

REPORT OF EXPERIENCE WITH MDMA

Date: October 10, 1979

Participants: Peggy, Fred            Place: Our home in Lone Pine

Dosage: 120 m.g.; 40 m.g. supplement for Peggy, 60 for Fred

10:00 A.M. Start with 120 m.g. each. We go down and sit under the cottonwood trees

10:20. We are beginning to feel a little. I read a passage from Gibran's Meditations. We both notice how very mellow and sonorous my voice is. The act of reading produces a very nice detached feeling of being with it, unconscious of symptoms.

10:40. Peggy reports first alert. She goes to the bathroom. I am feeling it stronger. On her return, she feels that she has taken 3 Martinis on an empty stomach. She feels that not having anything to eat has brought it on faster. I had a light breakfast shortly after 7:00 A.M.

10:50. Peggy is totally intoxicated. She feels that her empty stomach got her into it quicker and deeper. I am feeling more, but with a sense of dragging. So far each experience has been more intoxicating for me than the last, but this time I am not in as deep. But Peggy is really flying. Neither of us have any squeamishness.

11:20. Peggy is still dizzy and light-headed. She notices a slight coming down and wonders if it is supplement time. I feel a very slight coming down, and a slight jaw clenching.

11:27. We take supplement. Peggy takes the usual 40 m.g.; since I have not been in it as deeply, I decide to try 60 m.g. I soon feel everything turning on more, even though I realize there has not been time for the capsule to melt.

11:50. I find the supplement feels great, smoother than before. Peggy reports some eye darting.

11:53. I feel some jaw clenching, a little heavier than earlier. A few minutes later, Peggy reports some jaw clenching.

The rest of the afternoon was extremely relaxed, and a marvelous experience for both of us. Peggy is very intoxicated, and we are content to sit quietly enjoying the experience. I find the extra supplement to be marvelous, with no increased toxic effects that I might have expected. In fact, although there was some slight jaw clenching, it was rare and not as intense as on previous occasions. I saw no evidence at all of overdose. After a couple of hours, we walk around the property, chatting easily on many subjects.

3:35. We go back to the house and feed the dogs, and take some soup. I am hungry, and it tastes very good. Peggy eats very little. I feel more energetic than usual at the end of an MDMA experience, but Peggy feels quite languid. We spend the rest of the day relaxing and being close.