

any change could be blamed or assigned to the trip.

Later that night, I met two people and told them about the trip. It was hard to explain why it was important to me not to have any direct shifts from the trip. It IS, though.

Then I went over to see Peggy and Herman. A real genuine glad to see her back. We had a low key dinner together with simple talk. She didn't explain much about her decision to leave the retreat, and the part of me that wanted to hear a whole melodrama (and thus die if I didn't hear one) fell away. One of the goals of my trip was to have a "hands-off" position about their relationship. That was hard to do with her gone. It's a real gift to have her back.

Then I went to work that night. I was a little dragged out, but nothing too serious. Felt a little too much like not enough sleep and one too many cups of coffee.

Only physical effect I noticed was that the rash on my face flared up. Saw it during the mirror part of the trip and it's sort of bad today. I don't know what kind of rash is it yet.

Next day, the usual hanging around in bed. "Get UP! Get yourself UP!" "Move!" "Make your bed, straighten it!" "You gotta get to lunch on time, leave nownownow" Later, "So, you feel a little fear? Move anyway. I said move!" "Yeah, that is kind of funny. Laugh!" This stuff is not done in the spirit of make wrong, but in the spirit of ally pitchfork.

Next night, I feel kind of rashy all over. Also forgot to say that I was very hot the night of the trip, but not sweaty. Sort of a dry fever. It does seem a result of the drug, but it is hard to say why. Maybe some sort of body adjuster was