

REPORT OF EXPERIMENT WITH MDMA

Date: October 24, 1980

Participants: Peggy and Fred

Dosage: 120 M.g. each

Place: Lone Pine Ranch

8:42 A.M. Start on empty stomach

8:50: We are both aware something is starting to happen. I feel a heaviness in my stomach which grows as the effects come on. Not too unpleasant, but draggy, preventing the soaring feeling. My mouth gets very dry, in spite of drinking lots of water

9:15 Effects are coming on strong. We sit outside on the deck in the sun. The load in my stomach slowly dissolves away, and the energy and beauty come on. Peggy feels very tired and languid, and tremendously enjoys being relaxed. We both are aware of how much we needed this experience.

9:40 My dragginess is disappearing, and I am very much enjoying the experience, though not with the elevated euphoria of the past couple of experiences. We do very much feel the intoxication, but I enjoy getting up and walking around the bushes. I feel a strong sense of Presence, and everything lights up around me as I walk around looking for things.

10:10 We each take 40 m.g. supplement. Experience continues to be very beautiful. We are content to sit quietly on the deck. Peggy is extremely relaxed, doesn't feel like talking, but very much enjoys the peace. I am content to sit quietly, drink in the beauty, and reflect on things. This experience was the most reflective I have had with this substance, more like LSD, but not with the same drama and freedom; very pleasant.

11:52 Have both been feeling some jaw clenching, but subsides as supplement takes full effect. Enjoyed walk through orchard, down to pond, and come back to quiet time on deck. Feel like aliveness of everything around when walking around. For the next hour or two, practice meditation techniques. First I focus on a distant tree, still the mind, and simply watch the tree. Later I closed my eyes and said a mantra. Both experiences were similar, in that an inner strength built up. But at the same time, powerful tensions developed in my head and neck. I couldn't tell whether I was trying to relive some previous traumatic experience, or just confronting my resistances. In both cases, continuing the meditation relieved the charge of tension and left me feeling more cleansed within as well as igniting some kind of central furnace which gave me an inner feeling of power, peace, and well-being. The eyes closed experience with the mantra was more freeing. After about 1-1/2 hours of this, I felt it was time to get up relate to things around me. Peggy still did not feel like moving, so I did some gardening chores around the house, enjoying being active and outdoors. It seems important to be outside, as it is not only beautiful but energy seems to come to you from all around.

4:00 p.m. I take my daily run, feeling it important to throw off lethargy. I am sluggish at first, but then find much strength for a comfortable run. The stiffness