

Aleph-4 [continued f. 266](#)

...brought him away from his anchor at all - fitfull sleep next night - in 3rd day still depressed for internal reasons. NT had much visual movement, but some stomach problems at [2:00-5:00] and leg twitching persistence to [24] and more. NT excellent, dose perhaps too light. All of us were considerably more reflective and inward-turning than in earlier aleph-4 tries. My intoxication approached slowly and subtly - [with] max at ~[3:00] and still evident at [12:00] fitfull sleep - next day much energy Lazaro wash, tub repair, roof-cleaning -at the G's house. less intense than before. Give a ++.

- +++ 11mg 11/26/78 (9mg Benita) 1:20PM=[0:00] (Dixie) [1:00] slight awareness [2:00] talking - subtle development [2:30-8:00] intense range of interlocked conceptual loops - see notes. p 300 at seq. [10:00] no appreciable diminish - interaction maintains intox - wine & sed. -> uneasy but sufficient sleep. Certainly +++.
- ++ 12mg 10/19/79 7:30PM=[0:00] AP=. [1:00] aware - again subtle development to [4:00] - eating normal but light - involved conversation - I to barely over ++ - v.troubled sleep - none 'til [10:00]. AP to +++ or sl.less - residues through ~[16:00] - lighter reaction than expected.