

2C-B 3/30/82 Stacy  
9:30AM 18.75mg - no taste  
10:30 + 6.25 -> 25mg - some nausea  
3:15 down.  
Time distortion

April 7, 1982

Hi--

Here's my promised report:

First, relative to physical reaction, I was flat out for two days following the trip. I felt great when I left to drive home and felt totally capable of driving well and with full awareness. I had a headache and some nausea. That night my headache continued full blown and the nausea grew until I threw up around 4 a.m. The next day I could hardly move, gradually getting my energy back by about the third day. The truth is, I think I had the flu for, as you may recall, I had a touch of nausea before the trip. I tend to think the trip enlarged the symptoms of the flu just as it enlarged my reality psychologically. Peggy told me that she, too, had this reaction her first time with this material and that she had had symptoms going into it, too.

My bet is that in terms of physical reaction this stuff is the best for me. You asked me to mention my physical reactions to other stuff: Acid--basically ok physically except for headache, difficulty sleeping and feeling exhausted for about a week, felt fragile after acid; MDA--a real killer, totally physically depleted and can't move after, enormous headache, hard to sleep, body feels like it's done hard labor beyond the point of dropping; ADAM--this is my really impossible killer diller, jaw tightens to point of breaking, chewing; on a wet rag created huge blisters at corners of my mouth, physically feel like a Charlie Chaplin film strip on quadruple time, racing, terrible come down--felt like a homicidal maniac; mescaline--had a lot of physical pain during the trip, felt exhausted after but don't really recall a lot of physical problem.

The words that best describe the nature of this latest trip for me are symbolic reality. Scenes from my current reality flashed to mind and I could suddenly see underneath them to an archetypal level, could see what the reality symbolized for me on an unconscious emotional level. Then suddenly all the symbolized scenes came together in a climax in which I could see underneath the whole collage to a core of how I was holding life at an emotional level. I had very strong realizations of "this is how it is" and a lot of tears and emotional release. Then there was a lot of standing back, getting distance and seeing that it's not "how it is" necessarily but rather how I hold it emotionally. This part of the trip was incredible in that I could see how attached I was to that emotional binding belief and watched myself let go of it in degrees of distancing. This aspect of the trip has been ongoing.

Overall, I'd say the trip was a powerful experience and I've had a real sense of a healing haven taken place around the issue I went into the trip with--no meaning in life. Something very strong happened that is difficult to put words to --but the key was that it was experiential at an archetypal level and self healing through the process.