

EXPERIENCE WITH-MDMA

Participants: Peggy, Tammie, Fred

Date: July 15, 1978

Started 10:05 A.M., Peggy and Tammie with 100 mg. each Fred with 120.

10:20 Beginning to feel; Fred and Peggy have good onset.

11:00 All have developed nicely, everyone is enjoying the experience. Tammie begin to have a lot of insight about the way she is treating her body. She sees that she is abusing her body a lot with much alcohol, lack of sleep. Mentions a number of times.

11:35 We all decide to take booster: Peggy and Tammie 20 mg.; Fred 40mg.

12:00 Peggy and Tammie feel lazy, Peggy feels non-verbal. I am enjoying the experience very much. The extra amount completely wipes out and trace of tension or interference with complete enjoyment.

12:50 I begin to feel jaw clenching, and starting to come down. Peggy & Tammie are very much in it. We have had a lot of excellent communication, with the marvelous freedom from defensiveness that seems to be a characteristic of this material.

1:00 Jaw clenching get quite intense for me, I presume as a result of the larger booster. The others are o.k.

2:40 Peggy is aware of her teeth and gums; feels she is coming down. I am over the jaw clenching and feeling fine, as does Tammie. Tammie has been sleepy, lying with eyes closed, little conversation.

1:40 - 2:20 Stacey, Tammie's friend, came by. We all visited with Stacey very pleasantly until she left. She was not a distraction at all.

4:15 Peggy is feeling some tension and let-down from the peak. Tammie and I are quite peaceful.

5:00 Tammie leaves to go over to Stacey's, Peggy and I have a most pleasant, peaceful evening, feel very close. We feel very good about being able to share the experience with Tammie, and felt a marvelous bond among the three of us.