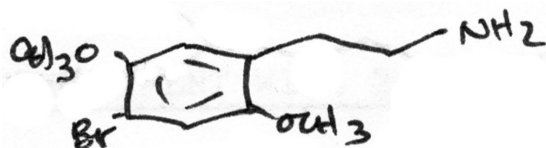
A couple of hours pass as we listen to more music, but begin coming back to the room, exchanging. We have some very lively conversation, and I get into a very interesting discussion with Ivan on "He also serves who only stands and waits." This is a very foreign idea to Ivan, and we kid each other a lot, but I am surprised by a very deep feeling about this within myself on the verge of surfacing. I feel moved to look up in the Bible the passage about Jacob wrestling with the Angel, and I am overcome when I read it. However, it is hard for the others to understand and I am not articulate enough to explain it; the impact comes from the Kaballah work I have been recently studying. We begin descending from the experience, and begin to feel tired and quiet. Vanessa is impressed with Peggy's breakthrough, and feels maybe she should try it again. The height for Ivan was music, and he too felt he didn't reach a more meaningful level, although he very much enjoyed the experience. Uma enjoyed the experience, remained quiet without much sharing. Jacob had a good experience, but it was not as dramatic as the time before.

5:00 p.m. We were all hungry, and an hour earlier had enjoyed a very delicious, rich soup that Vanessa had prepared, with home-made bread and fresh fruit. We all felt very satisfied, mellow, but somewhat dull, having very much enjoyed the day but not sure what to do next. There was a knock on the door, and we found Peggy's red convertible had been smashed by a hit-run truck driver. This completely changed the complexion of things. Peggy and I were amazingly calm and detached as we spent the rest of the evening dealing with practical matters.



MPT
MnPT

- 2mg 5/29/81 ATS 1mg 11:00AM=[0:00]; +1mg [1:00]. n.e.
- ± 6mg 6/1/81 ATS 3mg 10:45AM=[0:00] nothing +3mg [1:00] aware [1:40], to ± or a shade more [1:45-1:55] - nothing at [2:00]. ±
- 8mg 6/5/81 ATS 7:18AM=[0:00]. [1:10] ? [2:00] nothing. -
- 12mg 6/7/81 ATS 9:45AM=[0:00] [0:45] something. nothing. -
- 20mg 1/15/82 ATS 11:50AM=[0:00]. n.e.

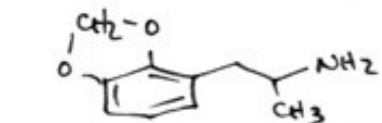


2-CB from 342

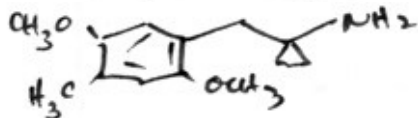
- ++.5 25mg 11:45AM 5/30/81; AP, GC ≡. onsets [:30 to :40] GC > ATS > AP. plateau [1:15] to [3:00]. GC intense ~++++, much emotion re family situation - rather rapid decent to [6:00] ATS, GC ~± AP still >+, good appetite. acknowledged total difference from 20mg. Quite well received.
- +++ 25mg 11:20PM 6/5/81; AP ≡. Early onset ATS - then stuck - then up. AP slower. [1:05]-[4:00] unprecedented erotic - mental state honest +++, but for transcendental erotic, AP gives ++++! To kitchen, fluids, a little food. [6:00] to easy sleep - awake [12:00] refreshed and active. +++
- ++.5 25mg 6:45PM 7/15/81 AP ≡ [:20] AP aware, ATS at [:25] [1:30] to a ++ or more, AP more - Diablo fire - erotic glow - Dante - music almost fantasy - producing - smoke smell - outside good functioning - easily off of high - erotic at ~[4:00] less than above (from intention recovery? or simply late in expt. good sleep. No complete org. possible but v.erotic.
- ++ 25mg ~8PM=[0:00] 9/14/81 AP ≡, NT, CT 20mg Tuolumne Meadows. Onset [:30]-> [1:30] early, extremely sensitive (ATS) - some visual, much, AP erotic. fitful but adequate sleep. Feeling that altitude (9K feet) lessened effects. Next day v.irritable. Overall excellent. ++ (AP >++)
- ++ 25mg 7:30PM=[0:00] AP ≡ 9/28/81 aware [0:30], develop [0:45] - minidragon @ [1:30] - extremely responsive - to [5:00] [with] loss of erectability & parasymp. responsiveness. easy sleep. excessive talk. overall ++
- ++ 25mg 8:00PM=[0:00] AP ≡ 11/8/81 aware [:30] [:45] to a quiet +. To ++ at [1:15] - AP good emotional dumping - TS call @ [2:00] in middle of things. Good sleep @ [5:00] - AM- site visit - went well.
- ++(>) 25mg 8:20PM=[0:00] AP ≡ 1/12/82 aware [:15]? develop at [:30] [1:00] to >+ - shakes - try sleep at ~[5:00] OK - AM OK. overall >+
- ++ 25mg 9PM=[0:00] AP ≡ 1/26/82 [8] post DMCPA. Development top ++ (under IRT) but certainly possibility of residuals from DMCPA compromise. ~++ - no more - easy sleep [5]. AP >+.
- + 25mg 8:40PM=[0:00] AP ≡ 2/15/82. AP to ~++++, ATS stuck at 1-1/2+ - Big discussion of children, personal feelings. Sleep at [4] OK. AM Sl.irritable. 1 ice cream sandwich at -[4]- 5-TOET at -[48]- Why refractory.

stray information from here and there

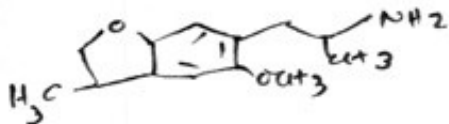
cont: p 652.



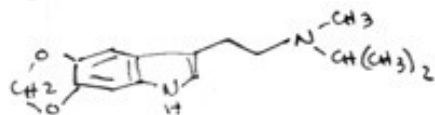
ex. Wes Rusher 50mg stimulating, up all night, no MDA like effects. letter 5/26/81



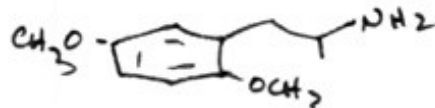
ex. E. Presgraves 9, and 11 mg → +++ short lived



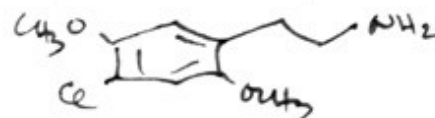
ex. E. Presgraves 3mg ± , 5mg - v.hygroscopic.



ex. Wes R. less active than the 5-OCH₃ (12/81)
4.5mg - at [:15]
+4.5 → Σ 8-10mg

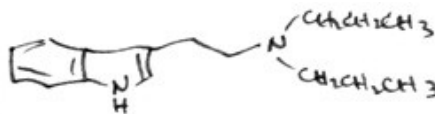


ex. Zole Abrego N of 2, at 100mg, ±
N of 2, at 250mg, all >±, 8hrs
(1 [with] changes of cognitive function, later claimed "no effects").

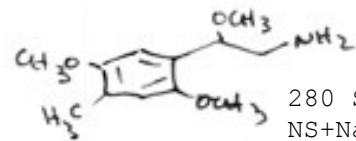


ex. Dong Embree 20mg i.v. → effects in a couple of seconds. MDMA-like, relaxing, PSOP visuals

8 trys 35-40mg? orally - more relaxed, less demanding than 2C-B - compare closely [with] MDMA.



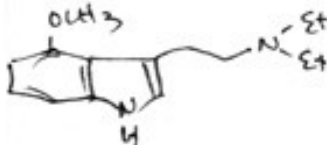
ex. Ruban Hubbell orally active at 500-750mg - visual - lasts 12 hrs.



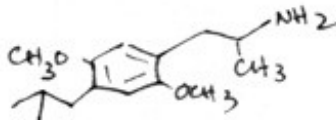
ex. Neal Aquiniga (orally?) active, less so than 2C-D, but yet more effective in opening up people.

280 S.Virginia, Reno
NS+NaoMe + reduction
see page 628

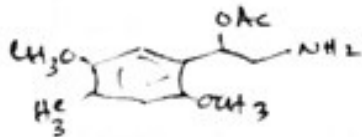
his 2C-D 10mg, this 15mg - called MLO
snort ~10mg. HCl rough, tartrate easier.
all [with] 3% Na[Hg] in MeOH? +HOAc?



ex. EH No effects orally at 30mg



ex. EH Active 8-10mg. EH [with] ++@10 - see page 625



ex. Neal Aquiniga 15mg orally; ≅ 2CD, taste ↑, smell ↓
- has made OEt - no assay
(+Wendy) see page 628 - see 652 for MD analog



R = n-Propyl 20mg ~(-) } in my notes from the
R = ethyl 20mg < Psilocin } phone ascribed to DF
(Franklin?) check with him

THE SILENT WOUND100 + 50 MDMA
5/28/81

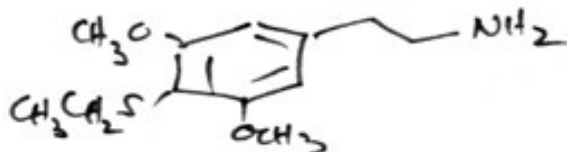
We have forever our
sideshow desire,
the aching part
of our mind
which is always succored
by the flesh.

This part... with its
aged and sexless jacket,
bad teeth,
infusable eyes;
who scoffs at the hot wax
of which young lovers
are made.

Wretched of our dreams,
inconsolable
as a morning dove.

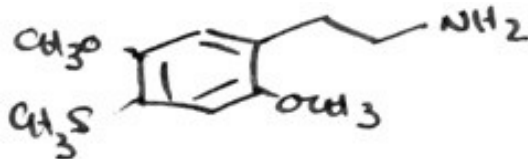
1981

T. A. Shulgin



TE
4-thioescaline. to p.644

- 2mg 6/8/81 1mg 10:40AM=[0:00] nothing. +1mg@[1:00] nothing. -
- ± 3mg 6/10/81 8:40AM=[0:00] [1:00] aware, or even ±. Definitely off base-line- but maybe not drug. [3:00] still odd. [4:00] baseline. overall ±
- ± 5mg 6/12/81 10:21AM=[0:00] [0:30] alert, a ± - maybe to [2:00] - then nothing. Some physical tremor? in later afternoon. Related? ±
- + 8mg 6/20/81 ATS 10:25AM=[0:00] [1:00] aware? yes [2:00] nothing [2:15] +8mg +8mg almost immediate twinges of pure anxiety - then nothing [new 0:40] aware? [1:00] a bit more than aware. Maybe to +? [1:20] to honest + [1:50] still +, vaguely anti-erotic (but libido ↑) [3:00] still trace aware [4:00] still trace - feel frustrated and cheated as there was no more than a +. I will reexplore with much interest. Today, >100° weather. [6:00] completely clear. (sob, sigh). Perhaps chase [with] LSD?
- ++ 20mg 6/22/81 12M=[0:00] ATS [:35] aware [:40] nice start [1:00] push a bit to call it +, feeling of internal tremor [1:20] + OK, maybe a bit more [1:35] 1.5+ [2:00] pushing ++, easily arousable - an easy beautiful thing; slight visuals, very few other signs; tremor; mentally clear. [2:40] to a ++ - traces of LSD-like unreality [3:00] impressive ej-org. [4:00] slight eyes-closed fantasy- it took effort - possibly off of ++ [5:00] to + [7:00] still trace [9:00] out. Appetite o.k. but food sat heavily. Excellent ++; try ~2.5
- ++ (+++)
30mg 8/21/81 12:30PM=[0:00] ATS, AP ≡. [0:30] aware - both continue to do tasks, perhaps suppressing development. [1:00] distinctly ++, [1:30] ATS to > 2++, AP well above, pushing +++. This level maintained to [5:00]. Some visual, some eyes-closed fantasy, little imagery. No interlocking to music. Good eroticism, which relieves the considerable muscular and body heaviness. Slow drop to ~ + ATS, ++ AP at [10:00] - body effects disturbing (especially AP). Light eating - feeling of depletion. Sleep at [12:00] to about [21:00]; basically deep but [with] residual "cloak" and body disease (AP). On awakening, ATS without residue, AP some vaguely negative lethargy. No higher in future, perhaps 25 to lighten body. Overall strangely cloudy, but not negative. Probably insufficient neutral to balance the physical. For now, give active range at 20-30mg, but give caution to subjects sensitive to body compromise? 2C-T-2 at [-24]



2C-T from p.315

± 10
 - 15
 ± 20
 + 25
 ± 30
 ± 35
 +.5 50
 ++ 75

from p.315, AP, NT, ATS.

++ 75-50mg. ATS, AP, AG = 75mg AB, TS, NT, 60; TG, CT, 50 N=8 6/14/81. 3PM=[0:00]
 Very mixed bag. aware. dose onset intensity duration

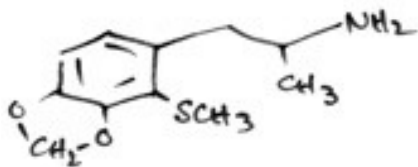
	dose	onset	intensity	duration	
ATS	+++	+	++(-)	+	slow gentle onset.
AP	+++	+++	+++	+++	fast on, v.high.
AG	+++	+	++(-)	+	slow, modest.
TG :20	+	++	++(+)	++	
AB	++	+	++(-)	++	somewhat short.
TS	++	+	++(-)	++	also, short.
NT :20	++	+++	+++	+?	good, enough.
CT :20	+	++	++(+)	++	

drop down at ~[3:00] - good appetite - boost (AG, ATS, NT) [with] positive energy, relaxation in AM. Probable effective dose 60-100mg. are willing to readjust. Very successful experiment. Repeat soon!

++ 75mg 3/9/82 ATS, AP, GC ≡. 6:55PM=[0:00] [:30] alert [:40] start development [75+25] at [1:00] to a ++ - but a strange, thin, fragile ++. Thin head. GC [with] hooded cloak over head. ATS, AP try to anticipate drop off [with] 25mg @ [2:30] [2:40] GC declining, we hold on to perhaps [4:00] - then easy decline. overall experiment not worth it. Maybe not repeat soon!

++ 100mg 4/24/85 ATS-AP ≡. ~8:00PM=[0:00] No notes. Build to a push-it-to ++ psychedelic - but not the lust of 2CB. Dropping at [4-5] - sound asleep at [6] - Fast-acting - short-lived. Nothing like 2C-T-2 or 4. Sometime reexplore at 100mg or even a bit more. ++ overall.

+++ 120mg 7/28/85 ATS, AP ≡ 8:12PM. [:25] aware [:35 to ~1:00] develop- both of us [with] some physical tummy uncertainty. to +++ note drop at [3-4] sleep at [6] - really psychedelic, no-great lusty urges - but lots of talk. Easily accepted - willing to repeat. Probably no more dosage needed.



2-thio-MMDA 3a

AB 2:39

- 4mg + 4mg = 8mg 6/25/81 10:30AM=[0:00] 4mg ATS nothing. +4mg @[1:00] [2:30] something? - no, nothing.
- 12mg 6/29/81 10:00AM=[0:00] (sweet taste?) twinge at 1:30? -nothing. -

REPORT OF EXPERIMENT

Date: June 24, 1981

Participants: Peggy and Fred

Place: Lone Pine ranch

Dosage: 120 m.g. of MDMA for both, followed by approximately 2 grams of mushrooms at supplement time.

8:43 A.M. Start. I work in garden weeding awaiting effects, Peggy working inside. She handles phone call from her mother, I handle a long call from my broker.

9:40 Is hitting very hard, glorious. Little later, Peggy is very intoxicated, has difficulty moving. We sit outside in the shade of the house. It is a glorious morning with a nice breeze. The beauty turns on, and the usual wonderful changes take place in both of us. We are very much at peace.

10:21 Take mushrooms in orange juice. Begin to feel effects in 10 or 15 minutes. A different feeling than the MDMA -- wider, broader, not as deep a euphoria. Peggy feels it is sobering her up. I look at blue sky, begin to see marvelous, profoundly beautiful imagery. After a while we walk around. Everything is lighted up, gloriously alive. It is very hot, so we go inside.

12:30 Peggy has been getting imagery, my experience is developing nicely. At time I feel some of my old load, but find by changing my thoughts, I can turn the experience to beauty and light, strongly feel God's presence. Practice going inward following my uncomfortable feeling; seems to lead nowhere. Much better to look out and consciously search for beauty, which comes. The phone rings a long time; we don't feel like answering it. Next time it rings, I decide to answer. I hear Peggy's mother gasping at the other end of the line. I sense she is having a stroke, can't talk, could only dial phone for help. I shout at Peggy "Something's wrong with your mother." I speak into phone, she answers and I realize nothing is wrong, she just hadn't heard me. Phone call very much upset Peggy, and her experience started downward. She stewed around for a long time under heavy load, losing the exhilaration of the MDMA. We listen to music, particularly enjoying a two-flute concerto, and a marvelous Mozart cassette I had copied at Glen and Tina's. I am impressed that I can generally turn the experience into euphoria, although I can't always keep it there a long time. Peggy doesn't feel like communicating.

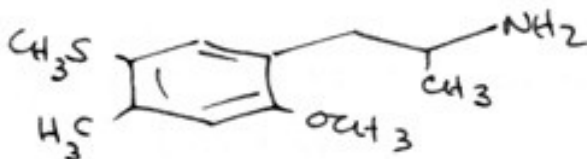
We go outside. It is very hot. I ask Peggy if she can take the heat energy and flow it outwards, away from herself, so her temperature doesn't rise. She tries it and it works, but not well enough to want to stay outside. I am comfortable in the hot sun.

4:00 p.m. I am sobering up very quickly, moreso than with other materials. Peggy comes out of her withdrawal, and we talk. Although the second part of her experience was negative, she feels it was valuable. We both feel better and better and have a delightful, peaceful beautiful evening. We both learned a lot and came much closer. The next day we felt great, very refreshed and renewed.

From Peggy:

It seems that the confrontation of my mother's dying overwhelmed me, and I felt depressed at her situation. I become my mother, with all of her negative feelings and thoughts, and had a hard time releasing myself. All the feelings were exaggerated, it seemed, and I was stuck in them for a long while. Afterwards, a feeling of relaxation overtook me and I ate the scrambled eggs that Fred had prepared, feeling quite filled afterwards. We went to bed early, slept like a baby, woke up much refreshed, relaxed, and able to appreciate. Still feel the pull of mother's cries though, but had a fabulous day, spending some time in Independence with Iren, who is always great to be with.

We are excited about going to Lafayette for the fourth. That's only week away!

