

REPORT OF EXPERIMENT WITH AL

Date: May 23, 1982

Place: The Farm

Participants and dosage: Aaron Gates, 24 m.g.; Oldis Woolridge 24 m.g.; Ted Shulgin 25 m.g.; Alan Barrett 25 m.g.; Ann Shulgin 30 m.g.; Sasha Shulgin 30 m.g.; Fred Brandt 24 m.g.; Neil Tusa 22 m.g.; Peggy Brandt 22 m.g.; Clare Tusa 20 m.g.

Start: 11:40 A.M. I first became aware of something in about 10 minutes, a pleasant increase in energy. By 20 minutes it was getting pronounced and was a nice, smooth development. After an hour a negative, draggy feeling appeared, and from this point on both the positive and negative feelings developed simultaneously.

1:04 p.m.: Supplements taken as follows: Odis Wooldridge 5 m.g.; Ted Shulgin 4 mg.; Sasha and Ann Shulgin both 5 m.g.; Neil Tusa 4 m.g.; Alan Barrett 5 m.g. The rest had none.

It was stuffy inside and the smoke was uncomfortable, so moved outside. I had hoped the draggy feeling would go away, but it continued to grow. It wasn't bad, but I felt I couldn't think and express myself well enough to join the discussion with Aaron Gates, Sasha, and others. During this period enjoyed being with Odis Wooldridge and Ann

2:30 - 3:00 p.m. About this time I wanted to discuss with Ann her perception of Leary, but didn't feel up to it. Decided to make the effort. Clare also reported that taking some food moved her to +2. I had not been at all hungry, but decided to eat something. Between entering the discussion and eating, the negative feelings dropped away, and I felt free to join all of the others wherever they were at. I moved into the creative, free-flowing kind of repertoire which I dearly love in these sessions, and found everything enormously funny. Much of the laughter was so deep that I felt it working through deep repressions inside me and freeing me. From this point on the experience was most enjoyable. I felt great warmth for and from all the others, and immensely enjoyed the experience. The experience was characterized by clear-headedness and an abundance of energy which kept on throughout the day and evening. At one point I went out back and strolled alone toward the lab to worship. I had a profound sense of Presence and great love and gratitude for the place, the people, and the activities taking place.

The come-down from the experience was very gradual and smooth. Food tasted wonderful. It was hard to leave, but the drive home went smoothly and was very enjoyable. We had a nice visit with Aaron and Tina at their home, and later with our hostess upon arriving home. We went to bed quite late, and quite ready for bed, although the energy was still running. However, sleep was not long in coming. The increase in energy persisted for a couple of more days. I had a good business meeting the next morning with NN's new president. By afternoon I was feeling the many days of activity without a respite, and longed for some time to rest. We had another busy evening, and a most enjoyable drive back to Lone Pine on Tuesday.