

1:37 p.m. Benton takes a second supplement of 40 m.g. We have discussed the usual recommendations and my own aversion to additional body load, but he wishes to experiment. Warren reports that he feels a higher dose would have been helpful, like 160 m.g.

3:40 p.m. Benton is on edge of experience, as though the energy rose from his abdomen to upper chest, but not into his head. Later, he reported that in retrospect the main reason he took the second supplement was to get away from the negative images he was experiencing, and get back into a positive experience, which he succeeded in doing.

4:00 p.m. We go for a walk outdoors, which is delightful. We return to a delicious bowl of soup. Everyone is happy, pleased with the experience, and aware of a very strong bond that has been formed among all of us. We are particularly happy with Warren's breakthrough. He stated that he experienced feelings of love and joy that he has not known since childhood.

7:00 p.m. Benton returns to Bishop, I prepare for my class which goes quite well. The next day, we all go for a hike, which is a marvelous continuation of our experience and the closeness we have developed (less Jacob). The following day, Peggy and I drive to Los Angeles, and are aware of the enormous amount of wonderful energy released in this experience, and of the joy of working with good people.

Benton was not aware of any adverse affects from taking the second supplement.

Here is a note added by Peggy: Warren actually glowed. His eyes were brilliantly blue and he seemed happy. After the supplement, he had an interesting experience. He had been gone into the mountains the two days preceding with Jake on a "Vision Quest." His quest was to find his own song. Nothing came. After the supplement, he was laying face down on the floor. He began energetically to sing an Indian type song that was very beautiful and forceful. He said that this was his song. Later in the day he did not remember it, but the next morning it came back to him, which pleased him very much. He is such a quiet person that he did not say much during the day, but he did appear peaceful and content.