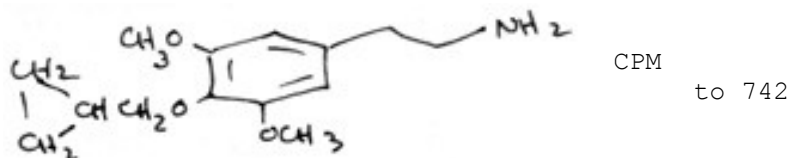


5-TOM (on to 495)

- 1mg (0.5mg 10:43AM 7/28/81, ATS) + 0.5mg @ [1:20] [1:50] aware? nothing.
- 2mg ATS 9:30AM 7/29/81 nothing. irritable in afternoon.
- 6mg AP 12:05PM 8/3/81 4mg nothing; @[1:10] +2mg nothing. good spirits.
- + 10mg ATS 9:25AM=[0:00] 8/5/81 [1:00] aware [1:30] ± or more [2:00] to a +, quite distinct, but no assignable character, neither encouraging nor discouraging. [3:00] still aware [5:00] clear. no stimulation, no C.V. On slowly.
- + 12mg AP 11:46AM=[0:00] 8/7/81 [0:40] slight alert - faint stomach upset; [1:05] definite threshold - vaguely quieting - indications of flake-out - destressing [1:30] to a +, quite "hammocky" [2:00] holding, barely + [4:00] trace [5:00] out
- + 18mg ATS 12:50PM 8/8/81 [0:40] aware [1:30] to a +, no more - slightly positive this time [3:00] still something [5:00] clear. modest plus one. Contact [with] AP, GC?
- ± 25mg ATS 12M=[0:00] 7/17/81 ATS [0:40] aware? [1:30] vague aware [2:00] some. [4:00] -
- + .5 35mg ATS 1:10PM=[0:00] 8/24/81 [1:30] aware? [1:30] still aware - I feel 'primed' as with MDPR. [2:00] to an honest +, finally again. [3:00] still +, an honest + or, even 1 1/2+, erotic thoughts, not erectable, valid diversion from lab work [3:30] still 1 or 1 1/2+ [4:30] dropping slowly [5:00] back to ± at best [6:00] out - modest wine. At plateau, little visual, no eyes closed, much window. Overall good, benign feeling, minor tremor. Difficulty in directing attention to objective tasks. Somehow, wanting to share. 1 1/2+
- ++ .5 50mg ATS, AP ≡, 8/28/81 8:50PM=[0:00] [0:30] alerts, both. [1:00] AP much body, heavy load, little if any mental; ATS more than ±, little body. [1:30] AP time distortion, some clearing, cold sweat - heavy body - anorexia; ATS to + or more. From here to [3:00] develop to well over ++ - easy eyes-closed fantasy, quite erotic. To lab (turn off HOAc 2-TOM NS) - aware if de-focused initially to find the point of initiation of a task. ++.5 AP → body +++, mental ++, but able to drive, phone, at +. [3:00-3:40] talk in kitchen, try typing - no focus - some food (sat uncomfortably) - mandala game - quasi porn(!) in abstracts. [4:30] still > ++. try art. [5:30] looking at mandalas, paintings. Still ++ [7:00] probably < 2++, wine, [8:00] ± try sleep. so-so. AM, [12:00] still maybe ±, but together. Energetic. AP. flaked. [15:00] absolute baseline. Overall ++.5 Heavy in, rich out. Good dosage.

Primer Studies (from 376)
(to 632)

- +++ 7/26/81 MDMA -> LSD (180mg, +150µg) AP, ATS MDMA @ -[5:30] both start [0:30] [1:30] much sparkle - erotic [3:30] very clearly > ++, maybe +++ - attempt sleep [5:00], neurologically active - still eyes closed construction so-so sleep. AM. ATS active, AP. sluggish - subsequent 24+ hrs flu.
- ++ 8/9/81 MDMA -> LSD (120mg, + 100µg @ [2:00]). AP ≡ 7PM=[0:00] - MDMA normal, AP needed insight [with] brother. LSD -> subtle and quiet entry - modest teeth clench throughout. Erotic - sleep uneventful @ [7:00] - 4 hr adequate AM - refreshed - active. At or slightly > ++. Too close to MDMA for much erectability, & org (ATS) impossible, Extremely delightful. ++
- ++5 5/28/82 DOI -> LSD (1.6mg, + 125µg @ [-8:00] In part to off set the negative emotional state of AP from the DOI. Noticeable onset at [:30], develop to a fine ~++, or more (sparkle, visual movement, but little fantasy to music, trace teeth clench, fair appetite). Efforts to sleep at [5] n.g. darting sleep at ~[6-7] ok. awake at [12] [with] good energy (both). Excell. erotics. Complete reversal of mood, over ~1 hr.
- 5/30/82 2C-E -> LSD (18mg, +125µg @ [-5:00]). not much > +. series of compromises -[48] DOI, see above -[96] 5-TOMSO. Rest. No evaluation possible.
- +++! 9/25/82 "J" -> LSD (150mg @ [-5:00]) 200µg ATS, AP ≡. 5:40PM=[0:00] New weight ~5.5mg base in methanolic tataric acid. [:15] aware! [:20] really started. [:30] when things really should have started, I am > ++. The glow, aura, from the 1/2 -> 1 hr development period is extraordinary. Due to new, fresh LSD? or to "J" primary. Check soon [with] clear body! [:35] rapid, deep. development [:40] 3+ and more [:45] time v.slow. The following notes are all that remain. (time from clock) 10:02; (© from AP) 1:45; 3:12; 8:45 Extraordinary session, mostly in bed. Visuals graceful; smooth, rounded edges, completely excellent. Smooth, unguarded, dartless sleep from ~[10-15]. Superior experiment.
- MeJ p605
- +++ 10/16/82 MeMMDA-2 p607 -> LSD (200µg) 7:00=[0:00] - very +++ aware at [:18] - pretty much out, but no sleep yet at [4].
- +++ 11/4/82 J -> LSD [4:10]->[0:00] ATS, AP, AB 100, 100, 75µg. [1] a strong ++, not as noisy as 9/25/82 200µg. On to ~+++ [4] ~+++ [8] pretty much down - much fantasy to music - v.well received [12] easy sleep, AM AP, AB run out of steam early, ATS rather energized but [with] sleep deficit in P.M.



- 3mg 2.0mg@12:50=[0:00] 7/30/81 [0:55] vague awareness? +1.0mg at [1:05]. nothing more whatsoever. n.e.
- ± 8mg 5mg@12:05=[0:00] 8/3/81. aware? [1:00] [1:05] +3mg. aware! through [3:00]. maybe ± - probably -.
- 12mg 8/7/81 ATS 11:46AM=[0:00] [1:05] maybe aware? [1:30] maybe? [2:00] nothing.
- 18mg 8/11/81 ATS 3:30PM=[0:00] [1:40] aware? no nothing.
- ± 30mg 8/14/81 ATS 1:15PM=[0:00] [:45] aware? [1:10] ± [1:15] ±? [2:10] easy er. still ± maybe +? [3:00] maybe ± [5:00] nothing.
- + 40mg 8/17/81 AP 12M=[0:00] [0:40] aware? no! [1:30] edginess, sleepy, light threshold [2:00] wants to lie down. Body awareness. [3-4] - sleeping [with] possible dreams. very lethargic. [6:00] trace still. [8:00] nothing. + as sedater.
- + .5 55mg 9/5/81 ATS 12:15PM=[0:00] [:40] aware[?] [0:50] aware[!] [1:00] to a certain +. fine tremor [2:30] still tremor - some aguardness writing - perhaps +.5 [3:00] explore erotic - modest erectability - easy og. [3:30] lab again - not 100% efficient - [4:00] still + [5:00] still aware, ± [7:00] still aware, ± [8:00] probably out - overall quite favorable.
- +++ (<) 70mg 3/24/82 ATS; AP ≡ 8:15PM=[0:00] Awareness at [:20]!. [:45] AP > +, diarrhea, not so ATS. [1:00] pushing ++ [1:30] AP a rolling >++ [2:00] both at ~+++ , a bit below? To bedroom. Erotic. [4:00] org impossible (ATS) - v.tactile - eyes closed - both imagery and (mainly) fantasy - not completely benign - very rich, good fit to music - not too much insight, [8:00] still = or > ++. sleep impossible - one is exposed and vulnerable, need guards against fantasy. Fitfull sleep at [8] [12] still not baseline - no deficit for loss of sleep. Good energy. overall ~+++ . Up, if at all, with much caution. Considerable body load.
- +++ 80mg 4/8/82 AP ≡ 7:10PM=[0:00] aware [:30], [45] developing slowly, quietly. [1:00] to ++ [1:30] pushing +++ [2] +++ philosophy in front room. Not the visual, the psychedelic of MAW. From [2->8], erotic, discussions eg the art of molecules, origins of the universe, similar weighty trivia. [10] first ability to lie still unguarded - catnaps to [12] - up - still + - no good baseline until maybe [18] sleep at [28] completely reintegrates. Dosage a bit high. 70 better.

April 2 1960. 350mg of mescaline administered orally at 9:15A.M.
Subjects: A.T. Shulgin, Robert Thompson, Nina Shulgin
Observers: Taylor + Veronica Wolf, Henry Brock.

The 350mg of mescaline had been dissolved in a small amount of warm water, and although I was expecting a horribly unpleasant taste, I was pleased to note that it was no worse than many medicines - being a bit bitter and metallic, and leaving a metallic aftertaste on the back of the tongue. The first impression of nausea was noticed about 30 minutes after administration. I had consciously prepared myself to fight the nausea as long as possible, and I found by walking about and leaning out the window for air that I was indeed able to combat the nausea and not vomit. After an hour this discomfort was greatly reduced and eventually disappeared completely. During the onset of nausea, an increasing awareness, of intoxication was noted - light-headedness and some loss of inhibition.

When the subjects had passed beyond the stage of active nausea, the observers took us out of the house I was aware of an intensification of color and a considerable change in the texture of the cloth of my skirt and the concrete of the sidewalk and of certain flowers and leaves which I was given. I experienced the desire to laugh hysterically at what I could only describe as the completely ridiculous state of the entire world.

Although I was afraid of motion, the subjects were persuaded to take a drive in the car. Taylor who was driving turned on the radio and suddenly the music "The March of the Science Children" from "The King + I" became the most clearly perfect background music for the parody of real life which was indeed the normal activity of Telegraph Avenue on any Saturday morning. The perfectly ordinary people on their perfectly ordinary errands were clearly the most cleverly contrived set of characters all performing all manner of eccentric activities for our particular hilarity and enjoyment. I felt that I was at the same time both observing and performing in a thoroughly hilarious picture. I experienced one moment of transcendental happiness when while passing Epworth Hall I looked out of the window and up at the building and I was suddenly in Italy looking up at a gay apartment building with its shutters flung open and sunshine and window box mill flower.

Taylor then directed the car up Fish Ranch Road where to me we seemed to be flying and by closing my eyes and looking up at the sunlight flickering through the leaves of the trees, I saw wonderful geometric shapes in brilliant colors of reds and greens and all their shades. These visions were not unlike a kaleidoscope, but surpassing in beauty of color and design anything I had ever seen in any kaleidoscope.

We stopped at a lookout spot overlooking the Bay, but this vast view did not seem particularly to enchant me I found the scene uncomfortably hot, as I sat on the seat of the car looking down at the ground. As I sat there the earth became a mosaic of beautiful stones which were placed in intricate design which soon all began to move in a serpentine. I then became aware that I was looking at not a mosaic of stone, but the beautiful skins of many reptiles all moving, then this impression gave way to the feeling that indeed I was seeing the skin of a large reptile, and as I

looked about - all the ground around me was this same huge creature and we were all standing on the back of this gigantic + beautiful reptile. The experience was very pleasing and I felt no revulsion. At this stop another automobile stopped to look at the view and I experienced my first real feeling of persecution and wanted very much to leave.

We were then taken to the child's train in Tilden Park. The train, the engineer and the children all about seemed deliciously funny, and I found this a delightful spot except that I felt trivially conspicuous. It was here that I noticed more dramatically that my spatial concepts were involved + completely changed. I remembered that Sasha had mentioned earlier that sometimes you have interesting reactions to thoughts of specific people. I had already thought of Brad in some connection earlier and when I thought of him again, I felt a deep sense of pity for him accompanied by a desire to communicate something to him which seemed important but which I could simply not bring into my conscious mind. The tree which I looked at as I thought of Brad seemed to be swaying in a great wind and the scene gave me a sense of turmoil. Thoughts of Brad led me to think of Kaitlin Foley, Benny Harkins, Neal + Clare, but these people conjured up only vague feelings of well-being and friendliness. Then I thought of Sasha and experienced a sense of such peace and happiness and calm + security that it was almost unbearably poignant. The landscape seemed inexorably beautiful - a warm, gentle breeze surrounded me and the tree under which I sat was a willow with insects buzzing about and contemplating it and its gently undulating response to the breeze was most satisfyingly pleasurable.

REPORT OF EXPERIENCE WITH MDMA

Date: May 28, 1981 Report relocated, 7/30/81

Subjects: Peggy and Fred

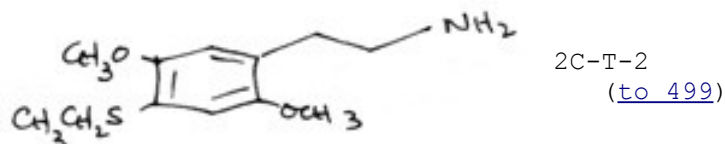
Place: Lone Pine

9:11 A.M. Start on empty stomach, both taking 120 m.g. We go out on the deck in the sun, and have an interesting talk about our personal relationship and how we react to different things. No effect is noticeable. Suddenly, at 9:45, we stand up and find that we are quite intoxicated. The drug effect then hits very hard, and we are very deep into it. It is a beautiful, glorious experience. We move around the house where there is still some partial shade, and enjoy the beautiful scenery, the peace of being together, the wonder and beauty of life, the gratitude to our wonderful friends. It is a joyous beautiful experience. Later, walking around, everything is alive and glowing with light. The desert plants are marvelously beautiful, and I notice all the minute details of structure by which they adapt to the conditions of the desert.

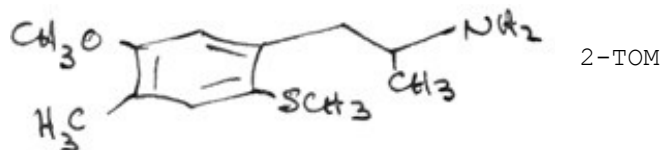
11:40. We take 40 m.g. supplement, and the experiment continued in the same vein. It gets hot, and we go inside and note the beauty of the house. I am very sensitive to the tasteful selection of objects, colors, and plants with which Peggy has decorated the living room. It is truly a beautiful room. As usual, our skin becomes extremely soft; Peggy is beautiful and radiant; our voices are very resonant. I feel like the dehydration, and go for water. The water flows with crystal clarity making exciting bubbles in the glass.

It gets cool in the house, so we move outside in the sun, which feels great. There is just enough breeze away from the house to make the sun tolerable. Peggy gets too hot and goes indoors. I have closed my eyes and it feels so good that I stay a little while deeply enjoying it. Then I join Peggy inside and we listen to music. She had become very quiet, and introspective. For her the journey is quietly undramatic but moving and meaningful. It is her most introspective journey with this material. She emerged with peaceful, cleansed feeling, and her body felt marvelous, her skin soft and smooth.

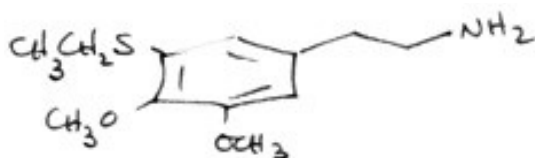
I felt very energizing for awhile, and would have enjoyed being outdoors, taking a walk or even working with the trees, but preferred to stay inside and keep her company. Coming down, we began to feel quite languid, but very sensuous. The remainder of the afternoon, we have a marvelous, sensuous time together, and a deep rest. We arose to join friends for dinner, which turned out to be an extremely pleasant get-together, although we were all pleased to retire early.



- + 10mg [5+5] 10:50AM=[0:00] ATS 8/20/81 5mg@[0:00] - n.e. +5mg [1:00] [1:10] aware? definitely aware [2:50] could well be into a +, basically very favorable - I would like to see this develop. [3:00] very much + [4] wild org. [5] back to threshold [6] substantially clear. This compound has promise. Someday the S-isopropyl? Next dose 15mg? Certainly +
- ++ 15mg ATS 9/2/81 10:10AM=[0:00] [:20] aware [0:40] to + [1:00] pushing ++ [1:30] full ++ discussion [with] C. Radinger very difficult - down to buy lunch - flight of interpretations - hints of 2C-E - elevator concept - follow route by memory - all behavior patterns are based on what one knows he would (soberly) do under the circumstances, and imitating! [3:00] to NMR - still ++ some crawling in visual field [4:00] - slightly off ++, maybe not [5:00] definitely off of max - can hold conversation more easily, without the strain of noon-time. [6:00] to a +, very nice + [7:00] DW's office - below + [8:00] ± at best.
- +++ 18mg ATS, AP ≡ 10/24/81 4:50PM=[0:00] trace aware [0:20] and definitely building at [0:40] [0:50] to +; [1:00] at 1.5+ [1:15] >++ [2:00] full +++, viewing of ?????, modest imagery, some fantasy - able to address personal problems well. Hand-writing shot - bedroom & low light -> easy mind wandering & involvement. V. erotic time passes slowly - overestimate. [3:20] play second-hand games to slow clock. Pulse (both) steady at 92. Very +++. [6:00] to kitchen, peanut butter & muffin. Probably still nearly ++. [7:00] retire. [8:00] to easy sleep. [9:00] AP up and writing; still off baseline. AM, much energy - no price to pay. Good, even excellent +++ but with hints of dark corners. The group at ~15mg?. Guess use 2/3 dose of 2C-B.
- +++.5 16mg (12/5/81) - the group AP ≡, AB ≡. TS 15, FB 14, MP 14. NT, CT 13. PB 12. 12N=[0:00] This at Spruce St. Cold, foggy day, ~65 inside. alerts all at 20-35min. Development to top at ~[2:00]. slow, generally quiet. NT noisy, quite intense, +++ [with] excessive visuals. MP extraordinary experience [with] hilarity. FB profound, under line from [2-> ~4 or 5] - then extremely good, ATS, AP ~++.5; AB [with] visuals (finally) and color, AB quite intoxicated. Drop off starts ~[4-6] - v. slow for most, more rapid ATS, everyone [with] ravenous appetite - mostly all at + or less by [10] - generally good sleep - AM comfortable [with] irritability AP and CT Questionnaires finally. All willing to repeat, NT lower dose (perhaps 11mg). Active range 12-16mg; with good confidence.



- 5mg [2 1/2+2 1/2) ATS 9/9/81 10:05=[0:00]; 2nd 1/2@[1:00] tremor at [4]? n.e.
- 16mg (10+6mg) ATS 9/11/81 11:25AM=[0:00] (10mg) n.e. [1:40] +6mg. n.e.
- 25mg ATS 9/13/81 10:25=[0:00] n.e. whatsoever. (-)
- ± 40mg ATS 9/23/81 9:40AM=[0:00] aware at [2:00]? ± on to [5:00] - maybe even a +. [6:00] - increased tinnitus, possible hypersensitivity - basically friendly. Food tasted terrible, but maybe just terrible food (UCMC).
- + 60mg ATS 10/2/81 11:40=AM=[0:00] something at [:40, :50)? [3:00] still maybe ±, maybe +, really believable. [3:30] - finally, a true +, off to buy tires. [5:30] maybe some slight drop - risk wine. [7:00] still above threshold - excellent body feeling - food excellent (maybe just excellent food - spaghetti). [10:00] out, with no wine effects. overall - true + or a bit more. gentle - no price to pay. Venture up a bit [with] confidence. +. Shallow curve.
- ++ 80mg ATS, AP ≡ 11/21/81 6:03PM=[0:00] completely foul taste! [1:00] slightly aware - barely ± [2:00] probably +. very real but light, subtle. AP ~++ acute body awareness below waist (next day - full G.I. cold - this was fore runner). AP very talkative [2:15] ATS some visual effects - probably ++. Still v.subtle. [2:30] ++ real - ATS no body. Strange, friendly ++. On, good but not compulsive erotic to [6:00] - still quite there - good place. Bruchner pleasant, but not too visual. [8:00] neurologically tense - food, wine softens. Overall ++ or a bit more.



