

- [0:00] [1:00] nothing; [1:15] slight window, some "amphetamine" effects. Additional notes in correspondence 1/23->1/30
- [1:45] completely "normal" but on a different level?
- [2:15] controlled "normal", reading listening to music, pharmacy, telephone-calls. some development of mental sharpness, clarity.
- [3:00] lying in the sun = completely at peace, psychologically. body, spirit, soul = one.
- [4:00] more reading, thinking EST-window, clear, but peaceful. "Normal". Challenge of thoughts by asking questions: nothing special. nothing overwhelming. Well balanced, but mentally very active.
- [5:00] ^(v. gone) lost and lonely, but controlled. Experience of "Eternity" very peaceful.
- [5:30] slowly dropping, nearly unnoticeable
- [6:00] out -> or still in? If there was no real change in the beginning, so not in the end.