



aleph-4 -. [see 219, 265.](#)
(continued)

++(+) 8.0mg 2/2/78 7:30AM=[0:00][1:10-1:20] slight awareness - static at \pm [2:00] to + or ++. shower-shave-eat breakfast all now - food sl.heavy in stomach. - almost no window, almost no LSD unreality. [2:30] evaluate - oral vs genital abuse (cigarette at ~1 month ~1 1/2 pack/day. Stop now - started [with] BM & will start again - letter is better for health. am at full + or ++ - would I push [with] more NO could I still drive ~ yes chall. [with] 160 MDMA no. - \therefore ++ at least. If this were pushed, it might well become something different - but then aleph would be lost. easy ej. [3:00] little sense distortions - bed [with] radio so so. a little sedating-hypnotic sounds are distortions - go outside [3:30] I have intellectual world by the balls. so has Whiddon. (2 l's)[4:00] slight drop? no. go for mail - still ++ or more. [4:20] call BM - ever present control. Colin had +++ at 8. Must write Phillipa - we have both labored and produced aleph. [5:15] sl.recovery. orange is excellent. to hell [with] smoking & [with] drinking. [5:30] back to \pm - the light intox of the shower. [6:00] - long talk [with] Robert back to normal? made full sense. [7:00] drive to Club still some intox. faces in S.F.! [10:00] still not certain I am out [17:00] sleep OK. AM fine.

++ 10mg 5/21/78 (AG+ TG at 8mg each) (Peggy+ Fred [with] MEM, 20,30 resp). 4 hr max ++ but Brandt's inhibited this Rx. Repeat [with] Brandt's. True aleph, but limited. Brandt's - to typical MEM- he, under the line until late, she ++, happy- they contacted high [with] us until 10th hr.

Benita+Colin (9, 10mg 5/13/78) interesting, deep, not intellect this time (blame 4-thio mez) peaceful - physically close (to me). 2PM->Midnight? Acoustic effects marvelous - evening friends were bullshit. letter to come.

+++ 10mg 5/26/78 (AG+TG at 8mg each) all to extreme aleph in the 3-5hr period. Benita joins- inhibition of Brandt's absent. They - next day afterglow. all at +++. Excellent - [see 267](#)

+++ 12mg 6/17/78 (AG+TG at 10mg; FB+PB at 7mg). Day at Hayden's Ranch. My chronology's slow but firm [1:00]-[3:00] to +++ - good rapport [with] all, esp. AG who had an excellent experience. He felt that "enhancer" was an appropriate term - anything that was to be done was done with exceptional capability - cerebral tasks - intellectual searching- problems to be addressed. PB was in excellent control. FB had about 20 minutes of 'Beth' at ~[3:00] [with] AG observing. Fred was, as always, below the line, but was also visually far out at the same time. All still very ++ or so at [12:00] AG & I no sleep problems, PB some. FB - much - into next day and through the day with effects. Finally cleared at ~[36:00] and slept well. Excellent day.

[Editor's Note: Written in margin: See Soto letter 6/18/78]

++ 10mg 10/21/78 10:00AM=[0:00] (AG+TG also 10mg) (Fred 8mg, PB 7mg, also Neil+ CT 7mg) to Smith Hill for day. Slow onset. Fred notices, favorably, at ~1hr - comes on nicely, then descends into a self-critical "below the line" that persists for several days again. It was only at [26:00] following no sleep - that busy assignments...

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