3-TME (from 448)

+++ 100mg (9/16/81) Lone Pine (AP ≡; NT, CT. FB, PB all 60mg) 9:30AM=[0:00] by
 [:45] PB, FB tremor, CT clumsy, NT confusion, AP, ATS slow. [1:00] PB, CT
 nausea, CT to vomit & catatonic until [4:00] - difficult. [1:30] wax turkey
 game, PB better [2:00] FB, NT, ATS. tape recorder game. AP again tacit,
 listening. FB <-> ATS wet paint theory of Christ. [2:30] living room, hilarity
 dropping, FB to spats to lake "communication." FB below & above line. NT fully
 OK. CT difficult [3:00] separate 3 x twos. FB, PB communication. mildly
 erotic. [6:00] dropping. CT now excellent - erratic food use. [9:00] still
 scattered ± to + to ++. [12:00] still residues. Afterthought - CT probably not
 again, PB, yes, at lower dosages, NT - definitely OK, but maybe 40mg., FB yes,
 maybe same dose. Certainly deeper and more complex than originally thought,
 and the effective range must be reduced to the 40-60mg range. Not for virgins.

REPORT OF EXPERIMENT WITH 3-TME

Date: September 16, 1981

Place: Lone Pine Ranch

Participants: Clare, Neil, Ann, Sasha, Peggy, Fred

Dosage: Ann and Sasha 100 m.g.; all others 60 m.g.

9:36 A.M. Start on empty stomach (9:30 A.M. on kitchen clock).

10:08 Peggy reports first alert, I am noticing a little. By 10:16, Neil feels some tremor, Sasha reports a little trouble organizing, I am feeling more strongly.

10:25 Ann is starting to feel. Neil reports a little confusion.

10:40. Clare is a little nauseous. I have some slight discomfort, feeling that the chemical is hitting at a deep core, deeper than involved in other recent experiences. I find the onset quite similar to Aleph 4, very slow and gradual and unfolding in two directions, one towards more beauty, more awareness, more energy, the other toward a developing heavier load.

10:47 Peggy is feeling a little uncomfortable, with slight nausea. I am feeling it most comfortable to be around people and relate. Ann notices that there are very few lapses of conversation. I get into fascinating discussion with Sasha. My mind is very free, and I feel very creative. I hear him with excellent comprehension and make natural retorts. We both seem very insightful. I immensely enjoy using the materials like this, and this is the first time I have ever been able to do it with Sasha. This gets my mind completely off the draggy part of the experience, and I am having a lot of fun. We set up the recorder to catch what we are saying.

11:50 Peggy reports that her squeamishness passes. Clare is lying down, not feeling well. We have been moving in and out from the kitchen to the northwest side of the house, but now it is getting hot so we turn on the cooler and move to the living room. I get into another marvelous conversation with Sasha concerning who is leading who between Spatzy and I. Ann has stayed out of it, and in fact has imparted to me a feeling that such repartee is avoiding the main part of the experience. But I soon drop this as I am having too much fun, and Ann can't resist chiming in that perhaps Spatz and I both are picking up the signal from the lonesome Lake.

1:30 Clare comes in, feeling badly. Ann suggests that the bad feelings are because the energy is not directed anywhere, and recommends love making. Clare and Neil retire to their bedroom. I am not happy about the suggestion, as I do not feel attracted in this direction. Peggy is complaining of uterus cramps. As I look at Peggy, I feel the heavy load I am carrying is the result of our relationship, and decide it may be best for us to confront each other and work it out. So we excuse ourselves and go to our bedroom. We find this material very dis-inhibiting, extremely sensuous, and very enhancing of love making. After a beautiful experience in this manner, we rest quietly, and I find the pain within me increasing. More and more I feel that it is resentment of Peggy, but I am very reluctant to verbalize it, as she is having such a good experience I don't want to interfere with it. But I grow more and more uncomfortable, and finally have to tell her that I am full of resentment. Just verbalizing it reduces the pressure and I feel renewed energy flow. She takes it very well and we begin to talk. Soon we are talking in the free, creative manner that I shared with Sasha. It was extremely enjoyable, brought us much closer, allowed us to bring up interesting points with a humorous frame of

reference. This is the first time Peggy and I have been able to do this undermaterials, and it felt wonderful, and released a deep feeling of love. We returned to the group in great spirits and free of any negative aspects.

For me, I had passed over the hump, and the remainder of the day was relatively free of negative feelings, with a steady growth in the feeling of peace, euphoria, and tremendous appreciation for the wonderful people around me and the beauty of the setting. I was hungry and later food was marvelous.

Peggy began to feel discomfort again, which grew quite strong. She was greatly helped by talking to Ann, and the process she ran with Clare. Then she and I sat together for a while while she passed me her burden. I could feel her deeply, and felt very supportive, detached and creative. I have often filled this role with others working through heavy places with materials, but this is the first time I have done it so effectively with Peggy, our deeply feeling each other and her willingness to have my support. We shared deeply and beautifully in one of those very special cleansing experiences that one can sometimes have with these materials.

There was a very nice comedown with the remainder of the day, with a feeling of deep inner strength and peace. I felt no desire to direct the experience to try to get into levels that I often do; a couple of times that I did were quite rewarding. But it feels so good to be with the others and enjoy the interchanges.

It was hard to go to sleep, but there was no feeling of being deprived of rest. In hiking the next day, everything felt very calm and I felt very strengthened so that climbing a mountain was almost effortless. Also there was no urinary problem. Now 3 days later the experience re-occurs when walking down among the rocks and bushes. The overall feeling is that while there was no great drama (besides the drama we put on in our delightful conversations) there was the feeling of release of great inner strength and very important inner work that was accomplished. There were also many firsts in the delightful, creative conversation and the dis-inhibiting in relationship with Peggy.

10/7/81

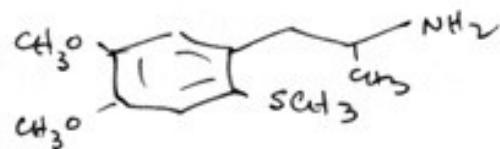
9:15AM ZT & AG ingest 60mg of 3TME, possible first alert at with an increase in laughter and an amusing insight on ZT's part about psychologists as optimists - "Do you get the point?"

The experiment proceeded to about the plus 2 level where it remained in a very pleasant manner. ZT and AG discussed some of ZT's family dynamics for the rest of the morning and early afternoon. They ate a light bowl of soup, bread and dried prunes and then sat in the sunny patio discussing until 2 PM. Just that time they went inside with the house heated at 70° both got drowsy and took a nap until 4PM for AG and 4:30PM for ZT. It's possible that the house was overheated and contributed to their unusual drowsiness.

When they got up however, the level of intoxication had had faded to .5 from the plus 2 it had been. They took a walk without noticing physical difficulty and afterward had a light supper together with TG who had come in.

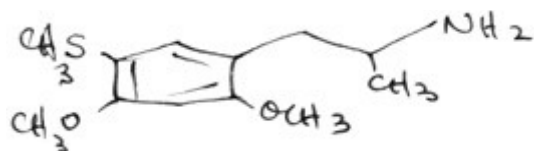
The day was beautifully insightful and very pleasant. Both men felt that the 60mg dosage level was a bit low. At least 80mg and possibly more would have been optimal.

Sleep was without hindrance for AG



ortho-DOT (from p.181)

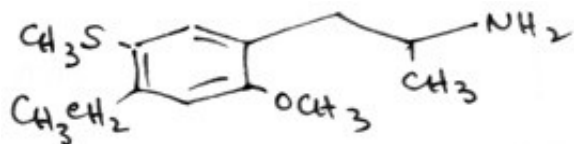
± 25mg 10/6/81 11:00AM=[0:00] - all afternoon, vague awareness - feeling of impending something. light food sat uncomfortably - then doubting any effects by [6:00]. ± at most.



metaDOT

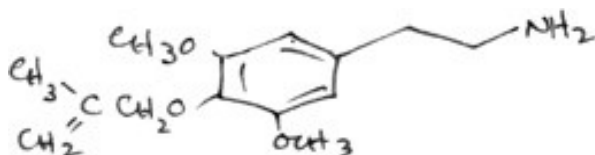
from p 182

± 35mg 10/12/81 ATS - Salt slightly discolored & withdrawing from container.
12:45PM=[0:00] vague awareness all afternoon - sense of C.V. stimulation at
~[4:00] but pulse 88-92 only. Overall ± at most. Evening wine-taking seemed
wrong - probably overly effective.



5-TOET to p.566

- ± 2mg [1+1] 10/30/81 ATS 1mg 12:52=[0:00] n.e. +1mg@[1:00] - maybe something (?) (±?) [1:30-3:00] [4:00] nothing. ±
- 4mg 11/1/81 ATS 7:30AM=[0:00] [2:30] vague awareness? tingle? nothing.
- ± 8mg 11/5/81 ATS 12:15PM=[0:00] - slightly brittle feeling from [2:-4:00?] something vague on into evening (drive to Tahoe). up a bit carefully. ±
- + 14mg 11/10/81 11:00AM=[0:00] [1:15] aware? [2] maybe +? good feeling - slight head awareness - no fragile this time [3] maybe + still - slight light head - benign. [4] still at +; thoughts towards erotic [5] still +, still erotic [6] still +, expl. org. [6:30] a flashing in outside darkness. [7] ± at best - risk wine. [9] pretty much out [10] out. A long-lived but friendly plus one. Venture to 20mg.
- ++ (<) 20mg 1/3/82 ATS, AP ≡ 7:35PM=[0:00] - it was difficult to say when there was an alert - by [1] both pretty sure there is something. [1:20] maybe + - real! [1:30] + [1:45] a benign and peaceful (sexy?) 1.5+. [2-3] maybe to ++ (at most). physical effects trivial, but rich fantasy - hard to assign +-ness. At [6:00] much the same (sl. < ++ ?) - no sleep problems. AM refreshed. On!
- +++ 30mg 1/16/82 ATS, AP ≡ 5:00PM=[0:00] - little effect at [1] - by [2] at ++ for me - but from here on - largely eyes-closed fantasy. Easy, and easily aborted, not always benign, not directable; eyes open - not much visual. [5] Brahms cello sonata - woven into wood fiber - shades of familiar - child-time images always with a dream-like ridiculous character, inexpressible, but completely logical at the time. The reduction of self-complexity to individual shingles (cells?) and then no relaxation as each single is alive with substructure. Try sleep at [8] - dart - up and wait [with] the mask of marcella. [9] sleep OK- AM- maybe spacey still? Me ++, [with] fantasy - AP less, maybe ++ - but she maintained focus on some question of universal significance.



MAL to 586

- 2mg [1+1] 10/30/81 AP 3:50PM=[0] - n.e. +1mg [1:00] - n.e.
- 4mg 11/1/81 AP 11:10AM=[0:00] n.e.
- 8mg 12/3/81 ATS 11:30=[0:00] n.e. (trace at [2] - no.)
- 13mg 12/8/81 ATS 1:50PM=[0:00] n.e. (sl.sleepy in PM)
- + 24mg 12/12/81 ATS 1:00PM=[0:00] [1] I was reminded by something [1:20] aware - [1:40] quite real ±, or even +. [2] + (undue interest in erotic?) [3] sl.less than plus. [4] ± at best [6] completely clear.
- + 34mg 1/24/82 ATS 3:45PM=[0:00] [1:15] ±, not a + [1:45] believable + - nothing well defined. [5] certainly out. Nothing too believable in retrospect.
- +++ 60mg 4/2/82 ATS, AP ≡ 9:05PM=[0:00] alerts, both, at ~[:35] developing noticeably by [:45] [1:00] really into it. By [2:00] fully rolling +++. The [1-2] was a period of uncertainty, unsure of direction, considerable body, not threatening, but still uncommitted. By [2-3] - friendly territory - much colorful kaleidoscopic "neon" colors (AP) - eyes-closed very active. ATS [with] visual field, alternation of retinal input - some halluc. to melted wax. Full erotic. Face distortion (friendly, little sinister) but the sinister was not far away (devil & evil fantasy of AP) [5] still completely +++. ATS easy memory recall, relive - in form of texture, pattern - pre-memory visual authority. As rich as 2C-E. [8] perhaps to ++ or above. fitful sleep [with] a couple of darts. [12] still + (need more sleep). [16] probably out of it. Very impressive - excellent dosage. +++.
- +++ 65mg 4/17/82 ATS, AP ≡ 6:42PM=[0:00] [:45] developing rapidly [1:00->2:00] development to a thorough +++ - much emotional dumping by AP - vocalization of physical worry [2:00 -> ~8:00] complete +++, good psychedelic state - visual entertainment [with] alternation (i.e., depth and movement) at retinal level - detail in watercolors. Towards the [8], easy childhood memory recall. Gradual drop to maybe ++ at [11], to + at [14] (there was some cat-naps possible at [13] - sleep deficient - naps at ~[24] - next evenings sleep repairs. Overall, very favorable, aspects of mescaline except here there is the easy attention to detail rather than the broad flow of things. Few dark corners but very rich. No higher dosage needed or wanted. +++

REPORT OF EXPERIMENT WITH 2-CB

Date: October 15, 1981

Participants: Peggy and Fred

Place: Lone Pine residence

Background: We had set aside this date for the experiment, squeezing it between the day for my class and a trip to Los Angeles. I woke up with a deep chest congestion and flu symptoms, and felt perhaps I should stay in bed. After getting up and moving around I felt better, and decided to continue with the experiment.

12:30 p.m. Start, Peggy taking 16 m.g., I taking 20 m.g. We both begin feeling good just for imbibing. In 28 minutes, I get my first feeling of exhilaration, and 10 minutes later Peggy reports the same. We go outside to finish planting 2 trees. The work goes well, with steady increase of energy.

1:33 p.m. Finished planting trees. Toward end it was hard to keep concentrated on the job. I feel a very slight nausea. We move onto deck and sit comfortably and relax. It is sunny, and our warm clothes protect us from the cool breeze. I enjoy very much sitting on the deck, letting go to the experience. I am reminded of Sri Chimnoy's repeated phrases, aspiration and surrender. I close my eyes, I ask, surrender to what? I am very aware of my powerful desire to have my own way, not surrender to anything. I thought, to surrender, there must be something worthwhile to surrender to. Immediately I became aware of marvelous attributes of God - peace, glory, beauty, unfolding without end. Of course you could surrender to that. God didn't seem to mind my stubbornness, appreciated my question, and moved in and answered it. It was marvelous, profound experience, and filled me with gratitude. I renewed my determination to surrender, and began to feel discomfort. I wondered at my pre-occupation with pain, and decided to surrender and see where it led. The pain intensified greatly, yet at the same time it felt wonderful to release to it, knowing I was in good hands. I began to see that there were many things worth suffering pain for. Then in a deep uncovering experience I saw that I suffered pain in order not to hurt others feelings. The pain I accumulated this way was enormous, and didn't seem at all worthwhile. It was a great revelation.

2:48 p.m. We are getting cold so we move inside. Peggy is having a high old time. She reports it LSD like. Inside we both continue to enjoy the experience. I don't get into anything else as deeply as the experience on the deck. We enjoy being in, and enjoy taking a walk outdoors, where everything is beautiful. We have a nice smooth descent, which is pleasant but not euphoric as on other occasions. All symptoms of my illness are totally gone, and I am energetic.

The next day I feel quite clear although somewhat detached. We have a very nice drive to L.A., though not dramatic as on one of the previous occasions.

EPILOG OF EXPERIMENT WITH 3TME

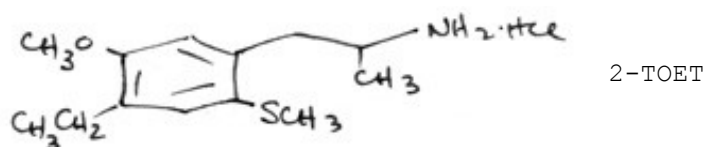
This experiment produced such a profound effect on the ongoing developments that it seems worthwhile to keep track of some of the developments.

9/22/81 Drive to Bishop. The drive up the Owens Valley is always an inspiring drive, with the huge mountain ranges on either side the manifestation of higher, powerful forces and the insignificance of man's measure of time. The broad open spaces naturally provide the space for the mind to expand. Today, the impact was unusually great, and the awareness of the more profound relationship very much at hand. I could feel the internal power within me, and the correctness of an observation early in the experience, that this material was hitting at a deep level, below the levels encountered in recent experiences. This seemed very much so, with the release of a more constant, steady power than I had known before, that had very much promise of sticking with me. The drive to Bishop was an experience in itself. The day went very well, except for the terrible pain on the return ride from the dentist cutting away my gum in a manner which in some mysterious way the novocaine didn't seem to help much. Through meditating I controlled the pain fairly well, but was glad to get home and get some aspirin.

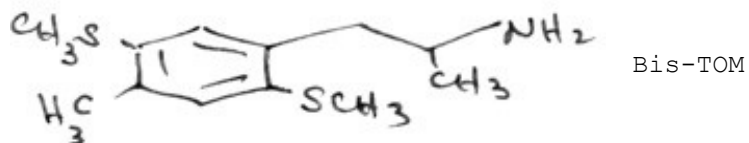
9/23/81 The day went very well as I did several errands downtown. Coming back, sitting on the deck with Peggy, we had a very close communicating experience. Peggy's mother's state was very much with us and we looked directly to death and its ramifications. The whole atmosphere seemed charged with the wisdom and the mystery of existence and the various changes of states involved. I felt very close to the Higher Powers that seemed to make their presence felt all around. And there was still the deep internal strength carrying on from the experience last Wednesday. We both feel it, and yet it is interesting that we have no desire to repeat the experience right away. For myself, it seems to be one that has a long, profound effect, and one should take one's time in letting it manifest all its ramifications. But it is certainly an experience that one should have at least once per year, if not oftener. This morning's meditation had been very unusual. Usually I have mixed feelings about meditating in bed in the morning with Peggy. I love the warmth and closeness, but there is also a loggy feeling I often get which seems to stick with me, so that I prefer to get up and meditate alone. This morning it was wonderful meditating together. The logginess was worked through and dissipated, and we had an extremely unusual feeling of closeness and power from being together. This stayed with me throughout the day.

10/5/81 Driving back from spending a day in Independence re-recording Iren's record, became aware of the great inner peace, contentment, how smoothly contacts with others go without self-consciousness or tension, and how enthralling the Big Band music was on the radio. All seemed to be carry-overs from the 3TME experience.

10/8/81 Drive to June Lake with Peggy for a couple days vacation. The drive north was immensely beautiful, serene, with highly expanded vision like a psychedelic experience. The following day was more of the same. It is hard to put into words, but out driving together down the highway has become an enjoyable experience of new dimensions of awareness, contentment, and understanding that is another order of magnitude above what we have known in the past.



