

REPORT OF EXPERIMENT WITH MDMA

Date: November 20, 1981
Place: Lone Pine Residence
Participants: Peggy and Fred

Background: We wish to have another experiment, but are appalled the way our schedule is closing in. The only opportunity is this day, so we choose it, in spite of the fact that we have friends coming over for dinner in the evening, and plan to go to an open house.

8:23 A.M. Start with 120 m.g. each on empty stomach

8:56 A.M. I am filing papers and am suddenly hit hard. Also feel dehydrated (I have drunk plenty of water previously). It is impossible to do any more work. 10 minutes later Peggy is hard hit also. We both let go to intoxication enjoying it very much, have no pressing problems of exhilaration, relaxing, skin softening, ect. We talk, have no pressing problems, our relationship is good. Peggy becomes quite languid and quiet, I get very introspective, usually so for this material. I find it easy to look at things. I am very concerned about the tiredness I have been feeling. I see that I need to focus energy into what I'm doing, important to keep active, avoid lazy habits. These are not surface decisions, but making them at a deep level releases barriers, making energy available. Looked at healing. To heal, one must move in and pick up the burden. I am resistant to other people's pain, and am afraid I'll get stuck with the burden. So this is what I do. One must be perfectly willing to pick up the pain, and freely turn it over to God and thoroughly trust Him to take it, It's an important learning process to let God take the burden.

9:30. Outside it is very LSD-like to be still, watch the sky, and then experience the enormous power, energy, and beauty. It was very intriguing to stay with this, but I could see ways in which Peggy and I were drifting apart, so I felt it important to stay together and develop our closeness.

9:48. Peggy reports some eye darting. I can see it.

10:05 A.M. We both take 40 m.g. supplement. Don't feel it strongly until 40 minutes later. We lay together and listened to music. I could feel Peggy's female essence: it was marvelous to lie together and let the experience run. However, I also noted the importance of flowing love, which could change negative experiences completely around.

2:30 p.m. The time has flown by. We begin to pull ourselves together to prepare for company. Sat at my desk to straighten out my papers. I became aware of my intense hatred for paper work and for writing. I was very surprised at the intensity of my feeling. I could see why it always took me so long to settle down to work. I prefer people-orientated activities, yet have been spending a lot of time along at the ranch.

Dinner went very beautifully. I was quite aware of the warmth of our friends. We went downtown after dinner to an open-house at the flower shop. We very much enjoyed seeing many of our friends there and the beauty of the shop and its arrangements. We came home tired and bed was wonderful, with a delightful closeness to Peggy.

The next morning I felt amazingly good, the best I have ever felt after an MDMA experiment. There were no body effects, and I was very alert and energetic. I went on a very long hike with friends and weathered it beautifully.