

2C-B

Fortunately we have the chance to work our negative feelings out, with the use of substances provided by a genius chemist. We can look at them and try to find out where they come from and how to handle them. Or we can just look at them and try to love them, as the Zen Buddha.

The beauty of this material is its smoothness. No affect except an occasional eye-darting for me. Appetite good, no anorexia. Everything tasted marvelous but the inner self said don't over-eat, so we ate modestly.

Sleep was delicious. Very sound, very peaceful. This morning I feel really good, with no drug after-effect at all. Plenty of energy and still no great appetite for over-eating, which has happened in the past after a day of limited intake.

Next time Fred and I will try the same amounts and plan to be in the same space when the sensuous feelings arrive.

Peggy

P.S. Fred likes me once again, and I'm awfully glad for that. I was beginning to get a Charlie Brown complex.