- 2mg 11/1/81 11:10AM=[0:00] n.e. whatsoever. (-)
- 4mg 11/4/81 11:30=[0:00] n.e
- 8mg 11/5/81 AP 12:15PM=[0:00] n.e.
- 14mg 11/7/81 ATS 3:30PM=[0:00] [5: post (-) to bis tom) - n.e. whatsoever.
- ± 24mg 11/12/81 ATS 10:53AM=[0:00] vague, dusty-mouth feeling from ~[2 to 4] - this reminded me that I had taken something. Probably - but call ±
- 35mg (11/18/81) ATS 12M=[0:00] n.e. @ [6-8] a certain physical fragile feeling - maybe not completely baseline. Possible physical, late in the experiment. Ahead with caution. -. Modest wine effects.
- + 50mg (11/25/81) ATS 12M=[0:00] alert at [1:00] [1:30] trace light-headed - to town for CO₂, lab-book, coffee, pickup head. [3] to + [4] to + or a shade more [5] still + - all through this - strangely anti erotic - not erectable [7] something still - out for hamburger [8] probably down. light wine - little effect. [10] out. Interesting - not erectable, particularly the next day.
- + 65mg 1/24/82 AP 3:45PM. [1:15] to ±? - probably not + [2] to sneaky +.



- 1mg 10:15AM=[0:00] ATS 11/7/81. n.e.
- 2mg 10:53AM=[0:00] AP 11/12/81. n.e.
- 5mg 10:45AM=[0:00] ATS 11/17/81 n.e.
- 12mg 10:30AM=[0:00] AP 11/19/81 some imagery at 8-10hrs? otherwise n.e.
- 20mg 4:45PM=[0:00] AP 12/3/81 n.e.
- 40mg 1:00PM=[0:00] AP 12/12/81 n.e. (sl.anorexic in PM?).
- 100mg 9:50AM=[0:00] ATS 2/9/82 80mg, at [1:30] n.e. +20mg [1:45] twinge!- then nothing. [3-4] very vague awareness? n.e
- 160mg 12:05PM=[0:00] ATS 2/13/82 130mg; at [1:10] +30mg -> Σ160mg - vague awareness in afternoon. Some (almost) darting at [4]. Otherwise, n.e. That is all.

REPORT OF EXPERIMENT WITH MDMA

Date: September 6, 1981

Place: Lone Pine ranch

Participants: Keira and Hudson Edson, Uma, Peggy and Fred

Background: Hudson's leg pains have been getting worse, and he has found no relief. He tried acupuncture with no success. He is considering going to the Mayo clinic. They have made the decision to sell their house, which is now worth a very substantial sum of money, which will pay for a luxurious retirement. They are spending quite a bit to fix it up with all the finishing touches for good saleability, Keira is bitter over leaving it and not being able to live in it completely finished. They are now well reconciled to their decision, probably brought to a head as a result of our last experience, but she has been under quite a bit of stress planning the new move and supervising the new work.

8:30 A.M. All take 120 m.g. on empty stomach. Peggy feels first in about 25 minutes, and I begin to feel slightly, by 9:20 everyone is feeling it coming on strong. It is a delightful experience, and everyone feels marvelous, enjoying being together.

10:00 Everyone is so high that we agree it is too early for the supplement. We walk outside, enjoying the marvelous beauty and the wonderful feeling among us. Everything outside is very much alive. The mountains and the skies are marvelous as we have some interesting clouds.

10:05 All take 40 m.g. supplement. Keira has had no nausea this time, Hudson's pain is almost gone.

10:45 Keira reports this is her best experience yet, with no nausea, no tension or jaw clenching. Hudson's pain is almost all gone. We walk down to the pond, immensely enjoying the beauty. We come back to the cottonwood trees, where Keira climbs into the tree which she finds a marvelous spot. The rest of us lie down, enjoying the trees, the mountains, the marvelous relaxation. I find an enormous sense of Presence looking up at the clouds, and get some good insights on my writing project. Uma feels some jaw clenching, I feel a little, Hudson and Keira are greatly pleased with the enormous relaxation and sense of peace. They both felt they needed this so much. We are all enjoying the experience immensely and each others company.

1:48 Hudson is feeling some of the pain coming back in his arms. Keira is very high, relaxed and feeling more stable. A little later we all begin feeling somewhat languid, Keira and Hudson lie on a lounge chair on the deck and later move to their bedroom, Peggy and I lie on the sofa, and Uma on the floor. I find it a marvelous experience to go inside. We lie quietly for a couple of hours, the latter part listening to music. I find that when I get up I am very lethargic, we all return, and we continue our marvelous experience. I am quite hungry, although no one else is. Food tastes marvelous. We enjoy a most unusual sunset, which turns to breathtaking display of purple colors that none of us have ever seen before. It seems a natural epilogue to our marvelous day. Hudson is so pleased and felt so good being free of pain that he wanted to repeat the experience the next day, since that is the only day they will have left.

[continued p.492](#)

(2CB) GRATEFUL DEAD - HELEN

17mg

The first sign (shivers tingling up the spine) came about 40 minutes after taking. It came on gradually, and receded just as slow. The feeling, mentally and physically was very much like a mild but effective LSD trip. The visuals were "intense" very much like LSD, but I didn't hallucinate at all (we probably didn't take enough to have any hallucinations).

One difference I noticed with this is that during the concert as we (I) were (was) peaking I believe, I had much more of a desire to touch and cuddle Juan than when on a different drug. LSD doesn't usually doesn't make me have that feeling.

I remember that I felt paranormal, not of Narcs + such, but just that deep gut paranoia that just sits there and only bothers you if you bother with it (if you see what I mean). A kind of uncomfortable feeling present. (As Juan just pointed out, that's just probably the unfamiliarness of the space.) When the music was going strong I remember that I felt really good and UP THERE.

I wish to heck I had written this earlier, because of course I can't remember that well. Thank you Sasha,

HA

Dead 2 cb

First alert was at maybe 40-50 mins after. Usual yawn's, chills ect. Then before you know it Zoom! you take off on a rapid, unfamiliar and very unnerving ascent. I experienced some mildly acute paranoia for some time. Finally, the music started and I was able to acclimate myself to the wonderfully glittery world taking shape around me. My personal little fantasy involved a sticker that a friend gave Helen for her face bandage. It was a rainbow. As the music carried me around the recesses of my elevated consciousness, the sticker became both monitor and microphone for my personal energy contribution for the Dead show. I was aware that if I closed my eyes, my rhythm became an unlimited resource for the band to musically pontificate upon. I was completely comfortable with the space, after the acceleration was over. The long easy glide down was the most enjoyable thing about the whole trip. On the outskirts of my vision and my inner vision was enhanced by explosions of brilliant multicolored lights. After the effect began to wain I found that a good joint and even a line of blow extended the trip and brought it back almost to full force. I had a wonderful feeling of control over the show. love the stuff. luv to do it again.

luv

Juan

-2-

cont. from 488

She felt that the bond among us was stronger today. She also got some eye flicker this time. Both she and Hudson felt freer, more warmth.

Peggy: Peggy felt that she got higher this time than the day before; she got more intoxicated. She looked more beautiful. She was lethargic in the evening when we were not moving around, about the same tiredness as the day before. There was a little neck tension this time.

Fred: I felt the experience was not as intense, but very beautiful. I felt much more clear, no side effects or drug effects or jaw clenching. It was very smooth, with my body feeling very light and under complete control. There was no feeling of intoxication, which was quite intense the previous day, but a continuing feeling of euphoria and appreciation of the great beauty and warmth among us. I felt energetic throughout, with no feeling of the lethargy I had experienced the day before.

Hudson and Keira called on their return home the next day and reported that they had a wonderful drive home, that they felt marvelous, and this weekend was exactly what they needed.

sequential day, see 493

REPORT OF EXPERIMENT WITH MDMA

Date: September 7, 1981

Place: Lone Pine ranch.

Participants: Keira and Hudson Edson, Fred and Peggy

Background: We decided to honor Keira and Hudson's request for a 2nd experiment. Peggy and I went to town in the morning to see Peggy's mother who is resting in the hospital from an attack of dizziness brought on by her anemia. The experiment was almost aborted when we returned home and found we were having a surprise visit by our good friends the Wrenn's from Bishop. We were unsuccessful in getting Cory to join us. They left at 4:30, and we decided to see what an evening experience would be like. Uma had already returned to L.A.

5:04 p.m. All take 120 m.g. We had all eaten lunch with the Wrenn's about 2 p.m. We went outside and walked around the property, which was delightful. A heavy storm was over the mountains, and it was cloudy and cool. It was very slow coming on for all of us. It took an hour for us to begin to feel it, and for Hudson almost 1-1/2 hours. It was more relaxing than the day before, more free of side effects, and easier to flow with the experience. I was surprised to find that I felt clearer than the day before, with no side effects or feeling of the drug, and the after-day languidness disappeared. My body felt very light and clear. By 1-1/2 hours, I was experiencing great beauty, and in some ways a more intense Presence than the day before. Yet there was not the intensity, the rush of energy, nor the intoxication of the previous day. After an hour, except for Hudson, we were well into the experience, enjoying the beauty, the love, and warmth. The skin softening was even more dramatic than the day before, especially with Keira, whose skin smoothed out completely. About 15 years dropped from her face. Later the same happened to Hudson. Peggy was intensely beautiful. They reported my eyes were extremely bright. Keira reported feeling more energy, and no tiredness that she had felt the day before.

6:40. All take 40 m.g. supplement. Everyone is now well into the experience. 6:53

6:57 I feel the supplement peak. We continue our beautiful experience, marveling at the good feeling, the beauty, and the smoothness of the experience. Edson's are more aware of the feeling of closeness than the day before. Hudson is feeling no pain. It is dark and we are inside, and Hudson notices considerable eye darting. After a while Keira notices a little. She reports that the last resistance to their move has dissolved away.

Comparison of this evening with the day before:

Hudson: The experience started very slowly, and he questioned whether anything was going to happen. He began to notice slightly 1 hour in, and he got well into it by 1-1/2 hours, after which it reached the same intensity as the day before. It was much easier to let go and move with the experience this time. He seemed more completely relaxed, as his face lighted up more and more lines disappeared from his face. It was almost gone by 11:00 p.m. when we retired.

Keira: Much more relaxed when starting out. The color enhancement was greater than the day before. Her skin was smoother, with the wrinkles disappearing. She didn't feel the tiredness of the day before. After 10 p.m. she felt sleepy, and very relaxed.

REPORT OF EXPERIMENT

Date: November 6, 1981

Place: Lone Pine Residence

Participants: Peggy and Fred

9:03 A.M. Both ingest 120 m.g. MDMA on empty stomach.

9:25 A.M. We both feel first effects. In another 15 minutes, I am wildly intoxicated, more than in a long time. Also true of Peggy, we launch into a very joyful experience.

10:28. Peggy takes 40 m.g. supplement. I had originally planned to take LSD as supplement. I was feeling so good that I was tempted to continue with Peggy on MDMA. Somewhere from the back of my mind came the adage not to change the experiment in midstream, so I took the larger 1/2 of a tab (60 mcg ?)

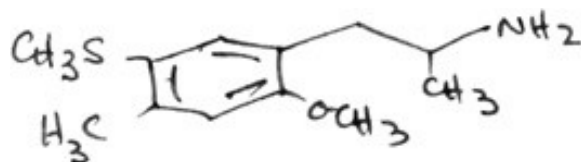
11:04 Peggy is feeling better all the time. I am getting over the intoxication that renders you helpless and climbing into a nice high. 15 minutes later, I feel the LSD coming on strong. There is a very smooth transition from one material to the other, and an excellent continuation of the wonderful experience. We are both enjoying the experience and each other immensely, being very free and easy. A visitor drops by to drop off the neighbor's keys; we take it very much in stride. There is no problem doing whatever we wish.

12:00 It feels good to sit quietly and enjoy. We are very much aware of the close feeling of our friends and miss them, I become preoccupied with my feeling inside of there being something wrong with me, and not feeling wanted. I go inside and explore this. I look at my parents to see if I was wanted, and also to see how I chose them for this incarnation. I didn't come up with any earth-shaking answers, but somehow it felt very satisfying to do the exploring. We listen to music, enjoy the beautiful clouds in the sky, the great peace.

2:30 p.m. We go for a walk. It is very nice outside. We wander over to the ranch adjoining. We look at our property corner marker beyond the fences. Suddenly Spatzy screams with pain -- she is caught in a coyote trap. I try to help her but can't see how to get it open -- she bites me. Peggy goes to call for help, I soothe Spatzy, holler for help, Peggy returns and I finally see how to open the trap and Spatzy is free, not too badly damaged. I talk to the foreman who finally comes over, by now I am quite sober.

This event concluded our experience, but the day ended quietly and peaceably. Spatzy seemed none the worse for wear by the next day. The experience left us much rejuvenated and very warm and close. Although there were no dramatic highlights subjectively, the experience brought a great deal of forgiveness and peace to both of us, Peggy was free of many of the severe cold symptoms she had been suffering from previously.

Peggy reports she was more released than she had been since her mother went into the hospital. Really a lovely, smooooooooothe day! Soft and mellow!

5-TOM. ([from 468](#))

(++-+++!) 30-50mg, the Group. 11/14/81 12:00M=[0:00] overall - alerts [:30-:40] - some physical malaise [:35-1:30] - max at ~[2] - drop [4-6] still residue, at [8:00] - some to next day. Overall; physical > mental to ~[4 or 5] - then relatively positive. Generally good sleep ~[12] - AM [with] mixed aftermath. Specifics - variable.

AP - ~++, not too positive - good sleep - AM - irritable. (50mg)

CT much visual (+++) favorable, but early discomfort. (35mg)

ATS - to ~++, disappointed - most visual, color, not worth it (50mg)

MP body clears at [1:30] - to ++, quite open, not spectacular (40mg)

TG >+, visual, quite favorable; quite down @[8] (30mg)

TS ~++ concept: would you take supplement to extend? no, consensus (45mg)

AB ~++, ~slept in latter portion. neutral., outside better. (45mg)

AG ~>+ early subtle, then body/mind->mind/body, not exalting so so. 40mg

NT >+++ catatonia from [2->6] - neurological problems. slow recovery, then rapidly to communication at [8:00] - a.m. still integrating - next day slow recovery. Intensively complex physical + mental state - suspect SCH₃ metabolic individuality - must challenge. 48hrs, baseline. No regrets. (40mg)

REPORT OF EXPERIMENT WITH MDMA

Date: November 20, 1981
Place: Lone Pine Residence
Participants: Peggy and Fred

Background: We wish to have another experiment, but are appalled the way our schedule is closing in. The only opportunity is this day, so we choose it, in spite of the fact that we have friends coming over for dinner in the evening, and plan to go to an open house.

8:23 A.M. Start with 120 m.g. each on empty stomach

8:56 A.M. I am filing papers and am suddenly hit hard. Also feel dehydrated (I have drunk plenty of water previously). It is impossible to do any more work. 10 minutes later Peggy is hard hit also. We both let go to intoxication enjoying it very much, have no pressing problems of exhilaration, relaxing, skin softening, ect. We talk, have no pressing problems, our relationship is good. Peggy becomes quite languid and quiet, I get very introspective, usually so for this material. I find it easy to look at things. I am very concerned about the tiredness I have been feeling. I see that I need to focus energy into what I'm doing, important to keep active, avoid lazy habits. These are not surface decisions, but making them at a deep level releases barriers, making energy available. Looked at healing. To heal, one must move in and pick up the burden. I am resistant to other people's pain, and am afraid I'll get stuck with the burden. So this is what I do. One must be perfectly willing to pick up the pain, and freely turn it over to God and thoroughly trust Him to take it, It's an important learning process to let God take the burden.

9:30. Outside it is very LSD-like to be still, watch the sky, and then experience the enormous power, energy, and beauty. It was very intriguing to stay with this, but I could see ways in which Peggy and I were drifting apart, so I felt it important to stay together and develop our closeness.

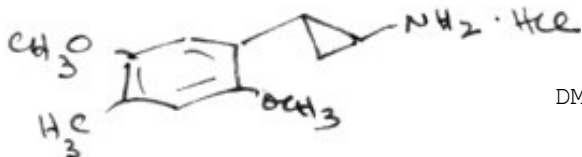
9:48. Peggy reports some eye darting. I can see it.

10:05 A.M. We both take 40 m.g. supplement. Don't feel it strongly until 40 minutes later. We lay together and listened to music. I could feel Peggy's female essence: it was marvelous to lie together and let the experience run. However, I also noted the importance of flowing love, which could change negative experiences completely around.

2:30 p.m. The time has flown by. We begin to pull ourselves together to prepare for company. Sat at my desk to straighten out my papers. I became aware of my intense hatred for paper work and for writing. I was very surprised at the intensity of my feeling. I could see why it always took me so long to settle down to work. I prefer people-orientated activities, yet have been spending a lot of time along at the ranch.

Dinner went very beautifully. I was quite aware of the warmth of our friends. We went downtown after dinner to an open-house at the flower shop. We very much enjoyed seeing many of our friends there and the beauty of the shop and its arrangements. We came home tired and bed was wonderful, with a delightful closeness to Peggy.

The next morning I felt amazingly good, the best I have ever felt after an MDMA experiment. There were no body effects, and I was very alert and energetic. I went on a very long hike with friends and weathered it beautifully.



DMCPA

10/27/80. 5mg — next day energy
 Friend of EH's 1-6mg orally
 ~8mg -> ~100µg LSD, 2,3 hrs only

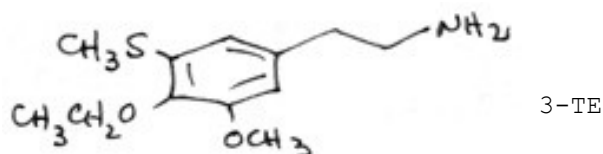
± 6mg 12/16/81 12:30=[0:00]. ATS. Absolutely
 no taste [1] aware? [1:30] vaguely aware?
 [3] no.

+ 10mg 12/22/81 1:35PM=[0:00] ATS [0:40]
 something [0:50] to a + [1:00] true +, but can't define. [2:00] still + - easy
 erotic [4:00] nothing.

++ 16mg 1/26/82 12:53PM=[0:00] ATS. [:30] something starts - light shivers &
 shakes - at [:45] still shakes - physical ++, mental + [1:00] to a good ++ -
 no more chills - all thoughts to erotic again [2:20] still good ++ [3]
 definitely dropping [3:30] down quite far - eat eggs - out for sure [4-5].
 Evening 2CB [8] compromised.

+++ 20mg 1/29/82 8:52PM=[0:00] AP ≡ [:40] something subtle [:50] feeling of
 thinness on left side of brain. Some lightheadedness [1:00] Really flighty -
 lightheaded, v.different from LSD. From [1:00] to [2:00] feeling of high
 toxicity, my interpretation of preconvulsive auras, comment at [1:30] -
 "decoupled" but [with] some thread of control. Very uncomfortable. At [2:00]
 feeling of good aerobic recovery to control, by [2:30] can completely relax my
 consciousness guard, and allow excellent +++. [2:39 to ~5] - easy fantasy
 easy erotic, mild anorexia, a little hyper-reflexive thinness, not worrisome.
 Still ~++ or thereabouts at [6] - but easy, relaxed sleep - interesting and
 busy dreams. AM - excellent - no residue. AP with much physical too, easy
 fantasy. Both - some visual field movement - not much interlocking to music.
 ATS heavy shakes going into the [45-1:15] period.

