

We were all very relaxed, with little need to talk. Late in the afternoon, a walk outside was very dramatic and mystical as is characteristic of LSD. We had a quiet enjoyable supper. Hendrick came home after supper (Kat's husband; Kat is the Edson's youngest daughter), and we had a nice visit together. Keira reported that when the LSD came on, she lost the marvelous feeling of peace and God-centeredness, and the experience became much more intellectual. She could perceive very clearly, and saw a lot of things about herself which should be worked on. Hudson did not share very much, except that he was glad that the LSD prolonged the experience, which gave him more time to think about things. Keira got a fairly severe headache, and went to bed early. Kat came home about 9:30 and we had an excellent talk with her. Keira and Hudson want to open the door to having Kat and Hendrick join us in an experiment. Hendrick is all for it, but Kat is resistant, having seen too many of her friends in school "bomb away their mind." Kat was amazingly open with us, and I shared a great deal of insight about her personality.

We missed Hudson the next morning before he went to work, but he has since reported that work is going better for him. Keira was still pondering things when we left the next morning, and seemed to have quite a bit to think about. Peggy and I had a marvelous drive back to Lone Pine, our perceptions so wide open that it was like having another experience. I felt in a very cosmic space, and pondered a great deal over the two experiments of the previous week. They were quite different and produced quite different results. The first I felt oriented much more directly for action, and the second for contemplation. I saw no need to choose between them, as I feel they are both very much part of my nature and compliment each other. However, it is much more clear how improper meditation can fall into traps, and needs always to be properly directed.