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There is something of a violence (emotional) suppressed in all of us, a socially repressed vision of ourselves in a direct conflict with ones-self. The music has a lot to do with this material.

The tenor of this material changes at appx. the four hour level. In the first part there is sublimity, peacefulness, mild intox. A lot more tension present in the post four hour part.

Territories seem much present in second half- the benign shielding present in the first half seems to dissipate: what could be termed a slightly irritated view of oneself, (this is) probably wanting to once again regain the serenity. This (second part reaction) probably precipitates more human interactions. Paradoxically re-providing the shield (toward the self). It is the shield being fought.

March 11, 1981;

This is a transcription of my experiences during the experiment. Those words in parenthesis were added at this time to hopefully clarify.