EH 10/28/81 Peak, 3 hrs.
 11/10/81 10mg -> ++; drop 3.5
 -4hrs. estimate 15MU, 20mg.
 Bizarre and colorful dreams. N=4
 all <20mg guess 15-30mg -> +++



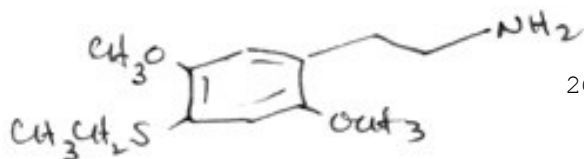
roman square

- 4mg (2+2) 11:30AM=[0:00] (12/21/81) ATS 2mg n.e +2mg [1:10]; [2:10] trace aware? no. n.e.
- 6mg 1:35PM 12/22/81 AP [0:00] n.e
- 11mg 12:45PM=[0:00] 12/23/81 ATS [2:00] a paraesthetic twinge - that's all. [3:00] slight prime? [5:00] nothing. ± or - ? (-).
- 16mg 8:35AM=[0:00] 12/25/81 ATS. A twinge a [3]. That's all. -
- ± 25mg 10:23AM=[0:00] 12/27/81 ATS [:35] something? [1:30] feeling of being poisoned- not really baseline - call ± [2:] slightly primed - barely ± [4] maybe not quite (-) yet.
- ± 40mg 11:20AM=[0:00] 1/6/82 ATS [:40] aware? [1:] aware a bit more? [1:30] still bare threshold - something real - wish it were more [2:00] maybe +?, no ± primed for something - on launching pad, no rocket to use. [3] the ± going [4] gone. overall ± is fair.
- ++ 60mg 2:20PM=[0:00] 3/6/82 ATS at [1:00] certainly something going on - [1:30] v.randy - at a beautiful +; [:40] I would be most willing to push this somewhat [2:15] there may well be time slowing (voices drop on radio?) and likely fantasy to music - at ++ [3] still ++ - some difficulties in creating a good interactions for Walt's birthday - a bit of problem in phone talk to C.Burke [4:30] to a +. little effect from evening wine.
- ++ .5 80mg 6:50PM=[0:00] 3/18/82 ATS, AP ≡. Some awareness. [:35] [1:00] at or above +; [1:15] to a ++ - some time slowing? much body. [1:20] living room - art interpretation - see AP's report. [2:00] bed room - easy erotic, easy visualizations to music - touches of the true "psychedelic" rather than just "stoned." Body higher than mind, but mind makes it OK. - worth the cost. [5:00] still >++ [3:00] perhaps dropping [9:00] sleep OK, but strange and not restful sleep - AM - up at [14] residue? Put at ++.5. AP higher.

mescaline	x5	3-TM
300-500	→	6-100
	↓	
	x8	
escaline		3-TE
40-60		"10mg"
		(x40)

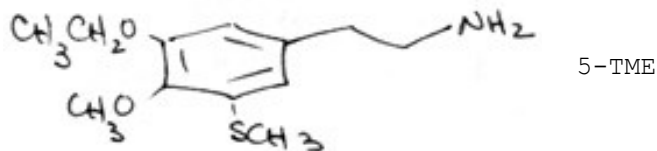
however,
another roman square!

thio mescaline	÷3	3-thio
20-30		mescaline
	↓	
	x1	
thio escaline		3TE
20-30		"50-100"

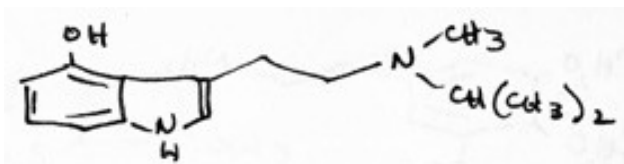


2C-T-2
(from 474) (to 929)

- (++.5) 18mg (12/31/81, new year's eve). AP≡; CT 13mg; NT 12mg. 7:35PM=[0:00] - at [2] NT up fast, ATS only to +, AP, CT little (ATS, AP [with] late lunch at [-3:]) Plateau from [2-4] NT extreme, but comfortable visual activity, a +++ - he feels as if 10mg would ~20mg 2C-B (i.e., 2:1, not 3:2) - CT much more peripheral motion, movement of surroundings, awareness of body aches & pains - ATS - some out-of-focus colors in reflections - some field movement - to a ++ or slightly above - AP to 2.8+. All sought heat although room at ~73° [with] fireplace going well. Decline from [4-7] - good food appreciation, although thought of food at [2] distasteful. Good sleep to [14] - no deficit - for me somewhat >++. Earlier food may have delayed or deferred. ++.5
- (++.5) 18mg (7/18/82) ATS, AG ≡, at grove. Development ~:45 to ~1:30, to ++ or a bit more. much talk. Not complete (re closure of feeling) until ~[4:] - excellent - Santa Barbara, Craw, Paul O. at Dinner. Overall 2 1/2 again.
- 12,11mg FB, PB. extraordinary, q.v. 673;675
- ~+++ 22mg (6/24/83) ATS, AP ≡ 9:03PM=[0:00] AP [with] MDMA previous day. Aim dose ~70% of 2C-B. aware at :30 - very vague. Then extremely slow, quiet onset for both. at [1:00] barely + at [2:00] maybe ++ - on to ++1/2 by [2:30] - maintains to ~[5:] - slow drop off. ATS sleep ~[6 or 7] but not deep; AP not until ~[8:] - excellent erotic - some fantasy to music - AP [with] weakly colored patternings à la psilocybin. Little residue in AM. Explore further, maybe at 20mg.
- +++ 20mg (7/23/83) AP 20mg - see her notes.
- +++ 20 or 13mg (12/31/83) farm New Years. ATS, AP, GC 20mg NT, CT, QF 13mg 6:30PM=[0:00] awares ~[:30] - devep to [1:30-2] NT, QF, tummy dis-ease - events of light dimming - overall very good - start drop ~[4 or 5] - all [with] OK sleep st ~[8:] - AM. chase [with] MDMA (130+40@10:50AM), 2C-B (25,25,25,22,20,17). @ 3:35PM (Both 1/1/84). Positive, but v.effective.
- +++ 15mg (QR, not ATS) at farm following MDMA (11/23/84 120mg MDMA to [1:40]- then 15mg 2C-T-2). At [1-2] unprecedented visuals, fantasies, insights - more, extreme than any LSD - quite shaken and positively impressed. Dropping distinctly at [3-4]. LLL drove.



- 6mg 1/18/82 10:55AM=[0:00] ATS - n.e.
- 10mg 1/20/82 11:38=[0:00] ATS - [16] 4OHMIPT. n.e.
- 16mg 1/31/82 10:50AM=[0:00] ATS n.e.
- 25mg 2/4/82 11:30AM=[0:00] ATS vague awareness ~[2]? no. n.e.
- ± 60mg 2/12/82 12:05PM=[0:00] AP n.e. [with] 40mg; at [1:10] +20mg. aware at [1:40] - on through afternoon at ±? - Definitely (-) at [6].
- + 100mg 6/4/82 10:00AM=[0:00] ATS [:15] alert st savings bank! then nothing. [1:00] ± at most. [3:00] + probably. [2:30] + maybe? [3:30] <+ [6] nothing.
- ± 140mg 6/18/82 AP 11:30AM=[0:00]. food taste - flash at [:15] - evolving into a ± that persists to ~[8]. Overall ± only.
- ± 200mg 5/16/83 ATS 164mg 10:00AM. [1:] aware, no more, +36mg * [2:] much tinnitus - little if any mental. started [with] excellent baseline, still excellent baseline. [2:30] vaguely light-headed - [3:] a real ±. no more. Later, nothing. Overall ±, and for Escaline paper, <1 M.U. End of trials.



from p 312

++.5 12mg 1/19/82 AP \equiv 6:55PM=[0:00]. Solid suspended in water, + couple drops conc. HCl \rightarrow solu. First awareness [:20] (AP ~[:25]) and rapid and noisy development to almost +++ within the hour. Hold ~+++ for perhaps 40 min. (to [1:30]). Rather rapid drop (1.5+ at [2:30]) - out by [4]. Good erotic, but difficulty in getting fantasy to music. Little visual. Good appetite afterwards. Easy sleep ATS [6] - less-so AP.

12/23/81

8PM AG, ZT ingested 16mg ea of 2CT2

1st clear alert for AG at 3:45 and for ZT at 4PM. The inception, climbing slowly, was very like LSD. Both subjects were chilly although the room temp was 70°. This continued for about 5 hours and only ceased when the experience diminished.

Throughout the afternoon, the affect of both subjects was mildly euphoric. There was an increased amount of talkativeness, mostly of the emotional problem-solving variety clustering chiefly on ZT.

As for physical capabilities, both subjects felt they could drive a car if they had to do so. Their walking was steady and speech clear. Also their appetite for food was undiminished. Although the pupils of their eyes were expanded, and there were some visual distortions, when TG came in around 5PM she said she wouldn't have guessed that either subject was chemically altered in consciousness.

The experience departed around 8:30PM, gradually but without much emotional accompaniments. AG sleep was uninterrupted, but ZT stayed up to 3AM but felt that her wakefulness was more due to the sensitive subject matter covered than to the psychochemical effect.

AG

*"We shall rest! We shall hear
angels, We shall see the whole
sky all diamonds... and our
whole life will grow peaceful,
tender, sweet as a caress."*

ex SN 1/11/82
125mg MDMA, at [:10]
100mg Ketamine IM
BP 92/65 -> 134/88@[:30], to
180/80@[1:00].
5 K's in 14 minutes
These effects below, seem
to stay

January 4th, 1982

*Prior to beginning this record of my trip of January 2nd, 1982
I would like to state a few things about my past & present.*

- 1 Although 'educational' and consciousness expanding
no other trip on any drug had ever brought me
to such profound depths of my soul. My feeling
now is that I have found what I have quested
for on previous trips (and through out my life) and
that there is no need to do any other trip with
ketamine or any other psychedelic drug.*
- 2 It is my firm belief that this trip has been of
the utmost value to my life... it is not a "quick
high" or a brief "enlightenment"... it is an
opening, a commitment, and a course I shall
follow always to the best of my ability.*
- 3 Through-out child-hood and my adult-hood I have
always known that "a white light, neither
natural nor unnatural would symbolize my
knowing true love" I mistakenly looked
for and thought this to refer to romantic
relationships... I did not find it anytime
nor place nor with any person until this
experience.*
- 4 For me this was a journey to heaven. I
would recommend the drug to any fairly
balanced person seeking "the pain with
heart."*

"At a journey's beginning, a rainbow
 is auspicious. It's a bridge
 and a sign that the
 path will unfold
 in harmony
 and in
 truth."

>I saw
 >a beautiful
 >rainbow on
 >the way

This is a record of my trip of January 2nd, 1982 on Ketamine/MDMA. As complete re-call of the trip is not possible some of it of course can not be recorded, and there are "no words" for some aspects of this journey... so I may only state that this is as a complete a record as I can give... nothing here-in is my "additional" thought, images or perceptions after the trip, projected as thoughts held during the trip.

The MDMA was administered at approximately 10:30, in pill form. Directly afterwards I went to the bathroom. Upon my return we talked briefly... my pulse/blood pressure has been taken (which I will not again refer to~ this was done thru-out the trip the effects upon the trip were that it reminded me that I would be returning soon to "the real world"~ which made me smile and I remembered to bless and thank Jeremy mentally {ie in my mind}), the headphones were placed on my head and a white cloth over my eyes... the Ketamine was then administered, in a shot. I would estimate 10-15 minutes elapsed between the MDMA & Ketamine injection.

125mg

100mg

My recall of the beginning of the trip is that I was praying and chanting... 'May the blessing of love rest upon you. May it's peace abide in you. May love

illuminate your heart, Now and forever more.' and a lot of prayer to God, as his daughter {my last ketamine trip was on being God's daughter}. I followed the music, which intensified, and as has been my previous experience on Ketamine, it was as if I were one with the music. The weave of the white cloth grew in detail... like being in a mist of fog or looking thru a thousand veils. Although I remained aware of my body, as it lay there, it was if I simultaneously had no body. The image was of being formless... an awareness that was connected to no form.

I thought of the High Priestess symbol in the Toth Tarot Deck (which, as it happens, was what I dressed as for Hallow's Eve)... how she has the veils thru which she looks out... knowing the inner realms and dimly aware of the external world, she holds the book of wisdom 'The Tora' and sits between the pillars of contradiction (ie black, white; ying, yang; good, evil, ect...)

I thought about being God's daughter and I thought about being 'The Goddess of Love' (a fantasy of mine since early childhood)... and then the trip intensified (I would venture to guess the MDMA began to take effect at this point)...

This is where words and descriptions become, at best, difficult. -> I felt immersed in LOVE... I WAS LOVE... everything around me was LOVE and LOVE is the only true "reality". And in this moment (-aeon) I learned what love is... how to give/receive love... how to have love be the guiding energy of all thought/non-thought, action/non-action; how to have love

be my sole intent & purpose... my will... that love is the essence of my 'true Self' and the creative energy behind all moments of my existence. I learned about the miracle that life is... I learned the answer to my (and how) questions of what to do with my life in all areas: 1./ To love all things. 2./ To have love be the expression of my internal & external life 3./ To have a livelihood in which my heartspace energy is tapped {to do community service and work with the elderly is to be my career goal at present this was shown on the trip and makes me feel much relieved... I feel it is 'the thing to do'} 4./ That I will marry within this year (1982) - and then the trip went into a very intense/beautiful time of being with Renato (-he, Renato, is actually in England now). That Renato is my life-partner... and his sons are cherished-companions-of life. 5./ What to do with my emotions/thoughts and how to be "positive" and loving within these emotions/thoughts. 6./ Completely feeling loving to my past and people/events of my life that I had previously to this experience disliked or had problems with 7./ Faith in God, the ultimate oneness of us all, and a letting go of anxiety about doing, becoming or being anything other than what is present (ie letting go of worry).

All this was like waking up from amnesia. A sense that I had always known all this and was merely re-calling it and re-committing my self/life to this. {The most wondrous part, for me now is that I still retain complete knowledge of it all and that it grows with time}.

4

*It was truly going to heaven... and finding that
"heaven" is the reality of life... and how to be eternally
in heaven.*

*This is what I learned. I am very happy...
I have more love and joy for/in life. If this is
insane, it is quite blessed insanity... and
I happily claim it and hope to retain it now
and forever more.*

*"For I will see
a rainbow in the cloud
and remember my eternal
promise to every living being"*

*"From the right point
of view, every
storm
and every drop in it
is a rainbow."*

*^ Ashley Davis
1-4-81 <- 1982!*

LSD. from page 344,
to page 662

- ++.5 1/22/82 7:20PM=[0:00] 150µg, AP ≡ [:30] underway [:35] developing quite quickly - ATS heavy tremor (difficult to stay warm) to ~[1:15] and >++. AP cosmic questions to ~[2:00] - AP easy music, fantasy. on to [5] [with] >+ and no difficulties [with] either. Finally warm. Erotic. Easy sleep at ~[6:30].
- +++ 5/8/82 8:10PM=[0:00] 200µg AP ≡. [:20] aware, noisy development [:30] maybe ++ already! [1:00] some shakes, very far out, lots of visual. [1:15] comfortable +++++. [2-4] much erotic, much talk, philosophizing - good music fantasy, visual sparkle, tracers, movement of ceiling, and on and on. Noticeable drop at ~[7]- sleep [8-12]- up in AM - good mood, that deteriorated through the day. AP generally ||, but next day nothing much done- sleep, lethargy. Overall very good experience. +++
- +++ 5/16/82 7:18PM=[0:00] 250µg ; AP ≡. [:30] developing quickly [:40] probably to +++ already [:45] wow - this, 5 min by 5 min until ~[1:15] - completely stoned and in a sparkle visual world. No threat whatsoever. Explore new tape-radio stuff in bed-room. Light sleep at ~[7] - up in AM [with] much energy & go. V.relaxing and refreshing experience.
- +++ 6/16/82 6:50=[0:00] 300µg ; AP ≡ Mini twinge at [:10]! [:17] start [:22] up fast [:23] very fast [:30] too fast, a bit ill [:35] can't process [:55]-[1:20] reintegrate - now physically OK completely expanded into an extreme +++. Full open, erotic, visual, interpretive, stoned from [1:30] to [7:00]. scattered sleep. [14] to Berkeley, still ++, diarrhea - gradual drop through + to baseline by [18]. In future, never without loose day following, and probably consider 250 at optimum.
- +++ 9/30/82 8:07PM[0:00] 200µg ; AP ≡ by [:40] rolling up, [1:00] still up fast [1:20] way >+++ much erotic, music synthesis - some easy sleep at [8:00] excellent.
- ++ 1/1/83 7PM=[0:00] 24hr post TE. much food, wine during day. ATS, AP 150µg, NT, CT 100µg. v.slow onset - really good real effects by [2:30] but little if any noticeable from visual [:30] to [1:00] - sparkle, hilarity, subsequent pleasant retreat to music and erotic. Excellent music synthesis. Probably no refractory from TE, but food ect. certainly delayed absorption. Good ++. or more. Tulsa's accepted v.well. Good wrap-up to long, good new years.

REPORT OF EXPERIMENT WITH 2C-T2, December 5, 1982

Participants: Clare and Neil, Mel, Ted, Alan, Ann and Sasha, Peggy and Fred

Place: Tulsa residence, Berkeley

Dosage: Peggy 12m.g., Clare and Neil 13 m.g., Mel and Fred 14 m.g., Ted 15 m.g., Alan, Ann and Sasha, 15 m.g.

Start: Approximate noon. It developed rather slowly and smoothly, beginning to be quite noticeable in one hour, and reaching maximum effects in 2 to 3 hours, staying at this level for some time. As the intensity increased, I began to experience uncomfortable feelings, and was quite annoyed with myself in experiencing considerable discomfort in 1 to 2 hours. I could only slightly modify the effects and concentrating on the positive effects. I finally decided to talk about my feelings, and this led into some hilarious discussions. This greatly alleviated the discomfort, and the experience turned entirely positive after 2-1/2 hours. It then became the most enjoyable experience I have ever had, with a marvelous feeling of great inner strength and euphoria, and a superb feeling of closeness to all of the other people. I could talk freely and creatively, and enormously enjoyed the repartee with the others. This magnificent high last well into the evening, still being very much evident at 8 p.m. Based on this response, this seems like a remarkable good material.

While the feeling of group closeness was the strongest I have ever experienced, the experience was relatively free of what I think of as cosmic experience. Yet the drive home 4 days later was a wonderful cosmic experience, and full of cosmic-level insights. (For me, cosmic means experiencing the presence of God.) The after-glow of this experience was marvelous, and I functioned very well the next few days under quite a lot of demands and requiring less sleep than normal.

Report of Experiment with MDMA

Date: January 16, 1982

Place: Home of Ivan and Vanessa, Los Angeles

Participants: Vanessa, Ivan, Uma, Peggy, Fred.

Background: Peggy and I had just returned from Roswell, NM after an intense month of helping to care-take my father and seeing him through his death. The others had returned from Roswell 3 days earlier, 2 days after the funeral. Peggy and I were exhausted, I in the next-to last day of strong anti-biotics for a severe upper respiratory virus infection, Peggy catching it, and all of us drained from the intense emotional experience we had been through.

