

Experience with Aleph 4.

F.Brandt (Subject)

Companion: Peggy, Aaron, Tina, Sasha

Date: June 17, 1978

Dosage: Peggy 6 mg., Fred 7, Aaron and Tina 10, Sasha 12.

We ingested the substance somewhat after 10:00 A.M. and drove to Hayden's. It was a beautiful day, and a beautiful place for the experience.

Going down the hill toward the river, I began to feel the effects. The first effects were negative, tension and depression, and they continued to grow stronger. By the time we reached the stream, the positive effects began to develop, and the stream and trees were starting to enhance in their beauty. However, I was fairly uncomfortable.

As we climbed up the hill, the experience grew in both dimensions. I became more and more uncomfortable, as though carrying a heavy load, with difficult breathing. Yet everything was slowly but steadily growing more beautiful.

The peak of the discomfort came around 1:p.m., somewhat before the time that Tina found her "black hole." The discomfort was both physical and emotional. By the time we started downhill, around 4:00 p.m., the beauty was far outweighing the discomfort, and the balance in the positive direction continued to grow the rest of the day and evening. For a short time, just before starting down, I moved into the ecstasy of celestial space. On the way down, the discomfort would return in waves, but more and more I was able to get out of it. By the end of our walk, I was enjoying the experience tremendously.

Driving home, I experienced the joy of driving with full perception, although I did develop a little tension from the confinement of driving by the time we got home. But driving was no problem, and very enjoyable.

Arriving home, with the stereo blasting, and Tammie and a friend there, I had such a welling of emotion that I realized that I could not handle it. Fortunately, Tammie and her friend left. Then I got a deep insight into myself for a lack of responsibility, and my childish way of wallowing in emotions instead of mastering them and doing what is necessary.

The evening was absolutely gorgeous. I've never seen the sky so beautiful, and thoroughly enjoyed all aspects of it. The only flaw was when I choked on some lemonade and it seemed to me, almost drowned. This has made me extremely conscious of swallowing, eating and drinking ever since. Watching the fire with our friends was a marvelous experience which we hated to see end.

I was unable to sleep the whole night. I kept working away, and working away. Mostly, I saw myself as the anti-Christ, and the horrible things I was doing to everyone I knew, and my family. I have never seen my self-centeredness so clearly, and how it interferes with learning. I got many insights into other people and my relationships.

I got up at 7:00 A.M., extremely tired. I would have loved to cancel my Father's Day date in Santa Cruz, and just lay around. But I Knew I must master myself. At great pain, I went to the kitchen and started to clean up from the night before. I moved like a zombie, slowly and deliberately. I took each move at a time. It was as though all previous habits were removed, and I had to weigh