

experiment 8/20/77 MW See entry p.241
 notes discovered 12/29/80

Sat. 8/20

Written Mon 8/22

Compared with 1st session:

Less color - still contrasts (esp greens) but yellow (golds) not so noticeable. Depth perception improved as first time.

Relaxed, but demotivated - just couldn't be bothered with anything.

"Ear popping" again but not as noticeable or bothersome.

Did some yoga (liked it) - outside, felt I could fly, but not as successfully as [with] M. subjective time slowed down talked a lot - didn't feel brilliant or analytical. Very relaxed, no sense of tension or anxiety. neck turned easily. On Sunday - not as tired as prev. 2nd day - nor did I have sensation of being so relaxed; however, a good sensation of lack of tension, sense of being able to make good decisions (decided on bed + continued to feel good about est decision) normally would have misgivings on both projects.

Monday tho'. woke up feeling paranoid (strange dream Sun. nite - maybe Mon. morn. regarding losing my job - woke up feeling sad + abandoned). All day Monday felt more tense than usual (or is this the way I usually feel?) still have sense of anxiety + sadness, as I write this my old feeling of insecurity re-kindled. Woke up from dream previously mentioned feeling anxious about ability to w/stand the est experience of not being able to urinate - feeling I can't do it. Feeling can't afford money for est or the new bed. Counting things I can give up to help off-set these expenditures. Monday feels the way I expected Sunday to feel + didn't. I realize I always feel this way - ex: the Hawaii trip. Once I made a decision to do things I want to do - I immediately have a desire to back out - even once I've done it - I wish I hadn't or want to get out of it - usually this anxiety is related to the cost of whatever it is I want. Even going out for an evening I know I will enjoy - I feel anxiety ridden + wish I were home - to be sure everything is OK there. I am too attached too money + possessions. I am blinded by the illusion that this reality I perceive is Real.

But back to Saturday - enjoyed experience more with grasses than 1st time but wouldn't want to be in large crowd. Monday tho' I feel less patient with everyone than on Sat. + Sun. Besides being anxious + a bit depressed, I am irritable. Another interesting joint about the dream - I remembered it when I awoke + felt the dream awakened me. Usually, I do not remember I had been dreaming - many times feel I hadn't dreamed at all. Also import. re Saturday - no nausea - walked around more inside + out - Dizzy like a little too much alcohol.