7:24 p.m. All take 120 m.g. The experience developed slowly but pleasantly. After 30 minutes, Ivan became alive with his usual burst of energy. Everyone else begins to feel and everything feels good. After an hour I still felt very little effect, and wondered if it was going to work for me. Either I was too exhausted or the anti-biotic I was taking (250 m.g. E-Mycin 4 times a day) was a counter-agent. However, it suddenly hit me just before supplement time, with an intense, marvelously euphoric intoxication. We all felt absolutely marvelous, and felt the experience was so right. We had much animated discussion, reviewing the events of my father's death, everyone's role, and different members of the family, most of whom were present for the funeral.

9:00 p.m. All take 40 m.g. supplement. We continue in our euphoric intoxication, everyone looking young, fresh, animated, and with lots of energy. We were fascinated in our discussions, and felt marvelous warmth and closeness among us. This continued until midnight, when we stopped to eat some soup. Once we decided to stop the experience, we suddenly felt tired. The soup revived us somewhat, a little going a long way. We broke up at 1 A.M., and I drove Peggy and Uma to Uma's place 1/2 hour away. It was a smooth, effortless, enjoyable drive, and I felt remarkably alert for the hour, especially considering that I had arisen 4 A.M. California time.

We had an enjoyable drive to Lone Pine the next day. I stayed on anti-biotics one more day following doctors instructions. I was disappointed that this experience did not knock off the last vestiges of my illness, as I had hoped, nor abort Peggy's. I felt poorly for 3 more days, and Peggy developed the full-blown infection, although refusing to take anti-biotics. She is now recovering. With the anti-biotics, I was unusually dehydrated during the experience, and had to constantly drink liquids. The urinary problem was severe although at bedtime I took Luke's new Thera-combex HP, which seemed to alleviate the problem quite a bit the next day.

TRANSCRIPT OF TWO-CB EXPERIENCE
RENATO AND QUINN
AUGUST 9, 1981

QUINN: It's Sunday, August 9th, 1981, and Q & R have ingested 20 mikes of 2CB at 5:40PM.

RENATO: I didn't taste a thing, and you thought it was bitter and had no aftertaste.

Q: Yes, but then I thought it had a metallic, laboratory, clinical sort of aftertaste. Now it's about 5 minutes in.

R: Now it's about 40 minutes after we started, and the first alert was about 15 minutes ago. One feels happy on it--I don't know if it's a feeling of relief, because one isn't clobbered! Thank heaven it's as light as this.

Q: Same here...I knew 15 mins ago I was under the influence of some mind-altering chemical. I was fearing something heavier...but it hasn't happened yet. Very happy about the whole thing, thank you!

R: I'm not sure I'd know I had taken anything yet if I hadn't been told.

Q: I know I would...I feel a general sluggishness...aware of turning my head, of motions in the room...attention is focused where it wasn't had I taken nothing. Similar to the very first blush of LSD...so far...or perhaps better, Mescaline.

Q: Its uh about 45 minutes in, and I just had a flash. Since we took this once before, on the train through Colorado, I feel a transportation back psychically to the time I was on the train.....

R: (Somewhat jubilous) NOW its exactly one hour. I feel more of it since last time I spoke. I feel warmer than I did 15 minutes ago.

Q: It's as though a heavy -- the air became very heavy.

R: Yeah. I sure don't want to smoke. I'm amazed at how easy it is to follow these long strings of dropped names in this NEW YORKER article.

Q: I, on the other hand, have no interest in reading at all.

R: ...String of input...

Q: Just feel very nice...

R: Visually, one can see everything's contrasty. The fog's in, so there's nothing to look AT, so yippee!

Q: pops eyes at R.

Your eyes are dilated. Are mine?

Q: Not as much as mine.

R: (laughs) How do YOU know?

I don't feel like getting up and looking into a mirror, so we will never... No sweaty palms, or clenchy teeth or ticks?

Q: (Clears throat)

No, but I feel a definite BUZZ.

It lifts me from a warmer morass in which I'd rather be. Keeps me awake, is what I mean.

R: (mumbles) There are no quality things on the solid surfaces?

Q: Well, a longer persistence of vision.

R: Yes. AND A LOT SLOWER TALKING, TOO. SO, that's enough (taping) -- it is quarter to seven.

Ten after seven. Quinn is writing a novel on my foot. With his fingers.

Q: I can feel every bone.

R: I have this incredible amount of inertia.

Unless one takes a substance like this, one's not aware of how the colors deepen as the light goes away...

Quinn has now moved into playing (Strauss') DON QUIXOTE on my foot with his fingers. The 'cello part.

AND my mouth tastes like the bottom of a Russian veterinarian's valise. Uh, substance mouth....

Q: Turn that thing off. It's too inhibiting. That tape recorder is leading you, putting pressure on you to say something.

R: No, those were -- I had some thoughts.

Q: OK. Finish your thoughts, and turn the damn thing off.

R: Now it is eight-oh-four.

Q: And twentyfive minutes later!

R: Yes, like you describe. It turned out it was not the Richard Strauss composition, it was the one by Cervantes!

Q: Well, it Cervantes you right.

R: I am Cervantes very well, thank you. RILLY.

Q: You never had such a big foot.

All the hard surfaces are bending. All straight lines are wavering... slowly...there's kinetic motion. There's a definite distortion of everything. But not so much that one loses sense of his surrounding...except that the rim on the glass keeps changing into an oval...I can't make it stay in a circle...it keeps wanting to undulate.

R: It gives you a ceiling that you've never seen before...I was noticing that. I was annoyed about a few things...I forgot what they were...something crossed by mind, and it looked like a spiderweb!

Q: Gee, I was hearing Latin American Music...rhythms...Beguine...My whole being was captivated by being in a humid, sultry, Latin or South American climate...with everything that connotes.

R: What I was annoyed about is that everything seems to stem from that plant...because everything is one of those two colors...everything in the room is one of those two colors...the top of the leaf is red, the bottom is green. I was getting little spectrum off the clock, and when there's a little more light in here, you can see there had to be some colors escaping somewhere, like a TV set that had all these colors in it.

Q: There's a halo around the outside porch light...a prism for a microsecond ... it's there and it's gone.

R: It certainly does slow down time...from a quarter to seven to a quarter to eight was about an hour and a half. I still can't shake the feeling that everything in the world is those two colors...because everything in here is green or brown.
(PAUSE)

Q: The fuchsias certainly are red...(RENATO MUMBLES RE FUCHSIAS)

R: Surfaces don't have anything active on them. They sure are actively pure...pastels are really seductive. (Looking at Disney Book). (Later) 8:48... Quinn is going downstairs to watch TV but I don't hear it...I wouldn't subject myself to that gang of sales-crazed idiots!!! (Talks to cat).

R: The reason I turned on [this tape recorder] is that there's a while lot of SFUMATO in increasing amounts on my peripheral vision...like sfumato tunnel vision. Surfaces are active indeed...visually...cat walked across rug and it looked as if he were pulling it up beneath his claws. The color is drawn out of everything. I mean uh there aren't enough intensities of tone to really register brilliant colors in anything.

You know, gimme more.

...I tried to get rid of this (recorder), but I've decided instead to go with it and see the room in these colors -- the couch is sort of a tan with shakes of pink -- and the terracotta of the pots -- the Imari bowl -- although so different, are the same color. Uh like the filter they use to shoot closeups of Doris Day.

Suddenly I'm feeling too self-conscious to sit here and talk into a tape recorder all by myself --it's silly.

[FOLLOWING IS A COMMENT BY QUINN)

"I INSIST on taking this compound again! but NOT with Renato! As the chemical made itself evident to me, I was seized with a sexual desire more powerful than anything in my memory. My physical expression of this desire was rebuffed by Renato and his reaction very definitely colored my enjoyment and appreciation of this wonderful substance. I'm not complaining so much as it may appear...just wanted you to know the honest effect of the substance on me.

(NOW, A COMMENT BY RENATO)

What I saw monopolized how I felt. Sundown depressed me; I rather enjoyed the blurring of eyesight, but did not want the light taken away from my "surfaces", with which I was very happy. Internal pursuits-lust-physical expression were all removed from me.

Dose 14 - 2CB

Grateful Dead
Dec, 27th

Helen Anderson

We took the 2CB at about 7:45 in the seats in the far back of the auditorium, we were sitting with friends. I felt much better about taking this than the last time because I knew it was a light dose and I'd tried it before.

I have no conception what the time was it came on, it was so light that I probably couldn't have noticed anyway. I just felt uplifted and happier. No paranoia at all, even when dad sat next to me. I did feel reserved but not enough to feel uncomfortable at all. When I was high on it (noticeably) I didn't even mind the thought of wandering around. The music was much clearer, I felt in tune with the people too. I'm sure I would have gotten higher if dad wasn't there. It lasted a long time, through the whole concert and even some time after.

I felt that 14 or 15 would be a perfect dose to be on in a crowd situation, even it is wasn't a Dead concert! Completely operable and in touch with everyone around me, and in touch with myself too.

2CB Dose 18

Helen Anderson

Jan 2, 1982

place - home in room with Juan
taken at 6:00-6:30.

We both took 18mg at about 6:15 or thereabouts, and relaxed for awhile. We smoked a joint to ease us into it, we just felt more relaxed doing that.

We laid around for quite awhile until we both started to feel like we were coming onto it. The first sign I had was when I looked at the ceiling and noticed it had a touch more movement than normal. It come on really gradually. I felt quite unenergetic, my arms were kind of heavy, my motivation was minimal.

We hadn't eaten all day, and I was really concerned with Juan's shoulder which was hurt only the day before and was bothering him quite a bit. I could tell that I was feeling cautious and I didn't want to hurt him when we were fooling around, actually I'm not sure if it was that (feeling cautious) or the 2CB that made me feel quite un-turned-on sexually too. Of course Juan could pick it up and he concluded it could be because of Mel for some reason. I just couldn't open up to him (Juan). I felt I could have, but I didn't want to. Actually I didn't feel like doing anything but spacing and having a good time, or just thinking. We didn't argue, but we talked for a bit. We looked at the clock and it was 8:20, we couldn't believe it, it only seemed like about an hour at the most that had gone by.

Juan had to go to the bathroom, so we returned upstairs, luckily nobody was home. We agreed we would like something to eat, so I went into the kitchen and started to make a bit of vegetables and a couple of fried eggs with a bit of bread.

The whole time (and especially now I felt it) I felt unfunctionable, weakish as I said before. Quite on a different wavelength than Ivan.

We began to eat, I'm afraid I might have begun to eat too fast, and half way through my egg on bread, I felt a tad lightheaded and proceeded to sit down. Juan asked what was wrong, I said I felt like I was going to pass out. I didn't feel like getting sick, just lightheaded.

As minutes went by, my head became black and I had to sit down, it hit me and I was passing out. My sight went and my head was filled with pressure. I could hear Juan but I couldn't see or respond. He said my eyes rolled back and I was shaking all over. As soon as I felt my sight come back and I felt I could stand we tried to go downstairs, I thought I would fall but I made it down (we were both afraid Dad or Jeffery

coming home right then, otherwise I would have laid on the couch), I walked through the hall and passed out again at the door, when I came back a bit I wandered to the bed and fell down onto it. Immediately I felt better.

Juan was so freaked out he didn't know if I was okay. We were going to call you guys, but I really felt better. Juan just didn't know what to do, but he climbed back in bed and we rested.

By the way, it was about 9:45 when we went upstairs.

We both agreed that the feeling of the 2CB was a kind of metallic feeling, we could taste a bit of it, it was metallic too. Probably a higher dose would be better for this stuff, because to me it would be much better as a heavy psychedelic, not a light trip. LSD is better for the small doses. But my mood the past couple of days has been downish, perhaps because of my period being close. It could have effected it quite a bit.

Sasha,

(We) I wanted to thank you very much for letting us try this. It was good generally. I wish that the circumstances were better. It seemed about 45 degrees in my room, it was actually about 55 (cold!), that didn't help.

We aren't going to try another drug for another month or so, and when we try something next time, we would like to try a much larger dose of something different. This has been really good for us and I hope it's helped you a bit.

Again,

Thanks

Helen

P.S.

Sorry it's soooo messy,
hope you can read it!

2cb dose 18m.

After we had not eaten all day we ingested our "water". We lay back anticipating our adventure. We had based ourselves in Helen's room. I found the rush that lasted about 50 min. was the most enjoyable part and though it was very invigorating, it was somewhat inhibiting. It was dominated by a high clear crystallly tight sort of feeling. It did not enhance our lovemaking, but it did help me to formulate some interesting thoughts.

First, I'll probably not take this "particular" except for shows. It was really more of an intensifier of things that already exist in Helen and I.

The feeling of youth, tightness and intensity are things that are in abundance in youth. For this reason I believe that we would benefit more with something (it's hard to describe) fatter, wetter, hotter, fuller, and active. I don't know if you will understand for someone your age, the metallic, cool, vibrant and individual feeling that 2cb enhances is better. That's why LSD would be more suited to the concert goers. Most young dead heads are still taking it and psycibe instead of MDA or some of the up's and down's. The older "Heads" do a little hallucinogen with a lot of coke, or coke and downs. If they had 2cb they probably would be in to it. (poor them) HaHa.

Now while it may not seem my place to do so, I'm going to describe what would be more suitable to Helen's and my physiology. Oh, by the way - No hallucinations on 2cb.

Something wet, and hot. Some heavy sensory alterations. Lots of color and warm vibrations. If we could try something less temple high and more earthy and human. Definitely we are starving for a bit of hallucinations.

Well I'm sure that Helen will tell you about the bad side of our experience. It was scary but understandable.

Now that you've heard my experience, sure quite different from Helen's,



Thank you
Sasha

Love
Juan

Combinations with MDMA.

++ MDMA + MDE 2/3/82 60mg MDMA +75mg MDE 7:25PM=[0:00] ATS; AP, GC. ≡. ATS aware at [:15] others at [:30]; [:50] little eye, no jaw - GC heavy body effects [1:15] light eye, light teeth [1:50] now clearly ++ - not sparkle of MDMA. [2:00] + 50mg MDMA all [2:20-3:20] MDMA-like - begin to drop? [4:00] definitely dropping. anorexia! cannot sleep until ~[6:00]- AP not until [10]- recovers MDE character - some darkness.

MDMA + 2CB see p581, 581

Catherina Caton - New Material, Oct. 5, 1981

~35 years [40B]
18.75mg 3/4tsp.
9:17AM start
10-15 maybe
next time

Before.

I have thought and prepared for this trip a lot. Do I have to go digging out ugly dragons from the past or just go on new? Well, the trip shall tell. I always feel like telling the "before's" AFTER the trip. Then I'll know what I should have been talking about.

Basically, there are two themes to this before; taking care of myself and relationships. I am also starting to take care of myself in the area of relationships, so generally the whole thing is going in a great direction.

Recently, in taking care of myself I have: a massage every week, been taking herbs and vitamins regularly, made an appointment with the dentist, lost 10 pounds (thinnest I've been since Jr. High School), found a great haircutter, and so forth. Have also bought many new clothes, varnished my unfinished tables (a great job, too), am keeping my apartment very clean as a habit, am meditating, organizing and storing my possessions neatly, ect.

Areas I am moving in to tighten up include: getting a comprehensive physical, getting car fixed, paying off bills, and getting exercise...and relationships.

Basically, I either fall in love and hang on to someone who's not attracted to me OR someone gets a crush on me and I don't know what to do. NOW, I am interested in someone who is also interested in me, BUT, due to ethical considerations under my control, I am not going to screw around with Peggy's boyfriend and while she is at that retreat.

Now this situation has been much food for thought. It is very hard to keep this one under control in my head. I put me on trial for my thoughts sometimes, and sometimes I feel I am really doing the right thing, even I don't know the thing I'm doing. This reminds me of that Escher drawing with the arches and staircases: the same drawing shows the same scene from two different perspectives and ALL of it is right...or wrong!

So if this situation doesn't end up with wedding bells for me, there are some things in me that are growing in a good direction. With Herman, it is totally easy for me to be with him; this is not that destructive infatuation of mine. With Peggy, our friendship has grown as we have gotten over our "stuff" - my infatuation and her reclusivity. Also, that I am even mentioning relationships at all is some growth. So we'll see if the attention will produce some results on the trip.

What I would like from this trip is: some sort of settling, patience and grace about the above situation; feel more in touch with my body, more on the pleasure side please; to have my experience of love (without the craziness) keep growing, to be more open to having a relationship, because Herman might not be the one when that dust all settles...would like to feel free and loving.

st. 9:17am 18.75mg 2CB (in boiled distilled H₂O)
made in 8-10-81
9:27 - some upset - mild
9:45 - lay down - fear + shivering
10:10 - did not want booster - said it was enough
put on eyeshades + head phones
12:00 - bathroom
1:15 - wanted music
1:30 - coming out of "space" but not totally down.
2:00 - took shower - very much down.
3:00 - left house O.K. to drive

no nausea
✓ headache
✓ colors - inside trip
theme: life & death

Catherina Caton
New Material, October 5, 1981

Turning on: slight uneasiness of stomach. A little bit of numbness/tingling. Decided to lie down after about 1/2 hour. The music sounds started to intensify, especially the metallic gong-twang sort of noises. It was like being in a bell jar or large metallic tube, sort of echoy and spacey.

About the space; like being at the edge of the leading edge of the trip, more like being pushed at the leading edge, definite sense of space and clearness and strong vector-like direction. I remember thinking how intimate the material was...and I don't mean dainty. As far as comparisons to other drugs, I'd say the true marriage of Ibogaine times itself and sold with metallic feeling and bodily effects of coke. There was something of an Adam quality when I was shaking off some tension and also the acceptance of the shattering experiences I had. A unique feature of my trip, I think was that it self-destructed behind me. I couldn't rest on the "Ah-ha's" of the past seconds of the trip.

Events of the trip: I was kind of drudging around in some guilt feelings, not really caring about living or dying. "Oh, so this is what it feels like not caring if I live or die." Suddenly I realized where I was. Quite coolly, I had brought myself to the choosing point of Me Alive or Me Dead.

From then on it was a constant cliffhanger. I had to keep myself aimed, hanging on, running full blast at, just by a string, in full agreement with...ANY sort of thing the Yes side of alive. There was a time when I was hedging at wanting to be alive because I wasn't happy enough, feeling wonderful sensations and so forth... and as a matter of fact was feeling kind of dead and flat so if it could just wait for a moment...

"LADY," said the Sensurroundspace. "Cut the crap. The choice is dead or alive. "NOW!" It was like being chased by a giant steam roller 1/4" behind your butt; I was not in to style and grace, just raw movement. The intimacy of the material had a lot to do with the no escape, double blind, no where to go, this is MY trip...I was both pissed and amused at the whole experience. "Uncle, Uncle!"

Everywhere I turned, I was faced with the choice. After the basic yes or no, there are the thousand little life end death choices I make every hour in which I die with my judgments. At one point I thought, just tear up that paper I wrote before this thing, just happy to be! The past and "How" is totally insignificant compared to being alive at all...damned if the steamroller trip didn't follow me to that position. "After being alive at all, all you got is "How", not to mention the situation you just made." Dirty rotten lowdown "You gonna be alive there, and how about looking at things. Life is life and death is death anyplace you want to look!" So choose choose choose. Aurghhhh, blast!

