

REPORT OF EXPERIMENT WITH 2-CB

Date: October 15, 1981

Participants: Peggy and Fred

Place: Lone Pine residence

Background: We had set aside this date for the experiment, squeezing it between the day for my class and a trip to Los Angeles. I woke up with a deep chest congestion and flu symptoms, and felt perhaps I should stay in bed. After getting up and moving around I felt better, and decided to continue with the experiment.

12:30 p.m. Start, Peggy taking 16 m.g., I taking 20 m.g. We both begin feeling good just for imbibing. In 28 minutes, I get my first feeling of exhilaration, and 10 minutes later Peggy reports the same. We go outside to finish planting 2 trees. The work goes well, with steady increase of energy.

1:33 p.m. Finished planting trees. Toward end it was hard to keep concentrated on the job. I feel a very slight nausea. We move onto deck and sit comfortably and relax. It is sunny, and our warm clothes protect us from the cool breeze. I enjoy very much sitting on the deck, letting go to the experience. I am reminded of Sri Chimnoy's repeated phrases, aspiration and surrender. I close my eyes, I ask, surrender to what? I am very aware of my powerful desire to have my own way, not surrender to anything. I thought, to surrender, there must be something worthwhile to surrender to. Immediately I became aware of marvelous attributes of God - peace, glory, beauty, unfolding without end. Of course you could surrender to that. God didn't seem to mind my stubbornness, appreciated my question, and moved in and answered it. It was marvelous, profound experience, and filled me with gratitude. I renewed my determination to surrender, and began to feel discomfort. I wondered at my pre-occupation with pain, and decided to surrender and see where it led. The pain intensified greatly, yet at the same time it felt wonderful to release to it, knowing I was in good hands. I began to see that there were many things worth suffering pain for. Then in a deep uncovering experience I saw that I suffered pain in order not to hurt others feelings. The pain I accumulated this way was enormous, and didn't seem at all worthwhile. It was a great revelation.

2:48 p.m. We are getting cold so we move inside. Peggy is having a high old time. She reports it LSD like. Inside we both continue to enjoy the experience. I don't get into anything else as deeply as the experience on the deck. We enjoy being in, and enjoy taking a walk outdoors, where everything is beautiful. We have a nice smooth descent, which is pleasant but not euphoric as on other occasions. All symptoms of my illness are totally gone, and I am energetic.

The next day I feel quite clear although somewhat detached. We have a very nice drive to L.A., though not dramatic as on one of the previous occasions.