

9] Don't give people + tests before MDMA sessions (unless I feel it's needed for screening purposes) because it has an effect on their mental set. Treat people individually. [Of course, this makes it much less possible to measure the amount of change people undergo.] Grandiose or unrealistic ideas included:

- 1) Have Dr's Holm & Bolon measure change in how quickly people get well after taking Course in Miracles
- 2) my "staying in touch [with] Ψtrists (& talking & studying for the Boards) is an act of love by God"
- 3) send copies of the tape I recorded to people as promotion- evidence of the value of MDMA.
- 4) offer a session to Firesign Theater
- 5) Seeing all of my friends helping me in my work [with] MDMA
- 6) moving to Peter George's farm in KY, & all my friends joining me there
- 7) Write various letters to ABP+M, a job, Ψtry, etc.
- 8) Talk to people while tripping via cassette & they couldn't talk back.
- 9) Tell certain friends things they should do for themselves (but I did think to wait for the right time & setting, usually)
- 10) The Course In Miracles brings God into Buddhism as a final synthesis of Eastern & Western religion [it does seem to be a synthesis, but "final"?]

Generally, it now seems the session enabled me to have many new ideas, half somewhat useful & half not realistically useful, except in helping me see what my omnipotent part of me would like. But the creative process does involve recording all the ideas that pop into one's head & editing later. I certainly feel like I have "enough" answers to my life's problems right now, & that I don't "need to solve" any other life problems at present. Today, (1 day after) I've felt good, not tired. I spent the day quietly, studying DSM III & neurology, going out to eat & saw "9 to 5." It's 11PM & I'm beginning to get tired. I slept from 11PM->6AM last night, lay in bed till 7, meditated, & back in bed. I even felt like fixing breakfast for Hadya & I which I don't remember happening before, It felt great to want to do that & feel like I could.

[See also, Woods, 12/20/80, for notes on our interactions while coming down.]