As I was coming down, I noticed that the trip was shutting down behind me. I could not really ride on the shock value of the near miss with death. ("I'm sorry, Catherina can't come in to work tonight. She had a close brush with death and is in a state of shock." Boy, I got steamrollers in all directions on that one!).

Finally I decided to look in the mirror and it was judgment city and a firing squad. Then I decided to stare and destroy the destroyer, when luckily the whole thing collapsed of its own absurdity. The final doors of the trip closed. The ultimate double-whammy- when you kill yourself, you die.

Now why was I always asked the question over and over again in so many forms? Because I will ultimately die and am dying in little microseconds. If I don't choose to give something life for myself, it's dead for me and in my time on earth with it, I Do Die.

The music for the trip was all right on...Love in Bath had a solid love and humor that I could lean on, but it did not transport me to love and laughter. The Bach harpsichord and organ works were best. That man played his line out to the limit! Silence Beyond Time's unusualness brought up the subject of the variations of life. Wichita Falls brought out all of life's scope, movement and vitality. Just the right challenge in all of them.

Right after coming down, it was already time to leave the trip behind and start moving. Take a shower, have a cup of coffee, talk about the trip. I felt like everything had been carefully put back right where I started; nothing of

any change could be blamed or assigned to the trip.

Later that night, I met two people and told them about the trip. It was hard to explain why it was important to me not to have any direct shifts from the trip. It IS, though.

Then I went over to see Peggy and Herman. A real genuine glad to see her back. We had a low key dinner together with simple talk. She didn't explain much about her decision to leave the retreat, and the part of me that wanted to hear a whole melodrama (and thus die if I didn't hear one) fell away. One of the goals of my trip was to have a "hands-off" position about their relationship. That was hard to do with her gone. It's a real gift to have her back.

Then I went to work that night. I was a little dragged out, but nothing too serious. Felt a little too much like not enough sleep and one too many cups of coffee.

Only physical effect I noticed was that the rash on my face flared up. Saw it during the mirror part of the trip and it's sort of bad today. I don't know what kind of rash is it yet.

Next day, the usual hanging around in bed. "Get UP! Get yourself UP!" "Move!" "Make your bed, straighten it!" "You gotta get to lunch on time, leave nownownow" Later, "So, you feel a little fear? Move anyway. I said move!" "Yeah, that is kind of funny. Laugh!" This stuff is not done in the spirit of make wrong, but in the spirit of ally pitchfork.

Next night, I feel kind of rashy all over. Also forgot to say that I was very hot the night of the trip, but not sweaty. Sort of a dry fever. It does seem a result of the drug, but it is hard to say why. Maybe some sort of body adjuster was

thrown out of whack, maybe the nerves got weakened. Looking at it now, I think the fever caused a sort of heat rash...and again, why no sweating? Did not sweat on the trip either.

You wanted me to explain - or try to - the special quality of this material. All of this is sort of like: the trip was totally mine, I have the sense that it both is totally in me and totally disappeared, it is ingrained in me but doesn't do anything to me, I got a new life and all the old life (or death) back at the same time, it is like things got shook up and somewhere I have a little cul de sac of space to let stuff go. I feel like I'm breaking myself in.

If anything else comes up about the rash or heat, I'll phone you. Thanks for the opportunity, and I mean it!

*2nd trip 11-30-81
18.75mg.*

Love

Catherina

*no physical
music very important*

6 hrs. trip

Σ 31mg 2C-B

~32y

January 3, 1981

Modesta Sievens

*BEFORE TRIP:**MENTAL, EMOTIONAL*

General hopelessness across the board. This kind of hopelessness is probably a healthy kind - that eventually leads to some sort of acceptance.

Thought I should have another one goal to work towards this year such as career goals - but decided what I should do is start enjoying my life and that might involve giving up all goals and giving up making +'s and -'s all over the place.

Want to give up paranoia this year - these thoughts keep me down all the time.

Realize that every time things are going my way I get serious heart palpitations, lose my breath, and have to lie down for 1/2 hour to 1 hour.

Don't want to have to try hard for anything anymore. Give up.

PHYSICAL. Generally like the rest of the population - overindulged in everything for the holidays and got minimum exercise. Even smoked cigarettes and drank coffee.

1-3-82

st.	<u>amount</u>
9:30am	18.75mg 2CB
10:30	went to bathroom - <u>felt sick</u>
11:00	- dry heave + nausea
11:00	- 3.1mg 2CB
11:45	- 3.1mg 2CB still not turned on but no nausea
12:20	6.2 2CB
	<hr/> 31.15 total

is not a visual person in trips
had eye-shades on all time.

5:00 - dizzy

January 8, 1982

Dear Ward,

This is the AFTER report.
If a lot is written, it would
only be to fill up space
A lot of anger came up
in the last few days.

From our conversation -
the truth is I'm afraid
of what I want so I make
up that I can't get it
anyway. It has also
became a lot clearer
that life is simple -
it is a GAME and in games
you want to win and
so to win - I have to play
the game -

As far as the window on
the world - I'm still waiting
for my window to come in.

Need to try it again

Thank you again for our
talk. I felt wonderful
that evening.

There is a money order here
for one hundred dollars (and)
forty eight dollars. Please hold
the check of mine till the
date on it - the 27th of January.

Modesta Sievens

Danny Heiner

~33yr.

12/6/81

This last month or so has been quite an intense time for for me. First, the store I was working in went bankrupt, and that has forced me to think about what kind of work I want to do, especially taking a look at whether I want to do some kind of therapy or healing work. I have a lot of fear and confusion and doubt about going back in the field again, and yet it seems to pull me more than other things.

I have also met a woman who has brought up a tremendous amount of feeling in me, both about her and about myself. Both my job searching and this woman Sadie have made me take a look at a lot of negative feeling I have about myself. This negativity has been closely associated with the physical pain I go through in my head and body. Three weeks ago when my head hurt so bad that all I could do was lie down and take aspirin. A "past life" scene in which I was clubbed to death has come up a lot in connection with this pain.

This past week a shift had begun to occur. The pain in my head has not been as prominent and it seems that I have begun to internalize the good feeling I've had about Sadie, allowing myself to feel good about myself. There have been times recently when I have had a sense of well being and satisfaction unknown to me for a long time. It is interpreted with liberal doses of insecurity, loneliness, ect. but my general feeling is that I am moving in a positive direction.

I have several things I would like to "accomplish" on this trip, although some have been long standing desires. I would love to complete my saga with my physical (and accompanying emotional pain) pain and move into more satisfying feelings like those of comfort, peace, security, well-being, trust. Trust seems to have been one of my major themes this past month. Trusting and loving myself and my life. I have felt great doubt and fear and mistrust these past few years. It is time for a new way.

I would also like to create the space to have a relationship with a woman in my life, whether it be with Sadie or someone else. I would like to recognize and let go of any blocks I have towards a relationship, and in a sense experience myself having one.

Danny Heiner - 12-7-81

st. 18.75mg. 2CB 9:42a.m. (maybe use less)

9:42 - st.

10:10 - noticed energy thru body

10:30 - body sensation "bubbly" + some fear
some head pain but not as bad as usual

11:00 - sees color + pattern - still has body discomfort
went to bathroom to shit

11:15 - cold + lots of body stuff - very intense

11:20 - face seems redder - seems to have headache

2:00 - had 2 tokes of hash

Danny Heiner

Dec. 11, 1981

My trip seemed to begin within half an hour with a feeling of energy vibrating along the surface of my skin. I vaguely remember that the two areas of my life that I was focusing on - my physical pain + wanting a relationship - would be taken care of, and then getting information about those areas that I can't remember.

Then for I guess a few hours everything was focused in my body as it went through repeated contractions, with pressure moving downward through my pelvis and legs rather than concentrating more in my head as it usually does. At times I was very scared, and yet it felt pleasurable and relaxing.

I had a keen sense of there being a "me" trying to get out of its constriction, I felt I was giving birth to myself and at times as I watched my body it looked just as I imagine a woman does in labor. During this period I also remember feeling life seeping into my body, having a sense that there is no death and that I have been afraid of life. I kept thinking of Fiddler on the Roof, which I saw recently, and the father's song about "Life".

At some point I don't remember clearly everything subsided and I went "out" or fell asleep. When I awoke I felt as if I had gotten a very deep rest, and felt fairly calm and peaceful. After awhile my head began to hurt but I found I had a measure of choice and could choose to focus on what feelings I wanted rather than the pain and thus reduce the pain.

Ward suggested I listen carefully to the music and this was generally a light, centered, peaceful, and enjoyable experience. I focused some on the two areas I had wanted to look at but again I don't remember any specifics except that I would go in and out of feeling love and respect for myself, which seemed to be the answers. At one point during this time I saw my body lying dead on a beach. I was looking for another body to inhabit but couldn't find one, so I think I returned to my "dead" one.

The trip felt very complete to me, and I'd like to do another one.

1 or 2 ketamine trips - liked it
A - ???? color + sounds (200-250A full trip)

~38yr.

Melvine Vanwinder

1/7/82

What follows is an assessment of where I am right now, and the issues and concerns I have.

Physically, I am in good shape, although, perhaps a few (10-15) pounds over the weight I'd like to be. My knees are starting to bother me after perhaps 5 years of running 3-4 times per week. I am fearful that I drink more alcohol than is good for me; there are certainly times my performance at work is effected by a hangover.

4 glasses-
wine

I have a concern that my sexuality is driven completely by fantasy, and I am afraid that this impairs my relationship with Kristine my wife. That is, I need to have fantasies in order to want sex, and since it's not OK with me to be totally generated by my fantasies, then our sex life suffers.

Work goes well, and I am gaining more responsibility and acknowledgment all the time. I still seem to feel that the "really important" job will come along, although I cannot define it. Therefore, I have set no goals other than within the context of my present job.

My biggest fear is of death. Another way of stating that is that I fear a wasted life - they are certainly related for me, The fact of my own personal death is almost uncomfortable.

As I record this, it sounds rather negative. The truth is that life is better than it ever has been, and I absolutely rejoice in being alive, and I am thankful for my relationships and the opportunities I have.

st: 9:35 a.m. with 21.875mg

9:50 - 1st noticed effect

10:25 - very stoned + very little cold

10:30 - put on earphone - as for as I can tell
he is having the trip.

11:00 - $\frac{6.25}{28.12}$ } booster
total

frequent urination 2-3hr. maybe

12:45 - says he is very stoned; head feels "cottony"

1:00 - is very quiet for last 2 hrs.

1:35 -

2:30 - starting down

left at 4:00 p.m. good trip.

Melvine Vanwinder

1/12/82

Since my experience on January 9, I have noticed no unusual physical symptoms, or anything out of the ordinary.

My physical, mental, and psychological well-being remains essentially the same as before. No great answers or insights came to me as a result of the experience.

The experience itself was terrific! I would especially like to do it again in a group trip, and think that its recreational use would be perfect.

I noticed that I turned on very quickly, and the effects lasted a long time. Even after I drove home, I was experiencing the calmness and "centeredness" of the material. My abilities were not impaired, however.

I loved the experience of just "being", and would like to do it again many times.

~37yr.
21-OCT-81

PHYSIOLOGICAL STATE:

HAVE BEEN WORKING AND PLAYING HARDER THAN USUAL OVER THE LAST COUPLE OF WEEKS. CONSEQUENTLY, MY BODY IS SORE IN SEVERAL PLACES, MY LEFT LITTLE FINGER IS FINALLY RECOVERING FROM BEING BENT BACKWARD 3 WEEKS AGO AND I HAVE BEEN MORE TIRED THAN NORMAL. I HAVE BEEN SLEEPING AS MANY HOURS AS USUAL, BUT THE SLEEP HAS BEEN FITFUL. (THIS SITUATION HAS IMPROVED SLIGHTLY THIS WEEK WITH THE COMPLETION OF THE SPRINKLER SYSTEM AT MY RENTAL HOUSE AND WITH THE REFUSAL OF A JOB OFFER. BOTH OF THESE WERE PRODUCING A FAIR AMOUNT OF ANXIETY WHICH WAS MAKING SOUND SLEEP DIFFICULT AT BEST.) DESPITE ALL OF THIS, I FEEL GOOD ABOUT MY BODY IN THAT, ALL THINGS CONSIDERED, IT HAS PERFORMED WELL BOTH STRENUOUSLY WHILE DIGGING THE TRENCHES FOR THE SPRINKLER, AND ATHLETICALLY WHILE COMPETING AT VOLLEYBALL.

PSYCHOLOGICAL STATE:

I AM EXPERIENCING A "DOWN" MOOD RIGHT NOW. BY "DOWN" I DO NOT MEAN "DEPRESSED" SO MUCH AS "UNENTHUSIASTIC". SOME OF THIS IS LET-DOWN FROM REFUSING A JOB OFFER WHICH - IF EVERYTHING ULTIMATELY SUCCEEDS - COULD HAVE REWARDED ME EXTREMELY WELL FINANCIALLY. I HAVE EXPERIENCED SOME REMORSE ABOUT LETTING THE OPPORTUNITY GO BY. AT THE SAME TIME (AND PERHAPS INSPIRED BY THE REMORSE), I HAVE BEEN FEELING BOTH UNPRODUCTIVE AND UNAPPRECIATED AT WORK. SOME OF THESE FEELINGS HAVE REAL BASIS IN FACT, HOWEVER, I BELIEVE THAT MY MENTAL SET IS MAGNIFYING THEM AS WELL.

OUTSIDE OF WORK, A VACANCY IN ONE OF MY TWO RENTALS IS PUTTING A MODERATE STRAIN ON MY FINANCES AND I AM FEELING IT EMOTIONALLY AS WELL. NOW THAT THE HOUSE IS READY AND IS ON THE MARKET, THIS WEIGHT IS LIFTING AT LEAST TEMPORARILY.

I AM MORE AND MORE DESIRING TO FIND A LADY WITH WHOM I CAN DEVELOP A STRONG EMOTIONAL AND SEXUAL RELATIONSHIP. I HAVE BEEN MAKING DIRECT EFFORTS IN THIS AREA AND FEEL GOOD ABOUT THAT EVEN IF MY EFFORTS HAVE NOT YET BEEN REWARDED.

2-NOV-81

PHYSIOLOGICAL STATE:

NOT MUCH HAS CHANGED PHYSICALLY FOR ME. IMMEDIATELY AFTER THE TRIP, I FELT FINE AND HAVE FELT NO AFTER EFFECTS. MY SLEEP PATTERN HAS CONTINUED TO IMPROVE AND I FEEL THAT THIS IS DUE TO THE RESOLUTION OF THE JOB OFFER AND TO THE FILLING OF THE VACANCY AT MY RENTAL HOUSE. MY HIP AND KNEE JOINTS DO ACHE AND HAVE FOR ABOUT A WEEK AND I ATTRIBUTE THIS TO MY YOGA CLASS LAST WEEK.

PSYCHOLOGICAL STATE:

MY HEAD IS IN A VERY DIFFERENT PLACE. DURING THE TRIP I EXPRESSED HOW I HAD BEEN REVELING IN THE DISCOVERY OF THE DIFFERENCE BETWEEN COMPETING WITH SOMEONE AND COMPETING AGAINST SOMEONE. THIS DIFFERENCE BECAME QUITE CLEAR TO ME BOTH PLAYING VOLLEYBALL AND BRIDGE LAST WEEK. IN BOTH CASES, I PLAYED WITH MY OPPONENTS AND MY ENJOYMENT AND PERFORMANCE WERE BOTH INCREASED.

I ALSO HAVE REPEATED EXPERIENCES OF MY POINT OF VIEW BEING SHIFTED ON ANY NUMBER OF SITUATIONS. I FEEL THAT I SEE EVEN MORE CLEARLY THE CONTRAST BETWEEN BODY AND SPIRIT. AND I SWEAR I CAN HEAR MORE PRONOUNCED DIFFERENCES BETWEEN THE TWO VOICES IN MY HEAD. SATURDAY, WHILE STONED, I COULD HEAR THE DIFFERENCE MORE CLEARLY THAN EVER BEFORE AND WAS FOR A SHORT WHILE VERY CLEAR ABOUT THE BODY'S ALLIANCE WITH THE EGO AGAINST THE SPIRIT.

THE SHIFT HAS BEEN VERY INTERESTING BECAUSE IT IS AS THOUGH I HAVE DISCOVERED THIS OTHER WAY OF SEEING BY DISCOVERING HOW MUCH MY BRAIN FILTERS EVERYTHING I SEE. ON MY TRIP, WHEN I ONCE LIFTED MY EYE SHADES, I SAW WARD KNEELING BESIDE ME AND YET I "SAW" HIM TO BE AT LEAST 20 FEET AWAY. I SUSPECT NOW THAT I WAS FULLY TURNED ON AND DIDN'T REALIZE IT. I ALSO HAD A DIRECT EXPERIENCE OF THE FOVEA OF THE EYE, THE BLIND SPOT WHICH IS NORMALLY FILTERED OUT BY THE BRAIN.

MY NEW VISION IS WONDERFUL AND MADE MORE SO BY THE LACK OF PHYSICAL EFFECTS. I WILL BE CURIOUS IN THE MONTHS AHEAD TO SEE FOR HOW LONG AND WITH WHAT INTENSITY THE VISION LASTS.

Yan Lunceford

I've taught him the basics I know and he beat me fair and square yesterday, which delighted us both. I've got a wonderful contact going with him and I love this family a lot. Unfortunately, however, when I came from work today I learned that the relationship between Pamela and Michael has hit a new low. I felt sad and down when Pamela and I talked about this. I want to fix it up and make it right, and I know that won't work. But I still want to anyway.

Twice today so far I've felt surges of fear about tomorrow. Strong fear that lasts 30-45 minutes. I feel good right now, typing this report out. I may do this for myself in the future. Seems to help me get set and better focused. Ward, thanks for giving me an opportunity to see what I can do with this stuff. Sure hope I can say the same tomorrow at 5 or 6.

Gabriel

22 Nov. 81

Dear Ward,

In the afternoon while we were sitting together, you asked me to describe in one word my experience. I said "awesome." I used that word in the sense of reverence for my experience of God as power. I felt God as love also. But this was really the first time I've felt the enormous creative energies that run through everything. I got this lesson mainly through the music.

Once I got into my trip there was that powerful music and there was now..now.. now. And yet at the same time I was aware that I craved more powerful music played at higher volume. I remember pounding on the floor and saying to myself, "that's it, that's it, come on, come on, go.... Over and over again.

I felt near to being the music. I felt so alert and never before have I listened so keenly to anything. Then at some point the music changed to what I'll call heart music. Tears came and I cried. Bitter-sweet feelings in my heart and chest.

Visually everything looked splendid- colors all enhanced. I got entranced by the red flower and the yellow flower on the table. Then I felt pulled back to the music. Brown wood planks in your ceiling rolled gently. They expanded and contracted. I saw all I looked at- especially from about 10 ft in- as overflowing with energy.

Twice early into the trip I felt fear. I let go a lot. My fear went away and didn't come back during the rest of the day.

You came up to me while I was at the sink drinking water and said, "Havin' any problems, Jack." That remark struck me as so funny I spurted the water out. Always now..now..now..now..now. Problems didn't come up at all once I got past those 2 touches of fear. And I'm not even sure now if that was a problem.

