Did not like ketamine 25mg higher for 2 weeks -
2C-B ~50yr at 2 weeks - crashed heavy.

Total 25mg 2CB (use only 18.75 or less)

16 Nov. 81

Ward,

My feeling state during the past 2 days has been highly changeable, and I feel in close touch with what's going on in my body.

My body is basically OK and I don't feel I'll have any problems with it while we're together. My left knee has been virtually pain free during the past 2 days I don't plan on taking any Indocin on the 17th because it's supposed to be taken after meals. I'm getting traction 3 times per week for an old lower back injury that lit up after my 2 Oct. collision. Most of the nerve damage I got had healed.

My energy level is low most of the time. I feel tired too much of the time. This too has fluctuated during the past 2 days. At any rate, this is part of myself that I'd like to take a close look at. I don't have the energy to enjoy my life more, or to make as much of a contribution to others as I want to do. I don't have any ideas about what's behind this.

I had a fine time on Sunday. All day too. CC and I went to Church together and then had lunch. Starting out the day I didn't feel too outstanding- tired. I really enjoyed the service and being with Catherina, so I came away feeling definitely on the up side. I think she's got gorgeous eyes. Sometimes when I look into them I feel embarrassed because the contact seems too intimate to me. Michael and I play chess together and the games we play have led me to a great discovery. This guy isn't dim as a night light.