

MDMA

Nader

12/20/80

DMA, 200mg @ 9:30AM [with] tyrosine 1gm @ 8:40
 100mg @ 10:20A.M. 500mg 500mg @ 10:20
 headphones & eye shades, tyryptophan @ ~11:20
 music - Moldaw, Renborne, Moldof Harp, & others

The effect began in ~20min, strong physical sensations, body agitation was gone by the time 2nd dose was given. after 50 mins. I tape record my ideas, then wrote down others & let Neeko use tape recorder. Listening to the tape & reading the ideas later they varied from hopeful to grandiose! Helpful ideas were:

1] treat the Wtry board as a board prep. course rather than an exam, a useful refreshing, (This became grandiose when I thought about having the AB P+N suggest that to examinees randomly reevaluate the results, believing they would do it).

2] To enjoy doing therapy, tell new clients I like doing this work to learn about people & I'll share [with] them what I learn. But I am not there to help them feel better because I don't have the power to do that (underlined part just came to me now, 1 day after session)

3] Have a goal of being in a creative state of mind [without] having to "space out" or use drugs to "destroy the illusion" of the world

4] "Drugs are a finger that aren't pointing; the therapist has to point." [& the client mainly]

5] Found a + attitude & way to present myself to raise money to do MDMA research, sincere & direct (this developed into seeing the project as a "college" & myself the teacher.)

5 1/2] Have people write down all their life questions & problems before the session (actually, I recommended this to Teeko the night before, but it came up again) Also, decided tape recording was useful

6] Viewing the world as a "required course" to be taken involuntarily or voluntarily, but one has to be "enlightenment" to take it voluntarily

7] Focusing my efforts on my intentions rather than images of an outcome (Cameron Scott mentioned that to me a few days ago & I understood it better during the session.)

8] My only purpose in being alive is to learn (then elaborate into "2]") Saw I'd been needing to hook my clients into needing me to help them so I can earn a living. [I still don't feel ready to give that up totally, but it's quite clear that it's going on.] Another later idea to tell clients "I'm here to learn how to help you feel better, but right now, I don't know, & it usually takes me a long time to find out. People usually find out the answers before I do in this therapy process.