When I started to turn on I felt slight nausea and some chill in my feet and then in my body.

This new material seems to me to be similar to and yet different from MDA, Acid, Yage, and Adam- all in one compound.

My experience was INTENSE. NOW, NOW--music and colors extraordinarily enhanced. I felt intense, creative forces running through me and sensed, felt they run through everyone, all material, always now. God's presence, power, love. I felt that my faith was strengthened. A religious, spiritual experience. In any meaningful way those values are new in my life. I got a powerful acknowledgment of them.

I want to take this material again. I'm glad I took as much as I did. I feel I learned a lot in a short time. I choose to take less next time.

I'm deeply grateful.

*Love,
Rico*

Dec 7, 1981 - Following 3 day Vapassana Course
with Julia Canete

After our final sitting on Sat. night I was moved by the tears of a seriously overweight young woman who was in dialog with Julia. Shortly thereafter I felt the strong urge to return to the meditation hall to work with the "loving kindness" meditation for my own benefit and to send love and support to this young woman.

In just a few moments tears were trickling down my face - tears for this unhappy young woman; or tears for myself at that approximate age when I was 50 pounds overweight and feeling very isolated and very much like a freak; or tears for my daughter, Kate, who is seriously overweight and experiencing (I believe) a similar sense of isolation and non-relatedness; or tears for all three of us individually, or collectively and ultimately the tears were for all beings with their unhappiness of isolation, decay, unending and unsatisfied desires, ect.

Doing the "loving kindness" meditation I realized that when I thought "May I be happy", "May I be peaceful" or "May I be free from suffering" I was a) asking for something in the future and b) asking for a permanent state where, in fact, there are mind states, which are inherently transitory and can only be experienced in the present, movement to movement.

Between me and being happy in the movement is a) name attachment (conditioning) to use - happiness. b) my judgments (harsh) about myself. c) my unwillingness to acknowledge my relationship to God (or the Dharma) and d) seeing myself as the creator instead as a channel (self-importance).

Between me and being peaceful in the movement, are judgments instead of acceptance, love, compassion, forgiveness

Between me and the absence of suffering in the movement are my desires and attachments, my clinging and grasping; and my aversion, my anger, my hatred, my pushing away.

It became clear to me that I spent much of the retreat clinging to a new attachment, a new desire, focusing on what I do not have, and want (a concentrated mind), rather than on being with the blessings I already have received - a perceptive mind, courage, generosity, a compassionate heart.

My slowness or difficulty in achieving a concentrated mind is to teach me patience, perseverance, and humility (and maybe I'm not ready for it yet).

Wed 12/2/81

Getting ready to leave tomorrow (Thurs.) for 3 day meditation retreat. I've been feeling very hassled, rushed, too much to do, ect. Yet I'm a little anxious that I'll be bored and uncomfortable at the retreat.

I've been experiencing pain in my left knee, esp. when I run and I'm experiencing this as a threat to my health (jogging is my #1 source of exercise) and to my general well-being (I feel better when I work out hard physically).

(see other paper for 12/7)

12/7 afternoon - while recovering, watching pain starting in knee, I realized what I got most on the Vipassana retreat was what I fear most - physical pain.

Tues 7:30 AM - 12/8

I feel a bit of small ache and pain (left over from weekend) My mind is racing. My greed to get on to the next experience (a familiar state) is very apparent.

My goal for this day's experiment is to experience a strong sense of being grounded in the movement, to experience the deep sense of peace that comes from having I, now, more, ego, self dissolve into vacuum, connectedness, wholeness, oneness, self. I would like to take away from the experience a quieter, more concentrated mind that can experience this Self continuously (or at least more often), that can know and act more from the Will of God than from the needs of ego.

Modesto-

Notes and observations regarding my experience with Preston on Tues, 12/8

Wed 12/8 - I was quite tired when I got home last night and went to bed by 9:00PM. Slept fairly poorly, was up stretching and meditating by 4:30AM. Felt tired all day, slightly grouchy. Yet I accomplished a tremendous amount of work, cleaning up large accumulation at both the office and at home.

Sat 12/12 - Nothing special to report. No unusual sensations, perceptions, memories, feeling states, insightfulness, ect ect.

Love

Noberto

Buddy Zetina

41yrs.

31mg 2C-B

10/23/1981

In general I feel very strong and focused. I feel I am getting clear about my self. I have thoughts about "coming into my power" and "arriving".

The thing I feel most disharmony with is that I haven't and almost feel unable to manifest the reality I want in my life. I have had four goals for years and I do not have them. They are: 1) A truly intimate and nurturing relationship with a man. 2) To not have extra weight on my body. 3) To have a wardrobe that meets mt standards and 4) To have my house and car be just the way I want them. My pictures of and experience about these goals has shifted - from my net worth depending on them, thru "I deserve it," to knowing that somehow it is a matter of receiving- I also know that receiving is a measure of self worth.

At times lately I have been very demanding with myself about this, my mind says "when are you going to let yourself have it", (you bad person) - then at times I know that material things are not what I am longing for is fulfillment- or as the cursed would say salvation. I do feel myself opening more to him all the time - I do long to be so filled with love that I have no time or space for conflict.

I had a session of Hellerwork today on my head and neck. I released a lot of holding and feel a new connection between my head and body. I have been taking Nitrofurantoin for 6 days for a bladder infection and yeast infection which I got after making love three times in one week. I'm annoyed about it and feel it is more of the "not letting myself have it" syndrome. Then I feel guilty for being hard on myself for it. I have been having headaches for 2 weeks, a new thing for me. I had migraines for two years 12 years ago but rarely have any headaches for past 10 yeas.

As I re-read this I don't sound in very good shape, but honestly I feel the strongest I have ever felt. I trust I am appreciated and I feel loved and acknowledged.

st: 9:30a.m. 2CB 25mg

10:00 energy rush + low nausea

10:15 cold - freezing

10:20 body energy used eye shade

10:30 6.25mg more

10:40 body rushes - pleasant

10:47 cold again

11:45 took eye shade + phones off

12:30 cried about reports - sadness - reading

12:52 talk about how to use medicine - she has to use it.

2:00 "down" + focused

notes: could have used more
start next time with 31mg.
no color intensification
did not feel stoned at any time
during trip
needs more of all materials

used to smoke lots of grass in the past

Buddy Zetina

10/25/81

Trip Friday 9am - This report Sun 6pm.

In the early stages I had a lot of pleasant body sensations, warm flashes and energy rushes that caused me to move a lot. Mostly I was cold. I put on blind fold and ear phones and listened to music and my mind. I didn't feel particularly stoned but I was not normal either. After a couple of hours of asking myself the usual questions of the day with no new answers I took off the headset and started reading the Course in Miracles. I felt very awake and conscious. I noticed no heightening in colors or vision change. I began feeling very resolved about my relationship with God and felt a new love I hadn't felt before - an experience I had been looking for. The balance of the trip was a validation of a new strength I had found - an experience that continued until I left Ward's. I felt a deep inner strength. More knowing.

Ward and I had some hash and I felt wonderful. I ate 2 hotdogs and left. I went to have some photos taken with some people I have been associated with for over a year. I saw the relationship very differently. I felt small and not all right. While I was there I got a blinding headache. I didn't mention it - I have been having headaches for some time and this was exactly like them but worse. I drove to Mill Valley and walked around killing an hour before I had another stop to make. My headache was much better - not gone but easily tolerable. I ate a very small salad and a small amount of Tarteaubrie. My headache got very bad again. I took two aspirin and left for home. on the way home - about 20 minutes later - I had to stop the car and vomit. I was very ill and could hardly get home. (Approx 7PM) I went to bed and fell to sleep quickly and slept to 9 the next morning. I woke up with a mild headache, very depressed, feeling weak questioning my commitment to God and myself. After felt better and spent the day (Sat) doing errands etc.

Today I feel okay - not good. I have a slight headache off and on and I just feel off! Not doing what ever I'm doing - I do however have a deep sense of strength, I'm hoping I feel it manifesting mon - when I go back to work.

I would like to take this medicine again with a larger dosage.

Novmeber 18, 1981 -- 8:20 am

Dear Ward,

22mg 2CB ~40 years

Here's a fairly up to the minute report on the current state of affairs in my life. Physically I am well; basically in very good health with a couple of conditions I want to correct. One, my exercise and fitness level is not satisfactory right now. I'm achy, back trouble, general creakiness; haven't re-integrated an appropriate exercise regime into my current life style and I'm working on it with some body that's starting this week. The other, some overweight, probably bothersome only to me but I feel it. Neither are worth obsessing over and they have been around too long without my having done something about them. That brings me to something that I want to look at on the trip today: a pattern of procrastinating doing certain things for myself and then getting annoyed with me for not doing, and the level beneath that of not accepting myself as I am at any given time.

My life has changed a lot recently. Ian and I are engaged; we intend to be married in March. It's a real about face for me: after many years of living very solitarily and without a home or very many possessions, very very simply, I am sharing a life, have a home, am acquiring possessions. I decided to make the commitment -- Ward, I am having the devil of a time writing this thing!!! Anyway I'm feeling very good psychological. I am much less at the effect of my mental and emotion states than I've ever seen myself to be. I meditate regularly and I work to keep that state going in other aspects of life than just the sitting practice. In fact I am living the life style that I had said many times in the past that I wanted and it's working very well --- a lot of time at home taking care of things here, time for my friends, some a regular spiritual practice, sharing all this with another person.

It's difficult for me to define what I want from the trip. Mostly my attitude in recent trips has been to take what I get. I've not wanted to set up expectations and I've mostly been concerned with some kind of emergency emotional or physical situation in my life. Right now I feel that I have everything I want in the sense that I'm living in the way I want to be and I have a great sense of space and support around me for dealing workably with whatever might come up. There are some experiences I would like to have, however, and incorporate -- they are things that I heard about in connection with the practice of meditation and also in the context of the miracles -- to experience deeply that I am not my thoughts, body, emotions, etc. etc. and to experience that selflessness that is spoken of. This has been a desire I've been carrying for a while and in the very process of writing it down here, I have asked myself "Who's asking for this materialism. Still, I would very much like to experience that place of detachment, non-attachment, choiceless awareness, surrender, that is spoken of and in turn to re-experience all the forms of my daily life from that perspective. What is the greatest source of joy for me in life is that I am on this spiritual path and the people I share it with. In my relationship with Herman, there are areas where I would like to be more free than I am right now and in general would like to use this trip to further a loosening up process in my with respect to people and other things of the physical world.

Thank you, Ward -

*Love,
Joy.*

Dear Ward,

11/24,25/81

Here are my reflections on the 2-CB trip of last week, 6 days ago; given in no particular order. Certainly the most impressive teaching trip I have had with the most discernible results. One of the prevailing experiences of the trip was that I do create my own reality moment-by-moment. This is the first time I have really experienced this one on a trip, retained an experience (or memory) of the trip-experience, and am now using that "teaching" in my life. I am approaching my life now, both my physical and mental life, from the position "I do create my own reality". It's having results; I am stopping certain negative, painful and unproductive trains-of-thought. Today I was standing in front of the I.Magain's Xmas window. Without even noticing it I had slipped into judging the whole thing --- not only the window but the people watching it; I was looking at one family group and was reflecting on the sociology of Xmas windows --- just as I was on the verge of having a whole learned journal article composed in my head -- dealing with all the psychospiritual etceteras of the scene in front of my eyes -- I stopped; found myself again at the point where I started and chose not go down that tunnel. That kind of thing is happening frequently -- basic changes in the way I think and structure my environment via my belief systems.

One of the pre-trip challenges was to put down on paper what I wanted from the trip. I got it, pretty much as I had delineated it --- something which blew me away inasmuch as I had never really believed it was possible to do this. (in general I guess I have not had much faith in my personal creativity, although my life has certainly been going in a fairly positive direction lately. A source of this lack of faith became apparent on the trip. In that whole number about going to the bathroom, I began obsessing on why my body was behaving the way it was, until at some point I realized how totally futile it was to ask 'why'. All I needed to get was that I had created the situation; then I could choose to change it. As long as I continued to ask 'why', I was inhibiting my creative potential for change. That was the point at which I decided to stay down no matter how much I had to go to the john so as not to inhibit the other experience of the trip.) What I am doing now is worrying less about why I did something, simply telling the truth about the situation as it exists, and then stating what I want to have happen. There's been one dramatic manifestation of this already: saying that I wanted someone to call and change a plan that they had made with me (and I had no real expectation that they would do this) and they did so within an hour.

I feel like I had basic experiences on this trip which are the new axioms for a very new and different way of life. I feel myself very much in process and without much concern for outcomes and goals. Early in the trip I realized that my whole life was valid and had been validated. I no longer had to seek for justifications. There was no reason to do so; my life wasn't valid because I had done this or that it had simply been validated. Also, early in the trip, I looked at my attitude toward the people in my life who are positive role models. One thing I do here is project a lot of positive qualities on these people and then compare myself with them and suffer by my own comparison. I realized that I too am an example and role model for others, no matter what I do, and that I have a choice here of what I want to teach. The 'peak' sequence of the trip was a dance between me and Hadya with my finding inside myself the values that I had projected onto her. It was a mystic marriage with strength and creativity, and it came through as a particularly feminine strength and creativity -- or perhaps seen as feminine since I happen to be female. As you know, in the past I have spent a lot of time looking for a particular form in which to express my energy and creativity -- without any real success. I feel myself now in connection with the sources of that energy and creativity and that when there is need for a form, a form will emerge. Now that I am fully out from under the post-trip illness I had, I can feel a strength and an energy that weren't there before the trip. And I have been consciously supporting

keeping the 'window' open, through reflection and particularly sharing with Melvin and Catherina and staying in touch with ourselves and the experience and how the trip continues to manifest in our lives.

There were two places on the trip which were 'bummers' -- the vocal music and the not-quite-right "Love in Bath" tape. After you turned the songs off, I was feeling awful. My heart felt like it had been punctured and there was a strong tendency for the mind to invalidate the whole trip -- or at least to be feeling awfully sorry for itself. I worked my ass off at that point and it truly was not easy to get myself back to that peak place I'd been before the songs started; and I knew that I was fully responsible and that even if I could not bring myself all the way back, making some effort was far better than lying there feeling shitty, with my head in the past. The other incident is less easy to describe on paper; what seemed on reflection to be the major element of it was that somehow a 'lie' and a 'truth' got into the same space at the same time (you had said it was my tape, yet I knew that it wasn't the exact tape with the other selections on it which Catherina has left for me; and I understood everything --- how you said what you did and that it was true for you, ect. ect. ect. I saw that I had a limit there -- somehow I couldn't hold all of that 'conflicting' data. What came out of all that was my seeing that I expect myself not to have limits, or rather expect that I'm supposed to transcend all of them; and the truth is that right now anyway at any given moment I'm going to have some limits -- either physical or conceptual. It was a relief to discover this and not to have to carry around the unexpressed and unfulfilled expectation of limitlessness.

I fully experienced the goal I had set out for myself on this trip. I wanted to have that full experience that Keith talks about of the arising and passing away moment by moment of all the various mind and body states; to experience the peace and rapture of detachment and non attachment to any of those states, to experience the loss of self. I experienced the truth of the way things are, the nature of consciousness and its relation to the objects of consciousness -- the phrase that came to me was "It's all I need to make me a servant for life". I know I'll continue my practice, and I'll probably go to another retreat, and I'm not doing it in order to bag the vipassana lollypop and take it home and put it in the silver box. And the whole experience was wonderful and not just as a pretty thing unto itself -- it is inspiring for the way things can be (and truly are) in all the realities of a life. I have prayed to have this experience over and over again and I truly saw and continue to see that I am swimming in an ocean of the very things I had been praying for.

This is a good place to stop writing. I thank you very much Ward, and also the inventor, and 'myself' too for a rich and valuable teaching.

With all my love,

Peggy.

other tidbits:

- *having emotions without identifying with them - being "in the world + not of the world".*
 - *using the music as a focus so often I was there at the source of each note. I experienced myself creating/playing the Beethoven sonatas moment by moment. My whole relationship with music feels changed - much more spacious, open- for the experience of it-the love+the learning; not the perfectionistic-professionalism*
 - *I am feeling a lot more cheerfulness + less crotchety.*
- I don't have copies of this or 1st one.*
If convenient, would you xerox me a copy of each, or save for me to borrow back to xerox when I get home? thanks.

[Editor's Note: Page 559 has been merged with this page]



"Proscaline" from p.209

- ++.5 60mg 2/6/82 4:45PM=[0:00] AP≡. [:40] ATS, AP alert (aware). [:50] nice development [1:05] to a ++ already. body > mental. Able to think quite straight - but at the same time quite stoned. V. erotic. [3:00] still between ++ and +++ - based on physical - this is max dosage - the mental may never quite make it. [4] still at >++. [7] still high enough not to be able to sleep. [8] ATS - sleep OK. AP not until [12]. AM - energy OK. 2 1/2 +'s.
- ++.5 50mg 2/10/82 7:45PM=[0:00] AP≡, LM, QA 30mg. Slow development from [:40] to about [2:00]. ATS ~++, but continuing neurological irritability - fitful sleep at ~[6] - easy sleep at [10] - AP better effects - push +++ - easy eroticism - LM, QA - both receive very well.
- ++.5 50mg 2/28/82 11:30AM=[0:00] Group at Farm. ATS 50; AP 60; TS, NT, 35, PB 30; CT 25+5@[1:30]; FB 30+10@[1:30]. Onsets or alerts at ~[:30] - then difficult to determine assent to the 2nd or 3rd or 4th hr. FB responded to the 10mg adjustment immediately! CT not for an hour. Overall extremely well received. I to a ++.5, AP a long lived +++. PB very intoxicated physically (uncomfortable?) and increasingly so even at ~[4]. At [7] general agreement of drop-off. Quite a bit of eating. Sleep try at [12] difficult - sleep not too restful. My general physical tightness puts 50mg as my max. All throughout, there was a clear cognitive state, very little sensory interference, some anesthesia. No one could state the criteria that let them know they were "stoned". Put active range as 30-60mg.

Feb 6, 1982.

5 TOET 3 mg.
4:15 afternoon.
4:40 slight lightheadedness.
5:10 Took CT to bed.
6:00 Nothing.

Conclusion: 3 mg does not cause impotence, nor anorexia nor nystagmus.

Feb 7, 1982.

5 TOET 8 mg.
3:30 afternoon.
3:50 a lightheadedness.
4:00 Believed some eye things. Sort of a brightness around trees against the blue sky. Rather subjective.
4:40 5:25 nothing.
5:00 glass of wine. Nothing.
6:30 considerable yawning. wanted to go to bed.
7:38 Noticed movement on couch in living room. Activity in curtains almost 2CB like.
7:45 ATS called.
8:00 Still active. Hemorrhoids became very swollen and began bleeding (noticed this with Aleph 4 at Vine St.).
10:00 Franz Marc and Smith can move nicely. However, not a great deal of movement. Curtains purplish. Eyes dilated. Light in my room appears very bright. Slight confusion. With Eyes closed, some structure.
10:18 Eyes still dilated.
10:30 Pictures don't move quite as easily. Writing difficult. Wide awake. No anxiety. Minimal nystagmus, but a trace. Cannot settle down.
10:45 Visual activity diminishing.
11:00 Tried sleeping. Fitful. No deficit, AM.

#4 PP 447-561

